



INNER TRADITIONS  
BEAR & COMPANY



Books for the Mind, Body, & Spirit • Rochester, Vermont

# NEW & BESTSELLING TITLES

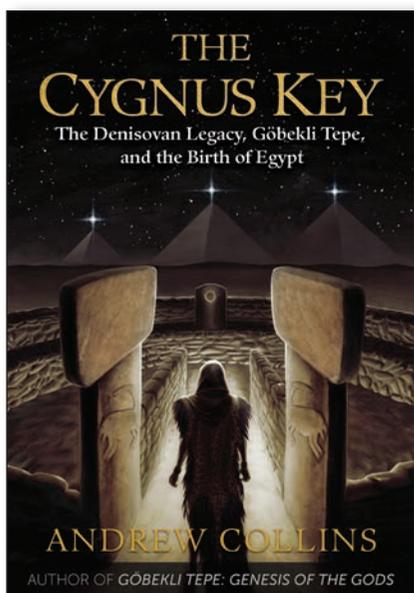
Summer 2018

## FREE SHIPPING

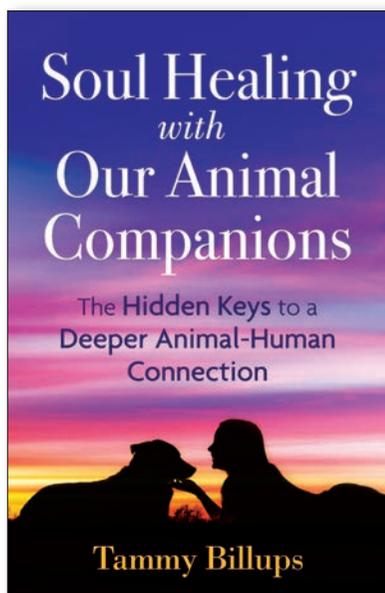
(SEE ORDER FORM FOR DETAILS)

~ 24 New Titles ~

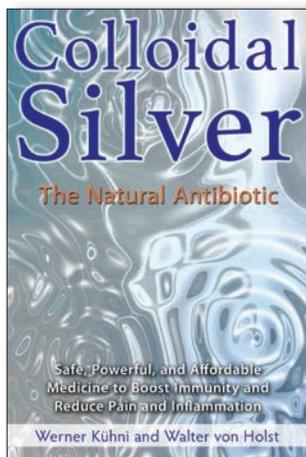
Selected Titles on Sale through October 15, 2018



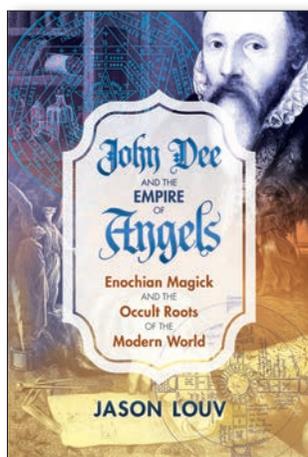
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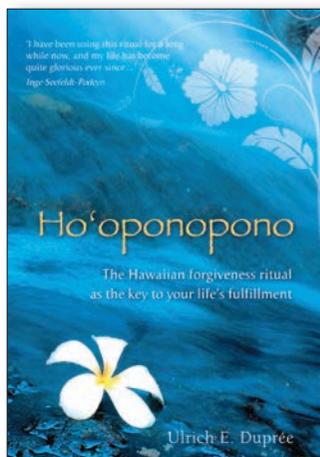
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1-800-246-8648 / [www.InnerTraditions.com](http://www.InnerTraditions.com)

# READ THE WISDOM!

Inner Traditions has been publishing books for the spiritual and healing journey since 1975.

With more than 1,700 books in print, Inner Traditions/Bear & Co. is a rich source of wisdom and instruction for the spiritual aspirant and holistic health practitioner.

Our name says it all: "Inner" because our books address the dimension beyond the material plane and "Traditions" because ancient people have done it before (and often better!), although very often much of this wisdom has been lost, corrupted, or destroyed. It is our mission to rediscover, preserve, and protect the inner traditions of the world so that humanity will forever have the tools to create a better future that will celebrate and heal the earth.



**DISCOUNTS & SPECIAL OFFERS**  
available only at...[InnerTraditions.com](http://InnerTraditions.com)



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*"You are one of the very best experiences on the web today. Amazing selection, decent pricing and tremendous customer service!"*

—Laurence, Chardon, Ohio

## Summer Catalog 2018

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**Discounts valid through October 15, 2018**  
Price and availability subject to change without notice

## FREE SHIPPING

(see order form for details)

FIND US ON   

## THE NEW OXYGEN PRESCRIPTION

*The Miracle of Oxidative Therapies*

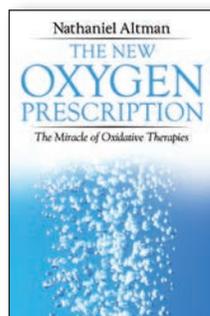
Nathaniel Altman

*"Altman's book offers a responsible, balanced, and broad view of how we should live and care about our health and the valuable uses of oxidative therapies in treating health concerns."*

—Velio Bocci, M.D., emeritus professor of physiology at the University of Siena, Italy, and author of *Oxygen-Ozone Therapy*

This updated guide to the latest research in oxygen therapies explores the effectiveness of oxidative therapies for treating many conditions, including heart disease, cancer, HIV, hepatitis, diabetes, MS, macular degeneration, herniated discs, arthritis, Alzheimer's, Crohn's, candida, emphysema, and eczema.

978-1-62055-607-8 • \$19.95 pb • 512 pages, 6 x 9 • 24 b&w illustrations • e-book available



## GREEK MYTHOLOGY READING CARDS

Alison Chester-Lambert, MA

Illustrated by Richard Crookes

The mythology of ancient Greece gave the people their history, laws, and their spiritual support. Deities, such as Athena and Zeus, could be implored for support and guidance in times of stress. Now, with this full-color card set and guidebook, you can easily consult the Greek pantheon and receive their guidance and wisdom.

978-1-84409-748-7 • \$19.99 Boxed set • 112-page book, 4 x 5.5, with 50 full-color cards

## THE FINDHORN GARDEN STORY

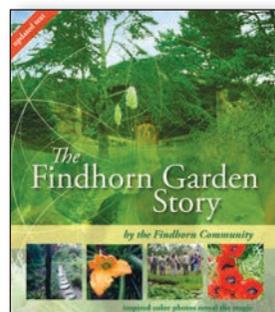
*Inspired Color Photos Reveal the Magic*

The Findhorn Foundation

Newly updated to showcase color photographs, this spiritual classic presents the history and philosophy of Scotland's Findhorn Community. Findhorn was founded more than 40 years ago in far northeast Scotland on windswept and barren sand dunes that happened to sprout a miraculous garden. The discovery of how to contact and cooperate with the nature spirits and devas that made the garden possible sparked a phenomenon that continues today, as Findhorn has grown into a thriving village housing hundreds of people from all over the world.

978-1-84409-135-5 • \$24.95 pb • 208 pages, 8.13 x 9

Full-color throughout • e-book available



## TOTAL LIFE CLEANSE

*A 28-Day Program to Detoxify and Nourish the Body, Mind, and Soul*

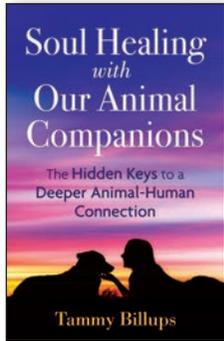
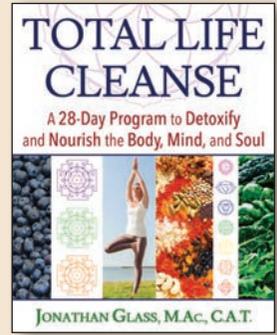
Jonathan Glass, M.Ac., C.A.T.

*"Total Life Cleanse is so wonderful because it brings it all together—clarifying what true health really is."*

—Kip Andersen, filmmaker of *What the Health* and *Cowspiracy*

Jonathan Glass presents a practical 28-day program to initiate and maximize detoxification of your body, mind, and spirit. Integrating the ancient wisdom of yoga, Ayurveda, and Traditional Chinese Medicine with naturopathic principles and contemporary nutritional science, he includes recipes, exercises, mental and physical detox practices, and tips on liver and digestive health.

978-1-62055-691-7 • \$24.95 pb • 448 pages, 8 x 10 • 32 b&w illustrations • e-book available



New Edition

## SOUL HEALING WITH OUR ANIMAL COMPANIONS

*The Hidden Keys to a Deeper Animal-Human Connection*

Tammy Billups

*"A powerfully insightful book. Soul Healing with Our Animal Companions teaches you how to connect with animals in ways you'd never thought were possible. An enlightening read."*

—Jennifer Skiff, author of *God Stories* and *The Divinity of Dogs*

The animals we attract in our lives reflect us in many ways. Offering a soulful and bioenergetic perspective on decoding our animals' actions, behaviors, and physical issues, Billups explains how our animal companions share our energetic patterns and emotional wounds, revealing issues in our own lives that may be hidden or suppressed.

978-1-59143-305-7 • \$14.99 pb • 192 pages, 5.38 x 8.25 • 11 b&w illustrations • e-book available

**New**

## ASTRONAUT GODS OF THE MAYA

*Extraterrestrial Technologies in the Temples and Sculptures*

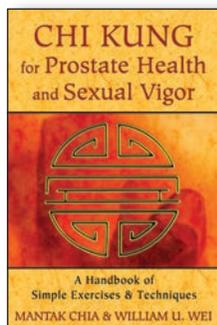
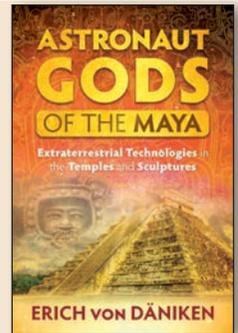
Erich von Däniken

*"Whoever still doubts that Earth was visited by flesh and blood extraterrestrials in the remote past needs to read and absorb this book to conclude: we are not alone. In fact, we never were. The lush pictorial evidence presented here speaks for itself. Put on your hiking boots, because you're going on an adventure!"*

—Giorgio A. Tsoukalos, publisher of *Legendary Times Magazine* and co-executive producer of H2's *Ancient Aliens*

Sharing more than 200 full-color photographs from his personal archives, bestselling author Erich von Däniken provides clear evidence of ancient alien contact and technology among the archaeological sites of the Maya as well as Aztec, Hindu, and other ancient cultures.

978-1-59143-235-7 • \$22.00 pb • 272 pages, 6 x 9 • Full-color throughout • e-book available



## CHI KUNG FOR PROSTATE HEALTH AND SEXUAL VIGOR

*A Handbook of Simple Exercises and Techniques*

Mantak Chia and William U. Wei

Age need not be a death sentence for men's sexual health and vitality. Mantak Chia and William U. Wei explain how to use the energetic and physical practice of Chi Kung to not only maintain a flourishing sex life well into old age but also reduce prostate enlargement and prevent prostate gland cancer. They present a routine of exercises to be practiced daily as well as guidance on supporting your practice with nutritional and herbal supplements.

978-1-62055-227-8 • \$16.95 pb • 176 pages, 6 x 9 • 112 b&w illustrations • e-book available

## THE GOLDEN NUMBER

*Pythagorean Rites and Rhythms in the Development of Western Civilization*

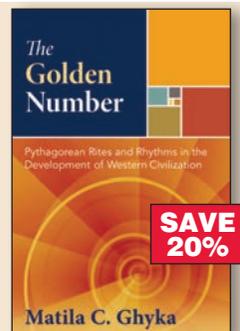
Matila C. Ghyka / Introduction by Paul Valéry

*"This foundational book is essential reading for anyone interested in the golden section, harmony, proportion, and beauty in nature, art, and architecture."*

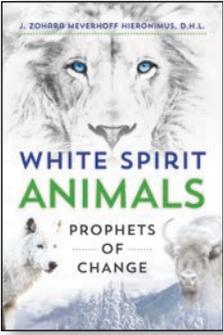
—David Fideler, author of *Restoring the Soul of the World*

Commonly symbolized by the Fibonacci sequence, the Golden Number or Phi is the geometric ratio 1.618. Matila Ghyka's classic reveals how understanding of the divine proportion is seen as a portal to discovering the hidden harmonies of the cosmos.

978-1-59477-100-2 • ~~\$50.00~~ **\$40.00** hardcover • 448 pages, 6 x 9 • 66 full-page b&w illustrations



**SAVE 20%**



**WHITE SPIRIT ANIMALS**

*Prophets of Change*

J. Zohara Meyerhoff Hieronimus, D.H.L.

“Great Book! A unique testimony to the close relationship between humans and animals and our ability to communicate and collaborate with each other.”

—John Perkins, *New York Times* bestselling author

All-white animals are held sacred by many indigenous cultures and offer deep wisdom to all who will listen. Exploring the major White Spirit Animals—White Buffalo, White Lion, White Elephant, White Wolf, and White Spirit Bear—the author explains how to use shamanic dreaming and telepathy to communicate with these spiritual teachers.

978-1-59143-247-0 • \$18.00 pb • 368 pages, 6 x 9

Includes 16-page color insert and 29 b&w illustrations • e-book available

**THE POWER OF SOUND (w/CD)**

*How to Be Healthy and Productive Using Music and Sound*

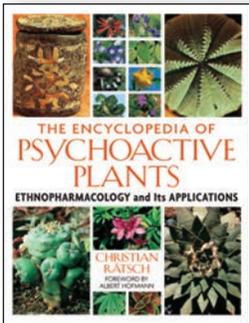
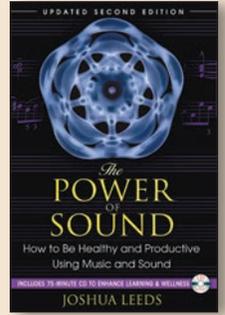
Joshua Leeds

“The first important book on sound therapy for the twenty-first century. It should be read by anyone interested in the true nature of music’s potential as a healing modality.”

—Randall McClellan, Ph.D., author of *The Healing Forces of Music*

We are surrounded by sound, and what we hear can either energize or deplete our nervous system. Joshua Leeds shows how sound can be a powerful ally. It includes a CD of psycho-acoustically designed classical music for a direct experience of the effect of simplified sound.

978-1-59477-350-1 • \$19.95 pb • 320 pages, 6 x 9 • Includes 75-minute CD



**THE ENCYCLOPEDIA OF PSYCHOACTIVE PLANTS**

*Ethnopharmacology and Its Applications*

Christian Rätsch / Foreword by Albert Hofmann

In the traditions of every culture, psychoactive plants—those known to transport the mind to other dimensions of consciousness—have been regarded as sacred. This book details the history, botany, and use of psychoactive plants and is lavishly illustrated with color photographs of the people, ceremonies, and art related to the ritual use of psychoactive plants.

978-0-89281-978-2 • \$125.00 hardcover • 944 pages, 8.5 x 11

797 color photographs and 645 b&w illustrations • e-book available

**FREEDOM FROM CONSTIPATION**

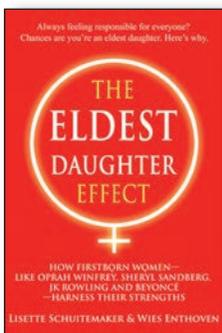
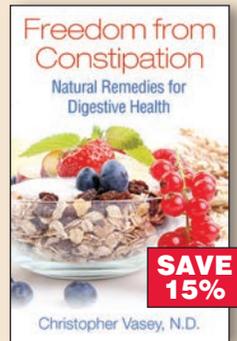
*Natural Remedies for Digestive Health*

Christopher Vasey, N.D.

Constipation has many causes and most people have trouble finding lasting relief. In *Freedom from Constipation*, Christopher Vasey details the 8 main causes of constipation and offers advice to determine the right natural remedy for your unique case. Vasey explains gentle, natural ways to empty the bowels when quick relief is necessary and reveals how treating constipation properly can restore full function not only to the digestive system but to the liver and kidneys as well.

978-1-62055-585-9 • \$14.95 **\$12.71** pb • 192 pages, 5.38 x 8.25

60 b&w illustrations • e-book available



**THE ELDEST DAUGHTER EFFECT**

*How First Born Women—like Oprah Winfrey, Sheryl Sandberg, JK Rowling and Beyoncé—Harness their Strengths*

Lisette Schuitemaker and Wies Enthoven

The authors discuss qualities that characterize eldest daughters and why, in spite of being more intelligent, verbally proficient, and motivated to perform than their siblings, they doubt they are good enough. This book demonstrates how firstborn girls become who they are, how to give them more freedom, and the best ways to support them.

978-1-84409-707-4 • \$15.99 pb • 192 pages, 6 x 9 • e-book available

**DREAMS THAT CAN SAVE YOUR LIFE***Early Warning Signs of Cancer and Other Diseases*

Kathleen O'Keefe-Kanavos and Larry Burk, M.D., C.E.H.P.

Foreword by Bernie Siegel, M.D.

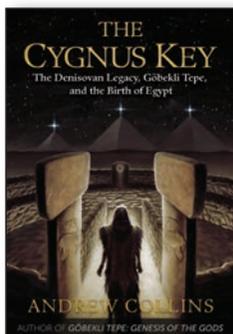
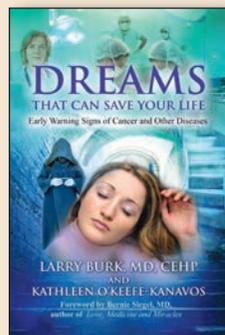
*"Mesmerizing and empowering, letting everyone know that each of us has an inner physician who can be trusted to care for us—even when conventional medicine denies this. This book should be required reading not only for physicians but for anyone who wants to tap deeply into their inner wisdom and allow its intelligence to guide their lives."*

—Christiane Northrup, MD, *New York Times* bestselling author of *Women's Bodies, Women's Wisdom*

Dr. Larry Burk and Kathleen O'Keefe-Kanavos, a three-time breast cancer survivor, share amazing medical research and true stories of physical and emotional healings triggered by dreams.

978-1-84409-744-9 • \$17.99 pb • 288 pages, 6 x 9 • e-book available

New

**THE CYGNUS KEY***The Denisovan Legacy, Göbekli Tepe, and the Birth of Egypt*

Andrew Collins

*"The Cygnus Key is the new astronomical paradigm that shines light on the primal awakening of human consciousness, sparked by the discovery of precession cycles, sound acoustics, and number cosmology."*

—Barbara Hand Clow, author of *Awakening the Planetary Mind* and *Revelations of the Aquarian Age*

Built around 9600 BCE, Göbekli Tepe was designed to align with the constellation of the celestial swan, Cygnus. The Giza pyramids in Egypt also align with Cygnus. Andrew Collins explores this connection and traces it to the Altai-Baikal region of Russian Siberia and the extinct advanced human population known as the Denisovans.

978-1-59143-299-9 • \$24.00 pb • 464 pages, 6.63 x 9.5

Includes 16-page color insert and 75 b&amp;w illustrations • e-book available

New

**PLANTS THAT SPEAK, SOULS THAT SING***Transform Your Life with the Spirit of Plants*

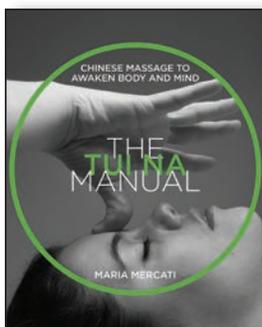
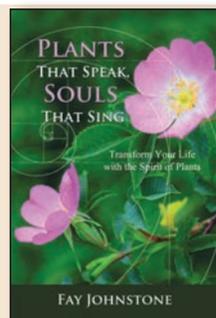
Fay Johnstone

Fay Johnstone provides a practical guide to rekindling your connection with nature and opening up to plant consciousness. She includes more than 40 simple exercises, shamanic journeys, and meditations to guide you on a heart-centered journey of transformation as you commune with the environment, the seasons, the moon, plant spirits, and the Earth Heart.

978-1-84409-751-7 • \$14.99 pb • 164 pages, 6 x 9

Includes 4-page color insert • e-book available

New

New edition of *The Handbook of Chinese Massage***THE TUI NA MANUAL***Chinese Massage to Awaken Body and Mind*

Maria Mercati

Tui Na is a Chinese system of massage therapy to relieve pain, release tension, treat common ailments, and stimulate the overall flow of qi, or vital energy, throughout the body. This illustrated guide includes full-color photos with detailed step-by-step instructions to demonstrate each Tui Na technique and ways to work with the qi-points.

978-1-62055-749-5 • \$19.99 paper with French flaps • 160 pages, 7.5 x 9.25

Full-color throughout • e-book available

New

**THE SIBYLS ORACULUM***Oracle of the Black Doves of Africa*

Tayannah Lee McQuillar

Katelan V. Foisy, artist

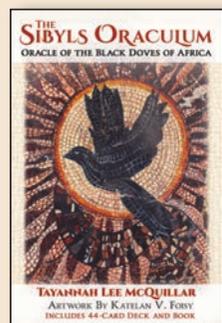
*"... a beautiful exploration into a history that few people know about: the mythically shrouded women behind the founding of major centers of oracular divination in the ancient world."*

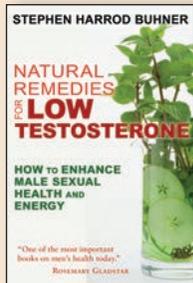
—Laura Tempest Zakroff, artist and author of *Sigil Witchery*

This is a system of divination inspired by the Libyan Sibyls, the African prophetesses of the classical world. The set includes 44 cards featuring full-color paintings and a guidebook that details how to consult the oracle with in-depth write-ups about the meaning of each card.

978-1-62055-671-9 • \$19.99 Boxed set • 160-page book and 44 full-color cards

New





## NATURAL REMEDIES FOR LOW TESTOSTERONE

*How to Enhance Male Sexual Health and Energy*

Stephen Harrod Buhner

“... explores men's hormonal changes during midlife and offers simple sensible solutions.”  
—Rosemary Gladstar, herbalist, founder of United Plant Savers, and author of *Planting the Future: Saving our Medicinal Herbs*

Testosterone-blocking estrogen agents are present in insecticides, pharmaceuticals, and foods, altering the fine balance of testosterone in men. This new edition of *The Natural Testosterone Plan* shows how men can maintain their testosterone levels as they age using phytoandrogens.

978-1-62055-504-0 • \$14.95 pb • 192 pages, 6 x 9 • e-book available

**More books by Stephen Harrod Buhner on pages 14, and 47**

## NATURAL THERAPIES FOR EMPHYSEMA AND COPD

*Relief and Healing for Chronic Pulmonary Disorders*

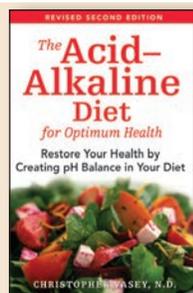
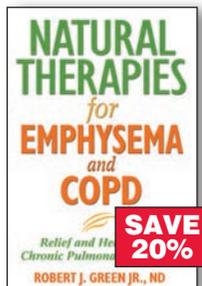
Robert J. Green Jr., ND, RRT

“Well written with substantial and accurate scientific evidence.”

—Robert F. Waters, Ph.D., professor of biochemistry and genetics at Southwest College of Naturopathic Medicine

This is the first book to address these conditions from a nutritional and alternative medicine approach, showing that holistic therapies ranging from herbs to homeopathy offer great promise in relieving COPD's debilitating symptoms.

978-1-59477-163-7 • \$16.95 **\$13.56** pb • 208 pages, 6 x 9 • 8 b&w illustrations • e-book available



## THE ACID-ALKALINE DIET FOR OPTIMUM HEALTH

*Restore Your Health by Creating pH Balance in Your Diet*

Christopher Vasey, N.D.

Naturopath and detoxification expert Christopher Vasey shows how a change in diet to restore your acid-alkaline balance can result in vast improvements in health. With two new chapters, this updated and expanded second edition provides the latest information on proper hydration and deacidification and how to design a diet best suited for your health needs.

978-1-59477-154-5 • \$12.95 pb • 208 pages, 5.38 x 8.25 • e-book available

## PREVENTING AND REVERSING ARTHRITIS NATURALLY

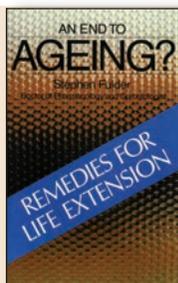
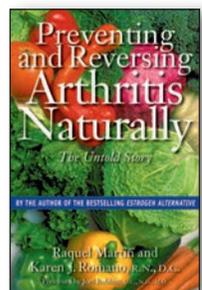
*The Untold Story*

Raquel Martin and Karen J. Romano, R.N., D.C.

Foreword by Joel Robbins, D.C., N.D., M.D.

Discover how to relieve arthritis by addressing its causes through lifestyle changes—from medicinal herbs, nutritional supplements, and natural hormone therapy to whole foods, exercise, and chiropractic care. It guides readers through the labyrinth of medical studies related to the effects and treatment of this disease and discusses the exclusion of alternative therapies from most insurance coverage, providing advice on the action consumers can take to address this.

978-0-89281-891-4 • \$19.95 pb • 272 pages, 6 x 9 • e-book available



## AN END TO AGEING?

*Remedies for Life Extension*

Stephen Fulder, Ph.D.

From a wealth of specific anti-ageing practices gathered from around the world, Dr. Fulder builds a life extension program for all ages that is best begun right now. His practical knowledge of the effects on the body of plants, foods, drugs, vitamins, body chemistry, behavior, and more, make this the definitive text on life-extension practices.

978-0-89281-044-4 • \$5.95 pb • 120 pages, 5.38 x 8.25

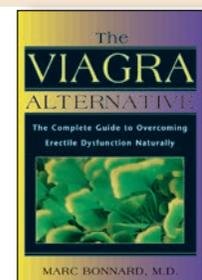
## THE VIAGRA ALTERNATIVE

*The Complete Guide to Overcoming Erectile Dysfunction Naturally*

Marc Bonnard, M.D.

Recognizing that a healthy sex life is impossible without physical, mental, and emotional well-being, Dr. Marc Bonnard focuses on healing the whole person with treatments ranging from herbs such as ginkgo, ginseng, saw palmetto, and yohimbe to homeopathy, acupuncture, diet, yoga exercises, aromatherapy, and the introduction of new sexual techniques.

978-0-89281-789-4 • \$16.95 pb • 232 pages, 6 x 9 • e-book available



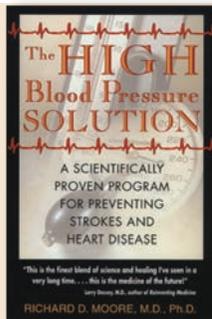
## THE HIGH BLOOD PRESSURE SOLUTION

*A Scientifically Proven Program for Preventing Strokes and Heart Disease*

Richard D. Moore, M.D., Ph.D.

Dr. Moore's approach is simple: by maintaining the proper ratio of potassium to sodium in the diet, blood pressure can be regulated at the cellular level, preventing the development of hypertension. This revised second edition is updated with scientific evidence from Finland, where, for several decades, sodium chloride has been replaced nationwide with a commercial sodium/potassium mixture, resulting in a 60 percent decline *nationwide* in deaths attributed to strokes and heart attacks.

978-0-89281-975-1 • \$16.95 pb • 400 pages, 6 x 9 • 20 b&w illustrations • e-book available



New Edition

## THE HIDDEN CAUSE OF ACNE

**New**

*How Toxic Water Is Affecting Your Health and What You Can Do about It*

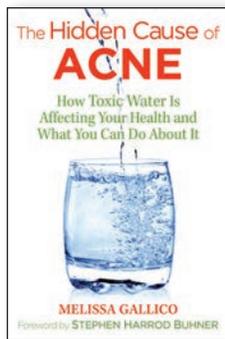
Melissa Gallico / Foreword by Stephen Harrod Buhner

*"This is an astounding piece of work and a 'must-read' for people wanting the true story about how and why and to what terrible effect the addition of fluoride to drinking water is having. Gallico's deep research into this area and the clear, arresting manner in which she presents it is a valuable, even crucial, contribution to ending this antiquated practice."*

—Bill Hirzy, Ph.D., senior scientist at the EPA (ret.)

Offering a guide to freeing yourself from persistent adult acne, FBI intelligence specialist Melissa Gallico explains how she pinpointed exactly what was causing her treatment-resistant flare-ups: fluoridated water, foods, dental products, and the systemic build-up of childhood fluoride treatments. She details how to avoid these items and displace fluoride stored in your bones.

978-1-62055-709-9 • \$16.99 pb • 272 pages, 6 x 9 • e-book available



## LIVER DETOX

*Cleansing through Diet, Herbs, and Massage*

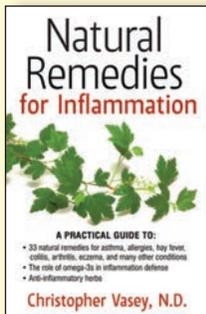
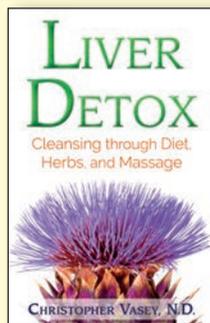
Christopher Vasey, N.D.

*"Christopher Vasey greatly expands upon why the liver has been understood as the 'master laboratory' of the body since ancient times. Liver Detox provides everyone with gentle and effective preventive therapies that will benefit the whole body and mind."*

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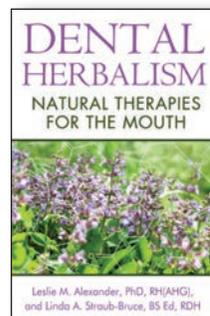
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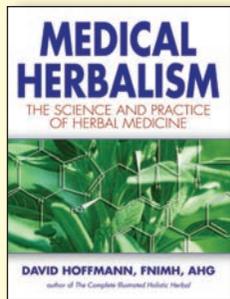
—Rosemary Gladstar, herbalist and founder of United Plant Savers and author of *Rosemary Gladstar's Family Herbal*

This reference work details how to use 41 safe and effective herbs for optimum oral health. The authors present remedies for 47 common conditions that affect the mouth, such as gingivitis, periodontitis, bruxism, acid reflux/GERD, and tooth loss. This book is suitable for those looking to improve their own oral health, herbalists looking to address the root cause of systemic inflammation, or dental professionals searching for natural alternatives.

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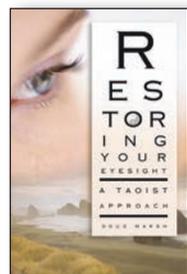
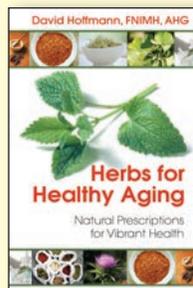
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Doug Marsh / Foreword by Thomas R. Quackenbush

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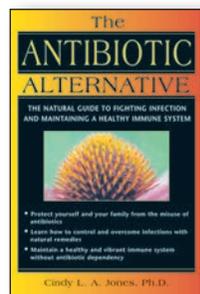
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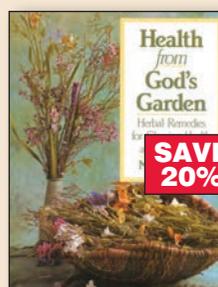
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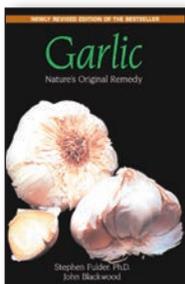
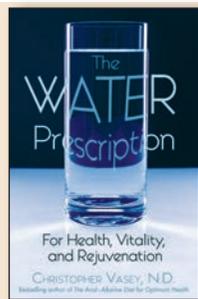


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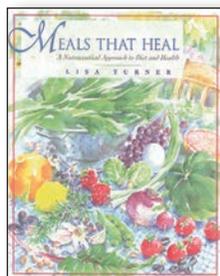
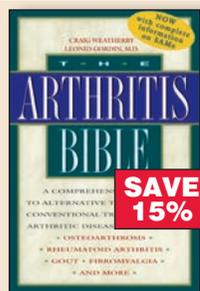
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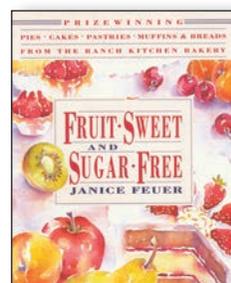
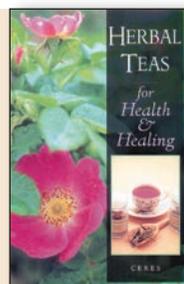
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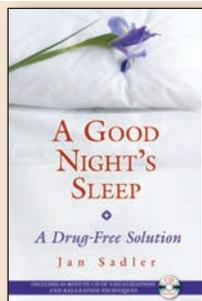
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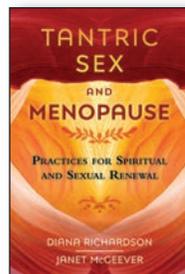
Diana Richardson and Janet McGeever

"Menopause is a time of rebirth . . . what the Chinese call a second spring. It can also be a time of profound sexual awakening. Let this book be your guide during this life-changing passage."

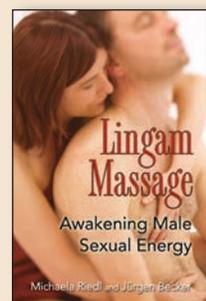
—Christiane Northrup, M.D., author of *The Wisdom of Menopause*

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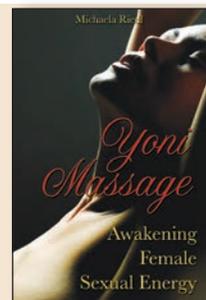
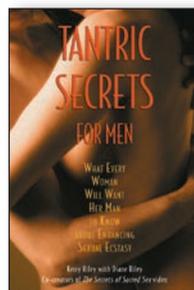
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"Tantric Secrets for Men deserves to be read by men everywhere and by the women who love them, and will love them even more after they read this book!"

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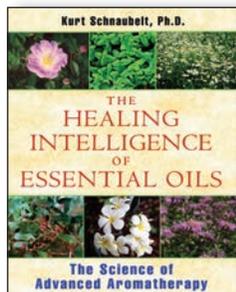
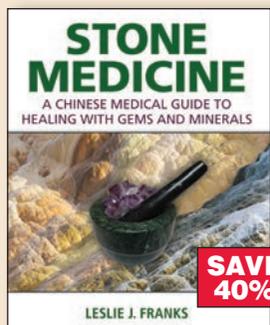
*"Beautifully written and well-organized with a deep understanding of Dr. Jeffrey Yuen's teachings . . . an inspirational work about healing with gems and minerals not only for the practitioner of Chinese medicine but also accessible to the layperson."*

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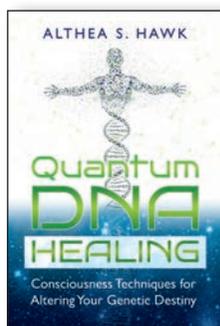
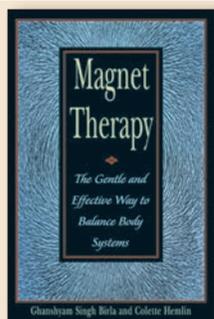
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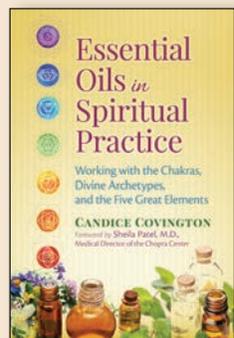
Candice Covington / Foreword by Sheila Patel, M.D.

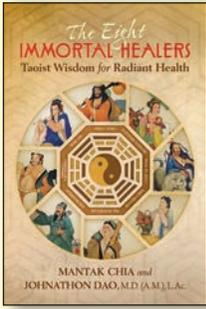
*"Candice Covington is a true alchemist presenting a novel and truly holistic approach to the use of essential oils for healing and self-awareness. . . . Healers and seekers alike will find this book rich with detail and practical applications."*

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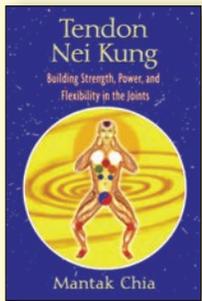
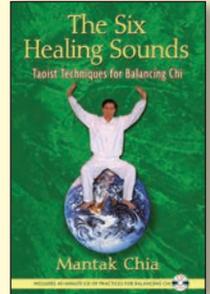
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Ancient Taoist masters discovered that a healthy organ vibrates at a particular frequency and identified six sounds to keep each organ healthy. Regular practice of the Six Healing Sounds promotes optimal health for the organs, increased sexual pleasure, emotional balance, and the prevention of illness. The accompanying CD includes practices for balancing chi.

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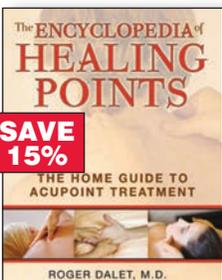
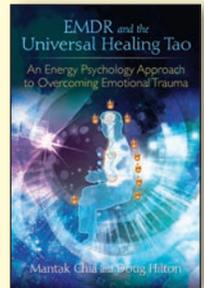
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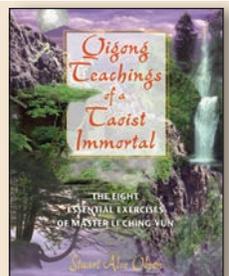
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Stuart Alve Olson

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*Structural Alignment, Core Strength, and Emotional Release*

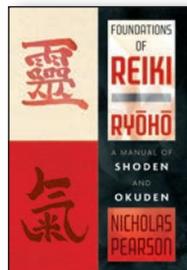
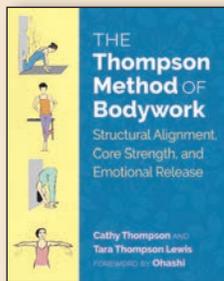
Cathy Thompson and Tara Thompson Lewis / Foreword by Ohashi

*"A major resource for performing artists, Cathy Thompson has had a profound impact on my work with singers. She recognizes the mind-body-voice connection is what it's all about."*

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*A Manual of Shoden and Okuden*

Nicholas Pearson

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Bridging Eastern and Western lineages to reclaim Reiki's roots as both a healing art and a spiritual practice, Nicholas Pearson offers a new comprehensive exploration of the original Japanese techniques and modern tools of the first degree and second degree of Reiki Ryoho practice, including effective hand positions, self-healing exercises, and spiritual meditations.

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**New**

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*A Safe Workout Program for Core Strength*

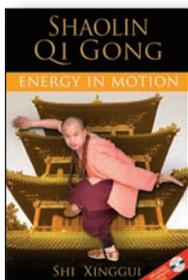
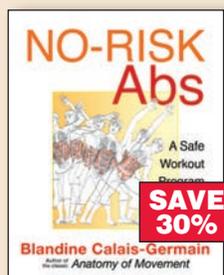
Blandine Calais-Germain

*"This book is especially valuable for those who work with the elderly or who are returning to exercise after an absence. It would be very hard to go wrong with these moves."*

—Publishers Weekly

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*An Advanced Guide to the Integration of Craniosacral Therapy and Reflexology*

Martine Faure-Alderson, D.O.

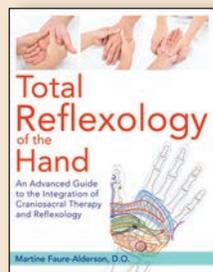
*"... elegant and insightful in its holistic approach to integrating the brain-body with the cranial concept in hand reflexology. This book is a joy to read and learn from. I highly recommend it."*

—Carol Faguy, RCRT/MCSRI, teacher with Cranio-Sacral Reflexology International

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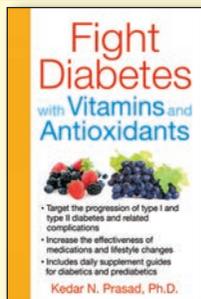
Stuart Alve Olson / Illustrated by Gregory Crawford

This tai chi book for children appeals to their sense of play to teach them the eight basic forms of a tai chi practice. Children ages 4–8 will have fun imitating animals while learning skills that offer a lifetime of physical fitness. Each exercise is accompanied by colorful artwork and photographs of the author's 7-year-old son demonstrating postures.

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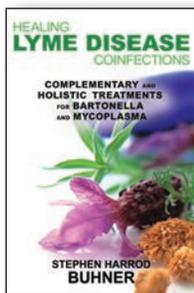
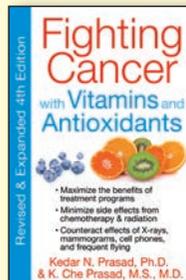
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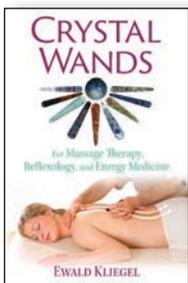
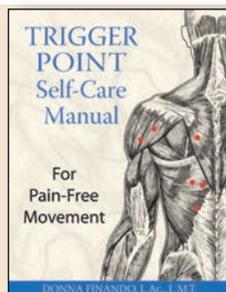
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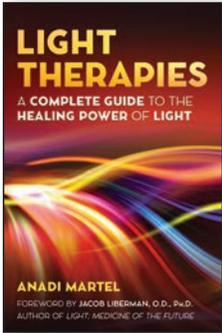
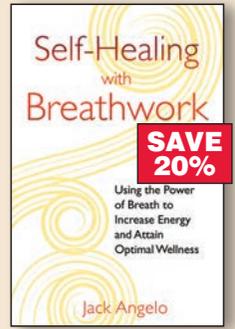
Jack Angelo

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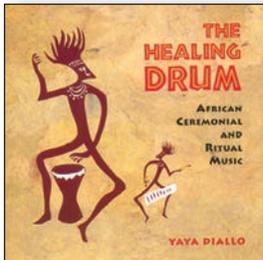
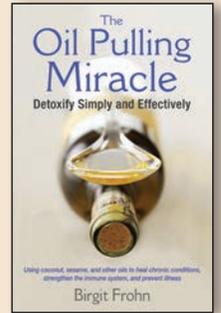
Birgit Frohn

*"I found this book to be very informative without being too technical. It contains many simple techniques for maintaining health and preventing illness, which can be easily incorporated into daily routines."*

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*African Ceremonial and Ritual Music*

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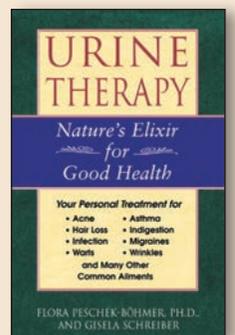
## URINE THERAPY

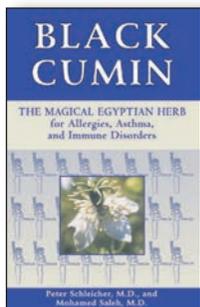
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Flora Peschek-Böhmer, Ph.D., and Gisela Schreiber

This introduction to urine therapy's amazing effectiveness in treating a wide array of physical complaints contains effective treatments for acne, asthma, hair loss, indigestion, infections, migraines, warts, wrinkles, and many other common ailments. Still playing an important role in the medical systems of countries as diverse as Germany, Japan, and India, this surprising health treatment has been gaining popularity in the United States.

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The extraordinary healing powers of black cumin have been known for centuries in the Middle East. Because of its complex chemical structure—it has more than one hundred active ingredients—black cumin has positive effects on the respiratory, immune, circulatory, digestive, and urinary systems. It is effective against asthma, stomach ailments, skin conditions, and is greatly beneficial in the treatment of allergies.

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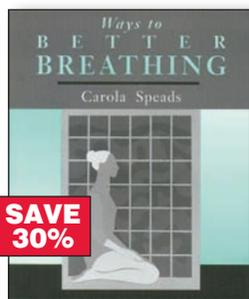
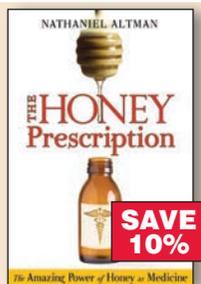
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Nathaniel Altman

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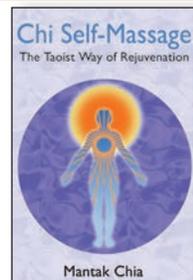
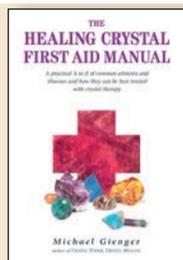
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*A Practical A to Z of Common Ailments and Illnesses and How They Can Be Best Treated with Crystal Therapy*

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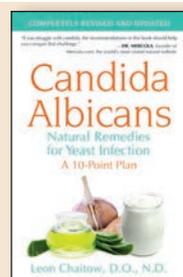
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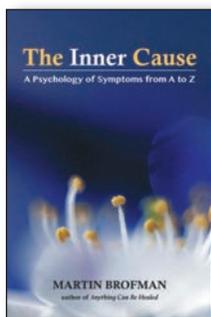
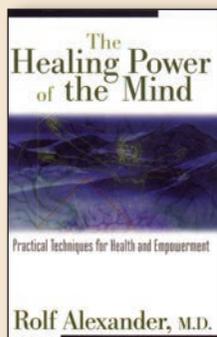
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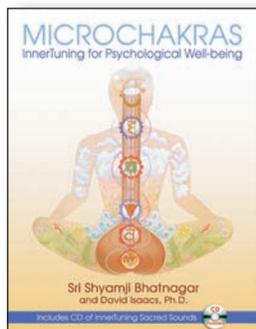
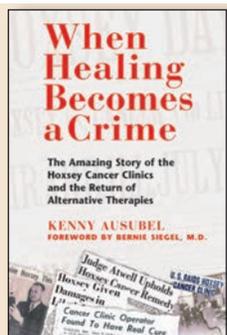
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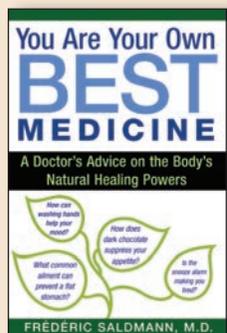
Frédéric Saldmann, M.D.

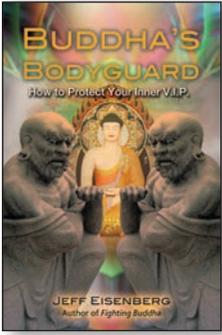
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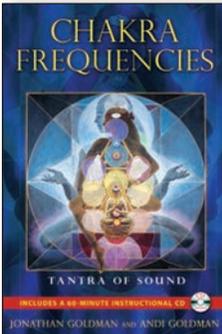
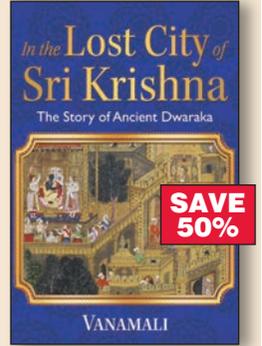
Vanamali

*"Vanamali transports the reader to Lord Krishna's heavenly kingdom of Dwaraka. Her devotion invites the reader to make a leap in consciousness and to join her on an ecstatic pilgrimage."*

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Jonathan Goldman and Andi Goldman

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## SEED SOUNDS FOR TUNING THE CHAKRAS (w/CD)

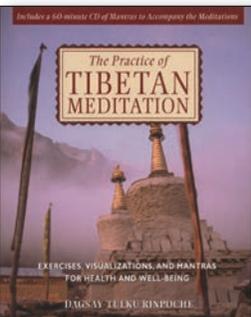
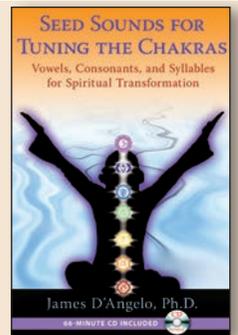
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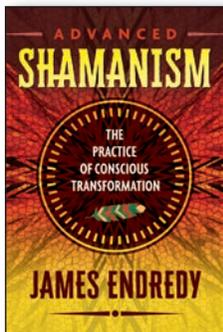
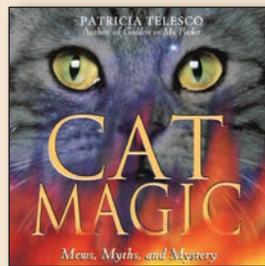
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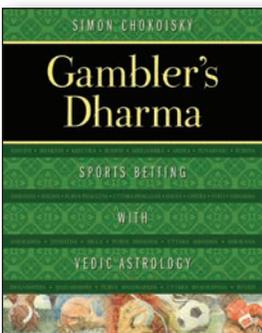
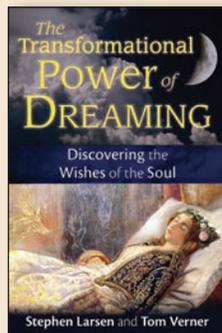
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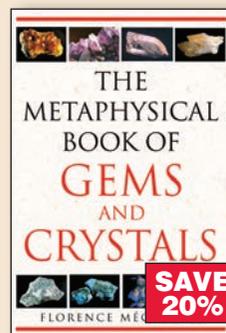
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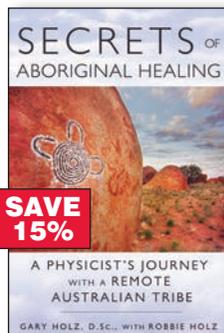
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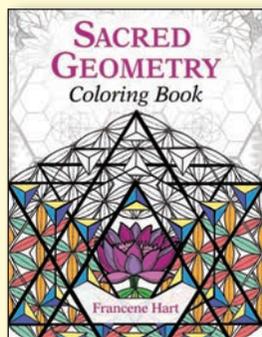
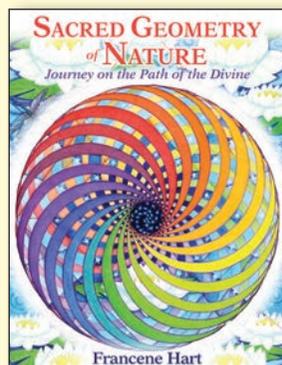
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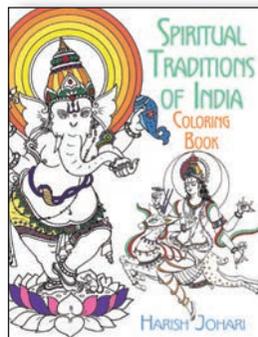
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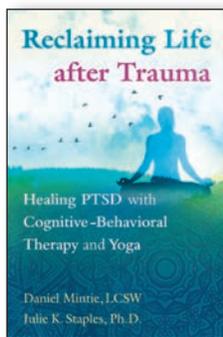
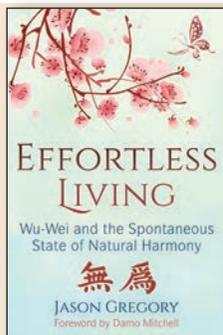
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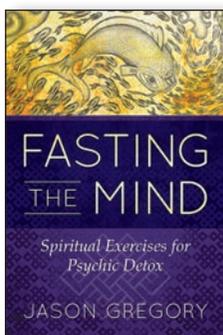
Mary Mueller Shutan

*"The Body Deva is a lovely guide for people coming from any level of experience, discipline, or disconnection to learn to access and embrace the wisdom of their own body."*

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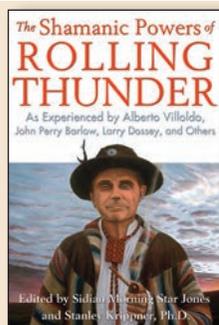
*"Eloquently demonstrates how Rolling Thunder used . . . his healing magic and possessed an 'eagle's eye' that guided him on his shamanic journeys."*

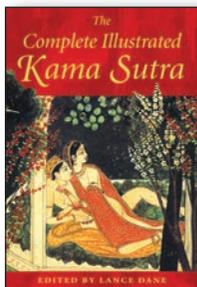
—Mickey Hart, percussionist for The Grateful Dead

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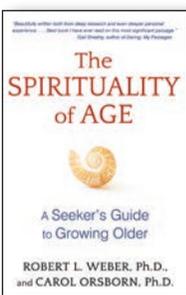
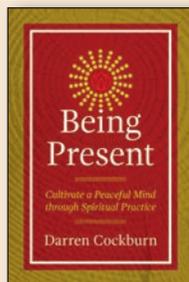
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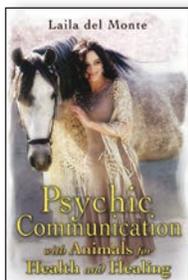
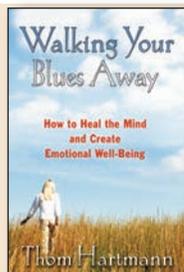
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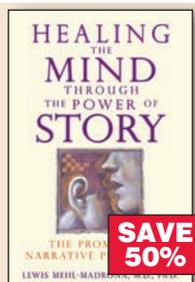
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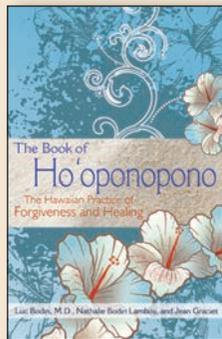
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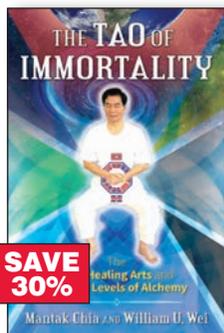
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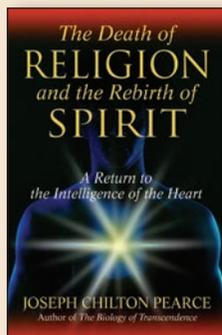
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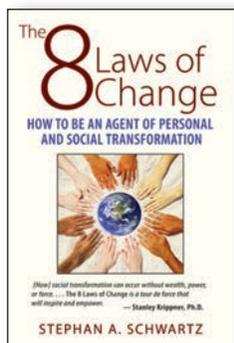
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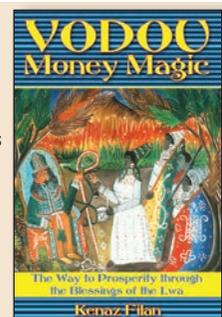
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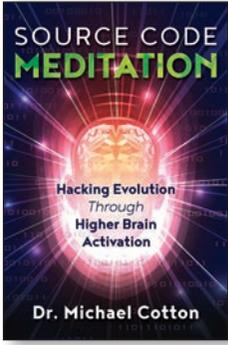
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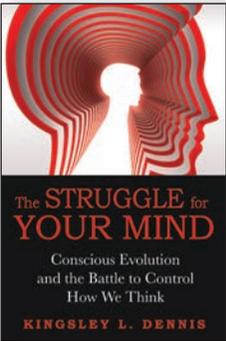
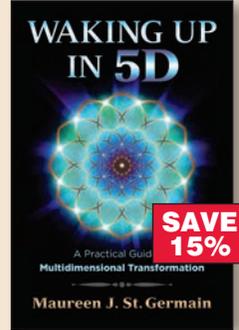
*"... an easy and discernible blueprint for accessing the energies of Ascension and ensuring that you are ahead of the curve. ... a step-by-step process that allows you to understand that you have already been Waking Up in 5D!"*

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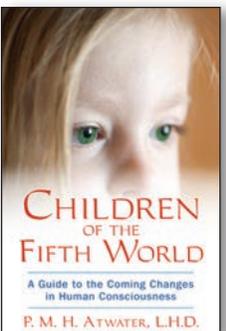
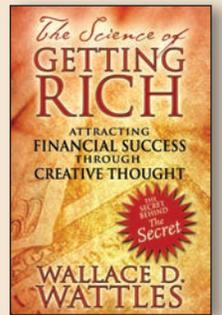
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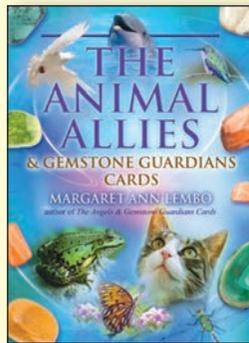
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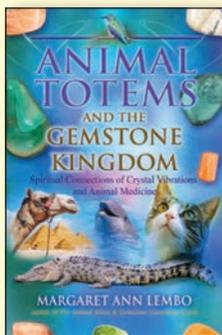
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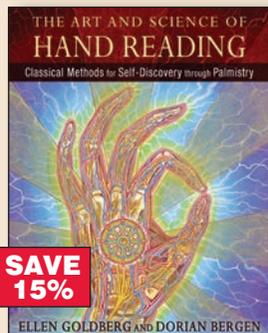
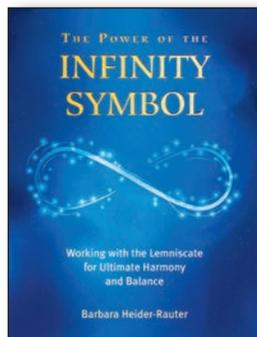
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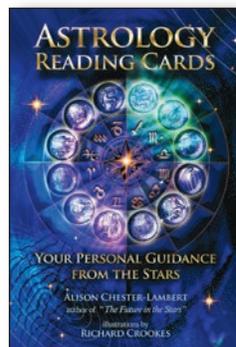
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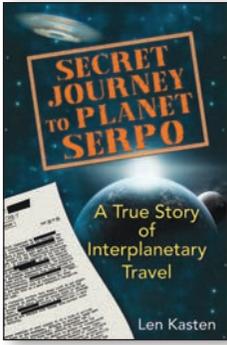
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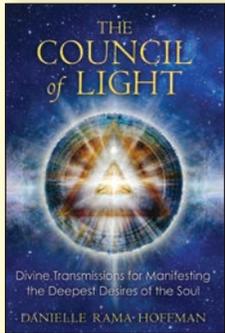
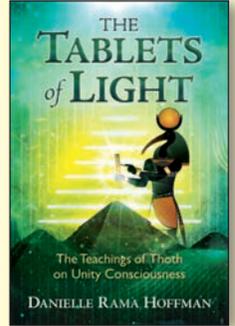
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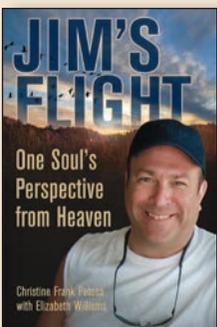
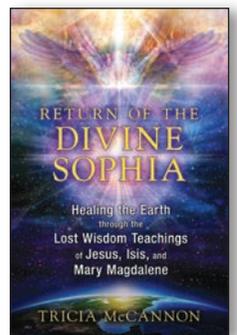
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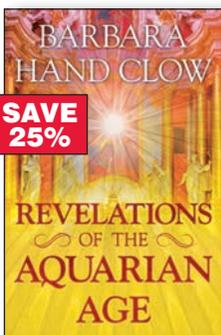
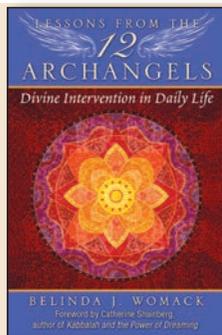
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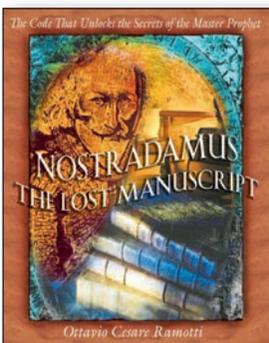
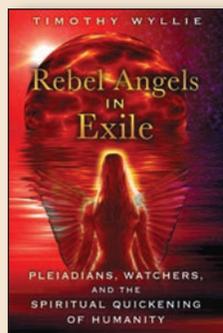
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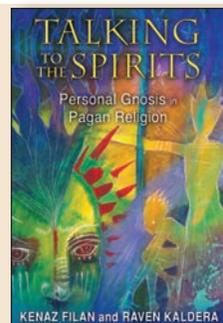
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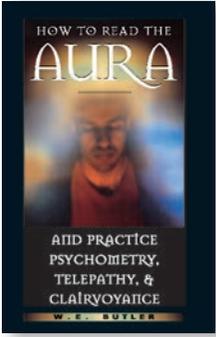
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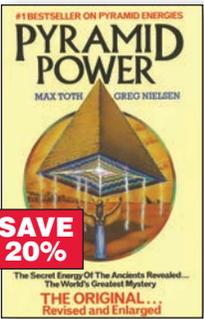
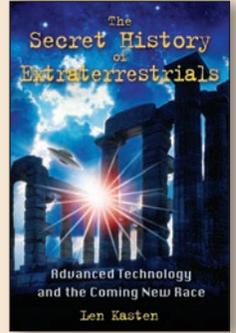
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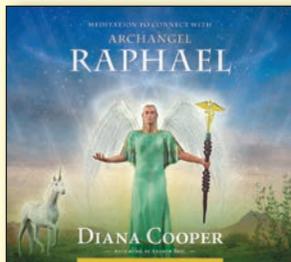
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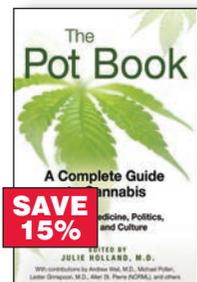
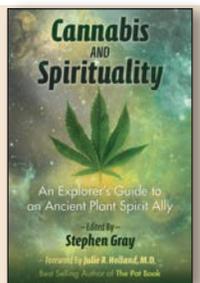
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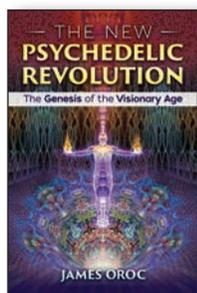
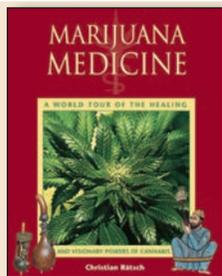
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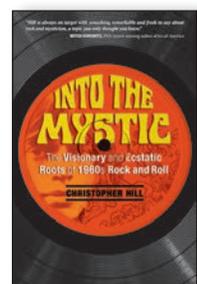
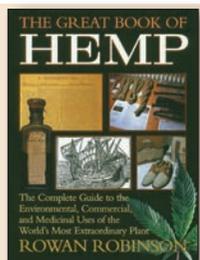
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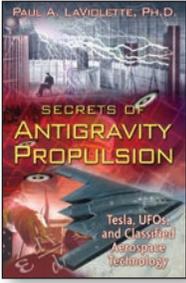
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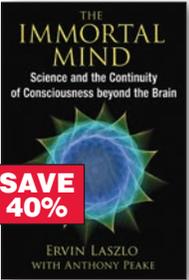
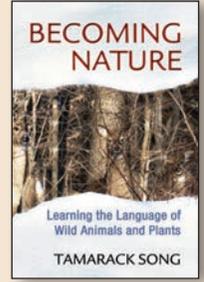
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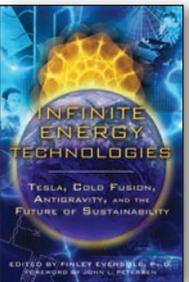
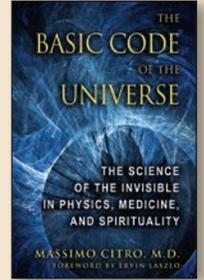
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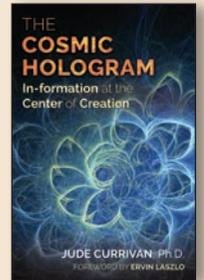
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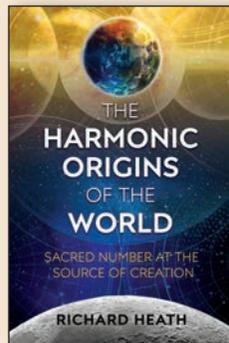
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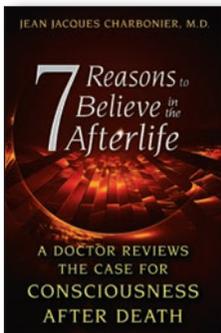
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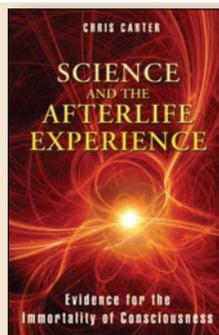
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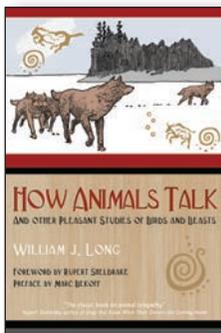
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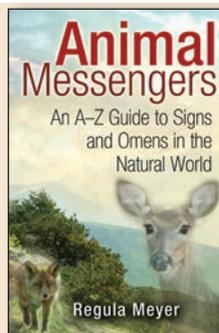
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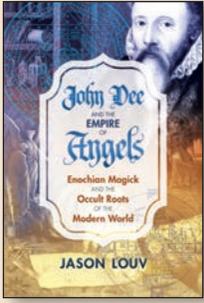
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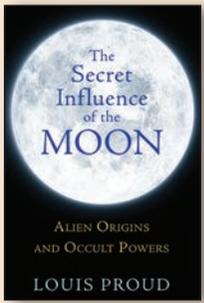
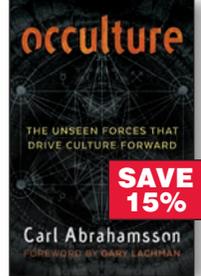
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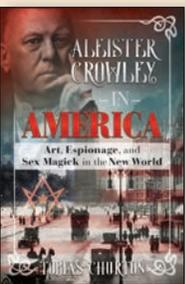
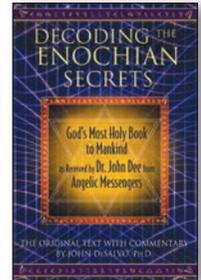
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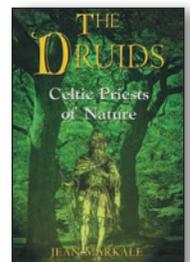
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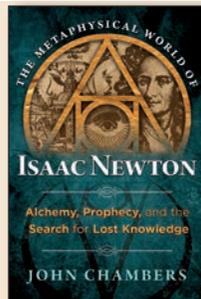
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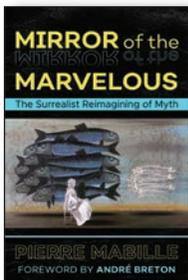
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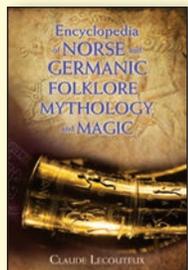
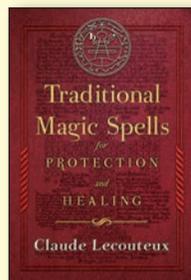
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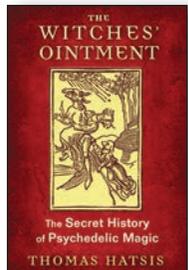
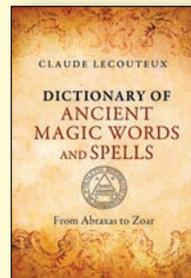
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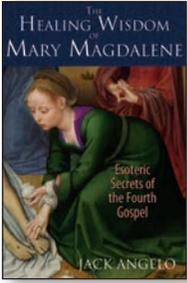
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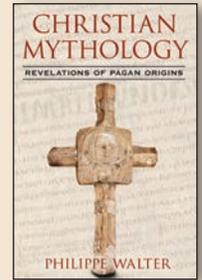
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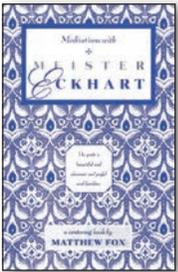


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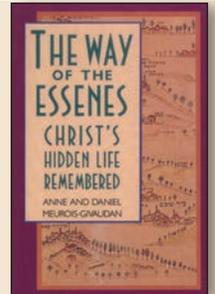
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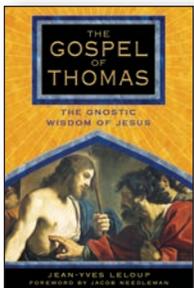
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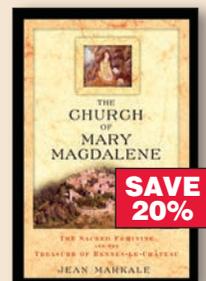
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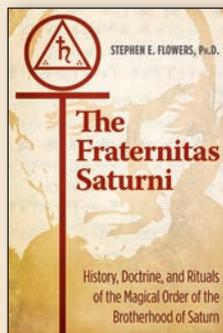
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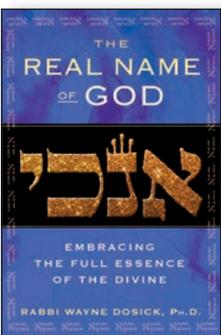
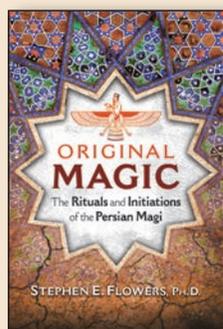
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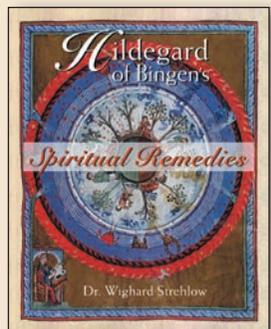
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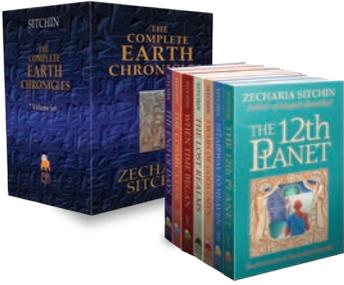
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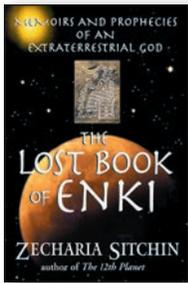
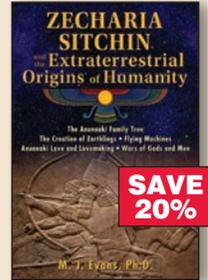
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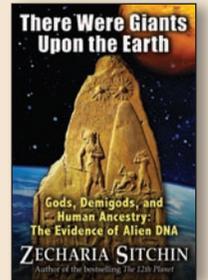
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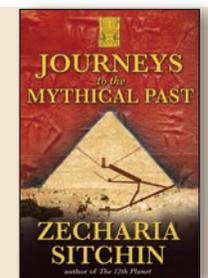
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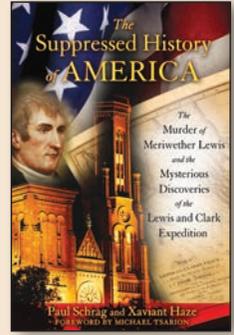
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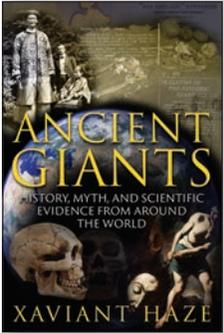
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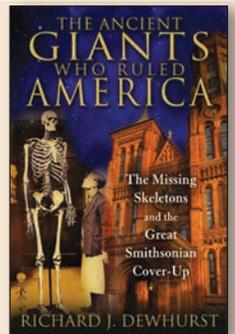
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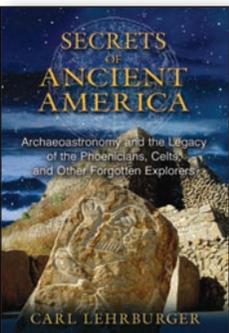
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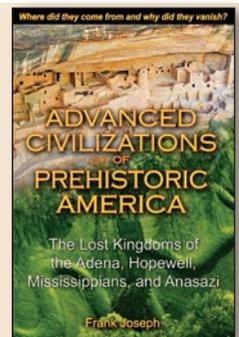
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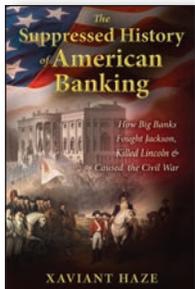
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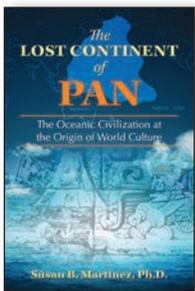
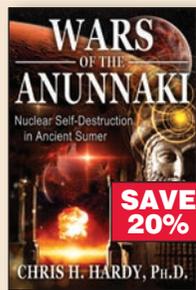
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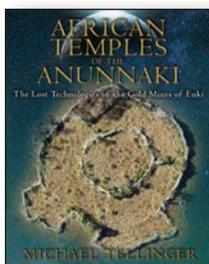
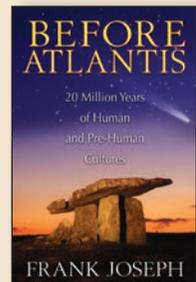
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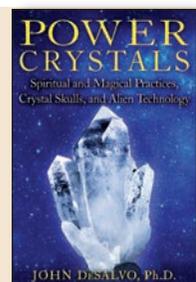
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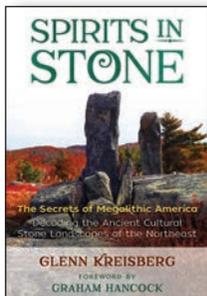
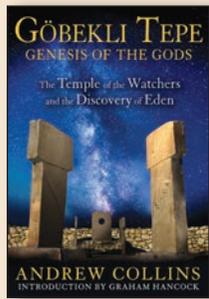
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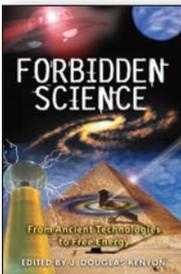
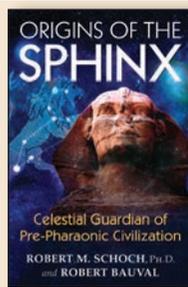
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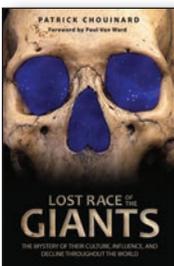
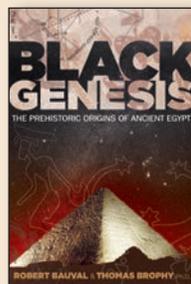
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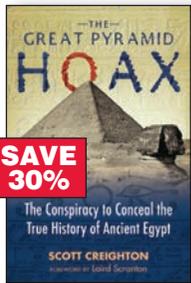
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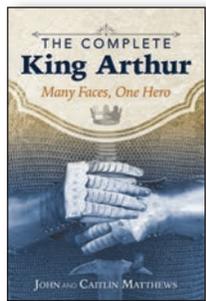
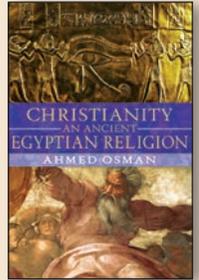
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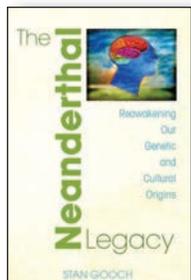
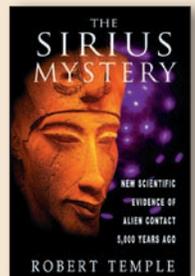
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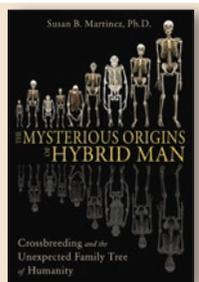
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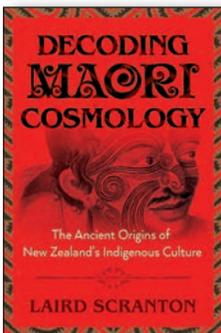
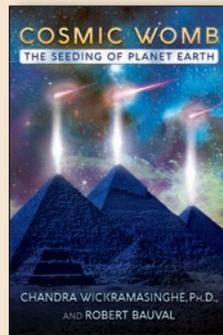
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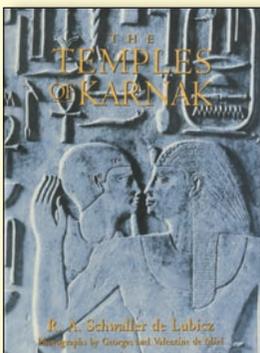
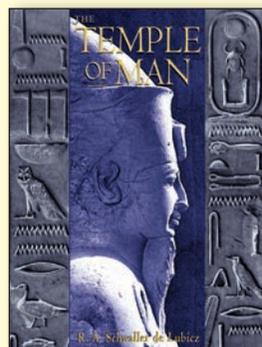


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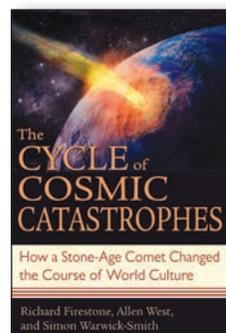
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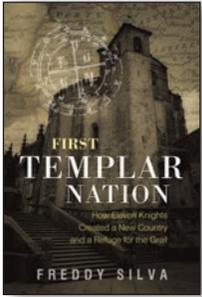
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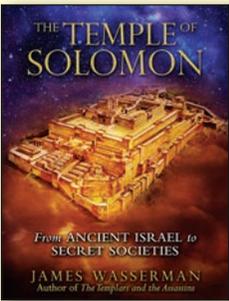
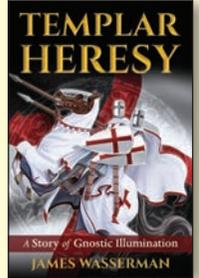
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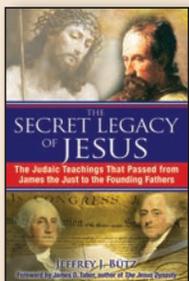
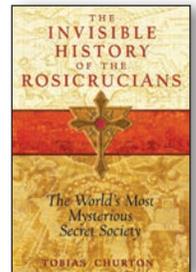
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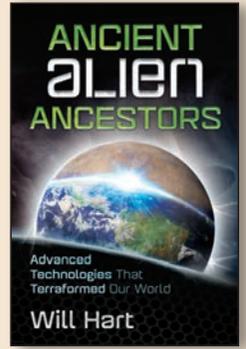
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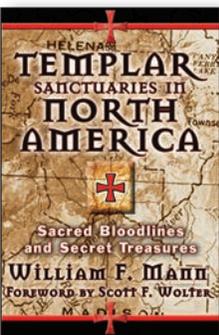
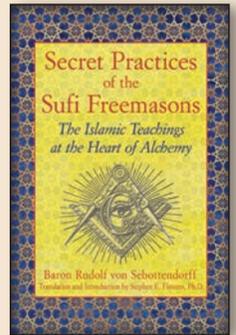
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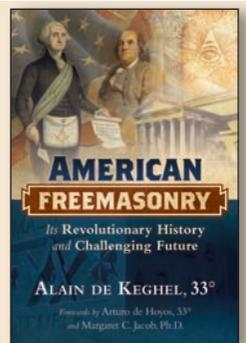
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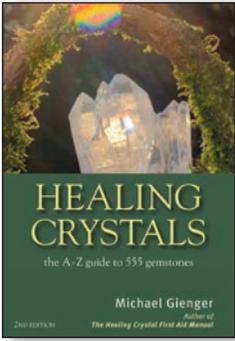
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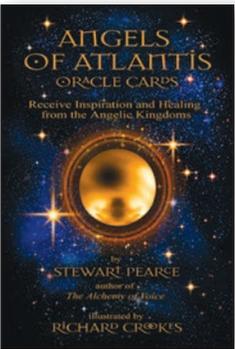
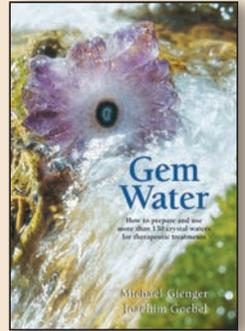
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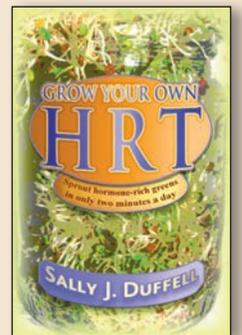
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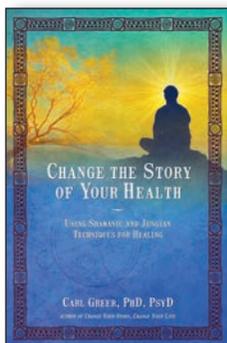
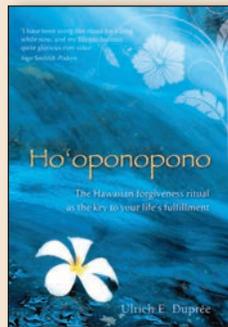
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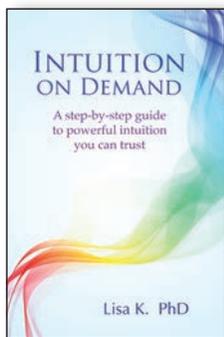
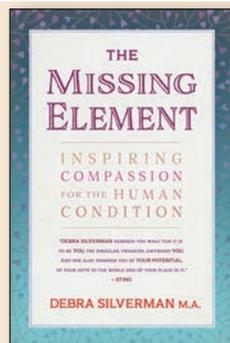
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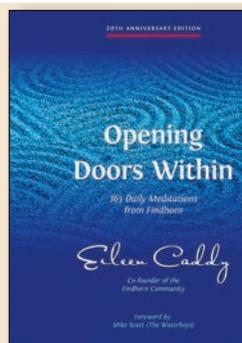
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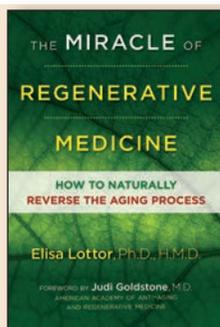
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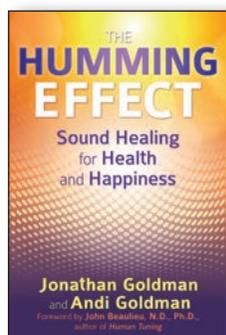
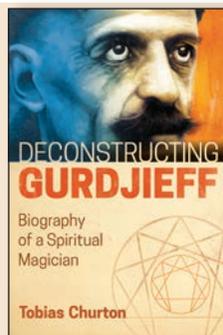
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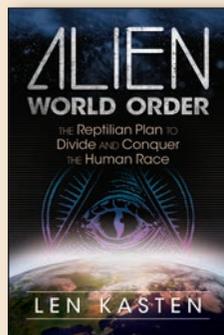
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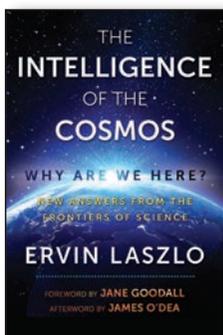
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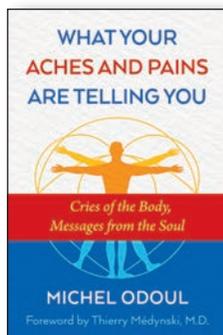
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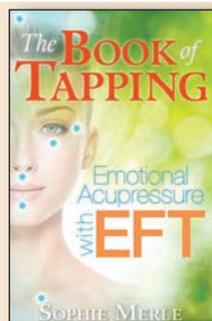
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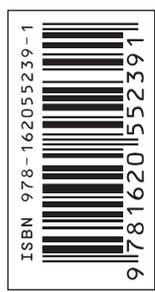
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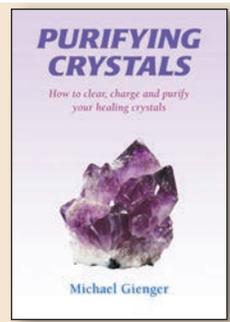
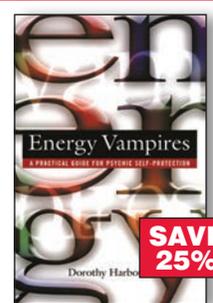
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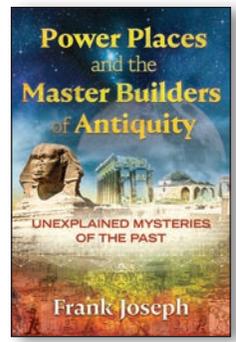
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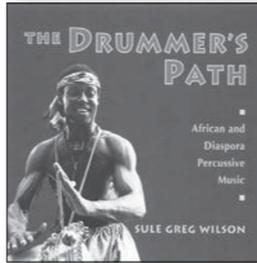
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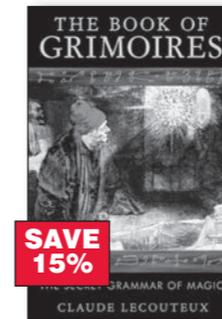
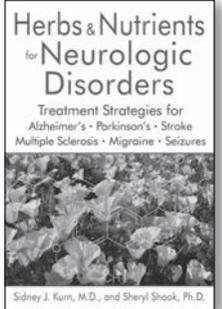
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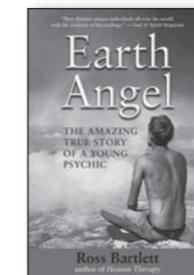
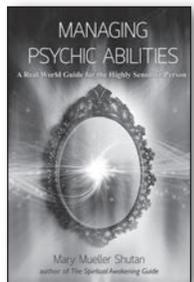
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