



INNER TRADITIONS
BEAR & COMPANY



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

**NEW &
BESTSELLING TITLES**
Winter 2018 Catalog

FREE SHIPPING
(SEE ORDER FORM FOR DETAILS)

~ **17 New Titles** ~
Selected Titles on Sale
through April 9, 2018

INNER TRADITIONS

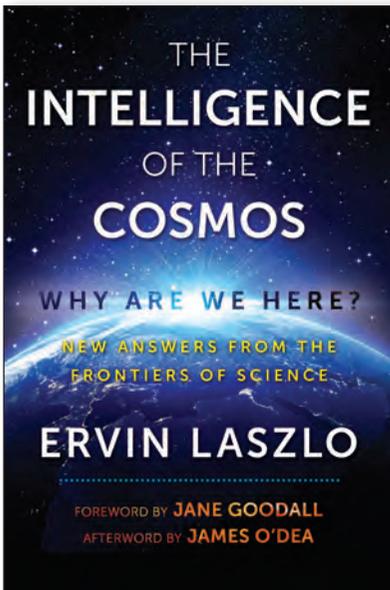
Welcomes



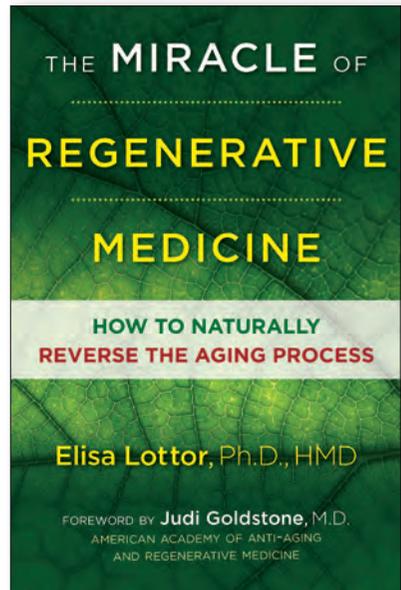
FINDHORN PRESS

to its family of
Visionary Publishers!

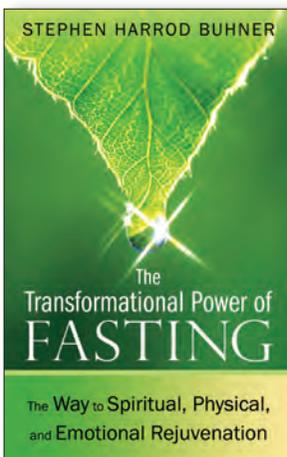
FindhornPress.com



Page 26



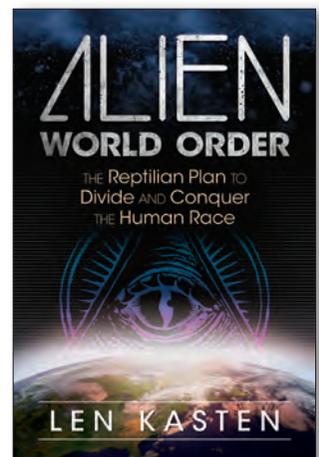
Page 5



Page 3



Page 5



Page 3

1-800-246-8648 / www.InnerTraditions.com

READ THE WISDOM!

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

With more than 1,500 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
only at...
InnerTraditions.com



FINDHORN PRESS

Visit FindhornPress.com to view more than 200 titles NEW to our line of books!

Winter Catalog 2018

TABLE OF CONTENTS

Featured Titles.....	2-4
New Releases	5
Health & Healing.....	6-18
Yoga & Exercise	19
Bodywork / Energy Medicine.....	20
Visionary Plants.....	21
Eastern Religion & Philosophy	22
Western Religion & Philosophy	23-24
Esoteric / Occult.....	25
Science & Nature	26-27
New Age / Metaphysics	28-30
Personal Growth / Self-Transformation	31-35
Zecharia Sitchin	36
Ancient Mysteries.....	37-45
Bestsellers.....	46-47

Discounts valid through April 9, 2018

Price and availability subject to change without notice

FREE SHIPPING

(see order form for details)

FIND US ON   

BECOMING NATURE

Learning the Language of Wild Animals and Plants

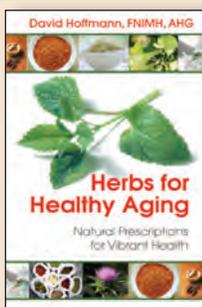
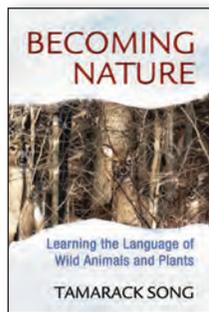
Tamarack Song

"Becoming Nature will help connect you to the natural world."

—Temple Grandin, author of *Animals in Translation* and *Animals Make Us Human*

In this guide to becoming one with Nature, Tamarack Song provides step-by-step instructions for reawakening the innate sensory and intuitive abilities that our hunter-gatherer ancestors relied upon—abilities imprinted in our DNA yet long forgotten. Through exercises and experiential stories, the author guides us to immerse ourselves in Nature at the deepest levels of perception, which allows us to sense the surrounding world and the living beings in it as extensions of our own awareness.

978-1-59143-211-1 • \$18.00 pb • 304 pages, 6 x 9 • 60 b&w illustrations • e-book available



New Edition of *Herbal Prescriptions after 50*

HERBS FOR HEALTHY AGING

Natural Prescriptions for Vibrant Health

David Hoffmann, FNIMH, AHG

"One of the Western world's most respected clinical herbalists offers the reader safe, effective, and relevant treatments for many of the ills that come with increasing age."

—David Winston, RH(AHG), coauthor of *Adaptogens*

David Hoffmann provides a guide to herbal remedies that promote longevity, restore the body's systems, treat chronic conditions, and maintain natural health.

978-1-62055-221-6 • \$19.95 pb • 384 pages, 6 x 9 • e-book available

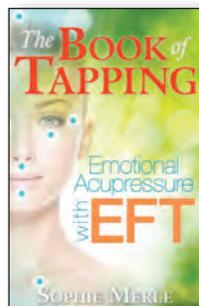
THE BOOK OF TAPPING

Emotional Acupressure with EFT

Sophie Merle

Tapping, or Emotional Freedom Technique (EFT), is a simple form of acupressure that treats the energetic roots of emotional and physical suffering. In this step-by-step guide to EFT, Sophie Merle details the practice of tapping, illustrating the easily accessible points on the face, hands, and torso to tap and in what order. Explaining how to open your energetic system to EFT treatment for fast and long-lasting results, she reveals how the energy psychology practice of tapping can be applied to any area of your life but is particularly effective for emotional and psychological conditions.

978-1-62055-601-6 • \$12.95 pb • 112 pages, 5.38 x 8.25 • 4 b&w illustrations • e-book available



ALIEN WORLD ORDER

The Reptilian Plan to Divide and Conquer the Human Race

Len Kasten

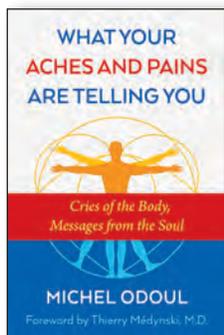
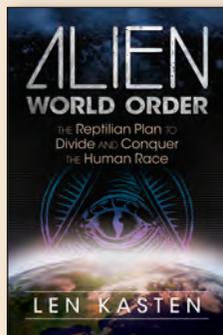
"Kasten peels back the layers to reveal the dire situation we collectively face today where our political leaders are vassals for imperialistic Reptilian aliens . . ."

—Michael E. Salla, Ph.D., author of *Extraterrestrial Alliances*

Len Kasten, author of the bestselling book *The Secret Journey to Planet Serpo*, shows how Eisenhower's treaty with the Grey Aliens, signed in 1954, gave reptilian aliens the authority to abduct humans for "research." Contrasting the Reptilians with benevolent aliens who crashed at Roswell, Kasten exposes the stealthy tactics of the Reptilians, their relationship with the Greys, and what we need to do to defeat their plans.

978-1-59143-239-5 • \$18.00 pb • 336 pages, 6 x 9

Includes 16-page color insert and 59 b&w illustrations • e-book available



WHAT YOUR ACHES AND PAINS ARE TELLING YOU

Cries of the Body, Messages from the Soul

Michel Odoul / Foreword by Thierry Médynski, M.D.



"A much-needed book for the 21st-century; Odoul takes an energetic approach to holistic philosophy and goes to the root of energetic disturbances that lead to ailments or chronic conditions."

—Sebhia Marie Dibra, author of *Overcoming Acute and Chronic Pain*

Revealing the clear correspondences between emotional and mental tensions and specific ailments of the body, the author shows how the part of the body affected pinpoints what your soul is trying to tell you and what you need to work through emotionally. Includes a reference grid of body-mind connections.

978-1-62055-675-7 • \$16.95 pb • 208 pages, 6 x 9 • 24 b&w illustrations • e-book available

WAKING UP IN 5D

A Practical Guide to Multidimensional Transformation

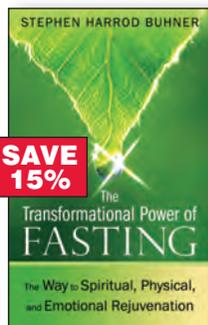
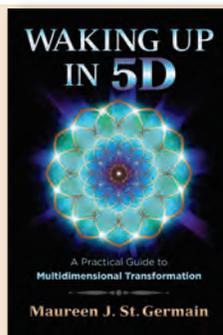
Maureen J. St. Germain

"... 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!"

—Lynn V. Andrews, *New York Times* bestselling author of the *Medicine Woman* series

In this ascension manual, spiritual teacher Maureen J. St. Germain explains how to shift your energetic patterns and choose to permanently anchor yourself in the joy, love, and kindness of 5D.

978-1-59143-288-3 • \$18.00 pb • 256 pages, 6 x 9 • 17 b&w line illustrations • e-book available



SAVE 15%

New Edition of *The Fasting Path*

THE TRANSFORMATIONAL POWER OF FASTING

The Way to Spiritual, Physical, and Emotional Rejuvenation

Stephen Harrod Buhner

During a fast, the body enters the same healing cycle it normally enters during sleep, allowing its systems to purify and be refreshed. This step-by-step guide to fasting offers a means to truly inhabit the body, experience its sacredness, and help or heal many chronic conditions.

978-1-59477-466-9 • ~~\$16.95~~ **\$14.41** pb • 224 pages, 5.38 x 8.25 • e-book available

More books by Stephen Harrod Buhner on pages 4, 11, and 26

SACRED RETREAT

Using Natural Cycles to Recharge Your Life

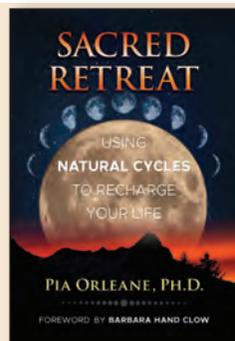
Pia Orleane, Ph.D. / Foreword by Barbara Hand Clow

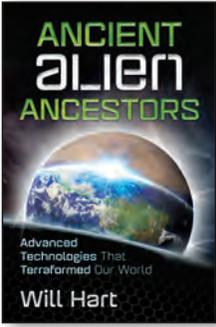
"The minute I started reading this book, I got chills. My body said a big 'yes' to this information. Yours will too! Every mother and every daughter should read this book."

—Christiane Northrup, M.D., bestselling author of *Women's Bodies, Women's Wisdom*

Drawing on the wisdom of ancient cultures, the natural cycles of life, and her own research, Pia Orleane, Ph.D., outlines the sacred retreat process, offering a cleansing practice for body and mind to awaken creativity and intuition, re-attune with the rhythms of nature, and restore balance between the divine feminine and masculine.

978-1-59143-791-8 • \$16.00 pb • 240 pages, 6 x 9 • e-book available





ANCIENT ALIEN ANCESTORS

Advanced Technologies That Terraformed Our World

Will Hart

"A valuable contribution to the literature on the origin of life on our planet. The current mainstream scientific explanations do not work. I especially appreciate Hart's presentation of information about spacecraft (vimanas) drawn from the ancient Sanskrit writings of India."

—Michael A. Cremonese, author of *Forbidden Archeology* and *Human Devolution*

Sharing scientific evidence of alien involvement with life on our planet, Author Will Hart refines the theory of directed panspermia—that life was intentionally seeded on Earth by extraterrestrials—and shows that advanced ETs are our ancestors and as human as we are.

978-1-59143-253-1 • \$20.00 pb • 384 pages, 6 x 9 • 30 b&w illustrations • e-book available

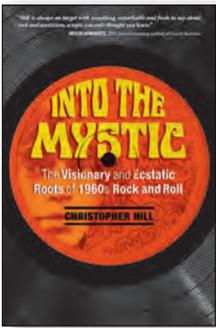
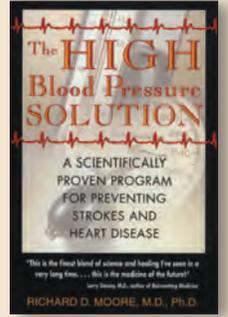
THE HIGH BLOOD PRESSURE SOLUTION

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



INTO THE MYSTIC

The Visionary and Ecstatic Roots of 1960s Rock and Roll

Christopher Hill

"Like a third eye opening, Into the Mystic illuminates the spiritual awakening that gave popular music its messianic fervor in the renaissance era that heralded the 1960s."

—Lenny Kaye, musician and producer of the compilation album *Nuggets: Original Artyfacts From First Psychedelic Era, 1965–1968*

Music critic Christopher Hill examines the visionary, spiritual, and mystical influences on the Beatles, the Rolling Stones, the Grateful Dead, Bob Dylan, Van Morrison, the Incredible String Band, the Velvet Underground, and others to show how 1960s rock and roll music transformed consciousness on both the individual and collective levels.

978-1-62055-642-9 • \$16.95 pb • 304 pages, 6 x 9 • 23 b&w illustrations • e-book available

ANCESTRAL MEDICINE

Rituals for Personal and Family Healing

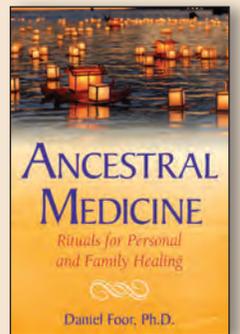
Daniel Foor, Ph.D.

"... combines extensive practical experience with intellectual rigor. . . . I recommend his work to anyone interested in truly knowing themselves and gaining solid ground on their own spiritual path."

—Grant H. Potts, Ph.D., Lodge Master of Scarlet Woman Lodge, Ordo Templi Orientis

Offering a practical guide to understanding and navigating relationships with the spirits of those who have passed, Daniel Foor, Ph.D., details how to relate safely and effectively with your ancestors for personal, family, and cultural healing. He provides exercises and rituals to help you initiate contact with your ancestors.

978-1-59143-269-2 • \$20.00 pb • 336 pages, 6 x 9 • Includes 16-page color insert and 4 b&w illustrations • e-book available



NATURAL REMEDIES FOR LOW TESTOSTERONE

How to Enhance Male Sexual Health and Energy

Stephen Harrod Buhner

"... explores the little-known territory of men's hormonal changes during midlife and offers simple sensible solutions to help men navigate this important cycle of their lives."

—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—plant medicines that contain male hormones—to safely remedy the depletion exerted by the modern environment.

978-1-62055-504-0 • \$14.95 **\$11.96** pb • 192 pages, 6 x 9 • e-book available

COSMIC WOMB*The Seeding of Planet Earth*

Chandra Wickramasinghe, Ph.D., and Robert Bauval

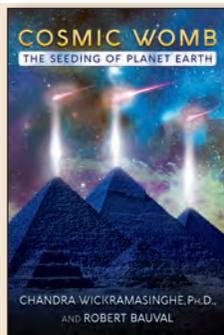
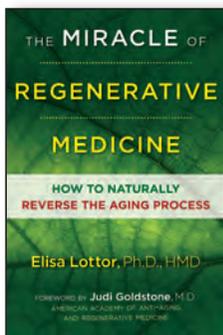
"Cosmic Womb is required reading for all those who want to understand the origins of life on Earth and throughout the cosmos. It is that important."

—Edward J. Steele, Ph.D., molecular immunologist

Exploring the latest findings in support of a cosmic origin for humanity, the authors expand on Sir Fred Hoyle's theory of panspermia: that the building blocks of life arrived on Earth via comets in the distant past. They also reveal new discoveries about the dimensions of the Great Pyramid of Giza.

978-1-59143-307-1 • \$20.00 pb • 408 pages, 6 x 9

Includes 8-page color insert and 137 b&w illustrations • e-book available

**New****THE MIRACLE OF REGENERATIVE MEDICINE***How to Naturally Reverse the Aging Process*

Elisa Lottor, Ph.D., HMD / Foreword by Judi Goldstone, M.D.

"From bioidentical hormones and energy medicine to hyperbaric oxygen and stem cells, Dr. Lottor covers a breadth of regenerative therapies that everyone should know about. . . I highly recommend this enlightening and entertaining book."—Julian Whitaker, M.D., founder of Whitaker Wellness Institute and author of *Health & Healing* newsletter

Elisa Lottor explains how to activate the body's self-healing abilities, prevent illness before it starts, and reverse the aging process to live longer, healthier, and happier. She reviews cutting-edge research on stem cell therapies and epigenetics and offers hands-on ways to reduce inflammation, detox, restore your microbiome, and utilize many other regenerative therapies.

978-1-62055-603-0 • \$18.95 pb • 320 pages, 6 x 9 • e-book available

New**WHITE SPIRIT ANIMALS***Prophets of Change*

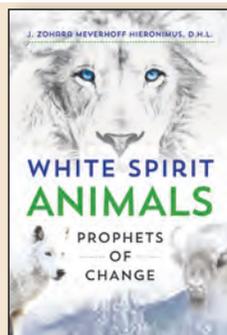
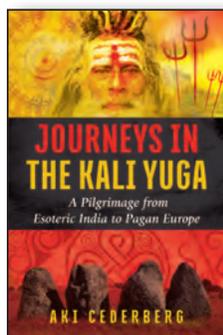
J. Zohara Meyerhoff Hieronimus, D.H.L.

"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

**New****JOURNEYS IN THE KALI YUGA***A Pilgrimage from Esoteric India to Pagan Europe*

Aki Cederberg

"In his rip-roaring English-language debut, Cederberg sets himself as neither guide nor guru, allowing readers to truly participate in his journey without worrying about what exactly they are supposed to learn."

—Publishers Weekly

Beautifully detailing his spiritual pilgrimage from West to East and back again, in the age of strife known as the Kali Yuga, the author shares the magical traditions he experienced in India and Nepal and how his search for a spiritual homeland ultimately led him back to his native Europe.

978-1-62055-679-5 • \$16.95 pb • 200 pages, 6 x 9

Includes 8-page color insert and 20 b&w illustrations • e-book available

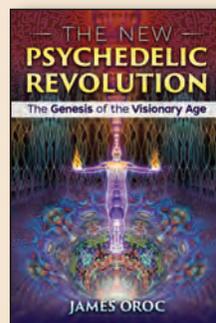
New**THE NEW PSYCHEDELIC REVOLUTION***The Genesis of the Visionary Age*

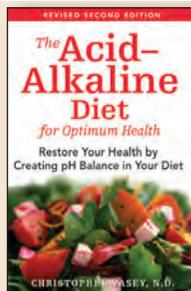
James Oroc

"An important fascinating book for anyone interested in the bold psychedelic visionaries whose work and legacies will continue to shape and be felt by our culture for generations to come."—Alex Seymour, author *Psychedelic Marine*

Speaking from the forefront of the new psychedelic revolution, James Oroc explores 21st-century psychedelic culture through the work of Alexander "Sasha" Shulgin, Terence McKenna, and Alex Grey. He also investigates microdosing, the psy-trance festival experience, the history of Visionary Art, and the practical role of entheogens in our modern world.

978-1-62055-662-7 • \$19.95 pb • 480 pages, 6 x 9 • e-book available

**New**



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

OVERCOMING ACUTE AND CHRONIC PAIN

Keys to Treatment Based on Your Emotional Type

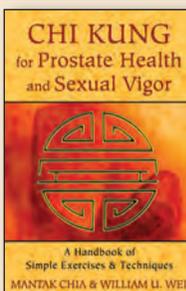
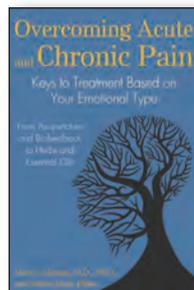
Marc S. Micozzi, M.D., Ph.D., and Sebhia Marie Dibra

"This book is full of well-researched solutions that are helpful, healing, and non-addicting and get to the core of the issue, creating better health and relief for those who implement these time-tested solutions."

—Brigitte Mars, author of *Addiction-Free Naturally* and *The Sexual Herbal*

This guide to safe and effective natural therapies for acute and chronic pain helps you find the holistic treatment that will work best for you based on your emotional type and specific pain condition. The authors provide an easy questionnaire and an interactive self-assessment.

978-1-62055-563-7 • \$18.95 pb • 288 pages, 6 x 9 • 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

A GOOD NIGHT'S SLEEP (w/CD)

A Drug-Free Solution

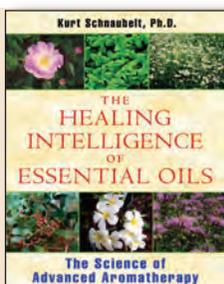
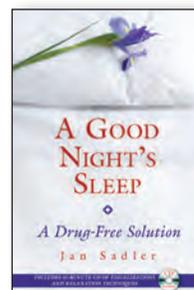
Jan Sadler

"A Good Night's Sleep has relaxation and visualization techniques and other bedtime advice to help you counteract stress and sleep better. The more you practice, the more it will help."

—Shirley Linde, author of *No More Sleepless Nights* and *No More Snoring*

Learn how to use visualization, breathwork, and meditation to break the patterns and frustration of insomnia. *A Good Night's Sleep* explains how to retrain the body to sleep solidly and includes an audio CD of guided visualizations and relaxation techniques.

978-1-59477-234-4 • \$16.95 pb • 128 pages, 6 x 9 • Includes a 65-minute CD • e-book available w/out CD



THE HEALING INTELLIGENCE OF ESSENTIAL OILS

The Science of Advanced Aromatherapy

Kurt Schnaubelt, Ph.D.

Exploring science's new biological understanding of essential oils, renowned aromatherapist Kurt Schnaubelt reveals the effectiveness of essential oil treatments and presents simple recipes for treating and preventing common ailments, such as colds, flu, herpes, and candida, as well as for pain management.

978-1-59477-425-6 • \$19.95 pb • 240 pages, 8 x 10 • Full-color throughout • e-book available

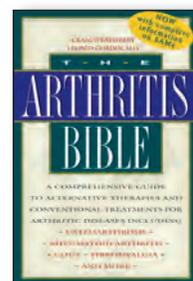
THE ARTHRITIS BIBLE

A Comprehensive Guide to Alternative Therapies and Conventional Treatments for Arthritic Diseases including Osteoarthritis, Rheumatoid Arthritis, Gout, Fibromyalgia, and More

Craig Weatherby and Leonid Gordin, M.D.

A specialist in functional medicine provides up-to-date information on a variety of treatments for arthritis, including drugs, exercise, diet, vitamins, herbs, nutraceuticals, and homeopathy. *The Arthritis Bible* includes a complete resource guide to the organizations, publications and internet sites devoted to arthritis.

978-0-89281-825-9 • \$16.95 pb • 272 pages, 6 x 9 • e-book available



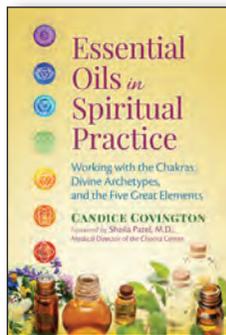
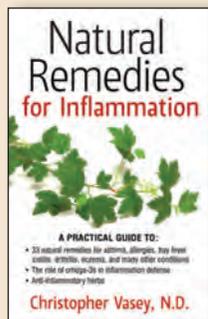
NATURAL REMEDIES FOR INFLAMMATION

Christopher Vasey, N.D.

Anti-inflammatory drugs are now the top-selling pharmaceuticals in the world. But daily use of these drugs can come with side effects, many of which can lead to other chronic conditions. This illustrated guide presents 33 anti-inflammatory herbs and remedies, such as bay laurel, basil, turmeric, propolis, and fish oil, explaining which conditions each addresses most effectively, the proper dosage, and the best methods of ingestion. It also shows how to deacidify the body, as acids have an inflammatory effect, as well as how to use hydrotherapy to calm inflammation.

978-1-62055-323-7 • \$14.95 pb • 192 pages, 5.38 x 8.25

Color illustrations throughout • e-book available



ESSENTIAL OILS IN SPIRITUAL PRACTICE

Working with the Chakras, Divine Archetypes, and the Five Great Elements

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."

—Valencia Porter, M.D., M.P.H., the Chopra Center's staff physician and director of Integrative Medicine

Candice Covington details how to use essential oils energetically to affect the tattvas, the elemental energies behind your unique personal characteristics. She provides energetic profiles of each tattva, chakra, and essential oil, explains their relationships to one another, and details how to craft your own ritual practice with essential oils.

978-1-62055-305-3 • \$16.95 pb • 226 pages, 6 x 9 • Includes 1 full-color page • e-book available

New

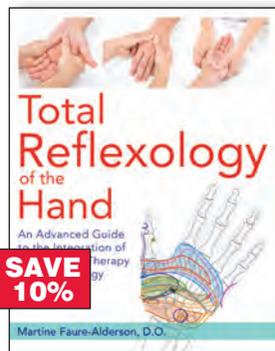
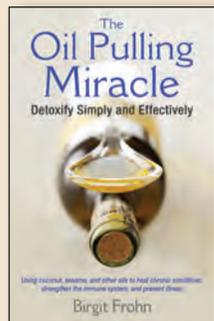
THE OIL PULLING MIRACLE

Detoxify Simply and Effectively

Birgit Frohn

Oil pulling, the practice of swishing coconut oil or other oils in the mouth, cleanses the mouth and tongue, prevents harmful bacteria from entering the bloodstream, and triggers enzyme production in the digestive tract. Practiced daily, oil pulling leads to better dental and gum health, a stronger immune system, and detoxification of major organs. Includes a step-by-step 7-day detox plan for those who want to maximize the effects of oil pulling and accelerate their return to better health.

978-1-62055-327-5 • \$12.95 pb • 128 pages, 5.38 x 8.25 • Full-color throughout • e-book available



TOTAL REFLEXOLOGY OF THE HAND

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 Academy of Excellence and Reflexology Association of Canada

Dr. Martine Faure-Alderson explains how to use hand reflexology to treat the brain and each of the body's systems, from the digestive system to the human energetic system. She provides precise full-color mapped hand diagrams.

978-1-62055-531-6 • ~~\$49.95~~ \$17.96 pb • 144 pages, 8.5 x 11

Full-color throughout • e-book available

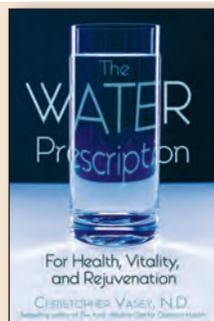
THE WATER PRESCRIPTION

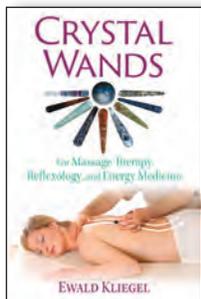
For Health, Vitality, and Rejuvenation

Christopher Vasey, N.D.

Drinking sufficient quantities of water is a necessity for optimal physical functioning, but it can also play a major role in the prevention and treatment of many diseases. Christopher Vasey explains not only why water is so essential to our health but also what quantities we should drink and when. He discusses the qualities of different types of water and demonstrates which will best address certain conditions. In addition, he provides 10 water cures that will rehydrate the deepest levels of the body, remove toxins, and restore vital minerals.

978-1-59477-095-1 • \$12.95 pb • 160 pages, 5.38 x 8.25 • 7 b&w illustrations • e-book available





CRYSTAL WANDS

For Massage Therapy, Reflexology, and Energy Medicine

Ewald Kliegel

Exploring the healing properties and indications for more than 70 crystal wands, the author explains how the versatile shape of a crystal wand amplifies a crystal's energetic effects. He provides step-by-step instructions for using crystal wands in massage, reflexology, and energy medicine and for tuning the aura and balancing the chakras

978-1-62055-648-1 • \$19.95 pb • 192 pages, 6 x 9 • Full-color throughout • e-book available

New

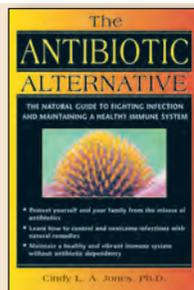
THE ANTIBIOTIC ALTERNATIVE

The Natural Guide to Fighting Infection and Maintaining a Healthy Immune System

Cindy L. A. Jones, Ph.D.

While antibiotics have their place in treating acute life-threatening conditions, *The Antibiotic Alternative* shows how the best defense against infectious disease is to strengthen your own immune system. With advice on stress management and diet and complete monographs of a dozen readily available herbs, Dr. Jones shows you how to ward off infectious disease naturally without antibiotic overdependence.

978-0-89281-877-8 • \$16.95 pb • 248 pages, 6 x 9 • e-book available



THE ENCYCLOPEDIA OF HEALING POINTS

The Home Guide to Acupoint Treatment

Roger Dalet, M.D.

We have all experienced how the simple power of touch can bring such comfort and relief. Massaging specific healing points used in acupressure directs this powerful energy in a way that stimulates the body's own natural healing ability. Illustrated in full color, this book presents a complete guide for treating more than 150 ailments and disorders using acupressure. It includes important new acupoints that address ailments resulting from sedentary lifestyles and use of computers.

978-1-59477-335-8 • \$29.95 **\$25.46** pb • 288 pages, 8 x 10 • Full-color throughout • e-book available

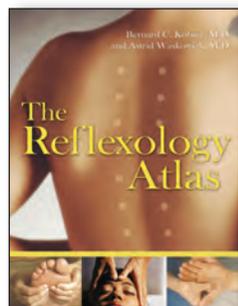
ALOE VERA

Nature's Soothing Healer

Diane Gage

The author discusses the properties of aloe vera and explains why it is effective in healing. She also explores the ways the plant has been used throughout history by many cultures, including ancient Egyptians and Native Americans. Gage demystifies the proven curative properties of aloe vera and shows how it can be used to its best advantage for a wide variety of problems.

978-0-89281-627-9 • \$12.95 pb • 128 pages, 5 x 7.75



THE REFLEXOLOGY ATLAS

Bernard C. Kolster, M.D., and Astrid Waskowiak, M.D.

"... those seeking to remedy headaches, back pain, insomnia or weak knees might do well with the solutions featured here."

—Publishers Weekly

The Reflexology Atlas is the first comprehensive reference guide to provide an overview of and instructions for the many forms of reflexology. Included by Drs. Kolster and Waskowiak are reflexology techniques for allergies, joint problems, headaches, back pain, sleep disorders, and heart and circulatory problems. *The Reflexology Atlas* puts these techniques at your fingertips.

978-1-59477-091-3 • \$24.95 pb • 256 pages, 10 x 13 • 570 color photographs and illustrations

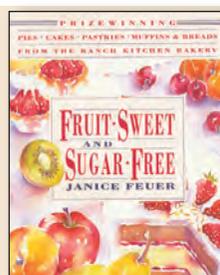
FRUIT-SWEET AND SUGAR-FREE

Prize-Winning Pies, Cakes, Pastries, Muffins, and Breads from the Ranch Kitchen Bakery

Janice Feuer

A Cordon Bleu-trained pastry chef transforms traditional bakery favorites into lighter, healthier alternatives while maintaining the excellent taste, lightness, texture, and appearance one would expect in fine baked goods. The author provides more than 150 recipes sweetened only with natural, nationally-available fruit sweetener.

978-0-89281-449-7 • \$19.95 pb • 216 pages, 8 x 10 • 8 color plates and b&w illustrations throughout



COLLOIDAL SILVER*The Natural Antibiotic*

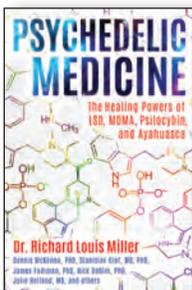
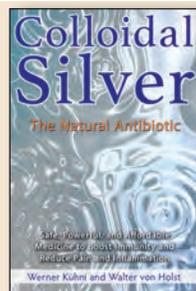
Werner Kühni and Walter von Holst

“. . . the most authoritative and insightful guide to the healing powers of colloidal silver. A must for every household and health care practitioner.”

—Vatsala Sperling, MS, PhD, PDHom, CCH, RSHom (NA)

Colloidal silver was widely used as a natural antibiotic until the mid-20th century when its use was overshadowed by the development of pharmaceutical antibiotics. In this complete guide, the authors detail the correct dosages and applications for specific ailments.

978-1-62055-500-2 • \$14.95 pb • 160 pages, 6 x 9 • 14 b&w illustrations • e-book available

**PSYCHEDELIC MEDICINE***The Healing Powers of LSD, MDMA, Psilocybin, and Ayahuasca*

Dr. Richard Louis Miller

“A fascinating book published at exactly the right moment—when there is more psychedelic psychotherapy research than any other time in the past 50 years.”

—Rick Doblin, PhD, founder and executive director of the Multidisciplinary Association for Psychedelic Studies (MAPS)

Embracing the revival of psychedelic research and the discovery of new therapeutic uses, Dr. Richard Louis Miller discusses what is happening today in psychedelic medicine—and what will happen in the future—with top researchers in this field.

978-1-62055-697-9 • \$16.95 pb • 256 pages, 6 x 9 • e-book available

New**THE ENCYCLOPEDIA OF APHRODISIACS***Psychoactive Substances for Use in Sexual Practices*

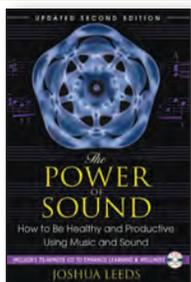
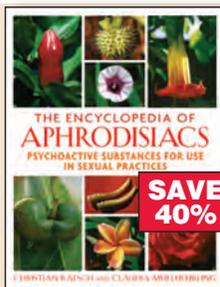
Christian Rätsch and Claudia Müller-Ebeling

“A superb job of presenting the often taboo subject of aphrodisiacs in the light of pharmacology, herbalism, and human sexuality.”

—David Hoffmann, FNIMH, RH, cofounder of the American Herbalist Guild, author of *Medical Herbalism*

This stunning encyclopedia examines the botany, pharmacology, history, preparation, dosage, and practical use of more than 400 erotically stimulating substances from antiquity to the present day. Richly illustrated with more than 800 color photographs.

978-1-59477-169-9 • ~~\$125.00~~ **\$75.00** hardcover • 736 pages, 8.5 x 11 • Full-color throughout • 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 psychoacoustically designed classical music for a direct experience of the effect of simplified sound.

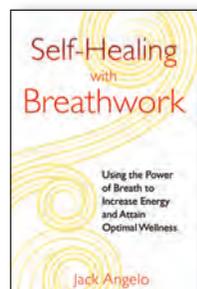
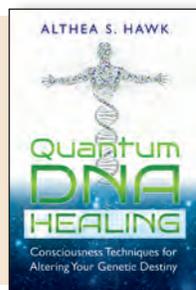
978-1-59477-350-1 • \$19.95 pb • 320 pages, 6 x 9 • Includes 75-minute CD

**QUANTUM DNA HEALING***Consciousness Techniques for Altering Your Genetic Destiny*

Althea S. Hawk

Consciousness and quantum energies affect genetic expression and the development of disease and chronic health conditions. Althea S. Hawk explores mind-body techniques to re-encode your DNA, such as sound and breath work, DNA marker removal, recalibration of Akashic information, and cellular communication exercises that readers can apply to their own healing journeys.

978-1-59143-287-6 • \$16.00 pb • 240 pages, 6 x 9 • e-book available

**SELF-HEALING WITH BREATHWORK***Using the Power of Breath to Increase Energy and Attain Optimal Wellness*

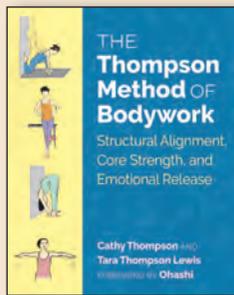
Jack Angelo

“The exercises are easy to follow, very powerful, and go into the subject matter at a far deeper level than many other comparable books.”

—Roger Ford, executive director and cofounder of Healing in America

All effective healing begins with the breath, for our breath carries life force into the body. This book explains how to harness the healing life force available in each breath and forge a deep connection to the sacred source of all life.

978-1-59477-481-2 • \$16.95 pb • 208 pages, 6 x 9 • 15 b&w illustrations • e-book available



THE THOMPSON METHOD OF BODYWORK

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. Let this priceless book be your guide."

—Joan Lader, Tony Award-winning voice therapist and teacher

Developed by bodywork therapist Cathy Thompson, the Thompson Method heals pain in the physical body through bodywork and by recognizing the emotional blockages that often underlie chronic pain, tension, and poor alignment. Includes 90 illustrated exercises to release body tensions, realign and strengthen the body, and release the vocal mechanism.

978-1-62055-664-1 • \$35.00 pb • 336 pages, 8 x 10 • Full-color throughout • e-book available

New

HEALTHY POSTURE FOR BABIES AND CHILDREN

Tools for Helping Children to Sit, Stand, and Walk Naturally

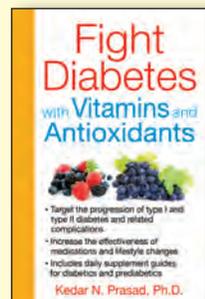
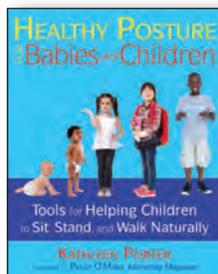
Kathleen Porter / Foreword by Peggy O'Mara

"A must-read for everyone who cares about children. This book is an eye-opening godsend!"

—Christiane Northrup, M.D., author of *Women's Bodies, Women's Wisdom*

In this richly illustrated manual for parents, teachers, and kids themselves, movement educator and researcher Kathleen Porter explains how to relearn natural alignment with a simple movement routine that "reminds" the body of its natural patterns.

978-1-62055-640-5 • \$18.95 pb • 192 pages, 8 x 10 • Full-color throughout • e-book available



FIGHT DIABETES WITH VITAMINS AND ANTIOXIDANTS

Kedar N. Prasad, Ph.D.

The proper combinations of vitamin and antioxidant supplements can greatly increase the effectiveness of medical treatments for both type I and type II diabetes and can help prevent onset in those who are prediabetic. This book provides an easy-to-follow daily supplement regime, in multiple age groups, that targets free radical damage and cell injury using vitamins and antioxidants in synergistic combinations.

978-1-62055-166-0 • \$16.95 pb • 240 pages, 6 x 9 • e-book available

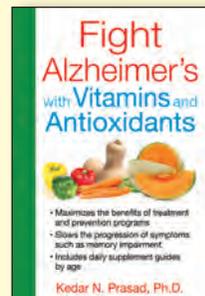
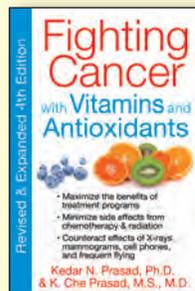
Revised and Expanded 4th Edition

FIGHTING CANCER WITH VITAMINS AND ANTIOXIDANTS

Kedar N. Prasad, Ph.D., and K. Che Prasad, M.S., M.D.

This book reveals the latest revolutionary discoveries in the use of micro-nutrients, vitamins, and antioxidants to prevent and treat cancer—and also help with heart disease, Alzheimer's, and Parkinson's. The authors include a simple nutritional program for you to follow.

978-1-59477-423-2 • \$16.95 pb • 288 pages, 6 x 9 • e-book available



FIGHT ALZHEIMER'S WITH VITAMINS AND ANTIOXIDANTS

Kedar N. Prasad, Ph.D.

"One of the leading and respected authorities in the field of antioxidant use."

—Jeanne Drisko, M.D., CNS, FACN, Integrative Medicine program director, University of Kansas Medical Center

Vitamin and antioxidant supplements in synergistic combinations can greatly increase the effectiveness of standard medical treatments for Alzheimer's as well as delay or even prevent onset despite a family history of the disease. This book provides a daily supplement regime that can stop the progression of Alzheimer's and related complications.

978-1-62055-317-6 • \$14.95 pb • 208 pages, 6 x 9 • e-book available

RADICAL MEDICINE

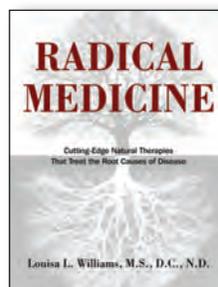
Cutting-Edge Natural Therapies That Treat the Root Causes of Disease

Louisa L. Williams, M.S., D.C., N.D.

Pollutants and chemicals in our air, food, and water make it increasingly difficult to stay healthy. Dr. Louisa Williams examines the health problems triggered by dental amalgams, vaccinations, excessive use of antibiotics, and chemical-laden health and beauty products—which are linked to Alzheimer's disease, breast and other cancers, and heart attacks. She provides information on cutting-edge antitoxin and detoxification treatments as well as drainage and nutritional therapies suitable for practitioners and patients alike.

978-1-59477-411-9 • \$75.00 hardcover • 712 pages, 8.5 x 11

Includes 8-page color insert and 81 b&w illustrations • e-book available



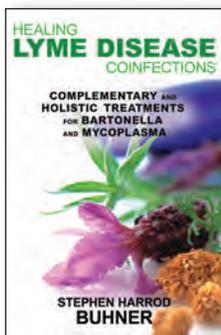
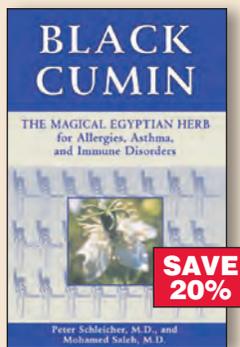
BLACK CUMIN*The Magical Egyptian Herb for Allergies, Asthma, and Immune Disorders*

Peter Schleicher, M.D., and Mohamed Saleh, M.D.

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.

978-0-89281-843-3 • \$12.95 **\$10.36** pb • 96 pages, 5 x 7.75

10 b&w photographs • e-book available

**HEALING LYME DISEASE COINFECTIONS***Complementary and Holistic Treatments for Bartonella and Mycoplasma*

Stephen Harrod Buhner

“Cutting-edge research about one of the more invasive and misdiagnosed epidemics of our time.”

—Rosemary Gladstar, herbalist, author of *Rosemary Gladstar’s Herbal Recipes for Vibrant Health*

Each year there are nearly 250,000 new Lyme disease infections, only ten percent of which will be accurately diagnosed due to the presence of other tick-borne infections, the most common of which can send the immune system into an uncontrolled response. Stephen Buhner reveals how to treat these coinfections using natural methods centered on herbs and supplements.

978-1-62055-008-3 • \$19.95 pb • 512 pages, 6 x 9 • e-book available

MEALS THAT HEAL*A Nutraceutical Approach to Diet and Health*

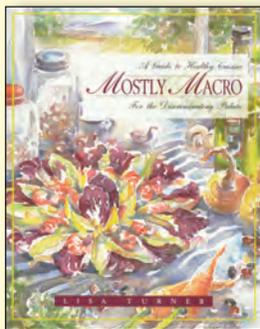
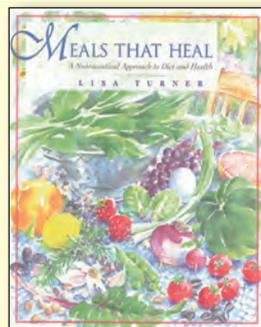
Lisa Turner

“Until now, no one has written a comprehensive book on nutraceuticals geared toward the consumer.”

—Stephen DeFelice, M.D., Chairman, The Foundation for Innovative Medicine

Here is a compilation of recent research on the proven benefits of various foods along with charts and graphs that relate this research to specific diseases. With more than 100 recipes by a macrobiotic chef for creating healthy and delicious meals, this is the perfect guide to eating well and living well.

978-0-89281-625-5 • \$21.95 pb • 248 pages, 8 x 10

**MOSTLY MACRO***A Guide to Healthy Cuisine for the Discriminating Palate*

Lisa Turner

More than thirty years ago George Ohsawa introduced the principles of macrobiotics, a diet based on whole grains, vegetables, and fresh foods. Now, Lisa Turner summarizes these principles and provides practical information on how to use natural ingredients to plan healthy meals. One hundred twenty palate-pleasing dishes use the best macrobiotic principles adapted to our Western lifestyle and taste.

978-0-89281-534-0 • \$18.95 pb • 232 pages, 8 x 10 • 19 b&w illustrations

Completely Revised and Updated Edition

CANDIDA ALBICANS*Natural Remedies for Yeast Infection*

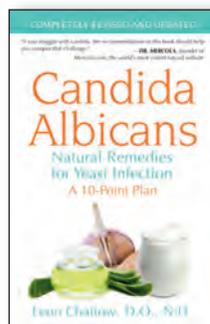
Leon Chaitow, D.O., N.D.

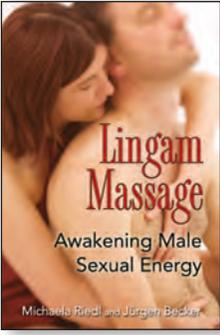
“If you struggle with candida, the recommendations in this book should help you conquer that challenge.”

—Dr. Mercola, founder Mercola.com, world’s most visited natural web site

Today’s all-too-common sugar-rich diet along with widespread use of antibiotics, antacids, contraceptive pills, and steroids can lead to a proliferation of this parasitic yeast within the body. Dr. Leon Chaitow explains how to recognize if yeast is your problem and offers a 10-point program to control Candida naturally with enzymes and herbs.

978-1-62055-581-1 • \$12.95 pb • 192 pages, 5.38 x 8.25 • e-book available





LINGAM MASSAGE

Awakening Male Sexual Energy

Michaela Riedl and Jürgen Becker

In Indian philosophy, the male generative organ—the lingam—is revered as an expression of Shiva’s clarity, a fine sword that differentiates between truth and falsehood. In the West, cultural expectations around sexual “performance” have created difficulties for many men, including erectile dysfunction and premature ejaculation. Lingam massage draws on tantric and taoist practices for conserving and cultivating sexual energy, providing the deep relaxation that supports sustained erection, deeper orgasm, and energizes the perineum and prostate gland.

978-1-59477-314-3 • \$18.99 pb • 224 pages, 6 x 9 • 135 b&w illustrations • e-book available

TANTRIC SECRETS FOR MEN

What Every Woman Will Want Her Man to Know about Enhancing Sexual Ecstasy

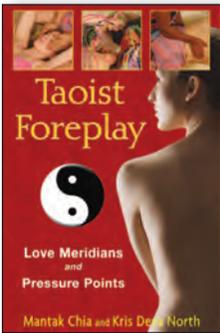
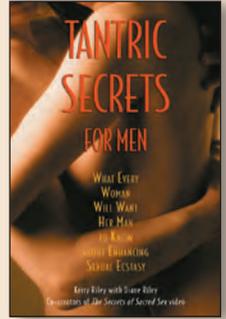
Kerry Riley with Diane Riley

“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!”

—David Ramsdale, author of *Sexual Energy Ecstasy*

From the expert teachings of a committed couple practicing and teaching ecstatic sexuality in a modern-day context, men will learn how to satisfy a woman on the levels of body, heart, and soul—and how to bring themselves to new heights of ecstasy in the process.

978-0-89281-969-0 • \$18.95 pb • 272 pages, 6 x 9 • 17 b&w illustrations • e-book available



TAOIST FOREPLAY

Love Meridians and Pressure Points

Mantak Chia and Kris Deva North

Taught to Chinese emperors, their wives, and their concubines for thousands of years, Taoist sexual techniques stimulate and sustain desire and enhance relationships by harmonizing male (yang) and female (yin) energies. Using easy-to-follow illustrations, *Taoist Foreplay* guides lovers through simple acupressure massage routines, showing how to prolong peak moments, maintain sexual health through prostate massage and jade egg exercises, and sustain the intensity of first love through all the seasons of a maturing relationship.

978-1-59477-188-0 • \$16.95 pb • 176 pages, 6 x 9
453 color and b&w illustrations • e-book available

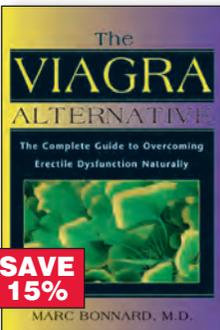
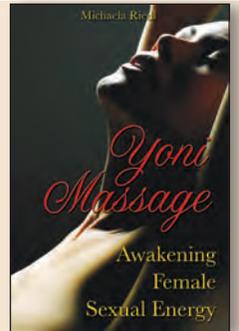
YONI MASSAGE

Awakening Female Sexual Energy

Michaela Riedl

The tantric practices in *Yoni Massage* will help women overcome inhibitions about sexuality that have prevented them from fully expressing themselves. Overcoming these barriers allows women to reconnect to their innermost core and deepest feminine nature, while awakening sensual, emotional, and spiritual energies.

978-1-59477-274-0 • \$16.95 pb • 176 pages, 6 x 9 • 135 b&w illustrations • e-book available



THE VIAGRA ALTERNATIVE

The Complete Guide to Overcoming Erectile Dysfunction Naturally

Marc Bonnard, M.D.

For those men who wish to avoid the risks of Viagra, *The Viagra Alternative* offers the most up-to-date information on natural, safe, and long-term cures for impotence. 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. Dr. Bonnard places special emphasis on relationship therapy, demonstrating that more often than not an enjoyable sex life can be restored without resorting to chemicals or supplements of any kind.

978-0-89281-789-4 • ~~\$16.95~~ \$14.41 pb • 232 pages, 6 x 9 • e-book available

SAVE
15%

MARC BONNARD, M.D.

ADDICTION-FREE NATURALLY*Liberating Yourself from Sugar, Caffeine, Food Addictions, Tobacco, Alcohol, and Prescription Drugs*

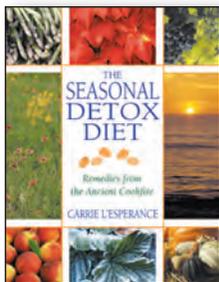
Brigitte Mars, A.H.G.

"How exciting to find an herb book that can really make a difference in someone's life."

—American Herb Association

Addiction-Free Naturally offers information on gentle but effective ways to ease cravings and nourish the body, as well as on cleansing the body of accumulated toxins and using natural remedies for stress relief.

978-0-89281-892-1 • \$16.95 pb • 272 pages, 6 x 9 • e-book available

**THE SEASONAL DETOX DIET***Remedies from the Ancient Cookfire*

Carrie L'Esperance

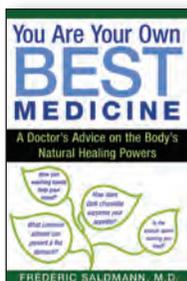
Unlike modern notions of fasting, the concept of this practice emphasizes dietary alteration rather than abstinence. She offers recipes designed around seasonal changes and geared toward individual health concerns, including fatigue, digestive disturbances, and excess weight gain.

978-0-89281-982-9 • \$16.95 pb • 280 pages, 7 x 9 • e-book available

HERBAL TEAS FOR HEALTH AND HEALING

Ceres

Herbal teas have their own characteristic virtues. Some are slightly stimulating, others are soothing and induce quiet sleep or act as tranquilizers. Many are tonics that can bring an "out-of-gear" system back to complete health. The author describes a wide range of tea-making herbs and gives instructions for their preparation and use.

978-0-89281-646-0 • \$9.95 **\$5.97** pb • 96 pages, 5 x 7.75**YOU ARE YOUR OWN BEST MEDICINE***A Doctor's Advice on the Body's Natural Healing Powers*

Frédéric Saldmann, M.D.

"Saldmann is the new oracle of wellness and of eternal youth." —Vanity Fair French Edition

Frédéric Saldmann, M.D., verifies the common sense of folk medicine with the latest medical research to reveal simple remedies that activate the body's natural healing powers and address common ailments. Find how washing your hands helps your mood, why hitting snooze on your alarm makes you tired, how dark chocolate helps you lose weight, which sleep position increases your risk of cancer, and how kissing boosts the immune system.

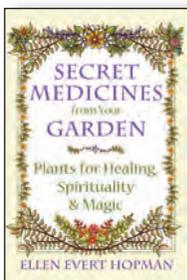
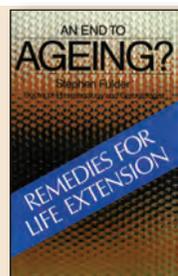
978-1-62055-429-6 • \$14.95 pb • 208 pages, 6 x 9 • e-book available

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

**SECRET MEDICINES FROM YOUR GARDEN***Plants for Healing, Spirituality, and Magic*

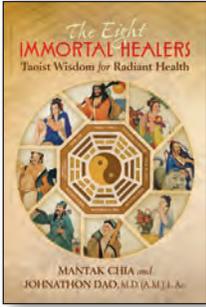
Ellen Evert Hopman

"By knowing herbs through the lenses of the seasons, the garden, the body, the stars, and more, the beginner will develop well-nourished roots and clear, practical skill with a wide range of plants. The advanced student will appreciate the thorough guide to formulation and blending, which makes this book an important reference text."—Guido Masé, co-director of the Vermont Center for Integrative Herbalism, chief herbalist of Urban Moonshine, and author of *The Wild Medicine Solution*

A guided exploration of herbal lore and healing plants found in yards, forests, and meadows.

978-1-62055-557-6 • \$19.95 pb • 384 pages, 6 x 9

Includes four 8-page color inserts and 7 b&w illustrations • e-book available



THE EIGHT IMMORTAL HEALERS

Taoist Wisdom for Radiant Health

Mantak Chia and Johnathon Dao, M.D. (A.M.), L.Ac.

The Eight Immortals are a group of legendary ancient Taoist masters, each associated with a specific area of health or a powerful healing technique. The authors offer practices, techniques and guidelines for each of the Eight Immortal Healer teachings, including the important roles of oxygen and water in the body, nutrition, detoxification, exercise, energy work, emotional pollution, and spiritual hygiene. By following the Eight Immortal Healers, you can take control of your health, remove the root causes of the chronic ailments, and live life to the fullest.

978-1-62055-650-4 • \$19.95 pb • 416 pages, 6 x 9 • 92 b&w illustrations • e-book available

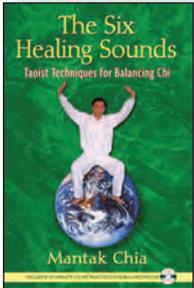
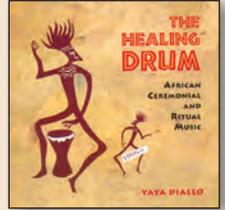
THE HEALING DRUM CD

African Ceremonial and Ritual Music

Yaya Diallo

Traces the extraordinary cultural legacy of the Minianka tribe of West Africa, for whom music serves a sacred, healing function for the individual and society. This authentic, traditional chanting and singing expresses the full potential for the sacred and the magical in music. This is a companion to the book *The Healing Drum*.

978-0-89281-505-0 • \$14.95 • 42-minute CD



THE SIX HEALING SOUNDS (w/CD)

Taoist Techniques for Balancing Chi

Mantak Chia

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.

978-1-59477-156-9 • \$16.95 pb • 96 pages, 6 x 9

Includes color and b&w illustrations throughout and a 40-minute CD • e-book available w/out CD



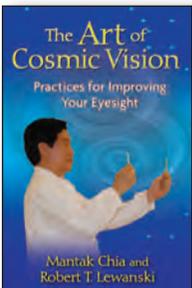
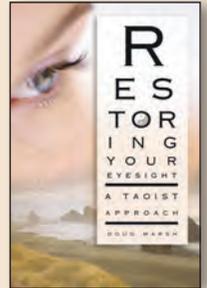
RESTORING YOUR EYESIGHT

A Taoist Approach

Doug Marsh / Foreword by Thomas R. Quackenbush

Doug Marsh shows readers how to improve their eyesight by taking conscious control of their vision health. Combining proven methods pioneered a century ago by William Bates with the ancient Chinese wisdom of Taoism, Marsh draws upon their core values—rhythm, softness, return, balance, and wholeness—to provide guidelines for a holistic healing of outer and inner vision.

978-1-59477-150-7 • \$16.95 pb • 240 pages, 6 x 9 • e-book available



THE ART OF COSMIC VISION

Practices for Improving Your Eyesight

Mantak Chia and Robert T. Lewanski

Taoist healers understood that eyesight problems reflected problems with the internal organs. Mantak Chia reveals exercises for strengthening the liver and kidneys, Dao-Yin self-massage practices, and extensive dietary recommendations for improving your eyesight.

978-1-59477-293-1 • \$16.95 pb • 208 pages, 6 x 9 • 59 b&w illustrations • e-book available

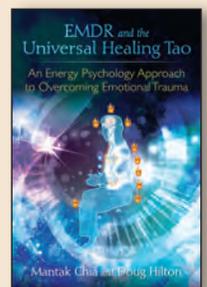
EMDR AND THE UNIVERSAL HEALING TAO

An Energy Psychology Approach to Overcoming Emotional Trauma

Mantak Chia and Doug Hilton

Mantak Chia and Doug Hilton provide illustrated step-by-step instructions on how to combine the eye movements of EMDR therapy with the 5000-year-old energetic practices of the Universal Healing Tao. The authors reveal how negative emotions are stored in the organs, affecting physical, mental, and spiritual health. They explain how to transform negative emotions into positive energy and harmonize the energies of your organs.

978-1-62055-551-4 • \$19.95 pb • 224 pages, 6 x 9 • Full-color throughout • e-book available

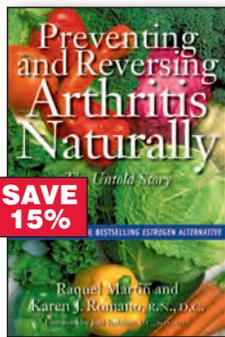
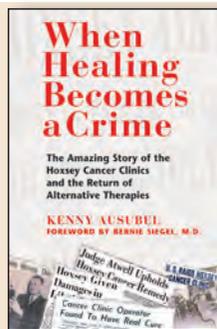


WHEN HEALING BECOMES A CRIME*The Amazing Story of the Hoxsey Cancer Clinics and the Return of Alternative Therapies*

Kenny Ausubel

A companion to the author's award-winning documentary about Harry Hoxsey, who treated thousands of cancer patients with his herbal formulas despite relentless persecution by the AMA. As alternative medicine finally regains its rightful place and enters mainstream practice, this compelling book will not only forever change the way you see medicine but could also save your life.

978-0-89281-925-6 • \$19.95 pb • 480 pages, 6 x 9 • 62 b&w photographs • 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.

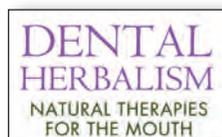
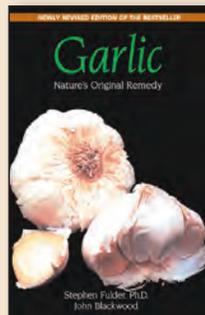
Discover how to relieve arthritis by addressing its causes through lifestyle changes—from medicinal herbs, nutritional supplements, and natural hormone therapy to whole foods, exercise, and chiropractic care. It guides readers through the labyrinth of medical studies related to the effects and treatment 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~~ **\$16.96** pb • 272 pages, 6 x 9 • e-book available**GARLIC***Nature's Original Remedy*

Stephen Fulder, Ph.D., and John Blackwood

Garlic has been renowned for centuries as a healing food. Now current research is showing garlic to be an effective preventive against cardiovascular disease, cancer, and bacterial and fungal infections. Here is the complete guide to this remarkable natural medicine, explaining how garlic works and how to get the most benefit from it.

978-0-89281-725-2 • \$8.95 pb • 144 pages, 5 x 7.75

**DENTAL HERBALISM***Natural Therapies for the Mouth*

Leslie M. Alexander, Ph.D., RH(AHG), and Linda A. Straub-Bruce, BS Ed, RDH

"Brilliant, practical, and eminently empowering. Dental Herbalism is a 'veritable owner's manual for your mouth.' The authors marry decades of herbal experience with decades of dental practice to create a book like no other."

—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.

978-1-62055-195-0 • \$19.95 pb • 488 pages, 6 x 9

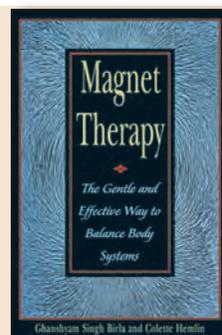
Includes 8-page color insert and 50 b&w illustrations • e-book available

MAGNET THERAPY*The Gentle and Effective Way to Balance Body Systems*

Ghanshyam Singh Birla and Colette Hemlin

Modern scientific studies confirm that humans are strongly influenced by magnetic fields and that stiff joints, headaches, insomnia, and fatigue can all be relieved with magnet therapy. The authors show how to use magnets to increase oxygenation in the blood, lower cholesterol, enhance cellular regeneration, and even inhibit tumor growth.

978-0-89281-841-9 • \$12.95 pb • 160 pages, 6 x 9 • 37 b&w illustrations • e-book available





THE HONEY PRESCRIPTION

The Amazing Power of Honey as Medicine

Nathaniel Altman

Honey as a healing agent is not new. It was an ingredient in medicinal compounds and cures made by Egyptian physicians 5,000 years ago, and its medical use has been found in other ancient practices from traditional Chinese medicine and Indian Ayurveda to Mayan shamanism. In recent years there has been an explosion in scientific research on honey as medicine, and Nathaniel Altman explores both modern and ancient medicinal uses of honey and how these remedies can be used safely at home as well as by health practitioners. He also examines the sacred role of bees from ancient Egypt onward and the modern problem of Colony Collapse Disorder, including methods for protecting our precious hives.

978-1-59477-346-4 • \$16.95 **\$15.26** pb • 256 pages, 6 x 9 • 25 b&w illustrations • e-book available

SHAMANIC HEALING

Traditional Medicine for the Modern World

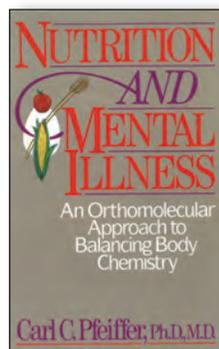
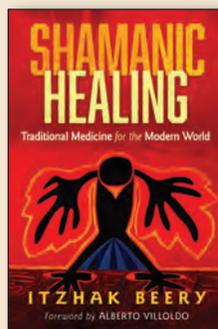
Itzhak Beery / Foreword by Alberto Villoldo

"This brilliant book expands our possibilities for health and healing. A must-read to be prescribed to all seeking healing, as well as for their health professionals."

—Stephan Rechtschaffen, M.D., cofounder of the Omega Institute and creator and director of Blue Spirit Costa Rica

This guide to shamanic healing clearly explains who a shaman is and how he or she works, demystifying the shamanic healing worldview. By sharing these healing methods, the author reveals the importance of shamanic practices in resolving our 21st-century emotional and physical problems and their importance to the future of humanity and the planet.

978-1-62055-376-3 • \$16.95 pb • 240 pages, 6 x 9 • 3 b&w illustrations • e-book available



NUTRITION AND MENTAL ILLNESS

An Orthomolecular Approach to Balancing Body Chemistry

Carl C. Pfeiffer, Ph.D., M.D.

Dr. Carl Pfeiffer's extensive program of research into the causes and treatment of mental illness found that many psychological problems can be traced to biochemical imbalances in the body. He achieved unprecedented success in treating a wide range of mental problems by adjusting diet and providing specific nutritional supplements for those conditions where deficiencies exist. This book documents his approach.

978-0-89281-226-4 • \$12.95 pb • 136 pages, 5.25 x 8.5

MICROCHAKRAS (w/CD)

InnerTuning for Psychological Well-being

Sri Shyamji Bhatnagar and David Isaacs, Ph.D.

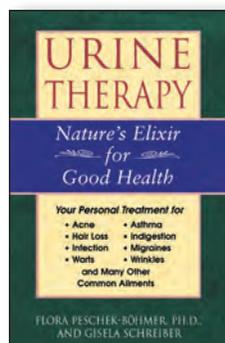
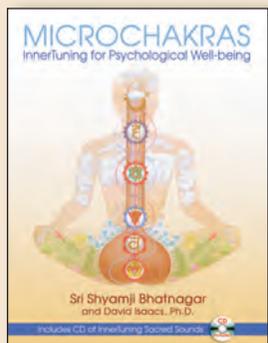
"The definitive work on using InnerTuning to bring balance back to the body. I cannot recommend it highly enough."

—Gary Null, award-winning talk radio host of *Natural Living with Gary Null*

This guide introduces Microchakra Psychology and InnerTuning, the use of precise sacred sounds that release energy blockages within the chakras. Includes a 28-minute CD of InnerTuning sacred sounds.

978-1-59477-213-9 • \$24.95 pb • 388 pages, 8.5 x 11

Includes a 28-minute CD, 16-page color insert, and 7 b&w illustrations • e-book available w/out CD



URINE THERAPY

Nature's Elixir for Good Health

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.

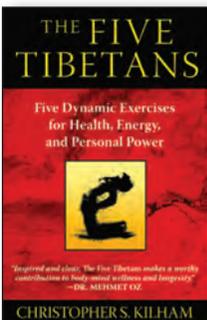
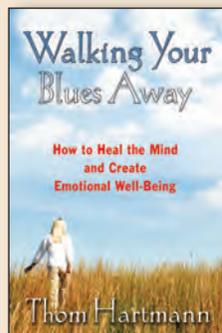
978-0-89281-799-3 • \$14.95 pb • 160 pages, 5 x 7.75

WALKING YOUR BLUES AWAY*How to Heal the Mind and Create Emotional Well-Being*

Thom Hartmann

While walking has always been a natural part of life, its importance in promoting and maintaining mental health is only recently being rediscovered. Bilateral therapies engage both sides of the brain and unlock natural states of optimal function and creativity. Walking—a bilateral therapy—allows people to heal emotionally as quickly as they do physically. Thom Hartmann examines how memory works and why emotional shock can resist normal healing. He found that the simple act of walking is effective in treating emotional disturbances ranging from temporary upsets and problems to chronic conditions such as post-traumatic stress disorder and depression.

978-1-59477-144-6 • \$12.95 pb • 112 pages, 6 x 9 • e-book available

**THE FIVE TIBETANS***Five Dynamic Exercises for Health, Energy, and Personal Power*

Christopher S. Kilham

"Inspired and clear, *The Five Tibetans* makes a worthy contribution to body-mind wellness and longevity."

—Dr. Mehmet Oz

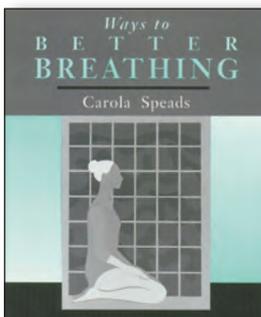
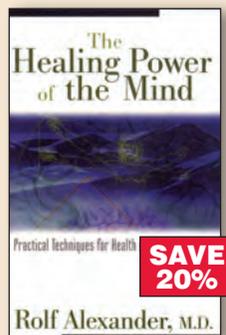
The yogic exercises known as the Five Tibetans can dramatically increase energy, suppleness, and mental acuity. In this new edition the author shares his own positive experiences from more than 30 years' devotion to the practice.

978-1-59477-444-7 • \$9.95 pb • 96 pages, 5.38 x 8.25 • 18 b&w photographs • e-book available

THE HEALING POWER OF THE MIND*Practical Techniques for Health and Empowerment*

Rolf Alexander, M.D.

Based on more than thirty years of research gleaned from Tibetan, Indian, and other cultures, this book provides both spiritual insight and practical advice concerning the true nature of healing, showing how imagination, desire, the power of suggestion, psychic influence, and the removal of limitations are valuable tools for maximizing our innate capacity for self-healing.

978-0-89281-729-0 • \$12.95 **\$10.36** pb • 128 pages, 5.38 x 8.25 • e-book available**WAYS TO BETTER BREATHING**

Carola Spreads

A life-long teacher of breathing practices offers a program of gentle exercises that relieve stress and benefit all who use breath consciously, including those in the performing arts and public speaking. Her flexible program maximizes the benefits of breathing for people of all ages. Once learned, these exercises take only a few minutes each day. Whether we use our breath consciously in professions such as the performing arts, teaching, or heavy physical labor, or whether we would simply like to learn basic techniques to alleviate the pressures of stressful living, *Ways to Better Breathing* offers powerful methods for bringing more vitality and fulfillment into our lives.

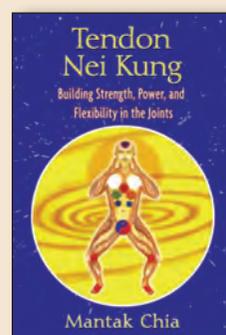
978-0-89281-397-1 • \$16.95 pb • 144 pages, 6.75 x 8 • 24 b&w illustrations

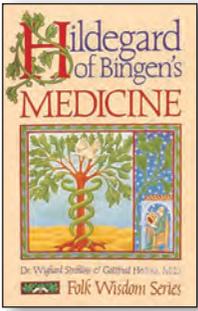
TENDON NEI KUNG*Building Strength, Power, and Flexibility in the Joints*

Mantak Chia

Strong, supple tendons and open joints are the foundation of true strength in the body. The eight postures of Tendon Nei Kung are designed to open joints while growing and strengthening tendons. Like the practice of Iron Shirt Chi Kung, Tendon Nei Kung cultivates the ability to move the earth force from the ground, through the feet, and into the body, raising it to nourish the tendons. In *Tendon Nei Kung*, Mantak Chia explains how to perform the postures individually as well as with a partner. He provides ten supplementary exercises to help heal damaged tendons and joints without strenuous movement.

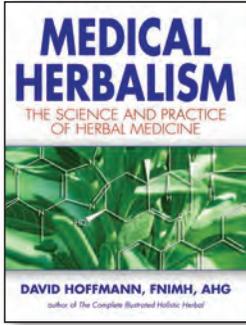
978-1-59477-187-3 • \$14.95 pb • 144 pages, 6 x 9 • 268 color and b&w illustrations • e-book available





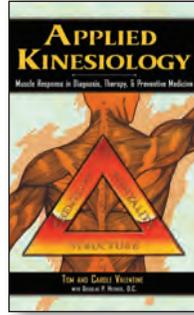
HILDEGARD OF BINGEN'S MEDICINE

978-0-939680-44-3
\$16.00 pb



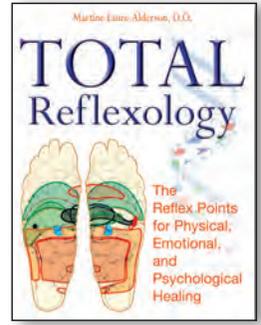
MEDICAL HERBALISM

978-0-89281-749-8
\$60.00 hardcover
e-book available



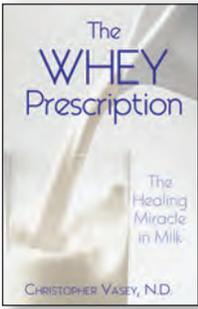
APPLIED KINESIOLOGY

978-0-89281-328-5
\$12.95 pb
e-book available



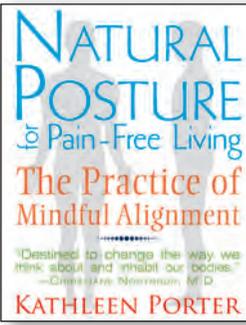
TOTAL REFLEXOLOGY

978-1-59477-247-4
\$29.95 pb
e-book available



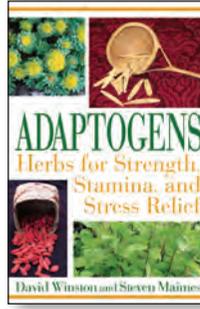
THE WHEY PRESCRIPTION

978-1-59477-127-9
\$9.95 pb
e-book available



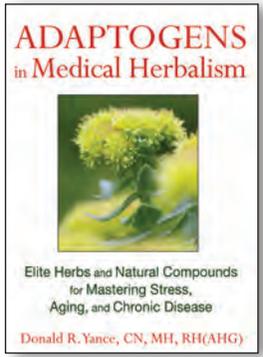
NATURAL POSTURE FOR PAIN-FREE LIVING

978-1-62055-099-1
\$24.95 pb
e-book available



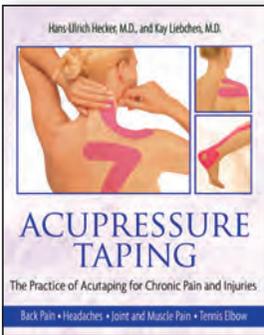
ADAPTOGENS

978-1-59477-158-3
\$18.99 pb
e-book available



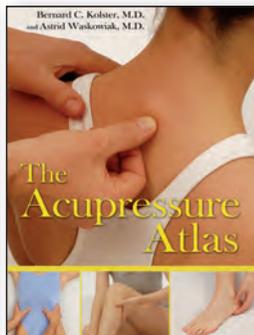
ADAPTOGENS IN MEDICAL HERBALISM

978-1-62055-100-4
\$50.00 hardcover
e-book available



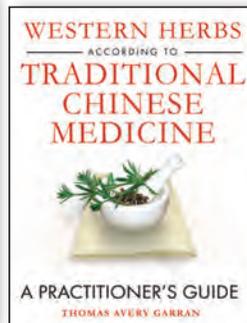
ACUPRESSURE TAPING

978-1-59477-148-4
\$16.95 pb



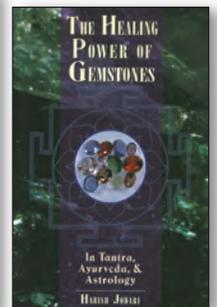
THE ACUPRESSURE ATLAS

978-1-59477-207-8
\$34.95 pb
978-1-59477-175-0
\$39.95 hardcover



WESTERN HERBS ACCORDING TO TRADITIONAL CHINESE MEDICINE

978-1-59477-191-0
\$50.00 hardcover
e-book available



THE HEALING POWER OF GEMSTONES

978-0-89281-608-8
\$16.95 pb
e-book available

YOGA NIDRA MEDITATION

The Sleep of the Sages

Pierre Bonnasse

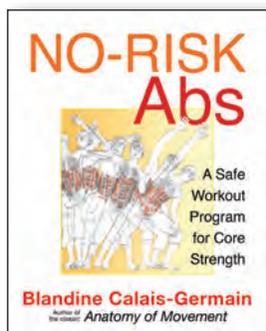
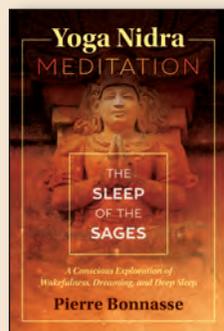
"An in-depth, wise, and elegantly written presentation of the philosophy and practice of modern yoga nidra as nothing less than a means of attaining a 'taste of Being' of Brahman."

—Elliott Goldberg, author of *The Path of Modern Yoga*

Yoga Nidra is an ancient Indian practice that allows you to consciously explore wakefulness, dream, deep sleep, and your emotional, mental, and energy bodies. Providing a step-by-step guide to Yoga Nidra, Pierre Bonnasse offers a full range of practices focused on the time of awakening and of going to sleep.

978-1-62055-677-1 • \$16.95 pb • 160 pages, 6 x 9 • e-book available

New



NO-RISK ABS

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

Blandine Calais-Germain reveals how to build your core without hurting yourself. Using her trademark anatomical style, this book shows that strength alone is not the sole factor in a flat stomach and includes tips to get rid of belly fat.

978-1-59477-389-1 • \$19.95 pb • 176 pages, 8 x 10 • Full-color throughout • e-book available

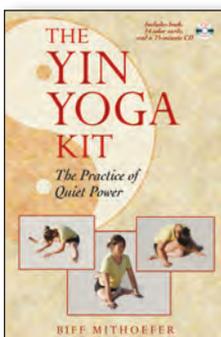
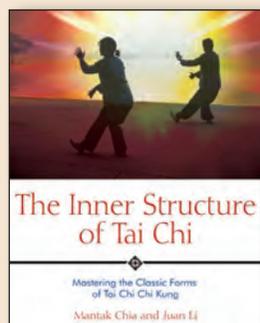
THE INNER STRUCTURE OF TAI CHI

Mastering the Classic Forms of Tai Chi Chi Kung

Mantak Chia and Juan Li

Explores the deep, internal work necessary for the effective practice of tai chi, with illustrated instructions for mastering Yang-style Tai Chi Chi Kung. Demonstrating tai chi's relationship to the three forces—Universal, Cosmic, and Earth—that animate all life, the authors reveal a practice to produce the full spectrum of benefits that tai chi can bring.

978-1-59477-058-6 • \$19.95 pb • 264 pages, 8 x 10 • 245 b&w illustrations • e-book available



THE YIN YOGA KIT (w/CD)

The Practice of Quiet Power

Biff Mithoefer



"Biff Mithoefer has created the most useful written material available for exploring Yin Yoga. Much more than an asana book, The Yin Yoga Kit teaches energetic principles, mental disciplines, and patient mindfulness. I highly recommend it!"

—Paul Grilley, author of *Yin Yoga: Outline of a Quiet Practice*

Yin Yoga, known as the quiet yoga, concentrates on the connective tissue and the bones, the parts of our body that are closest to our core and critical to our physical well-being and range of motion. Its meditative non-movement enables the muscles to relax, the nerves to calm, and the surrounding connective tissue to remain healthy and supple.

978-1-59477-116-3 • \$24.95 Boxed set, 6 x 9 • Includes 144-page paperback book with 70 b&w illustrations, 14 color cards, and a 75-minute CD

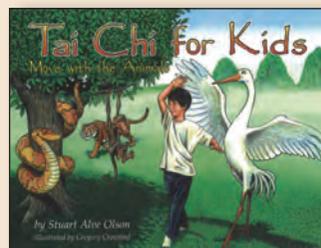
TAI CHI FOR KIDS

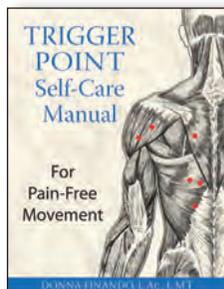
Move with the Animals

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.

978-1-87918-165-6 • \$16.95 hardcover • 32 pages, 11 x 8.5
Full-color illustrations throughout • e-book available





TRIGGER POINT SELF-CARE MANUAL

For Pain-Free Movement

Donna Finando, L.Ac., L.M.T.

In *Trigger Point Self-Care Manual*, Donna Finando presents methods for the healing and prevention of musculature injuries. She identifies the causes of and remedies for areas of muscular tightness and restriction and details many self-care techniques, including precise self-massage, stretching, and the use of wet heat and/or ice. She identifies the pain associated with trigger points in each muscle of the body and provides instructions for palpating, treating, and stretching the muscle in order to release it.

978-1-59477-080-7 • \$19.95 pb • 208 pages, 8.38 x 10.88 • 228 two-color illustrations • e-book available

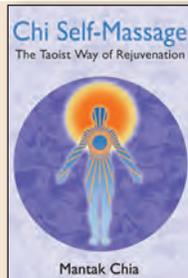
CHI SELF-MASSAGE

The Taoist Way of Rejuvenation

Mantak Chia

In *Chi Self-Massage* Master Mantak Chia pieces together the entire system of Chi Massage into a logical routine, revealing the methods used by Taoist masters to maintain their youthfulness. By practicing the exercises outlined, readers can strengthen their senses, detoxify internal organs, control negative emotions, relieve stress and constipation, and improve their complexion, teeth, gums, and overall stamina.

978-1-59477-110-1 • \$12.95 pb • 128 pages, 6 x 9 • 105 b&w illustrations • e-book available



FIVE POINT TOUCH THERAPY

Acupressure for the Emotional Body

Pierre-Noël Delatte, M.D.

Five Point Touch Therapy is a technique that activates acupressure points in sequences of five to produce an energetic healing circuit in the body. This book presents 22 five-point sequences for specific emotional issues, such as panic attacks or suppressed anger, and for removing the emotional blocks that underlie eczema, asthma, and weight gain. Dr. Delatte explains how to combine the 22 sequences to treat more than 70 additional conditions.

978-1-59477-495-9 • ~~\$16.95~~ \$14.41 pb • 208 pages, 6 x 9 • Full-color throughout • e-book available

SAVE
15%

THE NEW RULES OF POSTURE

How to Sit, Stand, and Move in the Modern World

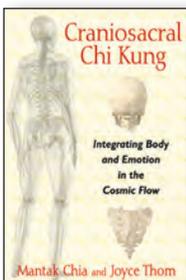
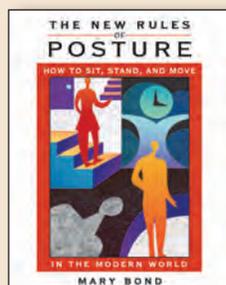
Mary Bond

"Few things are as overlooked and yet absolutely critical to our health and well-being as our posture. Mary Bond offers information, stories, and tools for learning how to stand and move with ease and elegance."

—Judith Hanson Lasater, Ph.D., PT, author of *30 Essential Yoga Poses*

Drawing from 35 years of helping people to improve their bodies, Bond shows how habitual movement patterns and emotional factors lead to unhealthy posture. Here you will find self-help exercises that enable healthy function in each zone, case histories, and information on basic ergonomics.

978-1-59477-124-8 • \$18.95 pb • 240 pages, 8 x 10 • 41 b&w illustrations • e-book available



CRANIOSACRAL CHI KUNG

Integrating Body and Emotion in the Cosmic Flow

Mantak Chia and Joyce Thom

"This wonderful book is . . . superb resource for self-care!"

—Hugh Milne, author of *The Heart of Listening* and founder of Visionary Craniosacral Work

This book introduces a practice that links the craniosacral rhythm—the gentle flow of cerebrospinal fluid from the head to the tailbone—to the flow of chi throughout the body. The alliance of these two energetic channels can enable the practitioner to enter the Cosmic Flow—a state of calm well-being and extraordinary creativity that is at one with the universe.

978-1-62055-423-4 • \$19.95 pb • 288 pages, 6 x 9 • Full-color throughout • e-book available

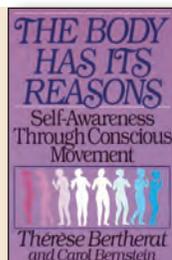
THE BODY HAS ITS REASONS

Self-Awareness Through Conscious Movement

Therese Bertherat and Carol Bernstein

Gentle “anti-exercises” help develop the body’s freedom of movement, release constraints, and reawaken dormant muscles. By using the appropriate energy for each techniques, relief can be found for a multitude of ills. At the same time senses can be awakened and perceptions sharpened.

978-0-89281-298-1 • \$14.95 pb • 176 pages, 5.38 x 8.25



THE POT BOOK

A Complete Guide to Cannabis

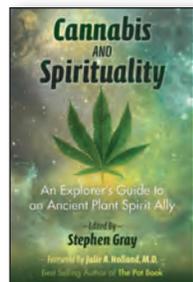
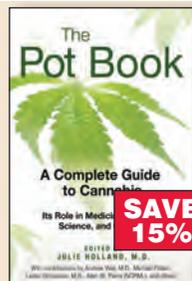
Edited by Julie Holland, M.D.

"With marijuana legislation making headlines almost daily, The Pot Book's timing is impeccable. It takes a candid look at all things cannabis from all angles: history, scientific research, medicinal use, our nation's drug policy, myths, and misconceptions. I recommend this book."

—Andrew Weil, M.D., author of the bestselling *8 Weeks to Optimum Health* and founder of the Arizona Center for Integrative Medicine

The Pot Book candidly offers facts and authoritative opinions in a society full of marijuana myths and stereotypes. Includes contributions and interviews with leading experts.

978-1-59477-368-6 • \$19.95 **\$16.96** pb • 576 pages, 6 x 9 • 7 b&w illustrations • e-book available



CANNABIS AND SPIRITUALITY

An Explorer's Guide to an Ancient Plant Spirit Ally

Edited by Stephen Gray / Foreword by Julie Holland, M.D.

"Warning: Reading this book will forever change your opinion of cannabis and your relationship with it! . . . wonderful, often lyrical, immensely practical."

—James Fadiman, Ph.D., microdose researcher and the author of *The Psychedelic Explorer's Guide*

In this guide, editor Stephen Gray and 17 other influential voices of the modern cannabis movement reveal the potential of "the people's plant" to enhance a wide range of spiritual practices. Gray shows how cannabis is an effective ally on the awakening journey, unlocking the receptive energy in us all.

978-1-62055-583-5 • \$16.95 pb • 288 pages, 6 x 9 • e-book available

THE ENCYCLOPEDIA OF PSYCHOACTIVE PLANTS

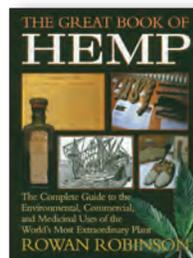
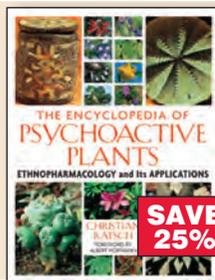
Ethnopharmacology and Its Applications

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 **\$93.75** hardcover • 944 pages, 8.5 x 11

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



THE GREAT BOOK OF HEMP

The Complete Guide to the Environmental, Commercial, and Medicinal Uses of the World's Most Extraordinary Plant

Rowan Robinson

This handsomely illustrated and entertaining book is the most complete guide yet written on *Cannabis sativa*. Here you will find history, current uses, organizations involved in legalization, product suppliers, bibliography, and much more. Robinson exposes the prejudices and cover-ups behind the marijuana hysteria of the past fifty years.

978-0-89281-541-8 • \$22.95 pb • 256 pages, 8 x 10 • 92 b&w illustrations • e-book available

MARIJUANA MEDICINE

A World Tour of the Healing and Visionary Powers of Cannabis

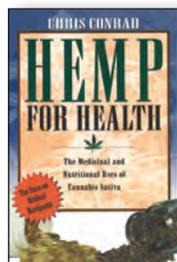
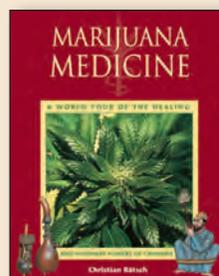
Christian Rätsch

"Clear and engaging, yet maintains a scientific approach. Complete with very good photography, this has to be the most complete pictorial and informative presentation of Cannabis." —American Herb Association

Cannabis has accompanied the development of human culture from its very beginnings. Christian Rätsch profiles the medicinal, historical, and cultural uses of cannabis throughout the world and includes remedies and recipes for using cannabis to treat specific conditions.

978-0-89281-933-1 • \$24.95 pb • 224 pages, 8 x 10

Includes 16-page color insert and 150 b&w illustrations • e-book available



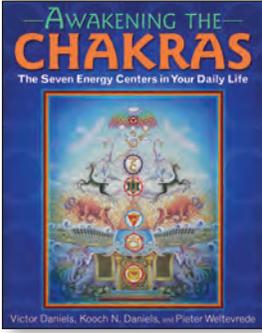
HEMP FOR HEALTH

The Medicinal and Nutritional Uses of Cannabis Sativa

Chris Conrad

Hemp for Health examines the botanical characteristics, history, and current uses of marijuana. Author Chris Conrad addresses the distinctions between recreational and medical use and explains the pain-killing effects of marijuana when medically employed. After decades of suppression, the health benefits of one of the world's oldest sources of food and medicine are being rediscovered.

978-0-89281-539-5 • \$16.95 pb • 272 pages, 6 x 9 • 25 b&w illustrations • e-book available



AWAKENING THE CHAKRAS

The Seven Energy Centers in Your Daily Life

Victor Daniels, Kooch N. Daniels, and Pieter Weltevrede
Illustrated by Pieter Weltevrede

"A groundbreaking integration of Western psychology and Eastern wisdom. . . . a multidimensional understanding that will deepen the reader's appreciation of the chakra system."

—David Van Nuys, Ph.D., professor emeritus at Sonoma State University

This detailed guide provides practical tools to understand the chakras and the energetic roots of your inner being. The essence of each of the 7 chakras is explained in detail.

978-1-62055-587-3 • \$19.95 pb • 288 pages, 8 x 10

Includes 16-page color insert and 15 b&w illustrations • e-book available

ARJUNA

The Gentle Warrior

Vatsala Spierling / Illustrated by Nona Weltevrede and Pieter Weltevrede

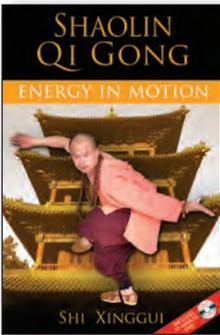
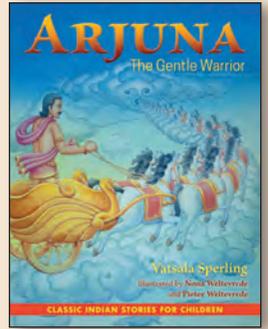
"Vatsala's storytelling is authentic—this book is a must-read for parents and children alike!"

—Shubhraj, founder of the Namah Vedanta Center

We are all born for a purpose, though sometimes it is not clear to us what it is. In this colorful tale of good versus evil, Prince Arjuna, a compassionate warrior, must choose between abstaining from battle or fulfilling his destiny to end the war. Adapted for Western children from the Mahabharata.

978-1-59143-203-6 • \$15.95 hardcover • 32 pages, 8.5 x 11 • Full-color throughout

New



SHAOLIN QI GONG (w/DVD)

Energy in Motion

Shi Xinggui



The teacher Bodhidharma is credited with creating Shaolin Temple qi gong and kung fu in the 6th century CE. His system promoted physical and spiritual fitness and became the basis for all martial and meditative arts taught at the temple. Shi Xinggui, a Shaolin monk, explains the principle of qi gong—the art of mastering energy (qi) and moving it through the body—and provides demonstrations.

978-1-59477-264-1 • \$19.95 pb • 160 pages, 6 x 9

Includes 82 color illustrations and a 53-minute DVD • e-book available w/out DVD

THE PRACTICE OF TIBETAN MEDITATION

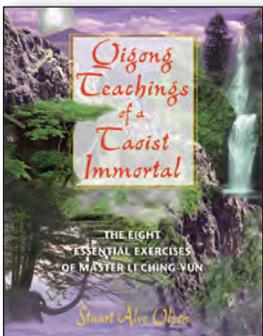
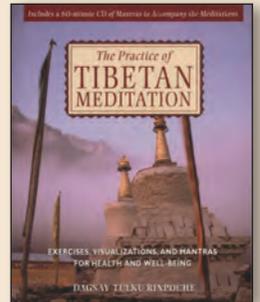
Exercises, Visualizations, and Mantras for Health and Well-being

Dagsay Tulku Rinpoche

Dagsay Tulku's teachings range from introductory sessions designed to create an oasis of calmness in daily life to deep practices for cleansing and healing. He also offers traditional meditations to prepare for death, the ultimate transition. These meditations are enhanced with instructions for relaxing massage and an accompanying 60-minute CD of mantras.

978-0-89281-903-4 • \$29.95 pb • 176 pages, 8 x 10

100 b&w illustrations • Includes 60-minute CD



QIGONG TEACHINGS OF A TAOIST IMMORTAL

The Eight Essential Exercises of Master Li Ching-yun

Stuart Alve Olson

Throughout history Taoists have promoted the development and restoration of the Three Treasures—body, breath, and spirit—through the gentle practice of qigong. At the center of the qigong practice are the Eight Brocades, a series of postures developed during the 3,000-year Taoist quest for longevity and vitality. Now qigong expert Stuart Olson translates into English Master Li Ching-yun's treasured teachings on the Eight Brocades. One of the most famous qigong masters of this century, Master Li Ching-yun is reliably chronicled to have lived more than 250 years, during which he practiced the Eight Brocades on a daily basis. His longevity and personal endorsements attest to and validate the Eight Brocades as the quintessence of Taoist health and qigong practices.

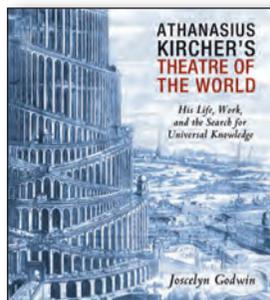
978-0-89281-945-4 • \$24.99 pb • 192 pages, 8 x 10 • 85 b&w illustrations • e-book available

ENCYCLOPEDIA OF NORSE AND GERMANIC FOLKLORE, MYTHOLOGY, AND MAGIC

Claude Lecouteux

The legends of the Norse and Germanic regions of Europe include a broad range of mythical characters and places, from Odin and Thor to berserkers and Valhalla. The author describes the worship of the elements and trees, details many magical rituals, and shares wild folktales from ancient Europe. This unique reference is complete with rare illustrations and information from obscure sources, some appearing for the first time in English.

978-1-62055-480-7 • \$29.95 **\$25.46** hardcover • 352 pages, 6 x 9 • 109 b&w illustrations • e-book available



ATHANASIUS KIRCHER'S THEATRE OF THE WORLD

His Life, Work, and the Search for Universal Knowledge

Joscelyn Godwin

Jesuit, linguist, archaeologist, and exceptional scholar, Athanasius Kircher (1602–1680) was the last true Renaissance man. Credited with being the first Egyptologist, his works on Egyptology, music, optics, magnetism, geology, and comparative religion were the definitive texts of their time. The stunning engravings that are a distinguishing feature of his work are included here so we may fully appreciate the life work, philosophy, and achievements of “the last man who knew everything.”

978-1-62055-465-4 • \$49.95 pb • 304 pages, 9.88 x 11 • 431 b&w illustrations

978-1-59477-329-7 • \$60.00 hardcover

THE HEALING WISDOM OF MARY MAGDALENE

Esoteric Secrets of the Fourth Gospel

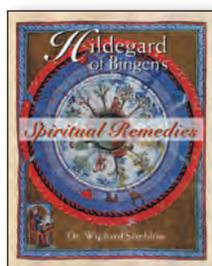
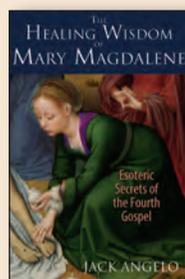
Jack Angelo

“The Healing Wisdom of Mary Magdalene is a rich and fascinating read. I could not put it down. Jack Angelo’s insights on the real meaning behind the miracle stories in the gospels are a treasure trove of wisdom much needed in the world today . . . a pleasure to read.”

—Tricia McCannon, author of *Jesus: The Explosive Story of the 30 Lost Years*

Jack Angelo posits that the *Gospel of John* is actually a direct transcription of Mary Magdalene’s oral teachings that were recast by conservative members of the Jesus movement to hide her authorship and suppress her role as head disciple.

978-1-59143-199-2 • \$16.00 pb • 256 pages, 6 x 9 • e-book available



HILDEGARD OF BINGEN'S SPIRITUAL REMEDIES

Dr. Wighard Strehlow

Hildegard of Bingen recognized what the holistic health movement has only recently rediscovered: that full health can only be experienced in a state of spiritual balance. Psychological trauma, emotional distress, and other “maladies of the soul” are today treated with drugs, but Dr. Strehlow explains the natural methods used by Hildegard to treat these afflictions, techniques based on the integration of 35 spiritual forces of the human soul that can “cure the soul within.”

978-0-89281-985-0 • \$20.00 pb • 272 pages, 8 x 10 • 82 b&w illustrations

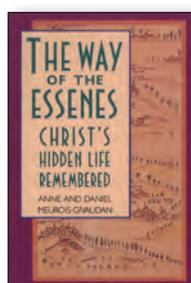
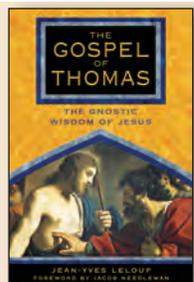
THE GOSPEL OF THOMAS

The Gnostic Wisdom of Jesus

Jean-Yves Leloup / Foreword by Jacob Needleman

In this new translation of the Gospel of Thomas, Jean-Yves Leloup shows that the teachings of Jesus recorded by Thomas have much in common with gnostics of non-dualistic schools. Like them, Jesus preaches the coming of a new man of knowledge, moving from limited to unlimited consciousness and the self-knowledge that will make each of us, too, a Christ.

978-1-59477-046-3 • \$14.95 pb • 240 pages, 6 x 9 • e-book available



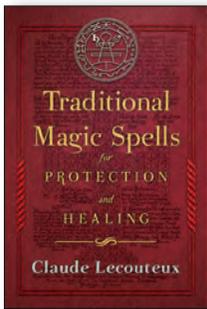
THE WAY OF THE ESSENES

Christ's Hidden Life Remembered

Anne and Daniel Meurois-Givaudan

Through direct revelation, the authors received—over a two-year period—detailed knowledge of the Essene teachings and their role in preparing Christ for his mission. Their account complements the gospels, clarifying and enlarging upon mysterious parts of the record—including Christ’s mystical and metaphysical teachings of Essene techniques for spiritual advancement.

978-0-89281-322-3 • \$19.95 pb • 384 pages, 6 x 9



TRADITIONAL MAGIC SPELLS FOR PROTECTION AND HEALING

Claude Lecouteux

"Presents fascinating source material of magical texts until now only known by specialists."
—Bengt af Klintberg, Swedish folklorist and author

Drawing on his extensive knowledge of ancient texts, Claude Lecouteux presents more than 600 magical prescriptions from both pagan and Christian sources. He examines the folk practice of diagnosing illness through magic, explores protection magic and evil spells such as curses, and includes spells from the gypsy tradition of magic and healing.

978-1-62055-621-4 • \$29.95 hardcover • 336 pages, 6 x 9 • 79 b&w line illustrations • e-book available

ORIGINAL MAGIC

The Rituals and Initiations of the Persian Magi

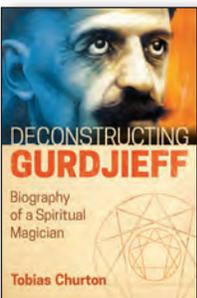
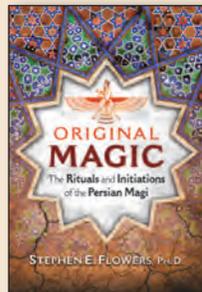
Stephen E. Flowers, Ph.D.

"The foremost authority of rune magi is Stephen Flowers, both as a practitioner and as scholar. As in all of Flowers's books, Original Magic contains both pioneering perspectives as well as roots in historical sources and solid academic research."

—Professor Thomas Karlsson, Ph.D., author of *Uthark: Nightside of the Runes*

Stephen Flowers explores the history, theory, practice, rituals, and initiations of the Mazdan magical system practiced by the Magi of ancient Persia. He details a complete curriculum of magical study and initiation based on exercises keyed to the sacred Zoroastrian calendar and also offers advanced magical rituals based on archaic Persian formulas.

978-1-62055-644-3 • \$16.95 pb • 192 pages, 6 x 9 • 12 b&w illustrations • e-book available



DECONSTRUCTING GURDJIEFF

Biography of a Spiritual Magician

Tobias Churton

"Tobias Churton, in pursuit of this enigmatic figure, casts his net both wide and deep and delivers a wonderfully rich and nuanced account."

—Christopher McIntosh, Ph.D., author of *Eliphas Lévi*

In November 1949, architect Frank Lloyd Wright announced the death of "the greatest man in the world," yet few knew who he was talking about. Offering a vital understanding of the man who asked "How many of you are really alive?" the author reveals the continuing importance of Gurdjieff's philosophy for the awakening of man.

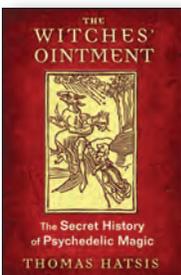
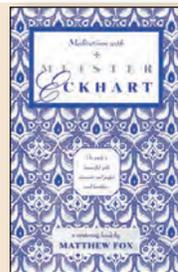
978-1-62055-638-2 • \$29.95 hardcover • 368 pages, 6 x 9 • e-book available

MEDITATIONS WITH MEISTER ECKHART

Edited by Matthew Fox

Meister Eckhart was a 13th-century mystic and prophet, a declared heretic, and an early advocate of creation-centered spirituality. For Eckhart, creation itself was the primary sacrament that began from "the spring of life," or the heart. This book of meditations reveals Eckhart's simple way, which demanded no gurus, no fanciful methods, no protracted exercises or retreats. He called it a "wayless way," available to everyone, adding that the person "who has found this way needs no other."

978-0-939680-04-7 • \$14.00 pb • 132 pages, 5.5 x 8.5 • e-book available



THE WITCHES' OINTMENT

The Secret History of Psychedelic Magic

Thomas Hatsis

In the medieval period preparations with hallucinogenic herbs were part of folk remedies, but the Church demonized these practices, creating the classical "witch" stereotype and what history has called the "witches' ointment." This book presents dozens of these psychoactive formulas gleaned from rare manuscripts all over the world, including spells and love potions.

978-1-62055-473-9 • \$19.95 pb • 304 pages, 6 x 9 • e-book available

THE REAL NAME OF GOD

Embracing the Full Essence of the Divine

Rabbi Wayne Dosick, Ph.D.

Rabbi Dosick digs through layers of presumption and belief to reveal the real name of God hiding in plain sight in the Bible. Knowing the real name of God enables us to encounter both the grand God of the universe and the God of breath, soul, and heart.

978-1-59477-473-7 • \$19.95 **\$14.96** hardcover • 224 pages, 6 x 9 • e-book available



ALEISTER CROWLEY IN AMERICA

Art, Espionage, and Sex Magick in the New World

Tobias Churton

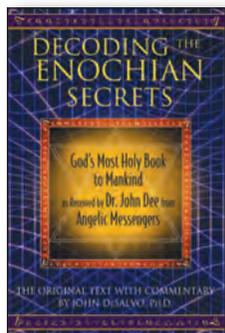
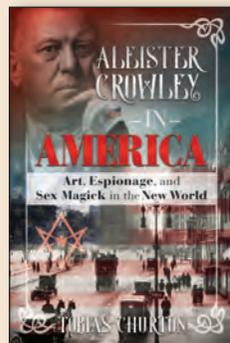
"[Churton] brings fresh eyes to old controversies, such as the true nature of Crowley's political activities during the First World War, and presents a work that anyone interested in the history of Crowley and his circle will read with enthusiasm."

—Keith Richmond, co-owner of Weiser Antiquarian Books and author of *Progradior and the Beast*

Using previously unpublished diaries and letters, Tobias Churton traces Crowley's extensive travels through America, including details of his five-year stay from 1914 to 1919, his involvement with the birth of the Greenwich Village radical art scene, and his work to undermine German propaganda to keep the United States out of World War I.

978-1-62055-630-6 • \$40.00 hardcover • 768 pages, 6 x 9 • 96 b&w illustrations • e-book available

New



DECODING THE ENOCHIAN SECRETS

God's Most Holy Book to Mankind as Received by Dr. John Dee from Angelic Messengers

The original text with commentary by John DeSalvo, Ph.D.

The Book of Enoch was rejected from the Old Testament canon because of its mysterious record of Enoch's experiences in the higher realms. In 1580, this set of mystical tables was conveyed again by angels directly to Dr. John Dee, the astrologer of Queen Elizabeth I. This book includes the correct phonetic pronunciations of the magical Enochian Calls, written by Dee in the margins of his record.

978-1-59477-364-8 • \$19.95 hardcover • 240 pages, 6 x 9 • 100 b&w illustrations • e-book available

THE SECRET INFLUENCE OF THE MOON

Alien Origins and Occult Powers

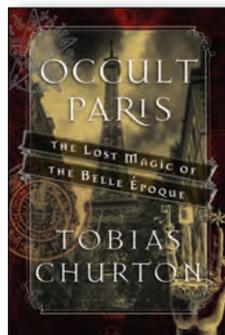
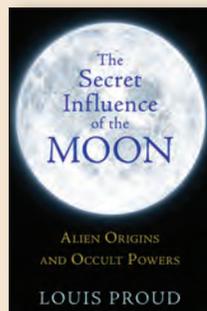
Louis Proud

"This is a book that I have been waiting to read. . . . Proud explores the many occult and esoteric traditions that have grown up around Moon lore and traces our satellite's influences on psychic seers, sensitives, oracles, and prophets."

—Brad Steiger, author of *Real Encounters, Different Dimensions, and Otherworldly Beings*

Louis Proud explores the Moon from both scientific and esoteric perspectives and finds it is not a cold, dead rock but a rich world just as alive as Earth. He shows that NASA concealed what the Apollo astronauts found and explains the many holes in the "Giant Impact" theory of the Moon's origins. He also looks at what occult traditions say about the Moon.

978-1-59477-494-2 • \$19.95 pb • 408 pages, 6 x 9 • Includes 8-page color insert • e-book available



OCCULT PARIS

The Lost Magic of the Belle Époque

Tobias Churton

"This is the best introduction to the French occult revival ever written in English."

—Henrik Bogdan, professor of religious studies at the University of Gothenburg

Historian Tobias Churton explores the magical, artistic, and intellectual world of Belle Époque Paris. He brings into full perspective the personalities and forces that made Paris a global magnet and that allowed later cultural movements to rise from the ashes of post-war Europe.

978-1-62055-545-3 • \$29.95 hardcover • 528 pages, 6 x 9

Includes 16-page color insert and 160 b&w illustrations • e-book available

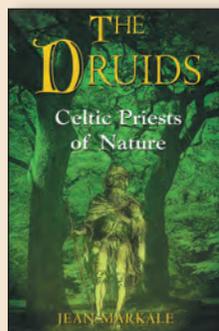
THE DRUIDS

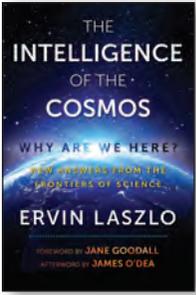
Celtic Priests of Nature

Jean Markale

Using the descriptions of the druids and their beliefs provided by the historians and chroniclers of classic antiquity—as well as those recorded by the insular Celts themselves when compelled, under Christianity's influence, to utilize writing to preserve their ancestral traditions—Jean Markale painstakingly pieces together all that is known for certain about them.

978-0-89281-703-0 • \$18.95 pb • 288 pages, 6 x 9





THE INTELLIGENCE OF THE COSMOS

New

Why Are We Here? New Answers from the Frontiers of Science

Ervin Laszlo / Foreword by Jane Goodall / Afterword by James O'Dea

"From the time when the conscious universe was a preposterous notion to today, when it's a cutting-edge idea full of promise for your future, Ervin Laszlo has been its staunch champion."
—Deepak Chopra, coauthor of *You Are the Universe*

The new paradigm emerging in science shows how the world is an interconnected, coherent whole, informed by cosmic intelligence. Ervin Laszlo shows how this integrates seamlessly with the wisdom traditions and enables us to evolve consciously and re-discover our purpose, revealing a way forward into a new era of peace and global wellbeing.

978-1-62055-731-0 • \$16.95 pb • 192 pages, 6 x 9 • e-book available

SECRETS OF ANTIGRAVITY PROPULSION

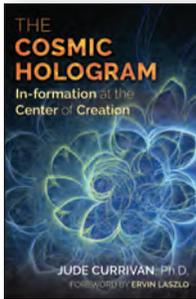
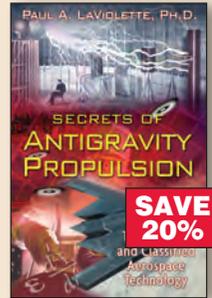
Tesla, UFOs, and Classified Aerospace Technology

Paul A. LaViolette, Ph.D.

"One of the boldest and most exciting books on gravity control to be put forward in our times."
—Eugene Podkletnov, Ph.D., Professor of Chemistry, Tampere, Finland

Physicist Paul LaViolette offers a complete investigation of the development and suppression of antigravity and field propulsion technologies, including those capable of revolutionizing energy production. This book shows how NASA is part of a cover-up to block adoption of advanced technologies under military development.

978-1-59143-078-0 • \$24.00 **\$19.20** pb • 512 pages, 6 x 9 • 130 b&w illustrations • e-book available



THE COSMIC HOLOGRAM

In-formation at the Center of Creation

Jude Currivan, Ph.D. / Foreword by Ervin Laszlo

"Illuminating and inspiring, . . . a must-read for all those working to create a more just, sustainable, and peaceful world."

—Bruce H. Lipton, Ph.D., bestselling author of *The Biology of Belief*

Jude Currivan, Ph.D., examines the latest research across many fields to show how our Universe is in-formed and holographically manifested and explores how information is more fundamental than energy, matter, space, or time. Evidence is presented from a wide range of scientific discoveries showing our Universe is an interconnected hologram of information.

978-1-62055-660-3 • \$16.95 pb • 272 pages, 6 x 9 • e-book available

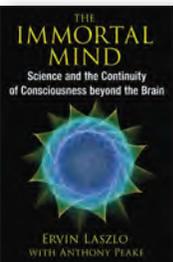
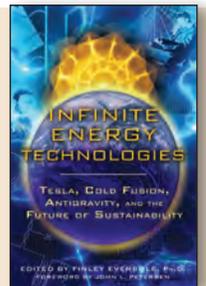
INFINITE ENERGY TECHNOLOGIES

Tesla, Cold Fusion, Antigravity, and the Future of Sustainability

Edited by Finley Eversole, Ph.D. / Foreword by John L. Petersen

This book gathers together the research of five geniuses—John Worrell Keely, Nikola Tesla, Viktor Schauberger, Royal Raymond Rife, and T. Townsend Brown—who made revolutionary discoveries about free energy, electricity, water vortex motion, electric ray technology, and antigravity. These suppressed scientists developed technologies that, if fully implemented, could establish truly sustainable energy systems.

978-1-59477-380-8 • \$18.95 pb • 400 pages, 6 x 9 • 74 b&w illustrations • e-book available



THE IMMORTAL MIND

Science and the Continuity of Consciousness beyond the Brain

Ervin Laszlo with Anthony Peake

The notion that consciousness can exist without connection to a living organism is supported by evidence from near-death experiences, after-death communication, and neurosensory information received in altered states. Indeed, cutting-edge physics now posits that things in our plane of time and space are not intrinsically real but are manifestations of a dimension where they exist as superstrings and energy matrices.

978-1-62055-303-9 • \$16.95 pb • 176 pages, 6 x 9 • e-book available

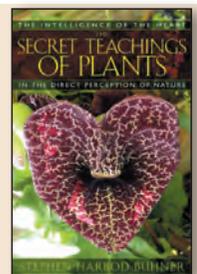
THE SECRET TEACHINGS OF PLANTS

The Intelligence of the Heart in the Direct Perception of Nature

Stephen Harrod Buhner

Ancient and indigenous peoples have insisted their knowledge of plant medicines came from the plants themselves, perceived through a heart-centered mode of perception, not trial-and-error experimentation. Author Stephen Harrod Buhner explores this heart-centered mode of perception, helping readers learn about the medicinal uses of plants and gather information directly from the heart of Nature.

978-1-59143-035-3 • \$18.95 pb • 336 pages, 6 x 9 • 4 b&w illustrations • e-book available



7 REASONS TO BELIEVE IN THE AFTERLIFE

A Doctor Reviews the Case for Consciousness after Death

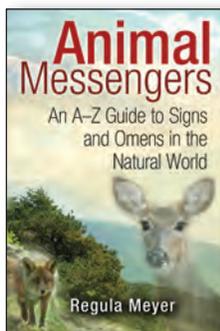
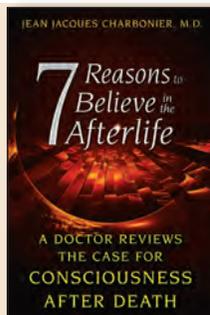
Jean Jacques Charbonier, M.D.

"Charbonier's book should be compulsory reading for every poor skeptic who still believes that he disappears when his brain stops."

—Ervin Laszlo, author of *The Immortal Mind* and *Science and the Akashic Field*

An anesthesiologist and intensive care physician, Dr. Charbonier studied hundreds of accounts of patients who returned from clinical death. He distills his findings into seven cogent arguments, refuting the objections of materialists point by point. Death, he finds, is simply a transition, and understanding this can enable us to live more fully and peacefully in the now.

978-1-62055-380-0 • \$14.95 pb • 160 pages, 6 x 9 • e-book available



ANIMAL MESSENGERS

An A-Z Guide to Signs and Omens in the Natural World

Regula Meyer

"An essential resource for everyone who has wondered: Why is this animal in my life? Why now? Take to heart the wisdom within its pages. It will fill you with gratitude for how lovingly animals are supporting your well-being, your dreams, and your spiritual growth."

—Allen and Linda Anderson, founders of Angel Animals Network

Each encounter with an animal in the natural world signals something to us about our inner world. Providing sophisticated insight into encounters with more than 150 animals, birds, reptiles, insects, and aquatic life, Regula Meyer shows how animal encounters cause us to meditate on matters of which we are otherwise unaware.

978-1-59143-161-9 • \$18.00 pb • 320 pages, 6 x 9 • 90 b&w illustrations • e-book available

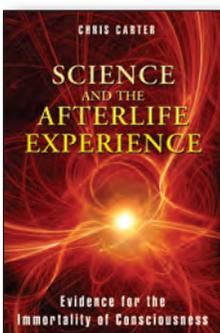
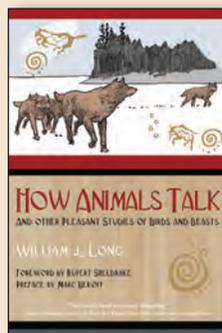
HOW ANIMALS TALK

And Other Pleasant Studies of Birds and Beasts

William J. Long / Foreword by Rupert Sheldrake / Preface by Marc Bekoff

Not since the first publication of *How Animals Talk* in 1919 has the subject of animal telepathy and communication been so fully researched. Author William J. Long theorizes that animals are much more intelligent, emotional, and moral than we have traditionally thought and share with us an innate ability to sense the presence of other living beings. He recognized how scientific study can objectify animals, distancing "us" from "them." His findings on the impact of our presence on animal life—and the cost that we pay in separating ourselves from animals—is more relevant today than ever before.

978-1-59143-056-8 • \$18.00 pb • 312 pages, 6 x 9 • 50 b&w illustrations • e-book available



SCIENCE AND THE AFTERLIFE EXPERIENCE

Evidence for the Immortality of Consciousness

Chris Carter

Evidence of life beyond death exists and has been around for millennia, predating any organized religion. Chris Carter examines 125 years of scientific studies that rule out hoaxes, fraud, and hallucinations and prove that afterlife phenomena are real, findings that are ignored and denied because they are incompatible with the prevailing doctrine of materialism.

978-1-59477-452-2 • \$18.95 pb • 384 pages, 6 x 9 • e-book available

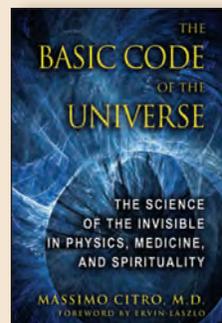
THE BASIC CODE OF THE UNIVERSE

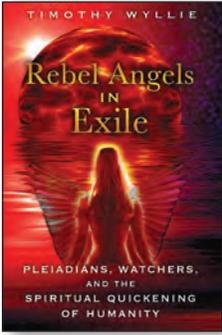
The Science of the Invisible in Physics, Medicine, and Spirituality

Massimo Citro, M.D. / Foreword by Ervin Laszlo

Behind the complex world of Nature lies a basic code, a universal information field that records all that was, is, and will be and directs not only physical development but also energetic interactions among all living and nonliving things. Linking the work of Ervin Laszlo on the Akashic field, Rupert Sheldrake on morphogenetic fields, Richard Gerber on vibrational medicine, and Masaru Emoto on the memory of water, Citro shows how the universal information field connects every person, plant, animal, and mineral.

978-1-59477-391-4 • \$25.00 hardcover • 288 pages, 6 x 9 • 40 b&w illustrations • e-book available





REBEL ANGELS IN EXILE

Pleiadians, Watchers, and the Spiritual Quickenning of Humanity

Timothy Wyllie

“Essential reading for any who would explore the cosmic dimension of mercy . . . and the role of Starseeds on this and many other worlds.”

—Robert Davis, director of the Daynal Institute

Georgia, a rebel angel of Seraphic status, was present during Earth’s steady descent into ignorance and confusion and witnessed visits from the Nephilim and the Pleiadians and the destruction of Lemuria. She shares her words to awaken some of the rebel angels currently living out human lives, most struggling with their sense of being different from other people.

978-1-59143-188-6 • \$20.00 pb • 328 pages, 6 x 9 • Includes 8-page color insert • e-book available

SECRET JOURNEY TO PLANET SERPO

A True Story of Interplanetary Travel

Len Kasten

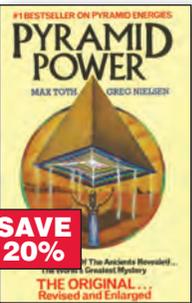
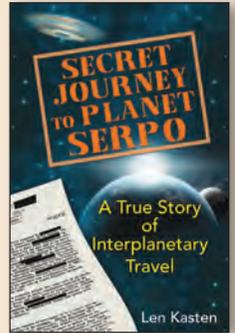
“Kasten has cast the bright light of scholarship on a subject that will change our world and everything that we have come to believe about ourselves and our place in the universe. The shocking truth is we are not alone and have never been alone.”

—Robert O. Dean, Command Sgt. Major, U.S. Army, Retired

In July 1965, an alien spacecraft from the Zeta Reticuli star system landed in Nevada and welcomed aboard twelve military personnel for a 10-month journey to their home planet, Serpo. In 2005, members of the Defense Intelligence Agency came forward to reveal the operation, including details from the 3,000-page debriefing of the seven members of the Serpo team who returned.

978-1-59143-146-6 • \$18.00 pb • 304 pages, 6 x 9

Includes 16-page color insert and 57 b&w illustrations • e-book available



PYRAMID POWER

Max Toth and Greg Nielson

“[A pyramid is] a good environment for transcendental meditation, biofeedback and yoga, in that it surrounds its inhabitants with energy.”

—Time Magazine

Pyramid power, the secret energy harnessed by the ancients, preserves food stuffs, amplifies thought forms, and increases sexual vitality. Here is the latest fabulous and provocative information on pyramids around the world, instructions on building your own pyramid, and suggested experiments.

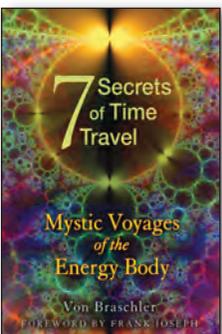
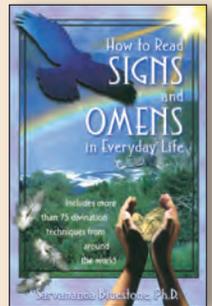
978-0-89281-106-9 • \$44.95 **\$11.96** pb • 208 pages, 5 x 7.75

HOW TO READ SIGNS AND OMENS IN EVERYDAY LIFE

Sarvananda Bluestone, Ph.D.

Since the beginning of time, diviners and seers have been finding signs and omens in the world around them. In modern times, we call those who possess these abilities “psychic,” but native cultures accepted that each of us has an innate sixth sense. Sarvananda Bluestone shows us how our innate knowledge can be rediscovered, allowing us to become far more in tune with our surroundings than we ever dreamed possible. Filled with practical exercises.

978-0-89281-901-0 • \$16.95 pb • 240 pages, 5.88 x 9 • 25 b&w illustrations • e-book available



SEVEN SECRETS OF TIME TRAVEL

Mystic Voyages of the Energy Body

Von Braschler / Foreword by Frank Joseph

The secret to escaping temporal bondage is inside each of us, a soul-given power to break free from the physical world and travel through time and space via the energy body. Von Braschler examines time travel from the viewpoint of mystics, shamanic dreamwalkers, and scientists, including Helena Blavatsky, C. W. Leadbeater, and Albert Einstein.

Explaining how transcending the physical body offers new hope for the treatment of illness, emotional problems, and addictions, this book offers step-by-step instructions and practical exercises to develop your time travel abilities.

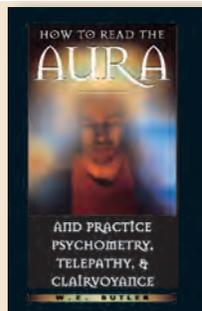
978-1-59477-447-8 • \$14.95 pb • 176 pages, 6 x 9 • e-book available

HOW TO READ THE AURA AND PRACTICE PSYCHOMETRY, TELEPATHY, AND CLAIRVOYANCE

W. E. Butler

In clear-cut language renowned parapsychologist W. E. Butler (1898–1978) outlines simple procedures by which anyone can develop, perfect, and control psychic powers that we all possess: how to read the Aura, how to understand the emanations of all objects to learn their emotional significance, how to awaken telepathic powers, and how to experience clairvoyance. One of the world's great occultists, Butler studied in India among Hindu spiritual teachers and with renowned mystic Annie Besant.

978-0-89281-705-4 • \$14.95 pb • 240 pages, 5 x 7.75



THE ANGELIC ORIGINS OF THE SOUL

Discovering Your Divine Purpose

Tricia McCannon

"This is a brilliant book! Weaving together the ancient wisdom of all spiritual traditions as well as her own profound gifts of spiritual insight and clairvoyant vision. . . . Essential reading for everyone!"

—Dannion Brinkley, *New York Times* bestselling author of *Saved by the Light*, *Peace in the Light*, and *Secrets of the Light*

Exploring the Soul's angelic origins, the Nine Orders of Angels, and the multi-dimensional landscapes of Heaven, Tricia McCannon explains the six stages of Soul Evolution and how to reawaken to higher vibrations, remember your Soul's purpose, and embrace the joy and love that reside eternally at the core of your being.

978-1-59143-271-5 • \$24.00 pb • 528 pages, 6 x 9

Includes 16-page color insert and 69 b&w illustrations • e-book available

New

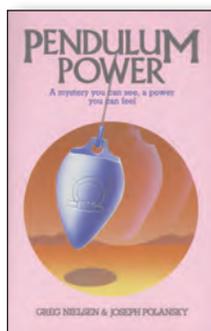
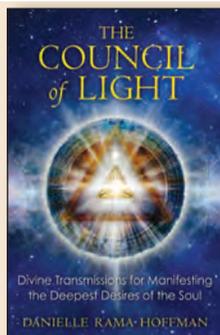
THE COUNCIL OF LIGHT

Divine Transmissions for Manifesting the Deepest Desires of the Soul

Danielle Rama Hoffman

The Council of Light is an intergalactic group of light beings whose purpose is to support individuals as they shift into unity consciousness and return to their natural inner state of joy. These direct transmissions of spiritual technology include guided journeys, meditations, and breathwork exercises that creatively turn debt into wealth and transfigure food into light for better health.

978-1-59143-163-3 • \$20.00 pb • 320 pages, 6 x 9 • e-book available



PENDULUM POWER

A Mystery You Can See, A Power You Can Feel

Greg Nielsen and Joseph Polansky

"The authors start off with a brief history of dowsing, some theories about pendulum action, and instructions in the use of the pendulum. Much of the book is given over to detailed accounts of uses of the pendulum in a way that will encourage the novice to practice and become proficient. Emphasis is placed on self-development through pendulum power."

—*The American Dowser Quarterly Digest*

Learn how the power of the pendulum can help you discover treasure, locate the lost, divine the new, and advise in relationships.

978-0-89281-157-1 • \$9.95 pb • 128 pages, 5 x 7.75

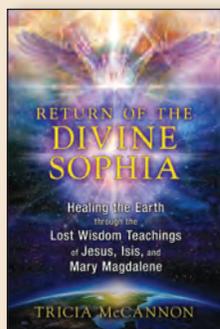
RETURN OF THE DIVINE SOPHIA

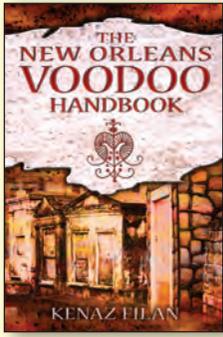
Healing the Earth through the Lost Wisdom Teachings of Jesus, Isis, and Mary Magdalene

Tricia McCannon

Called by the Priestesses of Isis, Tricia McCannon set out on a spiritual journey into the Mysteries of the Goddess discovering a forgotten age when the Creator was honored as female and humanity lived in peace. Equipped with the teachings of the Goddess, we may move into the future as *Homo luminous*, or beings of light, and reestablish an age of harmony and balance.

978-1-59143-195-4 • \$22.00 pb • 512 pages, 6 x 9 • 84 b&w illustrations • e-book available





THE NEW ORLEANS VODOO HANDBOOK

Kenaz Filan

"A winning blend of urban and religious history from famed New Orleans Vodou priest Filan. . . . A unique supplementary travel guide for anyone planning a trip to NOLA or readers interested in the city's rich voodoo tradition."

—Kirkus Reviews

Exploring the major figures of the tradition, including Marie Laveau and Dr. John, as well as Creole culture and the musical inspiration of the Mississippi Delta, Filan examines firsthand documents and historical records to shine light on the little-understood practices of the root doctors, Voodoo queens, and spiritual figures of the Crescent City.

978-1-59477-435-5 • \$19.95 pb • 320 pages, 6 x 9 • Includes 16-page color insert • e-book available

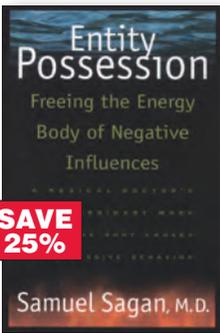
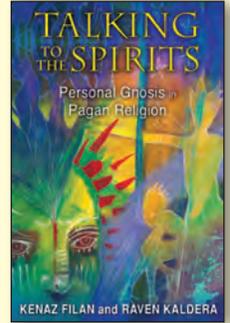
TALKING TO THE SPIRITS

Personal Gnosis in Pagan Religion

Kenaz Filan and Raven Kaldera

For our ancestors the whole world was alive with spirits. The ground underfoot, the rivers and springs, the fire that drove off the darkness, these all had spirits—not just spirits in some other dimension, but spirits who could be spoken to and allied with. This practical guide explores how to enrich your spiritual path through direct communication with the spirits and the Gods, explaining what to do (and not do) with the messages you receive.

978-1-62055-083-0 • \$18.95 pb • 320 pages, 6 x 9 • e-book available



ENTITY POSSESSION

Freeing the Energy Body of Negative Influences

Samuel Sagan, M.D.

"This is a fascinating exploration of a little known but important aspect of the afterlife and our relationship to it. Far from being spooky or supernatural, Entity Possession examines the natural and common events that trigger entities and their parasitic attachment. . . . It is clear, interesting, rich in cultural perspective, and written by someone involved but objective."

—New View

Using actual case studies, Dr. Sagan presents the facts of entity possession, analyzes their mechanisms and motivations, and includes many tips on how to dislodge these parasites from the individuals whose lives are thrown out of balance by their presence.

978-0-89281-612-5 • ~~\$16.95~~ **\$12.71** pb • 208 pages, 6 x 9

THE ART AND SCIENCE OF HAND READING

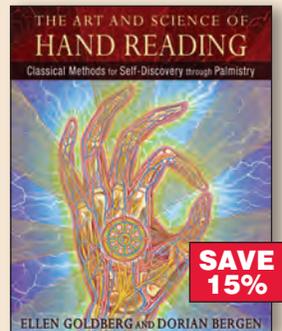
Classical Methods for Self-Discovery through Palmistry

Ellen Goldberg and Dorian Bergen

Palmistry is a science and a universal language. This comprehensive guide makes the powerful insights of the hand accessible in an inviting and user-friendly manner. Presenting the hand as a guide to self-fulfillment, the book includes practical examples and more than 600 illustrations to show how to integrate the meanings of each part of the hand to form a complete picture of your inner psychology and your ever-changing destiny—for as you change, so do your hands.

978-1-62055-108-0 • ~~\$35.00~~ **\$29.75** hardcover • 544 pages, 8 x 10

610 b&w photographs • e-book available



THE SECRET HISTORY OF EXTRATERRESTRIALS

Advanced Technology and the Coming New Race

Len Kasten

"This comprehensive book covers some of the most intriguing UFO and alien-contact cases ever reported. Len Kasten has done a fine job of drawing together some fascinating material and asks some profound questions about what this means for the human race."

—Nick Pope, UK Ministry of Defense, 1985–2006

This book explores the ET phenomenon and its influence on humanity past and present. It examines ET contacts, anti-gravity devices, the Iraqi Stargate, Nazi ties to UFOs, government cover-ups, and much more.

978-1-59143-115-2 • \$20.00 pb • 328 pages, 6 x 9

Includes 8-page color insert and 59 b&w illustrations • e-book available

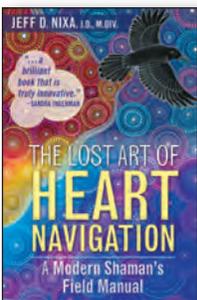
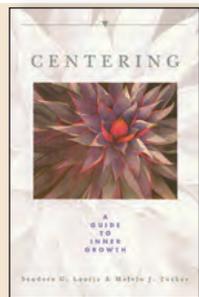
CENTERING

A Guide to Inner Growth

Sanders G. Laurie and Melvin J. Tucker

A complete guide to awakening your full potential, *Centering* offers techniques that help you enhance learning power, heighten awareness of the world around you, discover new talents and how to use them, relieve stress, increase career satisfaction and financial security, enjoy better health and more fulfilling relationships, and even more.

978-0-89281-420-6 • \$16.99 pb • 224 pages, 5.38 x 8.25



THE LOST ART OF HEART NAVIGATION

A Modern Shaman's Field Manual

Jeff D. Nixa, J.D., M.Div.

"I really love this book. . . . I highly recommend it for people who are trying to find their way."
—Sandra Ingerman, MA, author of *Soul Retrieval* and *Walking in the Light*

Blending earth-honoring shamanic practices and modern depth psychology, Jeff Nixa explains how to practice the lost art of heart navigation to help you find your life purpose and spiritual identity, conquer the emotional obstacles that stand in the way of that vision, and learn to shapeshift your life. Includes access to 4 guided audio journeys.

978-1-59143-285-2 • \$16.00 pb • 288 pages, 6 x 9 • 13 b&w illustrations • e-book available

THE 8 LAWS OF CHANGE

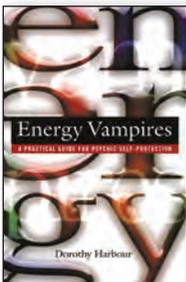
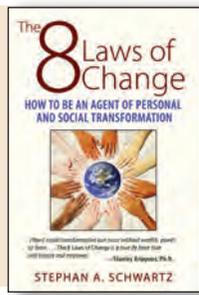
How to Be an Agent of Personal and Social Transformation

Stephan A. Schwartz

"A tour de force that will inspire and empower." —Stanley Krippner, Ph.D.

There are 8 laws of behavior that can enable any person or small group—even ordinary people without wealth, position, or physical power—to create lasting transformation. This inspiring book includes the stories of individuals who have changed history by implementing the 8 laws to connect to a power greater than themselves.

978-1-62055-457-9 • \$16.95 pb • 224 pages, 6 x 9 • 5 b&w illustrations • e-book available



ENERGY VAMPIRES

A Practical Guide for Psychic Self-protection

Dorothy Harbour

The author offers a guide to self-protection from individuals and situations that take excessive amounts of energy without giving anything in return, leaving us drained and ineffectual. Included is an exercise program that helps strengthen our auras and ground ourselves psychologically, as well as helpful practices that demonstrate how to cleanse our subconscious of "psycho-trash."

978-0-89281-910-2 • \$14.95 pb • 192 pages, 6 x 9

SEKHMET

Transformation in the Belly of the Goddess

Nicki Scully / Forewords by Normandi Ellis and Hank Wesselman, Ph.D.

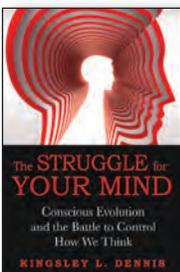
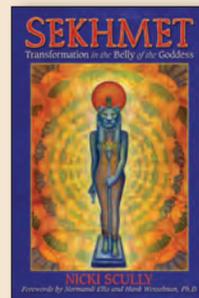
"Nicki Scully is a master of the sacred mysteries of Egypt. . . . Her deep connection with the Goddess Sekhmet gives us a powerful gift from this fiercely compassionate healing goddess that is relevant and needed during this global time of dissolution and rebirth."

—Joan Borysenko, *New York Times* bestselling author of *Minding the Body, Mending the Mind*

A shamanic ritual with the Egyptian goddess Sekhmet to bring about alchemical transformation at the deepest levels of your being.

978-1-59143-207-4 • \$18.00 pb • 288 pages, 6 x 9

Includes 16-page color insert and 25 b&w illustrations • e-book available



THE STRUGGLE FOR YOUR MIND

Conscious Evolution and the Battle to Control How We Think

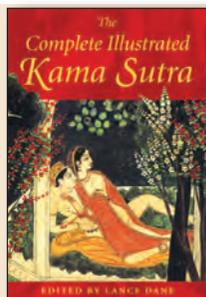
Kingsley L. Dennis

"Dr. Dennis reflects on social-engineering techniques and modern technoculture, and encourages us to rise above fear and helplessness to make positive changes."

—*Nexus Magazine*

This book exposes the methods employed to control our minds, including religious doctrine, scientific authority, and distraction through entertainment. It shows how we can take back our minds and lead humanity into a new age of harmony and awareness.

978-1-59477-457-7 • \$18.95 pb • 272 pages, 6 x 9 • e-book available



THE COMPLETE ILLUSTRATED KAMA SUTRA

Edited by Lance Dane

This complete and illustrated version of the Kama Sutra augments the text with 269 full-color illustrations and great works of art including palm leaf manuscripts, sculptures, ancient toys, jewelry, architecture, paintings, and scrolls. Gathered from museums and private collections around the world, these rare images clearly illustrate all 64 sexual positions and the erotic instructions set forth in the Kama Sutra, the most famous work on sex ever created. The result is a dazzling and sensuous reading experience.

978-0-89281-138-0 • \$25.00 hardcover • 320 pages, 6.5 x 9.25

269 color illustrations • e-book available

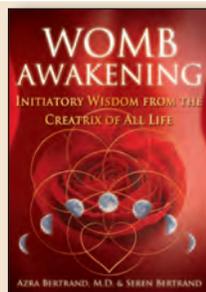
LOVE HAS SEVEN COLORS

Heart-Centered Practices for the Energy Centers

Jack Angelo

Each of us has a subtle energy body connecting the spiritual, emotional, and physical levels of our being. Author Jack Angelo shows that when we live in a heart-centered way each of the 7 energy centers radiates with a different color, making us walking rainbows of unconditional love and soul guidance.

978-1-59143-275-3 • ~~\$14.95~~ **\$12.71** pb • 160 pages, 6 x 9 • e-book available



WOMB AWAKENING

Initiatory Wisdom from the Creatrix of All Life

Azra Bertrand, M.D. and Seren Bertrand

"Womb Awakening gave me total body chills the moment I turned the first page. Here is a master work of beauty, power, and mystical truth."

—Christiane Northrup, M.D., bestselling author of *Women's Bodies, Women's Wisdom*

Dr. Azra and Seren Bertrand reconstruct the moon-based feminine mystery teachings of a lost global Womb religion, tracing the tradition back to the Neanderthals. They explore how these teachings were encoded in the symbolism of folk and fairy tales; the traditions of Mary Magdalene and Sophia; and the maiden, queen, and crone archetypes.

978-1-59143-279-1 • \$30.00 pb • 560 pages, 7 x 10 • Includes 16-page color insert

and 49 b&w illustrations • e-book available

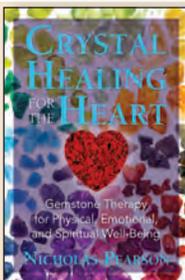
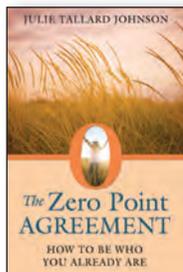
THE ZERO POINT AGREEMENT

How to Be Who You Already Are

Julie Tallard Johnson

The Zero Point Agreement is a practice centered on the understanding that you yourself are the zero point of your life, that life's purpose comes from within. You can discover who you truly are by naming what you want to be and taking steps to make it a reality. With the Zero Point Agreement you can break free from negative states, be liberated from attachment to the behaviors of others, and co-create with the natural world.

978-1-62055-177-6 • \$18.95 pb • 320 pages, 6 x 9 • e-book available



CRYSTAL HEALING FOR THE HEART

Gemstone Therapy for Physical, Emotional, and Spiritual Well-Being

Nicholas Pearson

Offering hands-on exercises and meditations with more than 60 gemstones and minerals, each a heart-healing stone, the author explains how to build a better relationship with the heart as your spiritual center as well as how to fortify your heart with emotional strength, reclaim your will, and cultivate forgiveness.

978-1-62055-656-6 • \$24.99 pb • 288 pages, 6 x 9 • Full-color throughout • e-book available

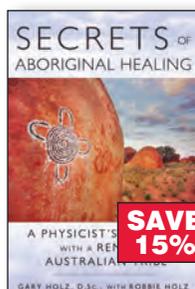
SECRETS OF ABORIGINAL HEALING

A Physicist's Journey with a Remote Australian Tribe

Gary Holz, D.Sc., with Robbie Holz

In 1994, Gary Holz's doctors told him that his chronic progressive multiple sclerosis left him only two years to live. Acting on a synchronistic suggestion, Holz went to Australia to live with a remote Aboriginal tribe. He arrived in a wheelchair, with almost no feeling left from the neck down, and embarked on a remarkable healing transformation of body, mind, and spirit. Written at the request of his Aboriginal healers, this book reveals the astonishing 60,000-year-old healing system of the world's oldest continuous culture.

978-1-59143-175-6 • ~~\$15.00~~ **\$12.75** pb • 128 pages, 6 x 9 • e-book available



OVERTONES AND UNDERCURRENTS

Spirituality, Reincarnation, and Ancestor Influence in Entheogenic Psychotherapy

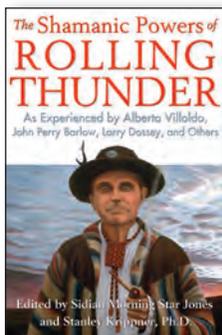
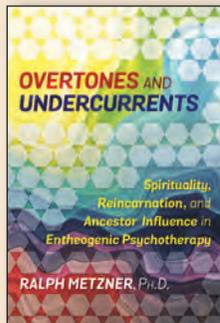
Ralph Metzner, Ph.D.

“Warning: Do not read this book if you are committed to limiting your reality to the Western scientific bias. However, do read this book if you are open to realizing that certain aspects of consciousness found in almost every society throughout history truly do exist.”

—James Fadiman, Ph.D., microdose researcher, author of *The Psychedelic Explorer’s Guide*

Pioneering transpersonal psychotherapist Ralph Metzner shares case histories from more than 50 years of practice. They include a wide spectrum of practices, such as the use of quiet meditative retreat, guided regressions, as well as imagery visualizations amplified by entheogens.

978-1-62055-689-4 • \$16.95 pb • 192 pages, 6 x 9 • e-book available



THE SHAMANIC POWERS OF ROLLING THUNDER

As Experienced by Alberto Villoldo, John Perry Barlow, Larry Dossey, and Others

Edited by Sidian Morning Star Jones and Stanley Krippner, Ph.D.

“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

In this book, edited by Rolling Thunder’s grandson Sidian Morning Star Jones and longtime friend Stanley Krippner, we learn of the celebrated and controversial Native American medicine man’s legendary interactions with animals and the forces of Nature.

978-1-59143-227-2 • \$16.00 pb • 232 pages, 6 x 9

Includes 8-page color insert and 10 b&w illustrations • e-book available

A TRAVELER’S GUIDE TO THE AFTERLIFE

Traditions and Beliefs on Death, Dying, and What Lies Beyond

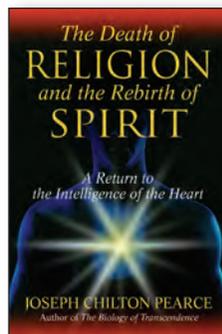
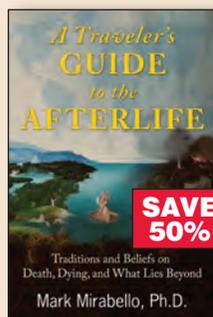
Mark Mirabello, Ph.D.

“An extraordinary exploration of humankind’s collective wisdom about what lies on the other side of death.”

—Matthew McKay, Ph.D., author of *Seeking Jordan*

Drawing on death and afterlife traditions from cultures around the world, Mark Mirabello explores beliefs on the soul, heaven, hell, and reincarnation. With an extensive bibliography of more than 900 sources, this guide offers comprehensive information on afterlife beliefs of cultures around the world and throughout history.

978-1-62055-597-2 • ~~\$16.95~~ \$8.48 pb • 224 pages, 6 x 9 • e-book available



THE DEATH OF RELIGION AND THE REBIRTH OF SPIRIT

A Return to the Intelligence of the Heart

Joseph Chilton Pearce

“Once again, Joseph Chilton Pearce’s genius and deep, essential humanity illuminate the most meaningful and important issue of our day—our relationship with Spirit and the all-too-often-toxic history and motivations of organized religion.”

—Thom Hartmann, author of *The Last Hours of Ancient Sunlight*

Pearce explains that beneath our awareness, culture imprints a negative force-field that blocks the natural rise of the spirit toward its innate nature of love and altruism. He shows that if we can allow the intelligence of the heart to take hold and flourish, we can reverse this unconscious loss of our true being.

978-1-59477-171-2 • \$22.95 hardcover • 272 pages, 6 x 9 • 10 b&w illustrations • e-book available

CHILDREN OF THE FIFTH WORLD

A Guide to the Coming Changes in Human Consciousness

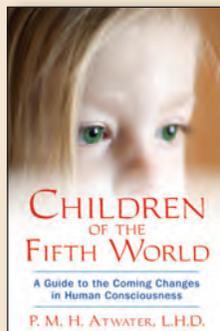
P. M. H. Atwater, L.H.D.

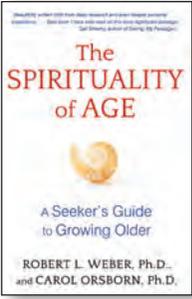
“The most important book in the consciousness field in the last 20 years. A guidebook for safe passage into the future of the planet.”

—Brad and Sherry Steiger, authors of *Starborn* and *Real Miracles*

We are witnessing the emergence of a generation of “new kids”—intuitive, abstract thinkers who may also exhibit signs of ADHD, dyslexia, or autism. Born with universal consciousness encoded in their DNA, these new kids are agents for change who will lead the way in the Great Shift from old world to new.

978-1-59143-153-4 • \$16.00 pb • 272 pages, 6 x 9 • e-book available





THE SPIRITUALITY OF AGE

A Seeker's Guide to Growing Older

Robert L. Weber, Ph.D., and Carol Orsborn, Ph.D.

"At last, a book about aging that does not envision it as a problem to be solved or even as a challenge to be overcome! It greets growing older as a gift and an opportunity."

—Harvey G. Cox, Hollis research professor of divinity, Harvard University, and author of *The Future of Faith*

Here is a compassionate guide for making the later phase of life a time of spiritual growth. The authors guide us through 25 key questions that show how to find a constructive role for regret, shame, and guilt, how to realize our value to society, and how to embrace the freedom of our later years.

978-1-62055-512-5 • \$14.95 pb • 256 pages, 5.38 x 8.25 • e-book available

FASTING THE MIND

Spiritual Exercises for Psychic Detox

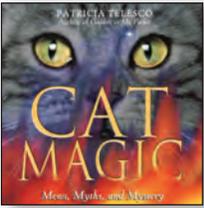
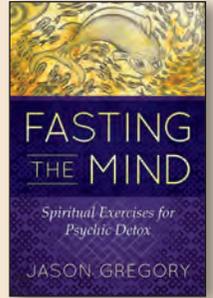
Jason Gregory

"I love 'mind fasting' because it gives us a fresh take on the word meditation and the concept of entering silence to rediscover our true, harmonious nature. . . . Interesting, simple, and doable."

—Penney Peirce, author of *Leap of Perception and Frequency*

Combining cognitive psychology with Zen, Taoist, and Vedic practices, Jason Gregory explains how emptying the mind directly impacts your habits and way of being in the world. By periodically fasting the mind we can overcome distractions and stresses of modern life like digital overload and return to our original nature as it exists deep within.

978-1-62055-646-7 • \$14.95 pb • 160 pages, 6 x 9 • 5 b&w illustrations • e-book available



CAT MAGIC

Mews, Myths, and Mystery

Patricia Telesco

Mysterious and independent, cunning and fierce, gentle and affectionate, cats have charmed their way into our folklore, history, and art. Here is a fascinating tour of the different roles cats have played in human experience, with over 150 illustrations documenting the importance of cats in our mythology, totems, spells, and other rituals.

978-0-89281-774-0 • \$16.95 pb • 176 pages, 7 x 7 • 28 color and 124 b&w illustrations

CHAKRA FREQUENCIES (w/CD)

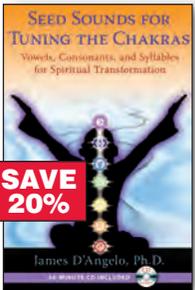
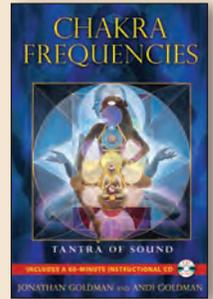
Tantra of Sound

Jonathan Goldman and Andi Goldman

In this step-by-step guide the authors show how the human voice can resonate our physical and subtle bodies to balance and align the chakras. They show how to practice sound healing either individually or with a partner. The accompanying 60-minute CD offers correct pronunciation and examples of the Bija Mantras, sacred vowels, seed sounds, and vocal exercises from the book as well as recordings of Pythagorean tuning forks, crystal bowls, singing bowls, and Tibetan bells.

978-1-59477-404-1 • \$18.95 pb • 208 pages, 6 x 9

Includes 60-minute CD and 19 b&w illustrations • e-book available w/out CD



SEED SOUNDS FOR TUNING THE CHAKRAS (w/CD)

Vowels, Consonants, and Syllables for Spiritual Transformation

James D'Angelo, Ph.D.

The human voice is a master instrument of transformation, which is why chanting is engaged in many spiritual traditions. This book explores the connections between various sound combinations and each of the 7 chakras and their corresponding psychological traits. The CD provides vocal exercises for healing, meditation, and spiritual development.

978-1-59477-460-7 • ~~\$14.95~~ **\$11.96** pb • 128 pages, 6 x 9 • 3 b&w illustrations

Includes 66-minute CD • e-book available w/out CD



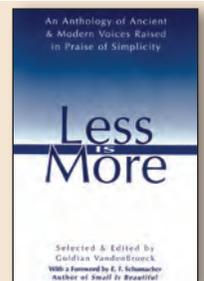
LESS IS MORE

An Anthology of Ancient & Modern Voices Raised in Praise of Simplicity

Edited by Goldian VandenBroeck

This engaging anthology offers words of wisdom from the world's greatest thinkers on the virtues of simplicity. Included are writings from Ovid, Patañjali, St. Matthew, Milarepa, Rumi, Eckhart, Basho, Rousseau, Tagore, Suzuki, Illich, and many others.

978-0-89281-554-8 • \$18.99 pb • 334 pages, 6 x 9



THE DREAMLIFE OF FAMILIES

The Psychospiritual Connection

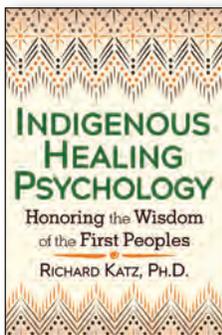
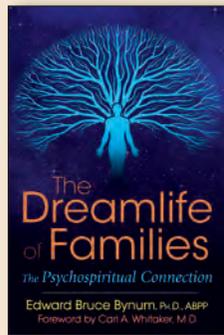
Edward Bruce Bynum, Ph.D., ABPP / Foreword by Carl A. Whitaker, M.D.

"Healthy families dream together. This is the essential good sense of The Dreamlife of Families, which carefully amasses evidence that family members dream of each other and for each other."

—Robert Moss, author of *Conscious Dreaming* and *The Secret History of Dreaming*

Integrating traditional dream analysis with family psychology, clinical psychologist Bynum shows how our personal unconscious is interwoven into the family unconscious. Our dreams reflect the complex connections of our unconscious minds with those of our families and friends, connecting us to loved ones, living and passed on.

978-1-62055-632-0 • \$18.95 pb • 288 pages, 6 x 9 • 2 b&w illustrations • e-book available



INDIGENOUS HEALING PSYCHOLOGY

Honoring the Wisdom of the First Peoples

Richard Katz, Ph.D.

"... a brilliant, ground-breaking work connecting psychology to its roots so it can more truly become a force for healing and social change. A genuine invitation to a breathtaking journey that is a rare treasure."

—Joan Borysenko, Ph.D., *New York Times* bestselling author of *Minding the Body, Mending the Mind*

Reconnecting psychology to its ancient roots, Richard Katz, Ph.D., sensitively shares the healing wisdom of Indigenous peoples he has worked with. He explains how the Indigenous approach offers a way to treat mental illness at its source as well as help create a more effective model of best practices in psychology.

978-1-62055-267-4 • \$29.95 pb • 480 pages, 6 x 9 • 6 b&w maps • e-book available



THE TRANSFORMATIONAL POWER OF DREAMING

Discovering the Wishes of the Soul

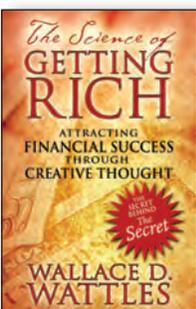
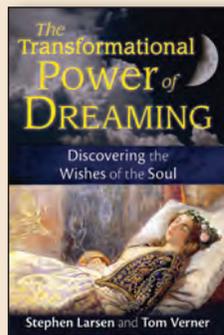
Stephen Larsen and Tom Verner

"A deep well of knowledge from two of the world's most respected dream cartographers. A fine feat! Highly recommended for all dream enthusiasts looking to remember who we really are."

—Ryan Hurd, author of *Sleep Paralysis*, coeditor of *Lucid Dreaming*, and editor of the *Dream Studies Portal*

The authors examine dream traditions from around the world; investigating the psychology of dreaming, the neuroscience behind the dreaming brain, the Jungian perspective, and the intersections of yoga and modern dream research. They offer techniques to help remember dreams and explore the practices of lucid dreaming and shamanic dreaming.

978-1-62055-514-9 • \$19.95 pb • 360 pages, 6 x 9 • Includes 8-page color insert and 30 b&w illustrations • e-book available



THE SCIENCE OF GETTING RICH

Attracting Financial Success through Creative Thought

Wallace D. Wattles

This is the 100-year-old book that inspired *The Secret*, Rhonda Byrne's bestseller. *The Science of Getting Rich* shows how economic and emotional security can be achieved in a practical, imaginative, and noncompetitive way. Living in accordance with positive principles, we can find our rightful place in the cosmic scheme and grow in wealth, wisdom, and happiness.

978-1-59477-209-2 • \$6.95 pb • 112 pages, 5.38 x 8.25 • e-book available

GAMBLER'S DHARMA

Sports Betting with Vedic Astrology

Simon Chokoisky

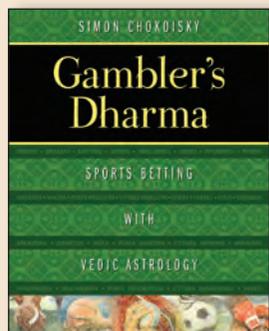
"The author demonstrates a deep understanding of his subject. He writes clearly and eloquently, offering a spiritually inspired, and ultimately practical, guidebook for personal fulfillment."

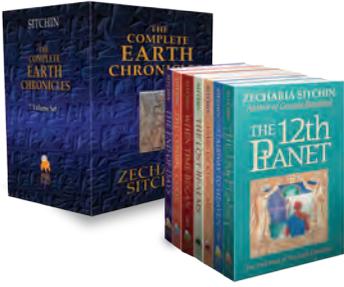
—Publishers Weekly

Win bets on sporting events using the prediction system of Vedic Astrology. Drawing on this traditional system as well as his own research and winning experience, Simon Chokoisky outlines 5 powerful techniques for predicting the outcome of any competition between two opponents with 70–80 percent accuracy.

978-1-62055-565-1 • \$18.95 pb • 240 pages, 8 x 10

Includes 100 b&w charts • e-book available





THE COMPLETE EARTH CHRONICLES

Zecharia Sitchin

The culmination of the late Zecharia Sitchin's 30 years of research into the history and prehistory of humankind as recorded by the ancient civilizations of the Near East, this boxed set of hardcover collector's editions with enhanced maps and diagrams includes all 7 volumes of the Earth Chronicles series: *The 12th Planet*, *The Stairway to Heaven*, *The Wars of Gods and Men*, *The Lost Realms*, *When Time Began*, *The Cosmic Code*, and *The End of Days*.

978-1-59143-201-2 • \$99.00 Cased set of seven hardcover editions • 384 pages, 336 pages, 384 pages, 304 pages, 416 pages, 304 pages, and 320 pages • 6 x 9

\$168 if purchased separately

ZECHARIA SITCHIN AND THE EXTRATERRESTRIAL ORIGINS OF HUMANITY

M. J. Evans, Ph.D.

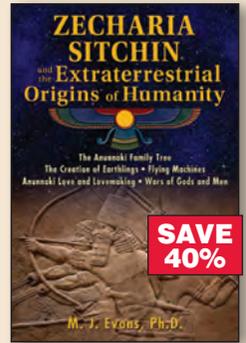
"No other modern thinker has offered a more compelling, coherent, and influential explanation of humanity's origins than Zecharia Sitchin. Now, thankfully, Dr. M. J. Evans has done us all the favor of distilling Sitchin's work into a very readable compendium."

—John L. Petersen, futurist, author, and publisher of *FUTUREdition*

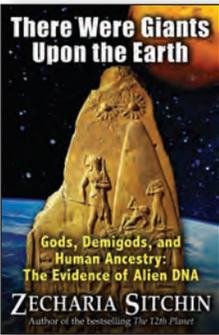
Drawing upon her many conversations with Zecharia Sitchin over nearly 20 years, M. J. Evans, Ph.D., longtime Sitchin friend and colleague, provides an in-depth analysis of Sitchin's revelations about the Anunnaki.

978-1-59143-255-5 • ~~\$18.00~~ **\$10.80** pb • 256 pages, 6 x 9

Includes 16-page color insert and 11 b&w illustrations • e-book available



SAVE 40%



THERE WERE GIANTS UPON THE EARTH

Gods, Demigods, and Human Ancestry: The Evidence of Alien DNA

Zecharia Sitchin

In his Earth Chronicles series, Zecharia Sitchin has asserted that the Bible's *Elohim* were the Anunnaki who came to Earth from their planet Nibiru. The Adam, he wrote, was genetically engineered by adding Anunnaki genes to those of an existing hominid, some 300,000 years ago. In *There Were Giants Upon the Earth*, Sitchin takes the reader step-by-step through ancient writings and artifacts, to the stunning Royal Tombs of Ur. He reveals a DNA source that could conclusively prove the biblical and Sumerian tales true, providing physical evidence for past alien presence on Earth.

978-1-59143-194-7 • \$16.00 pb • 352 pages, 6 x 9 • 148 b&w illustrations • e-book available

978-1-59143-121-3 • \$24.00 hardcover

THE ANUNNAKI CHRONICLES

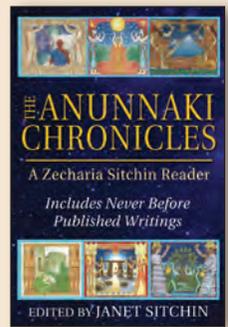
A Zecharia Sitchin Reader

Zecharia Sitchin

Edited and Introduced by Janet Sitchin

This collection of Zecharia Sitchin's work includes never-before-published letters, articles, and lectures culled from his decades of presentations, revealing the man behind the controversial claim of Anunnaki influence on Sumerian civilization. Each piece is introduced by Sitchin's niece, offering context and insight into his passionate work.

978-1-59143-229-6 • \$24.00 hardcover • 384 pages, 6 x 9 • 100 b&w illustrations • e-book available



SAVE 10%

THE LOST BOOK OF ENKI

Memoirs and Prophecies of an Extraterrestrial God

Zecharia Sitchin

What propelled the Anunnaki to settle on Earth and what drove them from their new home? Through meticulous research of every available primary source, Sitchin has recreated the memoirs of Enki, the leader of these ancient astronauts. An epic tale of gods and men unfolds that challenges every assumption we hold about our ancient history, our culture, and our future.

978-1-59143-037-7 • ~~\$16.00~~ **\$14.40** pb • 336 pages, 6 x 9 • 14 b&w illustrations • e-book available

978-1-879181-83-0 • ~~\$24.00~~ **\$21.60** hardcover

New Edition

FIRST TEMPLAR NATION

How Eleven Knights Created a New Country and a Refuge for the Grail

Freddy Silva

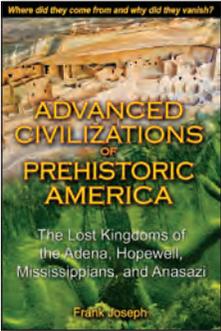
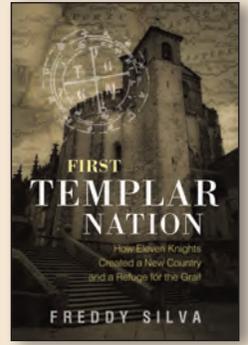
"In this well-told story, author Freddy Silva has filled a long-standing need for a real understanding of the Templar's early history, their search for treasure in the Temple of Solomon, and the creation of an independent Portugal with a Templar knight as king."

—Steven Sora, author of *The Lost Treasure of the Knights Templar*

Revealing Portugal, not Jerusalem, as the first Templar stronghold, Freddy Silva shows how the Knights Templar existed a decade prior to their established founding date, how they formed Europe's first nation-state with the Cistercian monks and the Order of Sion, and how the Grail remains hidden in plain sight to this day.

978-1-62055-654-2 • \$19.95 pb • 448 pages, 6 x 9 • 139 b&w illustrations • e-book available

New



ADVANCED CIVILIZATIONS OF PREHISTORIC AMERICA

The Lost Kingdoms of the Adena, Hopewell, Mississippians, and Anasazi

Frank Joseph

Frank Joseph reveals that modern civilization in North America was preceded by four advanced cultures—the Adena, Hopewell, Mississippian, and Anasazi-Hohokam—that rose and fell over the past three thousand years. How they achieved greatness and why they vanished so completely are explored in this unconventional prehistory.

978-1-59143-107-7 • \$18.00 pb • 328 pages, 6 x 9

Includes 8-page color insert • e-book available

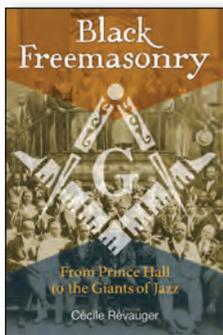
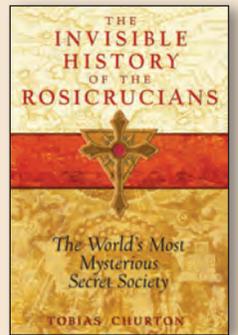
THE INVISIBLE HISTORY OF THE ROSICRUCIANS

The World's Most Mysterious Secret Society

Tobias Churton

For nearly 400 years, incredible myths have been told about the “invisible” Brothers of the Rose Cross, the Rosicrucians. It is said that they possessed the secret of man and God, could turn lead into gold, and could save—or destroy—the world. Here, Tobias Churton, a “perfected” Knight of the Rose Croix and the Pelican, unveils the truth. He explains the “accidental” publication of Rosicrucian manifestos in the 17th century when modern science was emerging and details its ties to the Freemasons and Templars. He shows how Rosicrucianism shaped our mythology and spiritual consciousness, discussing the many Rosicrucian fraternities active today.

978-1-59477-255-9 • \$24.95 pb • 576 pages, 6 x 9 • 74 b&w illustrations • e-book available



BLACK FREEMASONRY

From Prince Hall to the Giants of Jazz

Cécile Révauger

"A must-read for people interested in Masonic history, but also for anyone who wonders what equality, brotherhood, and inclusiveness mean."

—María Eugenia Vázquez-Semadeni, Ph.D., assistant adjunct professor of history at UCLA

Cécile Révauger traces the history of black Freemasonry from the late 1700s through the 1960s. Black lodges were instrumental in helping American blacks transcend the horrors of slavery and prejudice, achieve higher social status, and create their own spiritually-based social structure, which in some cities arose prior to the establishment of black churches.

978-1-62055-487-6 • \$29.95 hardcover • 320 pages, 6 x 9 • 29 b&w photographs • e-book available

THE SIRIUS MYSTERY

New Scientific Evidence of Alien Contact 5,000 Years Ago

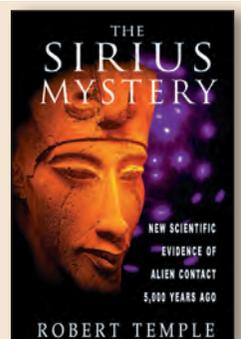
Robert Temple

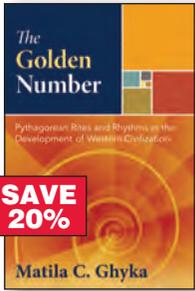
"Temple unleashes a swirl of genuine astronomical mysteries, anthropological dates and tricky cross-currents of comparative mythology."

—Time Magazine

An awe-inspiring work that calls for a reappraisal of our role in the universe, this book provides convincing evidence that the Egyptian, Sumerian, and Dogon civilizations were founded by aliens from the Sirius star system, who are now ready to return.

978-0-89281-750-4 • \$19.95 pb • 464 pages, 6 x 9 • 136 b&w illustrations





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

THE CYCLE OF COSMIC CATASTROPHES

How a Stone-Age Comet Changed the Course of World Culture

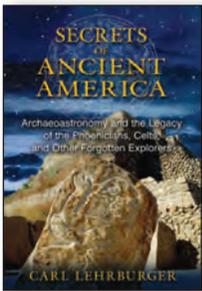
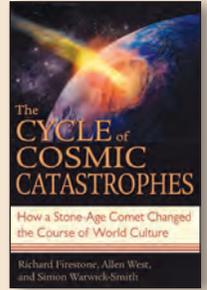
Richard Firestone, Allen West, and Simon Warwick-Smith

"Reads like a mystery novel while presenting hard evidence for a cosmic catastrophe 13,000 years ago. This is serious research presented in an easy-to-read style."

—Bob Kobres, Carolina Bay Archivist, University of Georgia Libraries

The Cycle of Cosmic Catastrophes presents new scientific evidence of a series of prehistoric cataclysmic events that not only validates the legends and myths of our ancestors' extinctions by fire, quake, and flood, but shows how these events suggest that we are entering a thousand-year cycle of increasing danger and possibly a new cycle of natural disasters.

978-1-59143-061-2 • \$20.00 pb • 416 pages, 6 x 9 • 206 b&w illustrations • e-book available



SECRETS OF ANCIENT AMERICA

Archaeoastronomy and the Legacy of the Phoenicians, Celts, and Other Forgotten Explorers

Carl Lehrburger

"Proves beyond any doubt that many cultures from around the world came to the Americas and permanently left evidence in the rocks and people who inhabited this land."

—Scott Wolter, forensic geologist and host of the TV series *America Unearthed*

This book provides more than 300 photographs and drawings as evidence that trans-Atlantic and trans-Pacific explorers, miners, and settlers made it to the Americas long before 1492.

978-1-59143-193-0 • \$25.00 pb • 480 pages, 6.63 x 9.5

Includes 32-page color insert and 280 b&w illustrations • e-book available

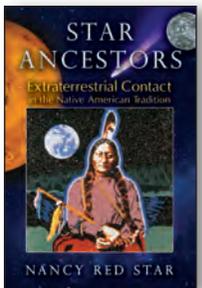
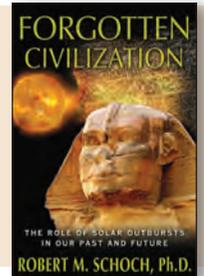
FORGOTTEN CIVILIZATION

The Role of Solar Outbursts in Our Past and Future

Robert M. Schoch, Ph.D.

Robert Schoch shows that the last ice age ended abruptly in 9700 BCE due to coronal mass ejections from the Sun, eradicating the advanced civilization of the time. Schoch's theory explains many megalithic monuments and ancient legends including the Easter Island rongorongo texts and the intentional burial of Göbekli Tepe in Turkey.

978-1-59477-497-3 • \$18.95 pb • 384 pages, 6 x 9 • Includes 16-page color insert • e-book available



STAR ANCESTORS

Extraterrestrial Contact in the Native American Tradition

Nancy Red Star

Stories of "Sky Elders" are found in virtually every Indian culture, embedded in art, stories, and artifacts. Nancy Red Star interviews wisdomkeepers who confirm that these original instructions can guide us back into balance with natural laws.

978-1-59143-143-5 • \$18.00 pb • 224 pages, 6 x 9 • Full-color throughout

BEFORE ATLANTIS

20 Million Years of Human and Pre-Human Cultures

Frank Joseph

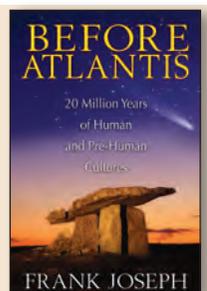
"Thrilling. Exhilarating. I literally found myself swept up in the impressive scholarship."

—Brad Steiger, author of *Conspiracies and Secret Societies* and *Worlds Before Our Own*

Exploring emerging and suppressed evidence from archaeology, anthropology, and biology, Frank Joseph challenges conventional theories of evolution and the origins of civilization. He traces the genesis of modern human civilization to Indonesia and the Central Pacific 75,000 years ago, launched by a catastrophic volcanic eruption.

978-1-59143-157-2 • \$20.00 pb • 336 pages, 6 x 9

Includes 24 color and 25 b&w illustrations • e-book available



BLACK GENESIS

The Prehistoric Origins of Ancient Egypt

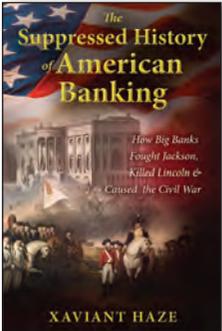
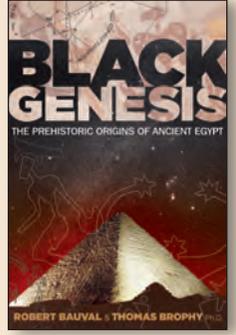
Robert Bauval and Thomas Brophy, Ph.D.

“Extremely dense and possibly groundbreaking, Bauval and Brophy make an honest case for a ‘very different story of the origins of ancient Egypt.’ Their scholarship is meticulous.”
—Publishers Weekly

The theory that an advanced civilization of black Africans preceded the Pharaohs has been dismissed by Egyptologists. Uncovering compelling new evidence, this book places black Africa in its rightful place at the center of mankind’s origins.

978-1-59143-114-5 • \$20.00 pb • 384 pages, 6 x 9

Includes 16-page color insert and 47 b&w illustrations • e-book available



THE SUPPRESSED HISTORY OF AMERICAN BANKING

How Big Banks Fought Jackson, Killed Lincoln, and Caused the Civil War Xaviant Haze

“I can say with enthusiasm that this is one of the best high overviews of the subject I have read.”

—Joseph P. Farrell, author of *Hidden Finance*, *Rogue Networks*, and *Secret Sorcery and Babylon’s Banksters*

Author Xaviant Haze reveals how the powerful Rothschild banking family and the Central Banking System, now known as the Federal Reserve Bank, provide a continuous thread of connection between the War of 1812, the Civil War, the financial crises of the 1800s, and assassination attempts on Presidents Jackson and Lincoln.

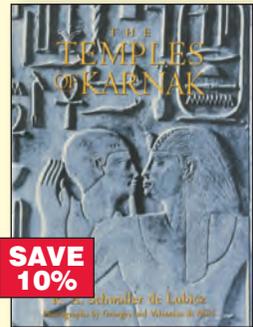
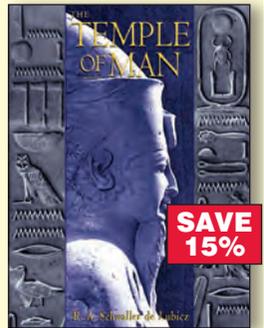
978-1-59143-233-3 • \$16.00 pb • 240 pages, 6 x 9 • 79 b&w illustrations • e-book available

THE TEMPLE OF MAN

R. A. Schwaller de Lubicz

One of the 20th century’s most important works on metaphysics and science is now available in English. R. A. Schwaller de Lubicz’s masterwork is the culmination of his exhaustive 12-year study at the great temple of Amun-Mut-Khonsu at Luxor, which is revealed to be an architectural encyclopedia of humanity and the universe. This authoritative study reveals the depths of the mathematical, medical, and metaphysical sophistication of ancient Egypt.

978-0-89281-570-8 • ~~\$195.00~~ **\$165.75** Two 544-page volumes, hardcover with slipcase, 9 x 12
400 b&w illustrations



THE TEMPLES OF KARNAK

R. A. Schwaller de Lubicz

Photographs by Georges and Valentine de Miré

This magnificent volume is a detailed photographic record, with insightful commentary by R. A. Schwaller de Lubicz, of the monuments, ruins, statues, and bas-reliefs of the ancient Egyptian temples of Karnak. In the years since these photographs were taken, vandalism has occurred at some of the sites, making this the most complete archaeological documentation available. This book is a companion volume to *The Temple of Man*.

978-0-89281-712-2 • ~~\$95.00~~ **\$85.50** hardcover with slipcase

736 pages, 9 x 12 • 606 duotone photographs and 134 line illustrations

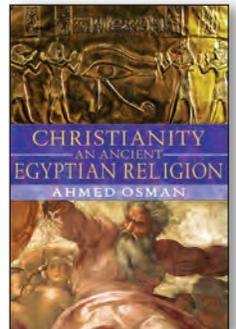
CHRISTIANITY: AN ANCIENT EGYPTIAN RELIGION

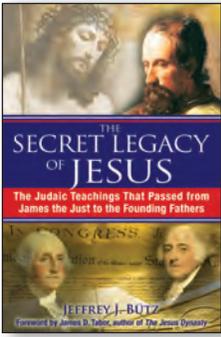
Ahmed Osman

Author Ahmed Osman contends that the roots of Christian belief spring not from Judaea but from Egypt. Comparing the Old Testament with ancient Egyptian records, he shows that major characters of the Hebrew scriptures—including Solomon, David, Moses, and Joshua—and major tenets of Christianity—the One God, the Trinity, the hierarchy of heaven, life after death, and the virgin birth—are Egyptian in origin. He likewise provides a convincing argument that Jesus himself came out of Egypt.

978-1-59143-046-9 • \$20.00 pb • 304 pages, 6 x 9

Includes 16-page b&w insert and 12 b&w illustrations • e-book available





THE SECRET LEGACY OF JESUS

The Judaic Teachings That Passed from James the Just to the Founding Fathers

Jeffrey J. Bütz / Foreword by James D. Tabor, Ph.D.

"Bütz . . . is eminently readable and accessible to nonscholars while being thorough in [his] research. [He] raises the specter of a revised Christianity and challenges readers to rethink the nature of both orthodoxy and heresy."

—Publishers Weekly

The true teachings of Jesus are thought to have been expunged by the Church of Paul. But an underground stream of Christ's original teachings survived, surfacing eventually in America where the Founding Fathers used these principles to establish a "New Jerusalem."

978-1-59477-307-5 • \$19.95 pb • 400 pages, 6 x 9 • Includes 16-page color insert • e-book available

LOST KNOWLEDGE OF THE ANCIENTS

A Graham Hancock Reader

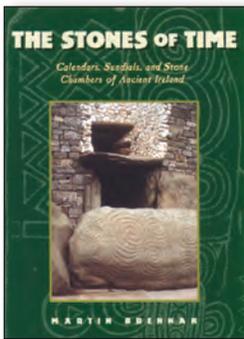
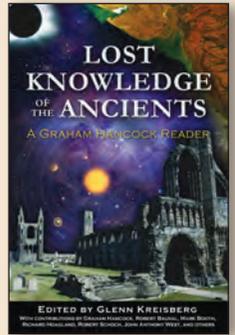
Edited by Glenn Kreisberg

"This incredible anthology introduces the revolutionary work of cutting-edge researchers who are currently defining a new view of not only the high level of science and technology in the remote past but also the relationship of humanity to cosmic cycles."

—Robert M. Schoch, Ph.D., author of *Voyages of the Pyramid Builders*

This anthology, selected by Graham Hancock, presents alternative theories on history, the origins of civilization, ancient technology, and the nature of consciousness. Topics range from the effect of cosmic rays on human evolution to NASA's cover-up of ancient Martian civilizations.

978-1-59143-117-6 • \$18.00 pb • 256 pages, 6 x 9 • 50 b&w illustrations • e-book available



THE STONES OF TIME

Calendars, Sundials, and Stone Chambers of Ancient Ireland

Martin Brennan

"A pioneering work . . . we may have been given a revelation of the cosmological beliefs of our distant forefathers."

—The Times Literary Supplement

The Stones of Time presents one of the most dramatic archaeological detective stories of our time. Predating Stonehenge by at least a thousand years, the stone complexes of ancient Ireland have been extensively studied, yet have refused to give up their mystery. This is the most complete record of Irish megalithic art ever published.

978-0-89281-509-8 • \$19.95 pb • 216 pages, 6.75 x 9.38 • 300 b&w illustrations

THE LOST TOMB OF KING ARTHUR

The Search for Camelot and the Isle of Avalon

Graham Phillips

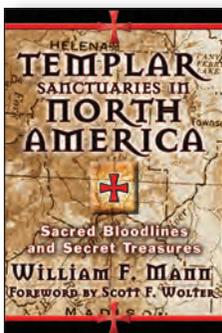
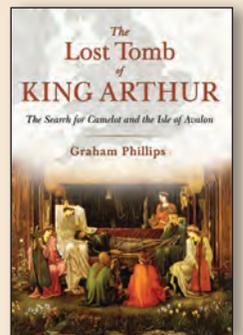
" . . . erudite, convincing, and definitive . . . reveals the true history and final resting place of Britain's most famous legendary king."

—Andrew Collins, author of *Göbekli Tepe: Genesis of the Gods*

Many scholars regard King Arthur and his fabled city of Camelot simply as myth. Phillips shows, through a wealth of literary and scientific evidence, that King Arthur was a real man, Camelot a real place, and the legendary Excalibur a real sword—and Phillips has located them all.

978-1-59143-181-7 • \$18.00 pb • 304 pages, 6 x 9

Includes 16-page color insert and 27 b&w illustrations • e-book available



TEMPLAR SANCTUARIES IN NORTH AMERICA

Sacred Bloodlines and Secret Treasures

William F. Mann / Foreword by Scott F. Wolter

" . . . meticulously researched book . . . not only fascinating and illuminating but a thumping good read. As long as I continue to delve into the secret history of the United States, this book will never be far from my hand."

—Alan Butler, co-author of *America: Nation of the Goddess*

William Mann examines new evidence of the Knights Templar in the New World long before Columbus and their mission to protect the Holy Bloodline of Jesus and Mary Magdalene. He reveals the secret settlements they built as they moved westward across North America along with other related theories.

978-1-62055-527-9 • \$19.95 pb • 416 pages, 6 x 9 • 88 b&w illustrations • e-book available

TEMPLAR HERESY

A Story of Gnostic Illumination

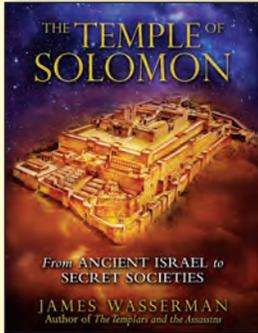
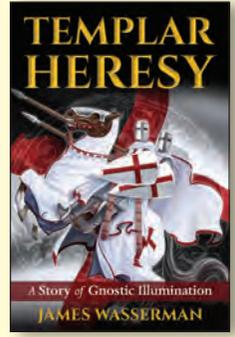
James Wasserman with Keith Stump and Harvey Rochman

"Wasserman's Templar Heresy reads like a colorful and addicting novel while deconstructing everything you thought you knew about the Templars and the history of Western civilization. To say that it offers new and disturbing insights on today's geopolitical realities would be a gross understatement. Highly recommended."

—Lon Milo DuQuette, author of *The Key to Solomon's Key*

Set within the dramatic tableau of the medieval Crusades, this story of initiation, adventure, and romance follows members of the Knights Templar and Assassins as they discover a mystical tradition with the potential to unify, protect, and liberate humankind—the very heresy for which the Knights Templar were later condemned.

978-1-62055-658-0 • \$16.95 pb • 224 pages, 6 x 9 • e-book available



THE TEMPLE OF SOLOMON

From Ancient Israel to Secret Societies

James Wasserman

"Erudite and gorgeously illustrated . . . essential reading . . . [for] anyone fascinated by the lore of the world's most famous holy place."

—John Michael Greer, author of *The Wealth of Nature*

Richly illustrated, with many rare images, this book explains why the Temple of Solomon was built, the magical forces Solomon may have used in its creation, what its destruction meant for Jews and Christians alike, and why secret societies named their orders after it.

978-1-59477-220-7 • \$29.95 pb • 384 pages, 8.5 x 11 • Full-color throughout • e-book available

978-1-59477-483-6 • \$50.00 hardcover

NOSTRADAMUS: THE LOST MANUSCRIPT

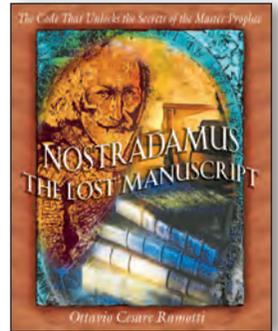
The Code That Unlocks the Secrets of the Master Prophet

Ottavio Cesare Ramotti

In 1994 members of the Italian National Library in Rome found buried in their archives an unknown and unpublished manuscript consisting of 80 mysterious paintings by the famed prophet Michel de Nostradamus. Knowing the power that his prophecies contained, Nostradamus scrambled both the meaning and the order of his quatrains so that humanity would not be able to use them until it had become sophisticated enough to decode them. Using a software program he created, Ramotti has finally cracked the code.

978-0-89281-915-7 • \$16.95 pb • 192 pages, 8 x 10

21 color and 80 b&w illustrations • e-book available



THE GREAT PYRAMID HOAX

The Conspiracy to Conceal the True History of Ancient Egypt

Scott Creighton / Foreword by Laird Scranton

"Scott Creighton has undertaken a very bold and meticulous investigation into this mystery. The Great Pyramid Hoax is a must-read book for all seekers of truth."

—Robert Bauval, author of *Black Genesis*

Scott Creighton reveals how the only hard evidence that dates the Great Pyramid—the quarry marks discovered by Colonel Vyse in 1837—was forged. Creighton's study strikes down one of the most fundamental assertions of orthodox Egyptologists and reopens long-standing questions about the Great Pyramid's true age, who really built it, and why.

978-1-59143-789-5 • ~~\$16.00~~ **\$9.60** pb • 224 pages, 6 x 9 • 75 b&w illustrations • e-book available

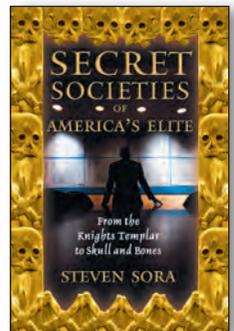
SECRET SOCIETIES OF AMERICA'S ELITE

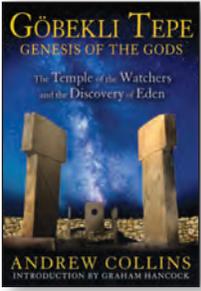
From the Knights Templar to Skull and Bones

Steven Sora

Secret societies have played critical roles in building the fortunes of America's elite. They continue to wield power even today as organizations such as Yale's Skull & Bones unite America's modern ruling families as strongly as Masonic Lodges once connected the Astors, Livingstons, and Roosevelts.

978-0-89281-959-1 • \$20.00 pb • 336 pages, 6 x 9 • e-book available





GOBEKLI TEPE: GENESIS OF THE GODS

The Temple of the Watchers and the Discovery of Eden

Andrew Collins / Introduction by Graham Hancock

The stone temple complex of Göbekli Tepe in Turkey, built at the end of the last ice age with stones weighing from 10 to 15 tons, shows a level of sophistication that was unmatched until the much later rise of Sumer, Egypt, and Babylon. Was it built in response to the Great Flood, and were the Watchers of the Book of Enoch and the Anunnaki gods of Sumerian tradition behind its construction?

978-1-59143-142-8 • \$24.00 pb • 464 pages, 6.63 x 9.5

Includes 16-page color insert and 84 b&w illustrations • e-book available

SHEELA NA GIG

The Dark Goddess of Sacred Power

Starr Goode

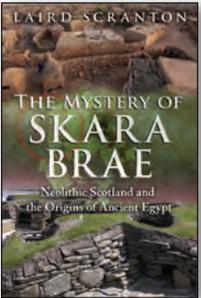
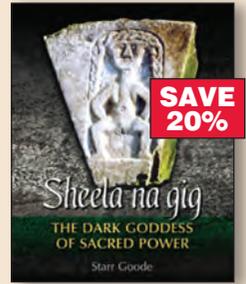
“. . . ground-breaking, comprehensive, and fascinating. . . . No study of the Feminine Archetype is complete without the insight, knowledge, and extensive imagery presented in this book.”

—Anne Baring, author of *The Myth of the Goddess*

Exploring the art and myth of the Sheela na gig from Celtic and Classical times to Paleolithic cave art, Starr Goode shows the Sheela as a goddess, a folk deity, and, as a guardian of doorways and castle walls, a liminal entity representing the gateway to the divine.

978-1-62055-595-8 • \$35.00 **\$28.00** hardcover • 384 pages, 8 x 10

155 b&w illustrations • e-book available



THE MYSTERY OF SKARA BRAE

Neolithic Scotland and the Origins of Ancient Egypt

Laird Scranton

“Laird Scranton pierces the veil of antiquity with uncommon flair. The Mystery of Skara Brae shines a stunning, surprising light on our long-lost Enlightened Ancestor of the Neolithic.”

—Susan B. Martinez, author of *The Mysterious Origins of Hybrid Man*

Laird Scranton reveals the striking similarities between Skara Brae, a Neolithic farming village on Orkney Island and the traditions of pre-dynastic ancient Egypt as preserved by the Dogon people of Mali. He examines the similarities between Skara Brae and Göbekli Tepe and how Skara Brae may have been a secondary center of learning for the ancient world.

978-1-62055-573-6 • \$16.95 pb • 208 pages, 6 x 9 • 18 b&w illustrations • e-book available

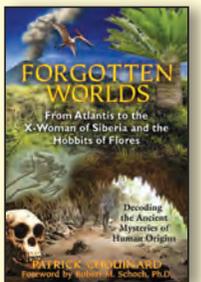
LOST RACE OF THE GIANTS

The Mystery of Their Culture, Influence, and Decline throughout the World

Patrick Chouinard / Foreword by Paul Von Ward

Archaeological discoveries of 10- and 12-foot skeletons—many of which have been suppressed—confirm the existence of an age of giants before recorded history. This book examines the many corresponding giant mythologies throughout the world and finds that giants engaged in conflict with the extraterrestrial gods who created humanity for forced labor.

978-1-59143-148-0 • \$18.00 pb • 224 pages, 6 x 9 • e-book available



FORGOTTEN WORLDS

From Atlantis to the X-Woman of Siberia and the Hobbits of Flores

Patrick Chouinard / Foreword by Robert M. Schoch, Ph.D.

“Patrick Chouinard provides an important bridge between what has been learned in the past to what will be learned in the future. Well researched, highly readable, and enthusiastic work!”

—Christopher Dunn, author of *The Lost Technologies of Ancient Egypt*

Forgotten Worlds offers a new chronology of the emergence of civilization. Mysteries such as Caucasian mummies in China and the pyramids of Caral in Peru speak of great empires that existed prior to the rise of the Sumerian city states and pharaonic Egypt.

978-1-59143-138-1 • \$20.00 pb • 288 pages, 6 x 9 • e-book available

THE LOST CIVILIZATION OF LEMURIA

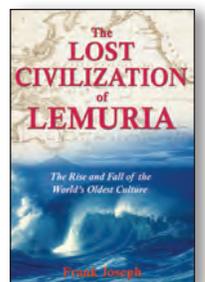
The Rise and Fall of the World's Oldest Culture

Frank Joseph

Oral tradition in Polynesia recounts the story of Lemuria, a vast kingdom of islands and archipelagoes that once sprawled across the Pacific Ocean, but was destroyed by a mighty “warrior wave”—a tsunami. Frank Joseph offers a compelling picture of this motherland of humanity, which he suggests was the original Garden of Eden.

978-1-59143-060-5 • \$20.00 pb • 360 pages, 6 x 9

Includes 8-page color insert and 25 b&w illustrations • e-book available



ASTRONAUT GODS OF THE MAYA

Extraterrestrial Technologies in the Temples and Sculptures

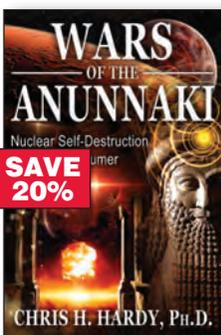
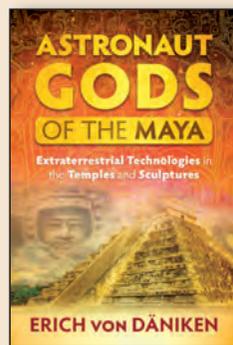
Erich von Däniken

"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



WARS OF THE ANUNNAKI

Nuclear Self-Destruction in Ancient Sumer

Chris H. Hardy, Ph.D.

"... a riveting new view of human history."

—Jim Marrs, *New York Times* bestselling author

Drawing upon the work of Zecharia Sitchin, the Book of Genesis, Sumerian clay tablets, and archaeological evidence such as ancient radioactive skeletons, Chris Hardy reveals the ancient nuclear event that destroyed the Sumerian civilization and the power struggles of the "gods" that led up to it.

978-1-59143-259-3 • ~~\$18.00~~ \$14.40 pb • 296 pages, 6 x 9

Includes 8-page color insert and 15 b&w illustrations • e-book available

THE NEANDERTHAL LEGACY

Reawakening Our Genetic and Cultural Origins

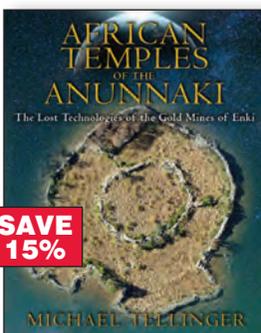
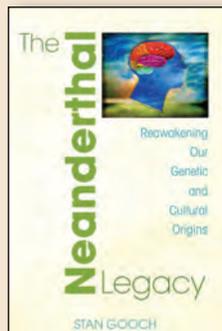
Stan Gooch

"... this idea goes against the grain of academic orthodoxy on the subject. But the observations that led Gooch to his theory are factual, universal, and compelling. ... Archaeological discoveries have slowly accumulated to prove Gooch right again. ... Read Stan Gooch, whatever you do."

—*Fortean Times*

Psychologist Stan Gooch reveals the need for reconnecting with our Neanderthal heritage, examining the genetic evidence of Neanderthal/Cro-Magnon crossbreeding and the dual nature it has produced in modern man. He explains the influence of the enlarged Neanderthal cerebellum on our brain function and psychic abilities.

978-1-59477-185-9 • \$14.95 pb • 192 pages, 6 x 9 • 14 b&w illustrations • e-book available



AFRICAN TEMPLES OF THE ANUNNAKI

The Lost Technologies of the Gold Mines of Enki

Michael Tellinger

This book provides the physical proof of Zecharia Sitchin's theories on the Anunnaki origins of humanity. Michael Tellinger documents prehistoric ruins in South Africa that contain the remains of Tesla-like technology was used to generate energy and carve immensely long tunnels straight into the Earth in search of gold—tunnels that still exist and whose origins have until now been a mystery.

978-1-59143-150-3 • ~~\$25.00~~ \$21.25 pb • 240 pages, 8 x 10 • Full-color throughout

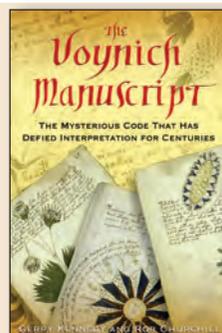
THE VOYNICH MANUSCRIPT

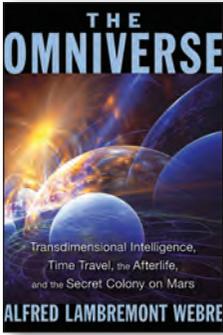
The Mysterious Code That Has Defied Interpretation for Centuries

Gerry Kennedy and Rob Churchill

Since its discovery in 1912, this medieval manuscript has baffled scholars and cryptanalysts with its unidentifiable script and bizarre illustrations. The authors examine the many theories about its possible authors and the information it may contain. This manuscript remains one of the most enigmatic documents ever to have come to light.

978-1-59477-129-3 • \$22.95 pb • 328 pages, 6 x 9 • 82 b&w illustrations • e-book available





THE OMNIVERSE

Transdimensional Intelligence, Time Travel, the Afterlife, and the Secret Colony on Mars

Alfred Lambremont Webre

"The Omniverse demonstrates that we have reached a critical mass of empirical evidence for the existence of intelligent species and civilizations communicating with us from beyond our earth. . . . Something truly magnificent and revelatory is happening here."

—Edward Bruce Bynum, Ph.D., author of *Dark Light Consciousness*

The Omniverse is the overarching matrix of energy, spirit, and intelligence that encompasses all that exists. Integrating science and spirituality, this book reveals the holographic origins of the soul, the potential of time travel, and our role as divine cocreators with God/Source.

978-1-59143-215-9 • \$16.00 pb • 224 pages, 6 x 9 • e-book available

THE NINE WAVES OF CREATION

Quantum Physics, Holographic Evolution, and the Destiny of Humanity

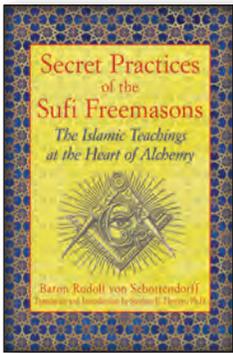
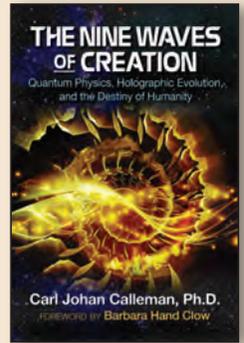
Carl Johan Calleman, Ph.D. / Foreword by Barbara Hand Clow

" . . . a speculative cosmology supported by the recent discovery that galaxies in the universe are not located randomly, but ordered in a way that radically challenges previous cosmological assumptions."

—Dean Radin, Ph.D., chief scientist, Institute of Noetic Sciences, professor, California Institute of Integral Studies, and author of *Supernormal* and *Entangled Minds*

The author explains the quantum physics behind the Waves of the Mayan Calendar system and how these Waves allow us to understand the shifting eras on Earth as well as the possibilities of the future. Calleman reveals how we can consciously work to deactivate the negative patterns of the Sixth Wave and manifest the unity consciousness of the Ninth Wave.

978-1-59143-277-7 • \$20.00 pb • 320 pages, 6 x 9 • 72 b&w illustrations • e-book available



SECRET PRACTICES OF THE SUFI FREEMASONS

The Islamic Teachings at the Heart of Alchemy

Baron Rudolf von Sebottendorff, founder of the Thule Society

Translation and introduction by Stephen E. Flowers, Ph.D.

Originally published in 1924, this rare book reveals the secret spiritual exercises of the Bektashi Order of Sufis. The order, known as Oriental Freemasonry, has preserved ancient spiritual doctrines forgotten by modern Freemasons. The book explains how to draw spiritual power into the body and transform the soul from its base state into a noble, godlike state.

978-1-59477-468-3 • \$14.95 pb • 144 pages, 6 x 9 • e-book available

TIME OF THE QUICKENING

Prophecies for the Coming Utopian Age

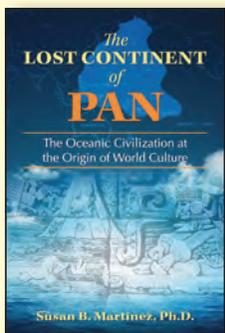
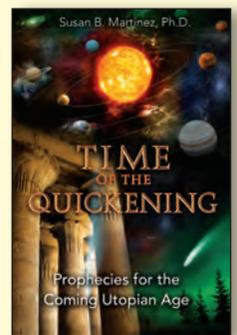
Susan B. Martinez, Ph.D.

" . . . an impressive body of work regarding the art of prophecy. She has presented a unique and uplifting message of hope in a world gone awry."

—Stanley Krippner, Ph.D., coauthor of *Extraordinary Dreams and How to Work with Them*

This book reveals a 12,000-year-old Egyptian system of prediction based not on the planets but on Earth's magnetic rhythms. It shows that our current "time of troubles" is the embryonic stage of a Utopian Age—the "Quickening" of the human race.

978-1-59143-126-8 • \$20.00 pb • 384 pages, 6 x 9 • 65 b&w illustrations • e-book available



THE LOST CONTINENT OF PAN

The Oceanic Civilization at the Origin of World Culture

Susan B. Martinez, Ph.D.

"An explosive, tremendously exciting book!"

—Whitley Strieber, author of *Communion* and *The Super Natural*

In this book, Susan B. Martinez reveals the Pacific Ur-culture that seeded the ancient civilizations of China, Egypt, India, Mexico, and Peru. The author shows how the Pan diaspora explains the mound builders on each continent, the presence of "white" humans in Native American legend, the red-haired mummies found in China, and the Ainu of Japan.

978-1-59143-267-8 • \$24.00 pb • 512 pages, 6 x 9 • 284 b&w illustrations • e-book available

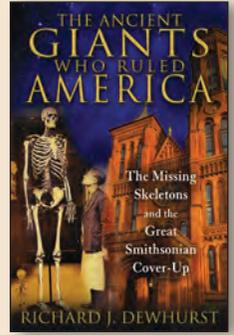
THE ANCIENT GIANTS WHO RULED AMERICA

The Missing Skeletons and the Great Smithsonian Cover-Up

Richard J. Dewhurst

Drawing on 400 years of compelling evidence, Richard J. Dewhurst reveals that North America was once ruled by an advanced race of giants and that the Smithsonian has been actively suppressing the physical evidence for nearly 150 years. This suppression began after the Civil War and became an outright cover-up in 1879 when John Wesley Powell, as Smithsonian director, launched a strict pro-evolution, pro-Manifest Destiny agenda.

978-1-59143-171-8 • \$20.00 pb • 368 pages, 6 x 9 • 92 b&w illustrations • e-book available



THE MYSTERY OF SPRING-HEELED JACK

From Victorian Legend to Steampunk Hero

John Matthews

"For a fascinating guide to the history and mystery of England's most famous phantom attacker, look no further than John Matthews's remarkable book."

—Robert Valentine, cowriter of *The Springheel Saga* audio dramas

Spring-Heeled Jack—a tall, thin, bounding figure with bat-like wings, clawed hands, wheels of fire for eyes—first leapt to public attention in Victorian London. Author John Matthews provides an extensive look at Spring-Heeled Jack from his ancient beginnings to the present.

978-1-62055-496-8 • \$19.95 pb • 360 pages, 6 x 9

Includes 8-page color insert and 34 b&w illustrations • e-book available

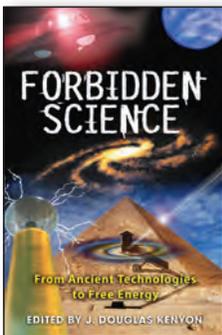
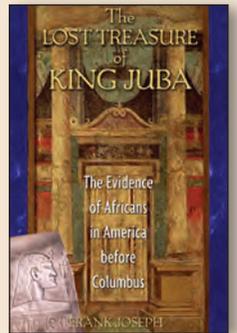
THE LOST TREASURE OF KING JUBA

The Evidence of Africans in America before Columbus

Frank Joseph

Researching artifacts found in a southern Illinois cave, Frank Joseph traces their origins to the treasure hoard of King Juba of Mauretania, who was forced to flee North Africa by Roman overlords nearly 2,000 years ago. Joseph suggests that the king sailed to North America to find a safe haven in which to rebuild his kingdom. Whatever may have become of his settlement, it could help explain the mystery of the Washtaws, a tribal group of African origin encountered by the Lewis and Clark expedition. This book contains more than 100 photographs of the artifacts.

978-1-59143-006-3 • \$18.00 pb • 248 pages, 6 x 9 • 110 b&w photographs • e-book available



FORBIDDEN SCIENCE

From Ancient Technologies to Free Energy

Edited by J. Douglas Kenyon

There is a war going on between the established scientific community and those who would explore new theories, realities, energy, and dynamics. J. Douglas Kenyon explains the reasons for this conflict and presents the cutting-edge research of 19 scientists who challenge the status quo.

978-1-59143-082-7 • \$18.00 pb • 336 pages, 6 x 9

Includes 16-page b&w insert and 81 b&w illustrations • e-book available

AMERICAN FREEMASONRY

Its Revolutionary History and Challenging Future

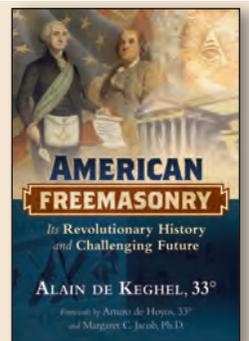
Alain de Keghel / Forewords by Arturo de Hoyos and Margaret C. Jacob, Ph.D.

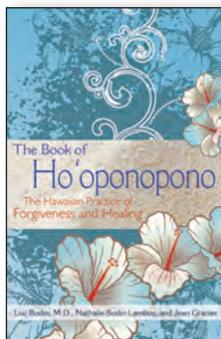
"I highly recommend this book to every inquiring Freemason."

—Martin L. Kanter, past master and past district deputy grand master of the Grand Lodge of the State of New York

A lifetime member of the Scottish Rite Research Society examines the history of Freemasonry in the United States from the colonial era to the present offering an unobstructed view of the strengths and failings of the American system.

978-1-62055-605-4 • \$30.00 hardcover • 216 pages, 6 x 9 • Includes 8-page color insert and 10 b&w line illustrations • e-book available





THE BOOK OF HO'OPONOPONO

The Hawaiian Practice of Forgiveness and Healing

Luc Bodin, M.D., Nathalie Bodin-Lambooy, and Jean Graciet

"Nowhere has the Hawaiian healing practice of Ho'oponopono been explored as extensively as in this book . . . it gives us the tools to live a more authentic life through facing our accumulated karma that obstructs our innate freedom."

—Jason Gregory, author of *Enlightenment Now* and *The Science and Practice of Humility*

Based on an ancestral Hawaiian shamanic ritual, the healing practice of Ho'oponopono teaches you to cleanse your consciousness of negativity and fear and grant yourself forgiveness, peace, and love. Apply the mantra of Ho'oponopono, "I'm sorry, Forgive me, Thank you, I love you" to replace negative thoughts with inner peace, love, and harmony.

978-1-62055-510-1 • \$14.95 pb • 160 pages, 5.38 x 8.25 • 5 b&w illustrations • e-book available

TABLETS OF LIGHT

The Teachings of Thoth on Unity Consciousness

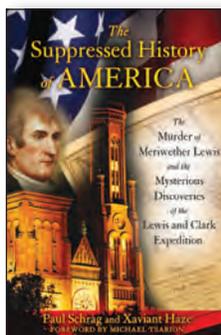
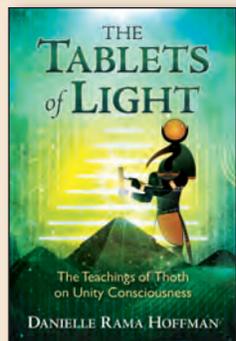
Danielle Rama Hoffman

"Danielle's inspired scribing and deep personal relationship with the ascended master Thoth allow for the emergence of ancient wisdom for modern times to assist humanity in activating the hidden keys of quantum consciousness."

—Linda Star Wolf, Ph.D., author of *Shamanic Breathwork*

Transmitted to Danielle Rama Hoffman by Thoth, keeper of the Akashic Records and member of the Council of Light, *The Tablets of Light* offers teachings of the Emerald Tablets of Light which enable each of us to reactivate the Divine consciousness that inhabits our souls and transition from separation consciousness into unity consciousness.

978-1-59143-281-4 • \$20.00 pb • 320 pages, 6 x 9 • e-book available



THE SUPPRESSED HISTORY OF AMERICA

The Murder of Meriwether Lewis and the Mysterious Discoveries of the Lewis and Clark Expedition

Paul Schrag and Xaviant Haze / Foreword by Michael Tsarion

"The Suppressed History of America breaks new ground and provides interesting food for thought, both for traditional students of American history and for those intrigued by the call of unresolved ancient mysteries."

—Laird Scranton, author of *The Science of the Dogon*

Lewis and Clark found evidence that the American continent was visited and settled long before Columbus. The authors reveal that these discoveries threatened powerful interests in Washington—including the Smithsonian Institution—and culminated in Lewis's murder.

978-1-59143-122-0 • \$15.00 pb • 176 pages, 6 x 9 • e-book available

DICTIONARY OF ANCIENT MAGIC WORDS AND SPELLS

From Abraxas to Zoar

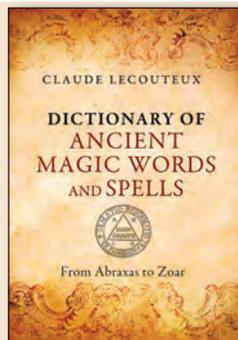
Claude Lecouteux

"Lecouteux is a genius. I have been gratefully following his research—which provides information I have never found in other locations—for years."

—Maja D'Aoust, White Witch of L.A., astrologer, counselor, and coauthor of *The Secret Source*

This comprehensive dictionary includes magic words and phrases from many traditions including ancient Scandinavia, ancient Egypt, and the Hispano-Arabic magic of Spain before the Reconquista. It explains the origin and evolution of each spell through the centuries and examines secret magical alphabets, including those based on Hebrew letters and runes.

978-1-62055-374-9 • \$35.00 hardcover • 448 pages, 6 x 9 • 214 b&w illustrations • e-book available



STONE MEDICINE

A Chinese Medical Guide to Healing with Gems and Minerals

Leslie J. Franks

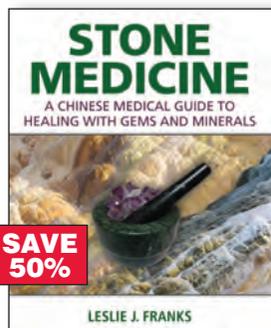
"Beautifully written and well-organized with a deep understanding of Dr. Jeffrey Yuen's teachings . . . an inspirational work about healing with gems and minerals not only for the practitioner of Chinese medicine but also accessible to the layperson."

—Sheila George, M.D., board member at the American University of Complementary Medicine

Detailing the properties of 200 gems, stones, minerals, and crystals, Leslie Franks explains the physical, emotional, and spiritual conditions each stone can treat and how their color, form, hardness, and energetic qualities affect us according to Chinese Medicine. Including a thorough primer on Traditional Chinese Medicine, this book explains how stones access our deepest layers.

978-1-62055-529-3 • ~~\$60.00~~ \$30.00 hardcover • 544 pages, 8.5 x 11

Includes 32-page color insert and 40 b&w illustrations • e-book available



ORIGINS OF THE SPHINX

Celestial Guardian of Pre-Pharaonic Civilization

Robert M. Schoch, Ph.D., and Robert Bauval

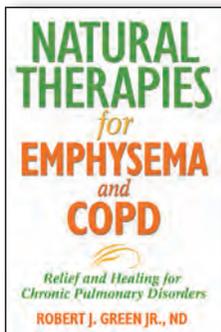
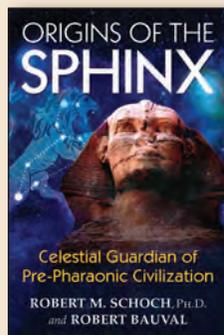
"For a quarter-century, Schoch's analysis of weathering at Giza and Bauval's archaeoastronomic discoveries have challenged the consensus on prehistory, not merely of Egypt but of the world."

—Joscelyn Godwin, author of *Atlantis and the Cycles of Time*

According to orthodox Egyptology, the Sphinx was built around 2500 BCE as a memorial to the pharaoh Khafre. Yet this "fact" has scant to no supportive evidence. When was the Sphinx really built and, most importantly, why? In this provocative collaboration, two Egyptology outsiders combine their decades of research to show how the Sphinx is thousands of years older than the conventional Egyptological timeline.

978-1-62055-525-5 • \$24.99 pb • 528 pages, 6 x 9

Includes 16-page color insert and 247 b&w illustrations • e-book available



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 pb • 208 pages, 6 x 9 • 8 b&w illustrations • e-book available

THE HUMMING EFFECT

Sound Healing for Health and Happiness

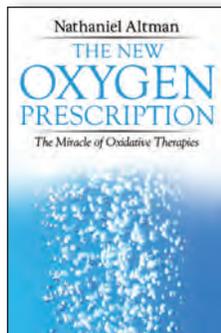
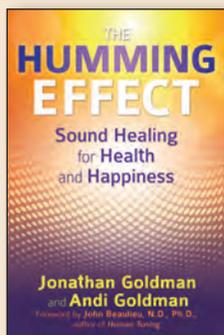
Jonathan Goldman and Andi Goldman / Foreword by John Beaulieu, N.D., Ph.D.

"I highly recommend The Humming Effect for all those impacted by the stress of the modern world. It is a powerful non-pharmaceutical prescription for self-healing that has only positive side effects, such as harmony, health, and happiness."

—Bruce H. Lipton, Ph.D., bestselling author of *The Biology of Belief*

Jonathan and Andi Goldman show how humming affects us on a physical level, reducing stress, enhancing sleep, and lowering heart rate and blood pressure producing powerful neurochemicals such as oxytocin, the "love" hormone. They also examine humming as a sonic yoga technique and its role in many world traditions, such as the Om, Aum, or Hum.

978-1-62055-484-5 • \$14.95 pb • 144 pages, 6 x 9 • 9 b&w illustrations • e-book available



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."

—Vello 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

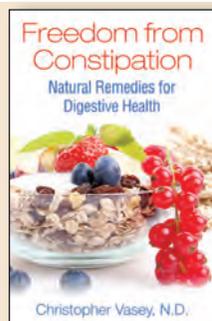
FREEDOM FROM CONSTIPATION

Natural Remedies for Digestive Health

Christopher Vasey, N.D.

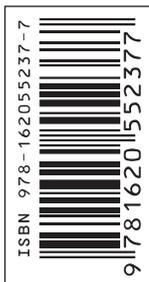
Constipation has many causes and most people have trouble finding lasting relief. In *Freedom from Constipation*, Christopher Vasey details the 8 main causes of constipation and offers advice to determine the right natural remedy for your unique case. Vasey explains gentle, natural ways to empty the 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 pb • 192 pages, 5.38 x 8.25 • 60 b&w illustrations • e-book available



Printed
U.S. Postage
PAID
Aberdeen, SD
Permit #200


INNER TRADITIONS
BEAR COMPANY
One Park Street • P.O. Box 388 • Rochester, VT 05767



1-800-246-8648
FREE SHIPPING
(within the U.S.—see order form for details)



Scan here to shop

LESSONS FROM THE TWELVE ARCHANGELS

Divine Intervention in Daily Life

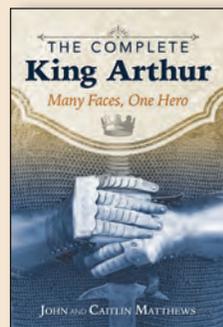
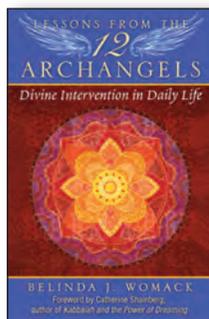
Belinda J. Womack / Foreword by Catherine Shainberg

"This is a delightful angel book that is practical as well as informative."

—*New Spirit Journal*

In this book the author shares lessons, practices, and daily guidance from the 12 Archangels to help us listen to and heal our wounded inner child, release our fears, and enact deep subconscious transformation. Each word, transmitted directly from the 12 Archangels, carries their love, so that when read, the love is absorbed into the reader's mind and supports the release of our deepest wounds and fears.

978-1-59143-223-4 • \$15.00 pb • 224 pages, 6 x 9 • e-book available



THE COMPLETE KING ARTHUR

Many Faces, One Hero

John Matthews and Caitlin Matthews

"The Mathews are the rarest of writers: scholars who are poets, poets who are scholars, singers of myth and history. They understand that facts are the basis of story, but equally, story is the basis of facts."

—Rachel Pollack, author of *Unquenchable Fire*, winner of the Arthur C. Clarke Award

Few legends have had the enduring influence of those surrounding King Arthur. Presenting the culmination of more than 40 years' research, John and Caitlin Matthews examine the historical and mythological evidence for every major theory about the existence of Arthur, piecing together the many fragments that constitute his image.

978-1-62055-599-6 • \$24.95 pb • 424 pages, 6 x 9

Includes 8-page color insert and 4 b&w illustrations • e-book available

SACRED GEOMETRY OF NATURE

Journey on the Path of the Divine

Francene Hart

"Francene Hart's evocative imagery combines geometric symbolism with complementary, soothing art to provide a cosmic glimpse into the universal consciousness."

—*Retailing Insight*

Francene Hart, whose artwork is featured in the *Sacred Geometry Oracle Deck* and *Sacred Geometry Cards for the Visionary Path*, recounts the evolution of her art from her formative influences to her masterful integrations of Nature, Spirit, and Sacred Geometry in this lavishly illustrated memoir.

978-1-59143-273-9 • ~~\$35.00~~ **\$29.75** hardcover • 224 pages, 8.5 x 11

Full-color throughout • e-book available



1-800-246-8648 / www.InnerTraditions.com

Name _____

Address _____

City _____ State _____ Zip _____

Check here if new address

SACRED GEOMETRY COLORING BOOK

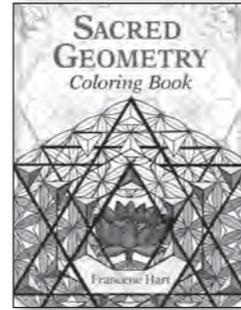
Francene Hart

"Powerful and compelling images for personal divination. Hart has created very good medicine indeed."

—Hank Wesselman, author of *Spirit Medicine* and the Spiritwalker Trilogy

This coloring book includes 45 beautiful line-art depictions of the intricate paintings of visionary artist Francene Hart. Each piece is accompanied by brief, insightful commentary about the symbols and animals shown. Hart's art intertwines the complex forms of Sacred Geometry with the beauty of Nature, including dolphins, dragonflies, trees, and many other forms and symbols.

978-1-62055-652-8 • \$14.95 pb • 96 pages, 8.5 x 11 • 45 b&w illustrations and 2 color images



Questions about your order?

Call us toll free at 800-246-8648 M-F 8:30 am to 5:00 pm or e-mail us at customerservice@innertraditions.com

How to Order! There are 4 ways to order:

- give us a call at 800-246-8648 and order over the telephone, order 24 hours a day, 7 days a week
- order online at www.InnerTraditions.com
- complete the order form and return it to us with payment
- fax your order to 802-767-3726 (24 hours a day)

Orders may be charged to a Mastercard, Visa, Discover, or American Express

FREE SHIPPING

within the U.S.
until April 9, 2018

Use coupon code* **FREESHIPWINTER**
when placing your order.

(Enter the code when you check out)

*only one coupon code can be used per order



PLACE
STAMP
HERE

New Edition of *Integrated Medicine for Neurologic Disorders*

HERBS AND NUTRIENTS FOR NEUROLOGIC DISORDERS

Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures

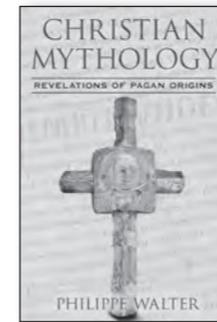
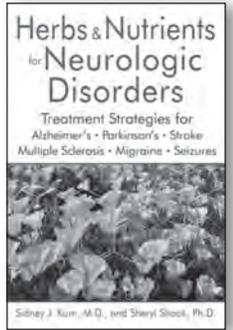
Sidney J. Kurn, M.D., and Sheryl Shook, Ph.D.

"This book is required reading for any practitioner of integrative medicine who treats neurological patients. Kurn and Shook make well-documented treatment recommendations, keeping with the highest quality standards of complementary and alternative medicine."

—Brian Bouch, M.D., associate clinical professor at the UCLA School of Medicine and founder of Hill Park Medical Center

In this guide Sidney Kurn, M.D., and Sheryl Shook, Ph.D., explain how to safely and easily incorporate herbs, antioxidants, and nutritional supplements into the standard conventional treatments for 6 common neurologic disorders. Integrating neuroscience, biochemistry, herbalism, and clinical experience, the authors lay the scientific foundation for a holistic, naturopathic approach to neurologic disorders.

978-1-62055-553-8 • \$29.95 hardcover • 256 pages, 6 x 9 • e-book available



CHRISTIAN MYTHOLOGY

Revelations of Pagan Origins

Philippe Walter / Foreword by Claude Lecouteux

The church knowingly incorporated pagan elements into the Christian faith to ease the transition to the new religion. Indeed, the identities of saints and pagan figures became so intermingled that some saints were transformed into pagan incarnations. Providing extensive documentation, this book shows which major days of the Christian calendar are founded on pagan traditions, including Easter and Christmas.

978-1-62055-368-8 • \$16.99 pb • 224 pages, 6 x 9 • e-book available

THE SEVEN ARCHETYPAL STONES

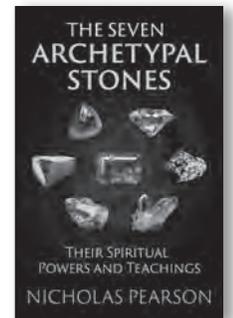
Their Spiritual Powers and Teachings

Nicholas Pearson

In this book, Nicholas Pearson guides readers on a journey into the inner realm of the mystery teachings of the mineral kingdom. Pearson reveals the archetypal wisdom embodied within 7 essential crystal and gemstone mentors, enabling each of us to harness the power of stones for spiritual evolution and healing.

978-1-62055-547-7 • \$18.95 pb • 312 pages, 6 x 9

Includes 8-page color insert • e-book available



THE BOOK OF GRIMOIRES

The Secret Grammar of Magic

Claude Lecouteux

Grimoires began simply as quick-reference "grammar books" for sorcerers and magicians, but over time many of the abbreviations were misinterpreted and magical words misspelled, rendering them ineffective. In *The Book of Grimoires* Professor Lecouteux provides exact reproductions of various secret alphabets, symbols, and glyphs with instructions for their correct use.

978-1-62055-187-5 • ~~\$19.95~~ \$16.96 pb • 272 pages, 6 x 9
45 b&w illustrations • e-book available

SAVE
15%

INNER TRADITIONS
BEAR COMPANY
P.O. Box 388
Rochester, VT 05767-0388

