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### The Power of Now Journal

**New World Library** [This beautiful journal offers a wonderful way to reflect on some of the most insightful and life-changing passages from Tolle's brilliant book, and a place to write whatever thoughts one wishes to add.](#)

### The Age of Miracles

### A Novel

**Random House** [NAMED ONE OF THE BEST BOOKS OF THE YEAR BY People • O: The Oprah Magazine • Financial Times • Kansas City Star • BookPage • Kirkus Reviews • Publishers Weekly • Booklist NEW YORK TIMES BESTSELLER "A stunner."—Justin Cronin "It's never the disasters you see coming that finally come to pass—it's the ones you don't expect at all," says Julia, in this spellbinding novel of catastrophe and survival by a superb new writer. Luminous, suspenseful, unforgettable, The Age of Miracles tells the haunting and beautiful story of Julia and her family as they struggle to live in a time of extraordinary change. On an ordinary Saturday in a California suburb, Julia awakes to discover that something has happened to the rotation of the earth. The days and nights are growing longer and longer; gravity is affected; the birds, the tides, human behavior, and cosmic rhythms are thrown into disarray. In a world that seems filled with danger and loss, Julia also must face surprising developments in herself, and in her personal world—divisions widening between her parents, strange behavior by her friends, the pain and vulnerability of first love, a growing sense of isolation, and a surprising, rebellious new strength. With crystalline prose and the indelible magic of a born storyteller, Karen Thompson Walker gives us a breathtaking portrait of people finding ways to go on in an ever-evolving world. "Gripping drama . . . flawlessly written; it could be the most assured debut by an American writer since Jennifer Egan's Emerald City."—The Denver Post "Pure magnificence."—Nathan Englander "Provides solace with its wisdom, compassion, and elegance."—Curtis Sittenfeld "Riveting, heartbreaking, profoundly moving."—Kirkus Reviews \(starred review\) Look for special features inside. Join the Circle for author chats and more.](#)

### Beyond Belief

### Agnostic Musings for 12 Step Life

[Rebellion Dogs Publishing is proud to announce a 21st century daily reflection book. Beyond Belief's 2014 second printing is now available with a Foreword by Ernie Kurtz and updated links and End Notes. What are "agnostic musings"? It is not news to anyone that the war of worldviews makes for sporting debate; does an intervening God grant sobriety, serenity, wisdom and courage or is conscious contact a delusion? Sorry, while we might be as amused as anyone with this question, Beyond Belief: Agnostic Musings for 12 Step Life doesn't enter this debate. Hate the game; don't hate the players. A good idea is a good idea. Why dismiss valid experience because of the beliefs that someone harbors? Beliefs aren't facts. Beyond our belief is where life is happening: chances have to be taken; processes have to be evaluated; life has to be lived. Atheists, humanists, skeptics and agnostics will feel included in these daily reflections. Believers won't feel mocked or belittled. Everyone in recovery is included. No](#)

one needs to adopt the beliefs of someone else nor deny our own beliefs to get clean and sober. Believing and belonging are not synonymous. We are well into Century 21. Anyone should feel free to doubt or believe with impunity. Everyone's experience is a valid currency. The 12 Step community has no experts. Rebellion Dogs Publishing neither canonizes nor vilifies 12 Step culture. This book draws on philosophy, psychology, entertainment, art, spiritual musings, skeptical inquiry and the uncanny wisdom of the rooms. Professional and 12&12 Member reviews: Melissa D., Clinical Psychologist, California says, "I have never seen a daily devotional book written for agnostics. I found the readings to be extremely thought provoking. I wonder sometimes since there is such talk about God at meetings, what kind of turn-off that must be for agnostics. I think this book will be very helpful to both the newcomer and the mature 12 Step member." Bob K, contributor to AAagnostica.org says, "I expected his book to be good. It's WAY, WAY better than good. The book is outstanding. Two decades of not being a 'daily reflections' kind of guy, are over. Now I have reflections worth reflecting over! Buy this book or you will suffer a horrible and painful death! Well, maybe not, but you'll be missing out on something very good." Michel D. says, "AA can, and must, adapt to changing circumstances and Bill Wilson was the first one to admit it. Unfortunately, members who have come after him are more zealous than our first members. We have seen this dogmatism in history before of course, especially in religion. This is a very slippery slope. I really like the fact that these reflections are for anyone who has an open mind. It does not cater to a specific group to the exclusion of others." Denis K. says, "Many thanks for this great book; my Monday night group and I are having some great discussions related to the daily musings both at the group and often during the week over coffee. All of us were quickly losing interest in the local meetings; Beyond Belief: Agnostic Musings for 12 Step Life gave all of us a much needed spark that has renewed our interest in the fellowship." Dr. Amy, MSW, PhD, adds, "One criticism of the 12 Step movement of course is that its dogma can be limiting-Beyond Belief seems to have addressed this. The quotes are cogent, the organization superb and the contributors are diverse." The book includes an index of over 120 topics, extensive notes and a bibliography.

## Philosophy for Life

## Applying Philosophy in Politics and Culture

**A&C Black** Explores important contemporary political and cultural issues from a philosophical perspective in a highly accessible style and format.

## Einstein & Zen

## Learning to Learn

**Peter Lang** This book makes a strong case for free schooling, comparing the mind of Albert Einstein - who said much - to Zen conscious practice, which says little but encompasses everything. Examining the work of brain researchers, neuroscientists, physicists, and other scholars to illuminate the commonalities between Einstein's thought and the Zen practice of paying attention to one's present experience, the book reveals their many similarities, showing the development of self-direction as a key to fostering compassionate consideration of others and to harmonious, semi-effortless learning and living. Examples demonstrate that students who choose to study what is interesting, remarkable, and important for them tend to become more like Einstein than students with the rigid school curricula; students who are free to learn often demonstrate empathy, and less rigid rule-following, while involved in the process of imaginatively becoming their own oracles and self-educators.

## Expectation Hangover

## Free Yourself from Your Past, Change Your Present & Get What You Really Want

**New World Library** When our expectations are met and things go according to plan, we feel a sense of accomplishment; we feel safe, in control, and on track. But when life does not live up to our expectations, we end up with an Expectation Hangover. This particular brand of disappointment is profoundly uncomfortable and can cost us valuable time and energy if not treated and leveraged effectively. Christine Hassler has broken down the complex and overwhelming experience of recovering from disappointment into a step-by-step treatment plan. This book reveals the formula for how to process Expectation Hangovers on the emotional, mental, physical, and spiritual levels to immediately ease suffering. Instead of wallowing in regret, self-recrimination, or anger, we can see these experiences as catalysts for profound transformation and doorways that open to possibility. Often it is only when life throws us a curveball (or several) that we look in a different direction and make room

for the kinds of unexpected things that lead more directly to a life we love. By the time you finish this book, you'll understand why your Expectation Hangover happened and have your own treatment plan — a clear course of action to pursue your goals while preventing future disappointment.

## The Gnostic New Age

### How a Countercultural Spirituality Revolutionized Religion from Antiquity to Today

**Columbia University Press** Gnosticism is a countercultural spirituality that forever changed the practice of Christianity. Before it emerged in the second century, passage to the afterlife required obedience to God and king. Gnosticism proposed that human beings were manifestations of the divine, unsettling the hierarchical foundations of the ancient world. Subversive and revolutionary, Gnostics taught that prayer and mediation could bring human beings into an ecstatic spiritual union with a transcendent deity. This mystical strain affected not just Christianity but many other religions, and it characterizes our understanding of the purpose and meaning of religion today. In *The Gnostic New Age*, April D. DeConick recovers this vibrant underground history to prove that Gnosticism was not suppressed or defeated by the Catholic Church long ago, nor was the movement a fabrication to justify the violent repression of alternative forms of Christianity. Gnosticism alleviated human suffering, soothing feelings of existential brokenness and alienation through the promise of renewal as God. DeConick begins in ancient Egypt and follows with the rise of Gnosticism in the Middle Ages, the advent of theosophy and other occult movements in the nineteenth and early twentieth centuries, and contemporary New Age spiritual philosophies. As these theories find expression in science-fiction and fantasy films, DeConick sees evidence of Gnosticism's next incarnation. Her work emphasizes the universal, countercultural appeal of a movement that embodies much more than a simple challenge to religious authority.

## Buddha's Brain

### The Practical Neuroscience of Happiness, Love, and Wisdom

**New Harbinger Publications** If you change your brain, you can change your life. Great teachers like the Buddha, Jesus, Moses, Mohammed, and Gandhi were all born with brains built essentially like anyone else's—and then they changed their brains in ways that changed the world. Science is now revealing how the flow of thoughts actually sculpts the brain, and more and more, we are learning that it's possible to strengthen positive brain states. By combining breakthroughs in neuroscience with insights from thousands of years of mindfulness practice, you too can use your mind to shape your brain for greater happiness, love, and wisdom. *Buddha's Brain* draws on the latest research to show how to stimulate your brain for more fulfilling relationships, a deeper spiritual life, and a greater sense of inner confidence and worth. Using guided meditations and mindfulness exercises, you'll learn how to activate the brain states of calm, joy, and compassion instead of worry, sorrow, and anger. Most importantly, you will foster positive psychological growth that will literally change the way you live in your day-to-day life. This book presents an unprecedented intersection of psychology, neurology, and contemplative practice, and is filled with practical tools and skills that you can use every day to tap the unused potential of your brain and rewire it over time for greater well-being and peace of mind.

## The Craving Mind

### From Cigarettes to Smartphones to Love—Why We Get Hooked and How We Can Break Bad Habits

**Yale University Press** A leading neuroscientist and pioneer in the study of mindfulness explains why addictions are so tenacious and how we can learn to conquer them. We are all vulnerable to addiction. Whether it's a compulsion to constantly check social media, binge eating, smoking, excessive drinking, or any other behaviors, we may find ourselves uncontrollably repeating. Why are bad habits so hard to overcome? Is there a key to conquering the cravings we know are unhealthy for us? This book provides groundbreaking answers to the most important questions about addiction. Dr. Judson Brewer, a psychiatrist and neuroscientist who has studied the science of addictions for twenty years, reveals how we can tap into the very processes that encourage addictive behaviors in order to step out of them.

He describes the mechanisms of habit and addiction formation, then explains how the practice of mindfulness can interrupt these habits. Weaving together patient stories, his own experience with mindfulness practice, and current scientific findings from his own lab and others, Dr. Brewer offers a path for moving beyond our cravings, reducing stress, and ultimately living a fuller life.

## The Word Rhythm Dictionary

### A Resource for Writers, Rappers, Poets, and Lyricists

**Scarecrow Press** This new kind of dictionary reflects the use of “rhythm rhymes” by rappers, poets, and songwriters of today. Users can look up words to find collections of words that have the same rhythm as the original and are useable in ways that are familiar to us in everything from vers libre poetry to the lyrics and music of Bob Dylan and hip hop groups.

## Waking Up

### A Guide to Spirituality Without Religion

**Simon and Schuster** For the millions of Americans who want spirituality without religion, Sam Harris’s latest New York Times bestseller is a guide to meditation as a rational practice informed by neuroscience and psychology. From Sam Harris, neuroscientist and author of numerous New York Times bestselling books, Waking Up is for the twenty percent of Americans who follow no religion but who suspect that important truths can be found in the experiences of such figures as Jesus, the Buddha, Lao Tzu, Rumi, and the other saints and sages of history. Throughout this book, Harris argues that there is more to understanding reality than science and secular culture generally allow, and that how we pay attention to the present moment largely determines the quality of our lives. Waking Up is part memoir and part exploration of the scientific underpinnings of spirituality. No other book marries contemplative wisdom and modern science in this way, and no author other than Sam Harris—a scientist, philosopher, and famous skeptic—could write it.

## Be Here Now

**Harmony** This book is enhanced with content such as audio or video, resulting in a large file that may take longer to download than expected. The enhanced edition of Be Here Now includes: Two guided video meditations, 30 minutes in length \* Twenty minute video retrospective of Ram Dass' spiritual journey \*The first chapter of Ram Dass' new book, Be Love Now

## Women and Depression

### Discovering Hope

**Createspace Independent Pub** Booklet talks about depression, signs and symptoms, how it is diagnosed and treated and how to get help.

## The Nonfiction Book Publishing Plan

### The Professional Guide to Profitable Self-Publishing

Are you ready to turn your passion into a profitable business? The Nonfiction Book Publishing Plan is loaded with proven strategies, real-world examples, and fascinating interviews with successful authors who started from scratch just like you. In this content-rich book, you will learn how to: Identify profit opportunities from and around your book Set up a legitimate and professional author-publisher business Write your manuscript faster than you thought possible Avoid mistakes new authors make and get your book published the right way Enlist beta readers, get endorsements from well-known authors, and

generate book reviews Launch your book into the world with as much buzz as possible As nonfiction authors, publishers, and internet entrepreneurs with over three decades of combined industry experience, we understand your unique goals and challenges. We also have the experience to show you how to produce your nonfiction book in the most professional way possible, while you turn your passion into a profitable business. Whether you're writing self-development, business, memoir, how-to, spiritual, narrative, or other nonfiction book, this authoritative guide by experienced industry professionals will provide you with the solutions you need to achieve your publishing goals.

## The Age of Miracles

### Embracing the New Midlife: Easyread Large Bold Edition

**ReadHowYouWant.com** From THE AGE OF MIRACLES Sometimes what we appear to have lost is simply something it was time to leave behind. Perhaps our system just lets something go, our having moved through the experience and now needing it no more. A friend of mine was sitting once with two of his best friends, a couple he'd partied long and hard with during the 1960s. At about ten in the evening, the couple's twentysomething daughter came home, saw them on the couch, and admonished them, "You guys are so boring! You never go out!" To which all three responded in unison, "We were out, and now we're in." The mind is its own kind of dance floor. If in fact the highest, most creative work is the work of consciousness, then in slowing down we're not doing less; we're doing more. Having slowed down physically, we're in a better space to rev up psychically. We are becoming contemplative. We are shifting from the outer to the inner not in order to begin our demise, but to reseed and regreen the consciousness of the planet. And that's what is happening now: We're going slower in order to go deeper, in order to go faster in the direction of urgently needed change in the world. - Marianne Williamson

## The Fellowship of the River

### A Medical Doctor's Exploration Into Traditional Amazonian Plant Medicine

**Joseph Tafur** Western medicine has not been particularly successful at getting people relief from conditions like depression, chronic pain, migraine headaches, addiction, and PTSD. Dr. Tafur helps us to understand why. I have watched people spend years in frustration and thousands of dollars consulting an army of specialists, without getting real relief from their problem. Because these and others are diseases deeply connected with the state of our emotional bodies. Too often, the Western medical approach fails to address the emotional dimension of illness. This is where traditional plant medicines, with their ability to alter consciousness and open channels of communication to our emotions, offer so much promise. The stories shared here demonstrate the astonishing-mystical, colorful, metaphysical-effects of ayahuasca and Traditional Amazonian Plant Medicine. Follow Dr. Tafur through the Amazon jungle as he develops a breakthrough understanding of how psychoactive plants interact with the complex network that connects our minds and hearts to our physical anatomy. What Dr. Tafur presents here is nothing short of a paradigm shift for modern medicine, where sacred plants, used properly in ceremony, take their place as important tools in the doctor's medicine chest, offering the missing elements of emotional and spiritual healing that have eluded us for so long. For more information about The Fellowship of The River, please visit <https://drjoetafur.com/the-fellowship-of-the-river/>

## Twelve Years a Slave

**Prabhat Prakashan** "Having been born a freeman, and for more than thirty years enjoyed the blessings of liberty in a free State—and having at the end of that time been kidnapped and sold into Slavery, where I remained, until happily rescued in the month of January, 1853, after a bondage of twelve years—it has been suggested that an account of my life and fortunes would not be uninteresting to the public." -an excerpt

## A Farewell to Gabo and Mercedes

## A Son's Memoir of Gabriel García Márquez and Mercedes Barcha

**HarperCollins** “This is a beautiful farewell to two extraordinary people. It enthralled and moved me, and it will move and enthrall anyone who has ever entered the glorious literary world of Gabriel García Márquez.”—Salman Rushdie “In *A Farewell to Gabo and Mercedes* Rodrigo Garcia finds the words that cannot be said, the moments that signal all that is possible to know about the passage from life to death, from what love brings and the loss it leaves. With details as rich as any giant biography, you will find yourself grieving as you read, grateful for the profound art that remains a part of our cultural heritage.”—Walter Mosley, *New York Times* bestselling author of *Down the River Unto the Sea* “An intensely personal reflection on [Garcia's] father's legacy and his family bonds, tender in its treatment and stirring in its brevity.”—Booklist (starred review) The son of one of the greatest writers of our time—Nobel Prize winner and internationally bestselling icon Gabriel García Márquez—remembers his beloved father and mother in this tender memoir about love and loss. In March 2014, Gabriel García Márquez, one of the most acclaimed writers of the twentieth century, came down with a cold. The woman who had been beside him for more than fifty years, his wife Mercedes Barcha, was not hopeful; her husband, affectionately known as “Gabo,” was then nearly 87 and battling dementia. I don't think we'll get out of this one, she told their son Rodrigo. Hearing his mother's words, Rodrigo wondered, “Is this how the end begins?” To make sense of events as they unfolded, he began to write the story of García Márquez's final days. The result is this intimate and honest account that not only contemplates his father's mortality but reveals his remarkable humanity. Both an illuminating memoir and a heartbreaking work of reportage, *A Farewell to Gabo and Mercedes* transforms this towering genius from literary creator to protagonist, and paints a rich and revelatory portrait of a family coping with loss. At its center is a man at his most vulnerable, whose wry humor shines even as his lucidity wanes. Gabo savors affection and attention from those in his orbit, but wrestles with what he will lose—and what is already lost. Throughout his final journey is the charismatic Mercedes, his constant companion and the creative muse who was one of the foremost influences on Gabo's life and his art. Bittersweet and insightful, surprising and powerful, *A Farewell to Gabo and Mercedes* celebrates the formidable legacy of Rodrigo's parents, offering an unprecedented look at the private family life of a literary giant. It is at once a gift to Gabriel García Márquez's readers worldwide, and a grand tribute from a writer who knew him well. “You read this short memoir with a feeling of deep gratitude. Yes, it is a moving homage by a son to his extraordinary parents, but also much more: it is a revelation of the hidden corners of a fascinating life. *A Farewell to Gabo and Mercedes* is generous, unsentimental and wise.” —Juan Gabriel Vásquez, author of *The Sound of Things Falling* “A warm homage filled with both fond and painful memories.” —Kirkus “Garcia's limpid prose gazes calmly at death, registering pain but not being overcome by it . . . the result is a moving eulogy that will captivate fans of the literary lion.” — Publishers Weekly

## Warning Miracle

Lulu.com

## The EFT Manual

**Hay House, Inc** This is a new and completely revised edition of the original manual for Emotional Freedom Techniques (EFT), one of the most successful psychology self-help techniques ever developed. Thousands of people tell amazing stories of how it has helped them with psychological problems like anxiety, depression, phobias, and PTSD, as well as physical problems like pain and stress. Author Dawson Church is the best-known researcher in the field, and this manual is based on Clinical EFT, the only version of EFT to be validated in dozens of scientific studies. Step by step, you will learn the “evidence-based” form of EFT used in those studies. You'll discover how you can identify the hidden roots of emotional problems, and how to alleviate them using EFTs “Basic Recipe” as well as advanced techniques. This book shows you how to use Clinical EFT for a variety of common conditions, including pain, fears, addictions and cravings, weight issues, insomnia, and guilt. With the healing keys of EFT, you'll be surprised at how many problems that hold you back can be quickly and easily relieved, opening up new possibilities for your life.

## The Secret of Quantum Living

**Hay House, Inc** For years people have been waiting for a book that merges the abstract Eastern philosophy of inner peace with the scientific applications of quantum physics. Well, that book has finally arrived! *The Secret of Quantum Living* is a straightforward guide that offers profound spiritual insights and a practical, easy-to-apply process for healing and harmonious living. Join Dr. Frank Kinslow on a journey to deep inner peace through what quantum physics calls the “implicate order.” Within the pages of this powerful book, you will learn Dr. Kinslow's process of Quantum Entrainment® (QE) and discover how to enrich and enliven all areas of your life. You'll be able to resolve problems or challenges you face by applying QE to your finances, your relationships, your sex life . . . and even your eating, sleeping, and exercising habits. You will also uncover ways to dissolve anger issues, negative thinking, physical pain, and emotional discord. And the great news is that anyone can practice QE! It doesn't require previous training, and it's so simple that a child can do it. *The Secret of Quantum Living* is fun to read and exciting to apply. You'll begin seeing results from your very first session. Give it a try . . .

you'll be surprised how quickly the process works for you!

## The Ultimate Retroactive Jealousy Cure

### How to Stop Being Jealous of Your Partner's Past in 12 Steps

Learn how to get over Retroactive Jealousy in 12 Steps without spending a fortune on therapy. Is your mind caught in a vicious circle of repetitive thoughts about your partner's past love life? Are you extremely bothered by the fact that they once engaged in casual sex? Or were in love with someone else? Are you constantly wondering how to get over your girlfriend's past? Or boyfriend, husband, wife's? Don't Worry, I Know What You're Going Through...I was also once afflicted by retroactive jealousy issues -- irrational jealous thoughts about my girlfriend's sexual past -- and struggled FOR MONTHS to overcome them. Platitudes like "Just move on," or "The past is the past" were well intentioned but, as you probably know, completely meaningless. BUT finally, after months of battling, I discovered the secret of how to overcome my girlfriend's past sexual exploits...My retroactive jealousy book will help squash all jealousy of your partner's past, for good. Inside I will teach you the ultimate retroactive jealousy cure -- how to overcome retroactive jealousy in a relationship 12 SIMPLE STEPS. Learn which TWO KEY EMOTIONS are fueling your retrospective jealousy, AND how to get rid of them. REWIRE your mind to think about your partner's past in a whole new positive light. "What you resist, persists!" Learn how to BREAK the cycle of resisting these jealous thoughts and feeling worse because of it. Stop interrogating your loved one about their past behaviour and zero in on what really matters -- THE PRESENT. In short, learn how to not care AT ALL about your husband, boyfriend, wife or girlfriend's sexual or romantic history. Learn How To Stop Being Jealous In Your Relationship In 14,300 words, 12 steps, 3 sections: Part 1: Understanding Retroactive Jealousy Issues Discover just what a retroactive jealousy disorder is. As Yoda used to say "Named must your fear be, before banish it you can." Part 2: Rewiring The Mind The next four steps tackle how you're thinking about your partner's sexual history and rewires these thoughts to reframe them in a much more positive light. As you'll find out, retroactive jealousy and insecurity go hand in hand. Part 3: Practical Exercises You can't overcome retroactive jealousy in a relationship by thinking about it. In this last section I give you four hands-on practical exercises that you can do every day to kill all your anxiety about your partner's past. Join The 100s Of Satisfied Customers Who've Beaten Retroactive Jealousy OCD Here's what just one of my happy customers had to say about my book about overcoming retroactive jealousy: "Something must have deeply echoed with my subconscious....as well as my rational mind and these feelings were GONE. Years of making myself depressed and hurting my peace and energy over imaginary stuff.....gone.... Thank you! You are a good man."-- Pat. O. St Louis (see original email from Pat here: [goo.gl/ovqwhu](http://goo.gl/ovqwhu)) Get your thoughts back under control and end the "mini-movies" about the past and let go of your angry, judgmental, and jealous emotions and feel at peace once again. Onward!-- Jeff

## Eufeling!

**Hay House, Inc** Within the pages of Dr. Kinslow's new book you will learn to go beyond the instant healing power of Quantum Entrainment to, with a single procedure, realize your deepest spiritual and material goals. You will learn how to find your Eufeling, the hub around which all the creative forces of nature revolve, then how to use it to form a powerful and immediately effective intention. Making the most abstract subjects easy to understand and practical to use, Dr. Kinslow shows the reader how to tap their natural harmonizing zones deep within their minds. He is the discoverer and developer of Quantum Entrainment, the ground-breaking healing technique that thousands around the globe have successfully used to eliminate emotional and physical discord in themselves and others. Now, in Eufeling! Dr. Kinslow brings to bear that same easy style of coaching that was so successful in teaching you Quantum Entrainment. In Eufeling! Dr. Kinslow introduces the reader to the QE Intention, a unique and practical tool that anyone can use to improve emotional and physical disharmony, unsettled relationships and financial difficulties, and even influence environmental stresses. QE Intention shows you how a simple shift in your awareness will organize the creative forces of nature in your favor as easily as iron filings align in the presence of a strong magnet. QE Intention can quickly satisfy even your deepest desires. Once initiated, QE Intention is effortless and extraordinarily effective. It uses the creative energy and harmony of Eufeling as a spiritual launching pad to quickly accomplish material goals. If you are already doing intention work you will find that adding QE Intention to your practice will greatly accelerate the results you are already having. And what's more exciting, creating a QE Intention takes no special training or talent. If you are reading these words you have everything you need to create a QE Intention.

## The Antidote

## Happiness for People Who Can't Stand Positive Thinking

**Canongate Books** Is our search for happiness futile? Or are we just going about it the wrong way? In this fascinating new book, Oliver Burkeman argues that 'positive thinking' and relentless optimism aren't the solution to the happiness dilemma, but part of the problem. And that there is, in fact, an alternative path to contentment and success that involves embracing the things we spend our lives trying to avoid - uncertainty, insecurity, pessimism and failure. Thought-provoking, counter-intuitive and ultimately uplifting, The Antidote is a celebration of the power of negative thinking.

## Kundalini

### The Mother-power

**Aum Publications** In route to his own realization, Sri Chinmoy attained mystery over the kundalini and occult powers. In this book he reveals the qualities, characteristics, sounds and colors of each of the seven chakras(energy centers in the human body).

## Playing the Other

### Dramatizing Personal Narratives in Playback Theatre

**Jessica Kingsley Publishers** This book is an exploration and critique of 'playback theatre', a form of improvised theatre in which a company of performers spontaneously enact autobiographical stories told to them by members of the audience. With more than ten years' experience as an actor with Playback Theatre York, the author introduces the reader to the basics of playback theatre within a historical and theoretical context. The history and development of the form is traced, from its conception in the late 1970s to its subsequent growth worldwide, and its relationship to the psychodrama tradition from which it has evolved is discussed. Through an examination of playback performances from the perspectives of performers, 'tellers' of their stories and the audience, the author critically explores the nature, implications and ethics of the performers' response to the teller's experience, how notions of the public and personal are constructed, and the risks involved in improvising a response to a member of the audience's story. Playing the Other will be essential reading for drama students, dramatherapists and all those interested in the history and use of the theatre.

## Luminous Life

### How the Science of Light Unlocks the Art of Living

**New World Library** Let Light Guide Your Life The most important things in life are our health and happiness. Yet most of us are neither healthy nor happy. We have been led to believe that if we think ahead and make the right choices, we can manifest our dreams. Yet despite our best efforts, we still have more disease and discontent than ever before. Is it possible that our essential ideas about life are flawed? We are all aware of the impact of sunlight on a plant's growth and development. But few of us realize that a plant actually "sees" where light is emanating from and positions itself to be in optimal alignment with it. This phenomenon, however, is not just occurring in the plant kingdom — humans are also fundamentally directed by light. In Luminous Life, Dr. Jacob Israel Liberman integrates scientific research, clinical practice, and direct experience to demonstrate how the luminous intelligence we call light effortlessly guides us toward health, contentment, and a life filled with purpose.

## The Common Experience



## Signposts on the Path to Enlightenment

**Quest Books (IL)** Anthology of the spiritual experiences of ordinary men and women and those of philosophers.

## More Help for Your Nerves

First published in 1984 and now reissued, an explanation of how nervous symptoms and experiences can develop. The author maintains that stress can produce symptoms and experiences that gradually become more important than the original cause of the illness.

## Watching Your Life

## Meditation Simplified and Demystified

**Independently Published** "Watching Your Life" - Meditation Simplified and Demystified is your introduction to the easiest, most powerful form of meditation anyone can practice and gain benefits from instantly. With a grasp of the essence of meditation that has been called "unsurpassed," lifelong meditation teacher and awakening guide Teja Anand leads you out of the quagmire and confusion of the profusion of meditation styles, clarifying meditation's true intention in reality, along with the easiest, most effective practice in clear, non-mystical language and accessible, down-to-earth instructions.

## The Life-Changing Magic of Not Giving a F\*\*k

## The bestselling book everyone is talking about

**Hachette UK** The bestselling book everyone is talking about, revealing the surprising art of caring less and getting more. Are you stressed out, overbooked and underwhelmed by life? Fed up with pleasing everyone else before you please yourself? Finding it hard working from home? Then it's time to stop giving a f\*\*k. This irreverent and practical book explains how to rid yourself of unwanted obligations, shame, and guilt - and give your f\*\*ks instead to people and things that make you happy. From family dramas to having a bikini body, the simple 'NotSorry Method' for mental decluttering will help you unleash the power of not giving a f\*\*k and will free you to spend your time, energy and money on the things that really matter. 'The anti-guru' Observer 'Absolutely blinding. Read it. Do it.' Mail on Sunday 'Genius' Cosmopolitan 'I love Knight's book even before I start reading . . . Works a charm' Sunday Times Magazine 'Life-affirming . . . The key practice she advocates is devising for yourself a "fuck budget" . . . It's a beautiful way of streamlining your psyche' Lucy Mangan, Guardian ALSO AVAILABLE FROM SARAH KNIGHT: YOU DO YOU: how to be who you are and use what you've got to get what you want AND Get Your Sh\*t Together - the New York Times bestseller helping you organise the f\*\*ks you want and need to give

## Nine Friends

## In Time of Loss

**Tate Publishing Company** Shock arrives, bent over from carrying hefty knapsacks and panting from his forced break-in. ♦Get out!♦ we scream.

## The Devil Came on Horseback

## Bearing Witness to the Genocide in Darfur

**Hachette UK** Former United States Marine Brian Steidle served for six months in Darfur as an unarmed military observer for the African Union. There he witnessed first-hand the ongoing genocide, and documented every day of his experience using email, audio journals, notebook after notebook and nearly 1,000 photographs. Gretchen Steidle Wallace, his sister, who wrote this book with Brian, corresponded with him throughout his time in Darfur. Fired upon, taken hostage, a witness to villages destroyed and people killed, frustrated by his mission's limitations and the international community's reluctance to intervene, Steidle resigned and has since become an advocate for the world to step in and stop this genocide. *The Devil Came on Horseback* depicts the tragic impact of an Arab government bent on destroying its black African citizens, the maddening complexity of international inaction in response to blatant genocide, and the awkward, yet heroic transformation of a former Marine turned humanitarian. It is a gripping and moving memoir that bears witness to atrocities we have too long averted our eyes from, and reveals that the actions of just one committed person have the power to change the world.

## Lost Masters

## Rediscovering the Mysticism of the Ancient Greek Philosophers

**New World Library** Ashrams in Europe twenty-five hundred years ago? Greek philosophers studying in India? Meditation classes in ancient Rome? It sounds unbelievable, but it's historically true. Alexander the Great had an Indian guru. Pythagoras, Empedocles, and Plotinus all encouraged their students to meditate. Apollonius, the most famous Western sage of the first century c.e., visited both India and Egypt—and claimed that Egyptian wisdom was rooted in India. In *Lost Masters*, award-winning author Linda Johnsen, digging deep into classical sources, uncovers evidence of astonishing similarities between some of the ancient Western world's greatest thinkers and India's yogis, including a belief in karma and reincarnation. Today ancient Greek philosophers are remembered as the founders of Western science and civilization. We've forgotten that for over a thousand years they were revered as sages, masters of spiritual wisdom. *Lost Masters* is an exploration of our long-lost Western spiritual heritage and the surprising insights it can offer us today.

## The New Spirituality

## An Introduction to Progressive Belief in the Twenty-first Century

**Bloomsbury Publishing** Much attention has been given in recent writings about religion to fundamentalism and the 'religious right'. But less attention has been given to their opposite - the emergence of a new generation of progressive religious thinkers and organisations on the 'religious left'. "The New Spirituality" is one of the first books to give a comprehensive and authoritative account of this burgeoning progressive religious movement. It offers a clear and engaging analysis of the cultural roots, key ideas and organisational structures of this new faith, assessing its significance in the changing moral and religious landscape of contemporary western society. Gordon Lynch argues that we are witnessing the rise of a new religious ideology which reveres the natural world, connects religious faith with novel scientific theories, and has a forward-looking agenda for society's transformation. "The New Spirituality" will be essential reading for students attempting to understand the shape of religious belief in the twenty-first century.

## Life After College

## The Complete Guide to Getting What You Want

**Running Press Adult** Just graduated? Feeling a little lost? *Life After College* is like a portable life coach, giving you straightforward guidance on maneuvering the real world--along with tips, inspiration, and exercises for getting you where you want to go. Congrats, you've graduated! You have your whole life ahead of you. Do you feel overwhelmed? Unsure? Deluged with information, but no real plan?

Jenny Blake's Life After College gives you practical, actionable advice, helping you to navigate every area of your life--from work, money, dating, health, family, and personal growth--to help you see the big picture. It will get you focusing on your goals, dreams, and highest aspirations so that you can create the life you really want. Now in a repackaged edition!

## Entrepreneur Secrets To A Grow Get Give Life

Wouldn't you love to have a road map to success in business and life? What criteria do you use to make the BIG decisions in your life? Can you comfortably say that you have a plan for how you are going to GROW your business, GET more freedom, and GIVE back? Starting with your passion and purpose, I will show you how to position yourself to attract customers so you can GROW your business. Next I teach you how people, processes and systems can help you GET more freedom for life and from work. Finally, for those of you who want to make an even bigger impact, I show you how to incorporate my GIVE back strategy through your business. My brand new three-volume book, Entrepreneur Secrets to a Grow Get Give Life, is that guide. Within the pages of this book are secrets that top business owners have used to drive their wealth, happiness and impact.

## Life in the Sloth Lane

## Slow Down and Smell the Hibiscus

**Workman Publishing** WHY ARE SLOTHS ALWAYS SMILING? Perhaps it's because they've mastered the art of taking it slow in a world whose frenzied pace is driving the rest of us crazy. Here, in a mindfulness book like no other, heart-tuggingly cute photographs of these always-chill creatures are paired with words of wisdom, all to inspire us to slow down, stop to enjoy the little things, and come up relaxed, centered, and smiling.

## Program Peace

## Fitness Manual and Journal

This fitness journal does much more than just help you keep track of and log your workouts. It teaches you the fundamentals of exercise and diet according to current scientific research. It is also your coach for a 90-day fitness plan. In just 90 days, you will build new, long-lasting habits to promote your health, fitness, and positive mood. The book includes: (1) Detailed fitness and diet information to help you understand your body and how to achieve fitness results that last. (2) Customizable, undated exercise journal entries with space to record cardio, strength training, workout goals, reps, sets, weight, meals, nutritional intake, and much more. (3) Record hours of nightly sleep, stretching, self-massage, meditation, breathing exercises, number of daily steps, flights climbed, hours standing, VO2 max, heart rate variability, blood pressure, skinfold measures, hip and waist circumference, and more. (4) The logs were designed to be compatible with the types of assessments made by smart phones, smart watches, and other electronic fitness trackers. (5) Step-by-step worksheets guide you in calculating your RMR, BMI, exercising heart rate targets, weight targets, your calorie, protein, and fats needs, and more. (6) Worksheets to record a large number of standard exercise tests and assessments.

## Ladyparts

## A Memoir

**Random House** A frank, witty, and dazzlingly written memoir of one woman trying to keep it together while her body falls apart—from the “brilliant mind” (Michaela Coel, creator of I May Destroy You) behind Shutterbabe NAMED ONE OF THE BEST BOOKS OF THE YEAR BY REAL SIMPLE • “The most laugh-out-loud story of resilience you’ll ever read and an essential road map for the importance of narrative as a tool of healing.”—Lori Gottlieb, bestselling author of Maybe You Should Talk to Someone I’m crawling around on the bathroom floor, picking up pieces of myself. These pieces are not a metaphor. They are actual pieces. Twenty years after her iconic memoir Shutterbabe, Deborah Copaken is at her darkly comedic nadir: battered, broke, divorcing, dissected, and dying—literally—on

sexism's battlefield as she scoops up what she believes to be her internal organs into a glass container before heading off to the hospital . . . in an UberPool. Ladyparts is Copaken's irreverent inventory of both the female body and the body politic of womanhood in America, the story of one woman brought to her knees by the one-two-twelve punch of divorce, solo motherhood, healthcare Frogger, unaffordable childcare, shady landlords, her father's death, college tuitions, sexual harassment, corporate indifference, ageism, sexism, and plain old bad luck. Plus seven serious illnesses, one atop the other, which provide the book's narrative skeleton: vagina, uterus, breast, heart, cervix, brain, and lungs. Copaken bounces back from each bum body part, finds workarounds for every setback—she transforms her home into a commune to pay rent, sells her soul for health insurance, turns FBI informant when her sexual harasser gets a presidential appointment—but in her slippery struggle to survive a steep plunge off the middle-class ladder, she is suddenly awoken to what it means to have no safety net. Side-splittingly funny one minute, a freak horror show the next, quintessentially American throughout, Ladyparts is an era-defining memoir.