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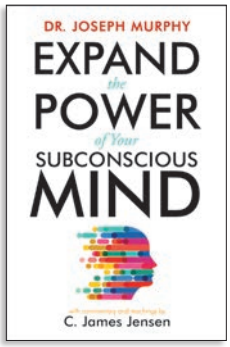

Expand the Power of Your Subconscious Mind

by **Dr. Joseph Murphy** *with commentary and teachings by* **C. James Jensen**

Expand the Power of Your Subconscious Mind uniquely combines the original unabridged version of Dr. Murphy's definitive book with expanded teachings from executive coach and consultant C. James "Jim" Jensen. He attributes much of his success in his career and life to Dr. Murphy's teachings, particularly his principles of the subconscious—how to harness its wisdom and power to manifest your deepest desires. Drawing upon his decades of experience, Jensen supplements Dr. Murphy's book with modern-day lessons and a toolkit of practices, such as affirmation, visualization, meditation, and leadership skills.

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Miracle Minded Manager

A MODERN-DAY PARABLE ABOUT HOW TO APPLY *A COURSE IN MIRACLES* IN BUSINESS

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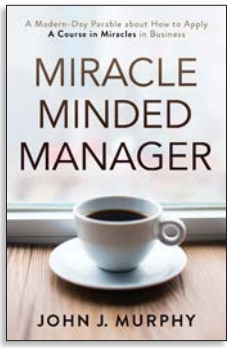
Join fictional company president Jack as he frees himself from ego using teachings from *A Course in Miracles*, and, in turn, completely changes his personal and professional relationships for the better. Readers will learn how they can use the same lessons to rescue struggling businesses, heal family ties, and experience the rewards of faith in all aspects of their lives. Visit johnjmurphy.org. **The English-language edition of this book already has strong worldwide appeal and is available for preorder internationally.**



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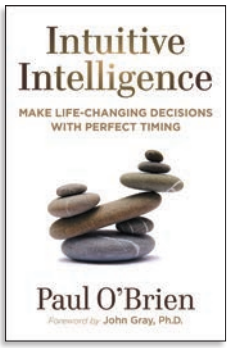

Intuitive Intelligence

MAKE LIFE-CHANGING DECISIONS WITH PERFECT TIMING

by **Paul O'Brien**

Many people don't see the results they want because they cannot hear the voice inside that tells them to act. Lack of confidence and the stresses of daily life can obscure the decision-making power that comes from that inner wisdom. How can one abolish fear and follow-through with confident, well-timed decisions? Author Paul O'Brien uses his extensive background as an entrepreneur, founder of Tarot.com, and long-time student of I Ching, to share his concept of Visionary Decision Making. This method will help readers recognize synchronicities in their lives, understand what their dreams tell them, and focus on what they want from life (instead of what they don't). Visit intuitiveintelligence.com.

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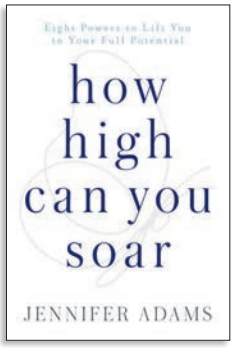
by **Jennifer Adams**

Lifestyle entrepreneur Jennifer Adams recounts how she transformed her life—from a humble childhood to CEO of her own multimillion-dollar company—through dreaming big. Using her own experiences and the stories of a range of high achievers, Jennifer shows readers the Eight Powers that helped her reach her greatest aspirations, and inspires them to do the same in their own lives. Not only does she share her own success using these powers, but she shares the success stories of exceptional people to show just how effectively this way of being and acting can bring results. Visit jenniferadams.com.



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Turn your home into a sanctuary. We all strive to discover our dream home and rarely see the potential in the place we are living in right now. Jennifer Adams, designer and founder of the international home décor company Home by Jennifer Adams®, shares her insider secrets of how you don't have to wait. Jennifer's step-by-step, room-by-room guidance using vision boards will help you create a welcoming and functioning space that expresses your unique individuality throughout the smallest to largest of floor plans. Your dwelling can become an environment that supports and inspires you, to be your perfect sanctuary, because home is where your best life begins. Visit jenniferadams.com.

Broken Wing

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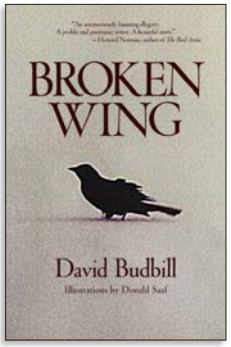
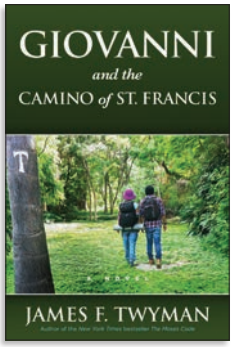
This posthumous novel from acclaimed author David Budbill tells the story of The Man Who Lives Alone in the Mountains. As winter descends on his idyllic home, the man encounters a bird with a broken wing, sending him into a poetic and profound meditation on solitude, friendship, and the unstoppable march of time. Visit davidbudbill.com.





Giovanni and the Camino of St. Francis

A NOVEL

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Anna, an Italian immigrant living in Portland, Oregon, was shunned from her hometown of Assisi at age 16. She vowed she would never return to the family who cast her away, but one day while browsing a bookstore, a guide to the Camino of St. Francis falls from a shelf and knocks her on the head. Reluctantly, she answers the call to return to Italy and walks in the steps of the humble saint in an attempt to reconcile the wounds of her past. Visit worldpeacepulse.com.

Healthy Gut, Healthy You

THE INTESTINAL TRUTH

by **Dr. Adrian Schulte**

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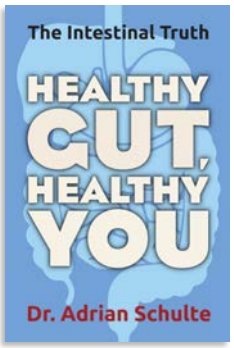
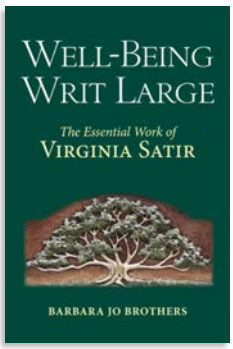
Modern life and Western diets have battered our bellies, and the proof is in our unhealthy poop. But it doesn't have to be that way! You can heal your digestive system in a healthy, natural way without having to resort to expensive and unreliable medications. Making wiser, more informed decisions regarding diet and gut health, people can chew their way to a comfortable, healthy, and happier life. In *Healthy Gut, Healthy You*, Dr. Adrian Schulte provides readers with a ten-step intestinal fitness program that can get them on track to longevity and regularity.





Well-Being Writ Large

THE ESSENTIAL WORK OF VIRGINIA SATIR

by **Barbara Jo Brothers**

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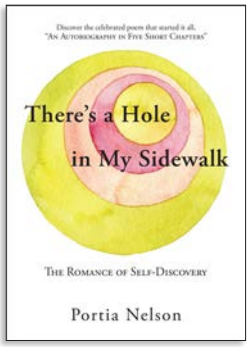
In her career, the "Mother of Family Therapy" Virginia Satir strove to make life better: for the individual, for families, for the entire world. Having formulated her groundbreaking philosophies from her clinical observations, Satir's practices continue to impact the world at large, spreading peace and understanding. Author, licensed clinical social worker, and Satir scholar, Barbara Jo Brothers has painstakingly researched and drawn form Satir's works, personal notes made over the course of Satir's career, and direct conversations during Brother's own extensive residential training to compile the most complete, most essential collection of Virginia Satir's work.

There's a Hole In My Sidewalk

THE ROMANCE OF SELF-DISCOVERY

by **Portia Nelson**



Insightful, humorous, touching, and inspiring are just a few of the words used to describe this well-loved book of poems and truisms by the late Portia Nelson. Designed to inspire self-discovery, *There's a Hole in My Sidewalk* includes more than 100 touching poems that gently guide readers to a more authentic and fulfilling life. This classic guide to life has been embraced by individuals, therapy groups, the self-help community, and 12-step programs around the world for more than 40 years. *There's a Hole in My Sidewalk* is the perfect inspirational gift for yourself, your friends, or your family.

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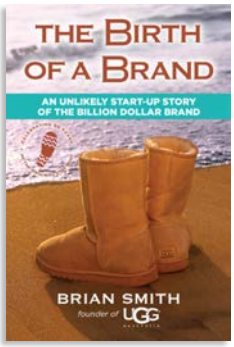
The Birth of a Brand



AN UNLIKELY START-UP STORY OF THE BILLION DOLLAR BRAND

by **Brian Smith**

Brian Smith, entrepreneurial guru and founder of UGG, mentors and teaches you the secret to successful brand creation. Before UGG became one of America's most beloved brands, lifelong surfer Brian Smith was leading a life of quiet desperation as an accountant. Then one day, the overwhelming feeling that he'd missed the starting gun to life hit him over the head like a tidal wave, so he pulled himself up by his bootstraps and got to work. What came next was the adventure of a lifetime that turned a pair of sheepskin boots into an international phenomenon and brand. This new edition celebrates the 40th anniversary of the original UGG boot. Visit briansmithspeaker.com.

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Believe to Achieve Updated Edition

SEE THE INVISIBLE, DO THE IMPOSSIBLE

by **Howard "H" White**

In this updated and expanded 2018 edition of *Believe to Achieve*, Howard "H" White shows readers how to turn his hard-earned lessons into a roadmap for their own personal success. This updated edition is a voice of encouragement that will help readers face the challenges of life with dignity and honor. It affirms that any one of us can make a difference. Howard believes that, "It's the low points in life that determine how high you will go." His optimism provides a heart-healing message in the face of adversity. His vision illuminates the opportunity inherent in the darkest moments. His voice calls out to the best part in all of us. Visit howardhwhite.com.

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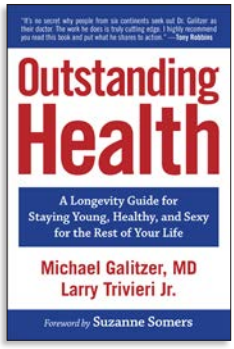

A LONGEVITY GUIDE FOR STAYING YOUNG, HEALTHY, AND SEXY FOR THE REST OF YOUR LIFE

by **Michael Galitzer, MD,** *and* **Larry Trivieri Jr.**

In this groundbreaking book, discover how to renew and revitalize yourself in body, mind, and spirit so you can enjoy outstanding health at any age. Start with a new understanding of how to use Energy Medicine to detect and correct health problems long before they ever develop into physical symptoms. And with Dr. Galitzer's 6 Essential Keys to Outstanding Health, you will discover breakthrough solutions for keeping your brain and heart healthy and youthful for the rest of your life. Visit drgalitzer.com.

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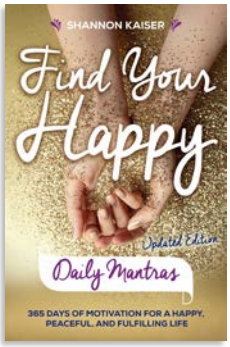
Find Your Happy Daily Mantras

365 DAYS OF MOTIVATION FOR A HAPPY, PEACEFUL, AND FULFILLING LIFE

by **Shannon Kaiser**



In *Find Your Happy Daily Mantras*, Shannon Kaiser offers 365 days of advice on how to achieve a more mindful and peaceful outlook. Each day includes encouragement, a mantra for the reader to repeat and internalize, and a call-to-action question to aid in applying real change to the reader's reality. This book provides more than mere inspiration; it is a toolkit for readers overcoming setbacks and coping with pain, and teaches them how to move beyond the hurt of current circumstances. Shannon lays out a daily practice for readers to open their minds and hearts and create a more purposeful and joy-filled life. Visit playwiththeworld.com.

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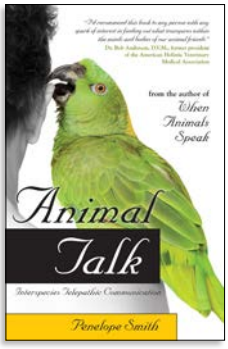

Animal Talk

INTERSPECIES TELEPATHIC COMMUNICATION

by **Penelope Smith**

Animal Talk teaches you how to open the door to your animal friends' hearts and minds without resorting to magic tricks or wishful thinking. Every creature can be reached through telepathic communication—from your tabby cat or cockatiel to the wasps that build nests in the eaves of your home or even the common flea—you just have to be open to the idea, and mind-to-mind communication will be in your grasp. Visit animaltalk.net.

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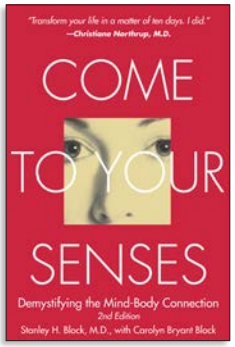
Come to Your Senses

DEMYSTIFYING THE MIND-BODY CONNECTION

by **Dr. Stanley Block** *with* **Carolyn Bryant Block**



Learn the tools that will radically change the way you view and use your senses for dramatic, life-changing results. This revised edition teaches readers how to find and manage their Identity System, a key component that controls mind, body, and soul. Instead of trying to discover the rationale for our behavior through years of counseling, Dr. Stanley Block, a former Beverly Hills psychoanalyst, shows readers how easy it can be to free themselves from their own expectations. Using his techniques, alcoholics have transformed their outlook within days, athletes have improved their performance, obese patients have lost weight and kept it off, chronic pain sufferers have learned to live beyond their pain.

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Design Your Life

FORMER IKEA EXECUTIVE SHARES HER TOOLS FOR PERSONAL SUCCESS

by **Pernille Spiers-Lopez**

Say goodbye to the illusion of being perfect, welcome the ability to wash away regret and replace it with courage to stand for who you are—in good times and bad. Thanks to an amazing life and a career at the top of the corporate ladder and beyond, Pernille Spiers-Lopez, former president and CEO for IKEA North America, shows through her experiences and insights as a business leader and mentor how to take charge of your life. In *Design Your Life*, she challenges all of us to redefine true success and take full ownership of our own lives. Visit goodlifedesigned.com.

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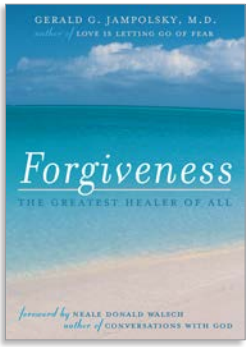
Forgiveness

THE GREATEST HEALER OF ALL

by **Gerald G. Jampolsky, MD**



This easy-to-understand book of practical spirituality explains why many of us find it so difficult to forgive, why and how to do it, and why we don't. In addition, readers learn about the negative physical and emotional effects of being unforgiving, as well as the physical and spiritual benefits of forgiveness. Visit ahinternational.org.

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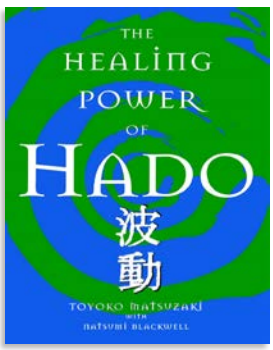

The Healing Power of Hado

by **Toyoko Matsuzaki**

By tapping into their hado power, beginners can sense the hado of other people, objects, and environments. At a more advanced level, practitioners of this art can change physical aspects of their lives (for example, turn aggression into gentleness and change the taste of water). Those who practice hado at the master level can heal physical ailments of their own and others (hands-on or remotely), discover their clairvoyant abilities, and even receive messages from departed loved ones. In a world filled with violence and conflict, hado is an especially important and welcome force. Hado lessons and guidelines for forming a support group for continued practice are included.

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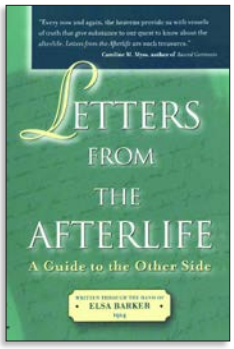
Letters from the Afterlife

A GUIDE TO THE OTHER SIDE

by **Elsa Barker**



Does life go on beyond the grave? A growing body of evidence suggests that it does. Written through the hand of established author Elsa Barker, *Letters from the Afterlife* presents a kind of "astral travelogue" that describes often eloquently, sometimes humorously, life in the "invisible" world.

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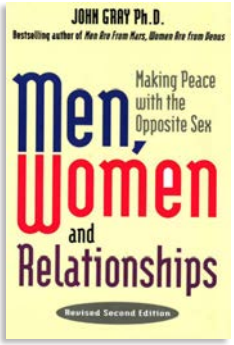

Men, Women, and Relationships

MAKING PEACE WITH THE OPPOSITE SEX

by **John Gray, PhD**

Men, Women, and Relationships is the ultimate guide to enriching relationships and offering new and innovative ways to create more love and support in your life. Dr. Gray's original approach teaches readers to open new avenues to greater acceptance and appreciation of the opposite sex and to more fulfilling relationships. Readers will learn how to give and receive emotional support, heal and forgive past hurts, and ultimately enjoy clear communication and loving relationships. Dr. Gray explains the strengths and weaknesses and needs and beliefs unique to men and to women in order for them to learn to better understand each other. Visit marsvenus.com.

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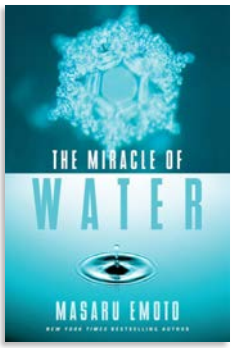
The Miracle of Water

by **Masaru Emoto**



Masaru Emoto has photographed thousands of water crystals throughout his years of research, yet few have been as beautiful and life affirming as those formed from the words "love and gratitude." In *The Miracle of Water*, Dr. Emoto demonstrates how water's unique role in transporting the natural vibration of these words can help you welcome change and live a more positive and happy life. This thoughtful book includes extraordinary water-crystal photographs that provide convincing reasons for all of us to choose positive words and strive for perfect resonance for a more healthy, peaceful, and happy life. Visit masaru-emoto.com.

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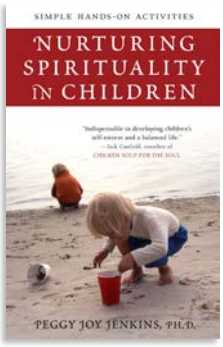

Nurturing Spirituality in Children

by **Peggy Joy Jenkins, PhD**

The greatest gifts that a child can receive are an opened mind, a caring heart, and ignited creativity. Winner of the 2009 Silver Nautilus Award for Parenting. This fully expanded, illustrated edition of *Nurturing Spirituality in Children* includes sixty-two simple and thought-provoking lessons that can be shared with children in less than ten minutes each.

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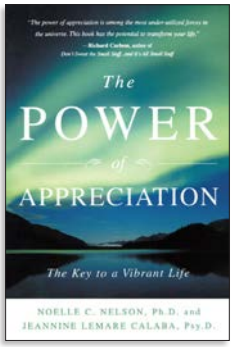
The Power of Appreciation

THE KEY TO A VIBRANT LIFE

by **Noelle C. Nelson, PhD** *and* **Jeannine Lemare Calaba, PsyD**



The Power of Appreciation will open your eyes to the fabulous rewards of conscious, proactive appreciation. Research confirms that when people feel appreciation, good things happen to their minds, hearts, and bodies. But appreciation is much more than a feel-good mantra. It is an actual force, an energy that can be harnessed and used to transform daily life—by improving relationships, work, health, finances, and more. Based on a five-step approach to developing an appreciative mindset, this is a handbook for living healthier and happier. Visit noellenelson.com and jeanninelemarecalaba.com.

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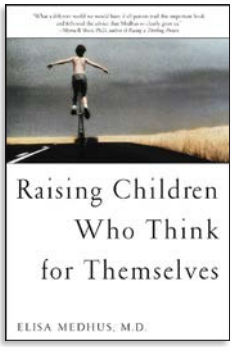

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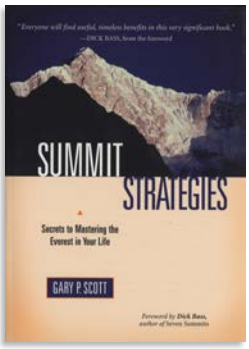

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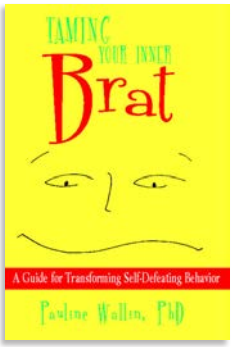

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Teach Only Love

THE TWELVE PRINCIPLES OF ATTITUDINAL HEALING

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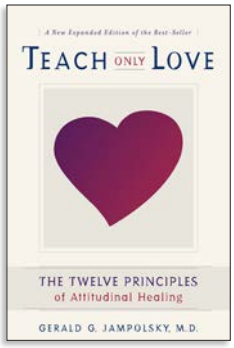

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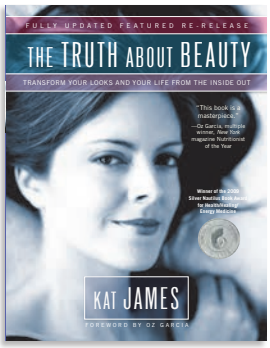

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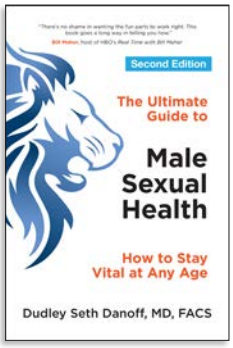
The Ultimate Guide to Male Sexual Health

HOW TO STAY VITAL AT ANY AGE

by **Dudley Seth Danoff, MD, FACS**



Breaking the barriers of silence and embarrassment, *The Ultimate Guide to Male Sexual Health* speaks candidly to straight men, gay men, lovers, partners, and wives. Written for men of all ages, this book dispels common male myths and provides nonjudgmental, practical, safe advice for banishing stress from the bedroom and making sex fun again. Whether readers are looking to improve their genital health, last longer, or overcome erectile dysfunction, this guide will help them determine the fundamental causes of male problems using methods that fit their lifestyle and health profile.

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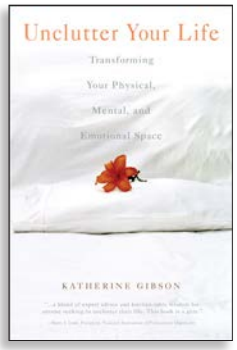

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Your Inner Pharmacy

TAKING BACK OUR WELLNESS

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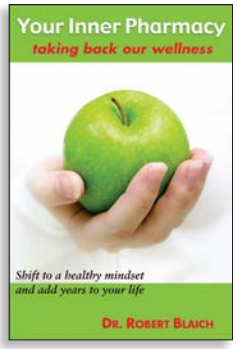

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