NEW TITLE RELEASES

September - December 2010

The International

Leader in

Inspirational

and Self-Help

HAY HOUSE



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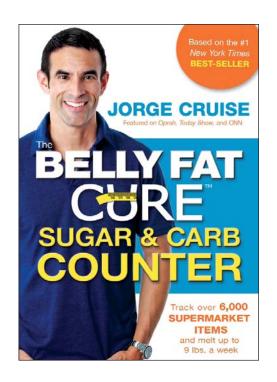
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Recently Released

The Belly Fat Cure Sugar and Carb Counter Track over 6.000 supermarket items and melt up to 9 lbs. a week!

Jorge Cruise

9781401929121 July 15, 2010 5" x 7" Paperback \$8.95 Can

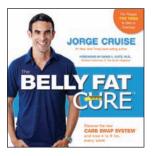


"Jorge Cruise has answers that really work and take almost no time. I highly recommend them."
—Andrew Weil, bestselling author of 8 Weeks to Optimum Health

Based on the New York Times bestseller that is changing the way America eats, this simple supermarket guide gives you the power to release stubborn belly fat fast and forever. Complete with Jorge's secret to guaranteed weight loss, the Belly Good MenuTM, this guide makes eating smart effortless and the hunt for fat-melting foods as easy as turning a page.

Discover the breakthrough that has banished hundreds of thousands of bellies already, and get the real skinny on more than 6,000 supermarket items, including pizza, burgers, salads, and sandwiches ... so you, too, can transform your life while still eating the foods you love!

Jorge Cruise is the author of four consecutive New York Times best-selling series, with more than five million books in print in over 15 languages. He has appeared on Oprah, Regis and Kelly, The View, Good Morning America, the Today show, Dateline NBC, and CNN. Visit The Belly Fat Cure website to join Jorge's free email club and receive your free Belly Good Menu™, as well as the latest tips for fast, healthy weight loss: JorgeCruise.com.



Marketing Plans

- New PR Launch!
- National TV, including The Today Show, Ellen, Extra, PBS (June with Dr. Northrup), USA Today

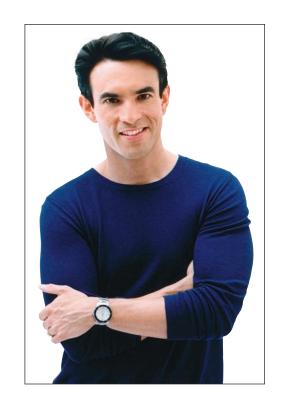
Also Available

The Belly Fat Cure by Jorge Cruise • 9781401927189 • \$24.95 • pb

The Belly Fat Cure Fast-Track Choose one simple menu and cleanse away up to 12 lbs. this week

Jorge Cruise

9781401929145 December 29, 2010 \$24.95/\$29.95 Can 6" x 9" Hardcover Carton Qty: TBC Print Run: TBC Health & Fitness / Diets



The Belly Fat Cure Fast-Track builds on the earth-shattering truth that even the "healthy" foods we eat are packed with hidden sugar; and that insulin—not calories or exercise—is the key to effortless weight loss and vitality. Most important, it also breaks through all the obstacles people face when adapting to this lifestyle: false belly fat, specialty products, preparation time, too many options, and insulin-stimulating grains.

The all new Fast-Track program can release up to 12 pounds in just the first week by naturally cleansing your system of trapped waste, while also removing foods that cause an increase in insulin, which is the sworn enemy of weight loss! Don't worry about a restrictive "diet," though, because you will be shocked to learn which satisfying foods that you thought were naughty are actually going to melt pounds and inches off your body—all without those hard-to-find specialty products. With the all-new Belly Good Menu, all the guessing is removed as Jorge shows you exactly which toss-together meals made from on-hand ingredients will help you drop up to 12 pounds the first week . . . and also guarantee safe and consistent fat loss as part of an ongoing and stress-free lifestyle.

Join the revolution and discover the rich foods that will leave you satisfied, skinny, and smiling!

Jorge Cruise is the author of four consecutive New York Times best-selling series, with more than five million books in print in over 15 languages. He has appeared on Oprah, Regis and Kelly, The View, Good Morning America, the Today show, Dateline NBC, and CNN.

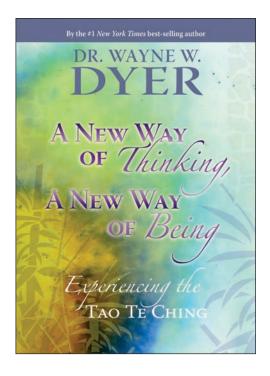
Visit The Belly Fat Cure website to join Jorge's free email club and receive your free Belly Good Menu™, as well as the latest tips for fast, healthy weight loss: : JorgeCruise.com.

Recently Released

A New Way of Thinking, A New Way of Being Experiencing the Tao Te Ching

Dr. Wayne W. Dyer

9781401921514 July 2010 5" x 7" 384 pages Hardcover \$18.95 Can



This beautiful book offers you an opportunity to internalize and directly experience the great wisdom of the Tao Te Ching, a collection of 81 verses authored by Chinese prophet Lao-tzu 25 centuries ago. The words Tao Te Ching translate to "living and applying the Great Way." The Tao is considered by many scholars to be the wisest book ever written, and it encourages you to change your life by literally changing the way you think. Within these pages, Dr. Wayne W. Dyer has broken down the verses into bite-size pieces so that you can slowly absorb these powerful thoughts and imprint them into your consciousness. Working with one concept at a time, you will come to know the truth behind the ancient Tao observation: When you change the way you look at things, the things you look at change.

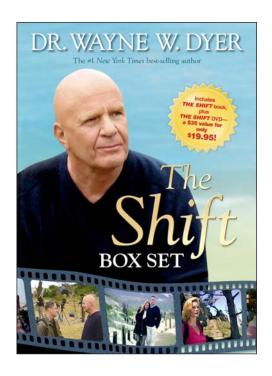
Dr. Wayne W. Dyer is an internationally renowned author and speaker in the field of self-development. He is the author of more than 30 books, has created numerous audio programs and videos, and has appeared on thousands of television and radio shows. Wayne holds a doctorate in educational counseling from Wayne State University and was an associate professor at St. John's University in New York.



The Shift Box Set Contains The Shift tradepaper and The Shift DVD

Dr. Wayne W. Dyer

9781401927356
September 2010
\$19.95/\$23.95 Can
119 pages; 5.5" x 7.5"
Multiple copy pack
Carton Qty: 12
Print Run: 50K
Self-Help / Motivational & Inspirational



This box set by best-selling author Dr. Wayne W. Dyer includes two of his most widely acclaimed works:

THE SHIFT (book)

The Shift illustrates how and why to make the move From Ambition To Meaning. Such a shift eliminates our feelings of separateness, illuminates our spiritual connectedness, and involves moving from the ego-directed morning into the afternoon of life where everything is primarily influenced by purpose. The Shift doesn't mean that we lose our drive and Ambition; it signifies that we become ambitious about something new. We make a commitment to living a life based on experiencing Meaning and feeling purposeful, rather than never-ending demands and false promises that are the trademark of the ego's agenda. As Wayne so eloquently reveals in these pages, we all have the choice to shift our lives From Ambition To Meaning . . . and thereby complete our return to the Source that created us.

THE SHIFT (DVD)

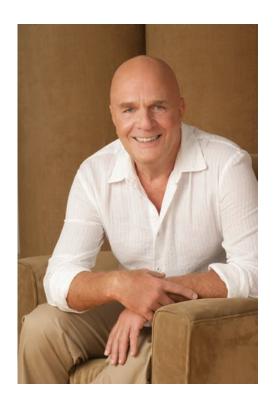
In this compelling film, Wayne explores the spiritual journey From Ambition to Meaning. The powerful shift from the ego constructs that we're taught early in life by parents and society—which promote achievement and accumulation—are shown in contrast to a life of Meaning, focused on serving and giving back. Through the intertwined stories of an overachieving businessman, a mother of two seeking her own expression in the world, and a director trying to make a name for himself, this entertaining film not only inspires, but also teaches us how to create a life of Meaning and purpose.

- Excuses Begone PBS Special re-airs Dec. 2010, again March and August 2011
- Multi-city Hay House lecture tour, including appearances at I Can Do It!
- Major National TV, including appearances on The Ellen DeGeneres Show
- National radio, including Oprah Radio and HayHouseRadio.com

The Power of Intention Learning to Co-create Your World Your Way

Dr. Wayne W. Dyer

9781401925963 October 2010 \$19.95/\$23.95 Can 200 pages; 6.5" x 9.3" Paperback / Flexible plastic/vinyl cover Carton Qty: 12 Print Run: 50K Self-Help / Motivational & Inspirational



"Intention is a force in the universe, and everything and everyone is connected to this invisible force."

Dr. Wayne W. Dyer has researched intention as a force in the universe that allows the act of creation to take place. This beautiful gift edition of Wayne's international bestseller explores intention—not as something we do—but as an energy we're a part of. We're all intended here through the invisible power of intention—a magnificent field of energy we can access to begin cocreating our lives!

Part I deals with the principles of intention, offering true stories and examples showing how to make the connection. Wayne identifies the attributes of the all-creating universal mind of intention as kind, loving, beautiful, expanding, endlessly abundant, and receptive, emphasizing the importance of emulating this source of creativity. In Part II, he offers an intention guide with specific ways to apply the cocreating principles in daily life. Part III is an exhilarating description of Wayne's vision of an individual connected at all times to the universal mind of intention.

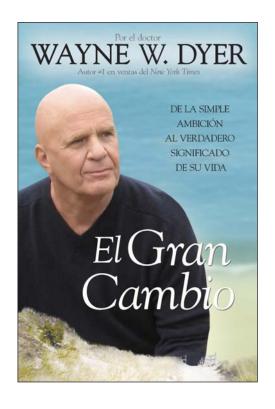
Dr. Wayne W. Dyer is an internationally renowned author and speaker in the field of self-development. He is the author of more than 30 books, has created numerous audio programs and videos, and has appeared on thousands of television and radio shows.

- Excuses Begone PBS Special re-airs; Dec. 2010, again March and August 2011
- Multi-city Hay House lecture tour, including appearances at I Can Do It!
- Major National TV, including appearances on The Ellen DeGeneres Show
- National radio, including Oprah Radio and HayHouseRadio.com
- National Print Direct mail campaign Internet advertising Email marketing campaign

El Gran Cambio De la simple ambicion al verdadero significado de su vida

Dr. Wayne W. Dyer

9781401927103 November 2010 \$12.95/\$16.95 Can 144 pages; 5.3" x 7.5" Paperback Carton Qty: 24 Print Run: TBC Self-Help / Motivational & Inspirational



The Shift—a companion book to the movie of the same name—illustrates how and why to make the move from ambition to meaning. Such a shift eliminates our feelings of separateness, illuminates our spiritual connectedness, and involves moving from the ego-directed morning into the afternoon of life where everything is primarily influenced by purpose.

As we contemplate leaving the morning of our life, where ego has played a commanding role, and entering the afternoon (and evening), where meaning and purpose replace ambition and struggle, we may encounter unexpected occurrences that accompany this new direction. It's almost a universal law that we'll experience a fall of some kind. Yet these falls or low points provide the energy we need to move away from ego and into a life of meaning and purpose. The Shift doesn't mean that we lose our drive and ambition; it signifies that we become ambitious about something new. We make a commitment to living a life based on experiencing meaning and feeling purposeful, rather than never-ending demands and false promises that are the trademark of the ego's agenda. As Dr. Wayne W. Dyer so eloquently reveals in these pages, we all have the choice to shift our lives from ambition to meaning . . . and thereby complete our return to the Source that created us.

- Excuses Begone PBS Special re-airs; Dec. 2010, again March and August 2011
- Multi-city Hay House lecture tour, including appearances at I Can Do It!
- Major National TV, including appearances on The Ellen DeGeneres Show
- National radio, including Oprah Radio and HayHouseRadio.com
- National Print
- Direct mail campaign
- Internet advertising Email marketing campaign



A Course In Weight Loss 21 Spiritual Lessons for Surrendering Your Weight Forever

Marianne Williamson

9781401921521 November 2, 2010 \$24.95/\$29.95 Can. 256 pages; 6" x 9" Hardcover Carton Qty: 12 Print Run: 150K Self-Help / Personal Growth

For so many people, whether your addiction is to a substance or merely to a certain way of thinking or acting, a profound humbling occurs when you realize that your problem is bigger than you are. The terror of realizing, even dimly, that you have no control over a self-destructive pattern of behavior—that as much as you would want to, you simply cannot stop—can mark a crucial turning point in your life. At that point, you go in one of two directions: either way, way down, or way, way up....

This book is for you if you know in your heart that you are an addict, and that you are powerless before your addictive behavior. As the title promises, Marianne Williamson looks at weight loss from a spiritual perspective, bringing you 21 lessons that can be done separately or in conjunction with any other serious spiritual path. These 21 lessons are completely separate from anything related to diet or exercise—they will retrain your consciousness in the area of weight in order to break the cycle of overeating, dieting, and shame that rules so many lives. Finally, Marianne has brought you what you've been waiting for: help to heal your addiction once and for all!

Marianne Williamson is an internationally acclaimed lecturer and the best-selling author of A Return to Love, The Healing of America, A Woman's Worth, and Illuminata, among other works. Williamson has done extensive charitable organizing throughout the country in service to people with life-challenging illnesses (she founded Project Angel Food in Los Angeles); and is the founder of The Peace Alliance, a nonprofit grassroots organization dedicated to fostering a culture of peace.

- Major National TV National lecture tour including appearances at I Can Do It!
- National Radio, including Oprah radio, XM 156 and Sirius 195
- National Print Internet advertising Email marketing campaign

A Course In Weight Loss 4-CD Set 21 Spiritual Lessons for Surrendering Your Weight Forever 4-CD set — Unabridged Audiobook

Marianne Williamson

9781401921545 November 2, 2010 \$23.95/\$29.95 Can. 5.5" x 5" CD-Audio Carton Qty: 40 Print Run: 30K Self-Help / Personal Growth

For so many people, whether your addiction is to a substance or merely to a certain way of thinking or acting, a profound humbling occurs when you realize that your problem is bigger than you are. The terror of realizing, even dimly, that you have no control over a self-destructive pattern of behavior—that as much as you would want to, you simply cannot stop—can mark a crucial turning point in your life. At that point, you go in one of two directions: either way, way down, or way, way up. . .

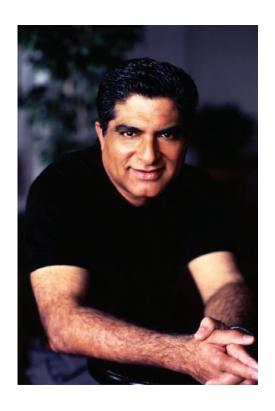
This CD set is for you if you know in your heart that you are an addict, and that you are powerless before your addictive behavior. As the title promises, Marianne Williamson looks at weight loss from a spiritual perspective, bringing you 21 lessons that can be done separately or in conjunction with any other serious spiritual path. These 21 lessons are completely separate from anything related to diet or exercise—they will retrain your consciousness in the area of weight in order to break the cycle of overeating, dieting, and shame that rules so many lives. Finally, Marianne has brought you what you've been waiting for: help to heal your addiction once and for all!

Marianne Williamson is an internationally acclaimed lecturer and the best-selling author of A Return to Love, The Healing of America, A Woman's Worth, and Illuminata, among other works. Williamson has done extensive charitable organizing throughout the country in service to people with life-challenging illnesses (she founded Project Angel Food in Los Angeles); and is the founder of The Peace Alliance, a nonprofit grassroots organization dedicated to fostering a culture of peace.

Timeless Truths for a Happy Life

Deepak Chopra and Kristina Tracy

9781401925758 November 2010 \$14.95/\$17.95 Can. 32 pages; 9" x 10.5" Hardcover Carton Qty: 24 Print Run: 50K Juvenile Nonfiction / Social Issues Ages 5 and up



Timeless Truths for a Happy Life, by New York Times best-selling author Deepak Chopra, is based on his bestseller for adults, The Seven Spiritual Laws of Success. In this new book, children will discover seven "Keys" to living a happy and meaningful life. For example, the "Key to All Good Things" teaches kids about giving and receiving, and explains that what they put out to the world is what they will get back. The "Key to Reaching Your Dreams" helps children realize how much power they have over their own lives and where this power comes from.

Each of the seven sections in this book presents a Key, as well as a beautifully illustrated example emphasizing how it works in the world. These Keys, which have their origins in ancient Indian teachings, give children what Deepak believes are the most important traits they can possess: the ability to love and have compassion . . . and to spread that love and compassion to others.

Deepak Chopra is the prolific author of more than 42 books; and more than 100 audio, video, and CD titles, which have been translated into 35 languages, with over 20 million copies sold worldwide. His book Peace Is the Way won the Quill Awards; and The Book of Secrets: Unlocking the Hidden Dimensions of your Life was awarded the Nautilus Award.

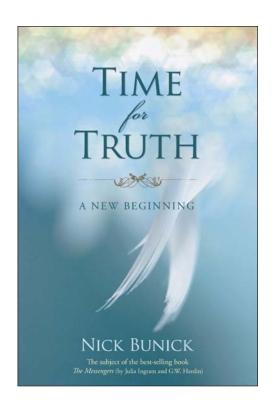
Kristina Tracy is a writer, mom, and many other things (wife, gardener, decorator, horseback rider). She lives in Olivenhain, California with her husband and two children, Ava and Dane.

- Major city lecture tour
- National TV National print
- Internet advertising Email marketing campaign

Time for Truth A New Beginning

Nick Bunick

9781401927547
September 2010
\$15.95/\$18.95 Can.
256 pages; 6" x 9"
Paperback
Carton Qty: 24
Print Run: TBC
Body, Mind & Spirit / New Thought



Time for Truth will change your understanding of the world you live in and shake the foundation of life as you know it. Nick Bunick tells the dramatic true story of what really happened 2,000 years ago during the time of Jesus, when he believes he lived as the Apostle Paul. In this book, he vividly and explicitly describes how and why the messages of Christ were intentionally distorted in the 4th century—creating centuries of suffering, violence, and war.

As you read, you will also be given irrefutable proof of how the spiritual world is involved in your every-day existence, and see why your relationship with God is so crucial to your life's purpose. After having been the subject of the best-selling 1997 book, The Messengers, Nick dedicated himself to finding out why his experiences were so vastly different from that which has been presented to us in the scriptures.

Time for Truth will truly show you the pathway to a new beginning!

Nick Bunick grew up in a suburb of Boston and graduated from the University of Florida. He currently lives on the West Coast. To discover the truth, Nick spent years in extensive study, and also received information from some of the most advanced people on our planet and from the spiritual realm.

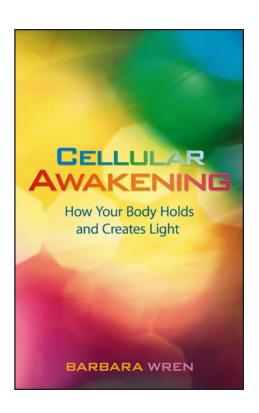
- National Print
- Internet advertising
- Email marketing campaign



Cellular Awakening How Your Body Holds and Creates Light

Barbara Wren

9781401927554
September 15, 2010
\$14.95/\$17.95 Can
272 pages; 5.4" x 8.5"
Paperback
Carton Qty: 24
Print Run: 10K
Health & Fitness / Alternative Therapies



What if almost everything you've been told about health and the human body is wrong? What if you had within you the ability to heal from any condition?

This fascinating book by Barbara Wren shatters many of the myths that currently exist regarding health and illness, and presents a vision of the human body and healing that is both practical and inspirational. In essence, no matter what ailment you're dealing with, you have the potential to heal yourself; and if you already enjoy great health, you can illuminate your consciousness in ways beyond your imagining. Whatever your current situation is, you can begin to feel a true connection to who you really are, as well as understand your ability to create your own reality. Your human potential is far greater than you can possibly imagine and is intrinsically linked to what is unfolding within you at a cellular level. Each and every one of the trillions of cells within your amazing body has the potential to hold and utilize light in the form of bio photons, subatomic particles of light. When a cell is illuminated, the DNA within that cell is also illuminated, giving you access to the universal wisdom that is held within its matrix. By matching your microcosm (the cell) with the macrocosm (the universal energies), you can begin to unlock your true nature and realize your potential for greatness.

Barbara Wren has been teaching and lecturing for the past 27 years, showing people a different approach to wellness through nutrition and healing techniques. She has always believed that empowering individuals through contacting their own inner wisdom is the only true way back to wholeness and happiness within the universal laws and rhythms. Barbara is the founder of the College of Natural Nutrition in the UK.

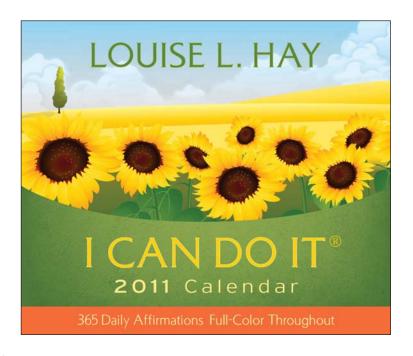
Marketing Plans

• National Print • Internet advertising • Email marketing campaign

I Can Do It 2011 Calendar 365 Daily Affirmations

Louise L. Hay

9781401922405 September 2010 \$13.95/\$16.95 Can 384 pages; 6.3" x 5.4" Calendar / Day by day calendar Carton Qty: 24 Print Run: 10K Self-Help / Motivational & Inspirational



The energy of this year is one of building your foundation for the future. Louise L. Hay's I CAN DO IT 2011 Calendar offers you positive thoughts, affirmations, and words of wisdom to bring you fine opportunities that you may never have experienced before.

This beautifully designed calendar is the perfect gift for friends, family members—and, of course, you, because you can do it . . . no matter what "it" is!

Louise L. Hay, the author of the international bestseller You Can Heal Your Life, is a metaphysical lecturer and teacher with more than 40 million books sold worldwide. She has appeared on The Oprah Winfrey Show and many other TV and radio programs both in the U.S. and abroad.

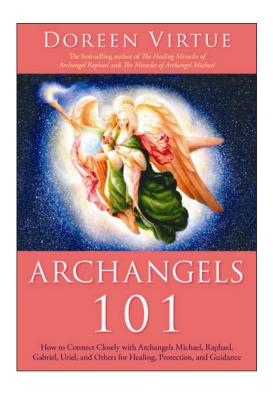
- National lecture tour, including appearances at I Can Do It!
- HayHouseRadio.com
- National Print
- Internet advertising
- Email marketing campaign



Archangels 101
How to Connect Closely with
Archangels Michael, Raphael, Uriel,
Gabriel and Others for Healing,
Protection, and Guidance

Doreen Virtue

9781401926380 October 2010 \$15.95/\$18.95 Can 160 pages; 5" x 7" Hardcover Carton Qty: 12 Print Run: 25K Body, Mind & Spirit / New Thought



Legions of loving and trustworthy archangels watch over us, and you can develop an even closer relationship with them by learning their names and specialties. In this uplifting nondenominational book, Doreen Virtue guides you in connecting with her 15 favorite archangels; and you'll read true stories from people who received protection, miraculous healings, and amazing guidance from these beloved heavenly beings.

Archangels want to help each and every one of you live healthier and happier lives. As unlimited beings, archangels can assist everyone simultaneously, and this fascinating book will teach you which archangels to call upon for various situations. Whether you're new to working with angels, or someone who has believed in angels all your life, you'll want to refer to Archangels 101 again and again.

Doreen Virtue holds B.A., M.A., and Ph.D. degrees in counseling psychology, and is a lifelong clairvoyant who works with the angelic realm. She's the author of Archangels & Ascended Masters and Healing with the Angels, among other works. Doreen has appeared on Oprah, The View, Good Morning America, CNN, and other programs; she presents workshops around the world; and she also has a weekly call-in talk show on HayHouseRadio.com.

- Multi-City lecture tour with the Hay House series, including appearances at I Can Do It!
- National weekly radio with HayHouseRadio.com
- Monthly column in Women's World Magazine
- National Print Internet advertising Email marketing campaign

Angel Words Visual Evidence of How the Words That You Choose Can Be Angels in Your Life

Doreen Virtue and Grant Virtue

9781401926960 November 15, 2010 \$14.95/\$17.95 Can Paperback Carton Qty: 24 Print Run: 20K Body, Mind & Spirit / New Thought



When Doreen and her son Grant Virtue were recording podcasts, they noticed that whenever Doreen said the word angel, the recording graphics were shaped like angel wings! So they studied the other words she said and realized that those with a spiritual or loving basis had pleasant, round shapes on the graph. Not only that, but the graph showed that positive words rose above its middle line. So they experimented with saying negative words and found that their shape was completely different: sharp, angular, and largely below the middle line.

Similar to Masaru Emoto's work with water crystals, Angel Words gives visual proof of the power and impact of our words. You'll see evidence of the beauty of speaking in a loving way. You'll also understand why it's not just a metaphor to say that someone who talks negatively has a "sharp tongue," as the graphs show how negative words have sharp, pointy edges. This unforgettable book will immediately motivate you to choose positive words!

Doreen Virtue holds B.A., M.A., and Ph.D. degrees in counseling psychology; and is a lifelong clair-voyant who works with the angelic realm. She's the author of Angels 101 and Healing with the Angels, among other works. Doreen has appeared on Oprah, The View, Good Morning America, CNN, and other programs; she presents workshops around the world; and she also has a weekly call-in talk show on HayHouseRadio.com.

Grant Virtue is a fifth-generation metaphysician, certified Angel Therapy Practitioner®, and medium. He has developed his intuitive, spiritual, and manifesting abilities naturally over the years in supportive and spiritually open-minded environments.

- Multi-City lecture tour with the Hay House series, including appearances at I Can Do It!
- National weekly radio with HayHouseRadio.com Monthly column in Women's World Magazine

Why Meditate

Matthieu Ricard

9781401926632 September 2010 \$15.95/\$18.95 Can 200 pages; 5.4" x 8.4" Mixed media product Carton Qty: 24 Print Run: 10K Religion / Buddhism

Why meditate? On what? And how? In his latest book Why

Meditate?—an instant bestseller in the author's native France—Matthieu Ricard aims to answer these very questions. As a molecular geneticist turned Buddhist monk, Ricard brings a wholly unique perspective to the practice of meditation. Often referred to as "the happiest man in the world," he advises us in the ways to imbue our lives with a true sense of serenity and fulfillment.

In simple, clear language, Ricard walks readers through the theories and practicalities of meditation, demonstrating its many benefits in our modern world. He shows readers how to achieve emotional balance, enhance mindfulness, expand altruistic love, and develop a sense of inner calm; while also reducing anxiety, vulnerability to pain, and tendency toward depression and anger. This enlightening book conflates the spiritual with the scientific, the transcendent with the pragmatic, and the Western world with Eastern wisdom. No matter what point of view you approach it from—whether that of personal transformation or physical health—meditation emerges as a prominent part of leading a balanced life. In the accompanying 60-minute CD, Ricard explores the concepts of freedom and self, expands on the benefits of meditation, and advises on the benefits of creating a regular meditative practice.

All of the author's proceeds from the sale of this book go to Karuna-Shechen, a humanitarian organization that he founded to provide primary health care and education for the under-served populations of the Himalayan region.

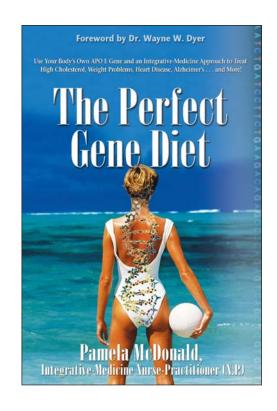
Matthieu Ricard is a Buddhist monk who had a promising career in cellular genetics before leaving France to study Buddhism in the Himalayas 37 years ago. He is a bestselling author, translator, and photographer; and an active participant in current scientific research on the effects of meditation on the brain. He lives in Nepal and dedicates much of his time to humanitarian projects in the Himalayas. Find out more at www.matthieuricard.org.

Marketing Plans • Lecture Tour National Print • Internet advertising • Email marketing campaign

The Perfect Gene Diet Use Your Body's Own APO E Gene to Treat High Cholesterol, Weight Problems, Heart Disease, Alzheimer's... and More!

Pamela McDonald, Foreword by Dr. Wayne W. Dyer

9781401928483 October 10, 2010 \$16.95/\$20.95 Can 256 pages; 6" x 9" Paperback Carton Qty: 24 Print Run: 20K Health & Fitness / Diets



This comprehensive work by nurse practitioner Pamela McDonald reveals the latest breakthrough in health and nutrition focusing on the APO E gene, which affects cholesterol levels, heart and Alzheimer's disease, and much more.

It is widely known that each genotype requires its own balance of carbohydrates, fats, and proteins for optimal health. Within these pages, Pamela presents the latest information so that you can make appropriate diet and exercise choices relevant to your particular APO E genotype. The result will be an ideal level of health and well-being, which will reduce your likelihood of developing so many of the debilitating diseases that are prevalent in our society today. As Pamela says, "You have a choice for your health . . . backpack or bedpan?"

Pamela McDonald is a leading integrative-medicine nurse-practitioner, author, and internationa speaker who has focused her work on the prevention of chronic illness, especially heart and Alzheimer's disease. Pam has used her advanced specialty training in surgery, women's health care, adult primary care, pediatrics, pediatric obesity, family practice, heart-disease prevention, nutrition, exercise sports medicine, mind-body medicine, energy medicine, and botanical medicine to develop the groundbreaking Apo E Gene Diet. Pam was born in Paisley, Scotland, and grew up in the southernmost part of England. Originally trained as a nurse at the Royal Hospital of St. Bartholomew's in London, England, she now lives in Northern California with her husband, Rick, and their three children.

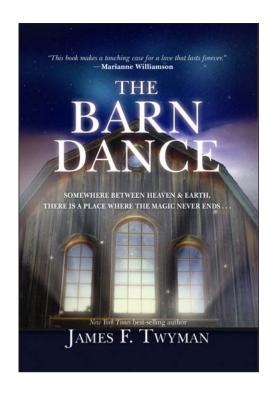
Marketing Plans

• National Print • National Radio • Internet marketing • Email marketing campaign

The Barn Dance Somewhere between Heaven and Earth, there is a place where the magic never ends . . .

James F. Twyman

9781401928377 September 2010 \$14.95/\$17.95 Can 160 pages; 5" x 7.3" Paperback Carton Qty: 24 Print Run: 50K Body, Mind & Spirit / New Thought



On November 27, 2005, two men broke into Linda Twyman's apartment in Evanston, Illinois, and brutally ended her young life. Three and a half years later, guided by a series of visions and dreams, James Twyman was mystically drawn to a barn deep in the Nevada wilderness where Heaven and Earth collide and magic changes lives.

If you've ever wondered if we really can communicate with our loved ones who have passed to the other side, this book is your answer. If you've ever thought that Heaven and Earth never meet, then this story will reveal a world you never imagined . . . a world where love never ends and life goes on forever. Once you pick up this amazing book, you won't want to put it down, and your life will never be the same.

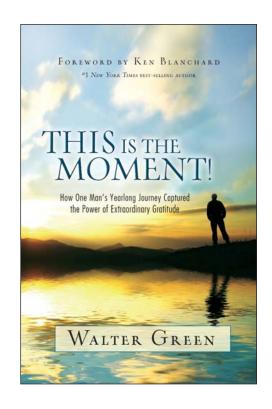
James F. Twyman is the best-selling author of numerous books, including The Moses Code, The Kabbalah Code, and The Proof. He's also an internationally renowned "Peace Troubadour" who has a reputation for drawing millions of people together in prayer to positively influence crises throughout the world. James is the executive producer and co-writer of the feature film Indigo, and the director of Indigo Evolution and the documentary The Moses Code. He is also a member of the Order of St. Francis and the co-director of the World Community of Saint Francis.

- 20 City Major-city lecture tour
- National Radio, including Hay House Radio.com
- National Print Internet advertising Email marketing campaign
- "Outside Publicist" plus Hay House Publicist

This Is the Moment! How One Man's Yearlong Journey Captured the Power of Extraordinary Gratitude

Walter Green with Ken Blanchard

9781401928087 October 15, 2010 \$15.95/\$18.95 Can 160 pages; 5.3" x 8" Hardcover Carton Qty: 12 Print Run: TBC Self-Help / Motivational & Inspirational



In This Is the Moment, you will read about the incredible, inspirational journey of a lifetime! Over the course of an entire year, Walter Green revisited, and conveyed extraordinary gratitude to, 44 men and women who have made a marked difference in his life. His aim was to tell each of these treasured individuals in a purposeful and explicit way how much they mattered to him before anyone's health or life was compromised and the opportunity missed.

In this uniquely fascinating and life-changing work, you'll see what led Walter to embark on this quest, meet the special people he felt compelled to express gratitude to, and be moved by the remarkable and unexpected outcomes that resulted from these powerful encounters—not only for those who graced his life . . . but also himself.

In the second half of the book, you'll find tools to create meaningful conversations with those people who have impacted you, no matter your age or circumstance. They could be family members, advisors, teachers, colleagues, counselors, neighbors, medical professionals, or any number of others who have changed the course of your life. Your expressions of appreciation will not only enrich your relationships, but also provide you with amazing insights and revelations. You will also more fully realize the fact that . . . this is the moment!

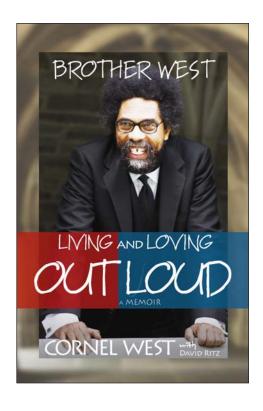
"Truly magical and life-changing! A testimony that the Law of Gratitude is more powerful than the Law of Attraction . . . a must-read for all!" — Denis Waitley, the author of Seeds of Greatness

- Major Celebrities and well-known leaders will help promote this book
- National Print National Radio Internet advertising Email marketing campaign

Brother West Living and Loving Out Loud, A Memoir

Cornel West with David Ritz

9781401921903 October 2010 \$15.95/\$19.95 Can 288 pages; 6" x 9" Paperback Carton Qty: 24 Print Run: TBC Social Science / Ethnic Studies



New York Times best-selling author Cornel West is one of America's most provocative and admired public intellectuals. Whether in the classroom, the streets, the prisons, or the church, Dr. West's penetrating brilliance has been a bright beacon shining through the darkness for decades. Yet, as he points out in this new memoir, "I've never taken the time to focus on the inner dynamics of the dark precincts of my soul." That is, until now.

Brother West is like its author: brilliant, unapologetic, full of passion yet cool. This poignant memoir traces West's transformation from a schoolyard Robin Hood into a progressive cultural icon. From his youthful investigation of the "death shudder" to why he embraced his calling of teaching over preaching, from his three marriages and his two precious children to his nearfatal bout with prostate cancer, West illuminates what it means to live as "an aspiring bluesman in a world of ideas and a jazzman in the life of the mind." Woven together with the fibers of his lifelong commitment to the prophetic Christian tradition that began in Sacramento's Shiloh Baptist Church, Brother West is a tale of a man courageous enough to be fully human, living and loving out loud.

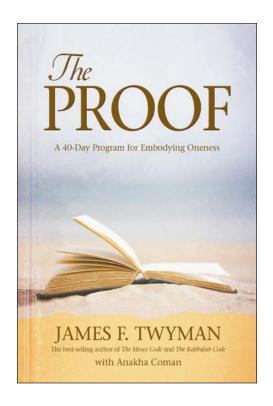
Educator and philosopher Cornel West is the Class of 1943 University Professor at Princeton University. Known as one of America's most gifted, provocative, and important public intellectuals, he is the author of the contemporary classic Race Matters, which changed the course of America's dialogue on race and justice, and the New York Times bestseller Democracy Matters. He is the recipient of the American Book Award and holds more than 20 honorary degrees. Award-winning writer David Ritz is the co-author of the autobiographies of Ray Charles, Marvin Gaye, Aretha Franklin, and B.B. King.

- National TV, including a show with Tavis Smiley
- National Print National Radio, including NPR Radio
- Internet advertising Email marketing campaign

The Proof A 40-Day Program for Embodying Oneness

James F. Twyman with Anakha Coman

9781401926410
October 15, 2010
\$14.95/\$17.95 Can
264 pages; 6" x 9"
Paperback
Carton Qty: 24
Print Run: 15K
Body, Mind & Spirit / New Thought



The saints and mystics are unanimous in their belief that we are not the separate beings we believe ourselves to be, but that we are in reality—One. Best-selling author, filmmaker, and musician James Twyman tested this in a dramatic experiment that has inspired hundreds of thousands of people, proving that our thoughts can be shared and that we are not as isolated as we once thought. There is a bond that exists between us, an unseen link that unites and satisfies us in ways that nothing else can. In the end, what we are seeking is not the riches of the world, but the richness of our souls; and this can only come from realizing that we are connected and whole. Simply put: We are One. Join James and spiritual teacher Anakha Coman as they break down the process of discovering Oneness into 40 practices that can profoundly change your life and how you see the world. Through step-by-step instructions, you'll be able to tap into your own hidden power to achieve the miracles you only dreamed of before. This is more than an instruction manual—it's a doorway into a new world.

James F. Twyman is the best-selling author of ten books, including The Moses Code, Emissary of Light, and The Art of Spiritual Peacemaking. He's also an internationally renowned "Peace Troubadour" who has the reputation for drawing millions of people together in prayer to positively influence crises throughout the world. He has been invited by leaders of countries such as Iraq, Northern Ireland, South Africa, Bosnia, Croatia, and Serbia to perform The Peace Concert—often while conflicts raged in those areas; and he has performed at the United Nations, the Pentagon, and more. James is the executive producer and co-writer of the feature film Indigo, and the director of Indigo Evolution and the documentary The Moses Code. He is also a member of the Order of St. Francis and the co-director of the World Community of Saint Francis.

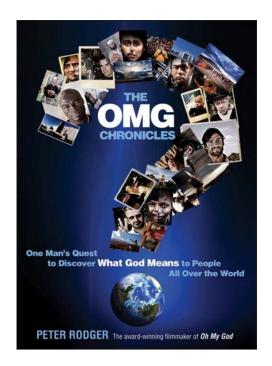
Marketing Plans

• Major-city lecture tour, including appearances at I Can Do It! • National Print • National Radio including HayHouseRadio.com • Internet advertising • "Outside Publicist" plus Hay House Publicist

The OMG Chronicles One Man's Quest to Discover What God Means to People All Over the World

Peter Rodger

9781401928452 November 2010 \$19.95/\$23.95 Can 200 pages; 5.4" x 8.4" Hardcover Carton Qty: 12 Print Run: TBC Religion / General



In 2006, frustrated with religious turmoil, fanaticism, and fundamentalism, filmmaker Peter Rodger set out on a quest across 23 countries to shoot the epic nonfiction motion picture Oh My God in an attempt to understand what the concept of God meant to people in all walks of life.

This book chronicles Peter's extraordinary adventure as he circled the globe, asking an amazing array of characters the simple (but not-so-simple) question: "What is God?" This is a story of overcoming challenges, as well as a unique travelogue and social snapshot. It delves into the pain of persevering in times of trouble and is also a testament to adhering to one's own convictions. Philosophical, searching, funny, and very personal, this work will make you laugh out loud, and at other times make you cry. It is devoid of theology, but touches faith on both religious and nonreligious levels. It is objective, yet there are many opinions. Above all, it is a chance to be whisked away from the comfort of your own home to visit places and people, famous and not; and absorb their profound, irreverent, blasphemous, spiritual musings . . . on an age-old query. Their words will stir up passion, curiosity, self-examination, and wild imagination. Oh My God! Prepare for the ride.

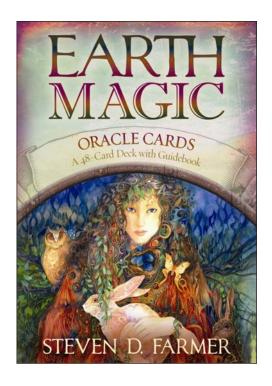
After completing his education at England's Maidstone College of Art, Peter Rodger's skill with the lens made him one of the most sought-after talents in the European and United States advertising industry, shooting numerous car, clothing, and cosmetics companies' print and commercial campaigns in over 40 different countries. Peter has exhibited his fine-art work all over the world and has won numerous awards for his filmed work, including several Telly Awards. He has also penned seven screenplays, including Bystander, Comfort of the Storm, and Publication Day, which are in development. After two and a half years of filming across 23 countries, Peter has just completed producing and directing the epic nonfiction documentary film Oh My God, which explores people's diverse opinions and perceptions of God. Peter resides in Los Angeles with his wife and children.



Earth Magic Oracle Cards A 48-Card Deck and Guidebook

Steven D. Farmer

9781401925352 November 2010 \$15.95/\$19.95 Can 3.8" x 5.8" Cards Carton Qty: 40 Print Run: TBC Body, Mind & Spirit / New Thought



The Earth speaks to us in many ways through the spirits of her various elements. In this deck of 48 oracle cards created by Steven D. Farmer, you'll find descriptions and images of several of these Earth elements along with clear and concise messages from the spirits of each.

Through the use of these cards, you'll uncover sensible advice that will provide guidance for questions you may have about any aspect of your life. The enclosed guidebook includes easy-to-follow instructions as well as expanded descriptions and messages for each card, allowing you to give yourself and others accurate, meaningful readings.

Steven D. Farmer, Ph.D., is a shamanic practitioner, ordained minister, and licensed psychotherapist. He's the author of the best-selling Animal Spirit Guides, the Power Animal Oracle Cards, Power Animals, Sacred Ceremony, and the guided meditation CD Messages from Your Animal Spirit Guides. Steven is also host of his own radio show, The Shamanic Hotline on HayHouseRadio.com.

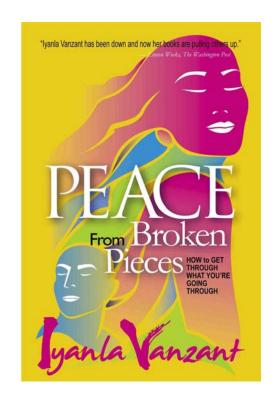
- Lecture tour with Hay House
- National radio, including HayHouseRadio.com
- National print
- Internet advertising
- Email marketing campaign



Peace from Broken Pieces How to Get Through What You're Going Through

Iyanla Vanzant

9781401928223
September 15, 2010
\$24.95/\$29.95 Can
280 pages; 6" x 9"
Hardcover
Carton Qty: 12
Print Run: 20K
Self-Help / Motivational & Inspirational



New York Times best-selling author Iyanla Vanzant recounts the last decade of her life and the spiritual lessons learned—from the price of success during her meteoric rise as a TV celebrity on Oprah, the Iyanla TV show (produced by Barbara Walters), to the dissolution of her marriage and her daughter's 15 months of illness and death on Christmas day. Like a phoenix rising from the ashes, Iyanla shares why everything we need to learn is reflected in our relationships and the strength and wisdom she has gained by supporting others in their journeys to make sense out of the puzzle pieces of their lives.

Iyanla Vanzant is the founder and executive director of Inner Visions International and the Inner Visions Institute for Spiritual Development. The author of five New York Times bestsellers and the Inner Visions CD Series—and the former host of the television series Iyanla and co-host of the NBC daytime reality show Starting Over. In 2010, the award-winning author and spiritual life coach will host BET's Daddy's Home, a new groundbreaking television program designed to heal the broken relationships between fathers and their children—in real time.

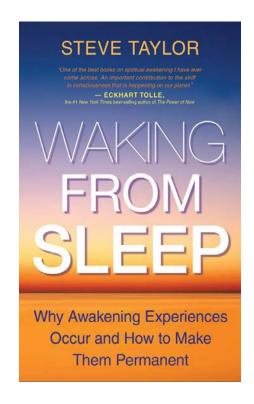
- National TV, Will host BET's new series, Daddy's Home, 2010
- National Lecture tour, including I Can Do It! conference
- National Print
- National Radio
- Internet advertising
- Email marketing campaign



Waking From Sleep Why Awakening Experiences Occur and How to Make Them Permanent

Steve Taylor

9781401928704
December 2010
\$14.95/\$18.95 Can
288 pages; 5.3" x 8.5"
Paperback
Carton Qty: 24
Print Run: TBC
Body, Mind & Spirit / New Thought



How much of your waking time are you fully awake? On the other hand, how often do you stumble through the day on autopilot, half-asleep and out of contact with yourself, instead of feeling connected and alive?

In this astounding book, Steve Taylor suggests that our normal consciousness is really a kind of "sleep" from which we sometimes "wake up" into a more intense and complete reality. He provides what is perhaps the first-ever clear explanation of higher states of consciousness, or "awakening experiences."

This work delves into: the methods we human beings have used throughout history to induce awakening experiences, including meditation, sex, sports, psychedelic drugs, and sleep deprivation; how higher states of consciousness were normal and natural to some of the world's peoples (and still are, in some cases); and how we can make "wakefulness" our normal state again.

By fully explaining awakening experiences, the author makes them much more accessible, which may lead to a revolution in our psychological development as human beings!

Steve Taylor, the author of The Fall and Making Time, is a teacher whose main interests are spirituality and psychology. He taught courses on personal development at the University of Manchester in the UK for several years, and is now a researcher in transpersonal psychology at Liverpool John Moores University.

Marketing Plans

• National Print • National Radio • Internet Marketing

Be You Now Stepping into the Life You Were Meant to Live

Mariel Hemingway and Robert Williams

9781401928827 November 2010 \$24.95/\$29.95 Can 256 pages; 6" x 9" Hardcover Carton Qty: 12 Print Run: 50K Self-Help / Motivational & Inspirational

Actress and healthy living advocate Mariel Hemingway teams up with stuntman, adventure guide, and nutrition expert Robert Williams to challenge you to stop following the pack and start living according to your own truth. In this inspiring guide, they invite you to explore their world of adventure, nature, "real" food, laughter, and play; as well as powerful daily rituals that make them uniquely young, healthy, vital, and alive. Connect to YOU by stepping into the life you were meant to live.

This book empowers you to make simple choices that will allow you to feel, look, and be younger and happier by reclaiming what is naturally abundant within you. Be YOU Now and live the experiences that enrich your existence and reveal your true identity... awakening you to your greatest potential and opening you up to infinite possibilities.

The granddaughter of illustrious author Ernest Hemingway, Mariel Hemingway made her silver-screen debut in the film Lipstick when she was just 13 years old. Four years later, her work in Woody Allen's Manhattan earned her an Oscar nomination. She has since made 30 films and has appeared in numerous television series. For over 20 years, Mariel has been pursuing her passion for yoga and health and is now seen as a voice of holistic and balanced health and well-being. As part of that role, she has led wellness retreats all over America, sharing her insights about movement, silence, nutrition, and home. In 2003, she published her powerful best-selling memoir, Finding My Balance. Mariel's second book, Mariel Hemingway's Healthy Living from the Inside Out, is a how-to guide to finding one's balance and health through self-empowering lifestyle techniques. Robert (Bobby) Williams, who has been in the world of health and wellness for 25 years, is a nutrition expert, world-class adventure-athlete, and practicing intuitive healer with deep ties to the world of alternative medicine and the raw-food movement.

Marketing Plans

• Lecture tour • National TV • National Radio • National print • Internet advertising

ORBS

Their Mission & Messages of Hope

Klaus Heinemann and Gundi Heinemann

9781401928865 October 2010 \$16.95/\$20.95 Can 200 pages; 5.4" x 8.4" Paperback Carton Qty: 24 Print Run: 10K Body, Mind & Spirit / New Thought

In the past decade people all over the world have become fascinated with orbs—the opaque circular features that appear unexpectedly in photographs. In fact, the popularity of this phenomenon has risen so much that serious research has been done on them. Books have been written about what they could be, how they're produced, and all of the scientific aspects of these beautiful spheres of light. However, one question has gone unanswered: what does their appearance mean? Orbs: Their Mission & Messages of Hope explains that these fascinating circles of light are here for a specific purpose—to bring us hope.

Written by orb expert and former Stanford and NASA materials science researcher Klaus Heinemann, together with his wife, Gundi Heinemann, a healing arts practitioner, this book is a grounded and visionary presentation of facts and experiences in orb photography. They offer convincing new results addressing the skeptic and numerous reports of meaningful orb encounters from people all over the world. This book delves deep into the magical and exciting world of orbs—how and when they appear to us—and explores what these emanations from Spirit Beings are trying to communicate.

Klaus Heinemann was born and educated in Germany and holds a Ph.D. in experimental physics from the University of Tübingen. Dr. Heinemann worked for many years in materials science research at NASA, UCLA, and as research professor at Stanford University. He is the co-author, along with Míceál Ledwith, of The Orb Project.

Gundi Heinemann received her degrees as an educator in Germany and teaches numerous alternative medicine disciplines. She maintains a healing arts practice in California.

Marketing Plans

• National Print • National Radio • Internet marketing • Email marketing campaign

Black. Female. Accomplished. Redefined.

Sophia Nelson

9781401927349
September 2010
\$15.95/\$18.95 Can
320 pages; 6" x 9"
Paperback
Carton Qty: 24
Print Run: 10K
Social Science / Ethnic Studies

Who are America's 21st-century black professional women? Is First Lady Michelle Obama one of them? Sophia Nelson, national media personality and the founder of iask, Inc. —I Am My Sister's Keeper—offers a rare glimpse into black professional women's minds, hearts, and souls. Through a compelling combination of groundbreaking survey research and inspiring real-life stories, this pragmatic and inspiring survival guide takes the "mask" off of the proverbial strong black woman. Nelson paints an honest yet compassionate portrait of accomplished African American women who are often misunderstood and stereotyped as too strong, too independent, angry, materialistic, and unfulfilled.

Black. Female. Accomplished. Redefined. teaches black women how to transform unsettling trends, such as high workplace stress, damaging stereotypes, and challenging personal life options (70 percent of all black professional women are unmarried). Nelson gently urges all black women, especially young aspiring professionals, to reject such typecasting by redefining themselves. To excel in all facets of life, black women must begin to understand their unique patterns, contexts, and strengths—rather than focusing on their weaknesses and limitations. By doing so, Nelson says, black professional women will reveal their innate beauty, brilliance, compassion, sensuality, and soul, and be free to fulfill their true destinies.

Sophia Nelson is the President and Founder of iask, Inc. (aka "I Am My Sister's Keeper), an international organization dedicated to the service and success of professional black women. She is a popular blogger and much sought-after national columnist, speaker, and political/social commentator for such media outlets as CNN, FOX NEWS, NPR, The Huffington Post, BET, and the BBC. Her opinion pieces have appeared in The Washington Post, The Washington Times, The Wall Street Journal, The New York Times, The Chicago Sun Times, USA Today, Essence, and National Journal/Legal Times.

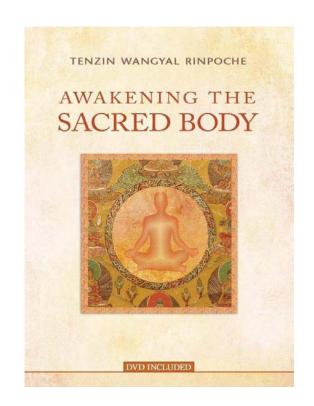
Marketing Plans

• National Radio • Internet campaign • Email marketing campaign

Awakening the Sacred Body

Tenzin Wangyal Rinpoche

9781401928711 November 2010 \$19.95/\$23.95 Can 200 pages; 6" x 8" Mixed media product Carton Qty: 24 Print Run: 10K Religion / Buddhism



Awakening the Sacred Body brings the ancient art of Tibetan breathing practices to the mainstream. Teacher Tenzin Wangyal Rinpoche outlines the theory and process of two powerful meditations—the Nine Breathings of Purification and the Tsa Lung movements—that can help you change the way you think, feel, and experience the world.

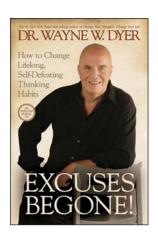
The simple methods presented in Awakening the Sacred Body and on the accompanying DVD focus on clearing and opening your energetic centers to allow the natural human qualities of love, compassion, joy, and equanimity to bloom. These practices, which bring the mind and breath together with specific body movements, can help you connect to your inner wisdom and achieve a relaxed yet aware state of mind.

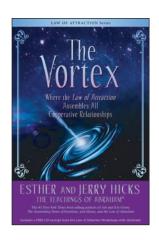
Tenzin Wangyal Rinpoche is an acclaimed author and highly respected teacher to students around the world. Tenzin Rinpoche is renowned for his depth of wisdom; his clear, engaging teaching style; and his ability to make ancient Tibetan teachings highly accessible and relevant to the lives of Westerners. Tenzin Rinpoche is the founder and spiritual director of Ligmincha Institute, a non-profit organization dedicated to preserving the ancient teachings, arts, sciences, language, and literature of Tibet and Zhang Zhung. He is the author of Tibetan Sound Healing; The Tibetan Yogas of Dream and Sleep; Healing with Form, Energy, and Light; and Wonders of the Natural Mind. Tenzin Rinpoche resides in Charlottesville, VA with his wife and son.

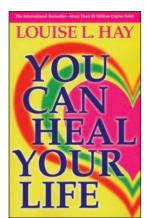
- National Radio
- Internet campaign
- Email marketing campaign

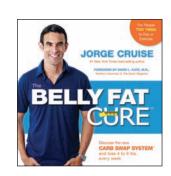
Current Bestsellers in Canada (Sales from May 2009 to May 2010)

1	Excuses Begone!	Dr. Wayne W. Dyer	9781401921736	cl
2	The Vortex	Esther and Jerry Hicks	9781401918828	pb
3	You Can Heal Your Life	Louise L. Hay	9780937611012	pb
4	The Belly Fat Cure	Jorge Cruise	9781401927189	pb
5	Change Your Thoughts - Change Your Life	Dr. Wayne W. Dyer	9781401917500	pb
6	The Biology of Belief	Bruce H. Lipton	9781401923112	cl
7	You Can Heal Your Life	Louise L. Hay	9781561706280	pb
8	The Power of Intention	Dr. Wayne W. Dyer	9781401902162	pb
9	Ask and It Is Given	Esther and Jerry Hicks	9781401904593	pb
10	Angel Therapy Oracle Cards	Doreen Virtue	9781401918330	PR
11	Money, and the Law of Attraction	Esther and Jerry Hicks	9781401918811	pb
12	10 Secrets for Success and Inner Peace	Dr. Wayne W. Dyer	9781561708758	cl
13	Virus of the Mind	Richard Brodie	9781401924683	cl
14	El Asombroso Poder de las Emociones	Esther and Jerry Hicks	9781401912468	pb

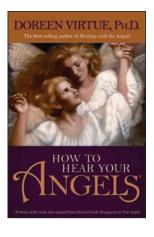


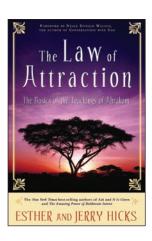


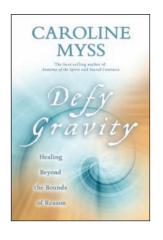


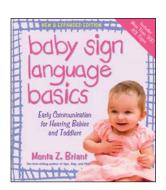










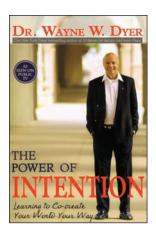


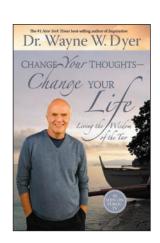
15	The Power is Within You	Louise L. Hay	9781561700233	pb
16	How to Hear Your Angels	Doreen Virtue	9781401917050	pb
17	Power vs. Force	David R. Hawkins	9781561709335	pb
18	The Law of Attraction	Esther and Jerry Hicks	9781401912277	pb
19	Healing with the Angels Oracle Cards	Doreen Virtue	9781561706396	dc
20	Excuses Begone! CD	Dr. Wayne W. Dyer	9781401923105	cd
21	Heal Your Body	Louise L. Hay	9780937611357	pb
22	Baby Sign Language Basics	Monta Z. Briant	9781401921606	pb
23	Defy Gravity	Caroline Myss	9781401922900	cl
24	The Psychic Tarot	John Holland	9781401918668	dc
25	Angel Numbers 101	Doreen Virtue	9781401920012	pb

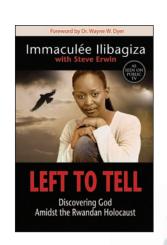


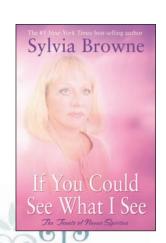
Lifetime Bestsellers in Canada (Life-to-Date Sales)

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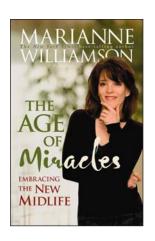


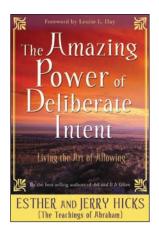














15	Power vs. Force	David R. Hawkins	9781561709335	pb
16	Contacting Your Spirit Guide	Sylvia Browne	9781401905323	cl
17	The Age of Miracles	Marianne Williamson	9781401917197	cl
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