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# Spring 2013

# HAY HOUSE

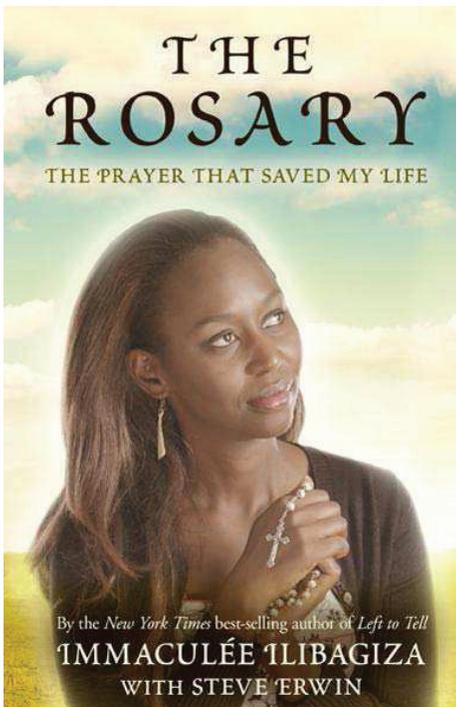
Full Catalogue

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**This edition of the catalogue was printed on December 19, 2012.**

*To view updates, please see the Spring 2013 Raincoast eCatalogue  
or visit [www.raincoast.com](http://www.raincoast.com)*





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## The Rosary

### The Prayer That Saved My Life

**IMMACULÉE ILIBAGIZA AND STEVE ERWIN**

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Immaculée Ilibagiza believes that praying the rosary spared her from being slaughtered during the horrific 1994 Rwanda genocide, in which her family and more than a million other innocent men, women, and children were brutally murdered. Nearly two decades later, Immaculée continues to pray the rosary every day and marvels at how she is constantly renewed and richly rewarded by rejoicing in this glorious prayer. It has helped her in every aspect of her life, from literally saving her life to strengthening her faith, easing sorrows, changing heartache into happiness, healing illnesses in herself and others, solving family problems, landing a dream job, finding long-lost friends, and even locating lost keys! She received so many blessings from the rosary, in fact, that she decided to study its history and origins. She soon discovered that it was not just meant for Catholics, but that the Virgin Mary promised a life filled with blessings to everyone from any religion who faithfully recited the rosary daily . . . and this was such wonderful news that she vowed to share it with as many people as she could. In *The Rosary: The Prayer That Saved My Life*, Immaculée reveals how the rosary's many blessings can be reaped by each and every one of us. In this moving and uplifting book, the *New York Times* bestselling author recounts her personal experience of discovering the power and the beauty of the ancient beads — and shows all of us how to enrich our own lives by exploring and embracing the mysteries, secrets, and promises of the prayer that became her “lifeline to heaven.”

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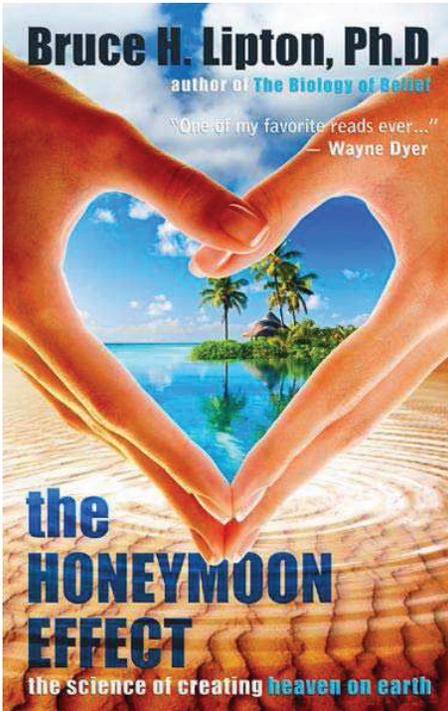
Immaculée Ilibagiza, the author of *Left to Tell*, *Led by Faith*, *Our Lady of Kibeho*, and *The Boy Who Met Jesus* (with Steve Erwin), was born in Rwanda and studied electronic and mechanical engineering at the National University. She lost most of her family during the 1994 genocide. Four years later, she emigrated to the United States and soon began working at the United Nations in New York City. She is now a full-time public speaker and writer. In 2007 she established the Left to Tell Charitable Fund, which helps support Rwandan orphans, and was awarded the Mahatma Gandhi International Award for Reconciliation and Peace.

Steve Erwin is a *New York Times* best-selling author and award-winning journalist. He lives in New York City with his wife, journalist and author Natasha Stoyneff.

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## The Honeymoon Effect

### The Science of Creating Heaven on Earth

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**BRUCE H. LIPTON**

The Honeymoon Effect: A state of bliss, passion, energy, and health resulting from a huge love. Your life is so beautiful that you can't wait to get up to start a new day and you thank the Universe that you are alive. Think back on the most spectacular love affair of your life — the Big One that toppled you head over heels. For most, it was a time of heartfelt bliss, robust health, and abundant energy. Life was so beautiful that you couldn't wait to bound out of bed in the morning to experience more Heaven on Earth. It was the Honeymoon Effect that was to last forever. Unfortunately for most, the Honeymoon Effect is frequently short-lived. Imagine what your planetary experience would be like if you could maintain the Honeymoon Effect throughout your whole life. Bruce H. Lipton, Ph.D., bestselling author of *The Biology of Belief*, describes how the Honeymoon Effect was not a chance event or a coincidence, but a personal creation. This book reveals how we manifest the Honeymoon Effect and the reasons why we lose it. This knowledge empowers readers to create the honeymoon experience again, this time in a way that ensures a happily-ever-after relationship that even a Hollywood producer would love. With authority, eloquence, and an easy-to-read style, Lipton covers the influence of quantum physics (good vibrations), biochemistry (love potions), and psychology (the conscious and subconscious minds) in creating and sustaining juicy loving relationships. He also asserts that if we use the 50 trillion cells that live harmoniously in every healthy human body as a model, we can create not just honeymoon relationships for couples but also a "super organism" called humanity that can heal our planet.

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Bruce H. Lipton, Ph.D., cell biologist and lecturer, is an internationally recognized leader in bridging science and spirit. Bruce was on the faculty of the University of Wisconsin's School of Medicine and later performed groundbreaking stem cell research at Stanford University. He is the best-selling author of *The Biology of Belief* and the more recent *Spontaneous Evolution*, co-authored with Steve Bhaerman. Bruce received the 2009 prestigious Goi Peace Award (Japan) in honor of his scientific contribution to world harmony.

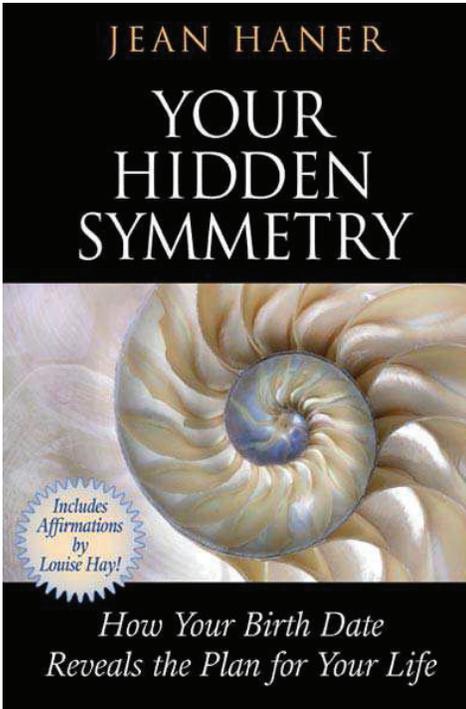
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## Your Hidden Symmetry

How Your Birth Date Reveals the Plan for Your Life

### JEAN HANER

On the day you were born, you were imprinted with a plan and a purpose — elegant patterns that can be read to see who you really are and what your true calling is. And like your own personal tide table, the ebbs and flows of each phase of your life were set into motion on the day of your birth. Based on ancient Chinese principles of balance and health, this book gives you a rich understanding of your hidden symmetry — the intricate inner design that influences who you are and how your life unfolds. This book is not about astrology or numerology; it is based on thousands of years of research about how time moves in natural patterns and profoundly affects your life. You can use this knowledge to discover the themes running through your life experience, tap into your core strengths, find lasting love, and do your best work in the world. Jean Haner shows you how to ride the waves instead of fight the current of your life, learn how to make best use of what's coming in future years, and understand why things happened as they did in the past. Jean will guide you to discover who you really came here to be, recognize the true nature of everyone you meet, and break free of old limitations — and create a life of conscious vitality, joy, ease and love!

Jean Haner, the author of *The Wisdom of Your Face* and *The Wisdom of Your Child's Face*, teaches compassionate and affirming ways for people to understand their true inner nature, and to feel love for everyone in their lives. With her 30-year background in ancient Chinese principles of balance and health, Jean is well known for providing grounded, practical information that can be put to immediate use in life.

Website: [www.wisdomofyourface.com](http://www.wisdomofyourface.com)

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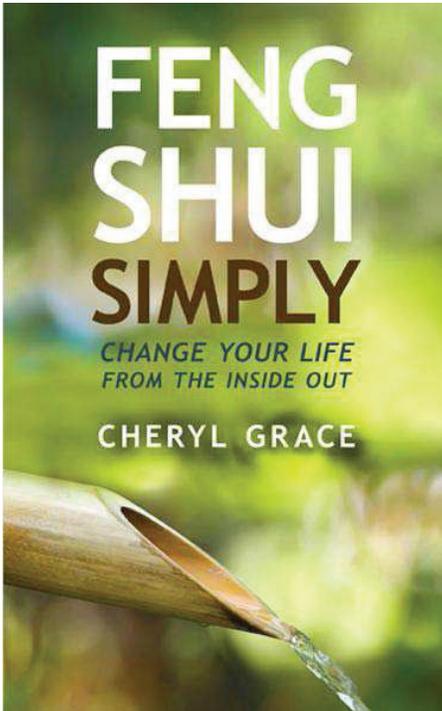
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## Feng Shui Simply

### Change Your Life From the Inside Out

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#### CHERYL GRACE

In *Feng Shui Simply*, Cheryl Grace digs deep into the principles of feng shui and presents readers with a new view of this age-old concept. Her approach focuses on balancing the energy of not only a person's external landscape but also their internal mindscape. Through contemporary feng shui, Grace teaches readers to plan their environment using a Bagua map — a chart separating physical spaces into nine areas, each representing a different aspect of life, such as wealth, family, reputation, career, and creativity. But she goes a step further and presents an all-new Inner Wisdom Bagua map that correlates the characteristics, beliefs, and attitudes that will help readers flourish in each area. *Feng Shui Simply* is a comprehensive program of inner and outer work that uses the Bagua as a template to manage life on a day-to-day basis and point readers toward their life's true purpose. Readers learn to harness the power of their intuition and use tools like Yin and Yang, the Five Elements, Instant Energy, and the Magical Day, to evaluate their inner and outer environments to create the life they desire. Grace shows readers the importance of seizing the moment by taking practical steps to put their dreams in motion, graciously receiving and not taking anything for granted, and surrendering to the process through letting go of control. Using anecdotes from her own experience switching careers from an ESPN executive to a feng shui consultant, as well as her clients' success stories, Grace walks readers through each area of the classic and Inner Wisdom Bagua maps to create unique solutions for their lives. With wit and authority, Grace provides simple strategies for self-assessment, and enthusiastically guides readers on a feng shui journey to harmonize the space in which they live with the space in which they exist.

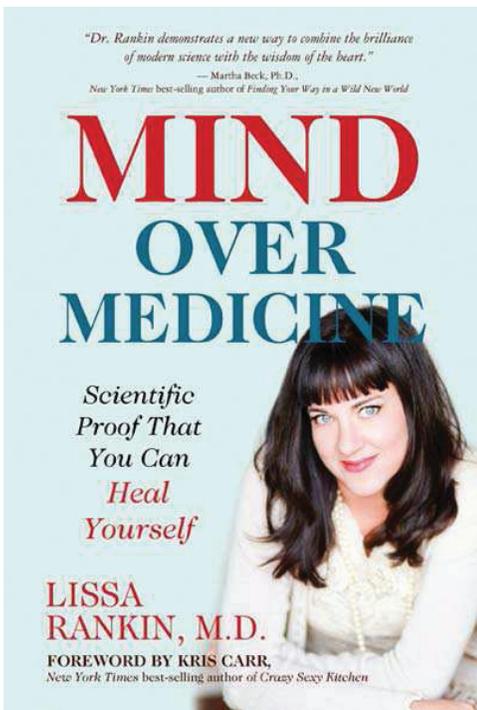
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Cheryl Grace is a feng shui author, professional consultant, motivational speaker, and teacher, who specializes in helping people design their lives from the inside out. As an expert practitioner, she offers a new perspective putting the true power of feng shui in the reader's hands so they can reach their full potential by living an inspired and purpose-driven life. With her illuminating insight and refreshing humor, she is a sought-after feng shui design professional and keynote speaker, turning the ancient wisdom of feng shui into a uniquely powerful program of discovery and self-fulfillment. Through the lens of feng shui, she decoratively transforms a home or business into a cozy and easy environment with an emphasis on modern decorating solutions that are practical as well as purposeful. Grace is President and CEO of ggRedecorating...with feng shui, the highly regarded consultancy based in Sarasota, Florida, that she founded after a successful career as a corporate executive at ESPN. She graduated from Fresno State University and earned an M.A. from the University of San Francisco. As a watercolor artist, she has a line of Living Art® home décor and artwork inspired by feng shui available on her website, [www.ggRedecorating.com](http://www.ggRedecorating.com).

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## Mind Over Medicine

### Scientific Proof That You Can Heal Yourself

**LISSA RANKIN**

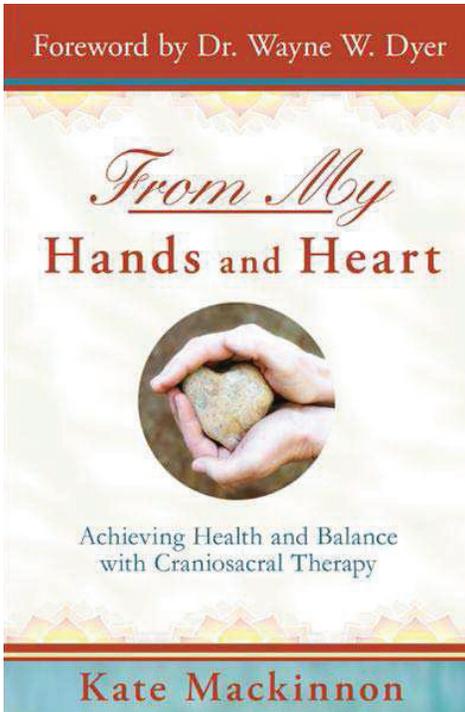
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Clinical trials show that up to 80 percent of patients given a placebo heal themselves with the power of the mind alone. But how? There is documented evidence that beliefs, thoughts, and feelings can cure the body. And this book not only reveals the data from mainstream medical journals; it tells you step-by-step how you can implement this knowledge to make your body ripe for spontaneous remission or disease prevention. For years, pioneers in the medical community have been extolling the virtues of the mind's power to heal the body. Yet their insights into the connection between our physiological states and our thoughts, beliefs, and emotions have long been dismissed by modern medicine as New-Age quackery and pseudoscience. Until now, few have made a definitive, scientifically-documented case that the mind indeed has the power to prevent illness and even cure the body. Intrigued but skeptical that the mind could heal the body, Western-trained physician Lissa Rankin, M.D. pored over hundreds of objectively evaluated, peer-reviewed studies from medical journals to find proof not just that thoughts and feelings originating in the mind can heal the body, but also that there are clear physiological mechanisms explaining how this happens. In short, the body is equipped with natural self-repair mechanisms that the mind has the power to flip on or off. In 'Mind Over Medicine,' she explains how this process works, proves with extraordinary case studies from the medical literature that it does, and teaches practical techniques you can use to activate the body's natural self-healing mechanisms, while shutting off the processes that predispose to illness. She also guides you through the process of uncovering where you might be making unhealthy choices, not just in your diet, exercise program, and sleep habits, but in your relationships, your professional life, your creative life, your spiritual life, and more — so that you can create a customized treatment plan 'The Prescription' aimed at bolstering all of these health-promoting aspects of your life. By expanding your definition of health and healing and implementing practices that turn off what Harvard researcher Walter Cannon termed 'the stress response' and activating what Dr. Herbert Benson termed 'the relaxation response,' you can prevent or even reverse diseases such as heart disease, diabetes, high blood pressure, chronic pain, even cancer.

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Lissa Rankin, M.D. is an integrative medicine physician, author, speaker, artist, and founder of the popular online health and wellness communities LissaRankin.com and OwningPink.com. Frustrated by the broken health care system and fueled by a passion to determine what really makes people healthy and what really predisposes them to illness, she immersed herself in the medical literature to study how doctors might better care for patients. Her research led her to discover that patients have self-healing powers beyond our wildest imaginings, which we can effectively manipulate with the mind. She is on a mission to heal health care, help patients play a more active role in healing themselves, and encourage the health-care industry to embrace and facilitate, rather than resist, such miracles. I Can Do It! Ignite participants, as well as TEDx audiences and many health conference attendees will get a preview of what she has learned.





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9 x 6

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## From My Hands and Heart

Achieving Health and Balance with Craniosacral Therapy

**KATE MACKINNON, FOREWORD BY WAYNE W. DYER**

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Craniosacral therapy (CST) is a powerful hands-on treatment that supports the body's own wisdom and innate ability to heal. Tens of thousands of practitioners around the world can attest to the effectiveness of this rapidly growing therapy. In *From My Hands and Heart*, Kate Mackinnon interweaves her personal journey of using CST with case studies and detailed, easy-to-understand explanations of the theory behind it. Whether you've never heard of CST before, thought it didn't apply to you, or are currently undergoing treatments, this book has something for you. Mackinnon guides you through creating a team of practitioners focused on your well-being, and explains how to help yourself at home between sessions. You'll learn simple, safe techniques that almost anyone can perform and receive. Most important, you'll gain a deeper understanding of the amazing powers of the human body and how, with individualized support through CST, it can find its own way to balance and health.

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Kate Mackinnon has been working as a physical therapist for more than 20 years, supporting people in creating comfort and ease in their own bodies. She finds that craniosacral therapy is the key to effecting speedy, long-lasting recoveries in her patients, while also increasing the effectiveness of any other treatments they receive. She lives, works, and swims in Livermore, California.

Website: [www.healingbodybalance.com](http://www.healingbodybalance.com).

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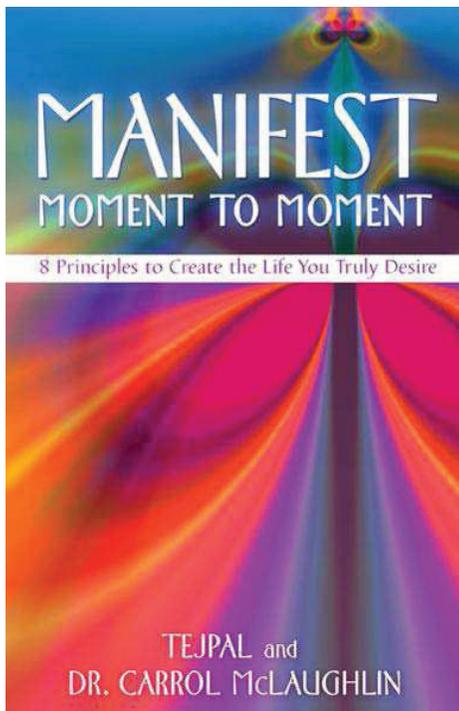
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## Manifest Moment to Moment

### 8 Principles to Create the Life You Truly Desire

**TEJPAL AND CARROL McLAUGHLIN**

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Imagine that you hold in your hands the power to change your reality — that you are capable of creating your highest vision and desire. In fact, you are. *Manifest Moment to Moment* is your guide to setting your intent, discovering your soul mission, and realizing your most heartfelt longings. Hands-on and thought provoking, this book invites you to go within and discover your unique, infinite possibilities. This information is imperative for anyone wishing to change the parameters of his or her life. Healer and inspirational teacher Tejpal and renowned professor and harpist Dr. Carrol McLaughlin have created eight principles, as well as practical exercises and tools, to enable us all to begin successfully manifesting moment to moment. The eight principles include: #1: Your desires and beliefs form the basis for every manifestation. #2: Intention overcomes every obstacle. #3: You are not your story. #4: It's all about energy. #5: You have a specific life purpose. #6: Intuition is the magic wand. #7: Clear, heal, and reinvent constantly. #8: Infinite possibilities are within you.

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Tejpal was the director of an international business consultant team in Paris, France, specializing in leadership development. She holds master's degrees in both business management and psychology from France. Following her passion to inspire and uplift, Tejpal attended the Corporate Coach University and the Barbara Brennan School of Healing, and became a certified Kundalini yoga teacher. She is now a highly respected life coach, healer, intuitive, and inspirational teacher at the famed Miraval Resort in Tucson, Arizona. Tejpal leads workshops around the world on intuition, healing, soul mission and vibrant living, helping men and women design the life they truly desire.

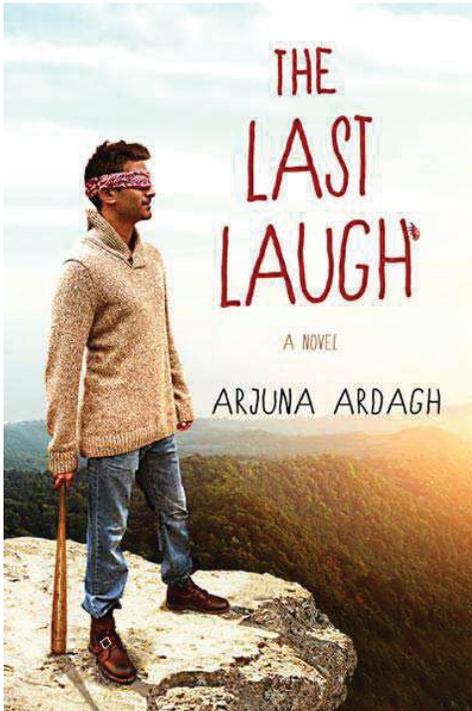
Website: [www.tejpal-inspires.com](http://www.tejpal-inspires.com)

Dr. Carrol McLaughlin is an award-winning professor, heading one of the largest and most respected harp departments in the world. She is a renowned concert harpist who performs internationally as a soloist and with orchestras. Carrol has given workshops and lectures in more than 30 countries, teaching performers to overcome fear and achieve at their highest potential. An expert in Neuro Linguistic Programming, a Kundalini yoga teacher, an author, and a composer, Carrol is also a gifted healer. She has recently conducted a study at the University of Arizona Medical Center, researching the power of harp music to heal patients in the intensive care unit following heart surgery.

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## The Last Laugh

### ARJUANA ADRAGH

You know life is bad when suicide feels like your best option — and that's just how Matt Thomson was feeling about his life until a chance encounter at a diner changes everything. After calling the phone number slipped to him by a kind waitress Matt is drawn into a mysterious meeting with an unlikely guru. Joey Murphy — ex-Merchant Marine, entrepreneur, teacher, and wild man — has lived a life of adventure, celebrity, and deep reflection. His electric personality and humbledemeanor make him the perfect teacher, and soon Joey is leading Matt on the roller-coaster ride of his life: a ten day adventure filled with dodging cop cars, playing Blind Man's baseball on the edge of a cliff, visiting paradise artfully disguised as Taco Bell, trading intimate secrets with total strangers, and discovering what Joey calls "the True Teacher." In the process, Matt reluctantly sheds old ideas and learns to love and trust in the power of himself and the universe. This modern tale of awakening will take you through the ups and down, the laughter and tears, and the frustration and inspiration of a profound journey to personal freedom.

Arjuna Ardagh is an Awakening Coach, and he trains others to be facilitators of Awakening, a process he developed which focuses on how to integrate spiritual awakening with worldly accomplishment — discovering and giving your unique gift to the world. Ardagh was educated in England, at Kings School, Canterbury, and later at Cambridge University, where he earned a master's degree in literature. He is the author of seven books, including the #1 national bestseller *The Translucent Revolution*, which was featured in *O Magazine*. He speaks at conferences all over the world, and has appeared on TV, on the radio, and in print media in twelve countries. Ardagh is also a member of the Transformational Leadership Council.

Websites: [awakeningcoachingtraining.com](http://awakeningcoachingtraining.com) and [arjunaardagh.com](http://arjunaardagh.com)

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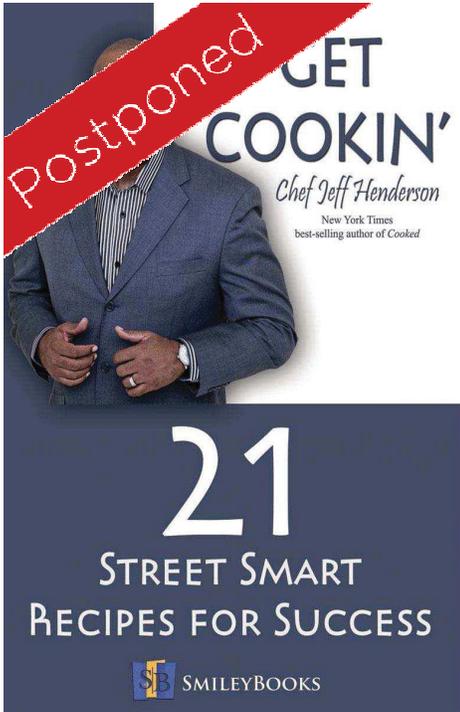
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# If You Can See It, You Can Be It

21 Mean-Street Principles for Success

**JEFF HENDERSON**

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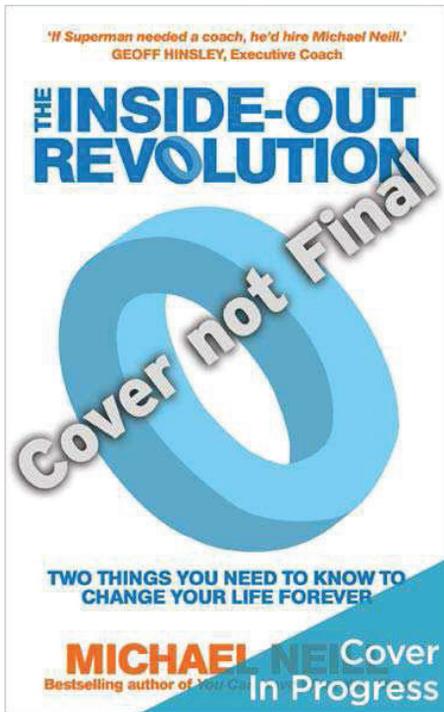
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# The Inside-Out Revolution

Two Things You Need to Know to Change Your Life Forever

**MICHAEL NEILL**

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Hay House • Available: 05/20/2013  
9781401942410 • \$15.95 • pb

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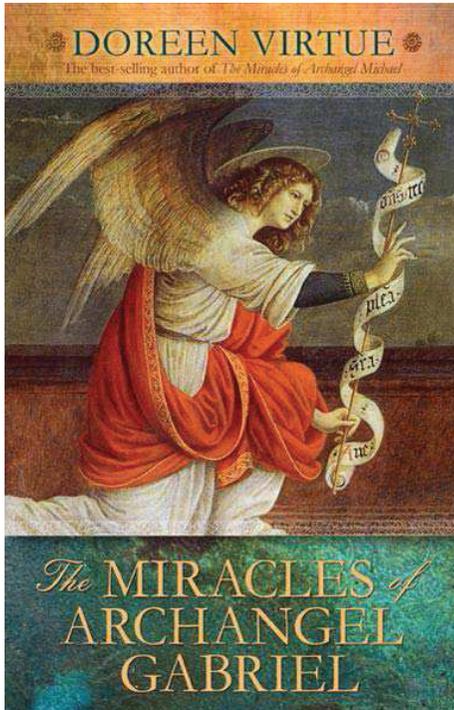
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## The Miracles of Archangel Gabriel

### DOREEN VIRTUE

Archangel Gabriel is the famous messenger angel from the Christmas story of Luke. In this compelling book, Doreen Virtue offers more information on the history and characteristics of Gabriel, to increase your knowledge of and connection with this remarkable angel. Gabriel is still with us, helping people be messenger angels — including teachers, writers, musicians, and artists — and helping parents conceive, adopt, and raise their children. You'll read true stories of people who were miraculously aided by Gabriel, and learn how you, too, can receive assistance with your messenger work and parenting.

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 *The Angel Therapy Handbook* and *Healing with the Angels*, among other works. Doreen has appeared on *Oprah*, *The View*, *Good Morning America*, CNN, and other programs; presents workshops around the world; and also has a weekly call-in talk show on HayHouseRadio.com.

Website: [www.AngelTherapy.com](http://www.AngelTherapy.com)

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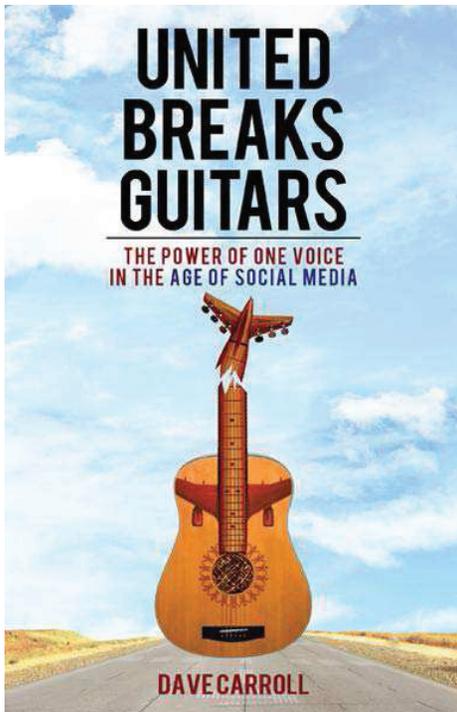
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## United Breaks Guitars

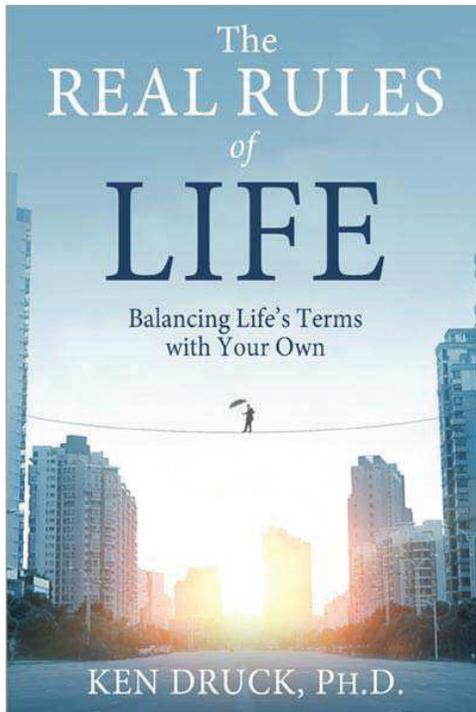
The Power of One Voice in the Age of Social Media

### DAVE CARROLL

Songwriter Dave Carroll wasn't the first person abused by an airline's customer service. But he was the first to show how one person, armed with creativity, some friends, \$150, and the Internet, could turn an entire industry upside down. United Airlines had broken Dave's guitar in checked luggage. After eight months of pestering the company for compensation, he turned to his best tool — songwriting — and vowed to create a YouTube video about the incident that he hoped would garner a million views in one year. Four days after its launching, the first million people had watched 'United Breaks Guitars'. United stock went down 10 percent, shedding \$180 million in value; Dave appeared on outlets as diverse as CNN and *The View*. United relented. And throughout the business world, people began to realize that "efficient" but inhuman customer-service policies had an unseen cost — brand destruction by frustrated, creative, and socially connected customers. 'United Breaks Guitars' has become a textbook example of the new relationship between companies and their customers, and has demonstrated the power of one voice in the age of social media. It has become a benchmark in the customer-service and music industries, as well as branding and social-media circles. Today, more than 150 million people are familiar with this story. In this book, you'll hear about how Dave developed the "just do it" philosophy that made him the ideal man to take on a big corporation, what it felt like to be in the center of the media frenzy, and how he's taken his talents and become a sought-after songwriter and public speaker. And businesspeople will learn how companies should change their policies and address social-media uprisings. Since 'United Breaks Guitars' emerged, nothing is the same — for consumers, for musicians, or for business. Whether you are a guitarist, a baggage handler, or a boardroom executive, this book will entertain you and remind you that we are all connected, that each of us matters, and that we all have a voice worth hearing.

Dave Carroll is a singer-songwriter and social media innovator from Halifax, Canada. Following his 2009 YouTube music video release called 'United Breaks Guitars,' about his poor customer service experience with United Airlines, Dave's career blossomed and he is now a highly-sought-after performer, content creator, author, keynote speaker, and consumer advocate.





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## The Real Rules of Life

### Balancing Life's Terms with Your Own

**KEN DRUCK**

Finally someone is telling the truth about how life really is. And Ken Druck knows what he's talking about. No matter what we say, do, or believe in, life has its own terms. And they're not what we thought. Life presents us all with challenges and setbacks. The life we thought we'd signed up for is not the one we get. Then what? How do we summon the raw courage and strength to go on? Create Plan B and grow wiser from the experience? Ken Druck's personal journey through tragedy after the death of his daughter, Jenna, led him to discover the secrets of how we survive life's worst losses and uncover its dark gifts — hidden opportunities for spiritual deepening, renewal, discovery, meaning, and even joy. We discover how to take off the blinders and be a part of the unseen miracles and opportunities that are right under our noses. Ken Druck knows the real rules of life. From his own experience and as a trusted coach and confidant to people all over the world, including leaders facing their greatest challenges, Ken knows the difference between wishful thinking and grounded truth. His refreshingly honest approach to turning adversity into opportunity makes up the heart and soul of this book. *The Real Rules of Life* is not a quick fix, nor does it trivialize life's struggles. It shows you how to heal. How to grow your soul. How to thrive. How to be both broken and whole at the same time by getting and staying real. And how to live more consciously. Ken Druck inspires you to make peace with life as it really is. Once you know the real rules, you can balance life's terms with your own and live boldly.

#### REP. NOTES

Ken Druck, Ph.D., is one of the nation's pioneers in personal transformation, having broken fresh ground in male psychology, executive coaching, organizational consulting, parent effectiveness, healing after loss, and, most recently, the art of turning adversity into opportunity. Druck Enterprises, Inc. (DEI) is a leading coaching, consulting, and team-building firm with a broad base of clients including Microsoft, Pfizer, IBM, the *San Diego Union Tribune*, and the YMCA.

Since founding The Jenna Druck Center in 1996, "Dr. Ken" has become a lifeline for thousands of families who have suffered a loss. He is often called upon to assist in tragedies such as 9/11, Columbine, and Hurricane Katrina.

Ken has appeared on national television networks including *CNN* and *MSNBC*. He's been featured on numerous radio shows and in publications including *The New York Times*, *The Wall Street Journal*, *USA Today*, and *The Los Angeles Times*. Ken recently cofounded and serves on the nation's first community editorial board at the *San Diego Union Tribune* where he is a frequent (and outspoken) editorial contributor.

In recent years, Ken has been the recipient of the Visionary Leadership, Distinguished Contribution in Psychology, and Family Advocate awards. He is a standing member of the Transformational Leadership Council ([www.transformationalleadershipcouncil.com](http://www.transformationalleadershipcouncil.com)) and a regular contributor to several global leadership initiatives.

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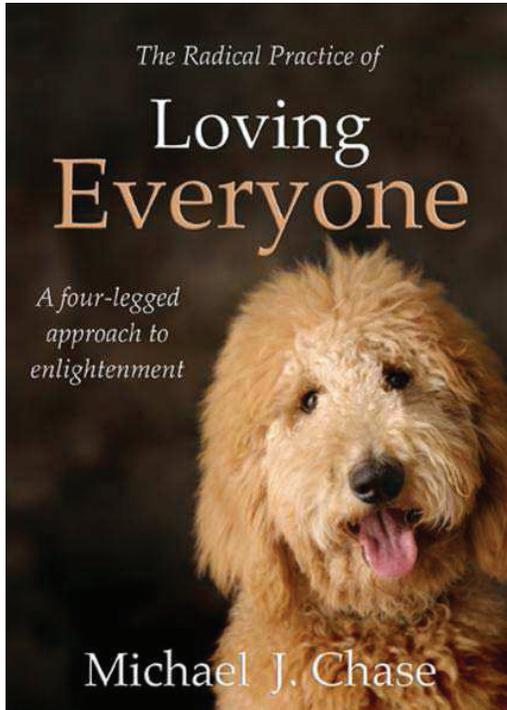
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9 781401 939724



Hay House • Available: 05/29/2013

LEAD

7 x 5

9781401942021 • \$16.95 • pb

## The Radical Practice of Loving Everyone

A Four-Legged Approach to Enlightenment

**MICHAEL J CHASE**

Is “loving everyone” really possible, as the title of Michael J. Chase’s new book suggests? The answer may surprise you, as he chronicles his journey toward enlightenment, gaining insight from a very unlikely source — a four-legged guru named Mollie, who happens to be the most lovable yet mischievous dog in the world. In his attempt to understand her ability to unconditionally love all, Chase begins to see the world through his best friend’s eyes, especially during their morning walks. Mollie’s hilarious antics and maddening behavior ultimately lead to profound insights learned at the other end of the leash.

Michael J. Chase is an author, inspirational speaker, and student of spiritual wisdom, both ancient and contemporary. Considered an expert on the subjects of kindness and positive behavior, he is one of today’s most sought-after teachers in the field of personal and spiritual development. As founder of The Kindness Center, Michael, along with his teachings, is recognized across the globe. Whether he’s sharing his insights in a classroom, in a boardroom, or onstage in front of thousands of people, his powerful message impacts countless lives each year. Michael lives in Maine with his wife, son, and best friend Mollie.

REP. NOTES

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## Solomon Speaks on Reconnecting Your Life

### The Prayer That Saved My Life

**ERIC PEARL AND FREDERICK PONZLOV**

Twenty years ago, Dr. Eric Pearl had a seemingly chance encounter with a chiropractic patient that would radically change the trajectory of his life. Countless people have benefited from this meeting, as Dr. Pearl made the excursion from successful chiropractor to one of our most eminent healers, known throughout the world. *Solomon Speaks on Reconnecting Your Life* is the fascinating documented journey Dr. Pearl took through the initial stages of developing Reconnective Healing. As guided by the spirit Solomon, who speaks through Frederick Ponzlov, readers will experience firsthand the insight and instruction given to the doctor. Through this unorthodox collaboration, a unique modality was created that has revolutionized the healing world, giving us all the key to access the immense power we have within us.

Hay House • Available: 06/04/2013  
9 x 6  
9781401942960 • \$24.95 • cl

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REP. NOTES

Dr. Eric Pearl walked away from one of the most successful chiropractic practices in Los Angeles when he and others started witnessing miraculous healings. Since that time, he has committed himself to imparting the light and information of the Reconnective Healing process through extensive lectures and seminars about 'The Reconnection.' Dr. Pearl has appeared on countless television programs in the U.S. and around the world. He has also spoken by invitation at the United Nations, has presented to a full house at Madison Square Garden, and his seminars have been featured in various publications, including *The New York Times*.

Website: [www.TheReconnection.com](http://www.TheReconnection.com)

Frederick Ponzlov, a native of Long Beach, California, is a produced screenwriter, acting teacher, and award-winning actor. A graduate of the University of Wisconsin -Milwaukee, he studied acting at the Neighborhood Playhouse in New York and then journeyed west to Los Angeles. There he pursued a screenwriting career, and his first outing, *Undertaking Betty*, starring Naomi Watts, Christopher Walken, Brenda Blethyn, and Alfred Molina, won a BAFTA. Frederick has taught acting for the last 30 years and continues to do so in Long Beach. The entity of Solomon has been with him most of his life, and after years of silence, this bookmarks his public debut.

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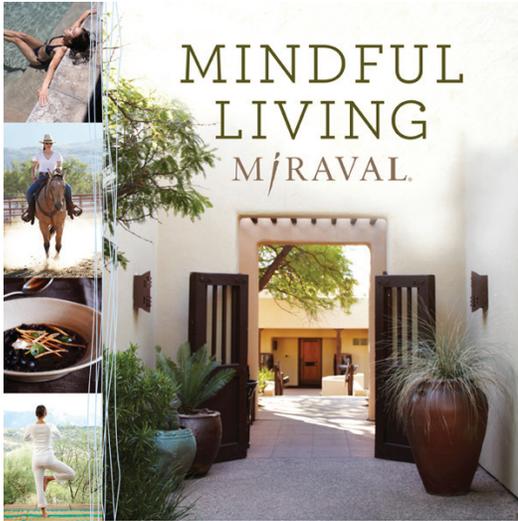
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 9781401942007 • \$29.95 • cl

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## Mindful Living

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### MIRAVAL

*Mindful Living* is designed to help you more fully celebrate each moment of your life. Twelve specialists from the Miraval resort — ranging from exercise physiologists to chefs to spiritual healers — bring their expertise to chapters centered on the key tenets of the Miraval philosophy, such as balance, joy, and developing the ability to overcome obstacles. This book brings Miraval to the reader and is designed to be helpful for both those who have never visited and regular guests of the resort. Through recipes, exercises, meditations, and spa treatments, readers are shown a wide variety of practical ways to implement the changes they desire. While the topics addressed in *Mindful Living* may seem broad, they are held together through the concept of ‘mindfulness.’ Mindfulness is the ability to live in the present, using simple tools like the breath to help you remain focused, calm, and capable of making the kind of decisions that will lead to a better life. Just as life is a journey, so is *Mindful Living*, moving through the months of the year and encouraging you to get the most out of each stage of the cycle.

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Miraval Resort & Spa is a top-rated, all-inclusive destination retreat — a resort, an award-winning spa, and an unforgettable getaway. Consistently rated among the world’s top spas and resorts by TripAdvisor and SpaFinder and publications such as Travel+Leisure, Spa magazine, and Conde Nast Traveler, Miraval has earned its trendsetting reputation as one of the finest destinations for life betterment.

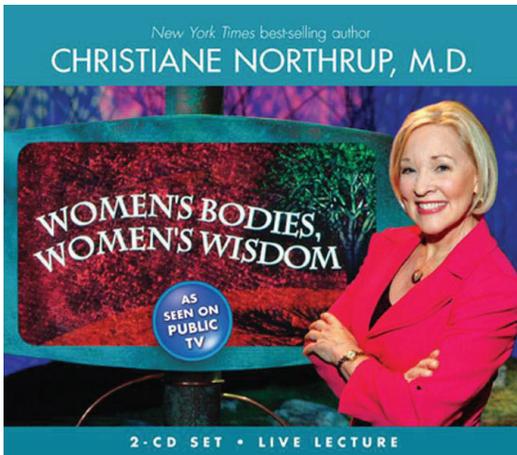
Miraval can be a catalyst for a healthy lifestyle change; an escape and support through challenging times; or simply somewhere to rest, reflect, and reenergize before beginning the next chapter. For most guests, a stay at Miraval is nothing less than a life-changing and life-affirming experience where lessons linger long beyond checkout.

Website: [www.MiravalResorts.com](http://www.MiravalResorts.com)

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## Women's Bodies, Women's Wisdom

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### CHRISTIANE NORTHRUP

Dr. Christiane Northrup, acclaimed author and pioneer in the field of women's health, now helps you transform the relationship you have with your body. With her guidance, you'll find out how to access and use the most powerful inner tool that you possess for beauty and overall well-being: your innate Women's Wisdom. From diet to dancing... from the latest information in breast screenings to the role of pleasure... experience a completely new path to being a truly wise and wonderful woman. This program will forever change your thinking about what is possible with your health — inside and out!

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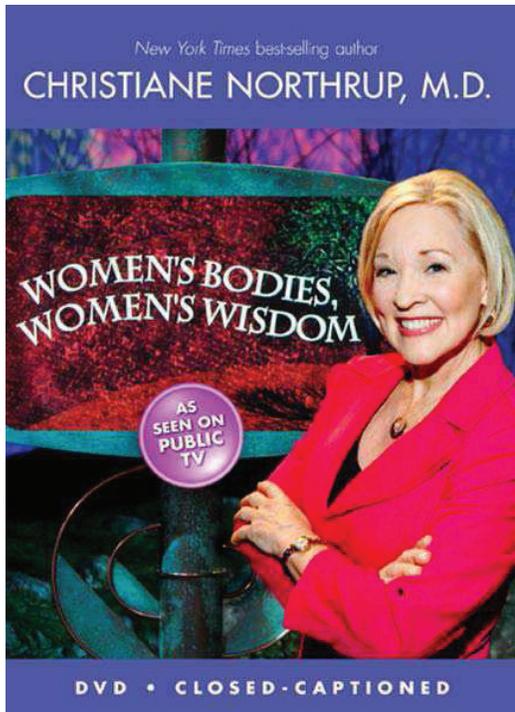
**Christiane Northrup, M.D.**, a board-certified ob-gyn, is a visionary pioneer; a beloved authority in women's health and wellness; and the author of *The New York Times* bestsellers *Women's Bodies, Women's Wisdom* and *The Wisdom of Menopause*. Following a 25-year career in both academic medicine and private practice, Dr. Northrup now devotes her time to helping women truly flourish on all levels through tapping into their inner wisdom.

Website: [www.DrNorthrup.com](http://www.DrNorthrup.com)

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## Women's Bodies, Women's Wisdom

### CHRISTIANE NORTHRUP

Dr. Christiane Northrup, acclaimed author and pioneer in the field of women's health, now helps you transform the relationship you have with your body. With her guidance, you'll find out how to access and use the most powerful inner tool that you possess for beauty and overall well-being: your innate Women's Wisdom. From diet to dancing... from the latest information in breast screenings to the role of pleasure... experience a completely new path to being a truly wise and wonderful woman. This program will forever change your thinking about what is possible with your health — inside and out!

Christiane Northrup, M.D., a board-certified ob-gyn, is a visionary pioneer; a beloved authority in women's health and wellness; and the author of *The New York Times* bestsellers *Women's Bodies, Women's Wisdom* and *The Wisdom of Menopause*. Following a 25-year career in both academic medicine and private practice, Dr. Northrup now devotes her time to helping women truly flourish on all levels through tapping into their inner wisdom.

Website: [www.DrNorthrup.com](http://www.DrNorthrup.com)

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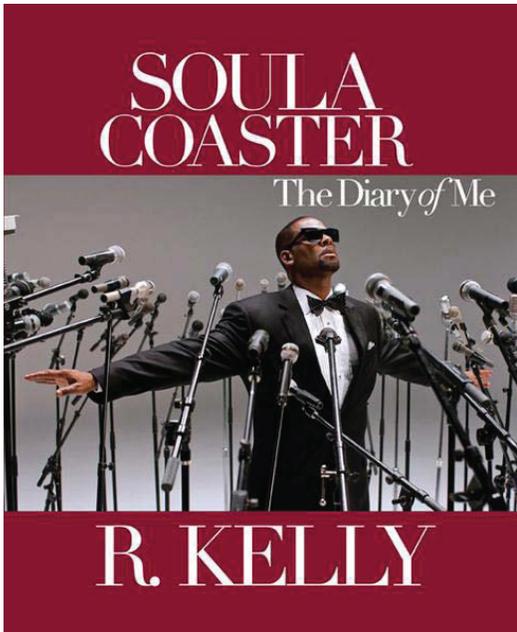
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 9.13 x 7.50  
 9781401928360 • \$19.95 • pb  
 Hardcover Edition: 9781401928353

## The Soulacoaster

The Diary of Me

### R. KELLY AND DAVID RITZ

Who is R. Kelly? Three-time Grammy winner, who has sold more than 35 million records worldwide. Legendary writer and producer, who collaborated with such music icons as Michael Jackson, Celine Dion, Jay-Z, and Aretha Franklin. Visionary cultural messenger, who created the hip hopera phenomenon 'Trapped in the Closet'. Creative genius. Sex symbol. The man who puts the "R" in R&B.

R. Kelly, the king of R&B, makes music of epic proportions. After 18 years of stardom, the prolific multi-instrumentalist, producer, and vocalist continues to forge an artistic path that caters to fantasy and captures the hearts of adoring fans. This is, in essence, how an artist sells over 34 million records, and wears the crown of a king. It is this uncanny ability to compose countless classics and deliver electrifying live performances that defines everything that is essential R. Kelly. It's why he is the recipient of multiple Grammy, Billboard, BMI, and American Music Awards. R. Kelly lives and produces music out of his Chocolate Factory Studio in the heart of Chicago.

### REP. NOTES

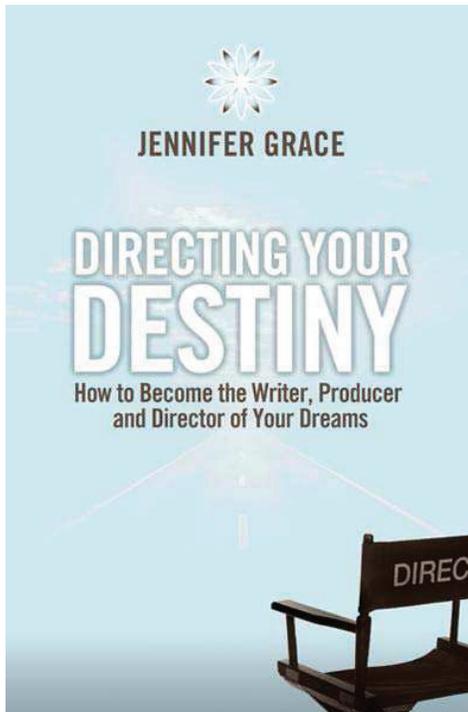
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Hay House • Available: 07/04/2013

9 x 6

9781401941871 • \$16.95 • pb

## Directing Your Destiny

How to Become the Writer, Producer, and Director of Your Dreams

### JENNIFER GRACE

If you were given the chance to write your own future, and direct your own destiny, how would your life change? In this groundbreaking new book, author Jennifer Grace shares her insights — as a classically trained theatrical and SAG actress, screenwriter, and filmmaker — to allow everyone the opportunity to write, produce, and direct the movie of their lives. By following her easy-to-understand method, you will learn to recast your story with people who are in sync with their highestselves, and rewrite scenes to realign with self-love, creativity, peace, and empowerment. By utilizing the Authenticity Frequency Method (AFM) technique Jennifer developed, countless business leaders, artists, and students of all ages and backgrounds have already manifested new careers . . . new realities . . . and all-new lives. With nine gentle daily practices, Jennifer helps you access the authentic emotions you need — week by week — to realize the life you previously only thought was possible in the movies. Here are the tools, the techniques, and the teacher you need to dramatically reimagine your reality. In just 30 days, with a little discipline and diligence, you'll discover how to live in a world of “lights, camera, action” and bring your own new story to life!

### REP. NOTES

Jennifer Grace has a B.A. in communications from the University of Arizona. She spent eight years on Wall Street in investment banking, then crossed over into the creative world and became a SAG actress, filmmaker, and screenwriter. In the last seven years, blending her business knowledge and creative expertise, she has become an Executive Dream Producer, which gives her and her Dream Team the opportunity to help others discover their personal dreams and then launch them into reality. She is trained and certified in Creativity in Business, the famed Stanford University personal-transformation master's degree course, which she teaches locally in South Florida at The Standard hotel in Miami, where she is the resident Dream Coach. She currently leads retreats all over the world, hosts online webinars, and enjoys being a mom to her 11-year-old son, Cole Sebastian, who frequently shows up at her classes as a guest teacher!

Website: [www.jennifergrace.com](http://www.jennifergrace.com)

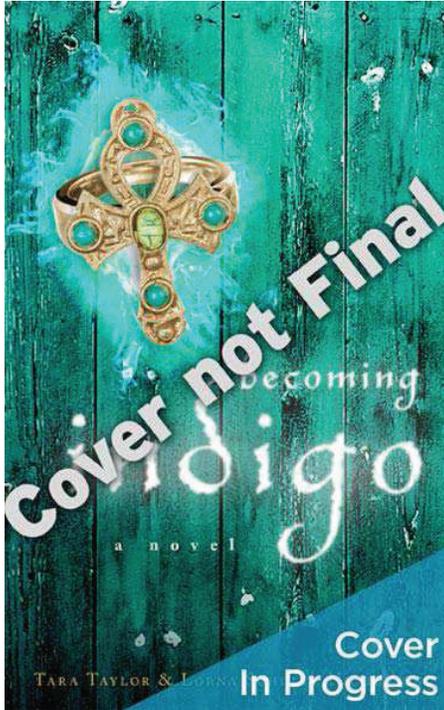
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## Becoming Indigo

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**TARA TAYLOR AND LORNA SCHULTZ NICHOLSON**

High school is finally over, and Indigo Russell is living with two of her best friends in the Glebe, an artsy, bohemian area in downtown Ottawa. It's summertime, which means humid, restless nights. The apartment is making strange noises at all hours. Is it just her imagination, or is something more sinister at play? Meanwhile, Indie has no idea what she wants to do with her life. As close friends and classmates prepare to head off to university, she's left wondering where to go — a task made all the more difficult as her thoughts are interrupted by weird voices. Who are these voices that keep talking to her? Angels, or villains? Is the apartment haunted... or is she? As she searches for answers, and attempts to control her supernatural abilities, Indie forms a close bond with nice-boy Paul. Not long after, Indie's first love, John, comes back into her life, complicating everything. Fate leads her to Annabelle, a woman who shares her psychic gift and who maybe the one to help her figure it all out. In the face of danger and heartache, Indie must learn to follow her intuition, listen to her inner guide, and discover who she should trust, to become the person she is meant to be.

---

**Tara Taylor** is an internationally known intuitive counselor, spiritual teacher, and motivational speaker. She is president and CEO of Whitelight Wellness and co-founder of the Just Say Yes seminars. Tara counsels people of all ages and guides professional intuitives and children with clairvoyant gifts, as well as friends and family who need help understanding these special children.

Websites: [www.tarataylor.ca](http://www.tarataylor.ca) and [www.throughindigoseyes.com](http://www.throughindigoseyes.com)

**Lorna Schultz Nicholson** is a full-time writer who has published over 20 award-winning books, including *Roughing* and *Northern Star*. Her nonfiction book, *Home Ice*, was on the *Globe and Mail* bestseller list for many months and was a top selling sports book during the 2010 Olympics in Vancouver. Lorna divides her time between Calgary and Penticton, where she and her husband share their homes with their crazy golden retriever, Snowball, and whiny bichon-shih tzu, Molly.

Websites: [www.lornaschultznicholson.com](http://www.lornaschultznicholson.com) and [www.throughindigoseyes.com](http://www.throughindigoseyes.com)

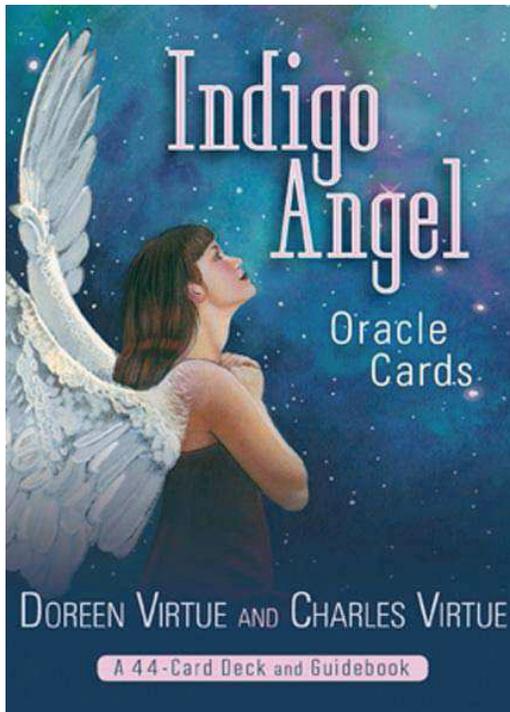
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 Non Returnable

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## Indigo Angel Oracle Cards

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### DOREEN VIRTUE AND CHARLES VIRTUE

Indigos are strong-willed, intuitive leaders with innate spiritual skills, including the ability to clearly recognize the truth. Yet, in this complicated world, even Indigos need assistance in knowing the next step to take in their mission, as well as relationships and other areas. In this guidebook to accompany the *Indigo Angel Oracle Cards*, Doreen Virtue and Charles Virtue explain the meaning of each of the 44 cards in the deck, presenting angelic guidance specifically for Indigo children and adults... along with their parents and teachers.

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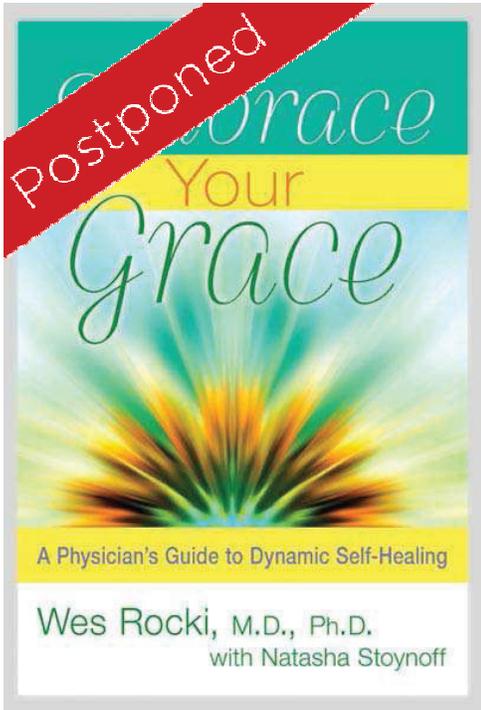
Doreen Virtue holds B.A., M.A., and Ph.D. degrees in counseling psychology; and is a lifelong clairvoyant who works with the angelic realm. She's the author of *The Angel Therapy Handbook* and *Healing with the Angels*, among other works. Doreen has appeared on *Oprah*, *The View*, *Good Morning America*,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

Website: [www.AngelTherapy.com](http://www.AngelTherapy.com)

**Charles Virtue** is a fifth-generation metaphysical psychic/healer who learned to work closely with the angels from his mother, Doreen, from a young age. His passion is helping people connect with their higher selves and realize the true potential of their lives. Since childhood, Charles has known that he was meant to do work guided by a big purpose, and he has fulfilled that early premonition with the Angelic Certification classes he teaches around the world. Charles helped his mother write *The Care and Feeding of Indigo Children* and co-authored the book *Signs from Above* with her, and through his monthly newsletters he continues to channel and write messages and lessons the angels bring him.

Website: [www.CharlesVirtue.com](http://www.CharlesVirtue.com)





## Embrace Your Grace

A Physician's Guide to Dynamic Self-Healing

**WES ROCKI AND NATASHA STOYNOFF**

Do you suffer from chronic disease and feel abandoned by the limited, risky, and ineffective methods of mainstream medicine? Are you left disillusioned by the exaggerated claims, unregulated supplements, and substandard training within the alternative health-care industry? If so, you are one of millions wandering this planet confused, desperate, and sick. In *Embrace Your Grace: A Physician's Guide to Dynamic Self-Healing*, Dr. Wes Rocki, a veteran medical and alternative-therapy doctor, offers a simple, effective, natural solution: You. It's time to take charge of your wellness, says Dr. Wes, and align with the miraculous power of your body, mind, and spirit — your own "inner doctor" super triad — to identify the cause of your "dis-ease" and create the resolution. Sharing stories about himself and his patients, Dr. Wes teaches you how to use the tools of energy/intuition medicine, hypnosis, and biofeedback to transform every moment of your life into a harmonious state of well-being.

Hay House • Available: 09/01/2013

9 x 6

9781401941277 • \$16.95 • pb

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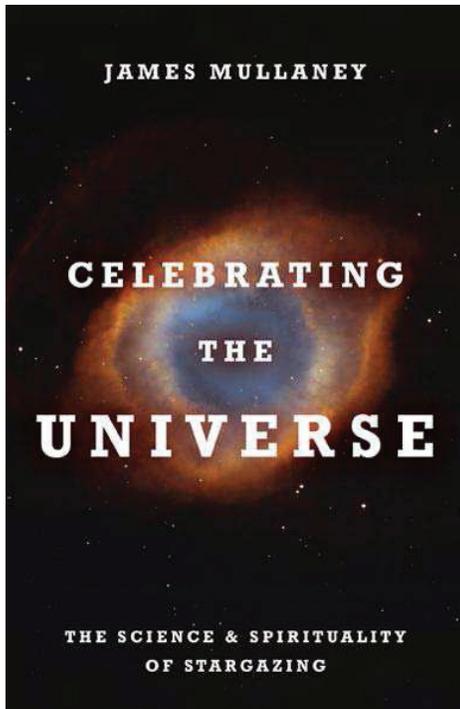
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Hay House • Available: 07/29/2013  
 8.50 x 5.50  
 9781401941727 • \$17.95 • pb

## Celebrating the Universe

### The Science & Spirituality of Stargazing

**JAMES MULLANEY**

The very first work of its kind, *Celebrating the Universe: The Science & Spirituality of Stargazing* is a guide to the wonders of the heavens visible to the unaided eye and in binoculars, with a focus on the “soul” of the night sky! This travel guide to the stars is written from a metaphysical and spiritual perspective in addition to a scientific one. The unique unifying theme throughout is the personal benefits of communing with celestial wonders firsthand — the joy and heady excitement of participating in the great cosmic drama unfolding nightly overhead. This involves such little-known aspects of stargazing as therapeutic relaxation, celestial meditation, expansion of consciousness, spiritual contact, and astral travel. Everything the budding stargazer and celestial pilgrim needs for this cosmic journey is contained within this volume, from how to observe the sky . . . to what to see - and why! Covered are the Sun, Moon, and all of the planets; comets, asteroids, meteors, and artificial satellites; variable and exploding stars, colorful double and multiple stars, and glittering star clusters; and eerie glowing nebulae, our majestic Milky Way, and even the remote galaxies. Astronomer and author James Mullaney explores profound concepts such as our heritage as children of the stars (we are made of stardust!) and our cosmic destiny (as citizens of the universe!) — all from an aesthetic viewpoint.

#### REP. NOTES

James Mullaney is an astronomy writer and lecturer who has published more than 700 articles and eight books on observing the wonders of the heavens, and logged over 20,000 hours of stargazing time with the unaided eye, binoculars and telescopes. Formerly Curator of the Buhl Planetarium & Institute of Popular Science in Pittsburgh and Director of the DuPont Planetarium, he served as staff astronomer at the University of Pittsburgh's Allegheny Observatory and as an editor for Sky & Telescope magazine. One of the contributors to Carl Sagan's acclaimed Cosmos PBS television series, his work has received recognition over the years from such notables (and fellow stargazers) as Sir Arthur Clarke, Johnny Carson, Ray Bradbury, Dr. Wernher von Braun, and former student NASA scientist/astronaut Dr. Jay Apt. His 50-year mission as a “celestial evangelist” has been to “celebrate the universe!” — to get others to look up at the majesty of the night sky and to personally experience the joys of stargazing. In recognition of his work, he has been elected a Fellow of the prestigious Royal Astronomical Society of London.

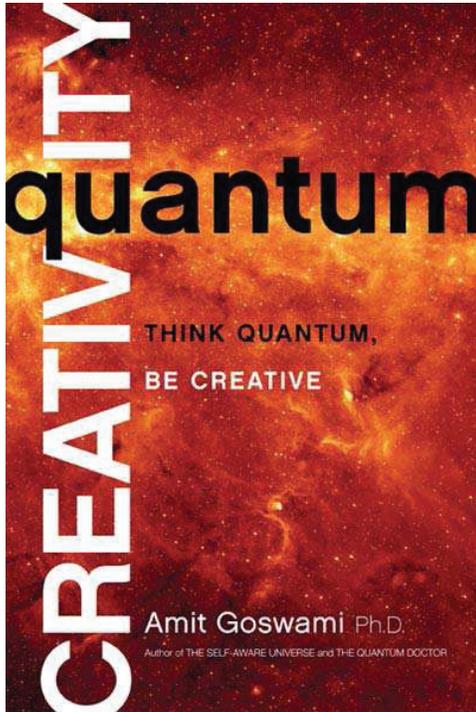
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Hay House • Available: 08/19/2013

9 x 6

9781401940751 • \$16.95 • pb

## Quantum Creativity

Think Quantum, Be Creative

### AMIT GOSWAMI

In *Quantum Creativity*, Amit Goswami, Ph.D., physicist and author of *The Self-Aware Universe*, explores human creativity through the unique lens of quantum physics, offering readers a new way to nurture and enhance their own creativity — the ultimate source of joy and fulfillment. In this exciting work, Goswami poses questions that probe the wellspring of creation that exists in each of us. What is creativity? Can anyone be creative? What kinds of creativity are there? Goswami fixes on this mercurial subject with the eye of a scientist. Combining the art of creativity with the objectivity of science, he lays out a guidebook for understanding the power of the mind to access creativity in a whole new way. According to quantum physics, reality occurs on two levels: possibility and actuality. Goswami uses this same duality to explore what he calls “quantum thinking,” which focuses on two levels of thinking — the conscious mind of actuality and the unconscious mind of possibility. He then teaches readers how to harness this innate ability in order to live more creatively. Written for a broad audience, *Quantum Creativity* uses empirical data to support this new theory of how to think, and puts forth guidelines for its application in real life. In short, Goswami teaches readers how to think quantum to be creative.

### REP. NOTES

Amit Goswami, Ph. D., is a retired professor from the theoretical physics department of the University of Oregon in Eugene, where he had served since 1968. He is a pioneer of the new paradigm known as ‘science within consciousness.’ Goswami is the author of the highly successful textbook *Quantum Mechanics*, which is used in universities throughout the world. He has also written many popular books, including *The Self-Aware Universe*, *The Visionary Widow*, *Physics of the Soul*, *The Quantum Doctor*, and *God is Not Dead*. Goswami appeared in the films *What the Bleep Do We Know?* and *The Dalai Lama Renaissance*, and the award-winning documentary *The Quantum Activist*.

### PROMOTION

Website: [www.amitgoswami.org](http://www.amitgoswami.org).

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### REP. NOTES

Recognized worldwide as 'The Abundant Lifestyle Authority,' Noah St. John is the inventor of Affirmations, a best-selling author, and the creator of the Inner Game of Successtraining programs. He delivers high-impact, customized strategies that enable entrepreneurs and organizations to achieve unprecedented growth. Since 1997, he's helped his clients add over \$75 million dollars in new revenues to their bottom line. More than 200,000 people in 50 countries have experienced Noah's breakthrough training methods, and his books have been translated into 12 languages worldwide. One of the world's most sought-after experts on personal growth and professional development, Noah has been featured on CNN, ABC, NBC, CBS, Fox, NPR, *PARADE* magazine, *Woman's Day*, *Los Angeles Business Journal*, *Chicago Sun-Times*, *Selling Power*, *Spirit* magazine of Southwest Airlines, *Bottom Line Publications*, and *The Washington Post*.

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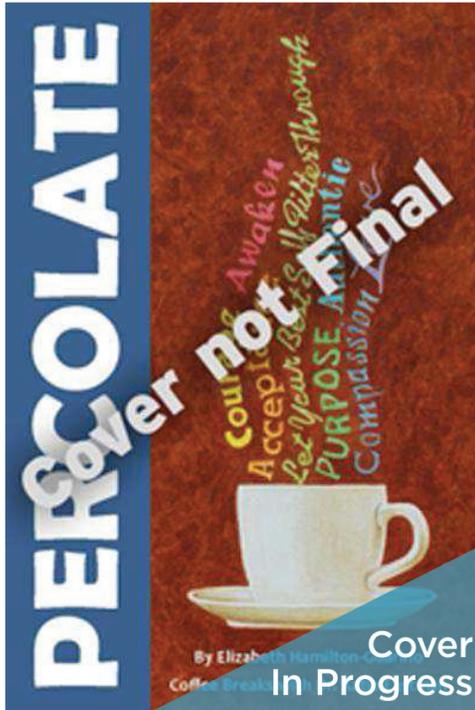
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Elizabeth Hamilton-Guarino, founder and CEO of the Best Ever You Network, understands firsthand the challenges life can bring and has worked with thousands across the globe to illuminate their light within and help them live their best life. She has a degree in communications and broadcasting; is a life coach, food-allergy expert, and anaphylaxis survivor; and is the host of *The Best Ever You Show*.

Elizabeth lives with her husband and four boys in Maine. She has tried tea, but is a bit more philosophical when she drinks coffee.

Websites: [www.ElizabethHamiltonGuarino.com](http://www.ElizabethHamiltonGuarino.com) and [www.BestEverYou.com](http://www.BestEverYou.com)

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