

NEW TITLE RELEASES

January 2010–April 2010

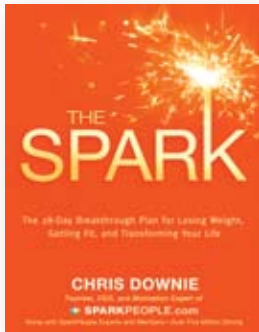
The International
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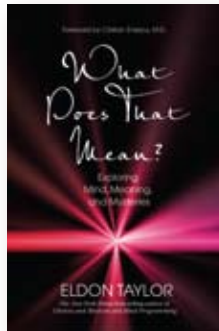


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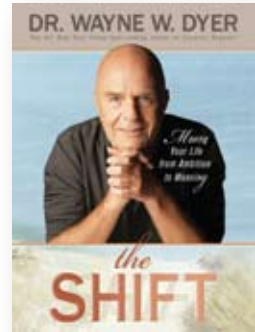
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Chris Downie
USA \$24.95
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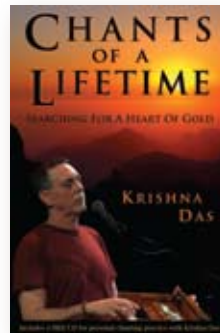
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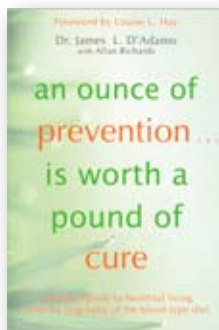
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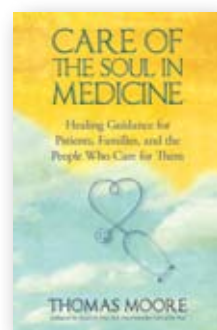
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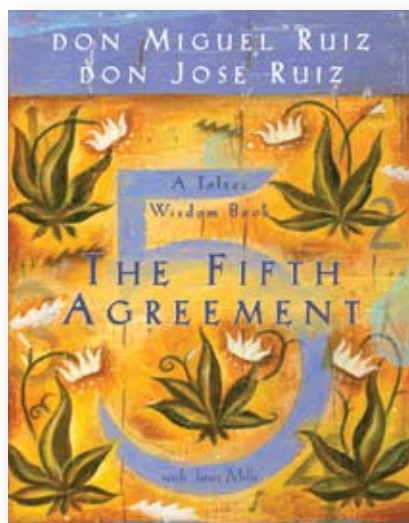
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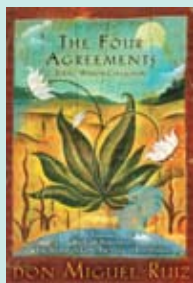
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 Hardcover • 5" x 7-1/4"
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The Four Agreements
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The Fifth Agreement

A Practical Guide to Self-Mastery

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Since 1997, *The Four Agreements* has transformed the lives of millions of people around the world with a simple but profound message.

Now, best-selling author **Don Miguel Ruiz** and his son, **Don Jose Ruiz**, collaborate on this powerful sequel, *The Fifth Agreement*.

The Four Agreements provided the foundation for breaking thousands of agreements that create needless suffering, and with *The Fifth Agreement*, you can recover all the power of your authenticity, which is who you really are when you're born.

Don Miguel Ruiz is the internationally best-selling author of the Toltec Wisdom series, including *The Four Agreements* (over seven years on *The New York Times* best-seller list), *The Mastery of Love*, and *The Voice of Knowledge*. He continues to share the wisdom of the ancient Toltec through lectures, workshops, and journeys to sacred sites around the world.



Don Jose Ruiz was chosen by his father to carry on the centuries-old family legacy of healing and teaching. For the past seven years, he has lectured widely across the United States and at sacred sites around the world.



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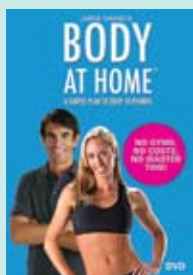
In-stock: November 29, 2009
Release: December 29, 2009 • USA \$19.95
 Tradepaper • 6-1/2" x 7-1/2"
 978-1-4019-2718-9

Print Run: 150,000

Marketing: National Radio, Print, Television, and Online Marketing Campaign—Over 10 Million E-mails. Columnist for USA Today Weekend Magazine, Featured Program on YouTube for 1 Year, Costco Connection—Featured Cover

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The Belly Fat Cure

Discover the New Carb Swap System and Lose 4 to 9 lbs. Every Week

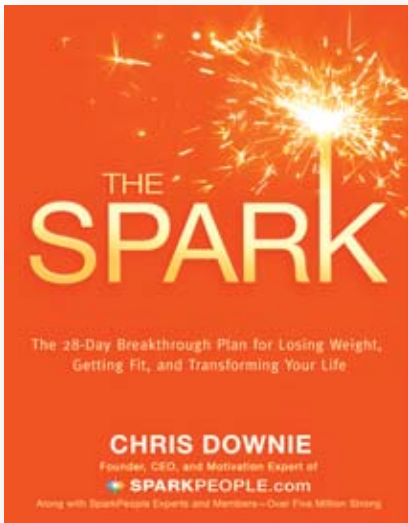
JORGE CRUISE

For years, experts have told you that you're tired and overweight because you eat too much and don't exercise enough. They were WRONG. The truth is that you are eating foods packed with hidden sweeteners that deliver a belly-fattening Sugar/Carb Value. This simple guide makes smart eating effortless and affordable. It includes more than 1,500 options customized for: carbaholics, meat lovers, chicken and seafood fans, chocoholics, fast-food junkies, and even vegans! What are you waiting for? Dig in.



Jorge Cruise is the author of 3 consecutive *New York Times* best-selling series, with more than 5 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*. Go to **TheBellyFatCure.com** to join Jorge's FREE e-mail club.

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Rights: World Rights

The Spark

The 28-Day Breakthrough Plan for Losing Weight, Getting Fit, and Transforming Your Life

CHRIS DOWNIE

A revolution is taking place! Millions of people are discovering a new way of thinking about their weight, their health, and their lives. They are taking part in a visionary approach to weight loss that combines goal setting, nutrition, exercise, motivation, and community. It has a proven track record of ten million pounds lost by participants.

From the experts who created **SparkPeople.com**, one of the most successful online weight-loss programs to date, comes *The Spark*, a groundbreaking book that focuses on what you can do, instead of what you can't do. *The Spark* is about transforming your life and your idea of what dieting means.

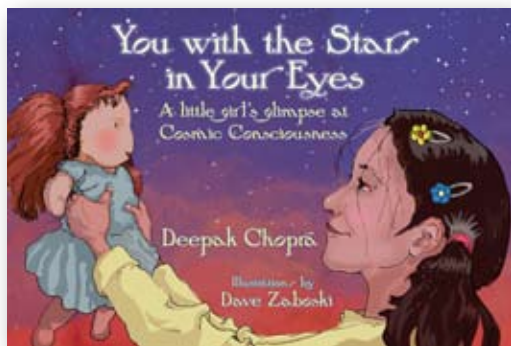
With dozens of photos—including stunning before-and-after shots and easy-to-follow exercise images—this book distills the best of SparkPeople's medically accepted nutrition and fitness plan and infuses it with a program of personal empowerment. In this book, you'll discover:

- Secrets of Success—the best habits of SparkPeople's most successful members
- A 28-day program that brings together the most effective practices from SparkPeople into an innovative 4-stage plan
- Dozens of success stories that show the power of this transformational program

The Spark delivers inspirational health and weight-loss advice that will surely spark countless lives.

Commonly known as "SparkGuy," **Chris Downie** is the founder and CEO of **SparkPeople.com**, the largest healthy lifestyle community online. Chris and his team have led SparkPeople to become the most active diet-related site in the U.S. according to comScore, garnering the attention of media outlets including *The New York Times*, ABC News, FOX TV, *The Today Show*, and many more. As SparkPeople's resident motivation expert, Chris corresponds directly with members every day. He has written over 10,000 personal messages offering encouragement and congratulations. With more than five million members, SparkPeople and its associated Websites (**Sparkrecipes.com**, **Babyfit.com**, and **Sparkteens.com**) gain nearly 175,000 new members each month.





In-stock: December 1, 2009

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Hardcover • 8" x 12" • 978-1-4019-2711-0

Print Run: 20,000

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You with the Stars in Your Eyes

A Little Girl's Glimpse
at Cosmic Consciousness

DEEPAK CHOPRA

On a cool summer's eve, five-year-old Tara takes a walk on the beach with her grandfather. When he is not quite sure how to answer the questions she asks him about love and life, the Moon herself joins in on the conversation. She tells Tara that the stars made our eyes so they could see themselves. She also explains that everyone we see is our own self in a different form.

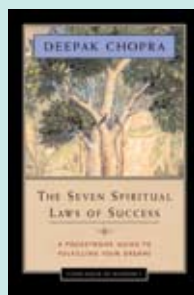
Deepak Chopra's first children's book is a sweet and poignant story that reveals the meaning of true love.

Deepak Chopra is the prolific author of more than 50 books; and more than 100 audio, video, and CD titles, which have been translated into over 50 languages. His book *Peace Is the Way* won the Quill Award; and *The Book of Secrets: Unlocking the Hidden Dimensions of Your Life* received the Nautilus Award.

Website: www.deepakchopra.com



ALSO AVAILABLE:



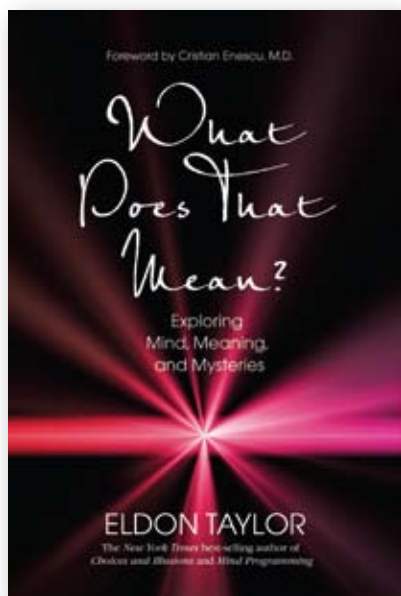
The Seven Spiritual Laws of Success

Deepak Chopra

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What Does That Mean?

Exploring Mind, Meaning, and Mysteries

Eldon Taylor

An old saying asserts that the value of a book lies not in what it says but rather in what it does. *What Does That Mean?* is one of those works that will have a lifetime impact on all who read it. It squarely faces the many inconsistencies in our systems of belief, from the sciences to psychic phenomena. **Eldon Taylor** is willing to speak without reservation and without avoiding any so-called sacred subjects.

Throughout these pages, Eldon shares experiences that will lead you to revelations about your own life. Perhaps this book's greatest value is that it assists you in realizing who you *really* are and thereby places you firmly back on the path to personal enlightenment.

English essayist and poet Joseph Addison said, "Reading is to the mind what exercise is to the body." If that's the case, then *What Does That Mean?* is the perfect workout to enrich your thinking. You may not always like what you read, but you'll always find the depth of thought wholly provocative.

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Change Without Thinking

Eldon Taylor

USA \$24.95 • 3-DVD Set

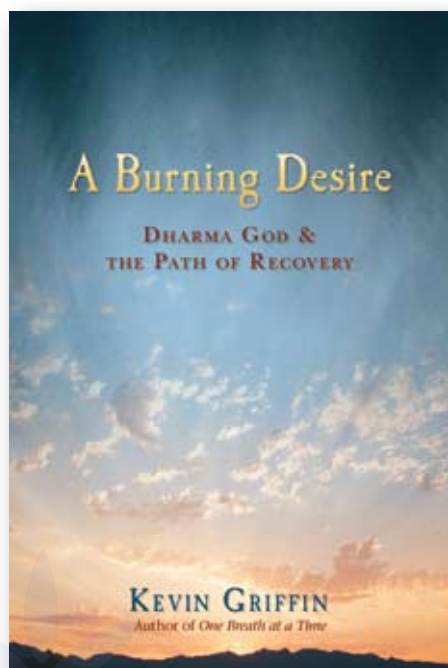
978-1-4019-2695-3

Eldon Taylor has made a lifelong study of the human mind and has earned doctoral degrees in psychology and metaphysics. He's a fellow with the American Psychotherapy Association (APA) and a non-denominational minister.



Eldon is president and director of Progressive Awareness Research, Inc. For more than 25 years, his books, audio programs, lectures, and radio and television appearances have approached personal empowerment from the cornerstone perspective of forgiveness, gratitude, self-responsibility, and respect for all life.

Website: www.eldontaylor.com



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A Burning Desire

Dharma God & the Path of Recovery

KEVIN GRIFFIN

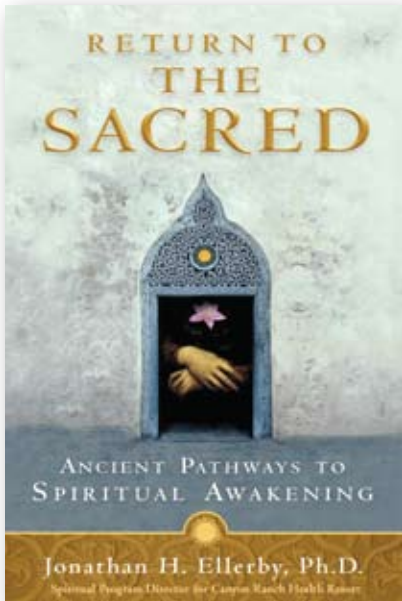
A Burning Desire is a gift for those who struggle with the 12-Step program's focus on the need to surrender to a Higher Power. Taking a radical departure from traditional views of God, Western or Eastern, author **Kevin Griffin** neither accepts Christian beliefs in a Supreme Being nor Buddhist non-theism, but rather forges a refreshing, sensible, and accessible Middle Way. Griffin shows how the Dharma, the teachings of the Buddha, can be understood as a Higher Power. Karma, mindfulness, impermanence, and the Eightfold Path itself are revealed as powerful forces that can be accessed through meditation and inquiry.

Drawing from his own experiences with substance abuse, rehabilitation, and recovery, Griffin looks at the various ways that meditation and spiritual practices helped deepen his experience of sobriety. His personal story of addiction is not only raw, honest, and engrossing, but guides readers to an inquiry of their own spirituality. In doing so, he poses profound questions, including:

- *How can I understand God from a Buddhist perspective?*
- *How can I "turn my will and my life over" as a Buddhist?*
- *How can this idea of God "remove my shortcomings"?*
- *How do I learn this idea of God's "will"?*

Kevin Griffin is the author of *One Breath at a Time: Buddhism and the Twelve Steps*, the breakthrough book that established him as a leader in the mindful recovery movement. Since its publication, Kevin has toured extensively, giving workshops and lectures at places as diverse as Harlem, the Colorado Rockies, and Hawaii. Based in the San Francisco Bay Area, he teaches "Dharma and Recovery" at Spirit Rock Meditation Center. In addition, Kevin is cofounder and board member of the Buddhist Recovery Network (www.buddhistrecovery.org), an international organization that serves people in the recovery community through training, treatment, and research. He continues to offer workshops, lectures, and retreats around the country. His online workshop can be found at www.buddhist12step.com. For more information about him and his teaching schedule, see his Website: www.kevingriffin.net.





In-stock: December 1, 2009

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Return to The Sacred

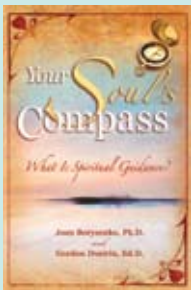
Ancient Pathways to Spiritual Awakening

JONATHAN H. ELLERBY, PH.D.

This fascinating work by **Jonathan Ellerby** will help you understand the importance of having a spiritual practice and the great diversity of paths that are available to you. This is a book that does more than provide philosophy and inspiration; it gives you the freedom to find a path that works for you and the knowledge to experience the answers for yourself.


Return to The Sacred will introduce you to the 12 Master Paths and Practices that have transformed the lives of countless saints, mystics, masters, and sages since the beginning of history. Within these pages, you'll find what you need to discover your spiritual personality and choose the path that will lead you toward the realization of boundless joy and a lifelong journey of meaning.

OF RELATED INTEREST:



Your Soul's Compass

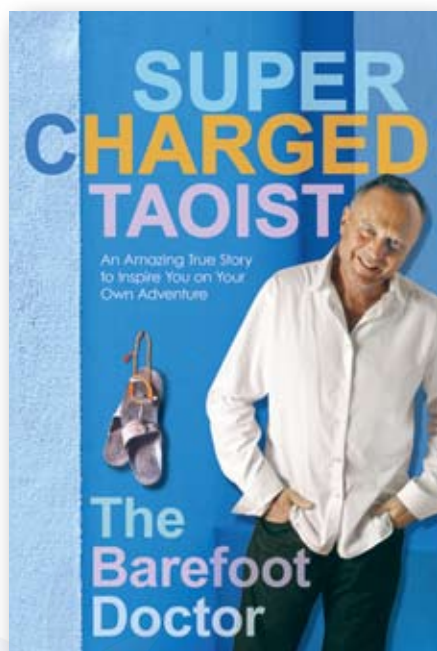
Joan Borysenko, Ph.D.,
and Gordon Dveirin, Ed.D.
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Jonathan Ellerby, Ph.D., has a doctoral degree in comparative religion and an ordination as an interfaith minister. He has worked as a healer, teacher, and consultant with individuals and groups in settings as diverse as hospitals, major corporations, prisons, community groups, conferences, and some of the world's leading holistic health resorts. His work and training have taken him deeply into the worlds of indigenous healing, corporate culture, and integrative medicine. Currently, Jonathan is the spiritual program director for the acclaimed Canyon Ranch Health Resort in Tucson, Arizona.

Website: www.jonathanellerby.com

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Supercharged Taoist

An Amazing True Story to Inspire
You on Your Own Adventure

THE BAREFOOT DOCTOR (Stephen Russell)

In the pages of this riveting book, **The Barefoot Doctor** charts his 25 years of training with some of the most inspiring and innovative teachers and gurus of their generation. You'll meet the man who could drive with his eyes closed, the yogi who actually emitted light when meditating, the tai chi teacher who could throw people across the room with one finger, and luminaries such as R. D. Laing and Ram Dass. In addition, you'll encounter colorful characters like Geronimo's grandson and Psycho Dan, who's on the lam for tearing off a man's ears with his bare hands!

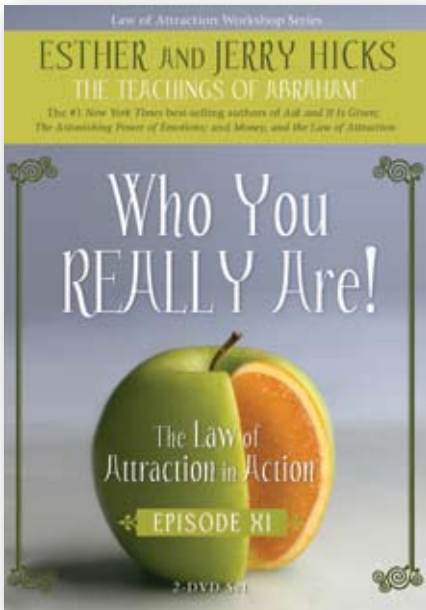
Recounting a journey that takes him from urban London to the back alleys of Hong Kong, to the mystical mountains of New Mexico and back again, **The Barefoot Doctor** achieves something unique: he tells ripping yarns about real-life spiritual leaders that also succeed in passing on the essence of their teachings. As well as being hugely entertained, you'll come away inspired to start living by your own intuition so you can create an incredible life for yourself.

The Barefoot Doctor has been at the helm of the personal development movement in the United Kingdom for more than two decades. The author of 13 best-selling books, he has devoted his life to interpreting, simplifying, and sharing the ancient Taoist system of medicine, martial arts, meditation, and creativity. **The Barefoot Doctor** has a following of millions around the globe, who log on to his Website daily and attend his various talks, seminars, events, and club nights.

Website: www.barefootdoctorglobal.com



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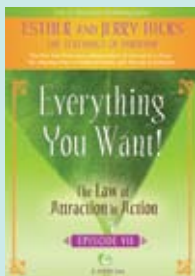
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Everything You Want!

The Law of Attraction in Action, Episode VII
Esther and Jerry Hicks
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Who You REALLY Are!

The Law of Attraction in Action, Episode XI

ESTHER AND JERRY HICKS
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This DVD features answers and inspiration from the Non-Physical entity Abraham—whom Esther calls “infinite intelligence,” and Jerry refers to as “the purest form of love I’ve ever encountered.”

“Special needs” or “special intentions”? “As the parent of such a child, are we doing too much? Are we somehow interfering with what she came to do?”

He “saw the light!” Abraham explains how—by releasing resistance—we can get into the Vortex, where everything we want exists.

Cravings! Why do we crave certain foods—even if they aren’t necessarily good for us?

Birthdays! “If we were standing in your physical shoes, from this point forward, we would never admit to an addition of a year to our age.”

Freelancer fears: A private contractor feels he has no control over when or how much work will come in.

Throat cancer! Why? A closer look at what comes out of our mouths.

If we’re “Unlimited Beings,” can’t we just eat and drink whatever we want? A closer look at what we put into our mouths.

She found her lover in 29 days—now, how does she explain Abraham to him?

Running into a barn on fire? A college senior headed for Wall Street wants to know what she’s in for! Abraham teaches Economics 101.

Abraham asks, and then answers: “How can you live in the world and not be a responder to the world? How can you observe unstable things and still feel stable? How can you observe things that are not loving in nature, and still love?”

Dating—Abraham-style: Abraham suggests doing it “profusely, passionately, freely, and with no strings.”

Attention all artists! How to get paid for what you do.

And much more! Over three hours of material, and many more Hot Seat topics!



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Louise L. Hay, the author of the international best-seller *You Can Heal Your Life*, is a metaphysical lecturer and teacher with more than 40 million books sold worldwide. For more than 25 years, she has helped people throughout the world discover and implement the full potential of their own creative powers for personal growth and self-healing. She has appeared on *The Oprah Winfrey Show* and many other TV and radio programs both in the U.S. and abroad.

Websites: www.LouiseHay.com®
 and www.HealYourLife.com



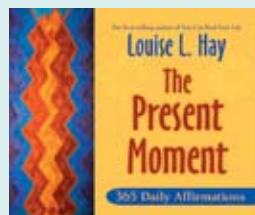
Embracing Change Using the Treasures Within You

LOUISE L. HAY

On this powerful CD, **Louise L. Hay** discusses the profoundly emotional experiences that have shaped and altered her belief system—and reveals how you can also *change your thinking . . . and change your life!*

Louise explains how she evolved from a fearful, abused young woman without an ounce of self-esteem to the successful, empowered, internationally renowned teacher/author that she is today. In her inimitably forthright manner, Louise describes how she overcame a diagnosis of cancer through the use of “tools” such as affirmations, visualization, prayer, therapy, and healthful eating. She goes on to offer insights on the role of women and elders in our society, our family relationships, our connection to our inner child, and the importance of using the treasures within us in order to release burdens such as anger, judgment, prejudice, and illness.

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Louise L. Hay
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Rights: World Rights

Embracing Change

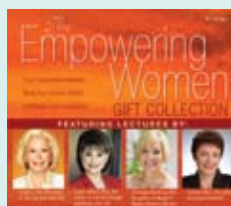
Using the Treasures Within You

LOUISE L. HAY

On this powerful DVD, **Louise L. Hay** discusses the profoundly emotional experiences that have shaped and altered her belief system—and reveals how you can also *change your thinking . . . and change your life!*

In her inimitably forthright manner, Louise describes how she overcame a diagnosis of cancer through the use of “tools” such as affirmations, visualization, prayer, therapy, and healthful eating. She goes on to offer insights on the role of women and elders in our society, our family relationships, our connection to our inner child, and the importance of using the treasures within us in order to release burdens such as anger, judgment, prejudice, and illness.

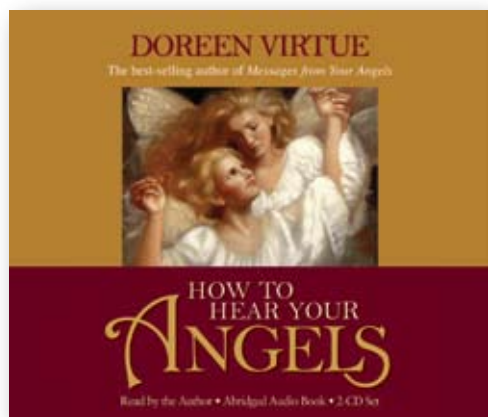
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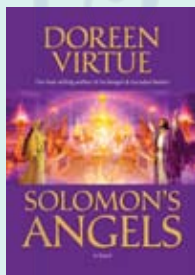
978-1-4019-2659-5

Print Run: 15,000

Marketing: Multi-city Author Tour Including I Can Do It!®; National Radio, Print, and Internet Advertising

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Solomon's Angels

Doreen Virtue

USA \$12.95 • Tradepaper • 5" x 7"

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How to Hear Your Angels

DOREEN VIRTUE

How to Hear Your Angels is a step-by-step program on how to clearly receive messages from your angels and guides. The material was gathered from **Doreen Virtue's** bestseller *Messages from Your Angels* and from her workshops.

As you listen to this audio book, you'll discover your spiritual communication style, which will enable you to more easily recognize the visions, words, thoughts, and feelings you receive as Divine guidance. This 2-CD set is filled with information that will help you discern the difference between true Divine messages and the voice of the ego, and it will help you engage in clear and understandable conversations with heaven.

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 a prolific author who 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**®





In-stock: December 1, 2009

Release: January 1, 2010 • USA \$24.95
4-CD Set • 978-1-4019-2647-2

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Commonly known as “SparkGuy,” **Chris Downie** is the founder and CEO of **SparkPeople.com**, the largest healthy lifestyle community online. Chris and his team have led SparkPeople to become the most active diet-related site in the U.S. according to comScore, garnering the attention of media outlets including *The New York Times*, ABC News, FOX TV, *The Today Show*, and many more. As SparkPeople’s resident motivation expert, Chris corresponds directly with members every day. He has written over 10,000 personal messages offering encouragement and congratulations. With more than five million members, SparkPeople and its associated Websites (**Sparkrecipes.com**, **Babyfit.com**, and **Sparkteens.com**) gain nearly 175,000 new members each month.



The Spark

The 28-Day Breakthrough Plan for Losing Weight, Getting Fit, and Transforming Your Life

CHRIS DOWNIE

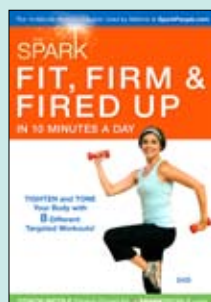
From the experts who created **SparkPeople.com**, one of the most successful online weight-loss programs to date, comes *The Spark*, a groundbreaking CD that focuses on what you can do, instead of what you can’t do. *The Spark* is about transforming your life and your idea of what dieting means.

On this CD, you’ll discover:

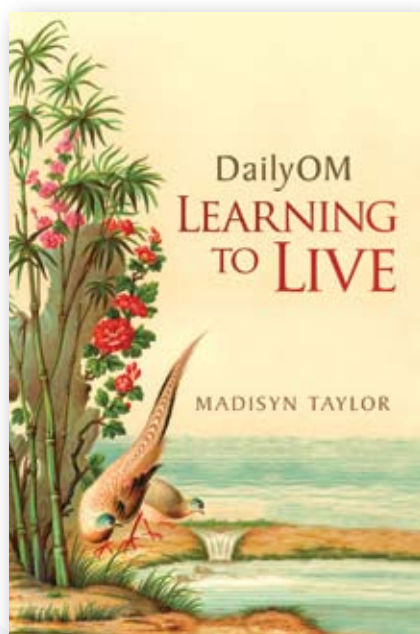
- Secrets of Success—the best habits of SparkPeople’s most successful members
- A 28-day program that brings together the most effective practices from SparkPeople into an innovative 4-stage plan
- Dozens of success stories that show the power of this transformational program

The Spark delivers inspirational health and weight-loss advice that will surely spark countless lives.

ALSO AVAILABLE:



The Spark
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USA \$10.95 • DVD
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DailyOM

Learning to Live

MADISYN TAYLOR

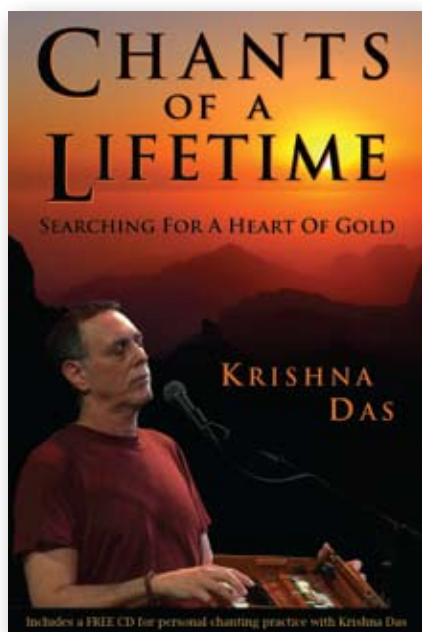
Wouldn't it be great if we were born with instruction manuals? Each one would be different based on what we needed to learn, but the basics would be the same: how to create healthy relationships, how to deal with sorrow and pain, how to reach our goals, and how to know what we want to do with our lives when we grow up. We would continue to receive our own unique life lessons, but we would have a manual to refer to when feeling overwhelmed or lost.

In this book, based on the popular Website DailyOM (www.dailyom.com), cofounder **Madisyn Taylor** seamlessly weaves together her award-winning inspirational thoughts with her achingly honest personal story, revealing the inspiration behind many of the DailyOM messages that touch millions of people every day. *Learning to Live* is the next best thing to a personal instruction manual: a guiding light to reassure us that we're on the right path, and to help fix us when we feel broken.

Best-selling author **Madisyn Taylor** is the cofounder and editor-in-chief of the popular inspirational Website DailyOM (www.dailyom.com), and she is responsible for all of its content. A recognized leader in self-help and New Thought spirituality, she has more than 15 years' experience in personal development and alternative-healing methodologies. When not working, Madisyn can be found meditating in her garden and communing with nature. She lives in Ashland, Oregon, with her husband, Scott Blum, and their son, Oliver.



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Chants of a Lifetime

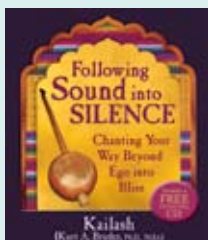
Searching for a Heart of Gold

KRISHNA DAS

Chants of a Lifetime offers an intimate collection of stories, teachings, and insights from Krishna Das, who has been called "the chant master of American yoga" by the *New York Times*. Since 1994, the sound of his voice singing traditional Indian chants with a Western flavor has brought the spiritual experience of chanting to audiences all over the world. He has previously shared some of his spiritual journey through talks and workshops, but now he offers a unique book-and-CD combination that explores his fascinating path and creates an opportunity for just about anyone to experience chanting in a unique and special way.

Chants of a Lifetime includes photos from Krishna Das's years in India and also from his life as a kirtan leader—and the CD that is offered exclusively in the book consists of a number of "private" chanting sessions with the author. Instead of being performances of chants for listening, the recordings make it seem as if Krishna Das himself is present for a one-on-one chanting session. The idea is for the listener to explore his or her own practice of chanting and develop a deepening connection with the entire chanting experience.

OF RELATED INTEREST:



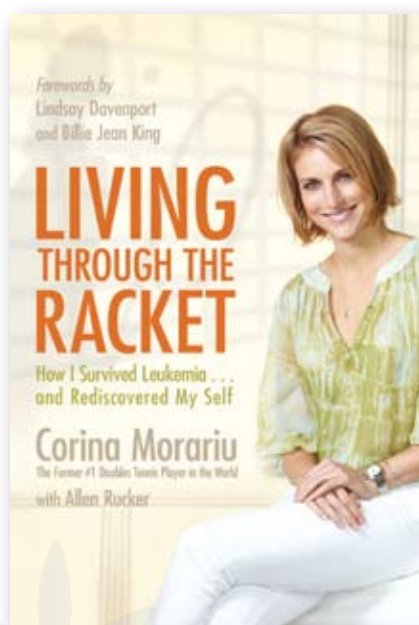
Following Sound into Silence

Kailash (Kurt Bruder, Ph.D.)
USA \$19.95 • Hardcover-with-CD
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978-1-4019-1678-7

In the winter of 1968, **Krishna Das** met spiritual seeker Ram Dass and was enthralled by the stories of his recent trip to India, where he met the legendary guru Neem Karoli Baba. Soon thereafter, he left behind his dreams of being a rock 'n' roll star and was on his way to India to meet this remarkable Being. In the three years he spent there with Neem Karoli Baba, Krishna Das's heart was drawn to the practice of Bhakti Yoga—the yoga of devotion—and especially to the practice of *kirtan* (chanting the Divine Names).

Krishna Das returned to the United States and, as he continued chanting, developed his signature chanting style, fusing traditional kirtan structure with Western harmonic and rhythmic sensibilities. He travels the world leading call-and-response kirtans and sharing this deep, experiential practice with thousands of people.

More information can be found at: www.krishnadas.com



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Cheryl Saban, Ph.D.

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Living Through the Racket How I Survived Leukemia . . . and Rediscovered My Self

CORINA MORARIU, WITH ALLEN RUCKER

In this honest, unsparring memoir, **Corina Morariu** opens up about what it's like to be an athlete diagnosed with cancer, and how her battle with leukemia changed her in every way. She reassessed everything—her devotion to tennis, her lifelong mission to be the perfect daughter, even her marriage. She took charge of her own life, often with far-reaching consequences to herself and those she loved most.

In the end, leukemia gave this world-class athlete much more than it took away—the challenge to look deeper within herself, and the strength to change her life—and she reveals the extraordinary lessons she learned along the way. It is Corina's journey of self-discovery that makes her story poignant and inspiring to all who read it, whether they've hit a tennis ball or not.

Leukemia brought Corina to the brink of death . . . *but ultimately it saved her life.*

Corina Morariu was a professional tennis player for 11 years. She contracted leukemia at the age of 23, went through a grueling recovery, and then went back to playing tennis professionally. She retired in 2007 and currently works as a commentator for the Tennis Channel.



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Getting Past OK

The Self-Help Book for
People Who Don't Need Help

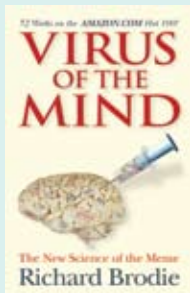
RICHARD BRODIE

Richard Brodie dropped out of Harvard to join the computer revolution and write the first version of Microsoft Word. Then, burned out after helping Microsoft achieve its phenomenal success, he quit and embarked on an equally intense search for a more meaningful life. For three years, Richard mined the wisdom of famed self-improvement seminars and workshops. Most of all, he wanted to discover why life seemed to either coast along at an "OK" level or plummet into "the Pits," with so little time spent in true satisfaction and fulfillment. In this book, he shares the results of his odyssey, providing a step-by-step guide for discovering your own individual formula for long-term success and happiness. It gives you all the tools you need to find yourself, take charge, and get past OK.

You'll learn how to:

- Understand what's really going on in your life
- Make the most of your potential
- Pull out of crises—and move on
- Achieve rewarding relationships
- Be in control of stressful situations
- Keep your quality of life in the WOW zone

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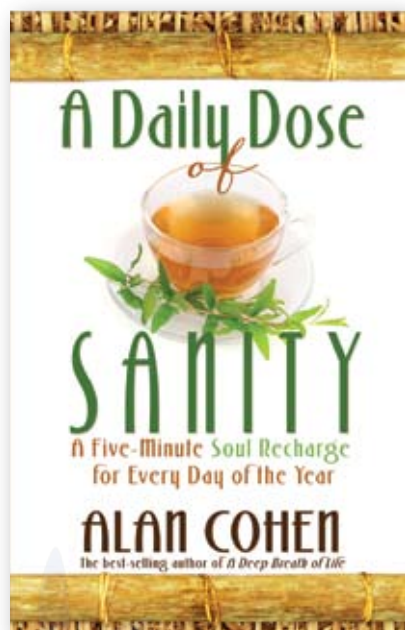


Virus of the Mind

Richard Brodie
USA \$24.95
Hardcover • 6" x 9"
978-1-4019-2468-3

Richard Brodie is best known as the original author of Microsoft Word. His groundbreaking book on memes, *Virus of the Mind*, spent 52 weeks on the **Amazon.com** Hot 100 and is used as a text in many college courses. An accomplished speaker, Richard has appeared on dozens of television and radio programs, including *The Oprah Winfrey Show*. Richard continues to pursue wide and varied interests, which he occasionally blogs about at: www.liontales.com.





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A Daily Dose of Sanity

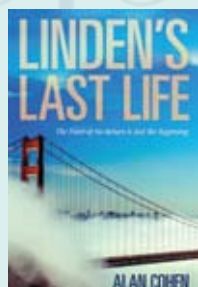
A Five-Minute Soul Recharge
for Every Day of the Year

ALAN COHEN

In times of challenge as well as ease, we all need a helping hand to stay on top of our game, make the right decisions, and find peace of mind in the midst of people and events that might distract us. This collection of inspiring, poignant, and humorous real-life stories, coupled with uplifting insights, will show you how to keep your head on straight and your heart open no matter where you are or what you're doing.

In his uniquely warm and down-to-earth way, **Alan Cohen** teaches you through meaningful examples that you're in the perfect position to use your talents and assets to turn your life into all you want it to be. Each day-of-the-year entry contains a theme, an elegant quotation, a true-life anecdote and short lesson, a question for self-study, and an empowering affirmation. In the tradition of Alan's award-winning book *A Deep Breath of Life*, these life lessons can be used on a daily basis to help you feel better, create career and financial success, deepen the quality of all of your relationships, and find personal fulfillment that lifts you far beyond what you've known.

ALSO AVAILABLE:



Linden's Last Life

Alan Cohen

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Alan Cohen is the author of 22 popular inspirational books, including the bestseller *The Dragon Doesn't Live Here Anymore*. He is a contributing writer for the *New York Times* #1 best-selling series *Chicken Soup for the Soul*, and his work has been featured on **Oprah.com** and in *101 Top Experts*. Alan's monthly column "From the Heart" appears in magazines internationally. His books (which have been translated into 23 different languages) and seminars have touched the lives of millions who have found the courage to believe in themselves and follow their dreams.

Website: www.AlanCohen.com



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The Spirit Whisperer Chronicles of a Medium

JOHN HOLLAND

There's a special language that transcends time and space—a language that's not constrained by the limitations of just words—but one that consists of signs, symbols, energy, and thought. A language that can only be heard when one truly listens. It's the language of *The Spirit Whisperer*. In **John Holland's** past books, he explained how he came to terms with, and learned to accept and embrace, his spiritual gifts as a psychic medium; and how readers could develop their own intuitive psychic abilities. In this book, John picks up the fascinating story of his personal journey of growth and development as one of the most respected practicing mediums today. This work chronicles his career to date and includes some enlightening and heartfelt real-life case studies. He candidly discusses readings with clients, including those who've had their own After Death Communications (ADCs)—from the outrageous to the profound. John also explains the signs and symbols that our loved ones continually try to send us. One of his most popular sayings is: "Those on the Other Side want to talk to you—as much as you want to talk to them!"

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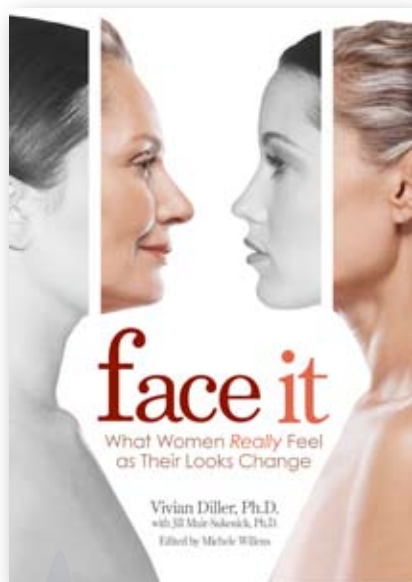


Power of the Soul
 John Holland
 USA \$14.95 • Tradepaper • 6" x 9"
 978-1-4019-1086-0

John Holland, the author of *Born Knowing*, *Psychic Navigator*, *101 Ways to Jump-Start Your Intuition*, and *Power of the Soul*, among other works, is an internationally renowned psychic medium who's been lecturing, demonstrating, and reading for private clients for almost two decades. He has been featured on The History Channel's *Psychic History*, *Unsolved Mysteries*, *Extra*, and the A&E special *Mediums: We See Dead People*. He also has a popular weekly call-in radio show, "Spirit Connections," on **HayHouseRadio.com**®.

Website: www.johnholland.com

Listen to John Holland Every Monday on **HayHouseRadio.com**®



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Face It

What Women Really Feel
 as Their Looks Change

VIVIAN DILLER, Ph.D.,
 WITH JILL MUIR-SUKENICK, Ph.D.

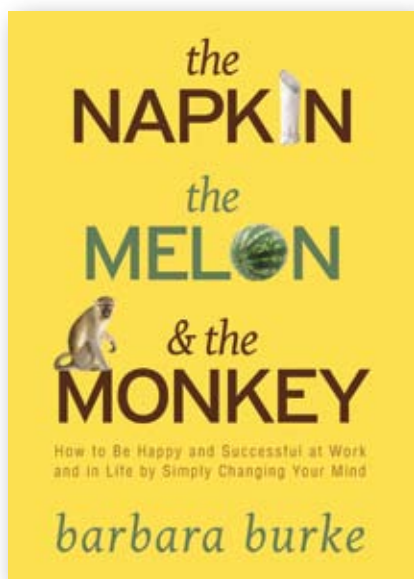
Let's face it: everyone's getting older. But millions of women, raised to believe that success and happiness are based on their intelligence and accomplishments, face an unexpected challenge: the physical realities of aging. If looks are not supposed to matter, why do so many women panic as their appearance changes?

Their dilemma stems from two opposing societal views of beauty that lead to two different approaches to aging. Should women simply grow old naturally since their looks don't define them, or should they fight the signs of aging since beauty and youth are their currency and power? This Beauty Paradox leaves many women feeling stuck.

Face It, by **Vivian Diller, Ph.D.**, is a psychological guide to help women deal with the emotions brought on by their changing appearances. As a model turned psychotherapist, Diller has had the opportunity to examine the world of beauty from two very different vantage points. This unique perspective helped her develop a six-step program that begins with recognizing "uh-oh" moments that reveal the reality of changing looks—and goes on to identify the masks used to cover deeper issues and define the role beauty plays in a woman's life—and ends with bidding adieu to old definitions of beauty, so women can enjoy their appearance—at any age!

Vivian Diller, Ph.D., is a psychologist in private practice in New York City. Diller was a professional ballet dancer before she became a professional model, appearing in *Glamour*, *Seventeen*, national print ads, and TV commercials. She left modeling in the late 1970s to get her Ph.D. in clinical psychology at Albert Einstein College of Medicine/Yeshiva University. After completing her Ph.D., she went on to do postdoctoral training in psychoanalysis at NYU. As a psychologist, she has specialized in working with dancers, models, actors, and athletes, helping them make transitions to new careers as they age out of their professions.





The Napkin, the Melon & the Monkey

How to Be Happy and Successful at Work and in Life by Simply Changing Your Mind

BARBARA BURKE

As a customer service agent, Olivia has been trained to handle irate customers in a calm, professional manner. But one day she loses control and yells back. Terrified that she'll be fired, she seeks out Isabel, the call center's sage.

The advice she receives from her wise mentor changes her life:

- SODA (Stop. Observe. Decide. Act)—a surefire formula for remaining calm in any situation
- Unplugging—a centuries-old practice to reduce anxiety and promote creativity
- Aha!s—22 practical insights that become the framework for living a happy life

This modern-day fable by **Barbara Burke** serves as both a powerful resource for business professionals looking for practical, easy-to-use tools for dealing with difficult people, and an inspirational tale for those who want better relationships and a happier life.

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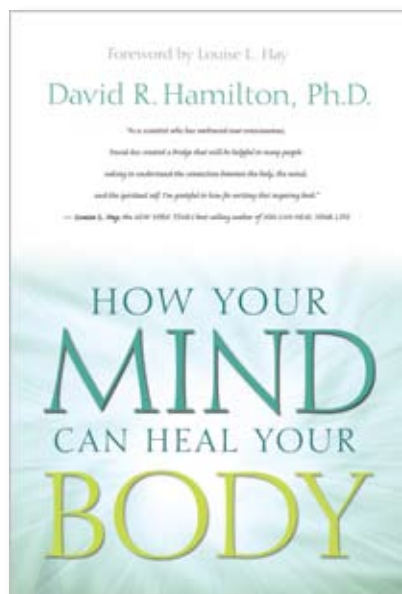
Barbara Burke is an internationally known consultant, speaker, and author specializing in the people side of customer service management. She is passionate about helping customer-facing employees thrive in their challenging jobs. Her articles appear in both print and online publications. Thousands of customer service professionals subscribe to her weekly "Monday Aha!" feature.



Websites: www.napkinmelonmonkey.com,
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It's the Thought That Counts

David R. Hamilton, Ph.D.

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How Your Mind Can Heal Your Body

DAVID R. HAMILTON, PH.D.

The connection between your mind and body is close, dynamic, and often a valuable tool in taking control of your life and ambitions. The power of thought can affect you in profound ways, particularly in regard to its truly incredible effect on your health. These topics are examined in detail within these pages.

This fascinating book by cutting-edge scientist **David R. Hamilton** explores the influences of visualization, belief, and positive thinking—and their impact on the body. He also presents a revolutionary quantum-field healing meditation—through which you can change yourself on an atomic level—and shows how you can use your imagination and thought processes to combat disease, pain, and illness.

You will see how science and belief systems merge . . . so that you can heal yourself more effectively than ever before!

An expert on the relationship between mind, body, and biochemistry, **David R. Hamilton** worked in the pharmaceutical industry for four years after gaining his Ph.D. He now travels throughout the world, offering workshops to help people understand the power of the mind over the body.

Website: www.drdaavidhamilton.com



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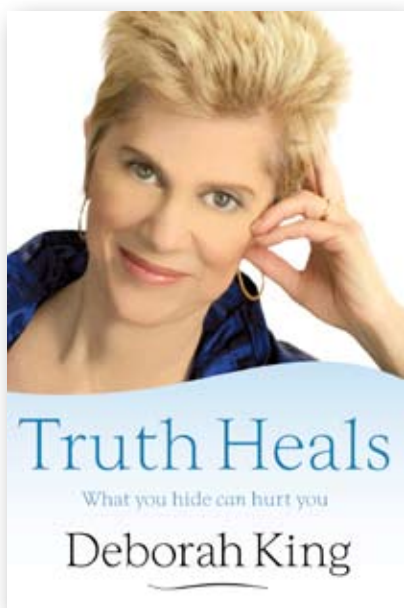
Now Available in Tradepaper!

Truth Heals

What You Hide *Can* Hurt You

DEBORAH KING

Millions of us live with chronic and debilitating pain or disease, and sadly, that number is growing every day. In *Truth Heals*, which was originally self-published, **Deborah King, Ph.D.**, explores the relationship between the suppression of truth and how this later manifests into pain or illness. Using her years of experience as an expert healer, King creates a road map for people to learn how to recognize and release emotional blockages, share truth in a safe and healing manner, and unlock the power of truth without reliving negative experiences or causing more harm. Through client histories, celebrity profiles, and her own remarkable journey, the author demonstrates how anyone can release deep-seated layers of denial, fear, and anger in order to heal the mind and body.

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Deborah King, Ph.D., is an author, lecturer, contemporary healer, and recognized expert in the health and wellness field.

She has been a frequent guest on CNN and Fox News, as well as other national media outlets. She holds both a doctorate in law and a Ph.D. in Healing Science. As a successful entrepreneur and corporate attorney, King fell into the trap of suppressing a traumatic past, which then manifested as chronic emotional and physical illness and addiction. Ultimately, her condition forced her to face her own truth. She investigated ancient and modern healing systems, and developed a powerful technique of her own. Today, she guides thousands to health through her public events, her workshops, and her writings.





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Nature's Secret Messages

Hidden in Plain Sight

ELAINE WILKES

Albert Einstein said, "Look deep into nature, and then you will understand everything better." Mother Nature is always speaking to us . . . but in what language? When we learn how to interpret the plants, patterns, and timing in Nature, a world of information appears that can help us live healthier, happier, and more balanced lives.

This fascinating book by **Elaine Wilkes** will arouse your curiosity by combining ancient secrets with modern research, and imagination with science, to help you see Nature in a whole new way.

You'll discover how to . . .

- Recognize divine designs, hidden in plain sight, to forge a more profound mind-body-soul connection with the environment
- Look at food in a new and healthier way, and explore its deceptions
- Cope with change, challenges, and time pressures—Nature's way!
- Become aware of what society is doing to the environment, and find easy solutions for positive results

Exercises throughout the book will empower you to tune in to Nature's wisdom in order to develop a healthier mind, body, soul, and planet.

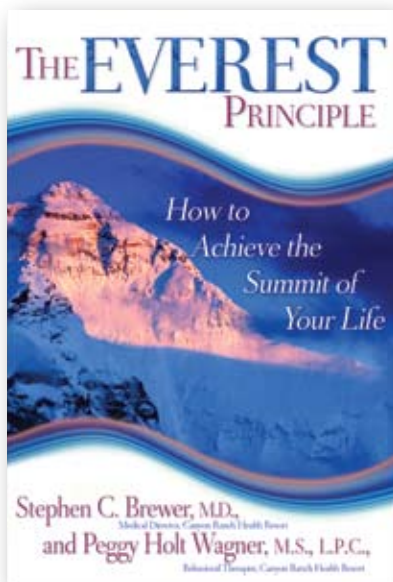
Get to know Mother Nature as you've never known her before—as she shares her innermost secrets!

Elaine Wilkes, Ph.D., N.C., M.A., was a self-proclaimed "learning addict" who ultimately discovered that the answers to most of life's questions are found in Nature's magic. A nutritionist with a Ph.D. in naturopathy (alternative medicine) and a master's degree in psychology, Elaine creates memorable, thought-provoking presentations by revealing how Nature's profound secrets can bring more wonder, wisdom, and awe into your life.

Website: www.ElaineWilkes.com



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The Everest Principle

How to Achieve the Summit of Your Life

STEPHEN C. BREWER, M.D., AND
PEGGY HOLT WAGNER, M.S., L.P.C.

This book is called *The Everest Principle* because Mount Everest is the highest, and arguably the most challenging, mountain a person can climb. **Stephen Brewer** and **Peggy Holt Wagner** weave the metaphor of climbing Everest throughout the book as a means to guide you through the trail markers for peak performance.

Everyone has, at some point in life, an Everest to ascend. *The Everest Principle* becomes your "outfitter" to assess, prepare, train, guide, and equip you for the expedition to the top of your personal Everest. This principle requires the use of an integrative approach that addresses your medical, nutritional, physical, and behavioral health.

Peak performance doesn't limit itself to the elite athlete or performer. It's for anyone who wants to improve his or her individual life. The trek may include real-life challenges such as achieving a better relationship with another, getting a promotion, participating in a 5K fun run, or losing weight.

The purpose of this book is to instill you with the belief that you can overcome barriers, attain high-level goals, and enhance your life in every way!

Stephen C. Brewer, M.D., is the Medical Director of the world-renowned Canyon Ranch Health Resort in Tucson, Arizona. He is a board-certified family physician with a subspecialty in integrative medicine. Dr. Brewer and his coauthor, Peggy Holt Wagner, have developed a Peak Performance program whose purpose is to help individuals excel in their health and their goals, both personally and professionally.



Peggy Holt Wagner is a Licensed Professional Counselor (LPC) at Canyon Ranch Health Resort in Tucson, Arizona. A graduate of the University of Vermont, she has been trained in hypnosis, EMDR, and other life-enhancement techniques. Peggy also speaks nationally and internationally on peak performance and other wellness topics. Her work has been featured in prisons, Native American reservations, alternative schools, hospitals, and drug-and-alcohol treatment centers.



SMILEYBOOKS



Brainwashed

Erasing the Myth of Black Inferiority

TOM BURRELL

"Black people are not dark-skinned white people," says advertising visionary **Tom Burrell**. In fact, they are a lot more. They are survivors of the Middle Passage and centuries of humiliation and deprivation, who have excelled against the odds, constantly making a way out of "no way!" At this point in history, the idea of black inferiority should have had a "Going-Out-of-Business Sale." After all, Barack Obama has reached the Promised Land.

Yet, as *Brainwashed: Erasing the Myth of Black Inferiority* testifies, too much of black America is still wandering in the wilderness. In this powerful examination of "the greatest propaganda campaign of all time"—the masterful marketing of black inferiority—Burrell poses 12 shocking questions that will make black people look in the mirror and ask why, nearly 150 years after the Emancipation Proclamation, so many blacks still think like slaves. *Brainwashed* is not a reprimand; it is a call to deprogram ourselves of self-defeating attitudes and actions. Racism is not the issue; how we *respond* to racism is the issue. We must undo negative brainwashing and claim a new state of race-based self-esteem and self-actualization. Provocative and powerful, *Brainwashed* dares to expose the wounds so that we, at last, can heal.

In-stock: January 1, 2010

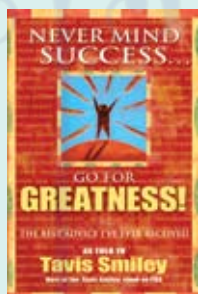
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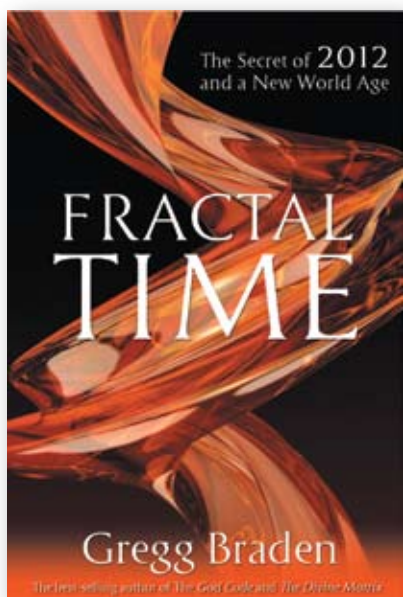
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Marketing communications pioneer **Tom Burrell** is a recognized leader and change agent credited with revolutionizing the use of positive and realistic images of African Americans in television advertising. His award-winning work acknowledged the purchasing power of the African-American community and literally changed the face of American advertising. Burrell is the founder of *The Resolution Project*, a nonprofit organization dedicated to self-healing and self-actualization. In 2004, he was inducted into the Advertising Hall of Fame. A Southside native, Burrell lives with his wife, Madeleine, in Chicago.

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Fractal Time

The Secret of 2012 and a New World Age

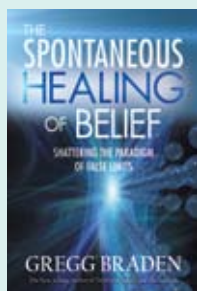
GREGG BRADEN

Applying the new “laws” of fractals to the ancient waves of time, **Gregg Braden** proposes that everything from the way we age to our patterns of relationships and even the wars between nations are simply the returning waves of our past. As each wave returns, it carries a more powerful, amplified version of itself.

What makes this model so important today is that each wave also carries a window of opportunity—a *choice point*—that allows us to select a new outcome for the returning cycle. Gregg suggests that if we can see time from this perspective, then the past will show us what we can expect in our future, and perhaps how to heal the hurt from previous choices.

In a powerful style that’s easy to read, Gregg invites us to cross the traditional boundaries of science and spirituality for the answer to the question that must be asked: *What does fractal time tell us about our future?* In doing so, we discover the great secret of our moment in history, and what we can expect as the 5,000-year cycle of the Mayan Calendar ends in our lifetime.

ALSO AVAILABLE:



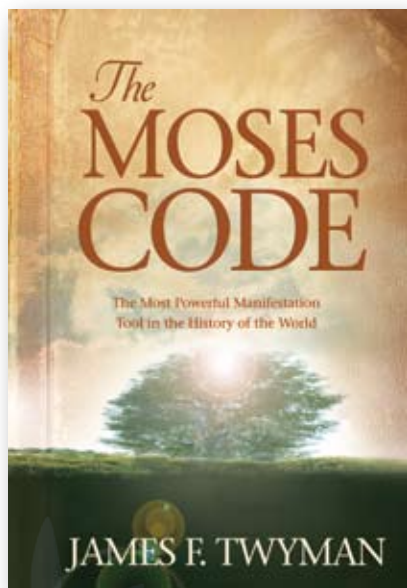
The Spontaneous Healing of Belief

Gregg Braden
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New York Times best-selling author **Gregg Braden** is internationally renowned as a pioneer in bridging science and spirituality. For more than 20 years, he has searched high mountain villages, remote monasteries, and forgotten texts to uncover their timeless secrets. To date, his work has led to such paradigm-shattering books as *The Isaiah Effect*, *The God Code*, *Secrets of the Lost Mode of Prayer*, and *The Divine Matrix*. Gregg’s work is now published in 15 languages and 23 countries.

Website: www.greggbraden.com





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The Moses Code

The Most Powerful Manifestation
Tool in the History of the World

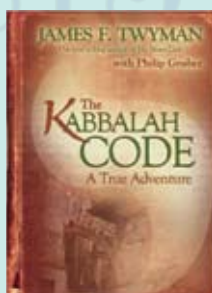
JAMES F. TWYMAN

Is it possible that nearly 3,500 years ago, Moses was given the secret for attracting everything that human beings have ever desired? The Moses Code was first used to create some of the greatest miracles in history, but then it was hidden away, and only the highest initiates were allowed to invoke it. By utilizing the techniques presented by **James Twyman** within these pages, you'll discover how to integrate the most powerful manifestation tool in the history of the world into your own life.

At the very heart of the Moses Code is the true function and practice of the Law of Attraction. You may have been told that this Law is all about "getting" the things you want—things that you think will make your life more satisfying. But what if that's just the first step, and cracking the Moses Code depends more on what you're willing to "give" rather than "get"? It would mean that you already have the skills to manifest everything you've ever wished for . . . *right now.*

Welcome to the Moses Code!

ALSO AVAILABLE:



The Kabbalah Code

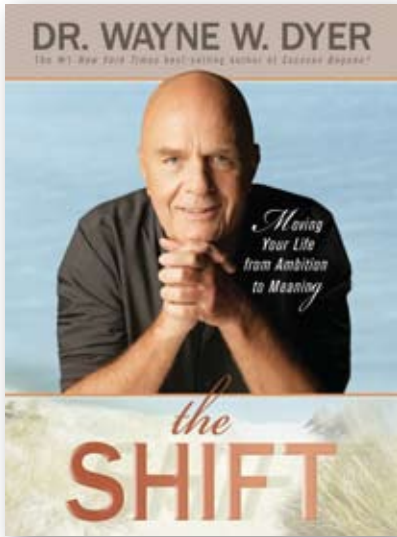
James F. Twyman, with Philip Gruber
USA \$22.95 • Hardcover • 5" x 7"
978-1-4019-2404-1

James F. Twyman is the best-selling author of numerous books, including *The Kabbalah Code* and *The Proof*. He's 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 is also the executive producer and co-writer of the feature film *Indigo*, and the director of *Indigo Evolution* and the documentary *The Moses Code*.



Website: www.themosescode.com
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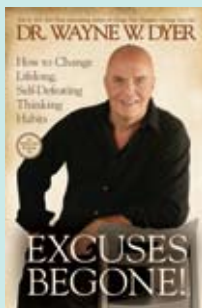
978-1-4019-2709-7

Print Run: 200,000

Marketing: National Author Lecture Tour Including I Can Do It!® 2009 and Canada; National Radio, Print, and Online Marketing Campaign—Over 10 Million E-mails

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Excuses Begone!

Dr. Wayne W. Dyer

USA \$24.95 • Hardcover • 6" x 9"

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The Shift

Moving Your Life from Ambition to Meaning

DR. WAYNE W. DYER

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.

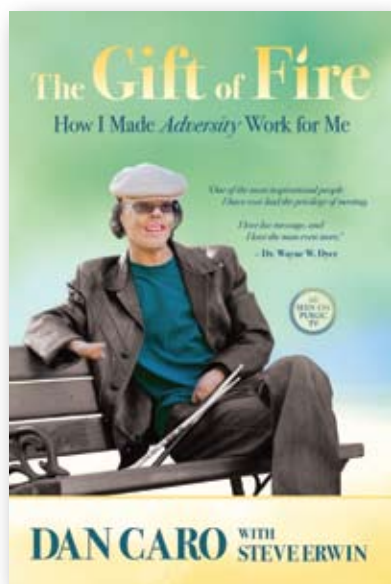
As **Dr. Wayne W. Dyer** so eloquently reveals in these pages, we all have the choice to shift our lives from ambition to meaning . . . and thereby complete our return to the Source that created us.

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.

Website: www.DrWayneDyer.com





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Marketing: National Radio, Print, and Internet Advertising. Featured on Public Television Special with Dr. Wayne W. Dyer

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The Gift of Fire

How I Made Adversity Work for Me

DAN CARO, WITH STEVE ERWIN

Dan Caro has been proving the world wrong since he was in diapers. When he was two years old, he was engulfed in a fireball during a gasoline explosion in the family garage and was left with third-degree burns over most of his body—so severe that doctors held out little hope he'd survive more than a few days. Dan was in such excruciating pain that his devastated parents silently prayed for God to end their son's suffering and welcome him into heaven. And it seemed as if God was willing to oblige—Dan technically died on the operating table several times in the hours following the accident.

Despite the odds, Dan survived, but life would not be easy. The fire left him badly maimed and disfigured. His hands were burned away, as was most of his skin and nearly all of his face. He would endure years of painful surgeries and endless months of lonely isolation in burn units, only to suffer the agony of social rejection, shunned and called "monster" by both children and adults in his Louisiana hometown.

When Dan was told he'd never be able to play the drums, he promised himself that one day he'd become one of the most accomplished drummers in the city that gave jazz its name—New Orleans! Today, the young man who was once shunned and called "monster" by his neighbors is an accomplished drummer, is very much in demand as a public speaker, and travels the country encouraging others to not just overcome life's hardships, but to view adversity as a gift that can drive us toward reaching our full potential.

Dan Caro was born and raised in Southern Louisiana and grew up surrounded by the sounds of the New Orleans jazz scene. He vowed at a young age that, despite the childhood fire that robbed him of his hands, he would become a professional drummer. Dan studied music and music therapy at several universities, including Loyola. His pursuit and achievement of his dream inspired thousands of people and launched his second career as a motivational speaker. Dan also serves as an Ambassador for the Shriners of North America. He lives outside of New Orleans with his dog, Dixie.

Website: www.dancaroc.com

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 Stoyanoff.



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Hardcover • 7-1/4" x 9-1/2"

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Print Run: 100,000

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Complexion Perfection!

Your Ultimate Guide to Beautiful Skin by Hollywood's Leading Skin Health Expert

KATE SOMERVILLE

In this fun and practical how-to guide, celebrity facialist **Kate Somerville** shares her years of experience for getting skin glowing. Whatever your age, ethnicity, skin type, or concern—be it acne or aging—Kate provides simple strategies for achieving *Complexion Perfection*. She defines her philosophy and identifies the top-five elements for a lifetime of healthy skin. Plus, she helps you understand cutting-edge treatments, effective technologies and ingredients, and how diet and lifestyle impact your skin.

Witness the incredible makeovers that Kate did on several of her clients and read the touching testimonials. And learn hair, makeup, and fashion tips from Kate's "Hollywood Glam Squad." You'll find that your complexion questions are answered and your soul is inspired . . . because Kate truly believes that changing skin changes lives!

Kate Somerville is a widely respected para-medical esthetician with more than 18 years of experience in clinical skin care. She is the CEO and founder of Kate Somerville Skin Care and has a flourishing medi-skin clinic in Los Angeles. *People* magazine coined Kate the "A-list Beauty Guru," while *Allure* called her "Hollywood's Hottest Facialist." She has appeared on television shows including *Good Morning America*, *Dr. Phil*, and *Access Hollywood*. Kate's personal and professional experience served as her guiding principle when she developed her unique Skin Health Pyramid[®], a simple and strategic guide to achieving healthy, radiant skin. Her skin-care collection is distributed by leading retailers, luxury spas, and in doctors' offices, both domestically and abroad.

Website: www.katesomerville.com

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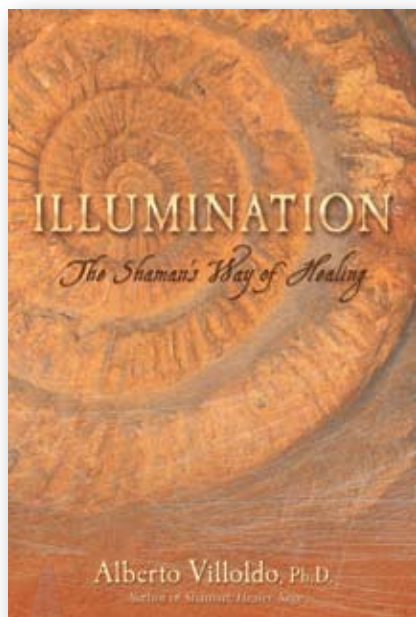
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The Beauty Quotient Formula

Robert M. Tormambe, M.D.

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Illumination The Shaman's Way of Healing

ALBERTO VILLOLDO, Ph.D.

Illumination guides the reader on a healing journey, forged by the timeless wisdom of indigenous cultures and the latest theories of neurobiology. Through various stages in this journey of initiation, we grow to understand the causes of our suffering and how to free ourselves from the pain and drama of our unhealed emotions. Life itself invites us to be initiated through many means—the possibility of love, the loss of a parent or friend, the birth of a child, or a serious health crisis. True initiation is empowered by facing personal challenges and experiencing the spiritual rebirth—or illumination—that follows.

Unifying this book is the sacred process of transforming toxic emotions into sources of power and grace. *Illumination* shows us how to bid a joyful good-bye to the people and places we have met, discovering a sacred space where the spirit inhabits, uniting the body and soul. When we learn to let go of difficult situations and problems, to accept our lives as they are, we can begin to identify with a self that is eternal.

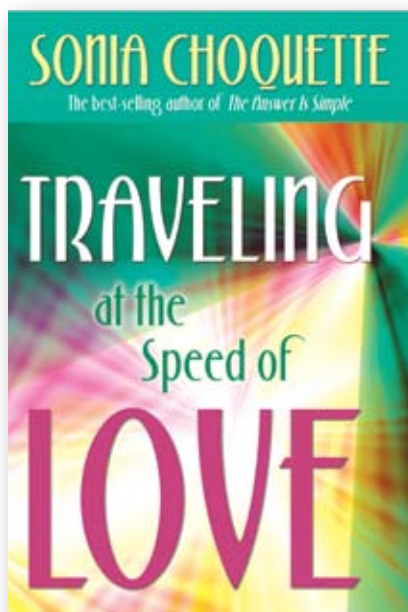
Recounting his own experiences, tracing the mythologies of an array of cultures, and expanding his inquiry into the field of neurobiology, **Alberto Villoldo** shows readers how they can benefit from these sacred practices.

Alberto Villoldo, Ph.D.,

is the author of several books, including *Shaman, Healer, Sage; Courageous Dreaming; The Four Insights;* and *Mending the Past &*



Healing the Future with Soul Retrieval. A psychologist and medical anthropologist, Villoldo has studied the healing practices of the Amazon and Inka shamans for more than 25 years. While at San Francisco State University, he founded the Biological Self-Regulation Laboratory to study how the mind creates psychosomatic health and disease. Villoldo directs The Four Winds Society, where he trains individuals in the U.S. and Europe in the practice of energy medicine and soul retrieval.



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Hardcover • 6" x 9" • 978-1-4019-2402-7

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Traveling at the Speed of Love

SONIA CHOQUETTE

When we travel at the speed of love, we choose to live in a frequency of *unconditional* love. Today, most of us travel at the frequency of fear and live with a victim consciousness. When we're traveling at the fear frequency, no matter how fast we go, we can never get to our destination. The victim consciousness is based on the premise: "I have no choice." Traveling at the speed of love means taking our power back.

We're actually in a different universe when we travel at the speed of love. Our world is not a menacing, threatening race geared to cheat death. It becomes, at any moment, so satisfying that if this were our last moment on Earth, that would be okay.

This is not to say that change is easy. To travel at the speed of love might require a complete paradigm shift in the way you look at your everyday existence. In this fascinating book, **Sonia Choquette** provides a practical, in-the-trenches guide that will reveal how you can reprogram your brain and change your life for the better.

Ask yourself this question: *What frequency are you traveling at right now?*

ALSO AVAILABLE:



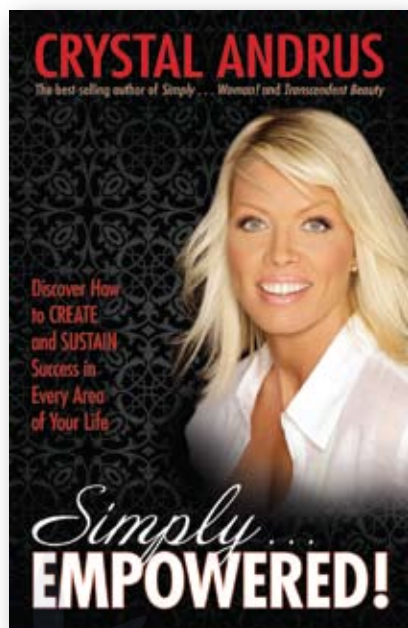
**The Answer Is Simple . . .
Love Yourself, Live Your Spirit!**

Sonia Choquette
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Sonia Choquette is a world-renowned author, storyteller, vibrational healer, and six-sensory spiritual teacher in international demand for her guidance, wisdom, and capacity to heal the soul. She's the author of several best-selling books, including *Ask Your Guides*, *Trust Your Vibes*, and *Soul Lessons and Soul Purpose*; and numerous audio programs and card decks. Sonia was educated at the University of Denver and the Sorbonne in Paris, and holds a Ph.D. in metaphysics from the American Institute of Holistic Theology. She resides with her family in Chicago.

Website: www.soniachoquette.com





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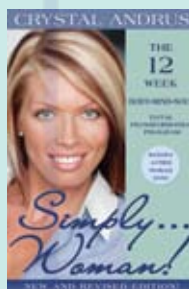
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Simply . . . Empowered!

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CRYSTAL ANDRUS

In this inspiring book, best-selling author **Crystal Andrus** reveals that you're not who you've been—you *are* the potential of who you will become. And you can become anyone you choose to be—you are the co-creator of your destiny! Whether or not you realize it, your actions (or lack of action) and reactions will either blow you out into the stormy seas of life or steer you toward the most wonderful adventures you could ever dream of. The choice is yours.

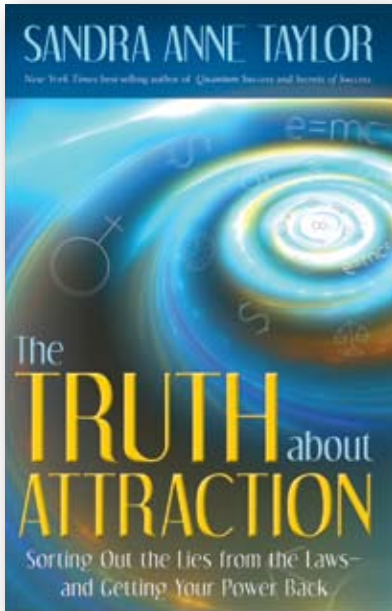
Through powerful stories, detailed action steps, and challenging exercises, Crystal will help you navigate the rough waters you encounter on your journey, providing you with the tools you need to create and sustain the passionate, successful life you deserve. Tap into your inner wisdom and become *simply . . . empowered!*

Crystal Andrus is a worldwide leader in the field of self-discovery and personal transformation. From a bruised and battered beginning—one that could have sent her in the opposite direction—she has risen to become a best-selling



author, motivational speaker, women's advocate, health and fitness expert, and the nutritionist on the international hit TV show *X-Weighted*, seen in more than 15 countries. Certified by the American College of Sports Medicine and Canadian School of Natural Nutrition, Crystal is the CEO and founder of Crystal Andrus Productions—a company dedicated to creating health and healing products, CDs, DVDs, retreats, and telecourses; as well as the founder of the SWAT Institute—a long-distance "Empowerment Coaching" school. Get ready for her new TV show in the spring of 2010.

Websites: www.crystalandrus.com
and www.SWATInstitute.com



In-stock: February 15, 2010

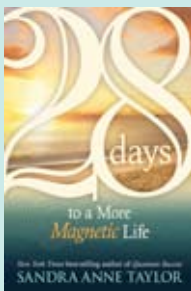
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Sandra Anne Taylor
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The Truth about Attraction

Sorting Out the Lies from the Laws— and Getting Your Power Back

SANDRA ANNE TAYLOR

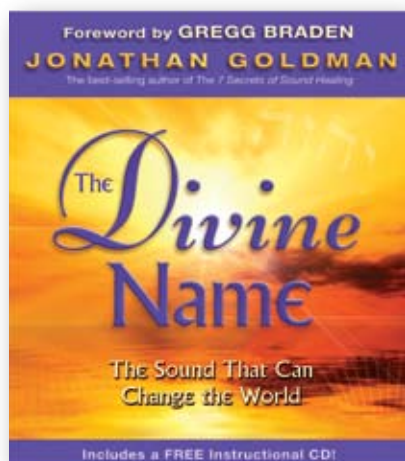
Are you wondering why the Laws of Attraction don't seem to be working for you? Are you tired of blaming yourself for everything that goes wrong? Well, it's not your fault! There are many factors that influence the creation of your destiny, including natural life cycles, shared consciousness, environment, karma, and your soul's intention—just to name a few.

In this truly unique book, **Sandra Anne Taylor** examines many of the influences affecting destiny creation, and separates the reliable facts from the confusing fiction that has built up around the Laws of Attraction. Offering a comprehensive understanding of why things *really* happen, this work will empower you to break through difficult cycles without self-recrimination, fear, or guilt. Your consciousness *can* change adverse situations! No matter what obstacles you may encounter, you can still achieve your financial, career, and romantic goals—that is, as soon as you finally learn *the truth* about attraction.

Sandra Anne Taylor, the *New York Times* best-selling author of *Quantum Success* and *Secrets of Success*, speaks internationally on the life-changing powers of personal energy and consciousness creation. She has been a counselor in private psychological practice, teaching the principles of attraction and manifestation, for more than 25 years. Her books are available in 21 languages throughout the world.



Websites: www.sandrataylor.net and
www.starbringerassociates.com



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The Divine Name

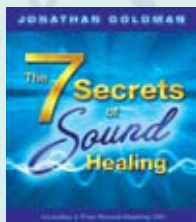
The Sound That Can Change the World

JONATHAN GOLDMAN

In this groundbreaking work, sound-healing pioneer **Jonathan Goldman** shares his incredible discovery of the Divine Name, a universal sound that, when intoned, can bring harmony and healing to ourselves and the planet. This name, encoded within our DNA, is the personal name of God, once found in the religious texts that link over half the world's population. Forbidden and then lost for nearly 2,500 years, the Divine Name is available once again. It is a sound that when vocalized has the ability to resonate both the physical body and subtle energy fields of anyone who intones it—irrespective of religion, tradition, or belief. It has the power to usher in a new era of human consciousness, uniting us in healing, peace, and oneness.

The Divine Name is a step-by-step process of vibratory activation that will allow you to experience the power, majesty, and healing of this extraordinary sound. Also included is an instructional recording that will help you learn to intone the Divine Name yourself, enabling you to revel in its astounding transformational properties.

ALSO AVAILABLE:



The 7 Secrets of Sound Healing
 Jonathan Goldman
 USA \$17.95 • Hardcover
 5-3/4" x 6-1/2"
 978-1-4019-1758-6

Jonathan Goldman is an international authority on sound healing and a pioneer in the field of harmonics. He is the author of *The 7 Secrets of Sound Healing*, *Healing Sounds*, *Shifting Frequencies*, and *Tantra of Sound*, winner of the 2006 Visionary Award for "Best Alternative Health Book." Jonathan presents Healing Sounds Seminars throughout the world and is director of the Sound Healers Association and president of Spirit Music, Inc., in Boulder, Colorado. A Grammy nominee, Jonathan has created numerous best-selling, award-winning recordings and is a lecturing member of the International Society for Music Medicine.



Website: www.healingsounds.com

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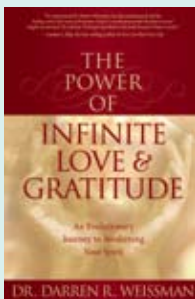
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Awakening to the Secret Code of Your Mind

Your Mind's Journey to Inner Peace

DR. DARREN R. WEISSMAN

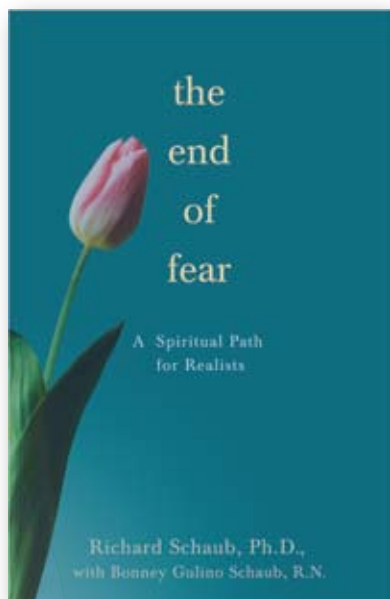
What if you could, like a diamond forged through heat and pressure, transform every painful, scary, and stressful experience in your life into one that is meaningful, courageous, and inspiring? What if you were provided with the tools that allow you to tap and manifest the true power that exists within you—the power to shine? Are you ready to discover your path to peace?

In this fascinating book, **Dr. Darren Weissman** shares ancient spiritual wisdom fused with a modern-day understanding of the mind's relationship to biology and behavior that has implications not only for your health, but for the well-being of the entire planet. You'll learn how to use *The LifeLine Technique*—a philosophy and technology for awakening your infinite potential for healing and wholeness—and share the experiences of scores of people whose lives have been forever changed as a result.

Conscious visionaries pronounced more than 40 years ago that the road to peace is paved with the power of love. Darren's book provides the steps you can use to learn to walk that path, and it will help you understand why it is your moral imperative to choose love over fear.

Dr. Darren R. Weissman, the author of *The Power of Infinite Love & Gratitude*, is the developer of *The LifeLine Technique*[™], an advanced holistic system that discovers, releases, and interprets the root cause of physical symptoms and stress—emotions trapped within the subconscious mind. His mission is world peace through inner peace. Darren is an internationally renowned lecturer and has helped thousands of people awaken to their infinite potential and *The Power of Infinite Love & Gratitude*.

Website: www.infiniteandgratitude.com



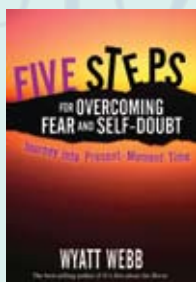
In-stock: February 1, 2010
Release: March 1, 2010 • USA \$12.95
 Tradepaper • 5-3/8" x 8-3/8"
 978-1-4019-2185-9

Print Run: 10,000

Marketing: National Radio, Print,
 and Internet Advertising

Rights: English Only

OF RELATED INTEREST:



Five Steps for Overcoming Fear and Self-Doubt

Wyatt Webb
 USA \$14.95 • Tradepaper
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The End of Fear

A Spiritual Path for Realists

RICHARD SCHAUB, Ph.D.,
 WITH BONNEY GULINO SCHAUB, R.N.

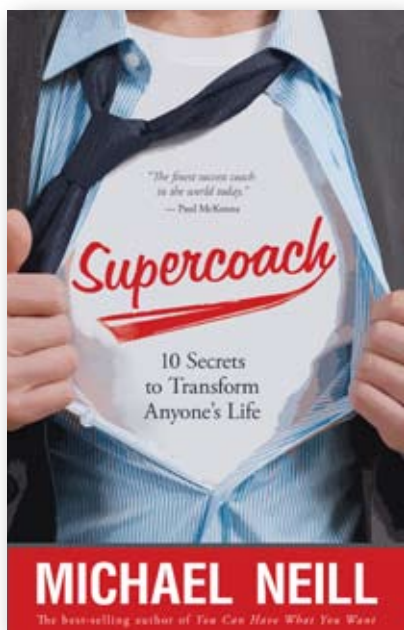
In *The End of Fear*, **Richard** and **Bonney Schaub** explore the origin of fear and posit that the root of fear is "the love of life." They claim that fear engulfs us because we know that life is unpredictable and that we are all ultimately vulnerable; we risk change and loss at every moment. No special religion grants any exemption, and no amount of money or status can change this fact of life.

Using examples from their lives and those of their patients, Richard and Bonney draw upon their 30 years of experience as psychotherapists to lay out a plan that will help you change your perspective and transform fear. Once you stop fleeing it or fighting it and face it with compassion, fear will no longer erode your confidence and undermine your experience of life; you'll be free to realize more and more fully your potential for peace, joy, and love.

Richard Schaub, Ph.D., and **Bonney Schaub, M.S., R.N.**, each have more than 30 years of experience as psychotherapists and teachers of meditation and holistic psychology. Together they are co-founders and co-directors of the New York Psychosynthesis Institute and are on the faculty of the Italian Society for Psychosynthesis Therapy in Florence. They lead seminars for both professional and general audiences, and they have now established The Dante School, a center for meditation and self-development. They are also authors of the well-received *Dante's Path* (featured in *O, The Oprah Magazine*, and Oprah's book *Live Your Best Life*) and *Healing Addictions: The Vulnerability Model of Recovery*.

Website: www.NewYorkPsychosynthesis.org





In-stock: February 15, 2010
Release: March 15, 2010 • USA \$14.95
 Tradepaper • 5-3/8" x 8-3/8"
 978-1-4019-2704-2

Print Run: 10,000

Marketing: National Radio, Print, and Internet Advertising. Featured on HayHouseRadio.com®

Rights: English Only

ALSO AVAILABLE:



Feel Happy Now!
 Michael Neill
 USA \$14.95 • Tradepaper
 5-3/8" x 8-3/8"
 978-1-4019-1773-9

Supercoach

10 Secrets to Transform Anyone's Life

MICHAEL NEILL

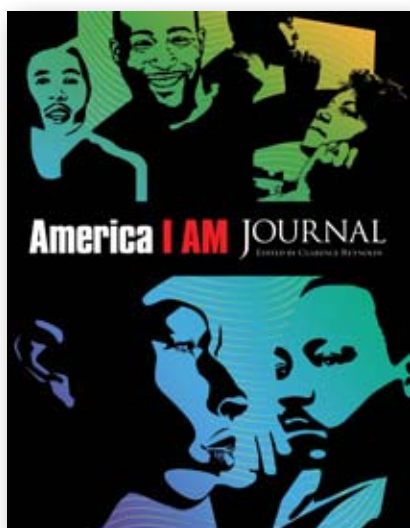
In this fun, easy-to-read book, best-selling author and internationally renowned success coach **Michael Neill** shares the secrets of transforming your life and the lives of the people you care about most—your family, friends, colleagues, and clients. Inside, you will learn:

- How to stop thinking like a victim
- The secret to financial security in any economy
- Proven techniques to produce dramatic changes in yourself and others
- Simple ways to create lasting relationships
- The key to lifelong happiness
- Strategies for increasing productivity, energy, well-being . . . and more!

Whether you want to powerfully impact the lives of the people around you or simply wish to create a deeper, more meaningful experience of being alive, this book is your essential guide to helping yourself and assisting others.

Michael Neill is an internationally renowned success coach and the best-selling author of *You Can Have What You Want, Feel Happy Now!*, and the *Effortless Success* audio program. He has spent the past 19 years as a coach, advisor, friend, mentor, and creative spark plug to celebrities, CEOs, royalty, and people who want to get more out of their lives. His books have been translated into eight languages, and his public talks and seminars have touched and transformed lives at the United Nations and on five continents around the world. He hosts a weekly talk show on **HayHouseRadio.com**®, and his weekly coaching columns can be read on his Website at www.geniuscatalyst.com.





In-stock: February 1, 2010
Release: March 1, 2010
 USA \$11.95 • Tradepaper
 5-3/8" x 8-3/8" • 978-1-4019-2407-2
Print Run: 10,000

Marketing: Tie-in with America I AM exhibit, Los Angeles, CA. Radio Interviews, Social Networking Campaign, National Print and Internet Advertising

Rights: World Rights

America I AM Journal

EDITED BY CLARENCE REYNOLDS



What will you leave behind? It's time to discover the unique life imprint that *only you* can create. Record the infinite possibilities of your life's journey, every day, in this beautiful journal inspired by Tavis Smiley's four-year traveling-museum exhibition America I AM: The African American Imprint.

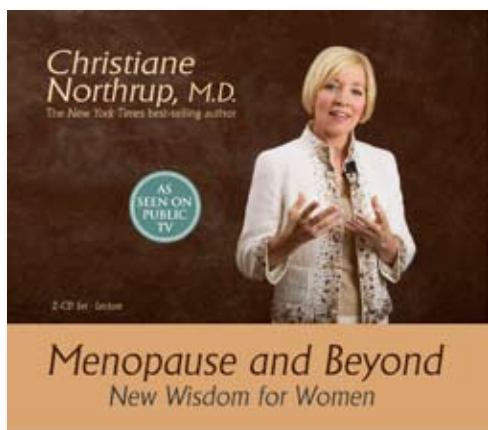
The *America I AM Journal* captures the unforgettable spirit of the America I AM exhibit in over 200 thought-provoking quotations and compelling images that explore 400 years of African-American history. The distinctive journal format provides room to reflect on the lives of those who have struggled and triumphed against the odds and reminds us of how their indelible economic, sociopolitical, cultural, and spiritual sacrifices and contributions have enriched America and the world. Each *America I AM Journal* entry invites us to remember what we have received, what we have yet to give, and why our shared legacy makes life worth living.

Clarence Reynolds is an independent journalist and editor. He has worked for numerous publications, including *Discover*, *B. Smith with Style*, *Healthy Living*, and *Black Issues Book Review*. He lives in New York City.

ALSO AVAILABLE:



America I AM Legends
 Foreword by Tavis Smiley
 USA \$24.95 • Tradepaper • 9" x 12"
 978-1-4019-2405-8



Menopause and Beyond

New Wisdom for Women

CHRISTIANE NORTHRUP, M.D.

This groundbreaking CD, based on **Dr. Christiane Northrup's** bestseller *The Wisdom of Menopause*, focuses on four key areas uppermost in the minds of women 50+. They are: heart health, hormone therapy, diet, and sexuality. Dr. Northrup also presents a five-step program that guarantees weight loss, if adhered to as directed.

With cutting-edge medical information and guidance, she invites midlife women to embrace their inner wisdom and transform the second half of their lives. Dr. Northrup's extensive and impeccable research, combined with her uniquely warm and accessible presentation style, offers you a wealth of potentially life-changing information!

In-stock: February 1, 2010

Release: March 1, 2010 • USA \$18.95

CD • 978-1-4019-1842-2

Print Run: 15,000

Marketing: National Radio, Print, and Internet Advertising. PBS Special Featuring Dr. Northrup June 2010.

Rights: World Rights

ALSO AVAILABLE:



The Power of Joy

Christiane Northrup, M.D.

USA \$15 • CD

978-1-4019-2308-2

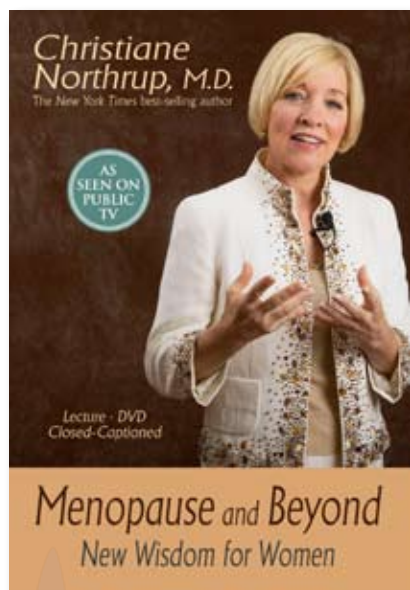
Christiane Northrup, M.D.,

a board-certified ob-gyn, is a visionary pioneer, beloved authority in women's health and wellness, and the author of the *New York Times* best-sellers *Women's Bodies*, *Women's Wisdom* and *Menopause and Beyond*. Following a 25-year career in both academic medicine and private practice, Dr. Northrup now devotes her time to helping women create vibrant health through tapping into their inner wisdom.

Website: www.DrNorthrup.com



To order, call 800-654-5126, fax 800-650-5115,
or visit: www.hayhouse.com®



In-stock: February 1, 2010
Release: March 1, 2010 • USA \$19.95
 DVD • 978-1-4019-1841-5

Print Run: 10,000

Marketing: National Radio, Print, and Internet Advertising. PBS Special Featuring Dr. Northrup June 2010.

Rights: World Rights

Menopause and Beyond New Wisdom for Women

CHRISTIANE NORTHRUP, M.D.

Based on Dr. Christiane Northrup's bestseller *The Wisdom of Menopause*, this DVD focuses on four key areas uppermost in the minds of women 50+. They are: heart health, hormone therapy, diet, and sexuality. Dr. Northrup also presents a five-step program that guarantees weight loss if adhered to as directed.

With cutting-edge medical information and guidance, she invites midlife women to embrace their inner wisdom and transform the second half of their lives. Dr. Northrup's extensive and impeccable research, combined with her uniquely warm and accessible presentation style, offers you a wealth of potentially life-changing information!

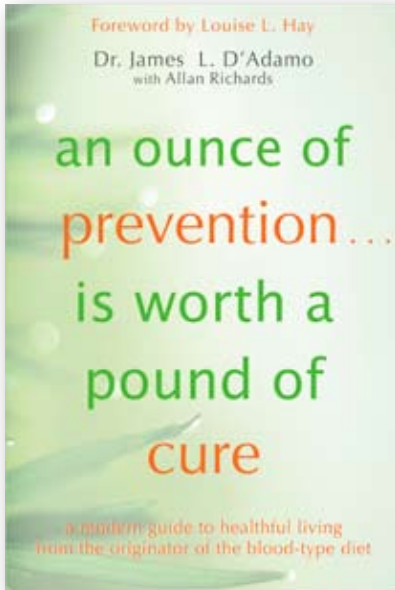
ALSO AVAILABLE:



The Secret Pleasures of Menopause

Christiane Northrup, M.D.
 USA \$17.95 • Hardcover • 5" x 7"
 978-1-4019-2237-5

To order, call 800-654-5126, fax 800-650-5115,
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An Ounce of Prevention . . . Is Worth a Pound of Cure

A Modern Guide to Healthful Living from
the Originator of the Blood-Type Diet

DR. JAMES L. D'ADAMO, WITH ALLAN RICHARDS

In this fascinating book, **Dr. James L. D'Adamo** exhorts us to take responsibility for our own health and prevent chronic degenerative diseases by using his newest discoveries, which have given him the opportunity to treat more than 50,000 patients. He explains which foods and exercises are right for each of us, what assets and liabilities we're born with, and how our minds can work to better process information. This book contains Dr. D'Adamo's most up-to-date and comprehensive teachings; and includes recipes, exercise regimens, and a panoply of natural therapies he recommends to the patients at his institute.

An Ounce of Prevention is the consummate statement on natural healing from this generation's most original naturopath. As Dr. D'Adamo writes: "We are all here for a purpose, and we can only aspire to our physical and spiritual fulfillment when the body is healthy and the mind clear. Blood types are a Truth of Nature and, if followed, will provide a person with the physical and spiritual health that Nature has intended for them."

In-stock: March 15, 2010

Release: April 15, 2010 • USA \$24.95

Hardcover • 6" x 9" • 978-1-4019-2719-6

Print Run: 30,000

Marketing: National TV, Radio, Print, and
Online Marketing Campaign

Rights: World Rights

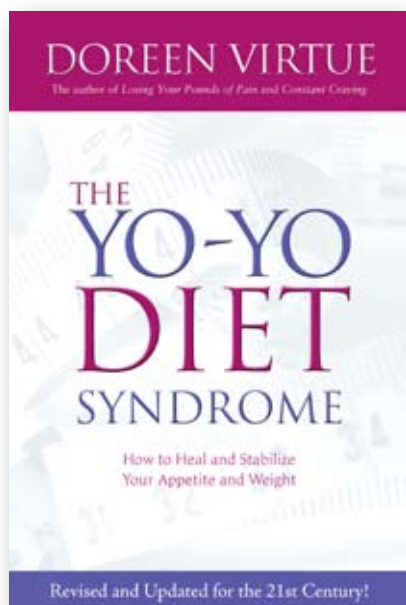
**Dr. D'Adamo Helped Cure
Louise L. Hay of Cancer!**

Dr. James L. D'Adamo, N.D., D.N.B., is the originator of the world-famous Blood Type Diet and director of the D'Adamo Institute for the Advancement of Natural Therapies. Trained in the United States, Germany, and Switzerland, Dr. D'Adamo revolutionized natural medicine more than 50 years ago with his discovery of the correlation between a person's blood type and his or her dietary and exercise requirements. His landmark books, *One Man's Food . . . is someone else's poison* (1980) and *The D'Adamo Diet* (1989), rejected standardized approaches of treatment and passionately called for diagnosis and care based on the individual.

Website: www.DadamoInstitute.com

Allan Richards collaborated with Dr. D'Adamo on his groundbreaking book *One Man's Food . . . is someone else's poison*. He was a judge for the Scripps Howard National Journalism Awards in 2008 and was awarded a 2009 Kaiser Family Foundation Mini-Fellowship for Global Health Reporting on HIV/AIDS in South Africa. Richards is an associate professor and the interim associate dean of Florida International University's School of Journalism and Mass Communication in Miami.





In-stock: March 15, 2010

Release: April 15, 2010 • USA \$15.95

Tradepaper • 6" x 9" • 978-1-4019-2323-5

Print Run: 10,000

Marketing: Appearance at I Can Do It!®; National Radio, Print and Internet Advertising

Rights: World Rights

The Yo-Yo Diet Syndrome

How to Heal and Stabilize Your Appetite and Weight

DOREEN VIRTUE

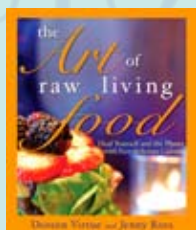
How wonderful would it feel to be able to break free from the pattern of yo-yo dieting forever? Recent research suggests that 95 percent of dieters fail to keep the weight off and continually:

- Lose pounds on countless occasions but end up putting it (and more) back on
- Overeat due to stress, depression, boredom, and fatigue
- Crave, or binge on, fat- and calorie-laden food

In this revised edition of her landmark book, **Doreen Virtue** shows you how you can keep the extra weight off—permanently! She presents a wealth of practical information that shows you how to heal your appetite and dieting issues, from the inside out.

This book is a must if you want to address the psychological, spiritual, and physiological causes of weight gain, and desire a simple and realistic method for shedding those excess pounds—for good!

ALSO AVAILABLE:



The Art of Raw Living Food

Doreen Virtue and Jenny Ross

USA \$15.95 • Tradepaper

5-3/8" x 8-3/8"

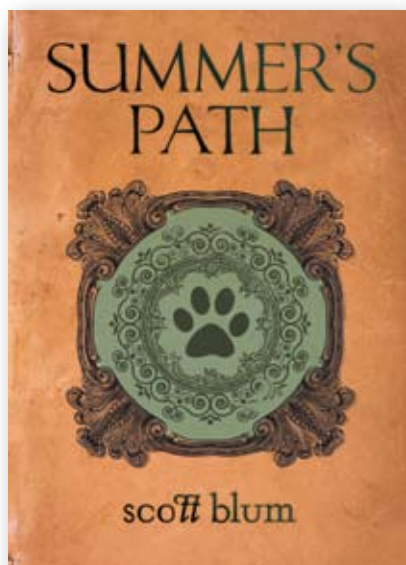
978-1-4019-2183-5

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 a prolific author who 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



Listen to Doreen Virtue Every Wednesday on **HayHouseRadio.com**®



In-stock: March 1, 2010

Release: April 6, 2010 • USA \$14.95

Hardcover • 5" x 7" • 978-1-4019-2716-5

Print Run: 30,000

Marketing: National Radio, Print, and Online Marketing Campaign—Over 10 Million E-mails

Rights: World Rights

Summer's Path

SCOTT BLUM

The #1 best-selling e-book is now available as an expanded-edition hardcover. Now with two additional chapters, this first printed edition of *Summer's Path* presents the remarkable story of Don Newport, an engineer who comes face-to-face with his personal destiny under extraordinary circumstances. After losing his job and his health insurance, Don learns that he has a terminal disease, with only a few months left to live. On his deathbed, he meets Robert, a brazen angel of death who promises to help him with a graceful exit. As Don prepares to say his last good-byes to his loving wife, Robert attempts to change Don's perspective about his mortality and proposes an exceptionally unique option.

Robert leads Don through an astounding meditation of life and death and reveals various healing and spiritual concepts, including walk-ins, embodiment, and soul destiny. On this magical journey of self-realization, Don discovers that it's never too late to learn profound life lessons about ourselves and our loved ones.

Summer's Path is the prequel to the best-selling book *Waiting for Autumn*.

ALSO AVAILABLE:



Waiting for Autumn

Scott Blum

USA \$14.95 • Hardcover

5" x 7"

978-1-4019-2270-2

Scott Blum is the best-selling author of *Waiting for Autumn* and the co-founder of the popular inspirational website DailyOM (www.dailyom.com). He is also



a successful multimedia artist who has collaborated with several popular authors, musicians, and visual artists and has produced many critically acclaimed works, including a series featuring ancient meditation music from around the world. Scott lives in the mountains of Ashland, Oregon, with Madisyn Taylor—his wife, business partner, and soul mate.

Website: www.scottblum.net

To order, call 800-654-5126, fax 800-650-5115,
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In-stock: March 15, 2010

Release: April 15, 2010 • USA \$14.95
Tradepaper • 6" x 9" • 978-1-4019-1090-7

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Rights: World Rights

ALSO AVAILABLE:



Secret Societies

Sylvia Browne
USA \$14.95 • Tradepaper
5-3/8" x 8-3/8"
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Psychic Healing

Using the Tools of a Medium
to Cure Whatever Ails You

SYLVIA BROWNE

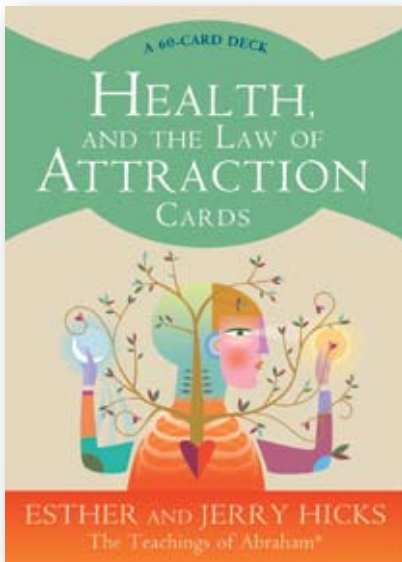
Sylvia Browne now gives us a marvelous book on self-healing. Largely made up of actual research trance transcripts from her guides, this work is a must for those who have chronic physical problems, but who cannot find relief from conventional medicine. It's not meant to replace this type of treatment, though, but to augment it. Sylvia also discusses her innovative and proven methods of healing relating to cell memory and morphic resonance.

Sylvia is one of the few deep-trance mediums in the world today, and the information that comes from her guides not only covers methods that give us the tools to heal ourselves and become more spiritual, but also gives us insights into preventive methods that ensure health and well-being so that we can live happier and healthier lives.

Sylvia Browne is the #1 *New York Times* best-selling author and world-famous psychic medium who has appeared on *The Montel Williams Show* and *Larry King Live*, as well as making countless other media and public appearances. With her down-to-earth personality and great sense of humor, Sylvia thrills audiences on her lecture tours and still has time to write numerous immensely popular books. She has a master's degree in English literature and plans to write as long as she can hold a pen.

Sylvia is the president of the Sylvia Browne Corporation; and is the founder of her church, the Society of Novus Spiritus, located in Campbell, California. Please contact her at: **www.sylvia.org**, or call **(408) 379-7070** for further information about her work.





In-stock: March 15, 2010
Release: April 15, 2010 • USA \$15.95
 60-Card Deck • 978-1-4019-2420-1

Print Run: 20,000

Marketing: National Radio, Print,
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Rights: World Rights

Health, and the Law of Attraction Cards

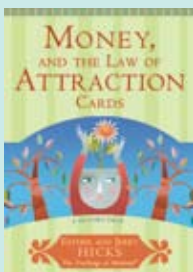
ESTHER AND JERRY HICKS
 (The Teachings of Abraham®)

“Every part of your life is experienced through the perspective of your physical body, and when you feel good, everything you see looks better. And so, there are few things of greater value than the achievement of health and physical well-being.

“Not only does a good-feeling body promote positive thoughts, but, also, positive thoughts promote a good-feeling body. It is our expectation that as you ponder these cards, a new point of attraction will begin to be activated within you that eventually can lead to a wonderful mood or attitude, for if you are able to find feelings of relief even when your body is hurting or sick, you will find physical improvement, because your thoughts create your reality.”

— Esther & Jerry

ALSO AVAILABLE:

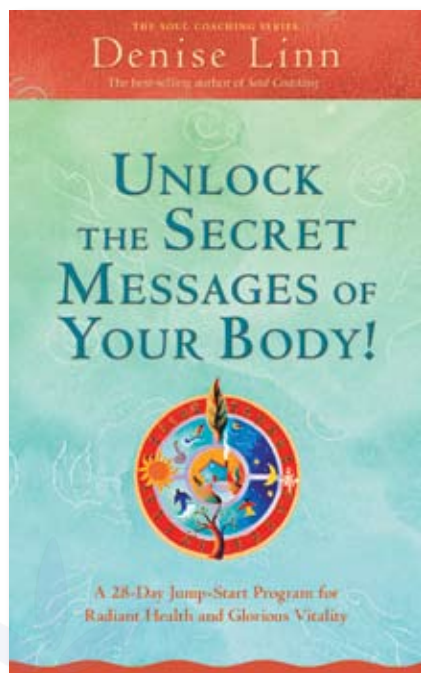


Money, and the Law of Attraction Cards
 Esther and Jerry Hicks
 USA \$15.95 • 60-Card Deck
 978-1-4019-2339-6

#1 *New York Times* best-selling authors **Esther** and **Jerry Hicks** produce the Leading Edge Abraham-Hicks teachings on the Art of *Allowing* our natural Well-Being to come forth. *Law of Attraction* workshops held in up to 60 cities per year inspire a regular flow of Abraham books, CDs, and DVDs. Their internationally acclaimed Website is: www.abraham-hicks.com.



Listen to Esther and Jerry Hicks Every Tuesday on HayHouseRadio.com®



In-stock: March 1, 2010

Release: April 1, 2010 • USA \$12.95

Tradepaper • 5-1/4" x 8"

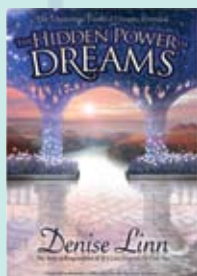
978-1-4019-2658-8

Print Run: 10,000

Marketing: Appearance at I Can Do It!®; National Radio, Print, and Internet Advertising

Rights: World Rights

ALSO AVAILABLE:



The Hidden Power of Dreams

Denise Linn

USA \$14.95 • Tradepaper • 6" x 9"

978-1-4019-1791-3

Unlock the Secret Messages of Your Body!

A 28-Day Jump-Start Program for Radiant Health and Glorious Vitality

DENISE LINN

All of your history is lodged in the cells and DNA of your body. Your decisions, judgments, old patterns, and beliefs are also stored there. Using this 28-day program, you'll unweave negative programming and anchor new spiritual changes into the physical realm. By exploring and clearing the hidden blockages within your body—and following the practical, carefully crafted steps presented here—you'll find that you're able to uncover your natural life-force energy . . . easily and without effort!

This four-week program will help you:

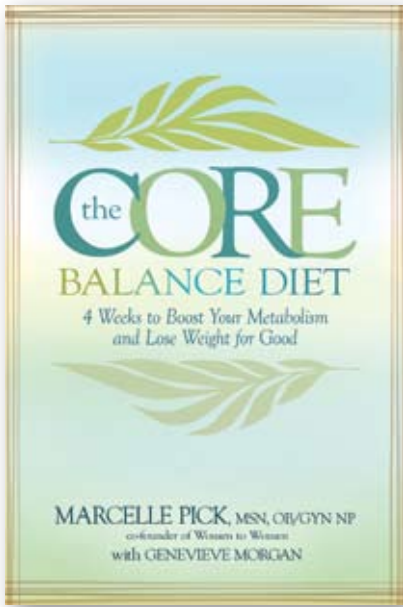
- Discover what the ancient mystics knew about the body's cells that can help you today
- Realize why you were born with your specific body
- Uncover the spiritual lessons you're receiving from your body in this lifetime
- Learn the mystical correlation between your body and your life
- Understand how clutter clearing can help you drop weight and heal health challenges
- Lighten your soul in order to lighten your body

By utilizing the energy of nature—Air, Water, Fire, and Earth—this program allows you to clear away old limitations so that you can truly begin to claim your luminous, vital, glorious body.

Denise Linn, the best-selling author of numerous books, including *Sacred Space* and *Soul Coaching*, has researched healing traditions from cultures around the world for more than 35 years. As a renowned lecturer, author, and visionary, she regularly gives seminars on six continents, and also appears extensively on television and radio shows.

Website: www.DeniseLinn.com





In-stock: March 15, 2010

Release: April 15, 2010

USA \$16.95 • Tradepaper • 7" x 9"
978-1-4019-2202-3

Print Run: 50,000

Marketing: National Television, Radio, Print, and Internet Advertising. Online Marketing Campaign—Over 5 Million E-mails.

Rights: English Only

ALSO AVAILABLE:



The Core Balance Diet

Marcelle Pick, MSN, OB/GYN NP,
with Genevieve Morgan
USA \$23.95 • 4-CD Set
978-1-4019-2203-0

Now Available in Tradepaper!

The Core Balance Diet 4 Weeks to Boost Your Metabolism and Lose Weight for Good

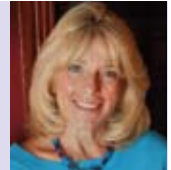
MARCELLE PICK, N.P., WITH GENEVIEVE MORGAN

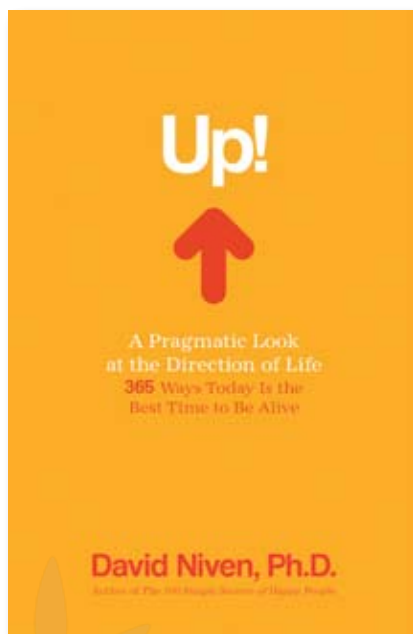
From the cofounder of Women to Women, one of the first clinics in the country devoted to providing health care for women by women, comes a whole new way to look at weight loss: *The Core Balance Diet*. **Marcelle Pick** draws upon decades of patient and personal experience to solve the mystery of stubborn, frustrating weight gain in women, whether they've just gained it or have been struggling with it for years. This breakthrough program, which has benefited many of the thousands of women who visit the clinic each year, is rooted in cutting-edge nutritional science that explores the weblike relationship between women's hormones, metabolism, and weight gain. In clear terms, Pick connects the dots between self-knowledge, self-care, and the ability to lose weight, extending the concept of mind-body-spirit to demonstrate why and how a woman's biography becomes her biology.

Marcelle Pick, MSN, OB/GYN NP,

cofounded Women to Women in 1983 with a vision to change the way in which women's health care is delivered. Women to Women pioneered the combination of alternative and conventional medicine in women's health, using a holistic approach that not only treats illness but also helps women make choices in their lives to prevent disease.

Marcelle earned a B.S. in nursing from the University of New Hampshire School of Nursing, a B.A. in psychology from the University of New Hampshire, and her M.S. in nursing from Boston College—Harvard Medical School. She is certified as an OB/GYN nurse practitioner and a pediatric nurse practitioner; and is a member of the American Nurses Association, American Nurse Practitioner Association, and American Holistic Nurses Association.





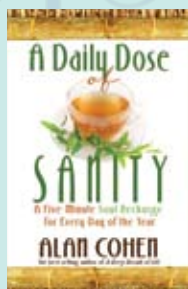
In-stock: March 15, 2010
Release: April 15, 2010 • USA \$19.95
 Hardcover • 5-1/4" x 8" • 978-1-4019-2320-4

Print Run: 50,000

Marketing: National Radio, Print, and Internet Advertising

Rights: World Rights

OF RELATED INTEREST:



A Daily Dose of Sanity
 Alan Cohen
 USA \$15.95 • Tradepaper
 5-3/8" x 8-3/8"
 978-1-4019-2588-8

Up! A Pragmatic Look at the Direction of Life

365 Ways Today Is the Best Time to Be Alive

DAVID NIVEN, PH.D.

Insufficient health-care coverage, a weakened economy, the fragile environment—most people would be hard pressed to find even *one* example of how things are better today than they were yesterday. How about one for each day of the year?

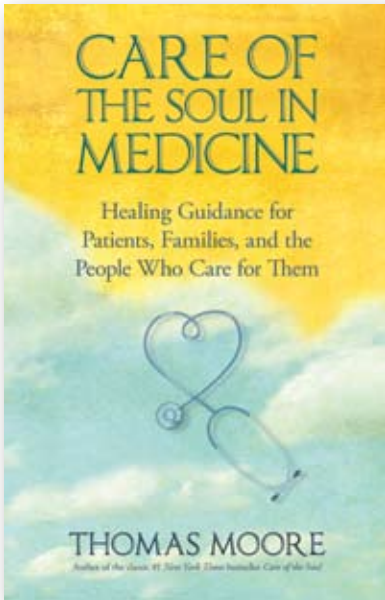
In his engaging and informative new book, *Up!*, **David Niven**, the best-selling author of the *100 Simple Secrets* series (more than a million copies sold in the U.S. alone), gives us 365 examples of how life is better now than ever before. We think we're running out of time—but we actually live twice as long as our great-grandparents did. We think our culture is in decline—but worldwide IQ scores are higher today than ever before. We think life keeps getting harder—but the percentage of people who feel happy is growing every year. Well researched and full of insight, *Up!* not only proves that life today is a vast improvement from the past, but also that it continues to get better with each passing day.

For those who need convincing or for those who need reminding, *Up!* is a great resource for appreciating how far we've come and realizing that, in all ways, things are truly looking *Up!*

David Niven, Ph.D., is the author of the popular *100 Simple Secrets* series, which has been translated into 30 languages. As a psychologist and social scientist, his work makes the case that a more satisfying life can be had with small changes in our actions and attitudes. He teaches at Wright State University.

Website: www.davidniven.com





In-stock: March 15, 2010
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 USA \$24.95 • Hardcover
 5-3/8" x 8-3/8" • 978-1-4019-2563-5

Print Run: 40,000

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Rights: English Only

Care of the Soul in Medicine

Healing Guidance for Patients, Families, and the People Who Care for Them

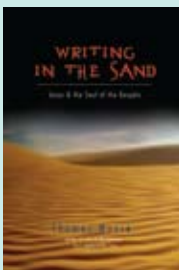
THOMAS MOORE

Few experiences stir the emotions and throw a person into crisis as illness does. It affects not only the body but also the spirit and soul. Illness is about life and death, fear and hope, love and conflict, spirit and body. And yet the health-care system is not structured around these considerations—our doctors and other medical professionals are not trained to deal with the whole person.

Care of the Soul in Medicine is **Thomas Moore's** manifesto about the future of health care. In this new vision of care, Moore speaks to the importance of healing a person rather than simply treating a body. He gives advice to both health-care providers and patients for maintaining dignity and humanity. He provides spiritual guidance for dealing with feelings of mortality and threat, encouraging patients to not only take an active part in healing, but also to view illness as a positive passage to new awareness. While we don't fully understand the extent to which healing depends on attitude, it has been shown that healing needs to focus on more than the body.

The future of medicine is not only in new technical developments and research discoveries; it is also in appreciating the state of soul and spirit in illness.

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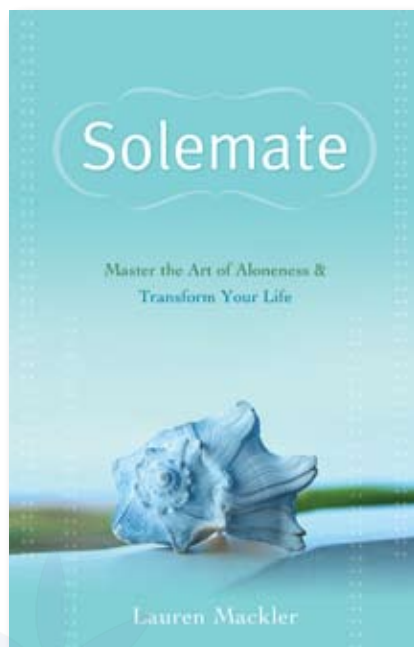


Writing in the Sand
 Thomas Moore
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Best-selling author and psychotherapist **Thomas Moore** has written numerous books on spirituality, including *Writing in the Sand*, *Soul Mates*, *Life at Work*, and the *New York Times* bestseller *Care of the Soul*. Born in Detroit, Michigan, to an Irish Catholic family, Moore devoted his life to the study of theology, world religions, Jungian and archetypal psychology, the history of art, and world mythology. He currently lives in New Hampshire.

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Solemate

Master the Art of Aloneness
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LAUREN MACKLER

Many people spend years waiting for an ideal partner—a “soul mate” to make them feel happy and complete. Others settle for unfulfilling relationships out of a deep-seated fear of being alone. In *Solemate*, **Lauren Mackler** provides a groundbreaking road map for achieving mastery of your own life so you can experience a sense of wholeness and well-being whether you’re on your own or in a relationship. It’s about becoming the person you were meant to be, treating yourself well, and shedding the old beliefs and behaviors that limit your ability to realize your greatest potential. It’s about becoming your own cherished solemate.

Drawing from her own experiences; those of her clients; and the fields of psychology, physiology, sociology, holistic healing, and strategic business practices, Mackler has developed a unique program for reclaiming your innate wholeness. This gradual, step-by-step process involves understanding where your self-defeating patterns come from and how to move beyond them. She helps you uncover and retrieve your authentic self—who you really are beneath the layers of life conditioning. This program will help you live in a more conscious and deliberate way and align your actions with the results you want in your life.

Lauren Mackler, an innovator in activating human potential, is a renowned coach, keynote speaker, teacher, and popular radio and TV talk-show guest. Over the past 25 years, she has been a psychotherapist, workshop facilitator, corporate consultant and a leading authority in the areas of personal transformation, relationships, and professional performance. She is a fellow author of *Speaking of Success* with Jack Canfield, Stephen Covey, and Ken Blanchard and founder of the coaching and consulting firm Lauren Mackler & Associates.

Website: www.laurenmackler.com



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ROBERT HOLDEN, PH.D.

Be Happy is the follow-up to **Robert Holden's** best-selling *Happiness NOW!* In this book, Robert gives you a front-row seat on his eight-week happiness program—famously tested by independent scientists for the BBC-TV documentary called *How to Be Happy*. Step-by-step he introduces you to a set of proven techniques, principles, meditations, and insights that will help you be happy now! Key lessons include:

Follow Your Joy – Stop chasing happiness and start enjoying your life as it happens.

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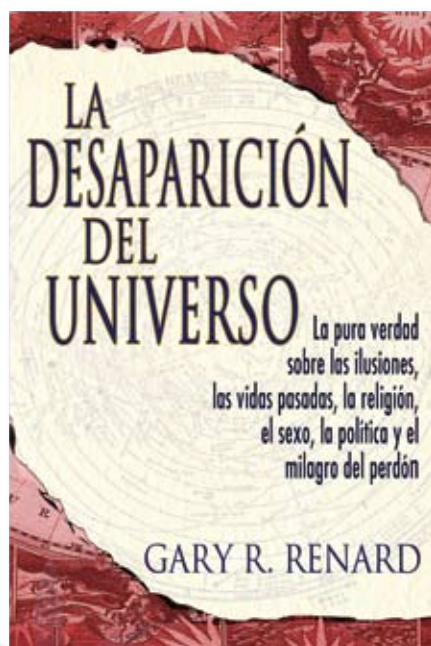


Success Intelligence
 Robert Holden, Ph.D.
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 978-1-4019-2171-2

Robert Holden, Ph.D., is the Director of The Happiness Project and Success Intelligence. His innovative work on happiness and success has been featured on *Oprah* and in two major BBC-TV documentaries, *The Happiness Formula* and *How to Be Happy*, shown in 16 countries to more than 30 million television viewers.



Robert is a consultant and coach to leading brands and organizations such as Dove, Virgin, The Body Shop, and Comic Relief. He gives public lectures worldwide and has shared the stage with Deepak Chopra, Wayne Dyer, Patch Adams, and Paul McKenna. He's the author of ten best-selling books, including *Happiness NOW!*, *Success Intelligence*, and *Shift Happens!*
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Best-selling *Disappearance of the Universe*—Now Available in Spanish!

La Desaparición Del Universo

La pura verdad sobre las ilusiones, las vidas pasadas, la religión, el sexo, la política y el milagro del perdón

GARY R. RENARD

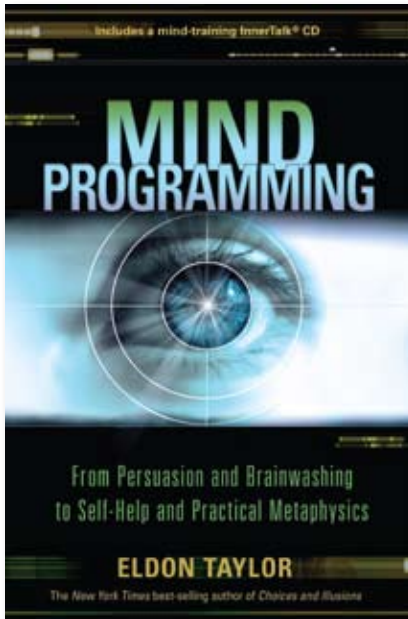
What would you do if you were sitting quietly in your living room and a mysterious couple appeared from out of nowhere—and then told you they were “ascended masters” who had come to reveal some shocking secrets of existence and teach you the miraculous powers of advanced forgiveness? Would you call the cops? Call a psychiatrist? Call out for pizza?

When two such teachers appeared before **Gary Renard** in 1992, he chose to listen to them (and ask a lot of impertinent questions). The result is this startling book: an extraordinary record of 17 mind-bending conversations that took place over nearly a decade, reorienting the author’s life and giving the world an uncompromising introduction to a spiritual teaching destined to change human history.

In the early 1990s, **Gary R. Renard** underwent a powerful spiritual awakening. As instructed, he slowly and carefully wrote *The Disappearance of the Universe* over a period of nine years. Today he is a private investor who writes, travels, and discusses metaphysical principles with other spiritual seekers.



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Eldon Taylor, the best-selling author of *Choices and Illusions*, has made a lifelong study of the human mind and has earned doctoral degrees in psychology and metaphysics. He is a diplomate with the American Psychotherapy Association (APA) and a nondenominational minister. He was a practicing criminalist for over ten years while completing his education and is now president and director of Progressive Awareness Research, Inc. For more than 20 years, his books, tapes, lectures, and radio and television appearances have approached personal empowerment from the cornerstone perspective of forgiveness, gratitude, and respect for all life.

Website: www.choicesandillusions.com





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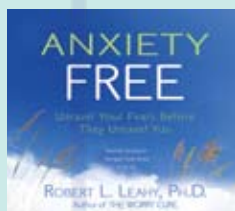
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Anxiety Free

Unravel Your Fears Before They Unravel You

ROBERT L. LEAHY, Ph.D.

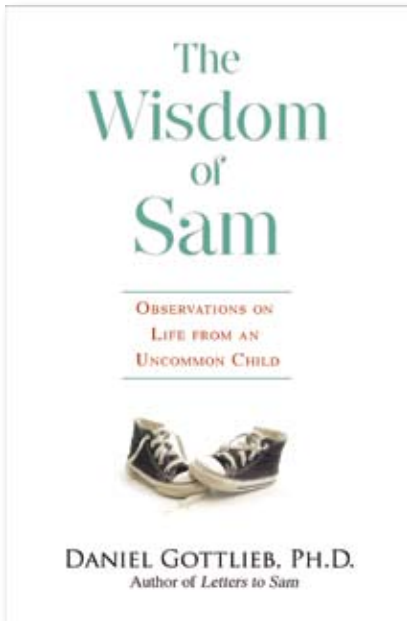
In this book, **Robert L. Leahy, Ph.D.**, author of the best-selling book *The Worry Cure*, turns his attention to anxiety. Leahy looks at the origin of anxiety and teaches you how to outsmart your fears for a less stressful life. He lays out the symptoms associated with some of the most common anxiety disorders, including panic and agoraphobia, obsessive-compulsive, generalized anxiety, social anxiety, and post-traumatic stress; and provides simple, step-by-step guides to help you overcome the fears associated with each of these.

Using Leahy's methods, which are based on the best psychological treatments available, you will be able to work toward a life free from the apprehension, tension, and avoidance associated with anxiety.

Robert L. Leahy, Ph.D., is recognized worldwide as one of the most respected writers and speakers on cognitive therapy. He holds a number of high-ranking positions in his field, including director of the American Institute for Cognitive Therapy, president of the International Association of Cognitive Psychotherapy, and president of the Academy of Cognitive Therapy, as well as editor of Cognitive Behavior Therapy Book Reviews. He is the author and editor of 15 books, including the bestseller *The Worry Cure*, and has been featured in numerous periodicals and magazines; as well on national local radio and television programs.



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The Wisdom of Sam

Observations on Life
from an Uncommon Child

DANIEL GOTTLIEB, PH.D.

In this heartfelt and generous book, author **Daniel Gottlieb** shares life lessons taught to him by his eight-year-old grandson, Sam. Readers were first introduced to Sam in *Letters to Sam*—which has been translated into 15 languages, with more than 50,000 copies sold in the U.S. Now, *The Wisdom of Sam* continues the extraordinary story of the interaction between a grandfather who is quadriplegic and a grandson who is autistic as they share their discoveries about empathy, compassion, courage, happiness, and the power of laughter. Sam's uncommon perspective on the world—and the remarkable way he expresses himself—are the seeds of inspiration for his grandfather. And the emotional connection between Daniel Gottlieb and his grandson provides a springboard for wonderful moments of reflection, understanding, and humor.

Sam's candid observations not only teach us what we've forgotten, but they also show us how to look at the world through a different lens. Just as Sam's grandfather has found his worldview forever changed by the wisdom of his grandson, readers of *The Wisdom of Sam* will discover unforgettable messages of acceptance, hope, love, and gratitude.

In-stock: March 1, 2010

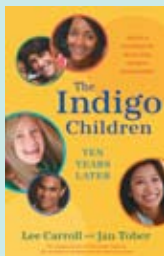
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Lee Carroll and Jan Tober
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Daniel Gottlieb, Ph.D., is the author of *Letters to Sam*; *Learning from the Heart* (recipient of the Books for a Better Life Award); *Voices in the Family*; and *Voices of Conflict*,



Voices of Healing. He hosts an award-winning mental health call-in program, *Voices in the Family*, on the public radio station WHYY 90.9 FM in Philadelphia, and also hosts a weekly blog on the Website of *The Philadelphia Inquirer*. A sought-after speaker on family and social issues, he lectures locally and nationally on a variety of topics affecting the well-being of communities. In 2009 he was recipient of The Fervent Love of Life Award in Taiwan. He resides in Cherry Hill, New Jersey.

Website: www.drdangottlieb.com



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The Beauty Quotient Formula

How to Find Your Own Beauty Quotient to Look Your Best—No Matter What Your Age

ROBERT M. TORNAMBE, M.D.

During his 25-year career as a plastic surgeon, **Robert M. Tornambe** has seen many beautiful, yet insecure, women—of all ages—come to his office hoping to fundamentally alter their looks. Time after time, he wondered how these gorgeous women could doubt themselves. But more important, he wondered how he could show them that surgery wasn't the only road map to looking and feeling great.

That's when he developed *The Beauty Quotient Formula*. This life-changing program begins with a self-administered quiz to determine a woman's unique Beauty Quotient (BQ) score—the higher the better. The score identifies areas in which she can raise her BQ through lifestyle changes, health awareness, confidence improvement, and a keen fashion sense.

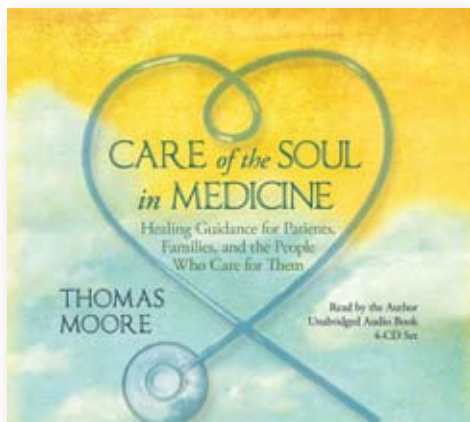
Following the BQ quiz are Dr. Tornambe's beauty plans. Covering everything from dealing with social anxiety to firming up the body, these put her in control of her beauty—all without surgery! In addition to his insight into long-term improvement goals, Dr. Tornambe includes a quick makeover section that will help her prepare for any event, whether it's in four days or four weeks.

The Beauty Quotient Formula helps women transform how they see themselves and provides a no-fail method for looking and feeling more beautiful—no matter what their age!

New York City plastic surgeon **Robert M. Tornambe, M.D.**, is a fellow of the American College of Surgeons (F.A.C.S.) and diplomate of the American Board of Plastic Surgery (board certified). Dr. Tornambe has lectured in the United States and Europe, and is considered an expert in cosmetic facial and breast surgery. He was the only New York City-based plastic surgeon to appear on the ABC series *Extreme Makeover*. He has also appeared on *Dateline*, *The Today Show*, and *The Charlie Rose Show*. He was listed in *New York* magazine's "The Best Doctors in New York."

Website: www.thebeautyquotient.com





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Care of the Soul in Medicine
Thomas Moore
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Care of the Soul in Medicine

Healing Guidance for Patients, Families, and the People Who Care for Them

THOMAS MOORE

Few experiences stir the emotions and throw a person into crisis as illness does. It affects not only the body but also the spirit and soul. Illness is about life and death, fear and hope, love and conflict, spirit and body. And yet the health-care system is not structured around these considerations—our doctors and other medical professionals are not trained to deal with the whole person.

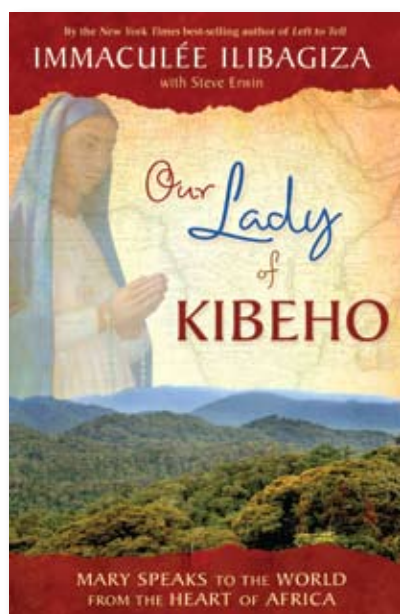
The *Care of the Soul in Medicine* CD program is **Thomas Moore's** manifesto about the future of health-care. In this new vision of care, Moore speaks to the importance of healing a person rather than simply treating a body. He gives advice to both health-care providers and patients for maintaining dignity and humanity. He provides spiritual guidance for dealing with feelings of mortality and threat, encouraging patients to not only take an active part in healing, but also to view illness as a positive passage to new awareness. While we don't fully understand the extent to which healing depends on attitude, it has been shown that healing needs to focus on more than the body.

The future of medicine is not only in new technical developments and research discoveries; it is also in appreciating the state of soul and spirit in illness.

Best-selling author and psychotherapist **Thomas Moore** has written numerous books on spirituality, including *Writing in the Sand*, *Soul Mates*, *Life at Work*, and the *New York Times* bestseller *Care of the Soul*. Born in Detroit, Michigan, to an Irish Catholic family, Moore devoted his life to the study of theology, world religions, Jungian and archetypal psychology, the history of art, and world mythology. He currently lives in New Hampshire.



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Our Lady of Kibeho

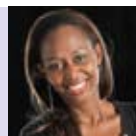
Mary Speaks to the World
from the Heart of Africa

IMMACULÉE ILIBAGIZA, WITH STEVE ERWIN

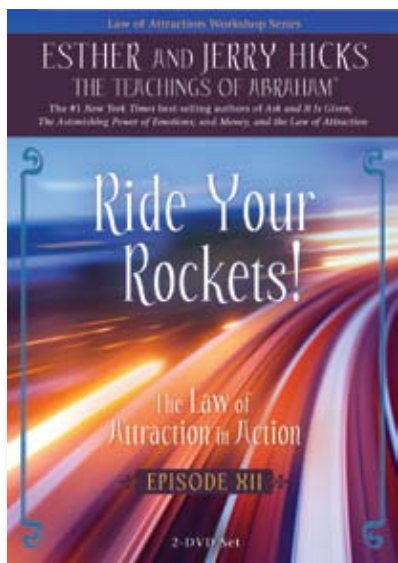
Thirteen years before the bloody 1994 genocide swept across Rwanda leaving a million people dead, the Virgin Mary and Jesus appeared to several young people in the remote Rwandan village of Kibeho. Through the young visionaries, Mary and Jesus warned of the looming genocide, which (they assured) could be averted if Rwandans opened their hearts to God and embraced His love. As at other Marian (related to the Virgin Mary) sites, such as Fatima and Lourdes, the visionaries were at first mocked and disbelieved. But as miracle after miracle occurred in the tiny village, tens of thousands of Rwandans and pilgrims from across Africa and Europe journeyed to Kibeho to behold the apparitions.

While some discounted the apparitions as a hoax, doctors, psychologists, and scientists agreed that what happened in Kibeho could not be explained by modern science. After two decades of rigorous investigation, the Vatican authenticated the visions in 2001. Our Lady of Kibeho became the first and only Marian site in all of Africa. But the story of Kibeho remains largely unknown. Immaculée Ilibagiza has changed all that with *Our Lady of Kibeho*. She made many pilgrimages to Kibeho both before and after the genocide, personally witnessed true miracles, and spoke with a number of the visionaries themselves. Her deeply personal and moving story is certain to touch the hearts of thousands and help spread the messages of love, hope, and peace delivered by the Holy Mother and Jesus in Kibeho throughout the world.

Immaculée Ilibagiza lost most of her family during the 1994 genocide. Four years later, she immigrated to the United States and began working for the United Nations in New York City. She has established the Ilibagiza Foundation to help others heal from the long-term effects of genocide and war.



Steve Erwin is a writer and award-winning journalist working in the print and broadcast media. Most recently, he was a foreign correspondent for the Canadian Broadcasting Corporation. He lives in Manhattan with his wife, journalist Natasha Stoyloff.



In-stock: March 15, 2010

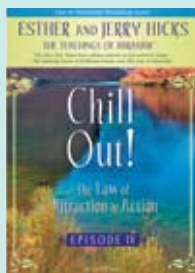
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“You didn’t come to ‘get it done.’ You came for the thrill of the ride.”

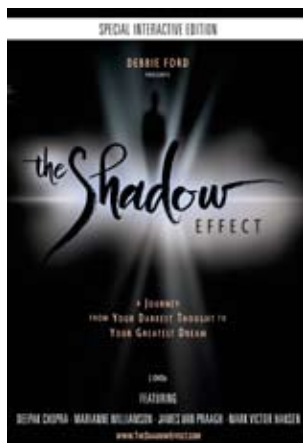
This DVD features questions on: staying positive around a negative friend; why bad things can happen when you’re feeling good; death-of-a-child issues; losing trust in men; why we are all here; ultimately paying for harming others; and—hearing one’s own Inner Voice!

Plus: Abraham issues a call-out to society: “To the leaders of your world, to the leaders of your organizations, to the doctors and scientists and psychologists and psychiatrists, to the teachers . . . to anyone who wants to help anyone . . .” — Abraham delivers!

#1 New York Times best-selling authors **Esther** and **Jerry Hicks** produce the Leading Edge Abraham-Hicks teachings on the Art of Allowing our natural Well-Being to come forth. Law of Attraction workshops held in up to 60 cities per year inspire a regular flow of Abraham books, CDs, and DVDs. Their internationally acclaimed Website is: www.abraham-hicks.com.

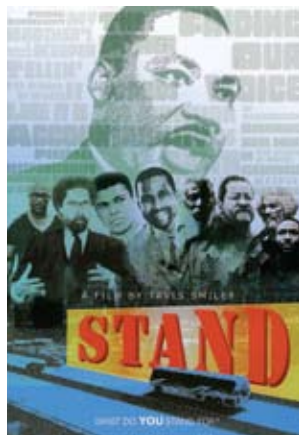


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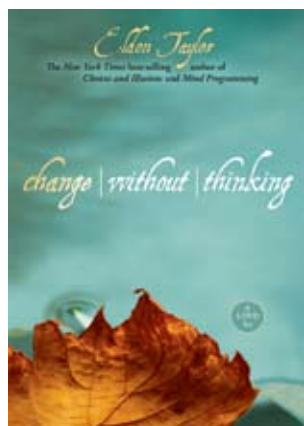


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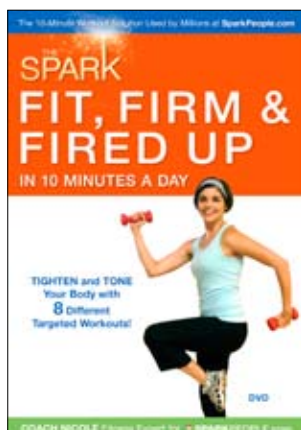
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- To get started, visit www.hayhouse.com/affiliates and complete the online application. Since you're following the link from our Website, your application will automatically be sent to us. You'll receive an instant e-mail confirming the receipt of your application. We'll then review your application and respond to you as soon as possible—typically within three business days.

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HAY HOUSE

SALES POLICY INFORMATION

Hay House, Inc., offers the following discounts to all **RETAIL SALES OUTLETS** on orders for books, audios, and videos:

QUANTITY	DISCOUNTS
1-4	20%
5-14	30%
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Customers can place orders (USA and Canada) by mail, or call toll-free **1-800-654-5126 ext. 2** between 7:00 A.M. and 5:30 P.M., Monday through Friday, Pacific time. Or fax to **1-800-650-5115** or visit us online at www.hayhouse.com®.

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Overstock returns may be made within six (6) months of purchase without prior authorization. Defective items may be returned and must specify defect. A packing slip with account number, invoice number, list of returned items, and dates **MUST** be included with all returned boxes. Do not include **PAYMENTS** or **ORDERS** with returns. Books eligible for credit will be returned at the customer's expense. Credit for overstock returns will be issued at full purchase discounts. **PLEASE PACK CAREFULLY.** Ship returns to Hay House, Inc., 995 Joshua Way, Ste. B, Vista, CA 92081.

We cannot accept returns of the following:

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Credits will be issued against purchases only. Credits must be used within six months. Cash refunds will not be issued.

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Customer Service is available to answer questions concerning your account. Call toll-free **1-800-654-5126 ext. 2** between 7:00 A.M. and 5:30 P.M., Monday through Friday, Pacific time.

CONSUMER ORDERS:

Consumers who are unable to obtain our merchandise locally may order by phone, fax, or mail **AT FULL LIST PRICE** (no discounts). Full payment must accompany your order, or you may order by phone or fax with VISA, Discover, MasterCard, or Amex. Please add shipping charge (per schedule). C.O.D. not available. CA, CO, FL, GA, IL, NV, NY, RI, and WA residents must add applicable sales tax to orders.

SHIPPING AND

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Bookpost available upon request for Alaska, Hawaii, and all other territories. Bookpost is not a guaranteed method of shipping; therefore, Hay House is not responsible for lost or damaged items. **Prices and shipping/handling charges are subject to change without notice.**

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