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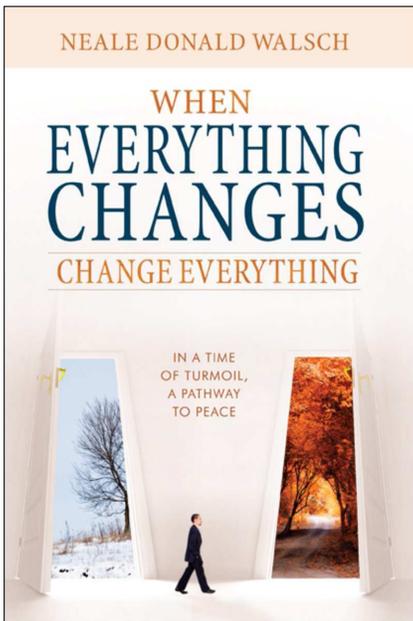
WINTER 2014

HAY HOUSE

Full Catalogue

This edition of the catalogue was printed on August 28, 2013.

*To view updates, please see the Winter 2014 Raincoast eCatalogue
or visit www.raincoast.com*



When Everything Changes, Change Everything

In a Time of Turmoil, A Pathway to Peace

NEALE DONALD WALSCH

Neale Donald Walsch is the author of 28 books on practical spirituality, including the *Conversations with God* series, which have sold millions of copies worldwide. His books have been translated into 35 languages, and seven have made the *New York Times* bestseller list.

Hay House
On Sale: Dec 22/13
9781571746061 • \$19.95 • cl
Self-Help / General
14W Hay House: p. 1

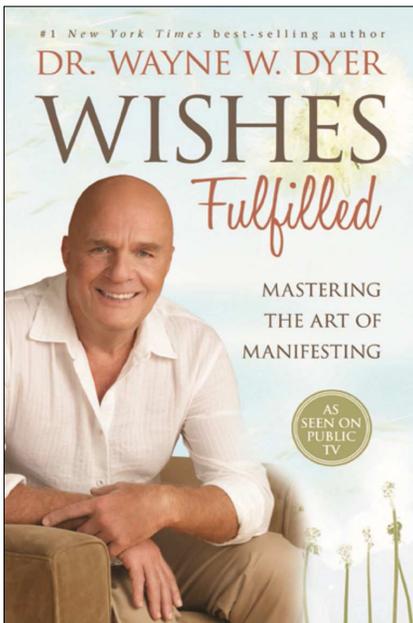
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Hay House

On Sale: Jan 15/14

6 x 9 • 224 pages

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Self-Help / Motivational & Inspirational

14W RAI SC Hay House Presentation: p. 1

Hardcover Edition: 9781401937270

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Wishes Fulfilled

Mastering the Art of Manifesting

WAYNE W. DYER

This book is dedicated to your mastery of the art of realizing all your desires. The greatest gift you have been given is the gift of your imagination. Everything that now exists was once imagined. And everything that will ever exist must first be imagined. *Wishes Fulfilled* is designed to take you on a voyage of discovery, wherein you can begin to tap into the amazing manifesting powers that you possess within you and create a life in which all that you imagine for yourself becomes a present fact. Dr. Wayne W. Dyer explores, for the first time, the region of your highest self; and definitively shows you how you can truly change your concept of yourself, embark upon a God-realized way of living, and fulfill the spiritual truth that with God all things are possible and all things means that nothing is left out. By practicing the specific technique for retraining your subconscious mind, you are encouraged to not only place into your imagination what you would like to manifest for yourself, but you are given the specifics for realigning your life so you can live out your highest calling and stay connected to your Source of being. From the lofty perspective of your highest self, you will learn how to train your imagination in a new way. Your wishes all of them can indeed be fulfilled. By using your imagination and practicing the art of assuming the feeling of your wishes being fulfilled, and steadfastly refusing to allow any evidence of the outerworld to distract you from your intentions, you will discover that you, by virtue of your spiritual awareness, possess the ability to become the person you were destined to be. This book will help you See with a capital S that you are Divine, and that you already possess an inner, invisible higher self that can and will guide you toward a mastery of the art of manifestation. You can attain this mastery through deliberate conscious control of your imagination!

Dr. Wayne W. Dyer is an internationally renowned author and speaker in the field of self-development. He's 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. Dr. Wayne W. Dyer, affectionately called the "Father of Motivation" by his fans, is one of the most widely known and respected people in the field of self-empowerment. He became a well-known author with his bestselling book, *Your Erroneous Zones*, and has gone on to write many other self-help classics.

Website: www.DrWayneDyer.com

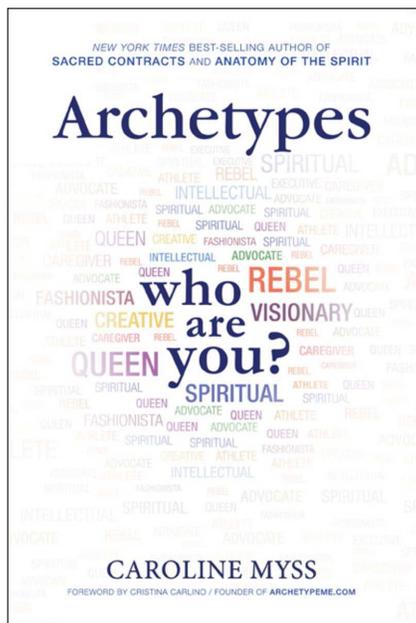
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 14W RAI SC Hay House Presentation: p. 2
 Hardcover Edition: 9781401941086

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Archetypes: Who Are You?

CAROLINE MYSS

Have you ever wondered why you are drawn to certain people, ideas, or products and turned off by others? Are you constantly searching for something you can't put your finger on, or wondering whether you are living a life that truly fits? In *Archetypes: Who Are You?*, *New York Times* best-selling author Caroline Myss delves into the world of archetypes, which have been the subject of her work for more than 25 years. Archetypes are universal patterns of behavior that, once discovered, help you better understand yourself and your place in the world. In short, knowing your archetypes can transform your life. Within the pages of this book, Myss writes about ten primary feminine archetypes that have emerged in today's society: the Caregiver, the Artist/Creative, the Fashionista, the Intellectual, the Rebel, the Queen/Executive, the Advocate, the Visionary, the Athlete, and the Spiritual Seeker. In each chapter, she explains one individual archetype, showing how it has evolved and then in fascinating detail lays out the unique characteristics, the defining graces, the life challenges, and other information to help you understand if you are part of this archetype family and if so, how you can fully tap into its power. She also offers tips and practical advice on how to fully engage with your archetypes. Learning which archetypes best describe you is just the beginning. You can then use this knowledge to make more conscious decisions about everything from careers to relationships, avoiding common pitfalls of your personality type while playing up your strengths. The result is a happier, more authentic you. It's never too late to change your life by embracing your archetypes to the fullest. So are you a Rebel? An Artist? A Visionary? Join us...and find yourself.

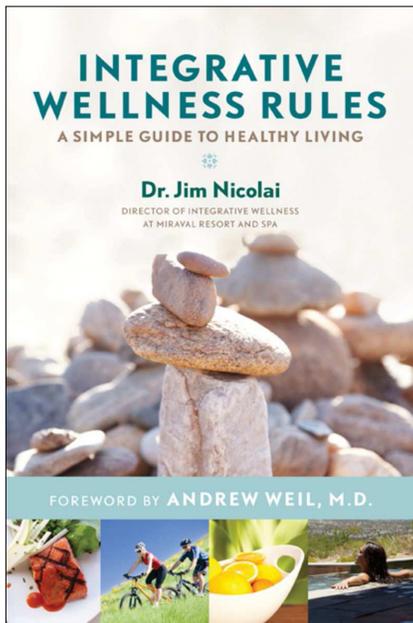
Caroline Myss has been in the field of energy medicine and human consciousness for over 20 years. Since 1982, she has worked as a medical intuitive, providing individuals with an evaluation of the health of their energetic anatomy system. She specializes in assisting people in understanding the emotional, psychological, and physical reasons why their bodies have developed an illness. Her *New York Times* bestsellers include *Anatomy of the Spirit*, *Why People Don't Heal* and *How They Can*, and *Sacred Contracts*. Visit Caroline online at www.myss.com or listen to her every week on HayHouseRadio.com.

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 14W RAI SC Hay House Presentation: p. 3
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Integrative Wellness Rules

A Simple Guide to Healthy Living

JIM NICOLAI, FOREWORD BY ANDREW WEIL

Have you ever found that you needed to change things in your life, but for some reason life kept getting in the way? *Integrative Wellness Rules* will help you get around that obstacle. In the age of conflicting advice on health, this book provides quick and easy health tips for individuals who are on the run but still need strategies to better manage their fast-paced lives. Join Dr. Jim Nicolai the medical director of the Andrew Weil, M.D., Integrative Wellness Program at Miraval Resort and Spa as he shares with you the insights and strategies he has collected along the way to optimize health and create wellness. With a style that is clear, concise, and entertaining, Dr. Nicolai will provide you with the keys to healthier living in a way that is profoundly simple and yet simply profound. You will learn how to eat better, choose the vitamins and supplements that are best for you, manage stress more effectively, and get in touch with your spiritual side. Dr. Nicolai will call you to action with his pearls of wit, wisdom, and humor, and motivate you by providing real-world clarity on which health strategies to add within your already busy life.

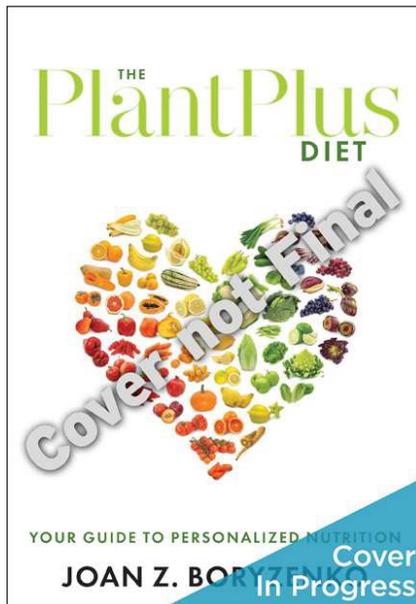
James P. Nicolai, M.D., is the Medical Director of the Andrew Weil, M.D., Integrative Wellness Program at Miraval Resort and Spa, the first interactive, integrative wellness program of its kind at a destination spa resort. He is a board-certified family practitioner and a graduate of the Integrative Medicine Fellowship at the University of Arizona in Tucson, under the direction of Dr. Andrew Weil. Dr. Nicolai's expertise is in combining conventional medicine with the intelligent use of complementary and alternative therapies, including herbs and other botanicals, vitamins and supplements, nutritional counseling, lifestyle management, and stress reduction.

Website: www.DrJimNicolai.com

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The PlantPlus Diet

Your Guide to Personalized Nutrition

JOAN BORYSENKO

Banish metabolic syndrome and prevent, improve, or cure heart disease, type 2 diabetes, obesity, cancer, Alzheimer's disease, and the epidemic of chronic illnesses that are bankrupting our country, our kids, and our future. Joan Borysenko, Ph.D., a Harvard-trained cell biologist, health psychologist, and *New York Times* best-selling author, cuts through the thicket of confusing and often downright wrong advice on nutrition. She provides easy-to-digest, bite-sized servings of the scientific information that you (and your doctor) need in order to discover the precise diet required for your body to thrive. Once you understand what to eat and why, she lays out a simple diet plan called *PlantPlus* that is customizable for everyone: vegans, vegetarians, and the Great Omnivorous Majority. Whole plant-based foods are the basis for this metabolically corrective diet. The Plus might be dairy, eggs, animal protein, or in some cases small servings of whole grains for those whose metabolism allows it. The diet is delicious; the recipes from the kitchen of Joan and her husband, Gordie, are simple to prepare; and you won't go lacking for dark chocolate, low-carb desserts, or red wine if you can safely drink it. Dr. Borysenko, the Diet Sleuth, is a warm, witty, and wise lifestyle coach who has thrilled audiences nationwide with her deep understanding of mind and body. She is the trusted guide that you've been waiting for!

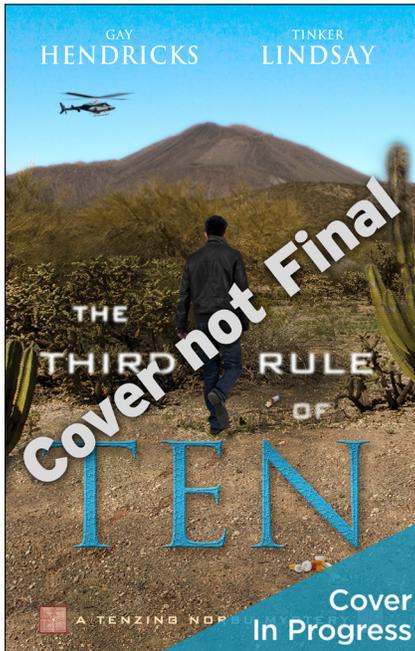
Joan Borysenko, Ph.D., is an internationally known speaker in spirituality, integrative medicine, and the mind/body connection and has a doctorate in medical sciences from Harvard Medical School. She is a licensed clinical psychologist, the best-selling author of numerous books, and a journalist and radio personality.

Website: www.joanborysenko.com

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The Third Rule of Ten

A Tenzing Norbu Mystery

GAY HENDRICKS AND TINKER LINDSAY

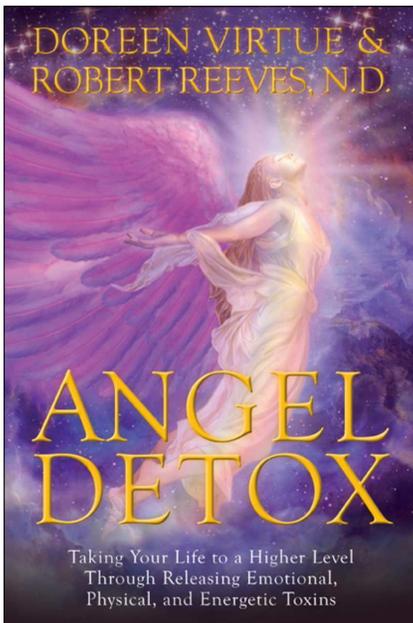
Keep current with the truth: we're only as weak as our secrets especially the ones we keep from ourselves. That's the Third Rule of Ten. As the go-to private detective for a bevy of high-profile clients, our beloved ex-Buddhist monk, ex-LAPD officer, Tenzing "Ten" Norbu, has finally found his stride. With his beautiful pathologist girlfriend, a healthy bank account, and a steady stream of clients, courtesy of middle-aged movie star Mac Gannon and rising political star Bets McMurtry, Ten's life is bursting with activity. But it's not all joy and happiness. The death of his father and a growing abundance of secrets both personal and professional leave Ten feeling an unexpected depth of sorrow and confusion. Even with the emotional turmoil, nothing can stop Ten from taking the case when McMurtry's housekeeper goes missing. The investigation leads him down a dangerous path littered with bodies, untraceable prescription drugs, and human organ trafficking. But nothing is as shocking as the realization that the mastermind behind it all is none other than Chaco Morales, a criminal that slipped through Ten's hands once already. *The Third Rule of Ten* will have readers on the edges of their seats, as they learn, along with Ten, that there is a fine line between healthy privacy and unhealthy secrecy. Knowing the difference may just determine whether Ten will stop Chaco or lose himself.

Gay Hendricks, Ph.D., has served for more than 35 years as one of the major contributors to the fields of relationship transformation and body-mind therapies. Along with his wife, Dr. Kathlyn Hendricks, Gay is the co-author of many bestsellers, including *Conscious Loving* and *Five Wishes*. He is the author of 33 books, and received his Ph.D. in counseling psychology from Stanford. After a 21-year career as a professor of Counseling Psychology at the University of Colorado, he and Kathlyn founded The Hendricks Institute, which offers seminars worldwide. In recent years, Dr. Hendricks has been active in creating new forms of conscious entertainment. In 2003, along with movie producer Stephen Simon, he founded The Spiritual Cinema Circle, which distributes inspirational movies to subscribers in 70+ countries.

Website: www.SpiritualCinemaCircle.com.

Tinker Lindsay is an accomplished screenwriter, author, script consultant, and conceptual editor. A member of the Writer's Guild of America, Independent Writers of Southern California, and Women in Film, she has worked in the Hollywood entertainment industry writing and developing feature films for over three decades. Her books include *The Last Great Place* and *My Hollywood Ending*. She graduated *magna cum laude* from Harvard University in English and American Language and Literature and completed a post-graduate course at Radcliffe College in Publishing Procedures. A practitioner and teacher of meditation, she can usually be found writing in her home office situated directly under the Hollywood sign.





Hay House LEAD
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 6 x 9
 9781401944315 • \$24.95 • cl
 Body, Mind & Spirit / New Thought
 14W RAI SC Hay House Presentation: p. 6

REP. NOTES

PROMOTION

Angel Detox

Taking Your Life to a Higher Level Through Releasing Emotional, Physical, and Energetic Toxins

DOREEN VIRTUE AND ROBERT REEVES

Work with the angels to detox your body and energy. Detoxing with the help of your angels is a gentle way to release impurities from your body, fatigue, and addictions. Doreen Virtue and naturopath Robert Reeves teach you simple steps to increase your energy and mental focus, banish bloating, feel and look more youthful, and regain your sense of personal power. Rid your life of physical toxins, as well as negative emotions and energies. *Angel Detox* guides you step-by-step on how to detox your diet, lifestyle, and relationships. You'll learn how to reduce or eliminate cravings for unhealthy food and substances, feel motivated, and enjoy wellness in all areas of your life. This book also includes 7-Day Detox Plans for those wanting to quit smoking, drinking, or to flush out environmental pollution.

Doreen Virtue is a best-selling author and clairvoyant doctor of psychology who works with the angelic and elemental realms. She has appeared on *Oprah*, *The View*, *Good Morning America*, *CNN*, and other programs; and she presents workshops around the world. Website: www.AngelTherapy.com

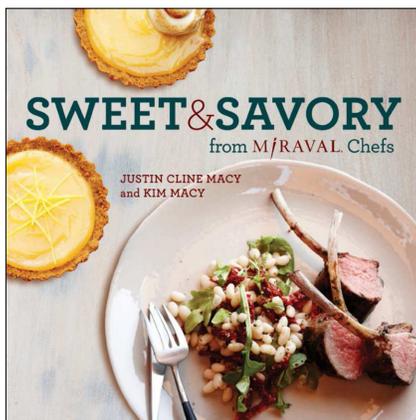
Robert Reeves is a best-selling author and accredited naturopath who blends herbal medicine with his psychic abilities. He gives selfhelp workshops, writes magazine articles, and runs a successful natural-therapies clinic in Australia.

Website: www.RobertReeves.com.au

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Miraval's Sweet & Savory Cooking

JUSTIN CLINE MACY AND KIM MACY

Miraval's Sweet & Savory Cooking is a blend of two styles of cooking by Miraval Resort & Spa's Executive Chef Justin Cline Macy and Pastry Chef Kim Macy. Although they're from two very different areas of the kitchen, this husband and wife team has come together to create a unique cookbook that will take you on an exciting journey of culinary delights that are sure to please the palate and respect the waistline. With the use of fresh ingredients and healthy spa-cuisine techniques, Justin and Kim will show you how to bring the Miraval experience to your own kitchen. Whatever your culinary skill level may be, you'll learn to blend flavors to create bold, delicious dishes without the added calories and fat. A number of celiac-friendly recipes and low-fat substitutions are also included so you can prepare meals that fit the dietary needs of you and your family. In addition to the array of recipes that align with Miraval's dedication to optimal well-being, Justin and Kim provide information on proper cooking tools and equipment, helpful hints and kitchen safety tips, and a handy shopping list to keep your pantry well stocked. Beautiful color photographs throughout will inspire you, and insights on techniques and serving suggestions will guide your every step. We hope you enjoy *Miraval's Sweet & Savory Cooking*, and thank you for allowing us to share our passion for mindful, imaginative cuisine with you!

REP. NOTES

Justin Cline Macy is the executive chef at Miraval Resort & Spa, where he has honed his culinary skills and expertise in spa cuisine for the last 13 years. He enjoys exploring the nuances of diverse cultural cuisines and pushing the boundaries in his cooking by combining international flavors while staying true to spa cuisine's goal of creating a healthy, nutritious, and appetizing plate. Justin has appeared as a guest on several national broadcast shows, including *The Oprah Winfrey Show* and *The Millionaire Matchmaker*. He has developed the *Evening with the Chef* weekend series, featuring cooking demos and wine-pairing suggestions, as well as the In-Villa Culinary Program for Miraval residential villas, which caters to private owners, celebrities, and high-profile guests. Justin is also a contributing author of Miraval's *Mindful Eating and Mindful Living*.

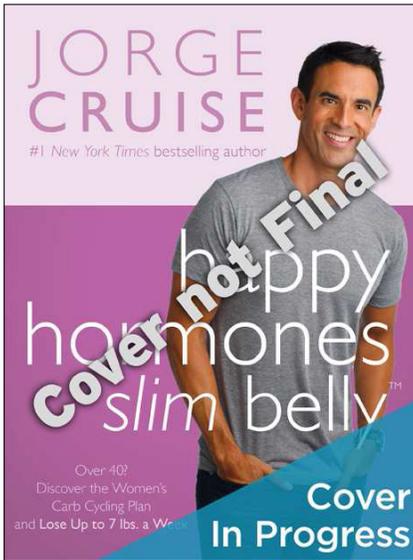
PROMOTION

Inspired by her mother's cooking when she was a child, Kim Macy pursued her passion for healthy, mindful cooking as a career and graduated with honors from Le Cordon Bleu at The Scottsdale Culinary Institute in Scottsdale, Arizona, in 2004. After interning at Miraval Resort & Spa, she became a permanent member of the culinary team and has managed the pastry department for the past five years. Her work has been showcased in major publications, including the *Arizona Daily Star*, *Arizona Foothills* magazine, and *Shape* magazine. Kim teaches two live cooking demonstrations a week for Miraval guests and has been a repeat guest chef on local morning television shows.

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 14W RAI SC Hay House Presentation: p. 8

Happy Hormones, Slim Belly

Over 40? Discover the Women's Carb Cycling Plan and Lose Up to 7 lbs. a Week

JORGE CRUISE

With a carb cycle based on hormonal stages for women over forty, weight loss can be a nightmare with fluctuating hormones and unbearable cravings. Contrary to the conventional wisdom of slashing calories and spending hours at the gym, breakthrough science has confirmed that cutting sugar for two days, then adding it back for five days, will keep your insulin low, which cuts belly fat, and your serotonin high, which makes you happy. *Slim, Happy Belly* is the perfect guide to balance your hormones, turn your metabolism to fat-burning mode, and get your mood soaring day after day with the proven Carb Cycling Plan. This book will uncover why weight loss for women has been difficult and give you the solution that matches your hormonal stage.

Jorge Cruise is the #1 *New York Times* best-selling author of over 15 weight-loss books. His mission is to guarantee weight loss for busy people. He has appeared on numerous television shows, including *The Today show*, *The Dr. Oz Show*, *The Rachael Ray Show*, *Good Morning America*, *The View*, and *LIVE with Kelly & Michael*.

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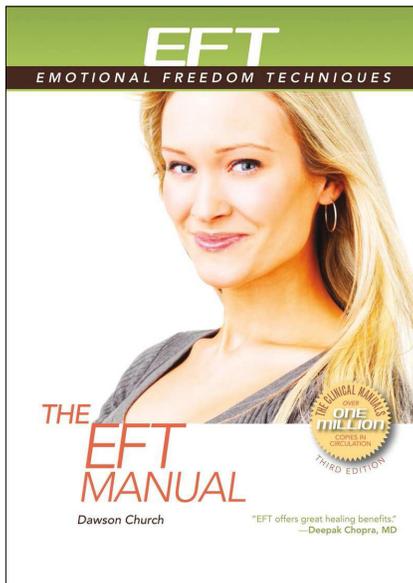
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 14W RAI SC Hay House Presentation: p. 9

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The EFT Manual

DAWSON CHURCH

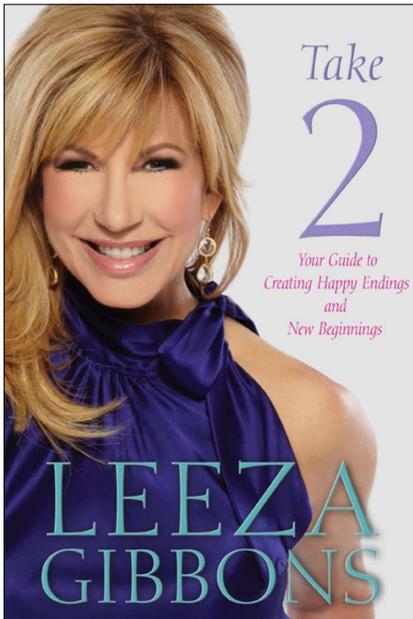
This is a new and completely revised edition of the official manual for Emotional Freedom Techniques (EFT) — one of the most successful psychology self-help manuals ever published. EFT is a remarkable new technique that uses the body's natural stressreduction points. Tapping on these points according to the easy-to-follow EFT "basic recipe" has been demonstrated to rapidly reduce anxiety, depression, phobias, and other conditions. In this accessible text EFT originator Gary Craig takes the reader through the basic steps of identifying the emotional roots of their problems and crafting a combination of words that will trigger a healing response. He then demonstrates the one-minute healing routine that is the basis of EFT and discusses the ways in which EFT can be applied to a variety of common conditions, including pain, fears, addictions and cravings, weight issues, insomnia, and guilt.

Dawson Church, PhD is an award-winning author whose best-selling book, *The Genie in Your Genes*, has been hailed as a breakthrough in the field of epigenetics. He has conducted many clinical trials, with a focus on the remarkable self-healing mechanisms now emerging at the intersection of emotion and gene expression. He applies these breakthroughs to health and athletic performance through EFTUniverse.com, which is one of the largest alternative medicine sites on the web. He was educated at Baylor University and Holos University, where he earned his doctorate under the tuition of Harvard-trained neurosurgeon Norm Shealy, MD, PhD, with whom he co-authored *Soul Medicine: Awakening Your Inner Blueprint for Abundant Health and Energy*. He is editor emeritus of the peer-reviewed journal *Energy Psychology: Theory, Research & Treatment*, and founded the non-profit National Institute for Integrative Healthcare (niih.org) to conduct research and humanitarian work in energy psychology. He works with businesses and sports teams to achieve peak performance.

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 Hardcover Edition: 9781401939816

REP. NOTES

PROMOTION

Take 2

Your Guide to Creating Happy Endings
 and New Beginnings

LEEZA GIBBONS

Life changes on the way to happily ever after, doesn't it? I mean, sometimes you don't even see it coming until one day you wake up and say, "Wait this is not where I was supposed to end up!" It doesn't matter if you got divorced, got fat, got fired, got sick, or just got stuck — you can always call for a redo. See, you're the author of your own book and it's time for a dramatic plot twist, so let's get working on that. This is not the end of your story; this is where you learn about second acts, second chances, and new beginnings...In this book, I'll share with you what I've learned about calling for a second take in my own life. I'll tell you how I've done it in a very public business and managed to come out the other side with my heart intact and my feet on the ground. I'm assuming you and I might actually have a lot in common, well, unless you're one of those astonishingly lucky women who married the right guy (the first time), got the job you wanted making the money you wanted while brilliantly parenting the children you imagined, and living it all in your size-2 body, perfectly happy and serene. Now, if you do happen to be one of those women, please put down this book and go write one of your own! As for the rest of us, I've always thought we reach our highest "goddess quotient" when we share our paths, especially the detours, bumps, and potholes that help us find who we really are...At the end of this book, I hope you'll go for it! The new job, the new relationship, the new body, the new you, just put it out there and make it happen. Come on! You've got this! Welcome to your Take 2.

New York Times best-selling author **Leeza Gibbons** is one of the best-known and most well-loved pop-culture icons on the air and at the top of her game. As a wife, mother, and businesswoman, she has always shared her experiences with her audience. She has built her career as a journalist ranging from *Entertainment Tonight* to her award-winning talk show, *Leeza*, to currently hosting the syndicated nightly news show *America Now* and *My Generation* on PBS stations. She is also called a social entrepreneur for her hands on advocacy for health care, which resulted in her creation of *Leeza's Place* and *Leeza's Care Connection*, offering free support services for family caregivers. Over the years, Leeza has become known as a trusted girlfriend, valued confidante, and source of inspiration and information to empower women to show up for their lives with confidence and pride.

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Being Myself

ANITA MOORJANI

Hay House
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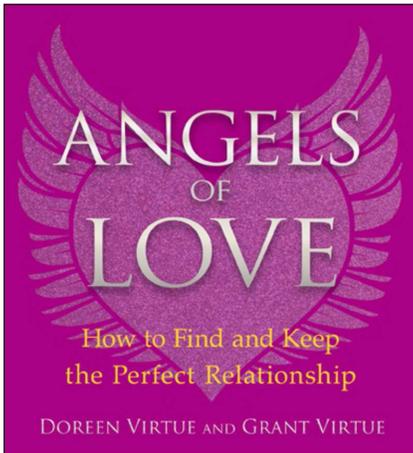
Anita Moorjani was born in Singapore of Indian parents, moved to Hong Kong at the age of two, and has lived in Hong Kong most of her life. Because of her background and British education, she is multilingual and grew up speaking English, Cantonese, and an Indian dialect simultaneously; she later learned French at school. Anita had been working in the corporate world for many years before being diagnosed with cancer in April 2002. Her fascinating and moving near-death experience in early 2006 tremendously changed her perspective on life, and her work is now ingrained with the depths and insights she gained while in the other realm. As a result of her near-death experience, Anita is often invited to speak at conferences and events around the globe to share her insights. She's also a frequent guest at the University of Hong Kong's department of behavioral sciences, speaking on topics such as dealing with terminal illness, facing death, and the psychology of spiritual beliefs. She is the embodiment of the truth that we all have the inner power and wisdom to overcome even life's most adverse situations, as she's the living proof of this possibility. Anita currently lives in Hong Kong with her husband, and when she's not traveling and speaking at conferences, she works as an intercultural consultant for multinational corporations based in the city.

Website: www.AnitaMoorjani.com

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 Body, Mind & Spirit / New Thought
 14W RAI SC Hay House Presentation: p. 11

REP. NOTES

PROMOTION

Angels of Love

How to Find and Keep the Perfect Relationship

DOREEN VIRTUE AND GRANT VIRTUE

Gain confidence, clarity, and courage with the help of the angels. In this practical reference guide, you'll learn how to heal your heart and open it to all forms of love: self-love, spiritual love, healing love, friendship love, and romantic love. You'll discover how to develop a healthy relationship with yourself and others, built upon mutual respect and support. For those looking to manifest a romantic relationship, *Angels of Love* gives practical tips for how and where to find the right partner.

Doreen Virtue is a best-selling author and clairvoyant doctor of psychology who works with the angelic and elemental realms. She has appeared on *Oprah*, *The View*, *Good Morning America*, *CNN*, and other programs; and she presents workshops around the world. Website: www.AngelTherapy.com

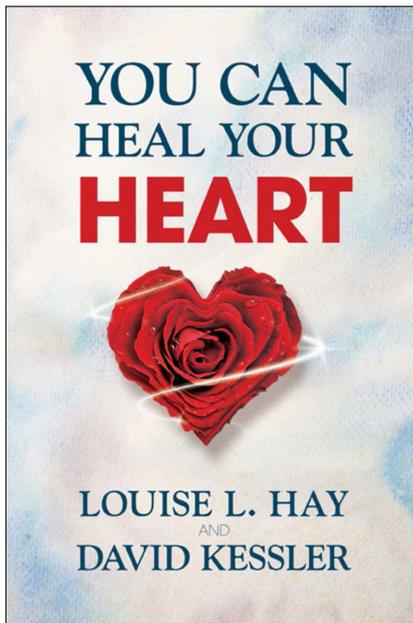
Grant Virtue is a fifth-generation metaphysician who has studied candle magic and music theory throughout his life. He is the technical coordinator for Angel University, and he plays and records meditation music. Grant currently lives with his wife and cat on the Big Island of Hawaii.

Website: www.GrantVirtue.com
 Twitter: @GrantVirtue

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Hay House

LEAD

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6 x 9

9781401943875 • \$25.95 • cl

Self-Help / Motivational & Inspirational

14W RAI SC Hay House Presentation: p. 12

REP. NOTES

PROMOTION

You Can Heal Your Heart

LOUISE L. HAY AND DAVID KESSLER

In *You Can Heal Your Heart*, self-help luminary Louise Hay and renowned grief and loss expert David Kessler, the protege of Elisabeth Kübler-Ross, have come together to start a conversation on healing grief. This remarkable book discusses the emotions that occur when a relationship leaves you brokenhearted, a marriage ends in divorce, or a loved one dies. It will also foster awareness and compassion, providing you with the courage to face many other types of losses and challenges, such as saying good-bye to a beloved pet, losing your job, coming to terms with a life-threatening illness or disease, and much more. With a perfect blend of Louise's teachings and affirmations on personal growth and transformation and David's many years of working with those in grief, this empowering book will inspire an extraordinary new way of thinking, bringing hope and fresh insights into your life and even your current and future relationships. You will not only learn how to help heal your grief, but you will also discover that, yes, you can heal your heart.

Louise L. Hay, the author of the international bestseller *You Can Heal Your Life*, is a metaphysical lecturer and teacher with more than 50 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. Louise is the founder and chairman of Hay House, Inc., which disseminates books, CDs, DVDs, and other products that contribute to the healing of the planet. Website: www.LouiseHay.com

David Kessler, one of the most well-known experts and lecturers on grief and loss, is the co-author of the bestsellers *On Grief and Grieving* and *Life Lessons with the legendary Elisabeth Kübler-Ross*. He is also the author of the #1 best-selling hospice book *The Needs of the Dying*, which received praise by Mother Teresa, as well as *Visions, Trips, and Crowded Rooms*. David's work has been featured on CNN, NBC, PBS, and *Entertainment Tonight*; and he has been a frequent guest on *The Dr. Oz Show*. A contributing writer on Oprah.com, Sharecare.com, and *Anderson Cooper 360°*, he is also the founder of www.Grief.com.

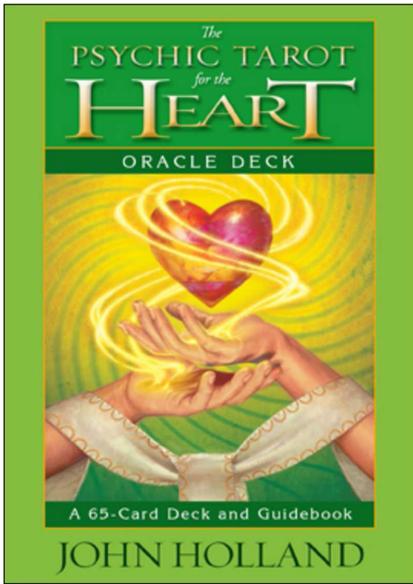
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Hay House
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 3.75 x 5.38
 9781401940256 • \$19.95 • card deck
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 14W RAI SC Hay House Presentation: p. 13

REP. NOTES

PROMOTION

The Psychic Tarot for the Heart Oracle Deck

A 65-Card Deck and Guidebook

JOHN HOLLAND

The Psychic Tarot for the Heart Oracle Deck, with its accompanying guidebook and 65 beautifully illustrated cards, was created to assist and guide you in matters of the heart, especially the different relationships in your life. Relationships of all kinds are really about you! They will often reflect back what you need to see and the lessons you need to learn. By using this deck and the techniques that psychic medium John Holland imparts, along with the wisdom of the tarot, you'll begin to understand and look at relationships past, present, and future with an intuitive eye. This deck is not just for lovers! These cards will resonate with anyone and add clarity around all types of relationships, including the most important one of all... the relationship with yourself.

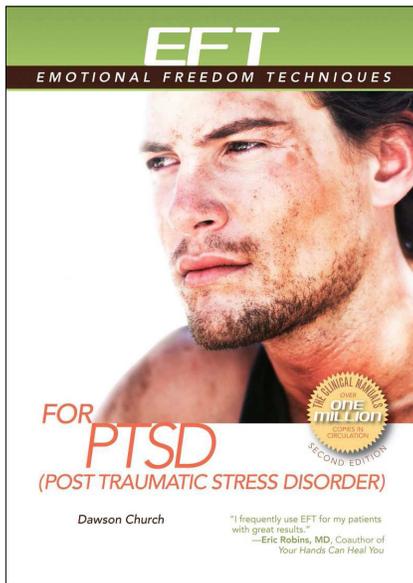
John Holland is one of the most popular and renowned psychic mediums on the world stage. A true professional dedicated to the integrity and validity of his work, he has developed a unique style of communication with Spirit and enjoys sharing and teaching as much as his public demonstrations. Whether John is filming one of his many TV appearances, facilitating his highly popular, intimate gatherings, group readings, or giving a public demonstration of mediumship, he maintains his lightness of touch, sense of humor, and an amazing ability to bring closure and peace to so many. He is also the author of the bestsellers *Born Knowing*, *Psychic Navigator*, *Power of the Soul*, and *The Spirit Whisperer*.

Website: www.JohnHolland.com

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Hay House
 On Sale: Mar 1/14
 5 x 7 • 290 pages
 9781604152166 • \$14.95 • pb
 Psychology / Psychopathology / Post-Traumatic Stress Disorder (Ptds)
 14W Hay House: p. 16

REP. NOTES

PROMOTION

EFT for PTSD

HENRY LOUIS GATES, JR. AND DONALD YACOVONE

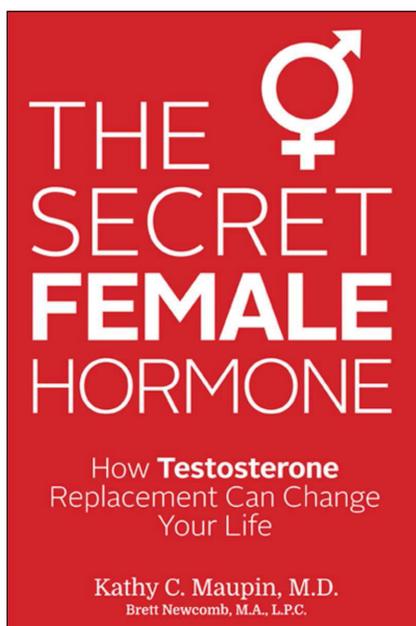
Post-traumatic Stress Disorder (PTSD) is a terrible burden to bear. It not only affects people psychologically, robbing them of peace of mind and inner tranquility; it damages them physically. Traumatic stress can result from negative emotional experiences during childhood. It can also arise in adults as a result of war, assault, or similarly traumatic experiences. Some of the symptoms of PTSD are: Insomnia. Digestive disorders. Flashbacks and nightmares. Irritability, jumpiness, being easily triggered by events. Rage, grief and guilt. Anxiety, panic attacks, depression. Feeling isolated and unsafe if you or someone you know has these symptoms, EFT can help. In scientific studies of war veterans and other traumatized groups, EFT has been shown to reduce or eliminate PTSD, sometimes in just a few short sessions. Not only do PTSD sufferers experience immediate relief, but the positive results extend long after treatment. This manual is a lifeline for those suffering from PTSD and their families. It also contains special sections that gather together the experience of many physicians, psychotherapists, social workers and coaches who have used EFT.

Dawson Church, PhD is an award-winning author whose best-selling book, *The Genie in Your Genes*, has been hailed as a breakthrough in the field of epigenetics. He has conducted many clinical trials, with a focus on the remarkable self-healing mechanisms now emerging at the intersection of emotion and gene expression. He applies these breakthroughs to health and athletic performance through EFT Universe.com, which is one of the largest alternative medicine sites on the web. He was educated at Baylor University and Holos University, where he earned his doctorate under the tuition of Harvard-trained neurosurgeon Norm Shealy, MD, PhD, with whom he co-authored *Soul Medicine: Awakening Your Inner Blueprint for Abundant Health and Energy*. He is editor emeritus of the peer-reviewed journal *Energy Psychology: Theory, Research & Treatment*, and founded the nonprofit National Institute for Integrative Healthcare (Niih.org) to conduct research and humanitarian work in energy psychology. He works with businesses and sports teams to achieve peak performance.

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Hay House

On Sale: Mar 3/14

6 x 9

9781401943011 • \$19.95 • cl

Health & Fitness / Women's Health

14W RAI SC Hay House Presentation: p. 14

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The Secret Female Hormone

How Testosterone Replacement Can Change Your Life

KATHY C. MAUPIN

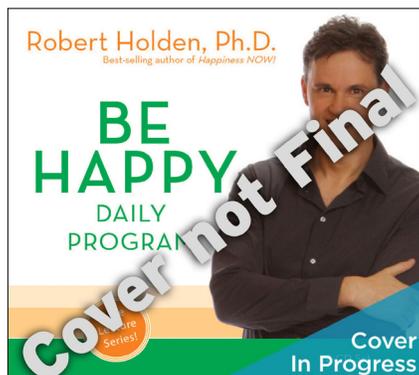
Women approaching midlife are plagued with insomnia, fatigue, depression, forgetfulness, low libido, and a general sense of malaise. Yet no matter what they try, they are unable to find true (or lasting) relief. They are dismissed by doctor after doctor without a definitive diagnosis told that their symptoms are either in their heads or just an expected part of the aging process. As one of the country's leading experts on hormonal balance and as a woman who experienced these symptoms herself, Dr. Maupin has identified a debilitating and largely unknown health condition that is affecting millions of women: testosterone deficiency. While most people associate testosterone with men, it's one of the most vital hormones in women, and one of the first hormones that women begin to lose as they enter their 40s. Dr. Maupin's own research has shown that the symptoms of aging are initiated and accelerated by testosterone loss. In *The Secret Female Hormone*, Dr. Maupin and therapist Brett Newcomb bring vital information about testosterone to the general public for the first time as they share the latest research on testosterone replacement therapy for women and its effects. Speaking in clear and practical terms, they show readers how to find the right treatment plan for their individual needs. This authoritative guide is bound to be a bible for women everywhere in their quest to understand the importance of testosterone in their own lives, so they can reclaim their physical, mental, emotional, and spiritual health.

Kathy Maupin, M.D., is a board-certified OB/GYN and founder of BioBalance Health, a practice dedicated to helping men and women in midlife who are experiencing symptoms associated with hormone deficiency. She focuses on personal care and the use of bioidentical hormone treatments to help alleviate the effects of aging. As part of her work with BioBalance Health, she co-hosts weekly video health podcasts that address current issues related to aging and relationships. She is also the author of the Women's Healthcare Initiative legislation, which became law in Missouri in 2000, and the founder of St. Louis Political Action Committee: Physicians for Sound Healthcare Policy.

Website: www.DrKathyMaupin.com

Brett Newcomb, M.A., L.P.C., has 30 years of experience in private practice as a family therapist in Missouri. He has worked with clients of all ages in myriad capacities, focusing primarily on interpersonal relationships, communication skills, and family and individual problems. He has worked with Dr. Maupin for years to help her patients deal with the psychological and marital ramifications of hormone imbalance. In addition to his clinical experience, Brett has supervised and trained many other therapists and is the co-host of BioBalance's video health podcasts. His story-telling style weaves practical advice on current topics with engaging, entertaining, and information-rich anecdotes.





Hay House
 On Sale: Mar 10/14
 9781401935085 • \$39.95 • audio cd
 Self-Help / Personal Growth / Happiness
 14W Hay House: p. 18

The Shift Your Life Online Course

ROBERT HOLDEN

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 *Good Morning America*, and also in two major BBC TV documentaries, *The Happiness Formula* and *How to Be Happy*, shown to more than 30 million TV viewers worldwide. He is the author of the best-selling books *Happiness NOW!*, *Shift Happens!*, and *Success Intelligence*. His latest book *Be Happy* is published by Hay House. Robert is a student of A Course in Miracles. He lives in London and New York, with his wife and daughter.

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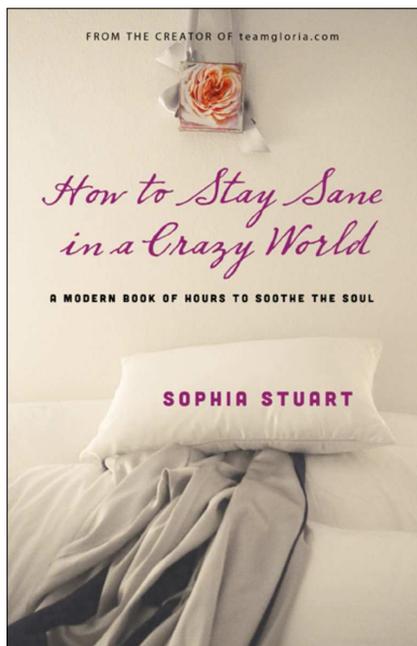
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 Self-Help / Motivational & Inspirational
 14W RAI SC Hay House Presentation: p. 15

REP. NOTES

PROMOTION

How to Stay Sane in a Crazy World

A Modern Book of Hours to Soothe the Soul

SOPHIA STUART

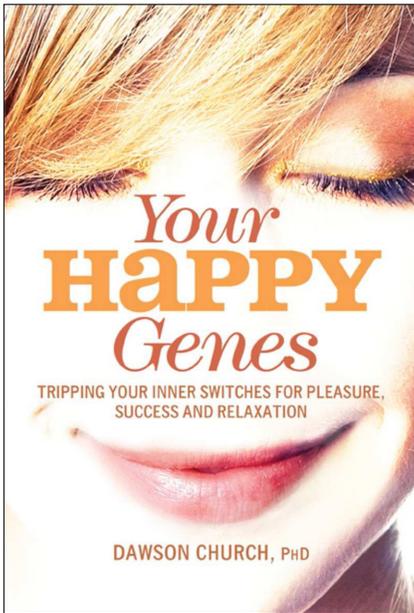
A global award-winning media executive and former head of Digital for Hearst Magazines International, Sophia Stuart led a busy life. Stressed by her impressive, yet taxing career, she started writing and taking photographs on long business trips and during her infrequent downtime to decompress. Writing was something she'd done for a living as a journalist back in England. Eventually her musing turned into a character Gloria, a trainee angel who passed her time watching old Doris Day movies. Gloria's ability to see the world through rose-colored glasses inspired Sophia to do the same. She started her blog, TeamGloria.com, to give herself a place to write in Gloria's voice and document glorious people, places, and things. As Sophia continued to open up to the gloriousness around her, she found her daily trials and tribulations starting to ease. And she was going to need teamgloria to get her through what came next. At a doctor's visit a tumor was found in Sophia's throat. Over the course of a year, biopsies and ultrasounds would reveal two more tumors and a mass that required a five and a half hour surgery for removal. TeamGloria.com became an even more valuable refuge for Sophia and she began to recognize that the documentation of all the glorious things in life could help others in the same way they helped her. *How to Stay Sane in a Crazy World* was born from Sophia's natural instinct to share her musings with a larger community. Arranged in three simple sections — Morning: Inspiration, Afternoon: Perspiration, and Evening: Exhalation, *How to Stay Sane in a Crazy World* is an inspirational guide to living fully, peacefully, and surrounded by beauty. With charming photographs throughout — all of which were taken by Sophia — readers will enjoy this beautiful, simple, honest, and funny book about getting healthy, creating beauty, and when necessary taking to your bed to rest, recuperate, and dream.

Sophia Stuart is a writer, photographer, and award-winning digital strategist/creative director with over 17 years of experience in building digital products within the USA & international (Asia/Europe) publishing and Hollywood movie industries. Voted one of the Top 21 Social Media Superstars by Min Online in 2009, she won a Webby Award for Cosmo Mobile USA (2008) and an MVA for Cosmo International Digital Strategy (2010) while at Hearst and is currently consulting for Sony TV/ Cosine Three and on the Advisory Board for fashion start-up, Buy My Closet. Most recently she was an Executive Director, Digital for Hearst Magazines International, a Non-Executive Director for the UK Trade & Investment USA Council, and digital advisor to the Smithsonian.

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 Self-Help / Twelve-Step Programs
 14W RAI SC Hay House Presentation: p. 16

REP. NOTES

PROMOTION

Your Happy Genes

DAWSON CHURCH

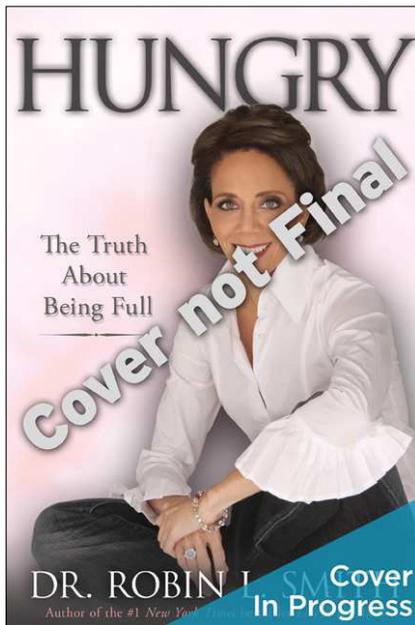
We've joked about having the right genes for happiness, but it turns out that we might have just that. New evidence from the emerging science of epigenetics shows that there is a complex interplay between some of our key regulatory genes and our emotional state. The practical applications of epigenetics were summarized in two bestsellers, Bruce Lipton's *The Biology of Belief* and Dawson Church's *The Genie in Your Genes*. In this new book, Dawson Church presents, in simple, non-scientific language, the latest research on how your mental state affects these genes. He shows how belief, intention, forgiveness, meditation, altruism, optimism, and other attributes of happiness can exercise a powerful effect on our stress genes. These genes are involved with aging and immunity and by changing our emotional state to a happier one, we turn on the genes that promote better health and longevity. He shows that the effects of these emotional practices can add many healthy years to our lives.

Dawson Church, PhD is an award-winning author whose best-selling book, *The Genie in Your Genes*, has been hailed as a breakthrough in the field of epigenetics. He has conducted many clinical trials, with a focus on the remarkable self-healing mechanisms now emerging at the intersection of emotion and gene expression. He applies these breakthroughs to health and athletic performance through EFT Universe.com, which is one of the largest alternative medicine sites on the web. He was educated at Baylor University and Holos University, where he earned his doctorate under the tuition of Harvard-trained neurosurgeon Norm Shealy, MD, PhD, with whom he co-authored *Soul Medicine: Awakening Your Inner Blueprint for Abundant Health and Energy*. He is editor emeritus of the peer-reviewed journal *Energy Psychology: Theory, Research & Treatment*, and founded the non-profit National Institute for Integrative Healthcare (Niih.org) to conduct research and humanitarian work in energy psychology. He works with businesses and sports teams to achieve peak performance.

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 14W RAI SC Hay House Presentation: p. 17
 Hardcover Edition: 9781401940027

REP. NOTES

PROMOTION

Hungry

The Truth about Being Full

ROBIN L. SMITH

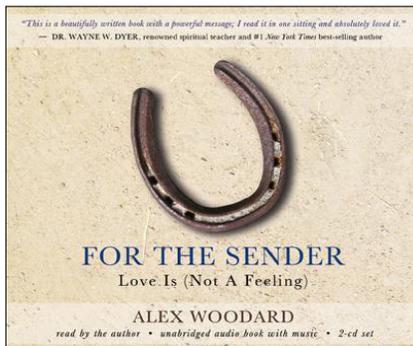
“Even though I looked alive and vital, the hourglass measuring the aliveness of my soul was swiftly draining to the bottom. I was losing my battle to be myself. I was in my prime. My career was taking off; I was surrounded by loving friends and family. Yet it felt like time was running out.” Dr. Robin L. Smith, noted psychologist, ordained minister, motivational speaker, and best-selling author of *Lies at the Altar*, seemed to have the perfect life, but underneath it all, she felt empty. In this powerful new work, Dr. Robin painstakingly chronicles a time when she felt at the end of her rope, unable to truly see herself or escape the unrelenting craving in her heart. Throughout her life, she had always focused on living up to everyone else’s expectations, doing everything they asked, everything they recommended, in the hopes that by pleasing others she would find fulfillment and success. Instead she found herself spiritually and emotionally starved with a hungry soul begging for change. Through vivid descriptions of the symptoms of her hunger, the gnawing emptiness in her soul, and her courageous journey to discovering herself, Dr. Robin opens a window into her own experiences in order to provide insight into yours. With clarity and empathy she starts you on a path to uncovering the real you, the you that lays beneath all the doubt, superficiality, and life crises. Dr. Robin honestly bares her soul and shares her story, plus stories of other hungry souls including her friends, clients from her psychology practice, family, and celebrities, and in the process, teaches you to recognize, survive, embrace, and conquer your own hunger. She teaches you to step into your own story so you can listen to and learn from the wisdom within.

Dr. Robin L. Smith is a national television personality, best-selling author, ordained minister, keynote speaker, and licensed psychologist. Dr. Smith’s relationship book, *Lies at the Altar*, published in 14 different languages, has been a #1 national bestseller on the lists of the *New York Times*, *Wall Street Journal*, *USA Today*, *Publisher’s Weekly*, *Entertainment Weekly*, and many other publications. Dr. Smith’s first book, *Inspirational Vitamins*, has been received with great enthusiasm and acclaim. Her media appearances include *The Oprah Winfrey Show*, *Anderson Live*, *Larry King Live*, *The Today show*, *Good Morning America*, *The Early Show*, MSNBC, the Fox News Channel, and many other news and talk-show formats. In addition to Dr. Robin’s busy media and speaking schedule, she develops seminars and workshops for corporations and organizations nationwide. Dr. Smith has a Ph.D. in counseling psychology from Temple University and a master’s degree from Eastern Baptist Theological Seminary. Website: www.DrRobinSmith.com

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Hay House
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 9781401944964 • \$19.95 • audio cd
 Biography / Personal Memoirs
 14W Hay House: p. 22
 Hardcover Edition: 9781401941239

For the Sender, Love Is (Not a Feeling)

ALEX WOODARD

Author and singer-songwriter Alex Woodard was in the audience, waiting to be called to the stage to perform at *New York Times* bestselling author Dr. Wayne Dyer's lecture presentation in New York. Dr. Dyer's daughter had written him a letter, and Alex had crafted a song about the letter in the spirit of his first Hay House release (*For The Sender: Four Letters. Twelve Songs. OneStory.*). Any moment now, Alex would be asked to play it for the sold-out auditorium. But first Scarlett Lewis was invited to the stage. Scarlett's son was a six-year-old hero who died saving his friends' lives in the Newtown, Connecticut, elementary-school massacre, and her words of love rang deep through the packed house as she told her story. Alex noticed that Scarlett described love more as an action and less as a feeling, and made a mental note to speak to her after the presentation. Scarlett would soon send Alex a letter-and coupled with the letter from Dr. Dyer's daughter, the foundation would be set for Alex's spring 2014 release *For The Sender: Love Is (Not A Feeling)*. Through those letters (and three other inspiring examples), and songs from platinum-selling artists written about them, Alex weaves his own story of discovery as he sifts through the competing messages we receive daily about the most powerful of human experiences: love. He challenges mainstream media, the self-help establishment, and the reader to re-examine what really matters: what we actually do, for ourselves and each other. The end result is a deeply empowering reading and listening experience that will be featured in Dr. Dyer's 2014 PBS special and on stages nationwide this spring.

When he's not surfing in a little beach town north of San Diego, Alex Woodard lives with a big dog and a bigger horse in the mountains of Idaho. For further info, visit: www.ForTheSender.com or www.AlexWoodard.com

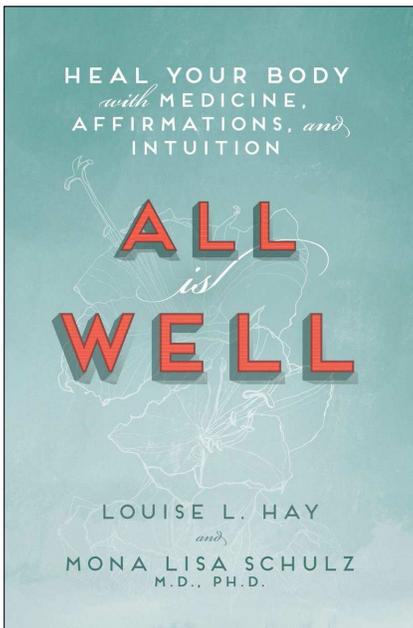
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Hay House

On Sale: Mar 18/14

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9781401935023 • \$15.95 • pb

Body, Mind & Spirit / Inspiration & Personal Growth

14W RAI SC Hay House Presentation: p. 18

Hardcover Edition: 9781401935016

REP. NOTES

PROMOTION

All is Well

Heal Your Body with Medicine, Affirmations, and Intuition

LOUISE L. HAY AND MONA LISA SCHULZ

Whenever there is a problem, repeat over and over: "All is well. Everything is working out for my highest good. Out of this situation only good will come. I am safe." In this healing tour de force, bestselling authors Louise L. Hay and Dr. Mona Lisa Schulz have teamed up for an exciting reexamination of the quintessential teachings from *Heal Your Body*. *All Is Well* brings together Louise's proven affirmation system with Mona Lisa's knowledge of both medical science and the body's intuition to create an easy-to-follow guide for health and well-being. And, for the first time ever, they present scientific evidence showing the undeniable link between the mind and body that makes these healing methods work. Bringing focus and clarity to the effects of emotions on the body, *All Is Well* separates the body into seven distinct groups of organs, or emotional centers, that are connected by their relationship to certain emotions. Structured around these emotional centers, the authors outline common imbalances and probable mental causes for physical illness. They also include case studies that show a complete program for healing that draws from all disciplines, including both traditional and alternative medicine, affirmations, nutritional changes, and so much more. Using the self-assessment quiz, the holistic health advice, and an expanded version of Louise's original affirmation chart, you can learn how to heal your mind and body with affirmations and intuition and live a balanced, healthy life.

Louise L. Hay, the author of the international bestseller *You Can Heal Your Life*, is a metaphysical lecturer and teacher with more than 40 million books sold worldwide. For more than 30 years, Louise has helped people throughout the world discover and implement the full potential of their own creative powers for personal growth and self-healing. Louise is the founder and chairman of Hay House, Inc., which disseminates books, CDs, DVDs, and other products that contribute to the healing of the planet.

Website: www.LouiseHay.com

Mona Lisa Schulz, M.D., Ph.D., is one of those rare people who can cross the borders of science, medicine, and mysticism. She is a practicing neuropsychiatrist and an associate professor of psychiatry at the University of Vermont College of Medicine. She has been a medical intuitive for 25 years. Dr. Mona Lisa has published three books, *The Intuitive Advisor*, *The New Feminine Brain*, and *Awakening Intuition*. She lives between Yarmouth, Maine, and Franklin, Tennessee, with her four cats and assorted wildlife.

Website: www.DrMonaLisa.com

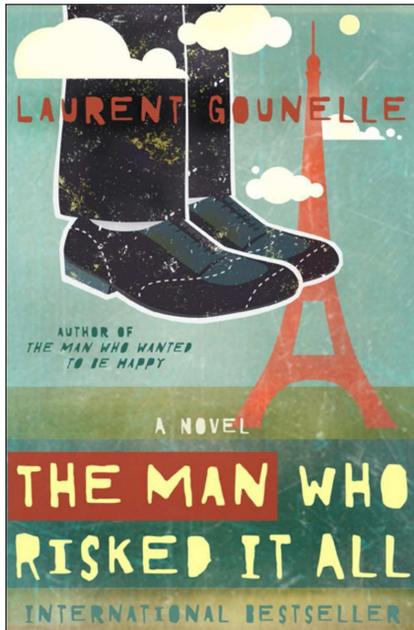
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Hay House
 On Sale: Mar 18/14
 6 x 9
 9781401938147 • \$14.95 • pb
 Fiction / General
 14W RAI SC Hay House Presentation: p. 19

REP. NOTES

PROMOTION

The Man Who Risked It All

LAURENT GOUNELLE

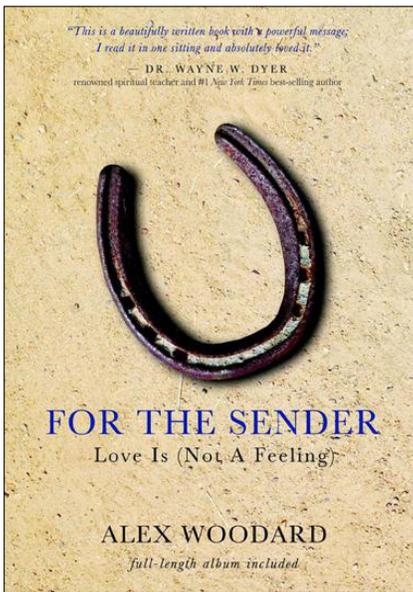
Looking down from the Eiffel Tower, Alan Greenmor stands on the edge, determined to end it all. As he prepares to jump, his thoughts are interrupted by a cough. To his right is a mysterious man in a dark suit, smoking a cigar. This is Yves Dubreuil. The man who will change his life. Dubreuil convinces Alan to reconsider his plans, with one caveat: instead of ending his life, he will give his life over to Dubreuil. In return, Dubreuil promises to show Alan the secrets to happiness and success. And so, Alan embarks on a wild ride of self-discovery. From a humiliating fiasco at a Parisian bakery, to finding the strength to assert himself in his company's boardroom, Alan learns to overcome his deepest fears and self doubts, face life's unexpected twists and turns, take crazy risks, and fully accept himself in the process. From best-selling author Laurent Gounelle, *The Man Who Risked It All* explores the fragility of life and the possibilities that are presented to us in the unlikely circumstances.

Laurent Gounelle is a personal development specialist who trained in humanities at the University of California, Santa Cruz. Besides lecturing at the Université of Clermont-Ferrand, he is now a consultant and takes part in international seminars. His books have sold more than 300,000 copies worldwide. They are based on the principles of neuro-linguistic programming (NLP).

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 Biography / Personal Memoirs
 14W RAI SC Hay House Presentation: p. 20

REP. NOTES

PROMOTION

For the Sender, Love Is (Not a Feeling)

ALEX WOODARD

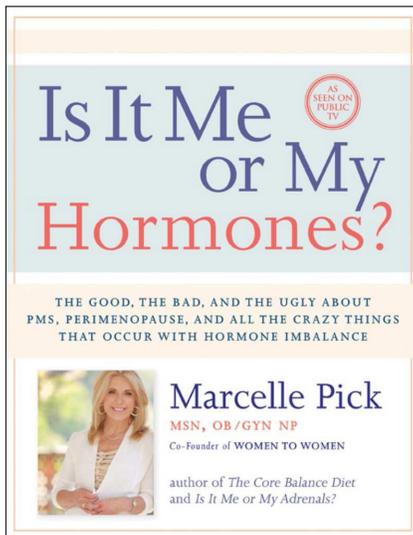
Author and singer-songwriter Alex Woodard was in the audience, waiting to be called to the stage to perform at *New York Times* bestselling author Dr. Wayne Dyer's lecture presentation in New York. Dr. Dyer's daughter had written him a letter, and Alex had crafted a song about the letter in the spirit of his first Hay House release (*For The Sender: Four Letters. Twelve Songs. One Story.*). Any moment now, Alex would be asked to play it for the sold-out auditorium. But first Scarlett Lewis was invited to the stage. Scarlett's son was a six-year-old hero who died saving his friends' lives in the Newtown, Connecticut, elementary-school massacre, and her words of love rang deep through the packed house as she told her story. Alex noticed that Scarlett described love more as an action and less as a feeling, and made a mental note to speak to her after the presentation. Scarlett would soon send Alex a letter-and coupled with the letter from Dr. Dyer's daughter, the foundation would be set for Alex's spring 2014 release *For The Sender: Love Is (Not A Feeling)*. Through those letters (and three other inspiring examples), and songs from platinum-selling artists written about them, Alex weaves his own story of discovery as he sifts through the competing messages we receive daily about the most powerful of human experiences: love. He challenges mainstream media, the self-help establishment, and the reader to re-examine what really matters: what we actually do, for ourselves and each other. The end result is a deeply empowering reading and listening experience that will be featured in Dr. Dyer's 2014 PBS special and on stages nationwide this spring.

When he's not surfing in a little beach town north of San Diego, Alex Woodard lives with a big dog and a bigger horse in the mountains of Idaho. For further info, visit: www.ForTheSender.com or www.AlexWoodard.com

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 Health & Fitness / Women's Health
 14W RAI SC Hay House Presentation: p. 21
 Hardcover Edition: 9781401942748

REP. NOTES

PROMOTION

Is It Me or My Hormones?

The Good, the Bad, and the Ugly about PMS, Perimenopause, and All the Crazy Things that Occur with Hormone Imbalance

MARCELLE PICK

One of the most common and agonizing problems women face today is hormonal imbalance. Sometimes it's a nightmarish premenstrual syndrome, depression, cravings, bloating, weight gain, irritability, and even out-of-control rage for up to three weeks each month. Sometimes it's periods so painful that you have to arrange your entire life around your cycle. Sometimes it's a rocky passage into perimenopause that changes everything you know about yourself and your body. Luckily, you can resolve these hormonal issues — you just need accurate, actionable information to do so. In *Is It Me or My Hormones?*, Marcelle Pick, author of *The Core Balance Diet* and *Is It Me or My Adrenals?*, delves into the often misunderstood world of female hormonal imbalance. Sharing her personal struggles and her experiences with patients, Marcelle helps you understand how the right diet, exercise, supplements, herbs, and psychological support, occasionally complemented with bioidentical hormones, can free you from hormone disruption. After walking you through the basic science of how your hormones affect your body, mind, and emotions, Marcelle lays out an accessible, easy-to-follow, 28-day program, complete with schedules, exercises, supplements, meal plans, and recipes that will stabilize your hormones in just one month and make you feel like yourself again. Unlike many medical professionals, Marcelle knows that your symptoms aren't just a "normal part of being a woman" or "not that big a deal." And in this book, she validates your experience of hormonal imbalance and opens your eyes to the power you have over your health. So join Marcelle on this journey to implement simple, natural changes that will help eliminate your cravings, depression, mood swings, and weight gain, and make you feel energized, sexual, and in command of your life!

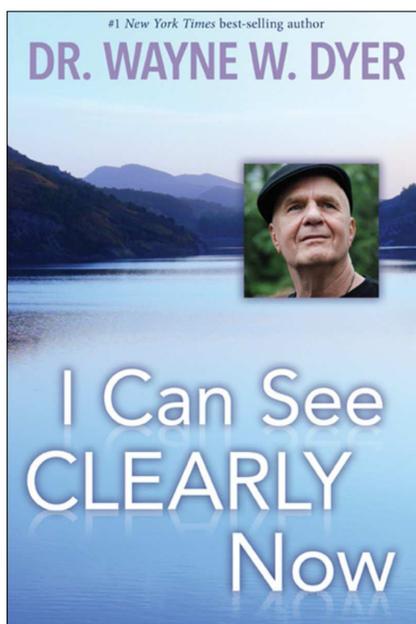
Marcelle Pick, M.S.N., OB/GYN NP, author of *The Core Balance Diet* and *Is It Me or My Adrenals?* co-founded Women to Women with a vision to change women's health care. The clinic pioneered the combination of alternative and conventional medicine and continues to use functional medicine to treat illness and help women make life choices to prevent disease. Women to Women treats thousands of women from around the world each year. Marcelle Pick earned a B.S. in Nursing and a B.A. in Psychology from the University of New Hampshire, and an M.S. in Nursing from Boston College Harvard Medical School. Certified as a nurse practitioner for both OB/GYN and pediatrics, Pick has served as a medical advisor to Healthy Living magazine, lectures on a variety of topics, and appears regularly on radio and television to discuss women's health. Her radio show, *Core Balance for Women's Health*, airs weekly on Hay House Radio, and she writes a bi-monthly newsletter that is featured on WomentoWomen.com.

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REP. NOTES

PROMOTION

I Can See Clearly Now

WAYNE W. DYER

For many years, Dr. Wayne W. Dyer's fans have wondered when he would write a memoir. Well, after four decades as a teacher of self-empowerment and the best-selling author of more than 40 books, Wayne has finally done just that! However, he has written it in a way that only he can — with a remarkable take-home message for his longtime followers and new readers alike — and the result is an exciting new twist on the old format. Rather than a plain old memoir, Wayne has gathered together quantum-moment recollections. In this revealing and engaging book, Wayne shares dozens of events from his life, from the time he was a little boy in Detroit up to present day. In unflinching detail, he relates his vivid impressions of encountering many forks in the road, taking readers with him into these formative experiences. Yet then he views the events from his current perspective, noting what lessons he ultimately learned, as well as how he has made the resulting wisdom available to millions via his lifelong dedication to service. As a reader, you will feel as if you are right there with Wayne, perusing his personal photo album and hearing about his family, his time in the service, how he writes his best-selling books, and so much more. In the process, you'll be inspired to look back at your own life to see how everything you have experienced has led you to where you are right now. Wayne has discovered that there are no accidents. Although we may not be aware of who or what is moving the checkers, life has a purpose, and each step of our journey has something to teach us. As he says, "I wasn't aware of all of the future implications that these early experiences were to offer me. Now, from a position of being able to see much more clearly, I know that every single encounter, every challenge, and every situation are all spectacular threads in the tapestry that represents and defines my life, and I am deeply grateful for all of it." *I Can See Clearly Now* is an intimate look at an amazing teacher, but it also holds the key for seekers on a personal path of enlightenment. Wayne offers up his own life as an example of how we can all recognize the hand of the Divine steering our individual courses, helping us accomplish the mission we came here to fulfill.

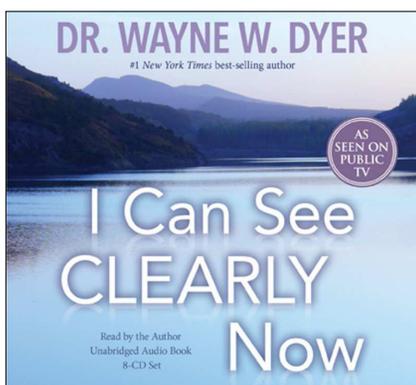
Dr. Wayne W. Dyer is an internationally renowned author and speaker in the field of self-development. He's the author of more than 30 books, has created numerous audio programs and videos, and has appeared on thousands of television and radio shows. Wayne holds a doctorate in educational counseling from Wayne State University and was an associate professor at St. John's University in New York. Dr. Wayne W. Dyer, affectionately called the "father of motivation" by his fans, is one of the most widely known and respected people in the field of self-empowerment. He became a well-known author with his bestselling book, *Your Erroneous Zones*, and has gone on to write many other self-help classics.

Website: www.DrWayneDyer.com

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14W RAI SC Hay House Presentation: p. 23

Hardcover Edition: 9781401944032

I Can See Clearly Now

WAYNE W. DYER

For many years, Dr. Wayne W. Dyer's fans have wondered when he would write a memoir. Well, after four decades as a teacher of self-empowerment and the best-selling author of more than 40 books, Wayne has finally done just that! However, he has written it in a way that only he can — with a remarkable take-home message for his longtime followers and new readers alike — and the result is an exciting new twist on the old format. Rather than a plain old memoir, Wayne has gathered together quantum-moment recollections. In this revealing and engaging book, Wayne shares dozens of events from his life, from the time he was a little boy in Detroit up to present day. In unflinching detail, he relates his vivid impressions of encountering many forks in the road, taking readers with him into these formative experiences. Yet then he views the events from his current perspective, noting what lessons he ultimately learned, as well as how he has made the resulting wisdom available to millions via his lifelong dedication to service. As a reader, you will feel as if you are right there with Wayne, perusing his personal photo album and hearing about his family, his time in the service, how he writes his best-selling books, and so much more. In the process, you'll be inspired to look back at your own life to see how everything you have experienced has led you to where you are right now. Wayne has discovered that there are no accidents. Although we may not be aware of who or what is moving the checkers, life has a purpose, and each step of our journey has something to teach us. As he says, "I wasn't aware of all of the future implications that these early experiences were to offer me. Now, from a position of being able to see much more clearly, I know that every single encounter, every challenge, and every situation are all spectacular threads in the tapestry that represents and defines my life, and I am deeply grateful for all of it." *I Can See Clearly Now* is an intimate look at an amazing teacher, but it also holds the key for seekers on a personal path of enlightenment. Wayne offers up his own life as an example of how we can all recognize the hand of the Divine steering our individual courses, helping us accomplish the mission we came here to fulfill.

REP. NOTES

PROMOTION

Dr. Wayne W. Dyer is an internationally renowned author and speaker in the field of self-development. He's 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. Dr. Wayne W. Dyer, affectionately called the "father of motivation" by his fans, is one of the most widely known and respected people in the field of self-empowerment. He became a well-known author with his bestselling book, *Your Erroneous Zones*, and has gone on to write many other self-help classics.

Website: www.DrWayneDyer.com

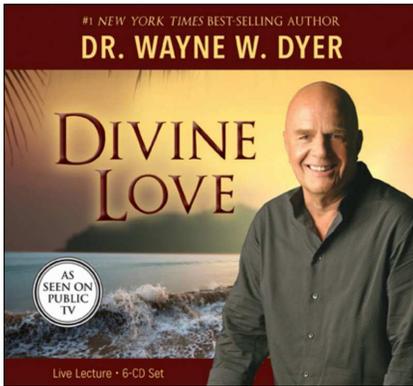
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Self-Help / Motivational & Inspirational

14W RAI SC Hay House Presentation: p. 24

Divine Love

WAYNE DYER

Join Dr. Wayne W. Dyer on the breathtaking island of Maui for a powerful event that could change your life. In this CD program, Wayne will help you ease the conflicting thoughts in your mind and wake up to the power of *Divine Love*. He will teach you how to feel your own connection to your purpose, your highest self. You came from love, and you will return in that same perfect love. And you will learn to live from this love perspective on a daily basis, thus allowing you to tap into your own divinity and experience firsthand the inner peace that is yours. Wayne has often said that his own purpose has been to live a God-realized life, and from this point of view, he discovered something that changed his life: With God, all things are possible. And this, of course, leaves nothing out. Listening to this program will help you cleanse the connecting link between what you have come to believe about yourself and who you really are. You are Divine... step into the Love.

Dr. Wayne W. Dyer is an internationally renowned author and speaker in the field of self-development. He's 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. Dr. Wayne W. Dyer, affectionately called the "father of motivation" by his fans, is one of the most widely known and respected people in the field of self-empowerment. He became a well-known author with his bestselling book, *Your Erroneous Zones*, and has gone on to write many other self-help classics.

Website: www.DrWayneDyer.com

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PROMOTION

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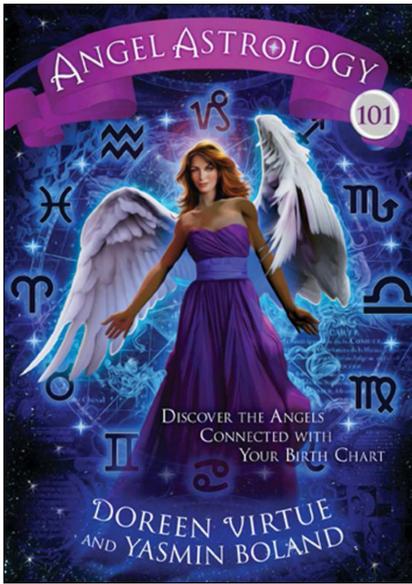
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 Body, Mind & Spirit / New Thought
 14W RAI SC Hay House Presentation: p. 25

REP. NOTES

PROMOTION

Angel Astrology 101

Discover the Angels Connected with Your Birth Chart

DOREEN VIRTUE AND YASMIN BOLAND

Learn about the archangels who work with your birth chart in Doreen Virtue's *Angel Astrology 101*. Co-authored by the widely published astrologist and Angel Therapist Yasmin Boland, this is the first book to combine angelology and astrology. The 12 beautifully illustrated and easy-to-understand chapters describe the personality characteristics of each of the sun, moon, and rising signs, as well as which archangels to call upon in association with them. *Angel Astrology 101* is perfect for anyone who is new to these subjects, but it also offers plenty of fresh insights and material for those who have long worked with either astrology or the angels.

Doreen Virtue is a best-selling author and clairvoyant doctor of psychology who works with the angelic and elemental realms. She has appeared on *Oprah*, *The View*, *Good Morning America*, *CNN*, and other programs; and she presents workshops around the world.

Website: www.AngelTherapy.com

Yasmin Boland is a popular astrology writer, read by millions of people each week via her columns in magazines and newspapers and on websites around the world. She's also the author of several books—two novels, one non-fiction work, plus two astrology-series entries—and has been published in Australia, Canada, India, Portugal, and the U.K.

Website: www.YasminBoland.com

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 Body, Mind & Spirit / New Thought
 14W Hay House: p. 31
 Hardcover Edition: 9781401942380

REP. NOTES

PROMOTION

In The Shadow Of a Badge

A Memoir about Flight 93, a Field of Angels, and My Spiritual Homecoming

LILLIE LEONARDI

"An outstanding and inspirational story that will provide its readers with hope and renew their faith in God and mankind. Lillie's story will bring tears to your eyes and warm your heart...I could not put the book down."

- Kenneth T. McCabe, Special Agent in Charge, Federal Bureau of Investigation (Retired); Commissioner, Pennsylvania Gaming Commission Board (Retired)

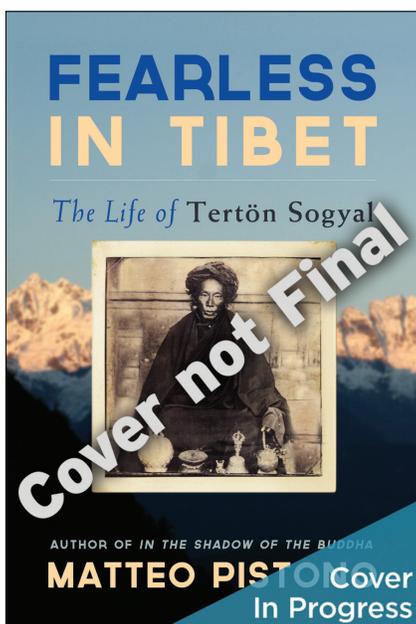
Former law enforcement professional Lillie Leonardi has always lived with her feet planted in two separate worlds the metaphysical and the physical. *In the Shadow of a Badge*, her previously self-published spiritual memoir, takes you on a dramatic journey of what happens when Leonardi's two very distinct realities become dangerously intertwined. During her work at the crash site of Flight 93 in Shanksville, Pennsylvania, surrounding the fateful events of September 11, 2001, Leonardi is forced to confront her connection to the divine — something she has struggled with since her youth. Her gripping personal account of the twelve days she spent acting as an FBI liaison between the law enforcement and social service agencies carries you into a world that combines the factual and logistical with the angelic and mystical. After witnessing what she describes as a "field of angels" during her first minutes at the crash site, Leonardi must finally reconcile the opposing sides of her life. We walk with her through the diagnosis of post-traumatic stress disorder, experience the guilt and fear that grip her, and witness the remarkable transformation of her soul as she discovers that forgiveness, of self and others, can be the best remedy. As an inspiring example of what it really means to be called to service, Leonardi shows that it's never too late to find your spiritual path and life's purpose.

Lillie Leonardi worked in law enforcement for more than 25 years before retiring to pursue her lifelong dream of writing. In 1984, Leonardi was appointed to serve as the first female police officer with the City of Arnold, Pennsylvania. She broke barriers again in 1994 when she was appointed the first female chief of police for Chatham College. In 1998, Leonardi joined the FBI (Pittsburgh Division) as the Community Outreach Specialist, where she served until 2010.
 Website: www.LillieLeonardi.com

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Religion / Buddhism / Tibetan

14W RAI SC Hay House Presentation: p. 26

REP. NOTES

PROMOTION

Fearless in Tibet

The Life of the Mystic Tertön Sogyal

MATTEO PISTONO

Tertön Sogyal was a 19th century visionary saint whose mastery of meditation led him to become the revered teacher to the 13th Dalai Lama. Known for his deep spiritual insights and service to the nation of Tibet, Tertön Sogyal's ability to harness the power of the mind was born of his own profound understanding of the Buddha's teachings while engaging in the world. Tertön Sogyal's life of striving for perfection against great odds is an example of courageous diligence appreciated by spiritual practitioners of all traditions. And his practical instructions on meditation and opening one's heart in devotion are as relevant today as they were during his lifetime. In *Fearless in Tibet*, Matteo Pistono shares Tertön Sogyal's essential teachings and life story; from the challenges Tertön Sogyal faced during his early yogic training, to exploring the mystic's inner world of visions and spiritual revelations, to how he worked to bring peace and harmony in Tibet and China. *Fearless in Tibet* is a journey where the readers will gain their own insight for today's challenges: transforming negativity into opportunity, magnetizing auspiciousness by letting go of attachments, resting in awareness of the present moment, enriching life by embracing impermanence, finding refuge in meditation, recognizing the awakened state is already present within. Combining riveting storytelling with Tertön Sogyal's profound spiritual instructions, *Fearless in Tibet* will infuse the reader's spiritual path with wisdom and inspiration, as if the mystical yogi himself were present.

Matteo Pistono is a writer, photographer, practitioner of Tibetan Buddhism, and author of *In the Shadow of the Buddha*. Pistono's images and writings about Tibetan and Himalayan cultural, political, and spiritual landscapes have appeared in the *Washington Post*, BBC's *In-Pictures*, *Men's Journal*, *Kyoto Journal*, and *HIMAL South Asia*. Pistono lived and traveled throughout the Himalayas for a decade, bringing to the West graphic accounts and photos of China's human rights abuses in Tibet. He is the founder of Nekorpa (www.Nekorpa.org), a non-profit foundation working to protect sacred pilgrimage sites around the world, and he sits on the Executive Council of the International Network of Engaged Buddhists, Rigpa Fellowship, and the Conservancy for Tibetan Art and Culture. Website: www.MatteoPistono.com.

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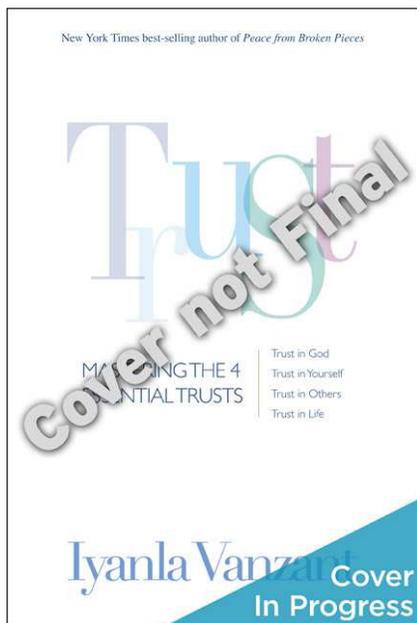
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 14W RAI SC Hay House Presentation: p. 27

REP. NOTES

PROMOTION

Trust

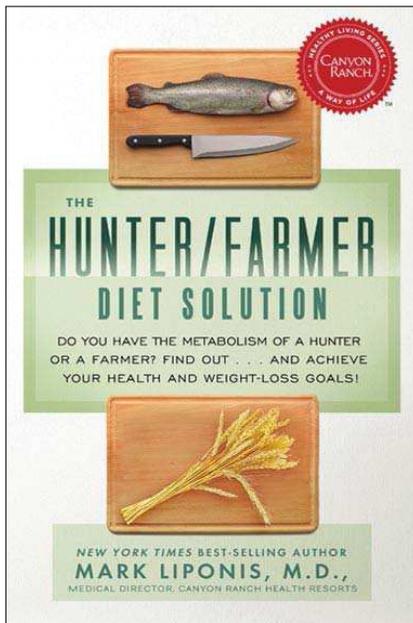
Mastering the 4 Essential Trusts

IYANLA VANZANT

You just can't trust anyone — it's a constant refrain in the modern world, and learning to trust is one of life's most difficult lessons. This leads to fear and uncertainty, which too often erodes our confidence and undermines our relationships. That's because "trust is not a verb," says legendary life coach Iyanla Vanzant, it's a noun. In fact, trust is a state of mind and a state of being." In *Trust*, Iyanla explains what trust really is, reveals how and why to trust, and explores how to cultivate this liberating power. She outlines the special rewards that come from mastering the four essential trusts — trust in God, trust in yourself, trust in others, and trust in life — and shares how these opportunities encourage our true state of being. When trust is broken, it brings us face to face with our shadow, revealing our hidden beliefs and expectations about how things should be. This book's pragmatic prescriptions demonstrate how to avoid trust-destroying behaviors through communication, consistency, and cooperation. Her wise words encourage us to build trust, to revitalize us with increased authenticity, greater resilience, and renewed peace in every part of our lives.

Iyanla Vanzant is the author of 15 titles, including five *New York Times* bestsellers, and the *Inner Visions* CD series. A Yoruba priestess and an ordained minister in Christian New Thought, she is the founder and executive director of Inner Visions International and the Inner Visions Institute for Spiritual Development. She is the legendary life coach of *Iyanla: Fix My Life* on the Oprah Winfrey Network, as well as the former host of the television series *Iyanla* and co-host of the NBC daytime reality show *Starting Over*. The proud grandmother of eight currently resides in Maryland.





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Health & Fitness / Diets

14W RAI SC Hay House Presentation: p. 28

Hardcover Edition: 9781401935535

REP. NOTES

PROMOTION

The Hunter/Farmer Diet Solution

Do You Have the Metabolism of a Hunter or a Farmer? Find Out . . . and Achieve Your Health and Weight-Loss Goals!

MARK LIPONIS

Americans are overweight, and they're getting heavier. Other than wanting to perform invasive surgical procedures, most doctors offer little help. Their advice is usually "Eat less, exercise more," which falls back on the outdated dogma of calories in/calories out. Medical research on dieting is confusing and often contradictory. Not only are most people unsure about which weight-loss plan is best, but their physicians are, too! It has become an "everyone for him-or-herself" situation, where we're forced to experiment, hoping to hit on the magic weight-loss formula by chance... and the increasing number of fad diets makes our odds of picking the right weight-loss plan even less likely. Why can't the medical establishment make sense of the overload of information and give us sound advice that actually enables people to lose weight and improve their health? Fortunately, recent studies have shined a new light on the subject and may finally help us understand a successful way to diet. This research proves what many men and women have learned through trial and error: some do better on a low-carb diet, and others do better on a low-fat diet. This is because some people have the metabolism of a Hunter, while others have the metabolism of a Farmer. In this groundbreaking book, Dr. Mark Liponis, a leading expert in preventive and integrative medicine, will show you how to determine which type you are so that you can lose weight and improve your health at the same time. Once you know your type, you'll be on the road to successful weight loss and greater health and well-being!

Mark Liponis, M.D., is the Corporate Medical Director at Canyon Ranch Health Resorts and has been a practicing physician for more than 20 years, including extensive experience in emergency departments and critical care units. The co-author of the *New York Times* bestseller *UltraPrevention* and the author of *UltraLongevity*, Dr. Liponis is internationally recognized as a leading expert in preventive and integrative medicine.

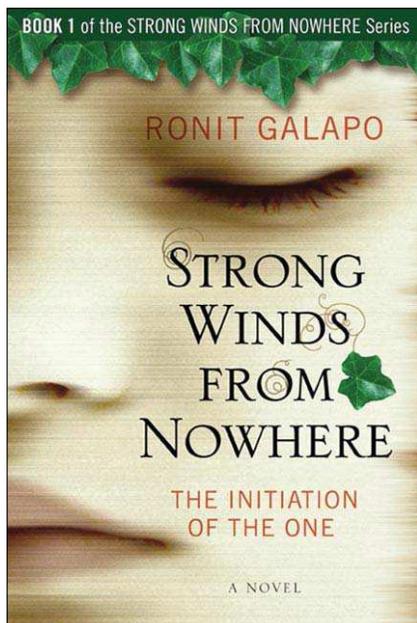
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 Fiction / General
 14W Hay House: p. 35

REP. NOTES

PROMOTION

Strong Winds from Nowhere

The Initiation of the One

RONIT GALAPO

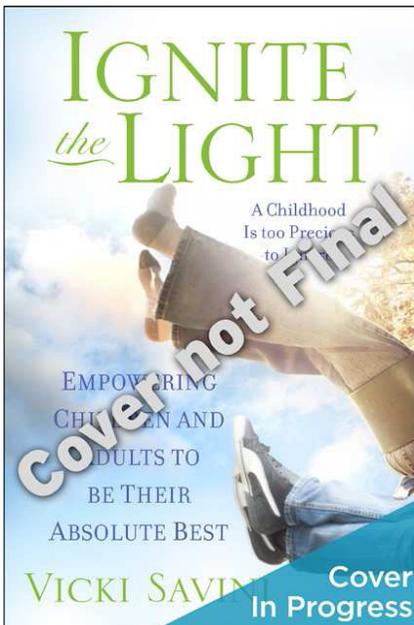
Strong Winds from Nowhere is the story of Tasha, who is banished at the age of ten to eternal exile by the people of her village for being too beautiful. Along with Ceyon, her guide and teacher, Tasha heads to the vast expanse of nowhere in search of freedom, truth, and friendship. On her journey, she meets the Shohonks, a mysterious people who capture her heart through their clear sight and immense powers. Gradually she discovers that under their impeccable façade lurks a dark and frightening shadow that consumes people's hopes and aspirations; and Tasha decides to face this shadow, despite the personal prices. *Strong Winds from Nowhere* is an empowering story of change, bravery, and the triumph of free spirit. It is a combination of fantasy and wisdom, filled with depth and layers, yet simple and intimate in language, keeping the readers close to their heartbeats, close to their hearts.

Ronit Galapo co-founded the Ronit Galapo Research Institute in 2003 with a desire to bring forth genuine change through pioneering research and cutting-edge technology. For the past 20 years, Ronit has been engaged in the profound inquiry and deciphering of the underlying mechanisms shaping our lives, our illnesses, our health, our relationships, and society as a whole. Ronit's research has led to a series of groundbreaking discoveries, based on which she developed innovative consciousness technologies that make it possible to effect change in areas thought to be blocked. Over the years, Ronit has given lectures and seminars to large audiences and has published six books, one of which has been translated into seven languages across Europe and Japan.

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 14W Hay House: p. 36

REP. NOTES

PROMOTION

Ignite the Light

A Childhood Is too Precious to Ignore

VICKI SAVINI

In today's society kids hardly get to enjoy their childhood, as they are faced with mounting pressures at school, within their family, and among their peers. Children are overexposed to violence and deprived of lessons on self-love and inner peace...but imagine a world where they are given tools to speak their truth, follow their hearts, and above all believe in themselves. You see, deep inside every one of us is a light that shines brightly when we are aligned with our higher self — our absolute best self. When we allow fear to drive our action, we dim that light within. Yet when we believe in ourselves, speak our truth, and do what feels right in our hearts, we ignite the light and become the best possible version of ourselves. Whether you are a parent, a teacher, a child-care worker, or just a person who would like to leave this world a little more peaceful than you found it, this book will give you the tools to educate, enlighten, and empower our children to see that they are perfect just as they are. *Ignite the Light* is a practical step-by-step manual for change that provides tools from which all children and all families will benefit.

Vicki Savini is a mindful teacher who has been motivating children and adults to be their absolute best for over 20 years. She inspires children to speak their truth and believe in themselves, and she helps adults get in touch with their inner child and understand the importance of childhood. As a public-school teacher, Vicki taught mindful principles in her classroom long before it was considered acceptable. She is also a dynamic and inspiring speaker who empowers all types of individuals through individual consultations, group workshops, and public speaking. She has experience in the field of psychology and education, as well as in the healing arts and overall wellness; and she is a Science of Mind practitioner, a Reiki energy worker, and a talented Intuitive Life Coach. She uses her real-world experiences and eclectic training to educate, enlighten, and empower individuals to believe in themselves and live their truth.

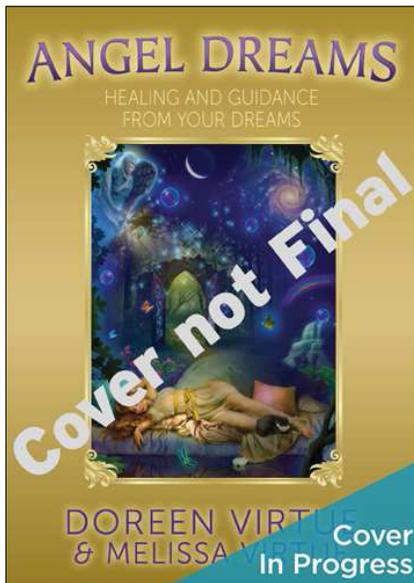
Website: www.VickiSavini.com.

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REP. NOTES

PROMOTION

Angel Dreams

Healing and Guidance from Your Dreams

DOREEN VIRTUE AND MELISSA VIRTUE

Dreams are gateways to other worlds, places, and times. They are sacred portals in which we receive messages from Source, and they hold these powerful messages in the form of symbols brought to us by our dream guide and the angels. In this book, Doreen Virtue and Melissa Virtue discuss where dreams come from, whom to call upon for dream guidance, the angels associated with dreams, and basic symbols and color meanings. You'll discover techniques and tools to enhance your dream time, including ways to remember content upon awakening. In addition, you'll learn to identify various types of dreams by reading personal dreams and their general interpretations.

Doreen Virtue is a best-selling author and clairvoyant doctor of psychology who works with the angelic and elemental realms. She has appeared on *Oprah*, *The View*, *Good Morning America*, *CNN*, and other programs; and she presents workshops around the world.

Website: www.AngelTherapy.com

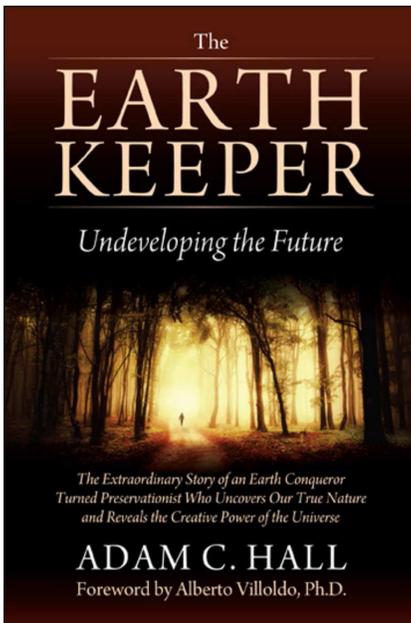
Melissa Virtue, Doreen's daughter-in-law, began studying dreams and communicating with the angels at a young age. She is an Angel Therapy Practitioner®, a medium, and a Light Resonance Healing® Practitioner. Melissa teaches workshops on dream interpretation and angels; created and teaches SpiralDance, a spiritually based dance technique; and is the author of *Dreamtime* and the children's book series *Magical Dream Journeys*.

Website: www.SacredSolas.com

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Hardcover Edition: 9781401942526

REP. NOTES

PROMOTION

The Earth Keeper

Undeveloping the Future

ADAM C. HALL

The Earth Keeper is an inspiring story about a ruthless millionaire who woke up from his worldly life to become a steward of the planet in the sacred traditions of the Hopi, Mayan, and Incan cultures. This is a tale of high adventure, filled with tears and heartbreak, transcendence and triumph, fate and destiny, peace and love. One day, as Adam Hall was racing through life, he met a palm reader who spoke of 'separation'. This one word triggered a series of questions about life, death, and his purpose. He began to think that if he could not realize his calling on Earth, then what's it all worth anyway? Was he to live fully or just bide his time until death? These questions exploded life as Adam knew it, propelling him on a quest that cost him his family and more. His work in real estate even dwindled drastically, as he was utterly through with the dog-eat-dog mentality of doing business. Eventually, he sought a new way as he lost his self-identity in the process, because who are you if you suddenly realize that key aspects of your life were based on illusions? *The EarthKeeper* turns the world on its head and opens the door to an entirely new perspective. In reading about Adam's quest, you'll accompany him on this journey as he travels the globe and discovers the ancient map of his soul. He shares the highs and lows as he traverses four roads of life: the physical, emotional, spiritual, and Divine. Along the way, he discovers the secrets of nature and all of life. You'll see firsthand how he courageously faces his own demons and takes responsibility for his former ruthlessness and misdeeds, slowly but surely finding an inner peace that's unmovable by outer events. You'll see how Adam, while working with shamans in Peru, receives a vision that wakes him up to his destiny: he's among those who assume the sacred duty of preserving and honoring our precious humanity, ultimately finding environmental redemption and vowing to foster planetary well-being.

Adam C. Hall is Chairman & Founding Steward of EarthKeeper Alliance, Inc., an UnDevelopment company which combines land conservation with land development to support the economic and ecologic viability of current and future generations. Wilderness land is restored and protected in perpetuity — as a living legacy to investors. Formerly, Hall was an investment-banker and real estate developer whose unconventional and unexpected "mid-life crisis" radically altered his relationship to the Earth. No longer able to accept that the "highest and best use" of a property is maximizing its income-producing potential, he developed an alternate model that makes allies of developers and healthy, intelligent, supportive, beautiful, and unconditionally loved wife, Lori, and children, Meghan and Tyson.

Website: www.TheWellnessPractice.com

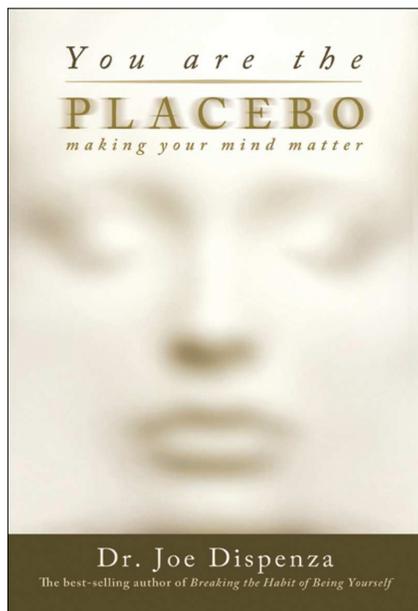
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Body, Mind & Spirit / New Thought

14W RAI SC Hay House Presentation: p. 31

You Are the Placebo

Making Your Mind Matter

JOE DISPENZA

Throughout history up until present, many cultures have traditionally experienced the effects of verifiable healings, along with hexes, curses, witchcraft, voodoo, and other mysterious phenomena. These effects many of which were elicited by unscientific means were brought about by the beliefs and lore of the society. Even today, pharmaceutical companies use double and triple-blind randomized studies in an attempt to exclude the power of the mind over the body. In *You Are the Placebo*, Dr. Joe Dispenza explores the history, the science, and the practical applications of the so-called placebo effect. Citing many amazing individual cases studies, this compelling book will empower you to personally use the expectation of a particular outcome to alter your internal states as well as external reality solely through the action of your mind. It offers the necessary understandings to change old beliefs and perceptions into new ones. In addition, it teaches a model of personal transformation that correlates with the placebo effect without the need for any external influences (placebos such as sugar pills, saline injections, and so on). *You Are the Placebo* combines the latest research in neuroscience, biology, psychology, hypnosis, behavioral conditioning, and quantum physics to demystify the workings of the placebo effect...and show how the seemingly impossible can become possible.

REP. NOTES

Joe Dispenza, D.C., the author of *Breaking the Habit of Being Yourself* and *Evolve Your Brain*, studied biochemistry at Rutgers University. He also holds a Bachelor of Science degree with an emphasis in neuroscience, and earned his Doctor of Chiropractic from Life University in Atlanta, Georgia. He has received postgraduate training and continuing education in neurology, neuroscience, brain function and chemistry, cellular biology, memory formation, and aging and longevity. One of the scientists, researchers, and teachers featured in the award-winning film *What the BLEEP Do We Know!?*, Dr. Joe has lectured on six continents, educating people about the functions of the human brain. He has taught thousands how to reprogram their thinking through scientifically proven neurophysiological principles. When not traveling and writing, Dr. Joe is busy seeing patients at his chiropractic clinic near Olympia, Washington.

Website: www.DrJoeDispenza.com

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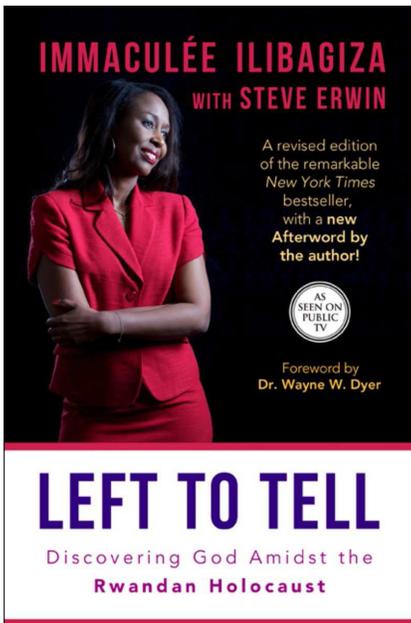
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 Previous Edition: 9781401908973

REP. NOTES

PROMOTION

Left to Tell

Discovering God Amidst the Rwandan Holocaust

IMMACULÉE ILIBAGIZA AND STEVE ERWIN

Immaculée Ilibagiza grew up in a country she loved, surrounded by a family she cherished. But in 1994 her idyllic world was ripped apart as Rwanda descended into a bloody genocide. Immaculee's family was brutally murdered during a killing spree that lasted three months and claimed the lives of nearly a million Rwandans. Incredibly, Immaculee survived the slaughter. For 91 days, she and seven other women huddled silently together in the cramped bathroom of a local pastor while hundreds of machete-wielding killers hunted for them. It was during those endless hours of unspeakable terror that Immaculee discovered the power of prayer, eventually shedding her fear of death and forging a profound and lasting relationship with God. She emerged from her bathroom hideout having discovered the meaning of truly unconditional love—a love so strong she was able to seek out and forgive her family's killers. The triumphant story of this remarkable young woman's journey through the darkness of genocide will inspire anyone whose life has been touched by fear, suffering, and loss.

Immaculée Ilibagiza lost most of her family during the 1994 Rwandan genocide. Four years later, she immigrated to the United States and began working at the United Nations in New York City. She now devotes herself full-time to public speaking and writing books that share her message of how faith and forgiveness can heal hearts and change the world. In 2007 she established the Left to Tell Charitable Fund, which helps support Rwandan orphans, and was awarded the Mahatma Gandhi International Award for Reconciliation and Peace.

Steve Erwin is a *New York Times* best-selling author and award-winning journalist. He has co-authored seven books and is currently working his second novel. He lives in New York City with his wife, journalist and author Natasha Stoyanoff.

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Miracles Now

111 Soulful Methods for Releasing Stress, Busting through Blocks, and Achieving Peace

GABRIELLE BERNSTEIN

Miracles Now by *New York Times* best-selling author Gabrielle Bernstein will help readers clear stress and find peace even if they only have a minute to spare. Bernstein knows that most of us don't have time for an hour of yoga or 30 minutes of meditation to dissolve our anxiety, so she has hand-picked 111 techniques to combat our most common problems—from fear and anxiety to burnout and fatigue. Inspired by some of the greatest spiritual teachings, Bernstein offers up spirit-based principles, meditations, and practical, do-them-in-the-moment tools to help readers burst through blocks to live with more ease. She breaks down each technique “Spirit Junkie” style—with meditations, assessment questions, and step-by-step guidance — while incorporating lessons from *A Course in Miracles*. As readers benefit from the techniques they'll be able to share them. Each practice has been boiled down to a 140-character description — or Miracle Message — which can be tweeted, pinned on Pinterest, posted to Facebook, or shared on Instagram. Each Miracle Message will end with the hashtag #111Miracles. Ebook readers can share from their device. Readers familiar with Bernstein's fun and innovative take on spirituality will scoop up her latest work. And those who are discovering her will appreciate her tech-savvy approach to spirituality and transformation.

REP. NOTES

Featured on *Oprah's Super Soul Sunday* as a next generation thought leader, **Gabrielle Bernstein** is making her mark. Gabrielle is the *New York Times* bestselling author of the book *May Cause Miracles: A 40-day Guidebook of Subtle Shifts for Radical Change and Unlimited Happiness*. Gabrielle is also the founder of the social networking site HerFuture.com for women to inspire, empower and connect. Since 2004 Gabrielle has presented lectures at Google, TEDxWomen, The WIE Symposium, Kripalu, the Massachusetts and Philadelphia Conferences for Women, L'Oreal, Avon/mark. Cosmetics, Agape Spiritual Center, Nobel Women, Integral Yoga, Universities nationwide, The Step Up Women's Network, The Junior Leagues and many other venues. Gabrielle sits on the advisory board for NYU's Of Many Institute for Multifaith Leadership, and of Feminist. com's “*Our Inner Lives*” religion and spirituality project. YouTube chose Gabrielle as one of their 16 YouTube Next Video Bloggers, she was named one of *Mashable's* 11 Must-Follow Twitter Accounts or Inspiration and she's featured on the *Forbes* List of 20 Best Branded Women. Gabrielle has a weekly radio show every Wednesday on Hay House Radio and is a featured curator for Opensky. She has been featured in media outlets such as *The New York Times Sunday Styles*, *ELLE*, *Oprah Radio*, *Anderson Live*, *Access Hollywood*, *Marie Claire*, *Health*, *SELF*, *Women's Health*, *Glamour*, *The New York Times Thursday Styles*, *Sunday Times UK*, *Covers of Experience Life* and *Self-Made Magazines'* (top 50 Women in Business), *US Weekly*, *People*, CNN, Fox & Friends, PBS, *Wall Street Journal*, Sirius Satellite Radio and many more. Gabrielle is a regular contributor for *Metro*, *The Huffington Post*.

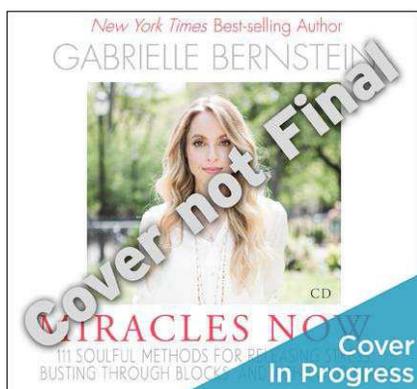
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Miracles Now

111 Soulful Methods for Releasing Stress, Busting through Blocks, and Achieving Peace

GABRIELLE BERNSTEIN

Miracles Now by *New York Times* best-selling author Gabrielle Bernstein will help readers clear stress and find peace even if they only have a minute to spare. Bernstein knows that most of us don't have time for an hour of yoga or 30 minutes of meditation to dissolve our anxiety, so she has hand-picked 111 techniques to combat our most common problems—from fear and anxiety to burnout and fatigue. Inspired by some of the greatest spiritual teachings, Bernstein offers up spirit-based principles, meditations, and practical, do-them-in-the-moment tools to help readers burst through blocks to live with more ease. She breaks down each technique “Spirit Junkie” style—with meditations, assessment questions, and step-by-step guidance — while incorporating lessons from *A Course in Miracles*. As readers benefit from the techniques they'll be able to share them. Each practice has been boiled down to a 140-character description — or Miracle Message — which can be tweeted, pinned on Pinterest, posted to Facebook, or shared on Instagram. Each Miracle Message will end with the hashtag #111Miracles. Ebook readers can share from their device. Readers familiar with Bernstein's fun and innovative take on spirituality will scoop up her latest work. And those who are discovering her will appreciate her tech-savvy approach to spirituality and transformation.

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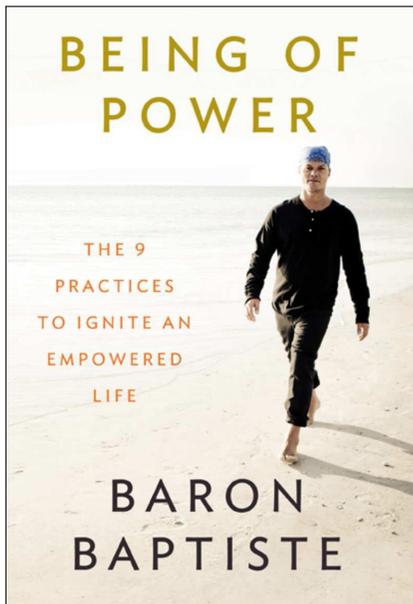
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REP. NOTES

PROMOTION

Being of Power

The 9 Practices to Ignite an Empowered Life

BARON BAPTISTE

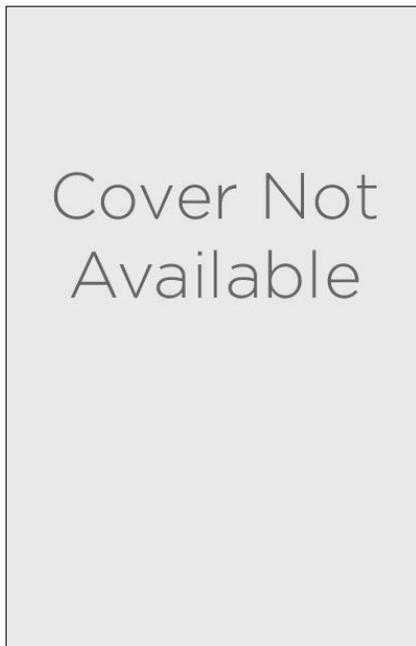
We live in a world where we're all about updating. We update our computers, phones, cars, careers, even our partners. Now it's time to update your personal philosophy and view. In essence, it's time to update you. *Being of Power* is about transforming relationships. Not just with others, but with yourself, your experiences, your work, your purpose — how you relate to everything in your life. Here you will find the tools to enable you to break through the limiting views that have been keeping you stuck, frustrated, and unfulfilled; expand your viewpoint to see new possibilities; and come into your authentic self. The nine practices in this book are the stepping-stones on the path back to your essential authenticity, which is where your greatest power lies. These are practices to put into action minute by minute, day by day. We don't master them all at once; instead, we work them in each present moment, again and again, until eventually we come to embody them as a natural way of being. This is how we transform. The aim of this book is not to tell you the truth, but rather to help you rediscover your own truth. Your deepest power comes from what you already know inside. You have the intelligence. You have the answers. The nine practices of transformation will simply allow you to dissolve the blocks standing in your way and access the wisdom that's already within you. They will show you how to put your essentially powerful way of being into action so you can create new, expanded results in your life. At its core, this book is about connecting to your authentic self and rediscovering who you are and what's possible.

Baron Baptiste's popularity as an international presenter and bestselling author is exemplified by his creation of a wildly popular yoga practice that is without boundaries — a methodology for personal revolution. For 20 years, Baron has been a dynamic and influential teacher, trainer, leader, and catalyst in the arena of spiritual, physical, and life transformation. His work powerfully creates bridges from the wisdom of the East to the spiritually hungry West. He revolutionized the training methods of NFL players as a peak performance specialist on the Philadelphia Eagles coaching staff, and has also taught many Hollywood celebrities. He has appeared on thousands of radio and television programs, including the PBS special *Transform Your Life with Baron Baptiste*.

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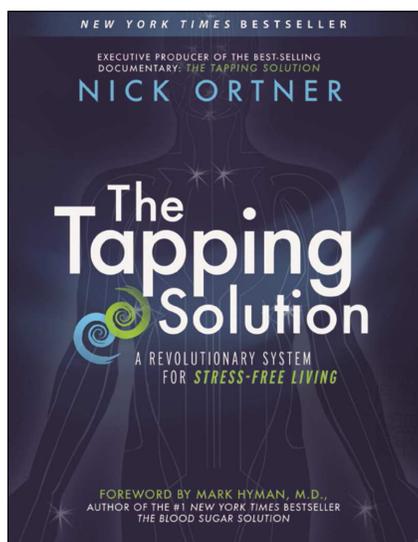
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REP. NOTES

PROMOTION

The Tapping Solution

A Revolutionary System for Stress-Free Living

NICK ORTNER

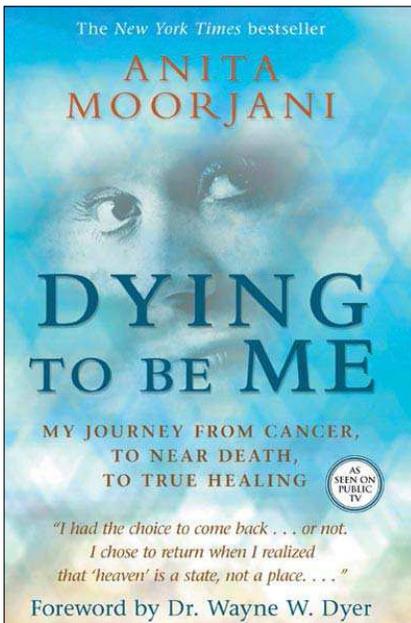
Do you have things in your life that you wish were different...but you don't know how to change? *The Tapping Solution* offers a new technique to deal with seemingly impossible situations. Tapping, also known as EFT, is a powerful tool for improving your life on multiple levels: mental, emotional, and physical. It has been proven to effectively address a range of issues from anxiety, chronic pain, addiction, and fear, to weight control, financial abundance, stress relief, and so much more. It's also one of the easiest and fastest practices to learn. You can learn it in minutes, do it anywhere and on virtually any issue, and oftentimes experience immediate results. How does it work? Based on the principles of both ancient acupressure and modern psychology, tapping concentrates on specific meridian endpoints while focusing on negative emotions or physical sensations. Combined with spoken word, tapping helps calm the nervous system to restore the balance of energy in the body and rewire the brain to respond in healthy ways. In this book, you'll not only learn how to start tapping, you'll also get the history and cutting-edge science behind it. Featuring step-by-step instructions, exercises, and diagrams, *The Tapping Solution* shows you how to tap on a variety of issues and identify practical applications. Plus, throughout the book, you'll find unbelievable, real-life stories of healing, ranging from easing the pain of fibromyalgia to overcoming a fear of flying. Find out how to release your fears and clear the limiting beliefs that hold you back from creating the life you want.

Nick Ortner is the creator and executive producer of the hit documentary film *The Tapping Solution*. He has also produced the annual worldwide online event, the *Tapping World Summit*, which has been attended by over 500,000 people. Ortner is a dynamic speaker, presenting breakthrough live tapping sessions around the world. He lives in Connecticut. Follow Nick on Twitter @nortner and see him on Facebook at Facebook.com/TappingSolution.

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REP. NOTES

PROMOTION

Dying To Be Me

My Journey from Cancer, to Near Death, to True Healing

ANITA MOORJANI

In this truly inspirational memoir, Anita Moorjani relates how, after fighting cancer for almost four years, her body began shutting down overwhelmed by the malignant cells spreading throughout her system. As her organs failed, she entered into an extraordinary near-death experience where she realized her inherent worth...and the actual cause of her disease. Upon regaining consciousness, Anita found that her condition had improved so rapidly that she was released from the hospital within weeks without a trace of cancer in her body! Within these pages, Anita recounts stories of her childhood in Hong Kong, her challenge to establish her career and find true love, as well as how she eventually ended up in that hospital bed where she defied all medical knowledge. As part of a traditional Hindu family residing in a largely Chinese and British society, Anita had been pushed and pulled by cultural and religious customs since she was a little girl. After years of struggling to forge her own path while trying to meet everyone else's expectations, she had the realization, as a result of her epiphany on the other side, that she had the power to heal herself...and that there are miracles in the Universe that she'd never even imagined. In *Dying to Be Me*, Anita freely shares all she has learned about illness, healing, fear, being love," and the true magnificence of each and every human being! This is a book that definitely makes the case that we are spiritual beings having a human experience...and that we are all One!

Anita Moorjani was born in Singapore of Indian parents, moved to Hong Kong at the age of two, and has lived in Hong Kong most of her life. Because of her background and British education, she is multilingual and grew up speaking English, Cantonese, and an Indian dialect simultaneously; she later learned French at school. Anita had been working in the corporate world for many years before being diagnosed with cancer in April 2002. Her fascinating and moving near-death experience in early 2006 tremendously changed her perspective on life, and her work is now ingrained with the depths and insights she gained while in the other realm. As a result of her near-death experience, Anita is often invited to speak at conferences and events around the globe to share her insights. She's also a frequent guest at the University of Hong Kong's department of behavioral sciences, speaking on topics such as dealing with terminal illness, facing death, and the psychology of spiritual beliefs. She is the embodiment of the truth that we all have the inner power and wisdom to overcome even life's most adverse situations, as she's the living proof of this possibility. Anita currently lives in Hong Kong with her husband, and when she's not traveling and speaking at conferences, she works as an intercultural consultant for multinational corporations based in the city.

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