



**RAINCOAST BOOKS**  
ALWAYS CONNECTED

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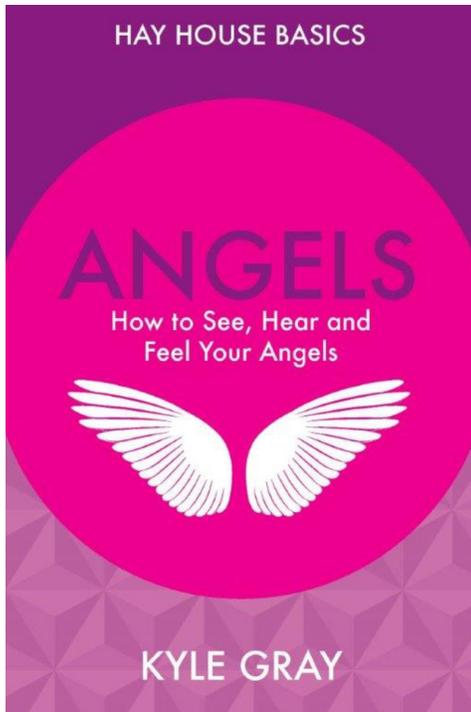
# WINTER 2015

## HAY HOUSE

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**This edition of the catalogue was printed on August 21, 2014.**

*To view updates, please see the Fall Winter 2015 Raincoast eCatalogue  
or visit [www.raincoast.com](http://www.raincoast.com)*



Hay House  
On Sale: Jan 5/15  
5.12 x 7.75

9781781802632 • \$15.95 • pb  
Body, Mind & Spirit / Angels & Spirit Guides

## Promotion

The series will be marketed to existing subscribers and followers of all authors involved.

Extra teaching content will be available on a separate microsite.

Q and A sessions with authors on social media.

Promotional opportunities for a strong shelf-presence.



## Angels

*How to See, Hear and Feel Your Angels*

Kyle Gray

A beautiful introductory guide that shows you how to start working with the angels, allowing their light to heal you and transform your life. You'll discover:

- the purpose of the angels
- how to work with different angels for help in specific areas of your life
- how to meet your guardian angel
- the power of the Archangels and how to connect to them
- how to work with prayers and affirmations

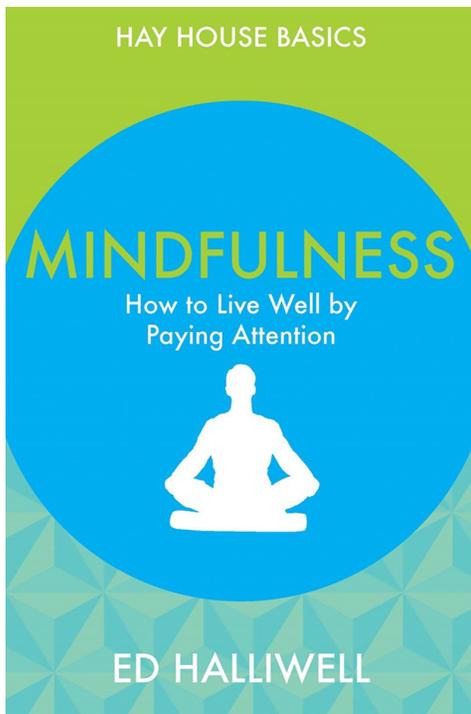
*Hay House Basics* is a new series that features world-class experts sharing their knowledge on the topics that matter most for improving your life. If you want to learn a new skill that will enhance your wellbeing, *Hay House Basics* guarantees practical, targeted wisdom that will give you results!

## Author Bio

Kyle Gray became the UK's youngest professional psychic medium at the age of sixteen. He amazes audiences around the world with his startlingly accurate readings.  
[www.kylegray.co.uk](http://www.kylegray.co.uk)



9 781781 802632



Hay House  
On Sale: Jan 5/15  
5.12 x 7.75

9781781802649 • \$15.95 • pb  
Body, Mind & Spirit / General

### Promotion

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## Mindfulness



*How to Live Well by Paying Attention*

Ed Halliwell

In this comprehensive guide, mindfulness expert Ed Halliwell makes this increasingly popular subject accessible to absolute beginners. Learn the basic techniques for becoming more mindful, and discover how to take this practice into your everyday life and experience its amazing benefits for yourself. This book explores:

- the science of mindful attention
- practising acceptance
- mindfulness of breathing and body posture
- mindfulness and neuroplasticity
- seeing with awareness and observing patterns
- mindfulness practices

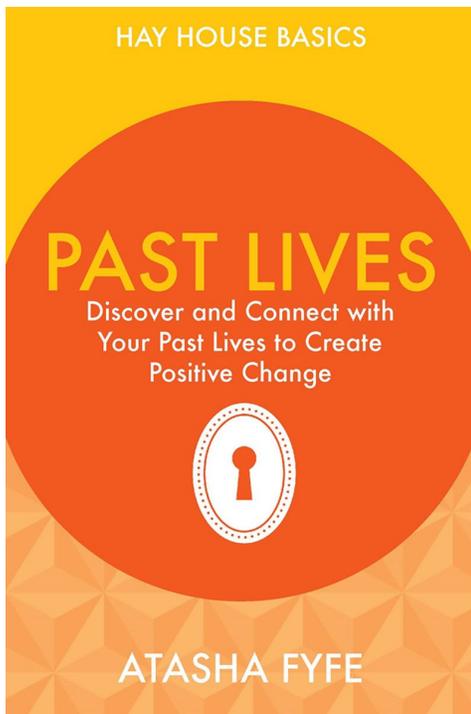
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### Author Bio

Ed Halliwell is a mindfulness teacher and writer, and the co-author of *The Mindful Manifesto*. Ed teaches mindfulness courses and retreats to a wide range of individuals, and works with organisations looking to take a mindful approach, offering talks, workshops, and consultancy. [www.edhalliwell.com](http://www.edhalliwell.com)



9 781781 802649



Hay House  
On Sale: Jan 5/15  
5.12 x 7.75

9781781802656 • \$15.95 • pb  
Body, Mind & Spirit / Spiritualism



## Past Lives



*Discover and Connect with Your Past Lives to Create Positive Change*

Atasha Fyfe

This book introduces the idea that we have multiple lifetimes, and explores how past life awareness can lead to a happier, more meaningful and more fulfilled experience of life in the present. You'll learn about:

- how regression works
- the secret clues to your past lives that show up in this life
- the astonishing cases of children's past life memories
- how to find out more about your own past lives
- the benefits of past life awareness for improved health, abundance and relationships

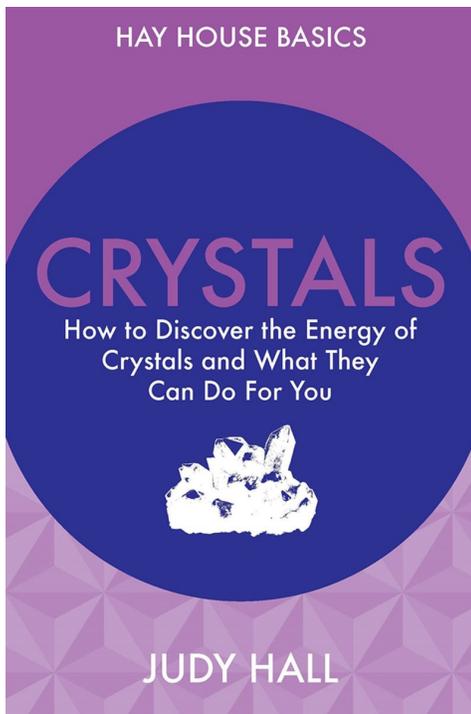
*Hay House Basics* is a new series that features world-class experts sharing their knowledge on the topics that matter most for improving your life. If you want to learn a new skill that will enhance your wellbeing, *Hay House Basics* guarantees practical, targeted wisdom that will give you results!

### Author Bio

Atasha Fyfe is a skilled past life regressionist and the author of *Magic Past Lives*, which has been translated into six languages. [www.pastlivesglastonbury.com](http://www.pastlivesglastonbury.com)



9 781781 802656



Hay House  
On Sale: Jan 5/15  
5.12 x 7.75

9781781803035 • \$15.95 • pb  
Body, Mind & Spirit / Crystals

## Promotion

The series will be marketed to existing subscribers and followers of all authors involved.

Extra teaching content will be available on a separate microsite.

Q and A sessions with authors on social media.

Promotional opportunities for a strong shelf-presence.



## Crystals



*How to Use Crystals and Their Energy to Enhance Your Life*

Judy Hall

This illuminating guide will show you how to sense the energy of these precious stones and choose the right ones to support you in different areas of your life. Discover how to:

- cleanse, charge and attune your crystals
- work with the aura and the chakra system
- bring mind, body and spirit into balance with crystal healing
- use crystals for self-protection and energy enhancement
- connect with higher beings, or crystal mentors

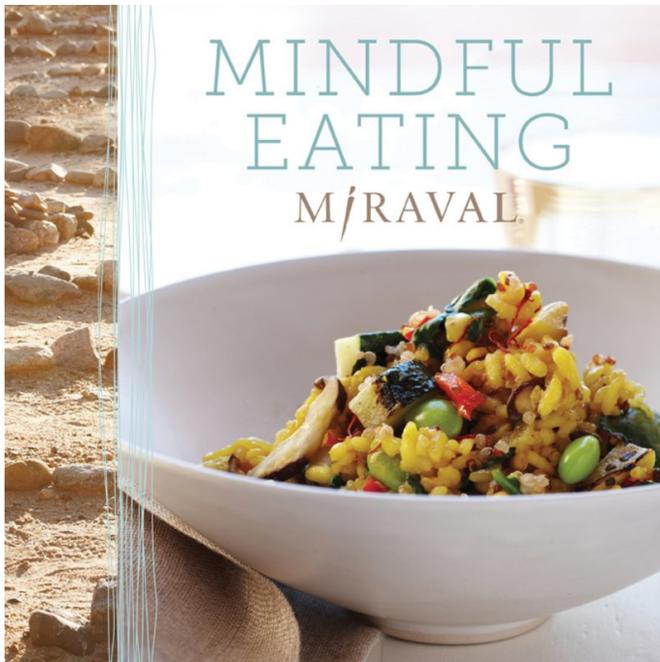
*Hay House Basics* is a new series that features world-class experts sharing their knowledge on the topics that matter most for improving your life. If you want to learn a new skill that will enhance your wellbeing, *Hay House Basics* guarantees practical, targeted wisdom that will give you results!

## Author Bio

Judy Hall is an internationally known author, crystal expert, astrologer, psychic, healer and teacher. Her numerous books have been translated into 18 languages. [www.angeladditions.co.uk](http://www.angeladditions.co.uk)



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## Mindful Eating



### Miraval

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Internationally renowned and award-winning Miraval Resort & Spa sits at the foot of the sprawling Santa Catalina Mountains in Tucson, Arizona. There, nestled within the warm desert landscape, Miraval is the premier destination for life betterment—a place where guests feel, are, and can be more.

Since its beginning in 1996, Miraval has upheld a powerfully simple vision: life is more meaningful and enjoyable when one's physical, emotional, spiritual, social, and intellectual components are in balance. Miraval has since become the pioneer for mindfulness in every aspect of life.

One of the pillars of Miraval's success is that healthy food can taste good. Long celebrated for delectable masterpieces in spa cuisine, Miraval's culinary team has created this compilation of balanced recipes, representing an invitation to continue eating the Miraval way—by expanding, mixing, and learning more about your needs while bringing diet into balance.

Mindfulness is a term heard and seen often at Miraval, and it is the core concept that shapes our programs and environment. Being "in the moment" takes practice, yet it is exhilarating and produces new experiences at every turn . . . for when you are fully present, you also make better choices that will lead to a healthier, happier, and more balanced life. Our cookbook will give you the inspiration and tools to bring mindfulness to your table. From mouthwatering entrées to decadent desserts, you will confidently create nutrient-packed, utterly delicious meals.

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### Author Bio

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

Hay House  
On Sale: Jan 2/15  
9.50 x 9.50 • 304 pages

4-c photos  
9781401938246 • \$17.95 • pb  
Cooking / Health & Healing / General

Hardcover Edition: 9781401938239

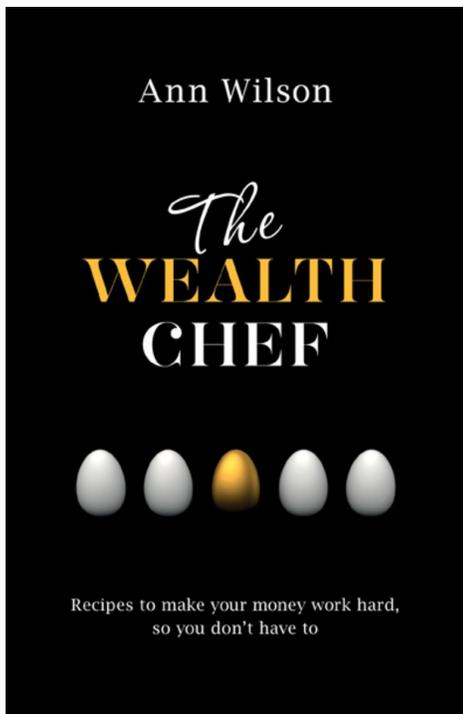
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### Promotion

Email blast to Miraval's list  
New Year, New You promotions



9 781401 938246



## *The Wealth Chef*



*Recipes to Make Your Money Work Hard, So You Don't Have To*

Ann Wilson

International finance coach Ann Wilson is known as the Wealth Chef because of her ability to help people cook up monetary success. In this previously self-published book, Ann has laid out a step-by-step guide to creating financial freedom. In its pages, readers will find five recipes for wealth that helped Ann go from having nothing to becoming a multimillionaire. These recipes reveal the secrets to:

- Becoming debt-free while simultaneously generating wealth
- Getting your "wealth accelerators" working
- Increasing your quality of life while reducing your expenses
- Focusing on personal goals and tracking successes for rapid results

Ann takes what she's learned from her own life and from teaching around the world—from Africa, to Asia, to Australia, to America, to Europe—and gives readers an in-depth yet manageable plan and tested principles to improve their relationship with money. Simply put, she shows readers how to become financially savvy and build wealth starting immediately. They realize they can create financial freedom and live their dream life now, feeling empowered to throw away the old recipe for success: mix together one secure job with a lifelong portion of hard work and sacrifice to hopefully live the dream life after retirement. Why wait? With the practices and techniques Ann presents here they don't have to!

### **Author Bio**

Author, speaker, and trainer Ann Wilson is a self-made millionaire with a straightforward, jargon-free, supportive, and fun approach to wealth—an approach that can help anyone become financially free. She teaches people to keep, invest, and grow their money

Hay House

On Sale: Jan 20/15

5.50 x 8.50 • 344 pages

9781401946661 • \$16.99 • pb

Bus & Econ / Personal Finance / Money Mgmt

### **Promotion**

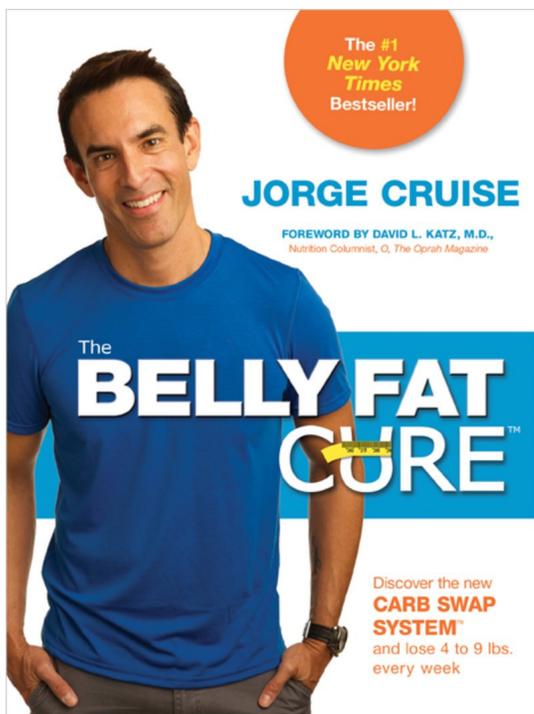
She has a growing platform, with 3,600 people in her email database, 2,861 followers on Facebook ([facebook.com/TheWealthChef](https://www.facebook.com/TheWealthChef)), and 6,134 followers on Twitter ([twitter.com/thewealthchef](https://twitter.com/thewealthchef))

Possible Google Hangout sessions with readers, based off of her requests from financial websites in South Africa.

YouTube videos where Ann offers "money recipes" filmed in her kitchen.



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Hay House  
On Sale: Jan 6/15  
6.50 x 8.75 • 352 pages

4-c photos  
9781401946708 • \$16.99 • pb  
Health & Fitness / Diets

Previous Edition: 9781401927189

## Promotion

Jorge's marketing team will make contacts with various daytime television shows that he has been on before, such as Dr. Oz. He is a contributor to First for Women

Extensive email blasts, social media, Twitter / Facebook

Ongoing online classes, lectures and in-person speaking engagements across the us



## The Belly Fat Cure



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

### Jorge Cruise

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

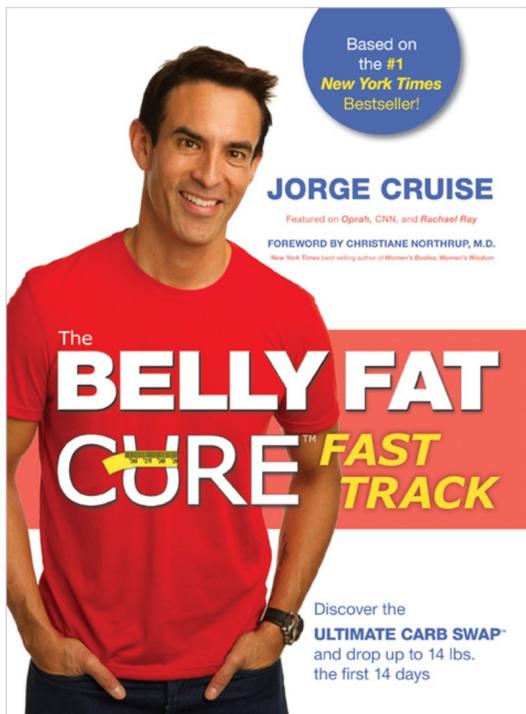
### Author Bio

Jorge Cruise is America's top fitness expert for stressed dieters and author of eight consecutive *New York Times* best-selling books, with more than six million in print in over 15 languages, including *The Belly Fat Cure* and *Happy Hormones, Slim Belly*. He has been featured on the *Today* show, *LIVE! With Kelly and Michael*, *CNN*, *The View*, *Rachael Ray*, *The Dr. Oz Show*, and *Oprah*.

Jorge believes your waistline is the most valuable measurement of fitness-and the purest definition of fitness is health. He has spent over a decade coaching millions of clients to lose belly fat with what cutting-edge science has revealed to be the true starting point for fitness: the kitchen, not the gym. By merging breakthrough dietary science with great taste, Jorge produces belly-fat-melting menus.



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Hay House  
On Sale: Jan 6/15  
6.50 x 8.75

9781401946715 • \$16.99 • pb  
Health & Fitness / Diets

Hardcover Edition: 9781401929145

## Promotion

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Extensive email blasts, social media, Twitter / Facebook

Ongoing online classes, lectures and in-person speaking engagements across the us



## The Belly Fat Cure Fast Track

Discover the Ultimate Carb Swap and Drop Up to 14 lbs. the First 14 Days

Jorge Cruise

For years, fad diets and infomercials have overwhelmed you with unrealistic-and often unsafe-methods for losing belly fat quickly. It's time to know the truth. Avoiding hidden sugars-not calories-is the true key to weight loss. Combining this discovery with the burn-boosting power of the Ultimate Carb Swap™, you will lose up to 14 lbs. in the first 14 days. This doctor-approved, science-based solution includes yummy foods such as cookies, pancakes, burgers, and even wine. So if you are ready to cure belly fat *super fast* with foods you already have in your kitchen, dig in!

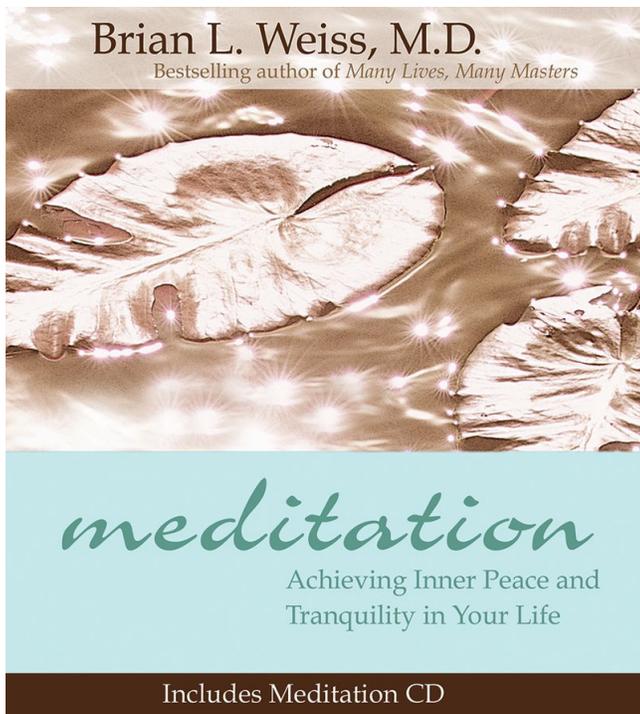
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## Meditation



### *Achieving Inner Peace and Tranquility In Your Life*

Brian L. Weiss

Meditation is a technique that can be used to experience peace, tranquility, and an inner beauty, leading us to rethink everything around us, even ourselves. It prompts us to trust in the ability we have to use and direct our energies to purify our bodies and minds . . . so that we can discover and develop our spirituality.

Brian Weiss, M.D., author of *Many Lives, Many Masters*, has written a very special book to help with the practice of meditation (a CD is also included to help guide you through the process). *Meditation: Achieving Inner Peace and Tranquility in Your Life* includes the techniques Dr. Weiss uses on his patients, many of whom have conquered insomnia, anxiety, phobias, weight issues, and disease. Meditation can also lower blood pressure, strengthen the immunological system, and reduce stress.

As Dr. Weiss says, "It all starts by closing our eyes, relaxing our muscles, and slowing down our breathing. Little by little, we ask our minds to block out the clamoring voices that usually bombard it. . . .This means living this moment intensely, letting go, and surrendering." This book is the first step on a more peaceful, relaxing journey through life.

### Author Bio

Brian L. Weiss, M.D., is a psychiatrist and best-selling author who lives in Miami, Florida. He is a graduate of Columbia University and Yale Medical School, and is the former Chairman of Psychiatry at the Mt. Sinai Medical Center in Miami.

Dr. Weiss maintains a private practice in Miami, where his offices include well-trained and highly experienced psychologists and social workers who also use regression therapy and the techniques of spiritual psychotherapy in their work. In addition, Dr. Weiss conducts national and international seminars and experiential workshops as well as training programs for professionals.

Hay House  
On Sale: Jan 5/15

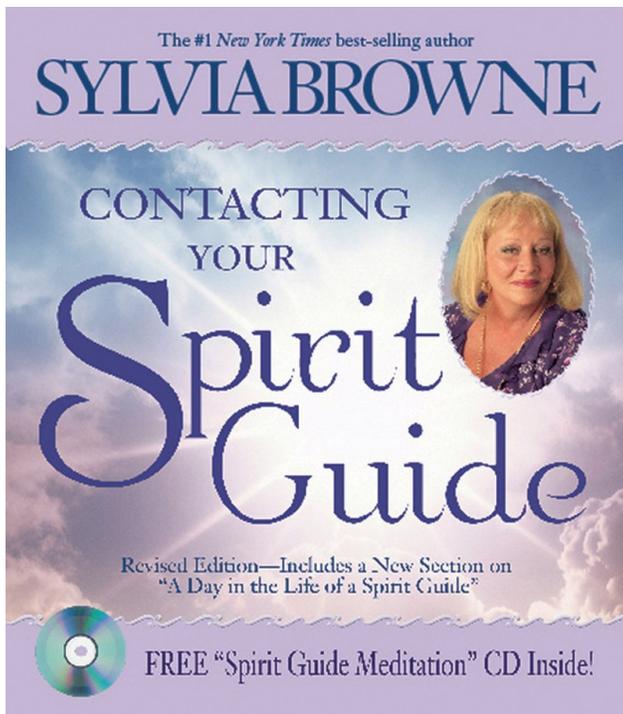
audio download  
9781401946265 • \$16.95 • book and item  
Body, Mind & Spirit / Meditation

### Promotion

Email blasts  
Social media marketing



9 781401 946265



Hay House  
On Sale: Jan 2/15  
5.75 x 6.50

audio download  
9781401946258 • \$16.95 • book and item  
Body, Mind & Spirit / New Thought

Previous Edition: 9781401905323

## Promotion

Email blasts / Twitter / Facebook

Re-launch of HayHouseRadio.com, making sure former radio shows and online events are available to fans for download.



## Contacting Your Spirit Guide

Sylvia Browne

Contacting Your Spirit Guide is divided into two parts. In the first section, Sylvia Browne helps you find your spirit guides—the entities who are designated by you and God to assist you with life and give you guidance. You will not only learn how to tune in to this guide or guides, but you'll also see how you can recognize who they are, the messages they can give you, and even discern what their names are so you'll know how to refer to them.

In the second part of the book ("A Day in the Life of a Spirit Guide"), Sylvia writes intimately about her spirit guides, Francine and Raheim. For example, she explains how Francine first contacted her, and she reveals personal tidbits about her relationship with this guide.

Francine then tells her own story through Sylvia about what a "day" is like for her, and the book even includes actual transcripts from a research trance.

Sylvia's love and respect for Francine and Raheim is evident throughout the stories that are presented. It becomes clear that through good times and bad, spirit guides look out for those under their care. Sylvia offers great insight into the workings of spirit guides, and in so doing, gives you the tools to understand your "unseen companions along the way."

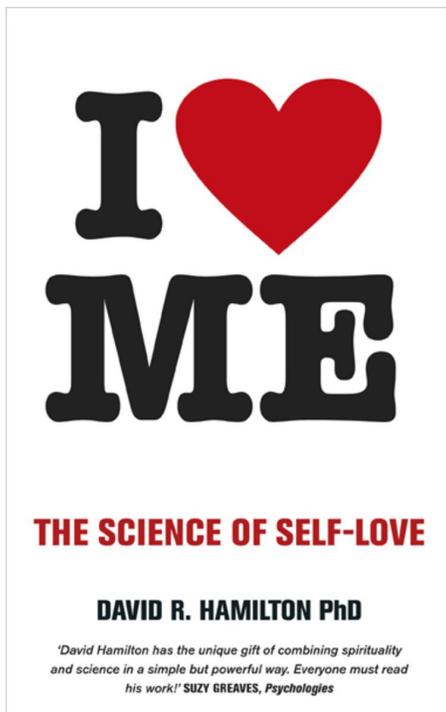
## Author Bio

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

Please contact Sylvia at: [www.sylvia.org](http://www.sylvia.org), or call (408) 379-7070 for further information about her work.



9 781401 946258



Hay House  
On Sale: Feb 13/15  
5.38 x 8.38

9781781801840 • \$18.99 • pb  
Self-Help / Personal Growth / Self-Esteem

### Promotion

Outreach to David's extensive email list

David blogs for the Huffington Post, so there is additional publicity opportunities through that venue

Email blasts / Social Media / Twitter

International opportunities



## *I Heart Me*

*The Science of Self-Love*

David R. Hamilton



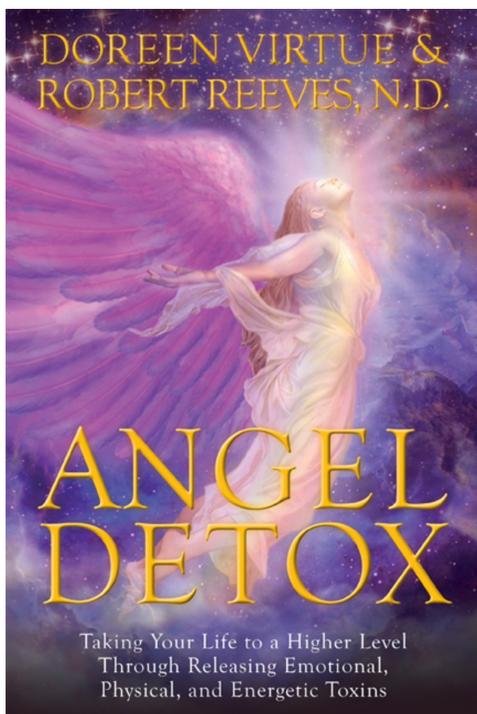
In this transformational book - the first of its kind - bestselling author David Hamilton fuses science with self-help to offer simple yet powerful strategies for learning to love yourself. Throughout *I Heart Me*, you will learn that loving yourself means more than feeling good about yourself or being kind to yourself - it's about being self-confident, being able to express yourself without fear, being unconcerned about whether you're liked, and living your own life - not someone else's idea of what your life should be.

With the most up-to-date research and findings on the subject of self-love, this book offers simple ways to achieve significant breakthroughs in your own journey to self-acceptance. You will be guided through powerful exercises that will leave you feeling better about yourself than you have ever felt before. Ultimately, you will learn not only how to love yourself, but how you can actually wire this self-love into your brain with lasting effects, bringing you unprecedented happiness and peace.

### Author Bio

Dr David Hamilton worked in the pharmaceutical industry for four years after gaining his PhD. Now a bestselling author, he travels the world offering workshops to help people understand the power of the mind on the body. David also blogs for *The Huffington Post*. [www.dr davidhamilton.com](http://www.dr davidhamilton.com)





Hay House  
On Sale: Jan 5/15  
6 x 9

9781401942588 • \$15.95 • pb  
Body, Mind & Spirit / New Thought

Hardcover Edition: 9781401944315

### Promotion

Email blasts to Doreen extensive list  
Twitter/Facebook and other social media  
Online courses  
I Can Do It speaking events  
Live angel reader courses/classes



## Angel Detox



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

Doreen Virtue and Robert Reeves

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 or drinking, or to flush out environmental pollution.

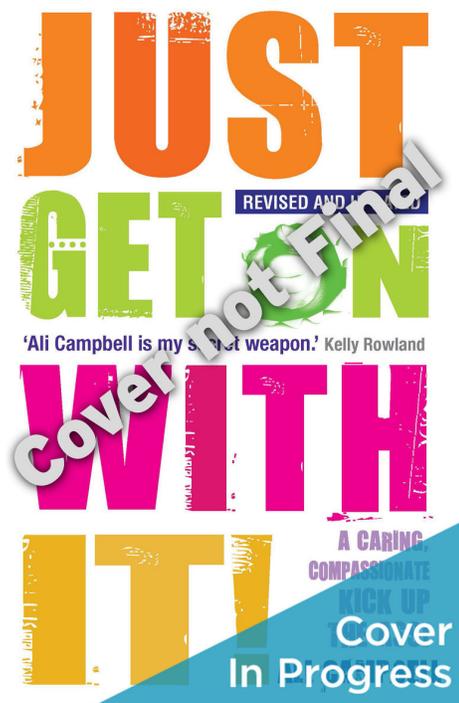
### Author Bio

Doreen Virtue is a best-selling author and doctor of psychology who works with the angelic realm. She has appeared on Oprah, The View, Good Morning America, CNN, and other programs; she presents workshops around the world; and she has a call-in talk show on HayHouseRadio.com.

Robert Reeves is an accredited naturopath who blends his herbal medicine and nutrition training with his psychic and mediumship abilities. He has a strong connection to the angels and to the natural world, believing that nature holds Divine healing properties. Robert gives self-help workshops, writes magazine articles, and has been featured on international radio programs. He owns and runs a successful natural-therapies clinic in Australia, which he began when he was 17 years old. He has also developed a range of vibrational essences that focus on crystal and angel energy, and which are currently available as aura sprays. Robert is co-author, with Doreen Virtue, of Flower



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Hay House  
On Sale: Jan 5/15  
5.38 x 8.38

9781781804957 • \$18.99 • pb  
Self-Help / General



## *Just Get on with It!*



*A Caring, Compassionate Kick Up the Ass!*

Ali Campbell

The fantastic, kick-ass guide to sorting your life out, from Kelly Rowland's coach Ali Campbell!

Do you dither about your next move, avoid making that one change that you know would make your life so much better, or just wish you had more natural get up and go?! Now leading life coach and NLP expert Ali Campbell has drawn on his extensive experience and expertise to deliver real answers - just the caring, compassionate kick up the ass you've been needing.

Known as 'Mr. Fix It', Ali has helped celebrities, politicians, and even royalty to stop sabotaging themselves so that they can realize their full potential - and now you too can use his dynamic approach and practical tools to create the life you've always wanted.

With real-life stories from clients that have achieved great success with Ali, this book will help you to:

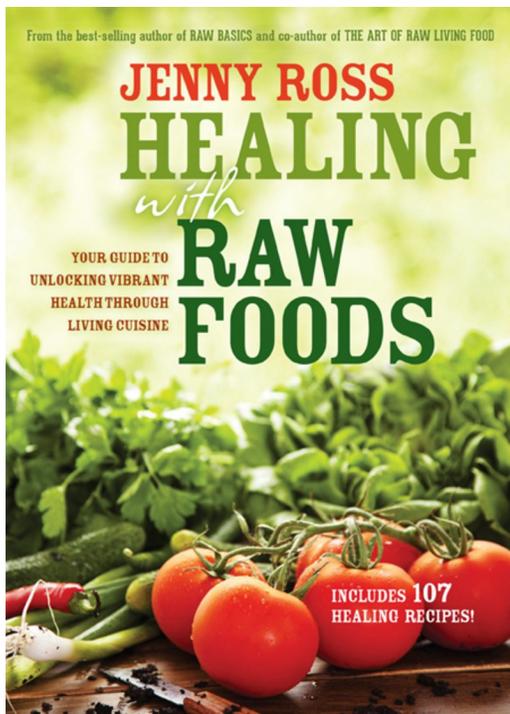
- Get honest with yourself about where you are and what you really want
- Stop telling yourself the stories that are keeping you stuck
- Accelerate real change and stay on the crest of the wave

### **Author Bio**

Ali Campbell is one of the world's leading life coaches and NLP practitioners. He has built an enviable reputation as a highly motivational coach, therapist, author and presenter. Ali is the creator of the internationally acclaimed weight loss solution, *The Slim Girl's Box of Secrets*, sold in over 44 countries and the author of *Just Get on with It!* With an enviable list of high-profile clients, he has received glowing praise from numerous big names in the field for his techniques. [www.alicampbell.com](http://www.alicampbell.com)



9 781781 804957



Hay House  
On Sale: Jan 6/15  
6.50 x 8.75

4-color  
9781401940386 • \$19.95 • pb  
Cooking / Methods / Raw Food

## Promotion

Advertising: Vegetarian Times, Gluten-Free Life, Whole Foods, Tribest Life.

Mailing lists: Tana Amen, Amen Clinics: 27,000, Daniel Plan: 32,000, Japanese Living Beauty Association, Tribest Life

Guest blogs and affiliates: Eco-Vegan Gal, Quarry Girl, Diary of a Mad Hungry Woman, Cathy Thomas Cooks, Kris Carr Blog, Daily Om, Orange County Register Online, Dr. Mark Hyman, Dr. Amen, Dr. Esselstyn, Forks over Knives, Compassion over Killing

Speaking Engagements: Brain Body Turnaround (Amen Clinics, June, <http://brainbodyturnaround.com>), Vegan Festival (Anaheim, CA, July), Farm to Fork Event (July)



## Healing with Raw Foods



*Your Guide to Unlocking Vibrant Health Through Living Cuisine*

Jenny Ross

Did you know that blueberries are good for the heart and the brain? Were you aware that omega-3s improve concentration? Did you have any idea that the nopal cactus helps balance blood sugar and manage food allergies? Chef Jenny Ross has teamed up with some of the world's leading wellness authorities- including Dr. Daniel Amen, Dr. Michael Shannon, and Dr. Gabriel Cousens, among other specialists - to give you an in-depth look at the science and nutrition behind how raw foods can lead to vibrant health.

Your eating plan can be a delectably fun and functional part of the vital healing process with this collection of easy recipes, designed around expert advice.

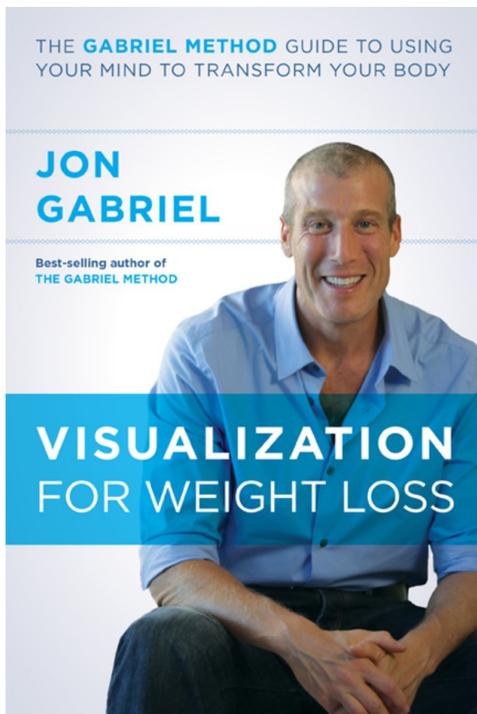
In areas ranging from heart health to cancer, Jenny shows you how to create enticing raw-food meals and sweet and savory snacks for a potent source of nourishment-and preventive medicine. Whether you want to boost healthy brain function, support childhood development, or help manage diabetes, this userfriendly guide shows you how you can attain your best health through your daily food choices. Living, plant-strong meals can provide a basis of wellness for you and your family. Enjoy delicious recipes such as berry-rich breakfast Moxie Bars, cinnamon Nut Butter Bites, age-defying Greenie Salads, and Cacao Hazelnut Fudge . . . and eat your way to vitality of mind, body, and spirit!

## Author Bio

Jenny Ross, the owner and executive chef of the living-foods restaurant chain 118 Degrees in Costa Mesa, California, has been a pioneering spirit of the raw-foods movement since 2000, beginning with her first Los Angeles café. Her unique creations have captivated customers nationwide, and she offers intensive workshops and certifications in living cuisine throughout the country. Jenny works internationally with clients of all



9 781401 940386



Hay House

**Strict On Sale:** On Sale: Jan 6/15  
6 x 9

9781401945985 • \$16.99 • pb  
Health & Fitness / Weight Loss

## Promotion

Email blasts utilizing Jon's extensive database. Social media / Facebook / Twitter  
Affiliate program and extensive contacts.

A presale campaign utilizing an exclusive interview we Jon as a free give-away with the book, then offering a one-on-one session with him as a prize for a presale contest. Speaking engagement and national media. Jon was on Coast to Coast four times (the host lost weight using his techniques) and he is a constant contributor to a number of blogs, including Mind Body Green

Possible online events and classes

Book trailer and outside marketing



## Visualization for Weight Loss

*The Gabriel Method Guide to Using Your Mind to Transform Your Body*

Jon Gabriel

In *Visualization for Weight Loss*, Jon Gabriel expands on the most talked about tool in his best-selling book, *The Gabriel Method*: visualization. This powerful technique helped Jon drop 220 pounds without dieting or deprivation because it didn't depend on calorie counting or extreme exercise—rather it changed his biochemistry and neural pathways. In turn, this helped lower stress and its associated inflammatory chemicals in his body, allowing him to lose weight easily and naturally.

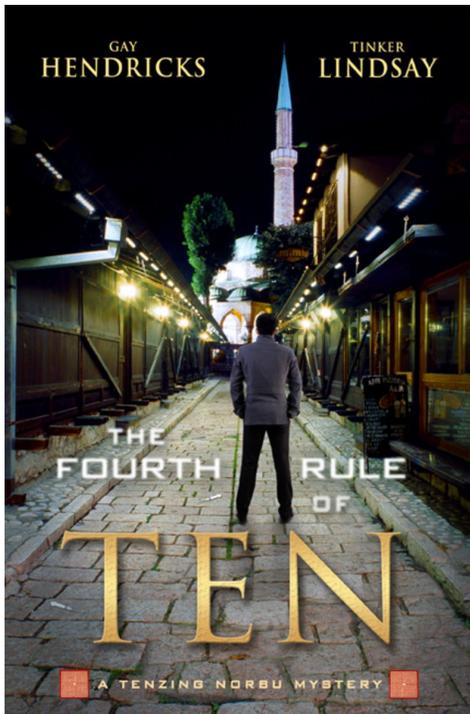
Examining the importance of visualizing for weight loss, Jon takes readers through the latest research on the power of the mind in order to show why this technique works. And then he lays out concrete, unimimidating advice about how to implement visualization into their lives. In addition to teaching readers how to move into the most powerful brain state for enacting change, Jon includes visualizations to help readers:

- Overcome disempowering beliefs surrounding food and weight loss
- Melt away stress
- Conquer fears of losing weight
- Rediscover the joy of movement
- Create healthy new habits
- Kill food cravings and addictions
- Achieve better sleep

Jon not only provides readers with these visualizations but also teaches them how to create their own personalized visualizations that can be even more powerful. He then presents a four-month visualization strategy that can be easily included in anyone's life—no matter what time constraints they face.

As Jon found in his journey, the biggest challenge in weight loss is not finding the perfect diet or the perfect exercise routine; the biggest challenge is convincing your brain that your body needs to be thin.





Hay House  
On Sale: Jan 5/15  
5.38 x 8.38

9781401945947 • \$14.99 • pb  
Fiction / Mystery & Detective / General

## Promotion

Offer a discount/bundle on the eBooks for the previous books in the series. (First Rule, Second Rule, Third Rule, and Broken Rules)  
Create a Reading Group Guide.  
Create a Facebook fan page for Tank (Tenzing Norbu's pet cat), based off of the fan page on their website: <http://dharmafiction.com/tanks-fan-club/>  
Offer a book giveaway for Facebook friends who comment on Facebook post.  
Cross-promote with other Hay House Visions authors (e.g.: David Michie, Michael Goorjian).  
Create a book trailer.  
Generate a book photo/selfie contest.



## *The Fourth Rule of Ten*



*A Tenzing Norbu Mystery*

Gay Hendricks

Ex-Buddhist monk, former LAPD detective, and current private investigator Tenzing "Ten" Norbu knows Bill Bohannon as many things: loving husband, devoted father, police administrator, former partner, and best friend. But then an uninvited guest from Bill's past upends the Bohannons' Fourth of July barbecue, revealing in levelheaded Bill the most unexpected behavior—behavior that awkwardly drops Ten in the middle of a crumbling marriage.

Ten makes an unexpected move of his own when he agrees to pro bono work for a convicted felon. But it was dope slinger Godfrey Chambers Ten had repeatedly busted during his days on the force, not the reformed and rechristened G-Force who is now asking for Ten's help in claiming money left to him by a kind-hearted benefactor—and contested by the benefactor's self-serving family.

Soon Ten's investigations lead him down the darkest corridors of the Internet and halfway around the globe to Sarajevo as he navigates the seedy worlds of human trafficking and personal regret. As his cases intertwine, Ten will rely on the wisdom of the Buddha and his own network of relationships—with super hacker Mike, outrageously idiosyncratic assistant Kim, old monastery friends Yeshe and Lopsang, Serbian cabbie and former *policija* Petar, and, of course, feline rock Tank—to solve the puzzle and keep free of his own tangled past. Especially when an old flame returns.

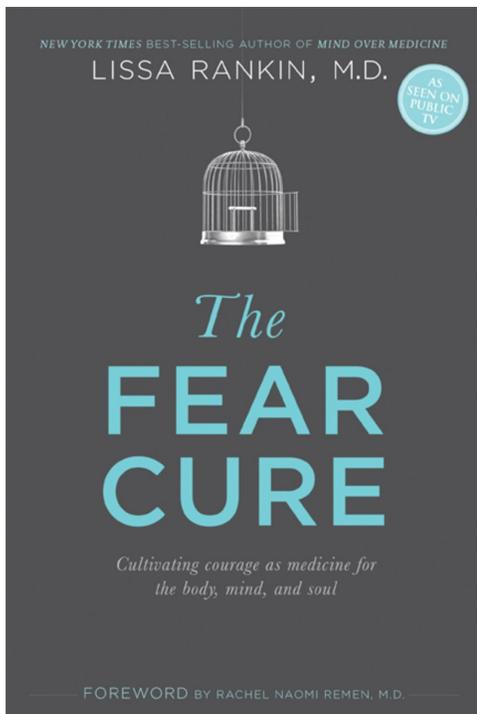
*The Fourth Rule of Ten*, the thrilling fourth book in the Dharma Detective series, proves the only thing better than exceeding expectations is having none at all.

## Author Bio

Gay Hendricks is a best-selling author with more than 30 books to his credit. The Tenzing Norbu Mystery series, which began with *The First Rule of Ten*, is Hendricks's first foray into fiction.

Tinker Lindsay is an accomplished screenwriter and author who





## *The Fear Cure*



*Cultivating Courage as Medicine for the Body, Mind, and Soul*

Lissa Rankin

*"As a culture, we are so scared, we're not just making ourselves miserable; we're making ourselves sick. . . . By all measures, we are the healthiest, smartest, richest, safest people in human history. And yet, we have never been more afraid."* -Lissa Rankin, M.D.

Few in the conventional medical world are talking about how fear can make you sick, and even fewer are suggesting that courage can be a potent medicine. But through her work with patients struggling to overcome illness, as well as her experience with her own health, Dr. Lissa Rankin realized that fear is not just a nuisance emotion, it's a serious risk factor for conditions from heart disease to diabetes to cancer. And it's futile to approach the prevention and treatment of disease without also tackling the fears that put our health at risk and rob our lives of joy.

In *The Fear Cure*, Dr. Rankin presents a breakthrough understanding of fear, courage, health, and the true self, exploring the psychospiritual roots of disease and charting a path back to wellness and wholeness. Using peer-reviewed studies and powerful true stories, she shows us how fear operates and what can be done to reduce its damaging effects. Readers will learn:

- How a fearful thought translates into physiologic changes throughout the body that disable the body's natural self-healing mechanisms
- How to distinguish between "clean fear" (the kind that arises from a genuine, present threat) and "dirty fear" (which triggers stress responses that create unnecessary suffering and even disease)
- How to tune in to the voice of courage inside-the voice of our "Inner Pilot Light," which we can always trust to guide our actions
- How to approach uncertainty not as something to be afraid of, but as a doorway to new possibilities

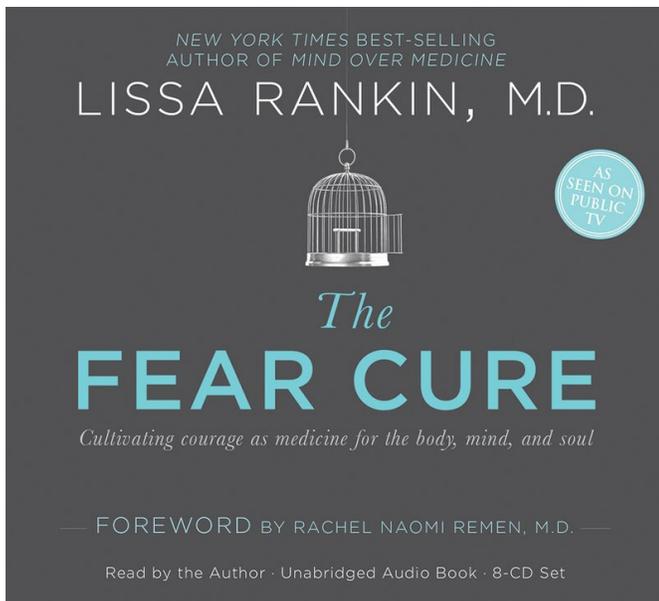
LEAD  
Hay House  
**Strict On Sale:** On Sale: Feb 24/15

9781401944261 • \$25.99 • cl  
Health & Fitness / Healing

### Promotion

Live Online Event  
Facebook chat or other live forum to connect with readers  
Mailing lists of over 100,000  
More than 170,000 followers on Twitter  
Facebook community of over 60,000  
New York Times best-selling author Rachel Naomi Remen is likely to write the foreword.  
Author of a popular blog syndicated in outlets from TheDailyLove.com to PsychologyToday.com  
On websites lissarankin.com and owningpink.com combined, 240,000 page views and nearly 130,000 unique visitors per month





## *The Fear Cure*



*Cultivating Courage as Medicine for the Body, Mind, and Soul*

Lissa Rankin

*"As a culture, we are so scared, we're not just making ourselves miserable; we're making ourselves sick. . . . By all measures, we are the healthiest, smartest, richest, safest people in human history. And yet, we have never been more afraid." -Lissa Rankin, M.D.*

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In *The Fear Cure*, Dr. Rankin presents a breakthrough understanding of fear, courage, and health, exploring the psychospiritual roots of disease and charting a path back to wellness in body and soul. Using peer-reviewed studies and scientifically proven techniques, she shows listeners how fear operates and what can be done to reduce its damaging effects. Key points include:

- How a fearful thought translates into physiologic changes throughout the body that disable the body's natural self-healing mechanisms
- The difference between "clean fear" (the kind that arises from a genuine, present threat) and "dirty fear" (which leads to unnecessary stress responses that put us at risk for disease)
- Why a fear-based approach to health care can do more harm than good
- How mustering up courage not only heals our body, it heals *our entire life*

Hay House  
On Sale: Feb 24/15

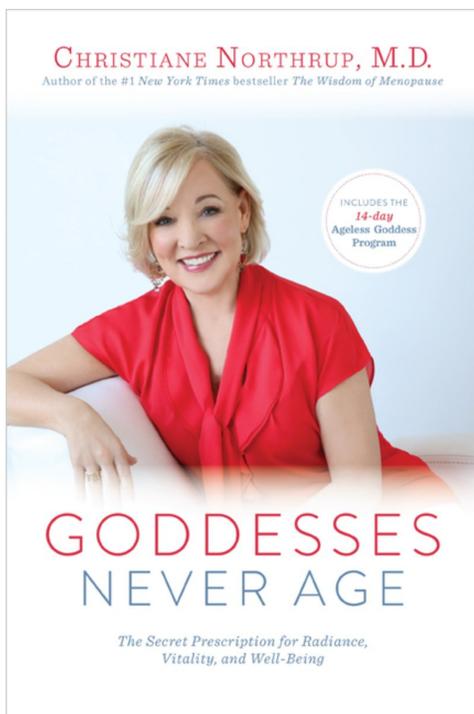
9781401944377 • \$39.99 • audio cd  
Health & Fitness / Healing

Hardcover Edition: 9781401944261

### Promotion

Live Online Event  
Facebook chat or other live forum to connect with readers  
Mailing lists of over 100,000  
More than 170,000 followers on Twitter  
Facebook community of over 60,000  
New York Times best-selling author Rachel Naomi Remen is likely to write the foreword.  
Author of a popular blog syndicated in outlets from TheDailyLove.com to PsychologyToday.com  
On websites lissarankin.com and owningpink.com combined, 240,000 page views and nearly 130,000 unique visitors per month





LEAD  
Hay House  
On Sale: Feb 24/15  
6 x 9.13

9781401945169 • \$25.99 • cl  
Health & Fitness / Women'S Health

## Promotion

- Pre-order campaign using author's extensive database
- Facebook community: 220,000 / Live chat with readers
- Twitter followers: 67,000
- E-mail list: 74,000
- Presales or other promotion tied to relaunch of www.drnorthrup.com in Q3 of 2014
- I Can Do It appearance
- Event in connection with Mama Gena's School of Womanly Arts
- Giveaway: complimentary Ageless Goddess consultation with 14-day program personalized for a reader
- Appearance on Kate Northrup's Glimpse TV



## Goddesses Never Age



*The Secret Prescription for Radiance, Vitality, and Well-Being*

Christiane Northrup

Though we talk about wanting to "age gracefully," the truth is that when it comes to getting older, we're programmed to dread an inevitable decline: in our health, our looks, our sexual relationships, even the pleasure we take in living life. But as Christiane Northrup, M.D., shows us in this profoundly empowering book, we have it in us to make growing older an entirely different experience, for both our bodies and our souls. In chapters that blend personal stories and practical exercises with the latest research on health and aging, Dr. Northrup lays out the principles of ageless living, from rejecting processed foods to releasing stuck emotions, from embracing our sensuality to connecting deeply with our Divine Source. Explaining that the state of our health is dictated far more by our beliefs than by our biology, she works to shift our perceptions about getting older and show us what we are *entitled* to expect from our later years—no matter what our culture tries to teach us to the contrary—including:

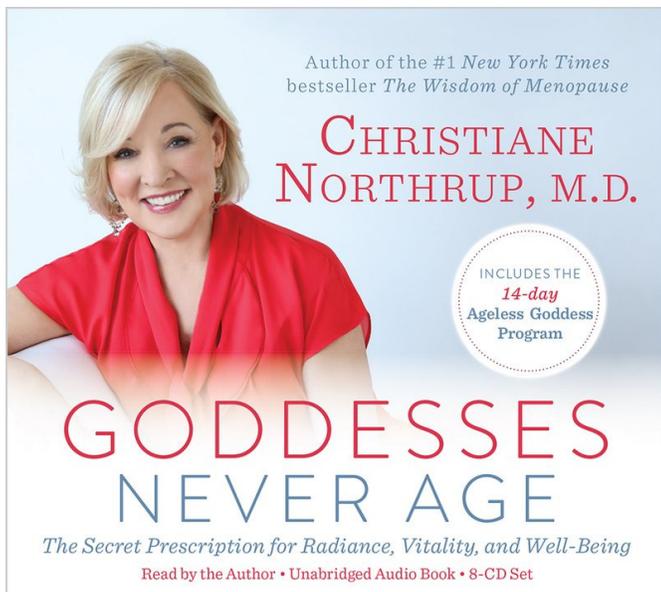
- Vibrant good health
- A fulfilling sex life
- The capacity to love without losing ourselves
- The ability to move our bodies with ease and joy
- Clarity and authenticity in all our relationships—especially the one we have with ourselves

And she brings it all together in a 14-day Ageless Goddess Program, offering tools and inspiration for creating a healthful and soulful new way of being at any stage of life.

## Author Bio

Christiane Northrup, M.D., board-certified ob/gyn, former Assistant Clinical Professor of ObGyn at Maine Medical Center, *New York Times* best-selling author, is a visionary pioneer and the world's foremost authority on everything that can go right with the female body! Dr. Northrup is a leading proponent of medicine





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- Vibrant good health
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- The ability to move our bodies with ease and joy
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Christiane Northrup, M.D., board-certified ob/gyn, former Assistant Clinical Professor of ObGyn at Maine Medical Center, *New York Times* best-selling author, is a visionary pioneer and the world's foremost authority on everything that can go right with the female body! Dr. Northrup is a leading proponent of medicine

Hay House  
On Sale: Feb 24/15

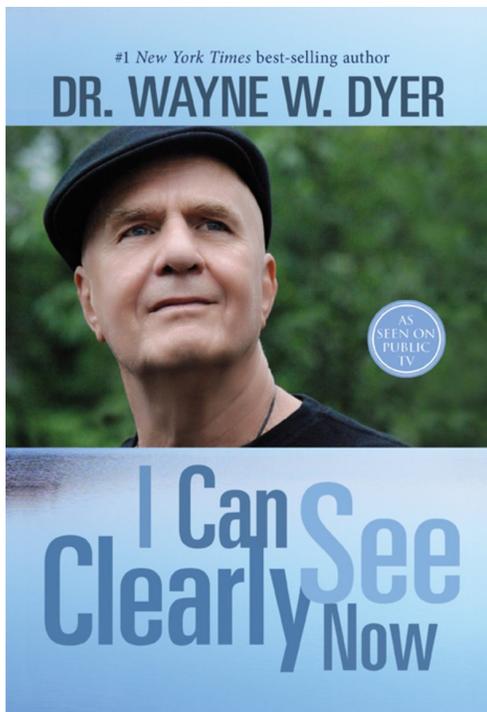
9781401945176 • \$29.99 • audio cd  
Health & Fitness / Women's Health

Hardcover Edition: 9781401945169

### Promotion

- Pre-order campaign using author's extensive database
- Facebook community: 220,000 / Live chat with readers
- Twitter followers: 67,000
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- I Can Do It appearance
- Event in connection with Mama Gena's School of Womanly Arts
- Giveaway: complimentary Ageless Goddess consultation with 14-day program personalized for a reader
- Appearance on Kate Northrup's Glimpse TV





Hay House  
On Sale: Feb 24/15  
6 x 9

9781401944049 • \$17.95 • pb  
Self-Help / Motivational & Inspirational

Hardcover Edition: 9781401944032

## Promotion

Email blasts, social media, Facebook, Twitter  
Ongoing speaking events, such as I Can Do It  
The PBS tie-in special still continues to re-air in select markets



## *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.

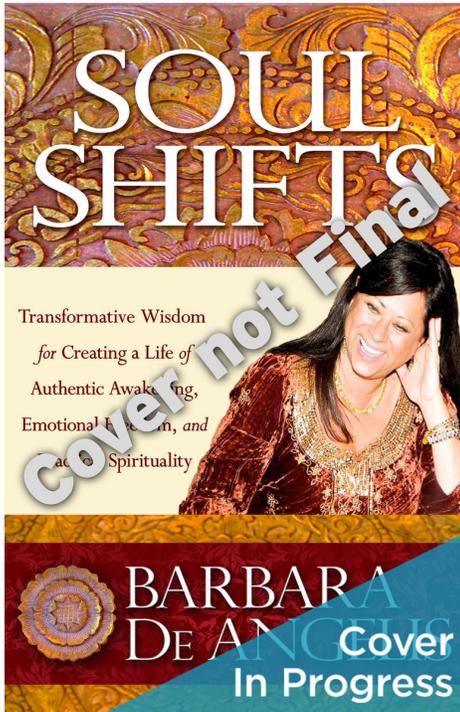
In the process, you'll be inspired to look back at your own life to see how everything you have experienced has led you to where you are right now.

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



9 781401 944049



## Soul Shifts



*Transformative Wisdom for Creating a Life of Authentic Awakening, Emotional Freedom & Practical Spirituality*

Barbara De Angelis

There are moments in our lives when we know that we're poised on the threshold of greatness, of purpose, of true fulfillment and real happiness, but we don't seem to be moving forward as rapidly as we want to—and staying where we are is no longer acceptable or comfortable. How we have been living, working, and loving just isn't enough anymore. We are being called to something more significant, something more authentic, something more expanded and exalted. In these pivotal moments, what is needed is not simply change, but profound transformation—not simply an adjustment in our outer life, but a repositioning from the inside out. *We are ready for Soul Shifts.* *Soul Shifts* is a groundbreaking new book from *New York Times* best-selling author Barbara De Angelis Ph.D., one of the most influential teachers of our time in the field of personal and spiritual development, who for the past 35 years has reached tens of millions of people throughout the world with her inspirational messages about how to create a life of true freedom, mastery, and awakening. Now in *Soul Shifts*, her most powerful offering yet and the culmination of her life's work, Dr. De Angelis offers a significant and radical re-visioning of the understanding of the journey of personal and spiritual transformation that will inspire and enlighten millions of longtime seekers as well as new arrivals to the path. What are Soul Shifts? They are powerful shifts in understanding, feeling, and consciousness that we make from within, shifts that will automatically *transform our lives from the inside out*. Rather than focusing on rearranging or managing ourselves and our lives on the outside, we learn how to operate from what Dr. De Angelis refers to as true Vibrational Mastery at the deepest level of who we are, the Soul Level. Places where we have felt stuck or stagnant and issues about which we've been unclear or confused all become illuminated with new, enlivened understanding. Pathways emerge where none seemed to exist, obstacles turn into possibilities, dead ends transform into doorways, and challenges convert into astonishing maps leading

LEAD  
Hay House  
On Sale: Sep 2/14  
6 x 9

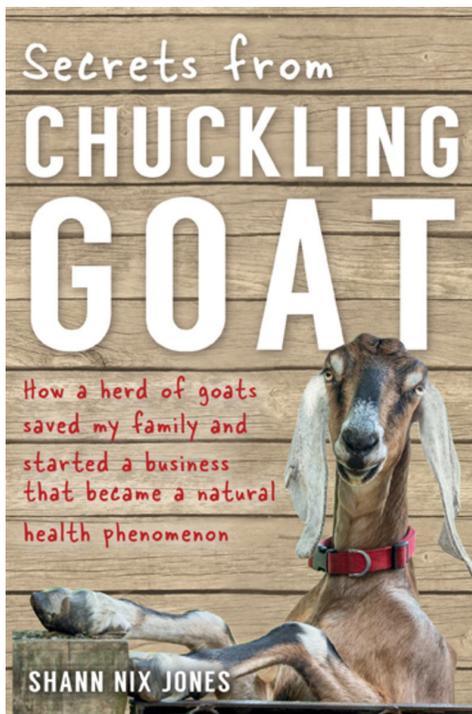
9781401944421 • \$25.99 • cl  
Self-Help / Motivational & Inspirational

### Promotion

E-mail list: Approximately 10,000 names  
Hay House newsletter. Social Media, Facebook, Twitter, guest blogs  
Television: had her own shows on CNN, CBS, and PBS, and has been a frequent guest on Oprah, the Today show, and Good Morning America.  
Barbara will call on her close friend, Rick Frishman, originally owner of Planned Television Arts.  
She will speak at the 2014 I Can Do It! events in San Jose, Denver, and Pasadena.  
She is in the process of creating a WEB-TV community that will be a destination for all of her students and readers to participate in programs, download wisdom, get involved



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Hay House  
On Sale: Feb 2/15  
5.12 x 7.75

B&W with 4C insert  
9781401947484 • \$15.95 • pb  
Biography / Personal Memoirs

### Promotion

Pre-launch campaign with product giveaways to drive pre-order sales.  
Targeting natural health websites, blogs and magazines.

schools, posing as a high school senior to produce a front-Connected author - Potential PR angle: During her time as a radio talk show host, Shann went undercover in the high movie Never Been Kissed.  
page series on education. The rights to this story were purchased by Drew Barrymore, who used it to make the



## Secrets from Chuckling Goat



*How a Herd of Goats Saved my Family and Started a Business that Became a Natural Health Phenomenon*

Shann Nix Jones

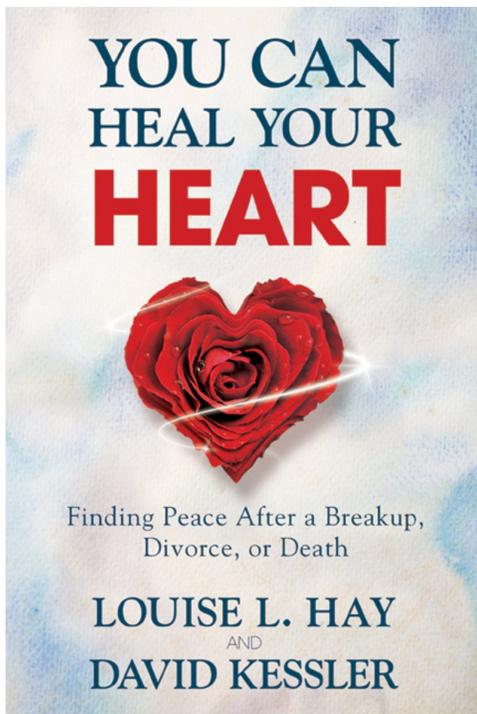
Shann Jones never expected to fall in love with a Welsh farmer at the age of 41. She didn't anticipate leaving her city-girl existence as a radio talk show host in San Francisco to end up running a 25-acre self-sustaining farm in Wales. And she certainly didn't expect to find herself locked in a desperate battle to save her husband's life from a deadly superbug infection, armed only with natural remedies and the probiotic drink they make on the farm.

This is a true story, taken from Shann's diaries. It's about second-chance love stories, and happy endings that pop up when you least expect them. It's a story about nature, and farm life, and ancient recipes. And most of all, it's about the miracles that can happen when you refuse to give up hope.

### Author Bio

Shann Jones was the ultimate American city girl until she fell in love with a Welsh farmer at the age of 41. Shann and her partner Rich realized that they could do something extraordinary when they started to work with goats' milk and used it to heal their son's eczema. They decided to quit their respective day jobs, and try to make a go of the goats' milk business fulltime. In April 2011, the couple launched their online business, Chuckling Goat, selling health-enhancing soaps, creams and probiotic kefir drinks that they made by hand on the farm. The launch was a huge success and today they have 30 goats - who have become like members of the family - and their homemade products are available all over the United Kingdom. [www.chucklinggoat.co.uk](http://www.chucklinggoat.co.uk)





Hay House  
On Sale: Feb 2/15  
5.38 x 8.38

9781401943882 • \$14.95 • pb  
Self-Help / Motivational & Inspirational

Hardcover Edition: 9781401943875

### Promotion

Email blasts, Facebook, social media  
Hay House radio shows and speaking engagements



## *You Can Heal Your Heart*



*Finding Peace After a Breakup, Divorce, or Death*

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 protégé 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.

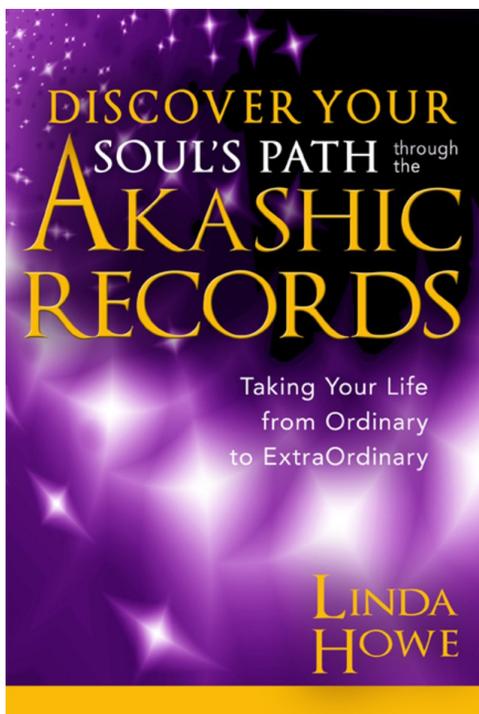
### Author Bio

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](http://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





Hay House  
On Sale: Feb 3/15  
6 x 9

9781401946135 • \$14.95 • pb  
Self-Help / Spiritual

## Promotion

Email blasts, Social Media, Twitter

Online events and live classes

Email blasts through affiliates:

Speaking Engagements throughout the US, as well as teaching at Kripalu, Circles of Wisdom and Healing Touch Conferences. Healing Touch, Keynote, 2015.

See <http://www.lindahowe.com/work.html> for an extensive list of Linda's media coverage.

See <http://www.akashicstudies.com/> for The Linda Howe Center for Akashic Studies.



## Discover Your Soul's Path Through the Akashic Records



*Taking Your Life from Ordinary to  
ExtraOrdinary*

Linda Howe

An ExtraOrdinary life is within your reach!

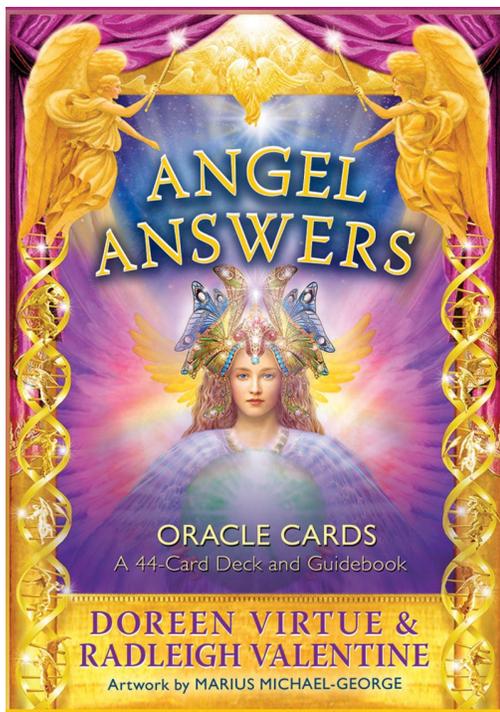
Do you have an inner knowing that there is more to life? Would you like to make more conscious choices supporting and expressing your most authentic self? Are you compelled by a desire to contribute more meaningfully in the world? In this remarkable book, Linda Howe reveals how to effectively make the shift from ordinary to ExtraOrdinary living by using the Pathway Prayer Process to Access the Heart of the Akashic Records®. Through this technique, Linda pragmatically teaches how to consciously connect with your soul to transform your everyday, ordinary reality into an ExtraOrdinary expression radiating infinite light and love.

Enter the inspirational, practical world of this amazing teacher as she shares practices, protocols, and processes designed and lovingly road-tested on hundreds of dedicated students. Discover how to increase your awareness to facilitate a conscious awakening to your identity as a spiritual spark and live each day harvesting the highest potential in all situations and relationships.

In these pages, you will explore your beliefs about five essential concepts supporting your earthly experience- *Incarnation, Authority, Discipline, Responsibility, and Commitment* -and learn how to effectively release old ideas about them, so as to realign with new values and beliefs. Practicing these proven protocols allows eternal grace to flow forth-you radiate your light and magnetize your good. Linda shares strategies to bring greater balance to your inner triangle of Heart, Mind, and Will, enabling you to live your soul's destiny. Application of these teachings is guaranteed to make a critical difference in your life right here, right now. You are the only one who can discover and express your ExtraOrdinary life. Why not start today?



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LEAD  
Hay House  
On Sale: Dec 2/14  
3.50 x 5 • 112 pages

Card Deck with booklet, 4-color illustrations  
9781401945909 • \$15.95 • card deck  
Body, Mind & Spirit / New Thought  
Non Returnable

### Promotion

Outreach to Doreen's extensive email list  
Hay House.com email blasts (more than 1.2 million)  
Social media - Twitter / Facebook  
I Can Do It and other live events in the US and internationally  
Online angel certification courses



## Angel Answers Oracle Cards



A 44-Card Deck and Guidebook

Doreen Virtue and Radleigh Valentine

Simple, Trustworthy, and Direct Advice

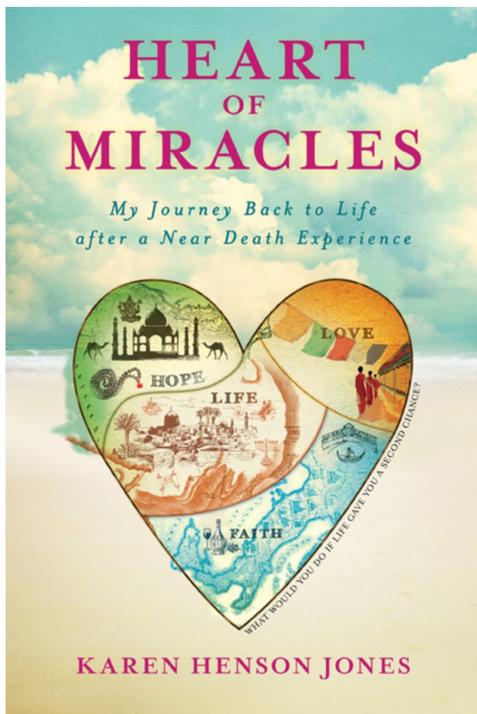
Sometimes, you need a simple and to-the-point answer to your questions, such as "Is it 'Yes' or 'No'?" and "When will I get that job, meet my soul mate, move to a better location, and so on?" *Angel Answers Oracle Cards* offer you trustworthy guidance when a short-but-sweet response is required. If you're navigating through a confusing situation, this card deck will yield straightforward answers to give you the clarity you're seeking. Doreen Virtue and Radleigh Valentine, the best-selling authors of *Angel Tarot Cards*, bring you an oracle-card deck that cuts to the chase with the most pertinent information you need to know. The 44 beautifully illustrated cards come with step-by-step instructions in the accompanying guidebook. With *Angel Answers Oracle Cards*, you'll clearly receive your guardian angels' direct and loving messages.

### Author Bio

Doreen Virtue is a best-selling author and doctor of psychology who works with the angelic realm. She has appeared on Oprah, The View, Good Morning America, CNN, and other programs; she presents workshops around the world; and she has a call-in talk show on HayHouseRadio.com.

Radleigh Valentine is the best-selling co-author (with Doreen) of *Angel Tarot Cards*, *Archangel Power Tarot Cards*, *Guardian Angel Tarot Cards*, and *The Big Book of Angel Tarot*. He presents workshops around the world and hosts a weekly radio show.





Hay House  
On Sale: Feb 26/15  
6 x 9

9781401942175 • \$19.99 • cl  
Biography / Personal Memoirs

### Promotion

Reviews (not confirmed yet):  
Oprah Magazine, People Magazine, TIME Magazine, Vanity Fair, Yoga Journal (USA), Yoga Journal Russia, LA Yoga Magazine, AFAR magazine, Conde Nast Traveler, National Geographic Traveler, Integral Yoga Magazine, Yoga International Magazine, Clarity Magazine, Energy Times, Whole Life

Advertising:  
The New York Times, The Washington Post Book World, The Daily Mail, The Huffington Post, The Guardian, www.elephantjournal.com

Bulletin Boards, Blogs, etc.:  
www.positivelyfilipino.com,  
www.spiritvoyage.com,



## Heart of Miracles



*My Journey Back to Life After a Near-Death Experience*

Karen Henson Jones

*This book is a flashlight for people in the dark.* Karen Jones had walked a conventional path to success. A graduate of Cornell University and London Business School, she worked in a corporate job - until a sudden cardiac event at age 30 took her to the brink of death. During her ordeal, Karen was presented with a choice. When her request to live was granted, she had to come to terms with the reality of divine communication. With this knowledge, Karen now had to decide how to live her life again.

Her journey is filled with light-and lightness-as she crosses countries and cultures on her way to healing and understanding.

With warmth, wonder, and wit, Karen takes us along on a ride of a lifetime . . . through India, Italy, Bhutan, and the Holy Land of Israel. Exploring the mysterious power of Kundalini yoga, the transforming doctrines of reincarnation, and the teachings of Jesus, she encourages us to embrace the full power of our spiritual selves. Through rapturous storytelling, Karen shows that love is the song that heals us all.

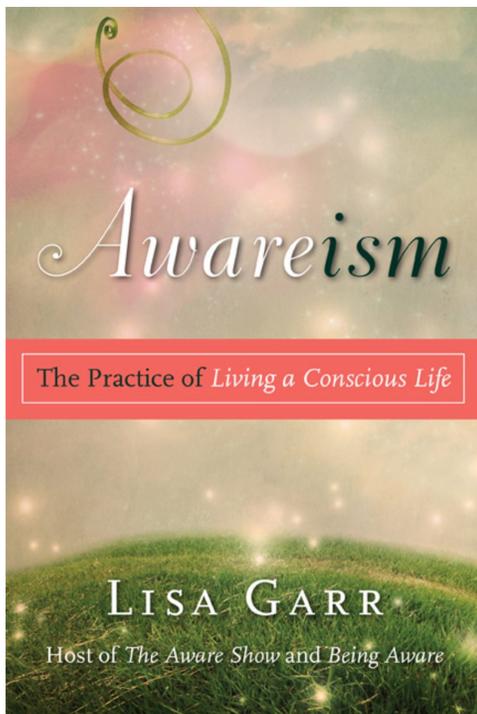
### Author Bio

Karen Henson Jones is a co-founder of Malibu Beach Yoga in Malibu, California. She also works as an assistant to Khen Rinpoche, the founder of the Siddhartha School and Tashi Lhunpho monastery in India. She is a graduate of Cornell University and London Business School. She grew up in Northern Virginia on a street called Miracle Lane.

Visit: [www.karenhensonjones.com](http://www.karenhensonjones.com)



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Hay House  
On Sale: Feb 17/15  
6 x 9

9781401947262 • \$25.95 • cl  
Self-Help / Motivational & Inspirational

### Promotion

Email blasts, guest blogs social media  
Lisa has an extensive contact list and will be working with her affiliates to get the word out for the book  
Online events / classes  
Podcasts



## Awareism

*The Practice of Living a Conscious Life*

Lisa Garr



Lisa Garr is on a mission to spread awareness. In her first book, *Aware: Making Your Life Your Life's Work*, her goal is to inspire positive growth in all areas. "No matter where we are in life, we need to remember we have choices. Sometimes we forget what those choices are, so I created a show where experts present their ideas on what choices we can make on how to live our lives," she says. Lisa is also a refreshing realist when it comes to what happens within a 24-hour period.

"My goal is to live each and every day in a 100 percent conscious way. Do I always make it? No. But I strive to get as close as possible," says Lisa, who interviews brilliant teachers for the airwaves. Her first lesson that she will share in her book is simple, but profound: What she has learned is that we are actually always learning, and no one is perfect. "The idea is to have conscious awareness in your life as much as you can and still make it practical. That's what I call practical awareness," she says.

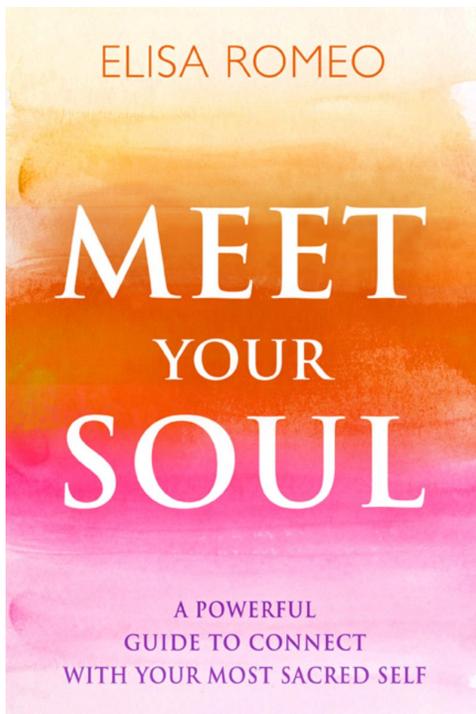
Garr will explain a complete plan to this consciousness beginning with what happens when you wake up in the morning and your thoughts to the food that you will eat that heals and nourishes your body as well as daily exercise routine that will change your brain chemistry. She will also focus on the conversations you have at work, at home, with yourself, and on the sidelines of the soccer field. She knows consciousness is not something you turn on and off, as it is always a part of your daily actions.

There are themes the experts she interviews share based on their particular field. Now it's Lisa's turn to share how exactly she applies these teachings to her own life, including her strategic visioning process that helps people make quantum leaps into a new way of being.

### Author Bio

Lisa Garr is the host of *The Aware Show* radio program on KPFC-FM in Southern California. Since 1999, Lisa has interviewed over





## Meet Your Soul



*A Powerful Guide to Connect with Your Most Sacred Self*

Elisa Romeo

During an out-of-body experience, Elisa Romeo met her soul and, in the process, found a powerful ally to help her create the life of her dreams. Since that point, Elisa has helped thousands of clients forge their own direct soul connections-and now readers can do the same.

Meet Your Soul is a practical guidebook that teaches people how to access the loving guidance of their soul. Pulling together academic theory, years of practical experience, and touching stories from clients, Elisa brings substance and gravitas to this ever important topic.

In her comprehensive program, she lays out the most effective meditations, visualizations, and inquiries she's discovered through her work. She not only tells readers how to access their soul connection but also preps them for some of the common obstacles they're likely to encounter. With her kind and informed guidance, readers learn to:

- Understand the crucial distinction between ego, spirit, and soul
- Distinguish their Soul Truth from the concepts and beliefs of family, friends, and society
- Tap into the power of their intuition to figure out the best path to take
- Identify and heal the self-sabotaging Fear Gremlins and Soulnesia that tamper with information coming from the Soul
- Call out and overcome the Spiritual Temper Tantrums and Divine S\*\*tstorms that stop people in their tracks

But what is the purpose of all this work?

In short, it helps readers meet the oldest, wisest, and most loving part of themselves-the part that gives meaning and purpose to their lives. The soul wants to guide us to make daily, practical decisions that empower us to live a life of authenticity, beauty, and joy. And Elisa shows that each of us has the capacity to hear this personal, unique guidance directly. We needn't look outside ourselves to a guru, program, or system; rather we can simply look within and rest in the unconditional love connection

Hay House  
On Sale: Feb 17/15  
6 x 9

9781401943424 • \$15.99 • pb  
Self-Help / Spiritual

### Promotion

Outreach to Elisa's extensive client and contact list

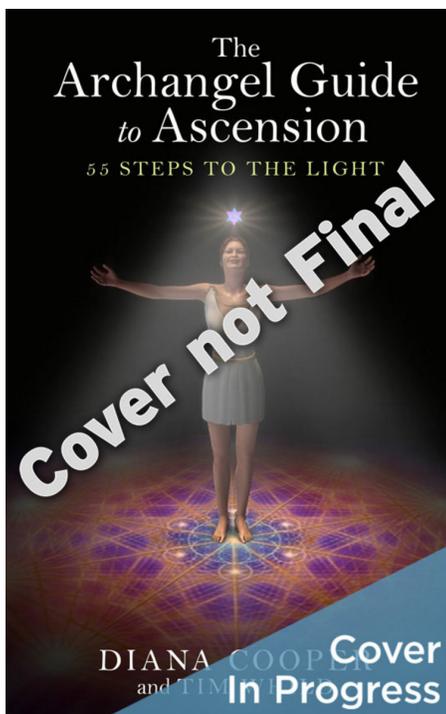
Email Blasts, social media, twitter

Speaking engagements

You tube videos



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Hay House  
On Sale: Mar 2/15  
5.38 x 8.38

9781781804711 • \$16.95 • pb  
Body, Mind & Spirit / Angels & Spirit Guides

### Promotion

- Pre-launch campaign with mp3 downloads of the expanded exercises to support the book.
- Reach-out to Diana's email list of 70,000 subscribers.
- Promotion to Diana's 60,000 Facebook followers; this figure is increasing rapidly and her posts often reach half a million people through shares.



## *The Archangel Guide to Ascension*



*55 Steps to the Light*

Diana Cooper and Tim Whild

Since 2012, the energy on this planet has changed considerably, with much more high-frequency energy coming in. In addition, many of the tools and techniques we have been using on the ascension path have moved to a new vibration with different geometric set-ups. Diana Cooper and Tim Whild have been working with the angels for many years and believe that people are ready to receive this higher-level information. In this book, they share new, high-frequency ascension information with their readers.

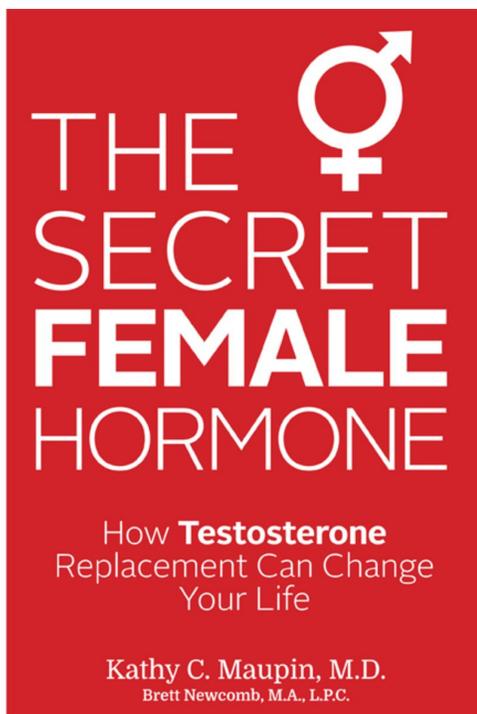
The Archangels are stepping in now to help you to ascend your frequency to the fifth dimension and beyond. In *The Archangel's Guide to Ascension*, they offer clear steps to accelerate your journey to the light. These steps are sequential so that your path will be smooth and clear. Each chapter offers guidance about the Archangels, information about the step you are on, and a visualization to assist you. Archangel Metatron, who vibrates with the number 55, is overlighting the whole book, and will be with you as you work with the guidance it offers.

### Author Bio

Diana Cooper received an angelic visitation which transformed her life many years ago. She is now the bestselling author of 25 books which are available in 27 languages. Diana specializes in esoteric subjects including angels, unicorns, ascension and Atlantis. She teaches internationally and is the founder of The Diana Cooper Foundation, a not-for-profit organization that trains spiritual teachers worldwide. [www.dianacooper.com](http://www.dianacooper.com)

Tim Whild is a new name in the field of Body, Mind, Spirit, and has a growing profile. He has a close connection with Archangel Metatron and Thoth and is a precise channel for both of them. Tim has clear memories of his past life as a High Priest in the golden era of Atlantis and Egypt. He is currently bringing through information from this time in a format that is very easily





## *The Secret Female Hormone*



*How Testosterone Replacement Can Change Your Life*

Kathy C. Maupin and Brett Newcomb

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. But Dr. Kathy Maupin knows that this isn't true.

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.

The book's highlights include:

- Tips for dealing with mood swings, changes in sex drive, and maintaining healthy relationships
- Surprising information on the long-term effects and health risks of testosterone loss
- Common myths and misconceptions regarding estrogen and testosterone replacement therapy
- Questionnaires throughout to help readers determine their individual hormone deficiencies
- Real stories and personal experiences Dr. Maupin's patients share

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

Hay House  
On Sale: Mar 2/15  
6 x 9

9781401943004 • \$14.95 • pb  
Health & Fitness / Women's Health

Hardcover Edition: 9781401943011

### **Promotion**

Social media - Facebook & Twitter

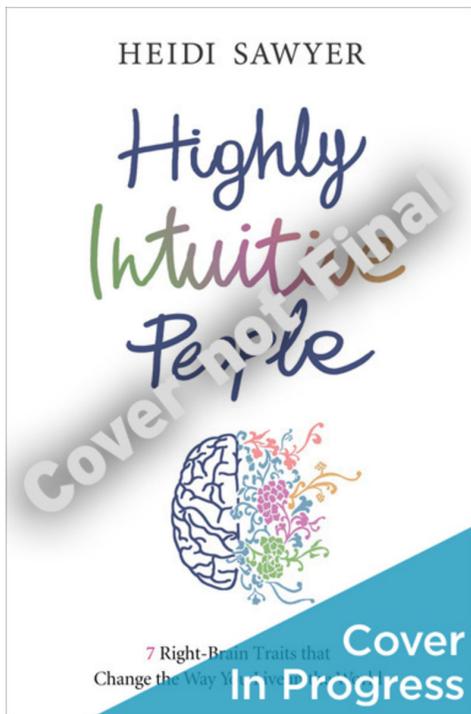
Email blasts to Dr. Maupin's own email list.

The author's videos and podcasts, now numbering over 100, are available on iTunes, YouTube, and through her monthly blog at <http://drkathymaupin.com>.

The author's weekly 20-minute podcast, the BioBalance Healthcast, can be found on Dr. Maupin's blog at <http://www.biobalancehealth.com/about/podcast-2/>. Readers can subscribe for automatic delivery to their computer or smart phone. The podcast is also located on iTunes and iHealthNews.com.



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## Highly Intuitive People



*7 Right-Brain Traits to Change the Lives of Intuitive and Sensitive People*

Heidi Sawyer

Are you searching for more purpose in your life, and want to understand yourself better? Do you feel isolated, as no one else seems to be on your wave-length? Are you feeling misplaced in work, and finding it hard to focus? Are you looking for something deeper, and more fulfilling?

Heidi Sawyer has used the principles and techniques she shares in this book to help thousands of Highly Intuitive People to connect to their life purpose, understand their psychological and emotional needs, and have deeply fulfilling relationships. Her clients have learnt that their intuitive senses can be a blessing, rather than a painful, disabling sensitivity they would rather lose. Woven amongst the fascinating discoveries she has made about how Highly Intuitive People experience life, and proven, practical tools to support their happiness, Heidi shares her own story as a Highly Intuitive Person moving through trauma to success. This book will help you to understand and restore your faith in your unique abilities, so that you can learn to work with them rather than against them.

### Author Bio

Heidi Sawyer has been teaching and sharing her knowledge in the Body, Mind, Spirit community since 1996. Heidi is known by thousands of people worldwide for her work with intuition and the human mind. As an author and speaker, she helps people with their self-esteem and self-image through intuitive development at workshops, residential retreats and online courses. With her many years of business experience and amazing success, Heidi also trains holistic practitioners to combine their passion for helping others with successful business methods. [www.heidisawyer.com](http://www.heidisawyer.com)

Hay House  
On Sale: Mar 2/15  
5.38 x 8.38

9781781804766 • \$16.95 • pb  
Self-Help / Personal Growth / Self-Esteem

### Promotion

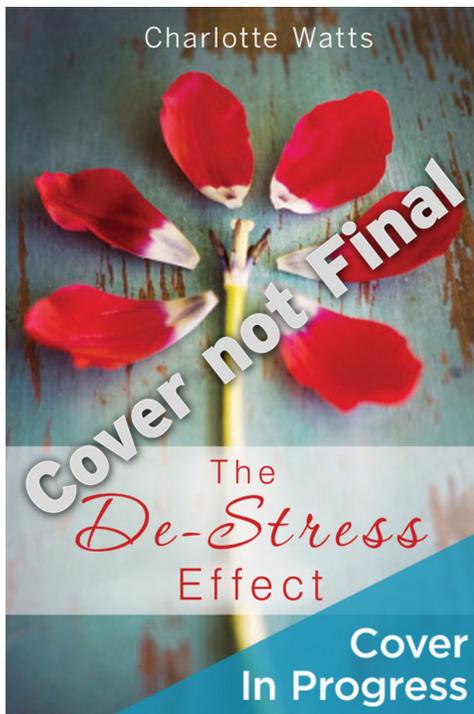
Itunes podcast series on each of the 7 concepts - Heidi tested some of this content on Itunes while writing, and reached the "New and Noteworthy" Itunes Chart with 4,000 downloads in 2 weeks with no marketing at all. This content got 10,000 podcast downloads in total without marketing.

Promotion to Heidi's email list of 10,000 - 40% of this list are based in the U.S. She has a very clean list with a 74% retention rate over 2 years.

Affiliate promotion - Heidi works with 39 affiliates who will be pushing out for her.

Promotion during teleseminars and webinars: Heidi currently does 24 teleseminars and 24 webinars minimum per year, with audiences for each varying between 50 -900 attendees, with approximately another 800 listening to the





Hay House  
On Sale: Mar 2/15  
6 x 9

9781781804858 • \$18.99 • pb  
Health & Fitness / General

### Promotion

- Targeting natural health websites, blogs and magazines.
- Pre-launch campaign with product giveaways to drive pre-order sales.
- Charlotte has planned a series of promotional videos to support the launch.
- Push out on social media.



## *The De-Stress Effect*



Charlotte Watts

Slim and calm. Those short words are two of the most sought-after results many people - especially women - hope for from a new health regime. Yet in reality what they often get is irritability and weight that refuses to stay off.

*The De-Stress Effect* turns the powerful - now well-proven - connection between stress and excess weight to your advantage, showing you how you can eat, relax and gently exercise your way to a better body for life. Presenting the latest research on the huge impact that an over-production of cortisol has on our bodies and how we can heal this cycle, it will:

- help you release excess weight and free yourself from the physical and mental effects of stress without starving, counting calories or overexercising
- bring you the new science of smart, not hard, fitness that calms, energizes and sculpts the body
- introduce you to revolutionary and satisfying high-nutrition, low-stress eating that is simple and fits in with your life, your family and your diary!

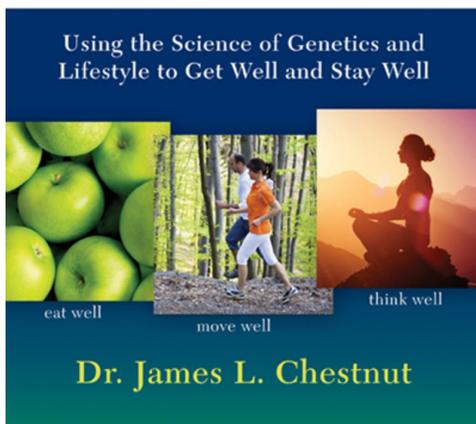
With a six-week food plan, mindfulness practices, yoga sequences and exercise routines, this book will soothe you back to a happier, healthier you, whatever your life's demands.

### Author Bio

Charlotte Watts is a high-profile practising nutritional therapist and yoga teacher. Charlotte teaches workshops and lectures on these subjects, and regularly appears on TV. She is the author of several books and writes for numerous magazines. [www.charlottewattshealth.com](http://www.charlottewattshealth.com)



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Hay House  
On Sale: Jan 6/15  
6 x 9

4 - Color  
9781401943578 • \$27.99 • cl  
Self-Help / Motivational & Inspirational

## Promotion

Outreach to his academic and nutrition contacts  
Email blasts and social media.

Youtube videos:  
For more info on Dr. James Chestnut, please see his  
YouTube channel: <http://www.youtube.com/user/TheWellnessPractice>.

This is footage of a public talk he gave entitled The Science of Wellness and Prevention is very similar to the content of the book:

<http://www.youtube.com/watch?v=LbGJnkQFDqA&list=UUustknY2bHYwApyoHvv1JPQ>



## *The Wellness & Prevention Solution*



*Using the Science of Genetics and Lifestyle to Get Well and Stay Well*

James Chestnut

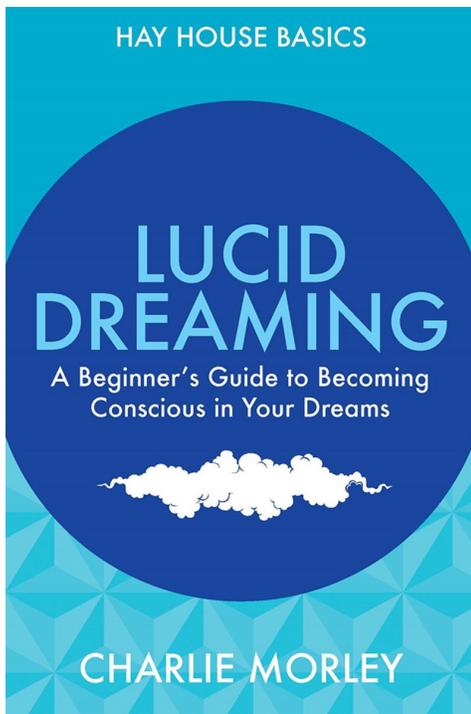
Why and how have humans become the sickest species on the planet? Why are more and more of our children, teenagers, adults, and seniors developing and suffering from chronic illness? How can we spend more and more money to take more and more prescription drugs every year and still be getting sicker and sicker? What is causing this pandemic of chronic illness, and all the human, social, and economic costs associated with it? Why are so many of us fatigued, tired, depressed, anxious, stressed, overweight, and unhappy? Why do so many have high blood pressure, high cholesterol, diabetes, obesity, digestive problems, and physical and emotional pain? Most important, how can we protect ourselves, our loved ones, and our society from this pandemic of preventable suffering?

In this book, Dr. James Chestnut summarizes his more than 25 years of scientific research review, writing, lecturing, and clinical experience. He presents utterly convincing, engaging, empowering, and often witty answers to these questions and provides you with a clear, understandable, and easy-to-implement Wellness and Prevention Solution. The truth is that we are not sick with chronic illness because of bad genes, bad germs, bad luck, bad bodies, or bad minds. We are sick because we have bad lifestyle habits and then too often receive bad advice or treatments. We need to learn what lifestyle choices are required to genetically express our innate potential to get and stay well. We need . . . *The Wellness and Prevention Solution!*

## Author Bio

Dr. James Chestnut is a recognized international authority and lecturer on the science and practice of wellness and prevention, and is a tireless patient advocate. Dr. Chestnut's revolutionary concept of Eat Well, Move Well, Think WellIT as the genetically required lifestyle foundations of his Wellness and Prevention Solution has not only helped define the practice of wellness and prevention, but has simplified it for both patients and clinicians.





Hay House  
On Sale: Feb 2/15  
5.12 x 7.75

9781781803431 • \$15.99 • pb  
Body, Mind & Spirit / Dreams

### Promotion

The series will be marketed to existing subscribers and followers of all authors involved.  
Extra teaching content will be available on a separate microsite.  
Q and A sessions with authors on social media.  
Promotional opportunities for a strong shelf-presence.



## Lucid Dreaming



*A Beginner's Guide to Becoming Conscious in Your Dreams*

Charlie Morley

*Lucid Dreaming* is an exciting new book that explores the 'Why? How? Wow!' of waking up to life by becoming conscious in your dreams. This book contains:

- a host of tips and techniques for becoming lucid in your dreams
- holistic and spiritual benefits of living a more awakened life
- amazing, real-life case studies
- contributions from the world's leading lucid dreaming experts
- learning modules designed to help you wake up to your full potential!

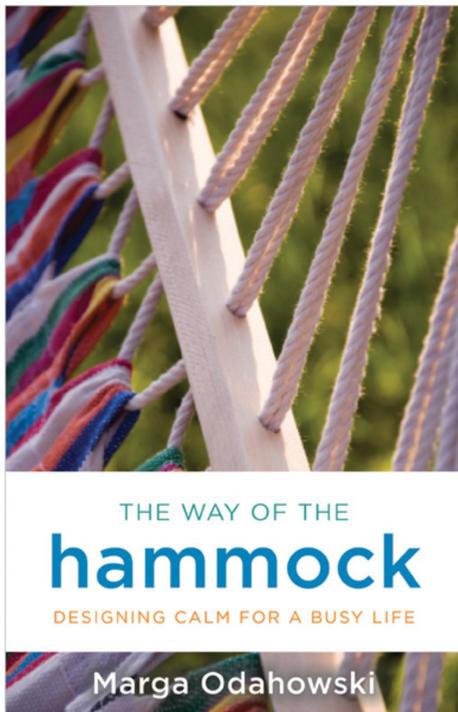
*Hay House Basics* is a new series that features world-class experts sharing their knowledge on the topics that matter most for improving your life. If you want to learn a new skill that will enhance your wellbeing, *Hay House Basics* guarantees practical, targeted wisdom that will give you results!

### Author Bio

Charlie Morley is a teacher and author with a unique insight into lucid dreaming, and a rare ability to synthesize both Western and Eastern perspectives on lucidity.  
[www.charliemorley.com](http://www.charliemorley.com)



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Hay House  
On Sale: Mar 18/15  
5.38 x 8.38

9781401944070 • \$15.95 • pb  
Self-Help / Motivational & Inspirational

## Promotion

Social Media - Facebook / Twitter / Linked In

Email blasts

College tour / speaking engagements in Virginia and surrounding states

Targeted reviews from: NPR regional Radio Show, Oprah Magazine, Yoga Journal, Mindful Magazine, Real Simple, Women's Health, The Simple Things, Self, Men's Health, Fast company, New York Times, Virginia Living magazine, Albemarle Magazine, Richmond Magazine

Additional Media:

Author wrote and produced a local radio show, Mindful Living on WTJU in Charlottesville, Virginia and has made guest appearances on a local TV show.

Producing a series of 1-2 minute videos, The Mindful Minute,



## *The Way of the Hammock*



*Designing Calm for a Busy Life*

Marga Odahowski

*The Way of the Hammock* provides a busy person with practical ways to cultivate calm and enhance creativity. Marga Odahowski shares simple techniques and powerful stories that emphasize the value of relaxation, mindfulness, and positivity in strengthening decision making and achieving greater peace and well-being. Marga also draws on a designer's method of visualization and reiteration to help you maintain beauty and ease throughout the change process. Designers know that a playful attitude and joyful mind-set are essential to insight and innovation . . . and why should they have all the fun! This book will become your own well-worn tool for transformation from "crazy busy" to calm and creative. You'll learn to:

- Implement simple, straightforward techniques for overcoming challenges in your life and making each day feel relaxed, positive, and fulfilled.
- Make confident decisions with one easy practice.
- Use a design tool customized to enhance your creativity and provide relief from tension, stress, and anxiety.

## Author Bio

Marga Odahowski is an inspirational speaker, teacher, mentor, and corporate consultant. An entrepreneur in education and business leadership, she is skilled in integrating information from various fields, bringing mind-body research to life in the classroom. As a consultant she developed the Mindful Executive program for the MBA for Executives at the Darden School of Business, and has also taught mindfulness-based courses at the University of Virginia for more than 20 years. Marga lives in Charlottesville, Virginia, and teaches around the world.

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



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LEAD  
Hay House  
On Sale: Apr 7/15  
5 x 7

9781401943981 • \$15.95 • cl  
Self-Help / Motivational & Inspirational



## Trust



*Mastering the 4 Essential Trusts: Trust in God, Trust in Yourself, Trust in Others, Trust in Life*

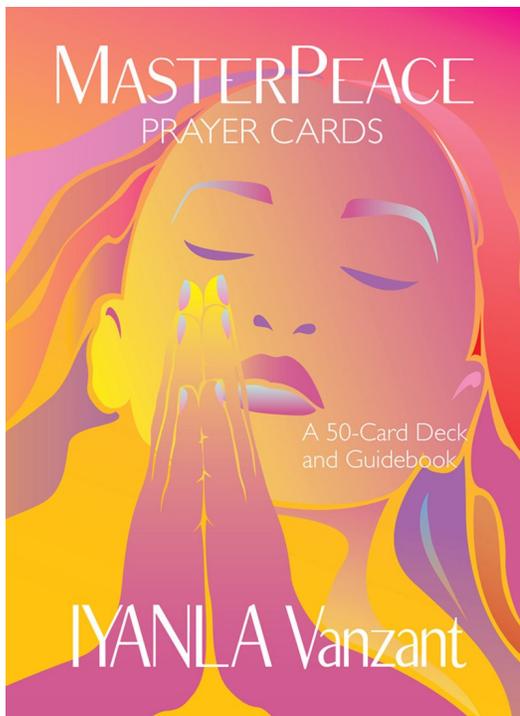
Iyanla Vanzant

"You just can't trust anyone!" seems to be a constant refrain in the modern world. Indeed, learning to trust is one of life's most difficult lessons. "That's because *trust* is not a verb," says legendary life coach Iyanla Vanzant, "it's a noun. Trust is a state of mind and a state of being." In this wise book, the *New York Times* best-selling author and host of OWN's popular reality TV show *Iyanla: Fix My Life* reveals how to cultivate this liberating power-by exploring what trust really is, how to trust, and why to trust. 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 she challenges us to see how each of these are actually deeply interconnected. Too often our fear of whether or not we can really trust an individual or an institution and what they represent erodes our confidence and undermines our relationships. When trust is broken or there is a betrayal, it can bring us face-to-face with our shadow, revealing that someone has failed to live up to our expectations and thus "outs" our hidden beliefs. "You never get what you ask for; you always get what you expect," says Iyanla. When someone betrays our trust it reveals the high price paid for such deep disconnection. This book's pragmatic trust-building prescriptions demonstrate how communication, consistency, and cooperation can antidote trust-destroying behaviors and revitalize us with increased authenticity, greater resilience, and renewed peace in every part of our lives.

### Author Bio

From welfare mother to *New York Times* best-selling author, from the Brooklyn projects to Emmy Award winner, from broken pieces to peace, Iyanla Vanzant is one of the country's most prolific writers and public speakers, and among the most influential, socially engaged, and acclaimed spiritual life coaches of our time. Host and producer of the breakout hit *Iyanla: Fix My Life* on OWN: Oprah Winfrey Network, Iyanla Vanzant's focus on





LEAD  
Hay House  
On Sale: Apr 7/15  
3.5 x 5

4-c illustrations  
9781401944025 • \$15.95 • card deck  
Self-Help / General  
Non Returnable

### Promotion

The new season of *Iyanla: Fix My Life* launched on May 10, 2014.

Iyanla will be the second Oprah e-course offering in September/October 2014, and the topic will be forgiveness. It is being constructed along the lines of Brené Brown's hugely successful, two-part course *The Gifts of Imperfection*. However, it will have a much stronger video component.

Oprah is planning another e-course with Iyanla in the spring to tie in with her upcoming hardcover, *Trust* (on sale April 2015), so there will continue to be a marketing push. Fall 2014, Iyanla is going to be on the road with Oprah and other thought leaders for the "Oprah's The Life You Want" eight-city tour, which begins in Atlanta on September 5th.



## *Masterpeace Prayer Cards*



*A 50-Card Deck and Guidebook*

Iyanla Vanzant

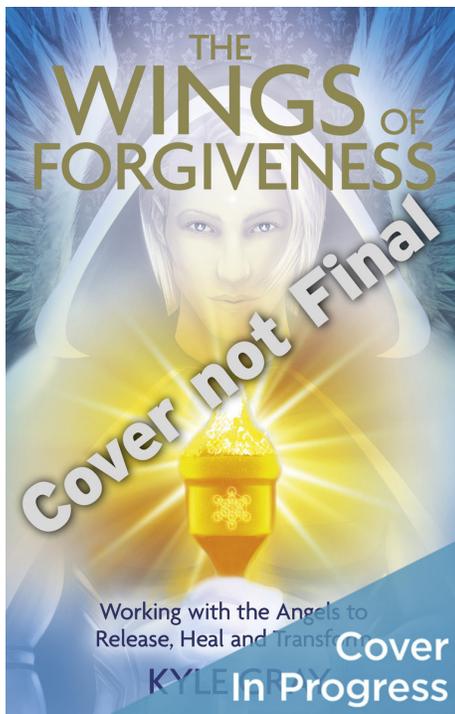
Prayer as a spiritual discipline is the highest form of soul nourishment. It is the process and practice of establishing connection, communication, and communion with the Divine. Cultivating a consistent prayer life will not only lift your spirit but also help you develop a greater sense of empowerment and personal peace.

The *MasterPeace Prayer Cards* are designed to support seekers' exploration of daily affirmative prayer—the art of talking to God. Each of the 50 prayer-card principles serves as a spiritual oracle and invitation to clear and surrender outmoded beliefs and toxic emotions, raise your energetic vibration, and align your mind with life's most benevolent and powerful truths. These inspiring, easy-to-use cards will teach you how to trust the prayer process, deepen your practice, discipline your mind, and follow Spirit until you are connected to a new level of consciousness—where every thought you think is a prayer, each word you speak is a prayer, and everything you do is a prayer.

### Author Bio

From welfare mother to *New York Times* best-selling author, from the Brooklyn projects to Emmy Award winner, from broken pieces to peace, Iyanla Vanzant is one of the country's most prolific writers, public speakers and among the most influential, socially engaged and acclaimed spiritual life coaches of our time. Host and producer of the breakout hit *Iyanla: Fix My Life* on OWN: Oprah Winfrey Network, Iyanla's focus on faith, empowerment and loving relationships has inspired millions around the world.





Hay House  
On Sale: Apr 27/15  
5.38 x 8.38

9781401947460 • \$16.95 • pb  
Body, Mind & Spirit / Angels & Spirit Guides



## *Wings of Forgiveness*



*Working with the Angels to Release, Heal, and Transform*

Kyle Gray

*Wings of Forgiveness* is a book written for anyone who is ready to release their past and find freedom from fear. Kyle has found through his personal psychic practice and work with the angels that when people are experiencing difficulties, there is one topic that helps click everything else into place - forgiveness.

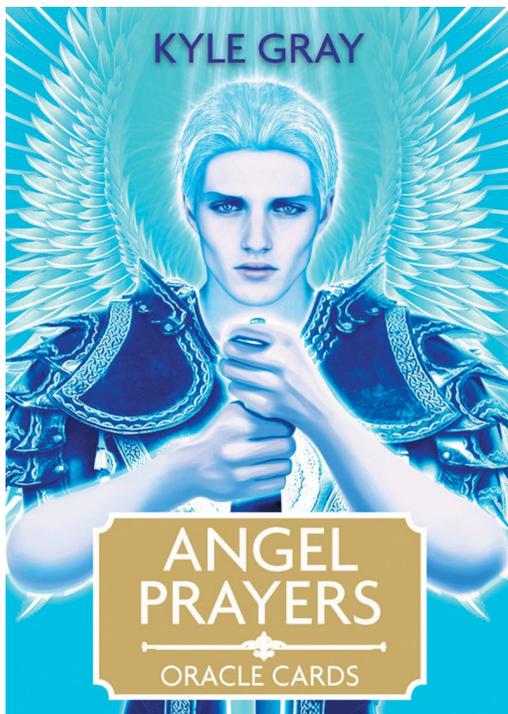
Forgiveness is not an easy subject, but it is a necessary focus in spirituality and personal growth. In *Wings of Forgiveness*, the reader is taken on a journey - not outside of themselves, but within. They are encouraged to see and accept that they are held and cherished by the divine, that there are loving angels by their side, and master souls in heaven that have walked the path before them.

In order for forgiveness to take place, the healing must begin inside - then it can start to reflect outwards and into the reader's life. Kyle draws on many spiritual texts, including *A Course in Miracles* and *The Gnostic Gospels*, making these sacred concepts more accessible for his 21st Century readers. Together with the angels, he will show you how to call in the power of heaven to help you forgive, release all that no longer serves you and experience joy and peace.

### **Author Bio**

Kyle Gray has been blessed by the presence of angels since he was four years old. He became the UK's youngest professional psychic medium at the age of sixteen, and continues to amaze his clients with his startlingly accurate readings. Kyle regularly speaks in front of large audiences, including Hay House I Can Do It! and Ignite! events, and teaches workshops around the world. [www.kylegray.co.uk](http://www.kylegray.co.uk)





Hay House  
On Sale: Apr 27/15

9781781802731 • \$15.95 • card deck  
Self-Help / Spiritual

## Promotion

- Reach-out to Kyle's email list of over 8,000.
- Promotion on Facebook to Kyle's 12,000 + followers and via Twitter to his 4,000 followers.
- Pre-pub campaign with related giveaways to drive pre-orders to retail accounts.
- Guaranteed promotion from key Hay House authors as mentioned above, including Robert Holden who is a close friend of Kyle's and has over 60,000 Facebook fans.



## Angel Prayers Oracle Cards



### Kyle Gray

Kyle Gray's *Angel Prayers Oracle Cards* deck is a powerful spiritual tool that allows you to tap into the profound wisdom and healing support of the angels in a way that will feel real and positive. Using bright, modern imagery together with traditional symbolism, this exciting deck is full of loving messages from the angels, archangels and even the Divine Mother and Divine Father. Each card also offers you a powerful affirmative prayer that will help you to resolve specific situations in your life for the highest good.

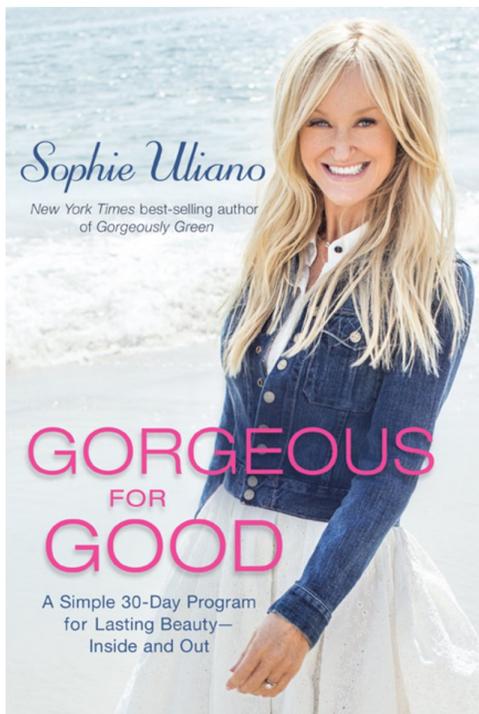
Your angels have been with you throughout your life and they understand the challenging situations of your past. They will help you release all that you no longer need so that you can find the peace and harmony you deserve in this present moment. You and your guides will eventually create your own language, and your deck will become your friend and your very own spiritual support system.

### Author Bio

Kyle Gray has been blessed by the presence of angels since he was four years old, receiving their guidance as he worked tirelessly to develop his talents. He became the UK's youngest professional psychic medium at the age of sixteen, and continues to amaze his clients with his startlingly accurate readings. Kyle regularly speaks in front of large audiences, including Hay House I Can Do It! and Ignite! events, and teaches workshops around the world.

[www.kylegray.co.uk](http://www.kylegray.co.uk)





Hay House  
On Sale: Apr 7/15  
6 x 9

9781401946197 • \$15.99 • pb  
Health & Fitness / Beauty & Grooming

## Promotion

- The author plans to do a pre-sales campaign in which she offers her brand partners an LOE - free from her - with the only requirement being that the attendees pre-order the book.
- She plans to send out packages of her skin care products to key influencers.
- Again, working with her partner organizations, she plans to make some product specific videos, which also support the book, which those companies can use for self-



## Gorgeous for Good



*A Simple 30-Day Program for Lasting Beauty—  
Inside and Out*

Sophie Uliano

It's fair to say that the beauty business is booming—as is the anti-aging industry. Each year, Americans spend more than \$30 billion on cosmetics, and, globally, we spend about \$260 billion on services and products to enhance our youth. Accompanying the decisions we make around our beauty comes the ever important question of whether to go fake or natural. Do we resort to the latest commercial chemical or surgical quick fix or go completely organic but possibly get less stunning results? Clean beauty guru and *New York Times* best-selling author of *Gorgeously Green*, Sophie Uliano offers a solution to this latest beauty dilemma and says you don't have to choose, and when you look at her, you can tell she has more than a few good secrets.

Unlike other books, *Gorgeous for Good* takes the middle ground between natural and fake. Rather than focusing on these extremes, Sophie looks at what truly healthy options actually work—and it isn't necessarily what people might think. In addition, she lays out a beauty perspective that focuses on helping readers create their own unique beauty—inside and out. With her exceptional combination of passionate research and everywoman commonsense, she puts forth a revolutionary, holistic program that covers everything from nutrition to self-care to spiritual connection and includes:

- Well-researched, myth-busting information about commercial and natural beauty products
- Simple guidelines for buying the best skin care products, and easy recipes for cost-saving beauty products to make at home
- Healthy, budget-friendly recipes for food to kick start the new you
- Exciting ways to get spiritually connected

In her girl-next-door voice, Sophie brings all of this together in an innovative 30-day Gorgeous for Good program, offering readers tools for a body-and-soul beauty regimen that will help them stay gorgeous—not for six months or a year—but for good!



GABRIELLE BERNSTEIN



## MIRACLES NOW

108 Life-Changing Tools for Less Stress,  
More Flow, and Finding Your True Purpose

Hay House  
On Sale: Apr 14/15  
5.38 x 8.38

b/w illustrations  
9781401944339 • \$15.95 • pb  
Self-Help / General

Hardcover Edition: 9781401944346

### Promotion

- Gabby is considered a leading voice for the next wave of spirituality. Her PR background and media savvy have enabled her to become a go-to person for the media when covering spiritual topics.
- Gabby has a very busy speaking schedule and is expected to speak at many Hay House Events.



## Miracles Now



*108 Life-Changing Tools for Less Stress, More Flow, and Finding Your True Purpose*

Gabrielle Bernstein

Let's be real for a sec. Most of us don't have time for an hour of yoga or 30 minutes of meditation every day. We're overwhelmed as it is. Our spiritual practice shouldn't add to that.

That's why I've handpicked 108 simple techniques to combat our most common problems—stress, burnout, frustration, jealousy, resentment. The stuff we have to deal with on a daily basis. This book is designed so that you can achieve peace and experience *miracles now*.

Inspired by some of the greatest spiritual teachings, these practical, moment-to-moment tools will help you eliminate blocks and live with more ease. They're powerful, life-changing meditations and principles, modernized and broken down into easy-to-digest techniques to fit your lifestyle.

Throughout the book, I share principles from both *A Course in Miracles* and Kundalini yoga and meditation. These tools can help you find your connection to your inner strength. When you practice these techniques, fear will melt away, inspiration will spruce up, and a sense of peace will set in.

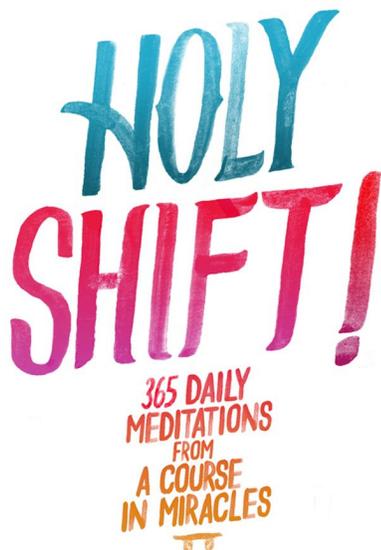
### Author Bio

Gabrielle Bernstein is the *New York Times* best-selling author *Miracles Now*, *May Cause Miracles*, *Add More ~ing to Your Life*, and *Spirit Junkie*. She appears regularly as an expert on NBC's *Today show*, has been featured on Oprah's *Super Soul Sunday* as a next-generation thought leader, and was named "a new role model" by *The New York Times*. Gabrielle was chosen as one of 16 YouTube Next Video Bloggers, she was named one of Mashable's 11 Must-Follow Twitter Accounts for Inspiration, and she was featured on the Forbes List of 20 Best Branded Women. Gabrielle has a monthly segment on the Today show and a weekly radio show on Hay House Radio. She has been featured in media outlets such as *The New York Times Sunday Styles*, *ELLE*, *OWN*, *Kathy Lee & Hoda*, *Oprah Radio*, *Anderson Live*, *Access Hollywood*, *Marie Claire*, *Health*, *SELF*, *Women's Health*, *Glamour*.



9 781401 944339

EDITED BY  
ROBERT HOLDEN, PH.D.  
BEST-SELLING AUTHOR OF *HAPPINESS NOW!*,  
*SHIFT HAPPENS!*, AND *LOVEABILITY*



Hay House  
On Sale: Apr 27/15  
5 x 7

9781401945183 • \$14.95 • pb  
Self-Help / Spiritual

Hardcover Edition: 9781401945107

## Promotion

Robert has 13k subscribers to his daily thoughts and 20k subscribers to his monthly newsletter. This fall he is launching a new newsletter and will do a big push for sign-ups. Robert is active on Facebook and Twitter, and he also hosts a weekly Hay House Radio Show called Shift Happens! Facebook: drrobertholden: 56,406 (increasing at a rate of 900/week) Twitter: @drrobertholden: 18,300



## Holy Shift!



*365 Daily Meditations from A Course in Miracles*

edited by Robert Holden

"Miracles occur naturally as expressions of love. The real miracle is the love that inspires them. In this sense everything that comes from love is a miracle."  
-A Course in Miracles

*A Course in Miracles* is a modern psycho-spiritual text that has inspired many teachers including Marianne Williamson, Louise Hay, Wayne Dyer, Jerry Jampolsky, Sondra Ray, and Gabrielle Bernstein. With more than two million copies in print, in over thirty languages, individual students and groups study it daily around the world. Every page of *A Course in Miracles* offers pearls of wisdom on love and fear, forgiveness and healing, happiness and inner peace. This beautiful book, with its insightful aphorisms and delightful poetry, is perhaps the most widely quoted book on psychology and spirituality in modern times.

Robert Holden has studied the daily lessons offered in *A Course in Miracles* for twenty years. He teaches workshops and gives talks on the Course across the world and is a patron of the Miracle Network in the UK. In *Holy Shift*, Robert has selected 365 of his favorite passages from *A Course in Miracles* to serve as daily meditations throughout the year. Students who are already familiar with the Course will enjoy this portable edition of miracles, and those new to the Course will appreciate the friendly and accessible introduction. *Holy Shift* will help everyone to practice the universal tenets of this profound teaching and to experience a year of miracles.

## Author Bio

Robert Holden, Ph.D., is the creator of the Loveability program. His work on psychology and spirituality has been featured on Oprah, Good Morning America, and a PBS special called "Shift Happens." He was also featured in two major BBC-TV documentaries, *The Happiness Formula* and *How to Be Happy*. His



9 781401 945183

Laura Wilson



Lose Weight, Banish Health Problems and Feel Amazing  
Cover In Progress

Hay House  
On Sale: Apr 6/15  
5.38 x 8.38

9781401947453 • \$16.95 • pb  
Health & Fitness / Diets



## The Alkaline 5 Diet



*Lose Weight, Heal Your Health Problems and Feel Amazing!*

Laura Wilson

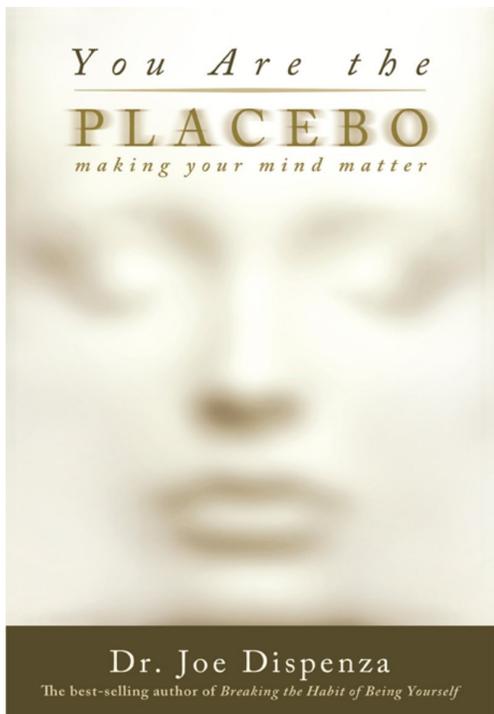
This incredibly easy-to-follow diet allows you to eat five meals a day without restricting calories, and create the best health you've ever had! Written by ultra-marathoner and health coach Laura Wilson, who has used these principles to turn her own health around, this diet is easy to stick to, provides all your macro and micro-nutrient needs, and supports bodily regeneration and healing without the use of medical interventions. Discover a simple, practical way to eat, that will help you to heal health problems including:

- weight issues / obesity
- bad skin / premature aging
- low energy / chronic fatigue
- poor sleep / insomnia
- stress and depression
- poor concentration
- mood swings
- bladder or kidney problems
- dull skin, eczema, acne or psoriasis
- brittle hair and nails
- frequent infections, colds, yeast infections
- allergies
- type 2 Diabetes
- high cholesterol
- heart disease

By following Laura's easy-to-learn protocol, you will be eating naturally alkaline foods that support your body and promote optimum health. The meals you will be eating take very little time to prepare each day, making this diet convenient no matter what your day-to-day routine is like. Laura shares her own inspiring story and the fantastic results that thousands of people following her eating plan have achieved. Full of helpful information, advice and delicious recipes, this is a comprehensive resource for anyone wishing to turn their health around.



9 781401 947453



## *You Are the Placebo*



*Making Your Mind Matter*

Joe Dispenza

Is it possible to heal by thought alone-without drugs or surgery? The truth is that it happens more often than you might expect. In *You Are the Placebo*, Dr. Joe Dispenza shares numerous documented cases of those who reversed cancer, heart disease, depression, crippling arthritis, and even the tremors of Parkinson's disease by believing in a placebo. Similarly, Dr. Joe tells of how others have gotten sick and even died the victims of a hex or voodoo curse-or after being misdiagnosed with a fatal illness. Belief can be so strong that pharmaceutical companies use double- and triple-blind randomized studies to try to exclude the power of the mind over the body when evaluating new drugs.

Dr. Joe does more than simply explore the history and the physiology of the placebo effect. He asks the question: "Is it possible to teach the principles of the placebo, and without relying on any external substance, produce the same internal changes in a person's health and ultimately in his or her life?" Then he shares scientific evidence (including color brain scans) of amazing healings from his workshops, in which participants learn his model of personal transformation, based on practical applications of the so-called placebo effect. The book ends with a "how-to" meditation for changing beliefs and perceptions that hold us back-the first step in healing.

*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.

### **Author Bio**

Joe Dispenza, D.C. , author of *Breaking the Habit of Being Yourself* and *Evolve Your Brain*, has a passion for teaching others how to use the latest discoveries from neuroscience and quantum physics to reprogram their brains, heal illness, and lead more

Hay House  
On Sale: Apr 29/15  
6 x 9

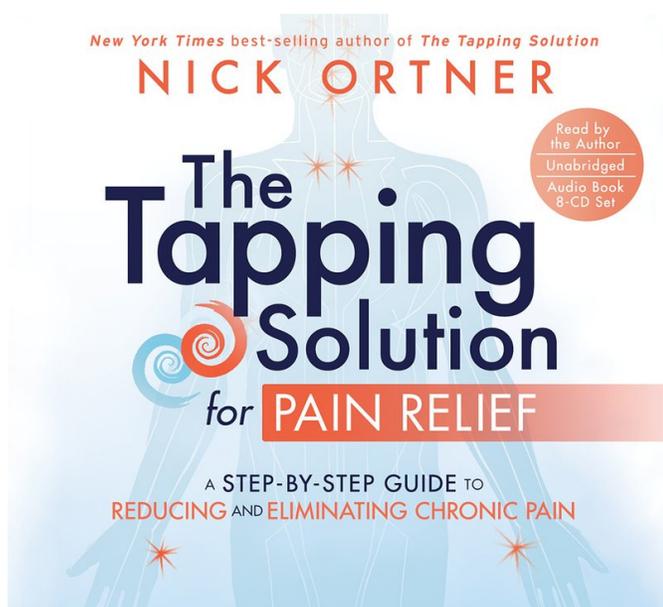
9781401944599 • \$16.95 • pb  
Self-Help / General

Hardcover Edition: 9781401944582

### **Promotion**

Email blasts to Dr. Dispenza's extensive email list  
Social Media - Twitter / Facebook  
Hay House affiliate program to help ongoing marketing efforts  
Life speaking engagements nationally and internationally





## *The Tapping Solution for Pain Relief*



*A Step-by-Step Guide to Reducing and Eliminating Chronic Pain*

Nicolas Ortner

Over 100 million Americans suffer from chronic pain. Lower back pain alone accounts for more than \$50 billion of lost work time and worker's compensation claims annually. And let's consider the fact that there are 600,000 knee replacement surgeries performed each year in the United States, and sadly, 20 percent of those patients end up with chronic pain after surgery. The normal "solutions" we've been taught involve seeking out more doctors, surgeries, injections, and medications, all of which have a place in healing. But when it comes to chronic pain, conventional medicine isn't getting the job done. So what can we do?

In *The Tapping Solution for Pain Relief*, which builds on the information contained in the *New York Times* bestseller *The Tapping Solution*, Nick Ortner presents a startling alternative. He lays out a step-by-step plan that teaches people how to use tapping, or EFT (emotional freedom techniques), to reduce or eliminate chronic pain. Looking at the scientific research surrounding pain, stress, and tapping, he opens readers eyes to just how powerful tapping can be, and then outlines tips and techniques to address pain in both the short and long term. Nick guides readers on a journey that begins on the surface-tapping to address the pain itself-and moves to the deeper issues that often affect pain. With easy-to-follow tapping scripts and exercises to guide readers into their pasts, Nick helps them heal the emotional pain and underlying beliefs that often keep people stuck. He also addresses topics that many people don't know are associated with chronic pain, such as:

- Releasing the past
- Creating personal boundaries
- Dealing with toxic relationships
- Clearing resistance to change
- Understanding the power of a diagnosis
- Working through anger

There are many different ways the brain and body can create, increase, and prolong pain. In this program, Nick helps readers

Hay House  
On Sale: Apr 7/15

illustrations  
9781401945268 • \$39.99 • audio cd  
Health & Fitness / Pain Mgmt

Hardcover Edition: 9781401945244

### Promotion

This book will be marketed in much the same way *The Tapping Solution* was using the extensive Tapping Solution network - email blasts, website posting, etc.

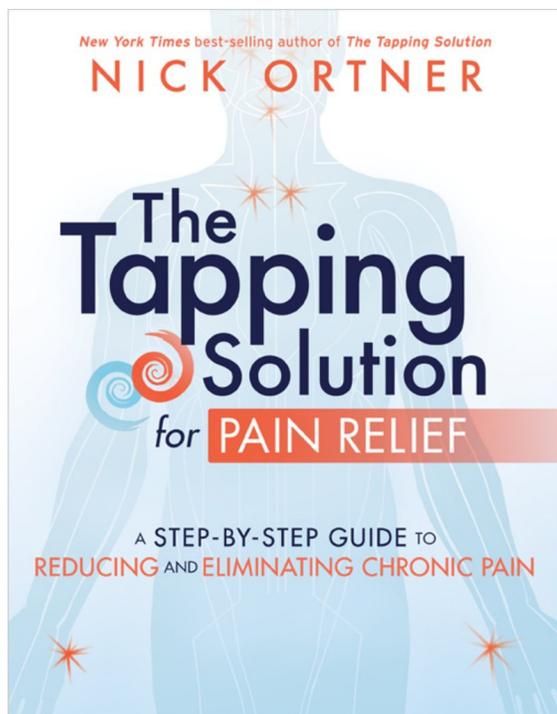
Nick also has a very busy speaking schedule and is expected to speak at many Hay House events.

Nick will produce a professional book trailer for the launch. *The Tapping Solution* as a brand has a strong following with over 500,000 e-mail subscribers. As a team they have successfully launched *The Tapping Solution* movie, *The Tapping World Summit* (attended more than a million people), and *The Tapping Solution* book.

*The Tapping Solution* became a *New York Times* bestseller based both on the quality of the information and the power of his platform.

His social media presence is growing every day. At this point, he has 111,048 fans on Facebook ([facebook.com/tappingsolution](https://www.facebook.com/tappingsolution)) and 8,432 on Twitter ([twitter.com/nickortner](https://twitter.com/nickortner))





LEAD  
Hay House  
On Sale: Apr 7/15  
7 x 9

9781401945244 • \$25.99 • cl  
Health & Fitness / Pain Mgmt

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Nicolas Ortner

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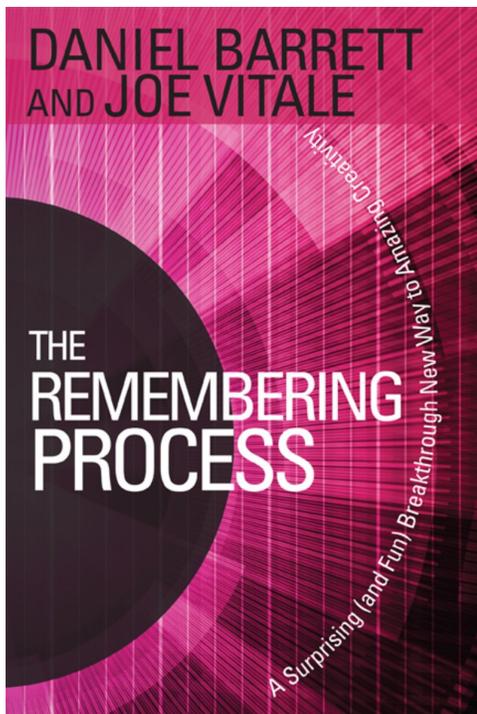
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- Releasing the past
- Creating personal boundaries
- Dealing with toxic relationships
- Clearing resistance to change
- Understanding the power of a diagnosis
- Working through anger





## *The Remembering Process*



*A Surprising (and Fun) Breakthrough New Way to Amazing Creativity*

Daniel Barrett and Joe Vitale, foreword by Gay Hendricks

Personal problems? World problems? Healing issues? Creativity challenges? They can all be resolved with a fun, new method called "remembering." The Remembering Process reveals a breakthrough creativity technique that anyone can use to easily create, produce, innovate, solve, resolve . . . and more! Beyond any New Age or self-help teaching, this process taps into the future as not only possible, but accessible in this very moment.

This leading-edge book is a mind-stretching exploration of how to create your reality by "remembering" how it exists in the future. Written by award-winning musician and music producer Daniel Barrett and best-selling author and The Secret movie star Joe Vitale, this quick-reading, entertaining book will appeal to all walks of life.

### **Author Bio**

Daniel Barrett is the founder and CEO of Rubicon Artist Development in Austin, Texas, a gamechanging and innovative music studio and development program. In addition to producing and mentoring artists in multiple styles and genres, Daniel is also the founder of the award-winning and internationally touring band Porter Davis. He lives each day as a student of life, rhythm, and energy and as an advocate for full expression and radical possibility.

Dr. Joe Vitale is the best-selling author of numerous books, from The Attractor Factor to Zero Limits and Attract Money Now. He has appeared in many movies, most notably as a standout star in The Secret. Thanks to the Remembering Process, Joe is now a musician with four albums to his credit. A featured guest on television around the globe, he is an international celebrity and has an Internet following of millions. Website: [www.JoeVitale.com](http://www.JoeVitale.com)

Hay House  
On Sale: Apr 7/15  
5.38 x 8.38

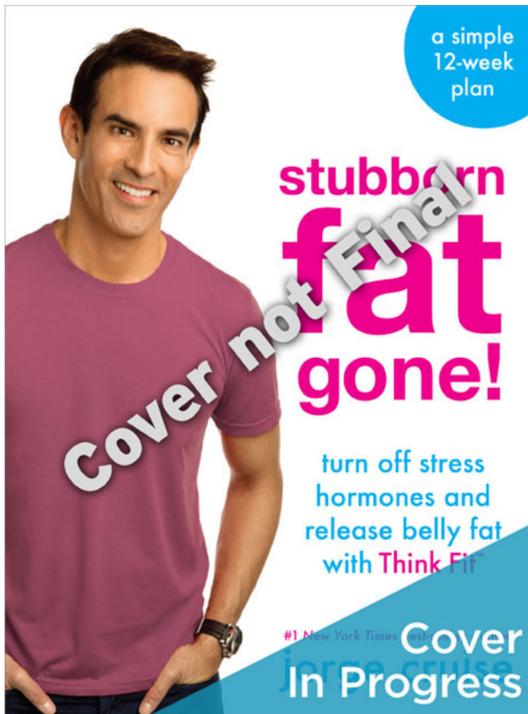
9781401941604 • \$14.95 • pb  
Self-Help / General

Hardcover Edition: 9781401941598

### **Promotion**

Email blasts / newsletters  
Social media, such as blogs, Facebook and Twitter





LEAD  
Hay House  
On Sale: Apr 28/15  
6.50 x 8.75

9781401947224 • \$24.95 • cl  
Health & Fitness / Diets

### Promotion

Intended audience: Women over 40 who are interested in the Live program.

The stubborn Fat Gone Live launch will complement this book, [www.stubbornfatgone.com](http://www.stubbornfatgone.com). This is for our previous launch that is just ending. You can see what was offered here.

Reviews:  
- First for Women



## Stubborn Fat Gone!



*Turn Off Stress Hormones and Release Belly Fat with Think Fit*

Jorge Cruise

For the past decade, Jorge Cruise has helped people lose weight. Now he's upped the ante by creating a program that's not just about losing weight, but finally shedding the stubborn fat that's most difficult to get rid of. Even those who have found success with Jorge's other plans will be able to use this book to fully release those last few pounds-and keep them off.

This 12-week program offers 84 "nightly habits" in a two-step plan to help you stay strong when you're most likely to sabotage your weight-loss efforts. In Step One, Jorge offers an inspirational message to provide the motivation and inner strength needed to stick to the program. Step Two gives you a recipe for an easy, delicious treat that's low in Sugar Calories, taking the guilt out of nighttime eating. In addition, you'll get a simple food plan for each day, loaded with quick, toss-together meals for rapid results.

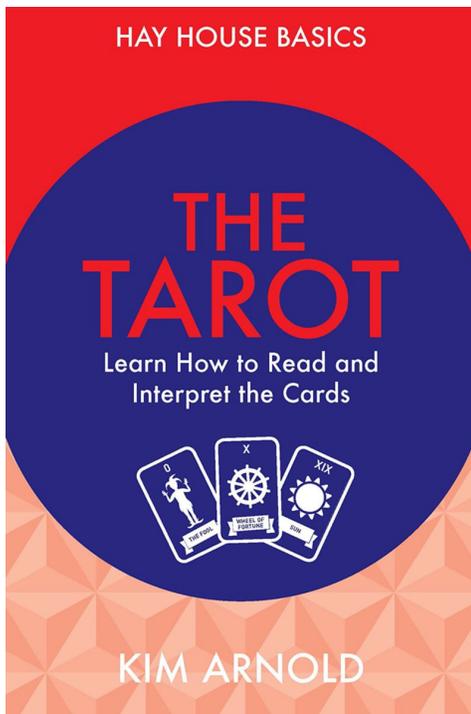
Finally, you can lose the fat that bothers you most!

### Author Bio

Jorge Cruise used to be 40 pounds overweight. Today he is internationally recognized as the number-one diet expert and is the author of five consecutive *New York Times* best-selling series, with more than six million in print in over 15 languages, including *8 Minutes in the Morning™*, *The 3-Hour Diet™*, *The 12-Second Sequence™*, *The Belly Fat Cure™*, *The 100™*, and *Happy Hormones, Slim Belly™*. He has appeared on *Steve Harvey*, *The Dr. Oz Show*, the *Rachael Ray Show*, *LIVE! With Kelly and Michael*, CNN, *Good Morning America*, the *Today* show, *Dateline NBC*, and *The View*. He is a contributor to *First for Women* magazine and the *Costco Connection*.



9 781401 947224



Hay House  
On Sale: Mar 2/15  
5.12 x 7.75

9781781804131 • \$15.99 • pb  
Body, Mind & Spirit / Divination / Tarot

## Promotion

- This series will have a big launch campaign behind it and will be marketed to the existing subscribers and followers of all authors involved, which means it will be promoted across numerous email databases and social media accounts.

- Big push-out on social media featuring Q and A sessions with authors, shareable infographics and a specially commissioned series of introductory videos promoting each title and flagging the series as a whole.

- Additional learning tools using video and audio are being developed for this series.



## Tarot



Kim Arnold

This book will teach you how to connect with the time-honoured wisdom and spiritual power of the tarot, and make major decisions - just by turning a card. You'll learn how to:

- Choose the right deck for you
- Interpret each of the 22 major arcana cards
- Understand the four suits of Tarot and the meaning of Court cards
- Interpret each of the 56 minor arcana cards
- Weave the meaning of cards together during a reading

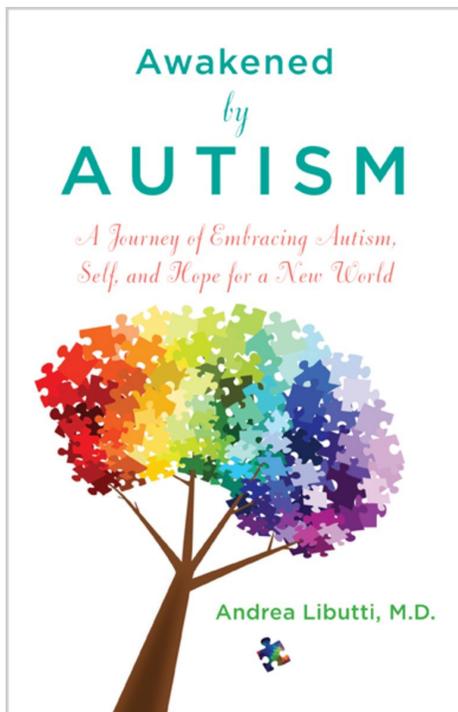
*Hay House Basics* is a new series that features world-class experts sharing their knowledge on the topics that matter most for improving your life. If you want to learn a new skill that will enhance your wellbeing, *Hay House Basics* guarantees practical, targeted wisdom that will give you results!

## Author Bio

Kim Arnold has been aware of her psychic abilities since she was a child. Her readings are uplifting, motivating, positive and reassuring, and her cards help to guide her clients through life's challenges to find a better way forward. She is the founder of the prestigious UK Tarot Conference and editor of the book *The Tarot Masters: Insights from the World's Leading Tarot Experts*. [www.tarotconference.co.uk](http://www.tarotconference.co.uk)



9 781781 804131



Hay House  
On Sale: Apr 1/15  
5.38 x 8.38

9781401945442 • \$15.95 • pb  
Self-Help / Motivational & Inspirational

## Promotion

Outreach to author's professional affiliations:  
University of Southern California, Medicine, Medical Doctor degree  
San Jose State University, B.S. Business, Marketing concentration  
American Board of Emergency Physicians, Board Certified 2005-2015  
New York State Department of Education, Licensed Physician 2001-Present  
Neurofeedback Provider, Othmer method 2011-Present  
Autism Research Institute Certified Physician, 2006-Present

Online Promotion Options:  
Autism One Radio: [www.autismone.org](http://www.autismone.org)  
Age of Autism: [www.ageofautism.com](http://www.ageofautism.com)  
Online resource for autism books, magazines and flyers:  
[www.togetherinautism.org](http://www.togetherinautism.org)  
Future Horizons [www.fhautism.com](http://www.fhautism.com) (new releases of must



## Awakened by Autism



*A Journey of Embracing Autism, Self, and Hope for a New World*

Andrea Libutti

Andrea Libutti began the work of reconstructing herself after her oldest son was diagnosed with severe autism several years ago. Distraught and seemingly hopeless at the time, a series of unfolding events moved her from sleepwalking through life toward a personal journey of inner transformation. She immersed herself in research surrounding the causes and treatments for autism, and after several years of learning she has come to understand the disorder from a physical, emotional, and spiritual perspective.

In *Awakened by Autism*, Andrea shares her journey and the knowledge she has gained along the way. She believes that the masses of children diagnosed today with autism are here to teach us some important lessons about the world we have created. Humanity has gotten off track—often motivated by profit—leaving our bodies and our planet overburdened with toxins, and our families exhausted, stressed, and broken. It is for these very reasons that autism has emerged as an epidemic and a calling for humanity to wake up. We cannot continue to deplete our planet and our souls and still expect our children to thrive. *Awakened by Autism* is both a memoir and a practical guide for healing our children—and a starting point for healing our planet.

## Author Bio

Andrea Libutti, M.D. is a physician passionate about holistic health and living. She has extensive knowledge about autism from both a physical and spiritual perspective. She has been a speaker at national autism conferences and loves educating people about autism. Her mission is to inspire people to make positive changes in their lives, paving the way for a kinder world. She graduated with a medical degree from the University of Southern California and lives in eastern Long Island with her husband and three boys.



9 781401 945442