



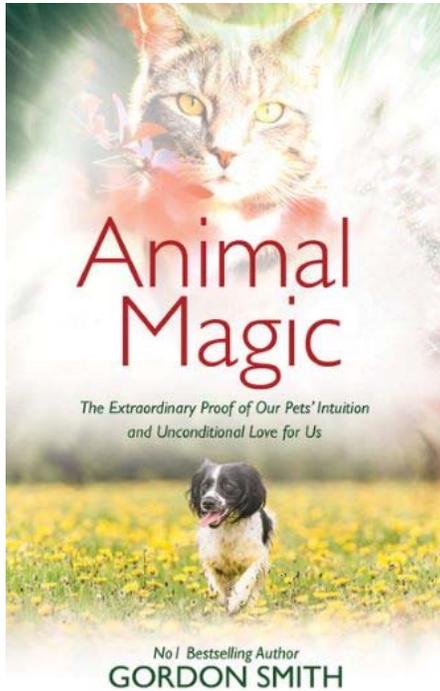
RAINCOAST BOOKS
ALWAYS CONNECTED

WINTER 2018

HAY HOUSE

This edition of the catalogue was printed on August 8, 2017.

*To view updates, please see the Winter 2018 Raincoast eCatalogue
or visit www.raincoast.com*



Animal Magic

The Extraordinary Proof of Our Pets' Intuition and Unconditional Love for Us

by Gordon Smith

As a medium, Gordon Smith always gets asked questions about the nature of life and death - is there really an afterlife? Can we commune with our deceased loved ones? Yet some of the most interesting questions he receives are not about human loved ones - many people ask about their pets, too. People want to know if the dogs, cats, horses, birds, rats, or even guinea pigs they've loved and seen as members of their family will survive after death.

In this book, Gordon shares the incredible experiences he has had with animals in his many years as a medium. Through fascinating stories, Gordon will show that animals do indeed have a soul and a deep understanding of the events around them - from the cat who knows when hospital patients will pass over, to the elephant who saved a kitten's life.

This book reveals the unconditional love that animals give to their owners - both in life and after. Gordon shows:

- That animals do live on in spirit
- How healing your animal can heal your own life
- How your animals psychic powers can help you make the right life decisions

- How your animal can act as your guardian angel... and much more

This is a repackaging of *The Amazing Power of Animals* (978-1-4019-2325-9)

Author Bio

Gordon Smith is an astoundingly accurate medium renowned for his ability to give exact names of people, places and even street names relevant to a person's life. Gordon travels around the world demonstrating his abilities, offering healing and comfort to thousands of people. His extraordinary skills have attracted the attention of university scientists researching psychic phenomena, as well as countless journalists and documentary producers.
www.gordonsmithmedium.com

Hay House

On Sale: Jan 2/18

5.5 x 8.5

9781788170635 • \$20.99 • pb

Body, Mind & Spirit / Channeling

Notes

Promotion



RAINCOAST BOOKS
WWW.RAINCOAST.COM

Sales Rep



Creating the Impossible

How to Get Any Project Out of Your Head and into the World in Less Than 90 Days

by Michael Neill

Whether you are an entrepreneur, have a business project, or a personal goal that you're passionate about, this book will give you the tools to get moving towards completion!

Creating the Impossible reveals a surprising yet practical alternative to traditional approaches to goal-setting, productivity, creativity, and project management. Perfect for solopreneurs, entrepreneurs, artists, work teams, leaders, and anyone who has ever dreamed an impossible dream but given up before they ever really got started.

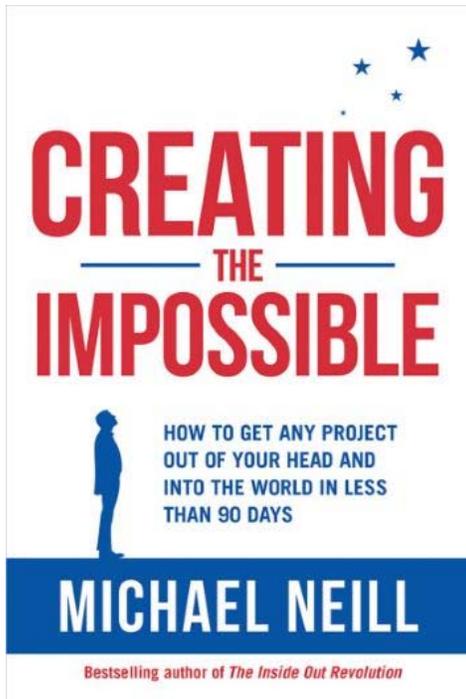
Readers will learn the simple principles behind exponential productivity" (aka "non-linear productivity" or "quantum productivity"), how to move confidently forward even when you don't know how you're going to reach your goal, what it is to live and work outside of your psychology (no more self-sabotage, procrastination, or self-esteem issues to work through), and how to bring your creative genius to life.

The book is designed so that it can be read from cover to cover as a primer to creating more "effortless success" in work and life, and/or as a workbook that can be followed, step by step, over a 12-week period to take a specific project from concept to form. It does not promise that people will complete their project in 90 days - that depends on the project. It does promise that ANY project, no matter how impossible it seems, can be tackled in a productive, enjoyable, and surprisingly effective manner that increases aliveness, connection, resilience, and fosters (...)

Author Bio

Location: Los Angeles, California

Michael Neill is an internationally renowned transformative coach and the bestselling author of numerous titles, including *The Inside-Out Revolution*, *You Can Have What You Want*, and *Supercoach*. He has spent the past 25 years as a coach, mentor, and creative spark plug to celebrities, CEOs, royalty, and people who want to get more out of themselves and their lives. He is also the founder of Supercoach Academy, an international coach training program with students and graduates from 22 countries. Michael's books have been translated into 16 languages, and his public talks, retreats, and seminars have touched and transformed lives at the United Nations and on six continents around the world. www.supercoach.com



Hay House

On Sale: Jan 2/18

6 x 9

9781401950576 • \$21.50 • pb

Bus & Econ / Personal Success

Notes

Promotion

- Push-out to Michael's fan base of 30.6K Facebook fans, 14.5K Twitter followers, 9.2K email subscribers, and private Facebook community group of 3.1K.

- Michael will be consulting with Shama Hyder from Zen Marketing group for launch. Part of his strategy for 2017 is to further establish his US base, moving more training and events to LA throughout early part of 2017.

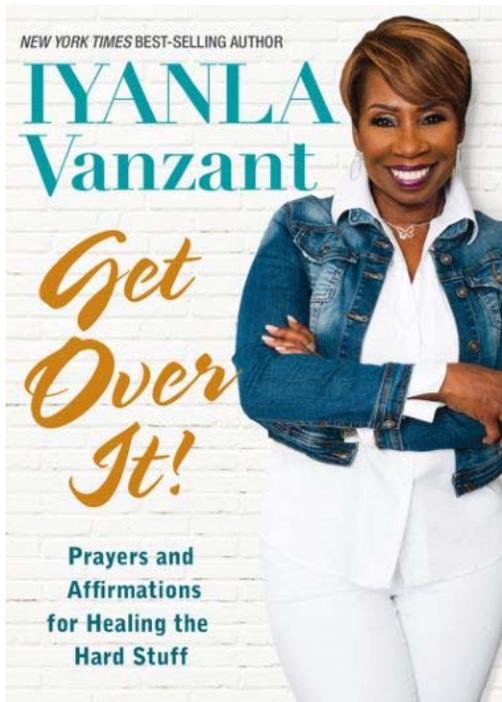


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RAINCOAST BOOKS
WWW.RAINCOAST.COM

Sales Rep



Get Over It!

Prayers and Affirmations for Healing the Hard Stuff
by Iyanla Vanzant

Get Over It! is a tool and a process that offers readers a path to dominion over their most powerful asset: their mind. In today's turbulent climate, it can be challenging to stay on top of what is going on around us day-to-day, such as economic shifts, societal breakdowns, and lifestyle changes. We have become disconnected from our personal power, the intuitive light created by our autonomous thoughts. Through *Get Over It!*, a prayer book with a therapeutic underpinning, Iyanla offers practical tools for transmuting the dominant negative thought patterns (DNTPs) that threaten our sanity and spirituality on a daily basis.

In *Get Over It!*, Iyanla identifies 42 common DNTPs and breaks them down into three key elements:

1. The train of thought that produces the pattern
2. A prayer and affirmation to neutralize the pattern
3. Self-directed spiritual practices (including meditations) that support the neutralization of the pattern in the mind and body

Through becoming aware of and neutralizing our DNTPs, we will up our wattage": our ability to see and live beyond the influences and turbulence of our external environment.

Author Bio

Iyanla Vanzant is one of the country's most celebrated writers and public speakers, and she's among the most influential, socially engaged, and acclaimed spiritual life coaches of our time. Host and executive producer of the award-winning 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. A woman of passion, vision, and purpose, Iyanla is also the co-founder and executive director of Inner Visions Institute for Spiritual Development. Websites: www.innervisionworldwide.com and www.ianla.com

Hay House

On Sale: Jan 2/18

5 x 7

9781401944018 • \$23.99 • CL - Hardcover

Body, Mind & Spirit / Healing / Prayer & Spiritual

Notes

Promotion

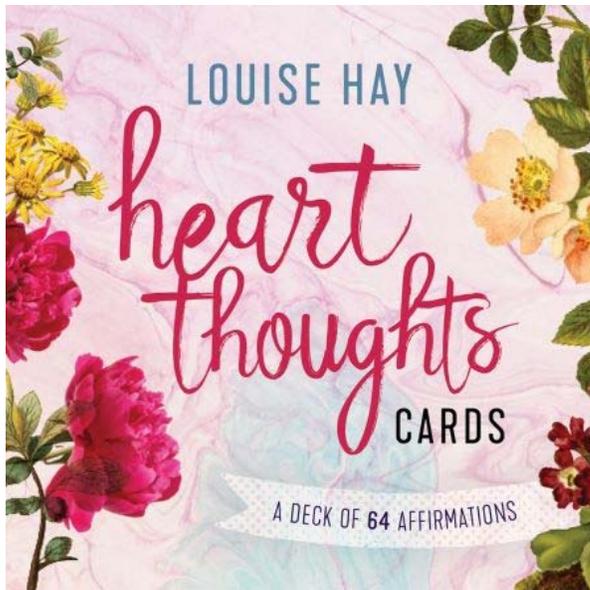


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RAINCOAST BOOKS
WWW.RAINCOAST.COM

Sales Rep



Heart Thoughts Cards

A Deck of 64 Affirmations

by Louise Hay

This beautifully designed deck of 64 powerful affirmations and spiritual meditations will help you meet your day-to-day experiences with love and peace. The 4 x 4" cards are a convenient size for placing around your home, car, workplace, or anywhere you will see them often. Spread the joy by offering some to friends and family. Meditate on a different card each morning and bring its positive energy into your day. Know that no matter what is going on in your life, no matter how difficult things may be, at the very center of your being you are safe and you are whole. You always will be.

Author Bio

Louise Hay, the author of the international bestseller *You Can Heal Your Life*, is a metaphysical lecturer and teacher with more than 40 million books sold worldwide. For more than 30 years, Louise has helped people throughout the world discover and implement the full potential of their own creative powers for personal growth and self-healing. Louise is the founder and chairman of Hay House, Inc., which disseminates books, CDs, DVDs, and other products that contribute to the healing of the planet. Visit www.LouiseHay.com 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 corporate clients include Dove and its Campaign for Real Beauty. He is author of *Happiness NOW!*, *Shift Happens!*, *Authentic Success* (formerly titled *Success Intelligence*), and *Be Happy*. Robert hosts a weekly show on Hay House Radio called *Shift Happens!* He also contributes daily to his Facebook page at www.facebook.com/drrobertholden. For information, visit www.robertholden.org.

Hay House

On Sale: Jan 2/18

4 x 4

9781401954536 • \$26.99 • DC - Card Deck

Self-Help / Affirmations • Non Returnable

Notes

Promotion





Reboot Your Health

Simple DIY Tests and Solutions to Assess and Improve Your Health

by Sara Davenport

Most people never stop to listen to their bodies. In a stressed, busy world dominated by the digital, we are cut off from our physical selves. As a result, we have shockingly little awareness of how badly we are functioning. Some of us have chronic illnesses; others of us just feel a bit under par. We have become the 'walking unwell'. Pain, sleep problems, fatigue, malaise, stress, aching muscles, allergies, auto-immune conditions many thousands of people have some health issue they'd like to improve. This book helps people take control of their body in a broader sense.

Reboot Your Health starts with a simple, comprehensive, and bespoke health assessment. From cheap and simple tests you can do yourself (sleep, saliva/urine pH, bowel habits, blood pressure, candida etc.) and tests you can ask your doctor or pharmacist for (thyroid, cholesterol, vitamin deficiency, hormone imbalance, inflammatory markers etc.) readers will start to benchmark their own body against a range of normal" - including heart rate, BMI and metabolic rate. Solutions can then be pick-and-mixed from a range of conventional medical solutions, scientifically backed Western complementary and alternative approaches, Eastern medical techniques, and psychological therapies and healing modalities. If you're still not well, further chapters offer advice on other options to pursue, including specialist tests.

This book gives you the tools to listen to your body, collect information, take practical steps to get you feeling better and more in touch with your own body, and avoid future illness.

Author Bio

Sara Davenport is one of the UK's top health entrepreneur philanthropists and campaigners and has been at the centre of the wellbeing sector for 3 decades. She is the inspirational founder behind The Haven breast cancer charity and through her work with doctors, nutritionists, and therapists she has an unrivalled overview of both traditional and complementary medicine. In 2018 she is launching a new centre - ReBoot Health - offering 2-week transformation plans for mind, body, and soul. www.breastcancerhaven.org.uk

Hay House

On Sale: Jan 2/18

5.5 x 8.5

9781788170550 • \$23.99 • pb

Health & Fitness / Healing

Notes

Promotion





The Dental Diet

The Surprising Link between Your Teeth, Real Food, and Life-Changing Natural Health

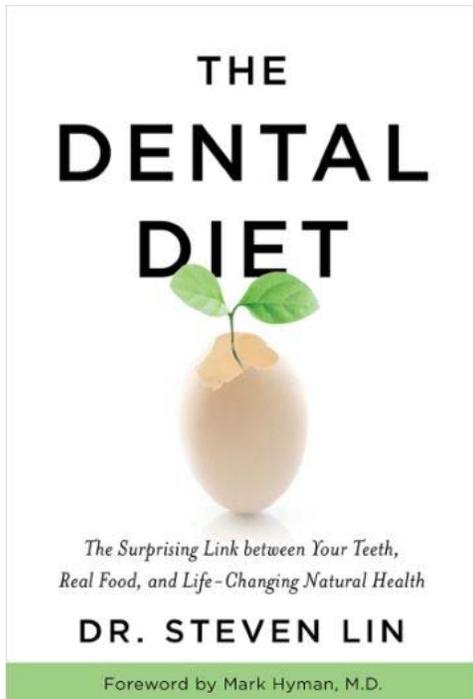
by Steven Lin

Dr. Steven Lin, an experienced dentist and the world's first dental nutritionist, shares the food-based health principles he has developed over the course of his career to ensure you have a healthy mouth and body for the rest of your life. Merging dental and nutritional science, Dr. Lin lays out the dietary program that not only prevents both dental fillings and cholesterol medications but gives readers the resources to raise kids who develop naturally straight teeth. From analyzing our ancestral traditions to epigenetics to exploring gut health and the microbiome, Dr. Lin provides the science behind his program and shares real-world applications.

The Dental Diet arms the reader with a 40-day meal plan to help you easily and successfully implement the techniques into your everyday life. The Dental Diet food pyramid, exercises for the mouth, recipes, and cooking techniques are provided in helpful and efficient detail. What's good for the mouth is good for the body, and *The Dental Diet* shows readers that the tools to improve overall wellness levels and reverse disease are closer than we think—in our markets, our pantries, and, most frequently, in our mouths.

Author Bio

Dr. Steven Lin is a board-accredited dentist, speaker, and author. Frustrated by the dental profession's limited approach to applying without addressing the cause of disease, Dr. Lin merged anthropological, physiological, and nutritional science with oral health to integrate effective prevention strategies into his dental practice. A passionate health educator, Dr. Lin engages in a wide variety of community and institutional programs to grow awareness of preventative lifestyles. He is the dental expert for I Quit Sugar, the online platform of best-selling author Sarah Wilson. Dr. Lin is based out of Sydney, Australia, and you can visit him online at www.drstevenlin.com.



Hay House

On Sale: Jan 9/18

6 x 9

9781401953171 • \$36.99 • CL - Hardcover

Health & Fitness / Diets

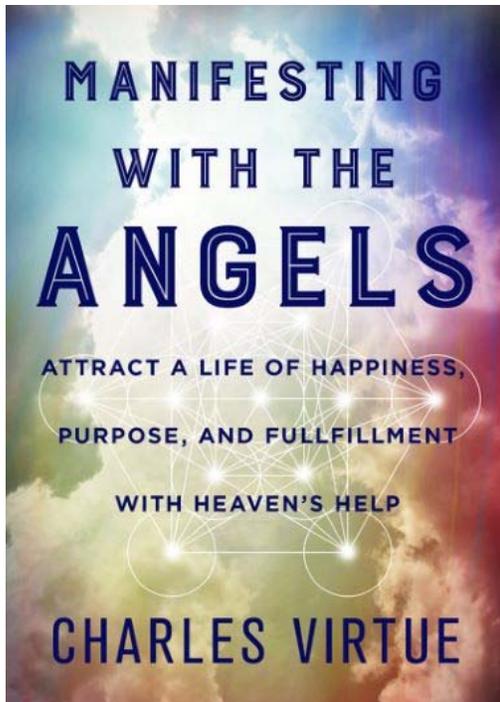
Notes

Promotion



RAINCOAST BOOKS
WWW.RAINCOAST.COM

Sales Rep



Manifesting with the Angels

Attract a Life of Happiness, Purpose, and Fulfillment with Heaven's Help
by Charles Virtue

This book connects you with Heaven's help to fill in the gaps of manifestation teaching. We all think we know what we want, but we don't know that what we want will *actually* bring us happiness. This book encourages us to step back from whatever it is we are dreaming about, recheck our priorities, work on potential karmic and past-life blocks we may not have known about, and then move forward with a more open mind that is less prone to attracting disappointment. Once you take more responsibility for your thoughts and energy/emotions, you'll be able to fine-tune your life and use your God-given power of manifestation to attract benefits rather than obstacles. You'll learn how to:

- Work with Divine Timing and the Power of Prayer with Archangel Sandalphon
- Frame Your Desires through Visualization and Affirmations with Archangel Gabriel
- Harness the Power of Your Inner Passion with Archangel Nathaniel
- Clear Your Fears of Happiness with Archangel Michael
- Release Karmic Attachments and Cut Past-Life Cords with Archangel Raziel

Heal from Past Pain with Archangel Raphael

Author Bio

Charles Virtue has been in touch with the angels since childhood. In his early 20s, he began to give readings with angel oracle cards and help people hear the true guidance from their angels. He has worked closely with his mother, internationally best-selling author Doreen Virtue, since the conception of her Angel Therapy Practitioner(Reg TM) classes. Since 2007 he has been teaching and certifying thousands of people in over 25 countries to connect with a higher energy to bring happiness, purpose, and guidance into their lives. As a Certified Angel Therapy Practitioner(Reg TM), Charles combines his natural intuition with knowledge obtained through a lifetime of exposure to the metaphysical world to bring us the Angel Certification Program (ACP), Mediumship, Life Purpose/Manifestation and Teacher Training Classes. Most of the courses Charles teaches are now also available as home study, in convenient downloadable formats.

Charles is the co-author (with Doreen Virtue) of the books *Awaken Your Indigo Power* and *Signs from Above*, as well as the *Indigo Angel Oracle Cards*. Along with Doreen Virtue, he offers an *Angel Intuitive Certification Course* through HayHouseU.com. Website: www.CharlesVirtue.com



Hay House

On Sale: Jan 9/18

5 x 7

9781401951177 • \$20.99 • pb

Body, Mind & Spirit / Angels & Spirit Guides

Notes

Promotion



RAINCOAST BOOKS
WWW.RAINCOAST.COM

Sales Rep



The Year of Less

How I Stopped Shopping, Gave Away My Belongings, and Discovered Life Is Worth More Than Anything You Can Buy in a Store

by Cait Flanders

In her late twenties, Cait Flanders found herself stuck in the consumerism cycle that grips so many of us: earn more, buy more, want more, rinse, repeat. Even after she worked her way out of nearly \$30,000 of consumer debt, her old habits took hold again. When she realized that nothing she was doing or buying was making her happy-only keeping her from meeting her goals-she decided to set herself a challenge: *she would not shop for an entire year.*

The Year of Less documents Cait's life from July 2014 to June 2015, during which time she bought only consumables: groceries, toiletries, gas for her car. Along the way, she challenged herself to consume less of many other things besides shopping. She decluttered her apartment and got rid of 70 percent of her belongings; learned how to fix things rather than throw them away; researched the zero waste movement; and completed a television ban. At every stage, she learned that the less she consumed, the more fulfilled she felt.

What started as a simple challenge quickly became a lifeline, however, as Cait found herself in a number of situations that turned her life upside down. In the face of hardship, she realized why she had always turned to shopping, alcohol and food-and what it had cost her, for so many years. By not being able to reach for any of her usual vices, Cait changed habits she'd spent years perfecting and discovered what truly mattered to her.

Author Bio

Cait Flanders is a former binge consumer turned mindful consumer of everything. Through personal stories, she writes about what happens when money, minimalism, and mindfulness cross paths. Cait's story has been shared on Oprah.com, *Forbes*, Yahoo!, *The Guardian*, *The Globe and Mail*, CBC News, and more. She inspires people to consume less and live more, on her blog caitflanders.com. Cait lives in Squamish, BC, Canada, with her three loves: the mountains, the forest, and the ocean.

Hay House

On Sale: Jan 16/18

5.5 x 8.5

9781401954871 • \$27.99 • CL - Hardcover

Self-Help / Motivational & Inspirational

Notes

Promotion

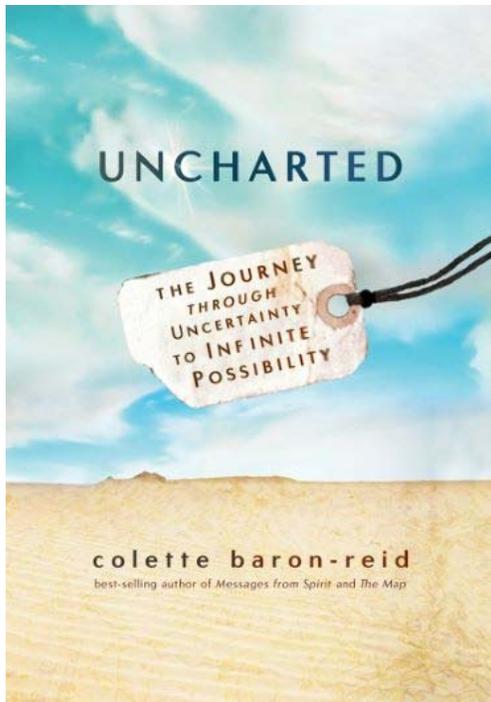


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RAINCOAST BOOKS
WWW.RAINCOAST.COM

Sales Rep



Uncharted

The Journey through Uncertainty to Infinite Possibility

by Colette Baron-Reid

New in paperback: the best-selling author of *The Map* guides us on a different kind of inner journey—through unexplored expanses, and sometimes dark places, where we find the tools and materials to build radiant new lives.

Uncharted is a smoking hot Harley ride through the wonders of your soul's journey."

- Christiane Northrup, M.D., *New York Times* best-selling author of *Goddesses Never Age* Where are we going? How will we get there? In a world of uncertainty, most of us don't really know. Our challenge is to sail into uncharted waters—away from the familiar ways that don't work anymore—to discover ourselves and the infinite potential for our lives. It's in these as-yet-undiscovered places within us that we come to recognize what we can be and what we can co-create with Spirit.

If we try to create guided only by the old, familiar map of our lives, what we create won't be authentic to who we are becoming; we'll just be doing the same thing over and over. As intuitive counselor and "spiritual cartographer" Colette Baron-Reid explains, we need a different kind of map—not one that tells us where we've been, but one we fill in as each new experience changes us into who we need to be to live our destiny. This new map is a map of the (...)

Author Bio

Location: Campbellcroft, Ontario, Canada

Colette Baron-Reid is an internationally acclaimed intuition expert and host of the TV show *Messages from Spirit*. She's also a best-selling inspirational author and oracle expert published in 27 languages, a keynote speaker, a recording artist, and an entrepreneur. Colette is known for her uncanny, laser-sharp intuitive insights—she brings audiences to laughter and tears, whether they're packed auditoriums or private clients across 29 countries. She is the CEO and founder of the Invision Lab, offering advisory services for select influencers and education for coaches in her trademarked energy psychology process, The Invision Process (Reg TM).

Originally from Toronto, Colette splits her time between the U.S. and Canada with her husband, Marc, and three fluffy Pomeranians. When she's not writing books and teaching global audiences, she's riding her Harley along the seacoast. Yes, you read that right. Website: www.colettebaronreid.com

Hay House

On Sale: Jan 16/18

6 x 9 • 216 pages

9781401948641 • \$21.50 • pb

Body, Mind & Spirit / Inspiration & Personal Growth

Notes

Promotion

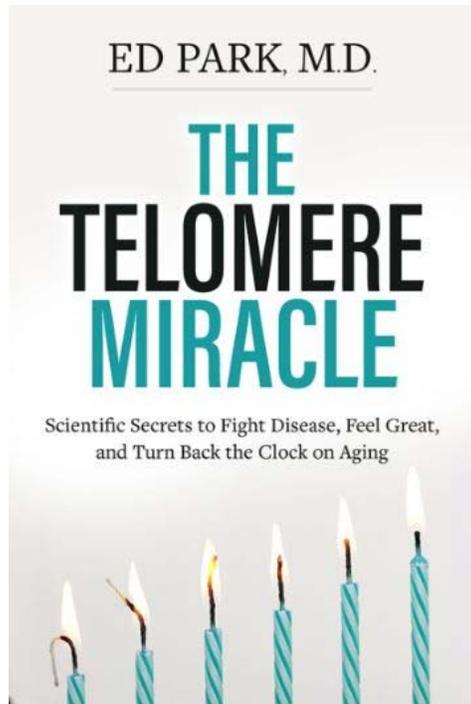
- Promote to Colette's mailing list and fans across all her platforms.

- Continue to grow her Uncharted Book Club on Facebook.



9 781401 948641





The Telomere Miracle

Scientific Secrets to Fight Disease, Feel Great, and Turn Back the Clock on Aging
by Ed Park

What if everything you think you know about getting older and staying healthy is wrong? Ed Park, M.D., offers the revolutionary idea that disease and aging in humans all arises from a single source: genetic errors caused by shortening of telomeres, or the sequences of DNA at the ends of our chromosomes. Telomeres naturally wear down over time, and thus when cells replicate (as they do all the time in our bodies), they're creating progressively poorer-quality duplicates of themselves, like making a Xerox of a Xerox of a Xerox. Ultimately, the body deteriorates, resulting in a range of ailments, many of which we associate with aging—from diabetes to hypertension to macular degeneration to cancer.

Happily, Ed tells us, it's possible to slow or even reverse this process and effectively turn back the clock. In *The Telomere Miracle*, he explains cutting-edge science in a lively style, using illustrations and metaphors ranging from auto parts to superheroes. Then he shows readers how they can intervene in the aging process by boosting the activity of the enzyme telomerase naturally by understanding and optimizing six key areas of breathing, mindset, sleep, exercise, diet, and supplements.

Author Bio

Ed Park, M.D., M.P.H., is a telomere and telomerase expert and founder of Recharge Biomedical. He received his undergraduate degree with honors from Harvard University in Anthropology; his M.D. is from Columbia University College of Physicians and Surgeons; and he earned a Masters of Public Health from Columbia University. He completed his internship and residency at Beth Israel Hospital, a teaching hospital of the Harvard Medical School, in 1997. Dr. Park was an attending physician in Obstetrics and Gynecology with Kaiser Permanente in Orange County, California, before practicing solo Ob-Gyn until 2010. In 2007 he became one of the first 20 people in the world to regularly ingest a nutraceutical telomerase activator and has taken no other supplements or medicines for over 10 years. In 2008 he became the first licensed M.D. to prescribe it, and began to report on his patients' amazing results via blogs and videos. Through this journey, Dr. Park has become a popular speaker, guest, and expert on aging generally and the sole evangelist in what he calls Telomerase Activation Medicine." Website: www.rechargebiomedical.com

Hay House

On Sale: Jan 23/18

6 x 9

9781401952570 • \$36.99 • CL - Hardcover
Health & Fitness / Longevity

Notes

Promotion





Heal Your Drained Brain

Naturally Relieve Anxiety, Combat Insomnia, and Balance Your Brain in Just 14 Days

by Mike Dow

Are you anxious, frazzled, exhausted? Do you find yourself constantly worrying? Do you feel like you're running on empty? Like millions of people living today, you could be experiencing brain drain.

These days, it seems like everything in our day-to-day lives—from the smart phones we can't stop using, to the processed foods we eat all day long, to the many hours we spend at our jobs—is causing major brain drain. The short-term effects of brain drain are uncomfortable, but the long-term effects can be life-threatening. Living with a drained brain increases the risk of dying from a heart attack, stroke, and cancer. Now is the time to fix your brain drain.

In his latest book, Dr. Mike Dow offers a 2-week plan designed to help you naturally boost your brain health. He explains how brain drain works and why we're wired for brain drain, and provides helpful tools and remedies to get you back on track. Features nutritional information and supplements, as well as breathing techniques, self-hypnosis, and mindfulness.

Author Bio

Dr. Mike Dow, Psy.D, is a highly sought-after psychotherapist and the *New York Times* best-selling author of *The Brain Fog Fix* and *Diet Rehab*. Throughout his career, he has hosted several hit television series, served as a go-to expert in relationships, brain health, addiction and mental illness, and can currently be heard weekly on Hay House Radio's *The Dr. Mike Show*.

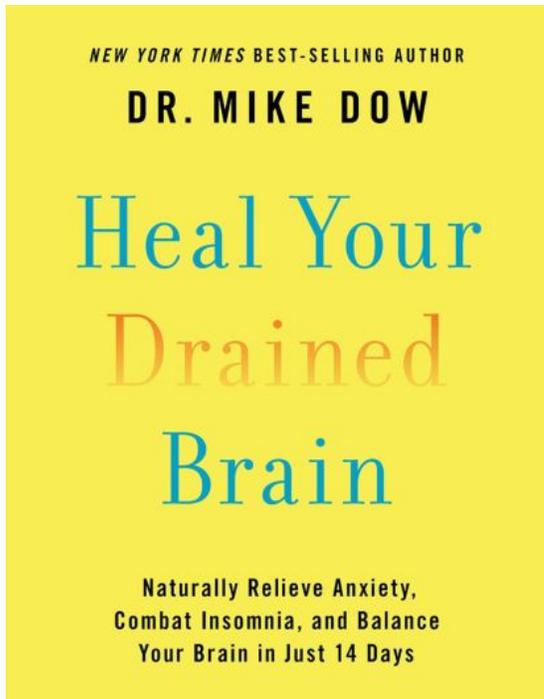
Dr. Mike's warm and outgoing personality quickly led him to become a television favorite, hosting/cohosting a number of national shows, including E!'s *Sex with Brody*, VH1's *Couples Therapy*, TLC's *Freaky Eaters*, LOGO's *That Sex Show*, and TLC's *My 600-lb Life Reunion*. He has also been featured as LaToya Jackson's therapist on OWN's *My Life with LaToya* and is most recently *The Bachelor*'s Ben and Lauren's therapist on their Freeform spinoff *Ben and Lauren: Happily Ever After?*

He makes regular appearances on *Dr. Oz* as a member of his core team" and is a recurring guest cohost on *The Doctors*. He's also made regular appearances on *Today*, *Good Morning America*, *Wendy Williams*, *Rachael Ray*, *Nightline*, *Fox and Friends*, among others.

Dr. Mike holds a Master of Science (M.S.) degree and a Doctorate (Psy.D.) in psychology, is registered with the California Board of Psychology and the California Board of Behavioral Sciences, and maintains a full-time license to practice psychotherapy. He is very involved in charitable causes and volunteers for the Camp Comfort Zone, the nation's largest bereavement



9 781401 952105



Hay House

On Sale: Feb 6/18

7 x 9

9781401952105 • \$36.99 • CL - Hardcover

Health & Fitness / Diseases / Nervous System

Notes

Promotion



RAINCOAST BOOKS
WWW.RAINCOAST.COM

Sales Rep



Sign My Name to Freedom

A Memoir of a Pioneering Life

by Betty Reid Soskin

A riveting memoir by a woman who's been a union worker, a singer-songwriter, an entrepreneur, and an activist-and is now, at 95, the nation's oldest park ranger-spans pivotal places, times, and themes in modern America, from the WWII boom years through the civil rights era and beyond.

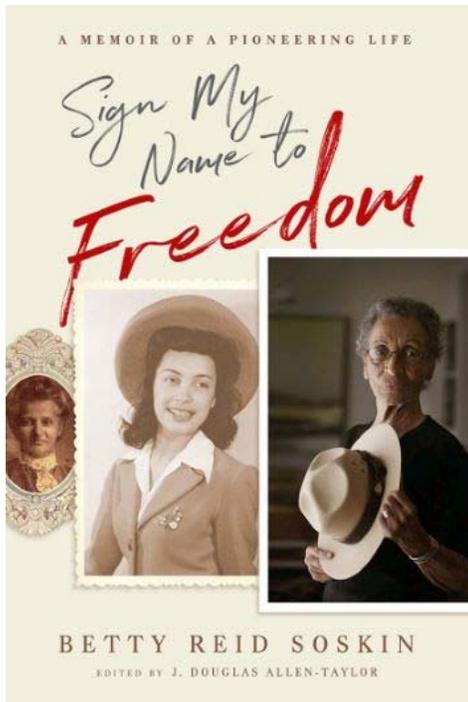
In Betty Reid Soskin's 96 years of living, she has been a witness to a grand sweep of American history. When she was born in 1921, the lynching of African-Americans was a national disgrace, minstrel shows were the most popular American form of entertainment, women were looked at suspiciously by many for exercising their right to vote, and most African-Americans in the Deep South could not vote at all. From her great-grandmother, who had been enslaved until she was in her mid-20s, Betty heard stories of slavery and the difficult times for Black Folk that immediately followed. In her lifetime, Betty has seen the nation begin to break down its race and gender biases, watched it nearly split apart in the upheavals of the civil rights and Black Power eras, and, finally, lived long enough to witness both the election of an African-American president and the re-emergence of a militant, racist far right.

But far more than being merely a witness, Betty Reid Soskin has been an active participant with so many other Americans in shaping the country as we know it now. The child (...)

Author Bio

Location: Richmond, CA

Betty Reid Soskin has been a homefront war years worker, a singer-songwriter and performer, a writer, a legislative aide, a National Parks ranger, a national icon, and an honest and tireless fighter, both against discrimination of all forms and for the growth and triumph of the human spirit and values that would benefit us all. In her blog, *CBreaux Speaks* at cbreaux.blogspot.com, she writes, "Life has never been richer, nor more abundantly lyrical," and "I've grown into someone I'd like to know-were I not me already!" Website: cbreaux.blogspot.com



Hay House

On Sale: Feb 6/18

6 x 9

9781401954215 • \$49.99 • CL - Hardcover

Biography / People Of Color

Notes

Promotion

- Co-promote with Focal Point Films documentary release.

- Promote on Betty's blog, *CBreaux Speaks*.

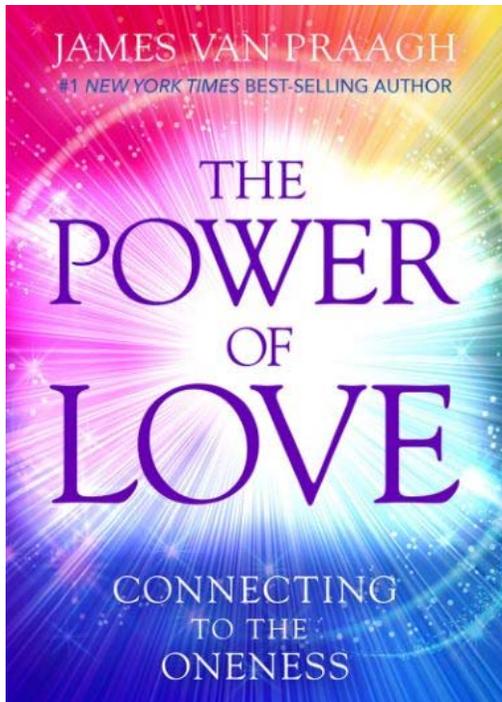


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RAINCOAST BOOKS
WWW.RAINCOAST.COM

Sales Rep



The Power of Love

Connecting to the Oneness

by James Van Praagh

Internationally acclaimed best-selling author, spiritual teacher, and world-renowned medium, James Van Praagh has received hundreds of thousands of messages from the other side of life. And all too often, in many of these messages, the deceased have shared with him that they want the living to know how to utilize the power of love while they are still living life in the physical body.

With this mesmerizing book, James demonstrates the transformative energy and force of love. In nine concise chapters, he reminds you that love knows no limits and can alter a person's life forever. Sharing vivid personal stories and incredible knowledge from the afterlife, James shows how you can activate the power of love to open your heart to the world.

When you align yourself with loving thoughts, anxiety and worry will start to fade. Decisions that might have preoccupied you before will become easier to make. Difficult events and people will not be drawn to you, because you are learning to release that magnetic energy. When you begin to consciously surround yourself with the energy of love and acceptance—your natural state of being—your journey in this physical dimension can become much smoother, more purposeful, and more powerful.

When we use the power of love, we become aware of our place in our world and the cosmos beyond. We know our worth, and we value life and the lives of other living beings. We feel connected to one another as the light within us shines on everyone. We become divine messengers of the One Source, recognizing that we are not separate, but rather part of the Oneness of all life.

Author Bio

James Van Praagh is the internationally renowned #1 New York Times best-selling author who has worked as the voice of the Spirit World for the past 30 years. He has appeared on Oprah, Larry King Live, Dr. Phil, Coast to Coast, and many other programs. He is also the successful creator and producer of CBS's long-running series The Ghost Whisperer, starring Jennifer Love Hewitt.

Hay House

On Sale: Feb 6/18

5 x 7

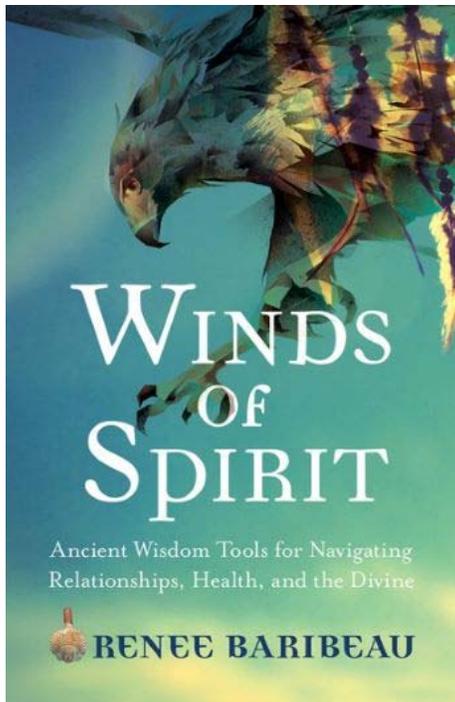
9781401951351 • \$20.99 • pb

Body, Mind & Spirit / Angels & Spirit Guides

Notes

Promotion





Winds of Spirit

Ancient Wisdom Tools for Navigating Relationships, Health, and the Divine

by Renee Baribeau

In *Winds of Spirit*, shamanic healer Renee Baribeau shares the rich mythology and cultural significance of wind, while also presenting a powerful system to help you recognize and utilize the subtle energies in your life to heal yourself.

The Wind Work™ system relies on an ancient sacred technique used by farmers, shamans and sailors. It will show you how to navigate your personal path, providing insight into how to manage the wind patterns and shifting conditions affecting you. *Winds of Spirit* will teach you how to connect with your true inner self (your spiritual magnetic north), use your body as a compass, and never get lost. By working with the omnipresent winds in your life, you can restore harmony and balance, heal the body, and inspire creativity.

In the book, you will learn how to invoke wind deities-gods and goddesses from around the world-and the cardinal winds from the four quadrants of the sky, each of which relate to the inner landscape of your life: mind, emotions, body, and spirit. In Part Four, there are 28 ancient wind deities for you to choose from. Open to any page to gain a deeper understanding of how these energies might be influencing your thoughts, feelings, and actions.

Experiential practices include wind breath, wind bath, wind knots, and more.

Author Bio

Renee Baribeau is a soul coach, author, inspirational speaker, entrepreneur, and workshop leader, known and respected for her down-to-earth approach. During her life, the wind gods have steered Renee's course in many directions. A former chef, in 1987 she opened the first farm-to-table restaurant in Central New York, Brown Bagger's, in Syracuse. In 2005, Renee established the Desert Holistic Network in Palm Desert, California, an online regional resource directory. Renee served as the Resident Shaman at We Care Spa in Desert Hot Springs. Since 2013, Renee has worked for Foundations Recovery Network, a national system of residential treatment facilities. Her current role is Marketing and Community Outreach Coordinator.

As a writer, Renee is a featured contributing blogger for *Elephant Journal*. Renee has also contributed chapters to the anthologies *Pearls of Wisdom: 30 Inspirational Ideas to Live Your Best Life Now* (Hierophant Publishing, 2012) and *The Five Principles of Everything* (Five Birds Publishing, 2012). She makes her home on the West Coast, and Whidbey Island.



Hay House

On Sale: Feb 6/18

5.50 x 8.50

9781401952754 • \$23.99 • pb

Body, Mind & Spirit / Spirituality / Shamanism

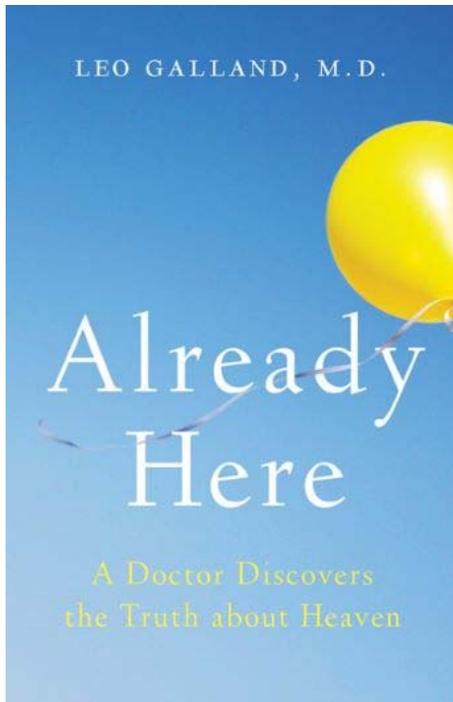
Notes

Promotion



RAINCOAST BOOKS
WWW.RAINCOAST.COM

Sales Rep



Already Here

A Doctor Discovers the Truth about Heaven

by Leo Galland

Already Here tells of the death of Leo Galland's son, Christopher, at the age of 22; the direct visual evidence Christopher showed him that our souls do go on; and the communications he received from Christopher's spirit that dramatically changed Leo's understanding of life and its meaning.

In life, Christopher was a brain-damaged special needs child who challenged everyone he knew with his unpredictable behavior and uncanny insights. After his death, he revealed to Leo the real purpose of his life, as a spiritual guide who taught others by confounding their assumptions and expectations. And he began to share with Leo a new perspective on everything from the nature of good and evil to the concept of timelessness-God's moment"-to the notion that the universe is, fundamentally, an act of love.

Christopher's wisdom was revealed to Leo over the course of a year, coalescing into three themes, which Leo calls the Gift of the Opposite, the Gift of Presence, and the Gift of Timelessness. Leo quickly came to realize that these gifts were not for him alone: they contain ancient wisdom, held sacred in many traditions, that Chris intended him to share with others. He wrote this book, under Chris's direction, to do just that.

Already Here presents a unique dialogue in which an analytical, scientific mind tries to comprehend truths from another plane of existence-one that, nonetheless, is inseparable from our own. Chris describes Heaven and Earth, spirit and matter, as unified opposites that cannot exist without each other and cannot be separated from human consciousness. The book takes its (...)

Author Bio

Leo Galland, M.D. has received international recognition as a clinician, researcher and educator. A graduate of Harvard University and NYU School of Medicine, he won the Linus Pauling Award for his trailblazing vision that created a new way to practice medicine for thousands of doctors. Dr. Galland has been featured in *The New York Times*, *The Washington Post*, and *The Wall Street Journal*, and has appeared on the *TODAY* show, *Good Morning America*, PBS, CNN, MSNBC, and Fox. He is the author of *The Fat Resistance Diet*, *Power Healing*, and *Superimmunity for Kids*, and co-author with Jonathan Galland of *The Allergy Solution*, an international bestseller and subject of a public television show. Website: drgalland.com

Hay House

On Sale: Feb 13/18

5.50 x 8.50

9781401954161 • \$27.99 • CL - Hardcover
Body, Mind & Spirit / Reincarnation

Notes

Promotion





Notes from the Universe on Love and Relationships Oracle Cards

A 60-Card Deck

by Mike Dooley

New York Times best-selling author Mike Dooley is known for bringing the wisdom of the Universe down to earth for his readers in an irrepressibly joyful, wise, and loving form. In this gorgeous 60-card deck, he shares messages that shed inspiring light on the joys and challenges of relationships. Whether you're looking to find new love, keep your relationship fresh and fulfilling, or tap a deeper source of loving within yourself-or simply understand that you are loved, right now-you can use this deck for insight. Ask a question, choose a card, and see your way more clearly. *Always follow your heart, unless it's been broken, then you must lead it.*

*Back into love,
The Universe*

P.S. Did you know that hearts are never too big to mend, too small to rebound, or too tired to love?

Author Bio

Mike Dooley is a former PriceWaterhouseCoopers international tax consultant, turned entrepreneur, who's founded a philosophical Adventurers Club on the internet that's now home to over 500,000 members from over 182 countries. His inspirational books emphasizing spiritual accountability have been published in 25 languages and he was one of the featured teachers in the international phenomenon, *The Secret*. Today Mike is best known for his free Notes from the Universe e-mailings and his *New York Times* bestsellers *Infinite Possibilities: The Art of Living Your Dreams* and *Leveraging the Universe: 7 Steps to Engaging Life's Magic*. Mike lives what he teaches, traveling internationally speaking on life, dreams, and happiness.

Hay House

On Sale: Feb 13/18

3.50 x 5

9781401954703 • \$27.99 • DC - Card Deck

Body, Mind & Spirit / Divination / General • Non

Returnable

Notes

Promotion





The Insight Cure

Change Your Story, Transform Your Life

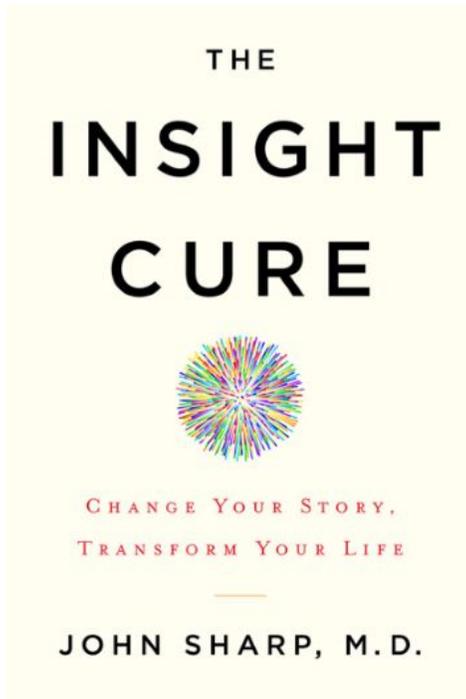
by John Sharp

Every person has a story, a personal narrative that informs their life, their decisions, and their way of thinking. But did you know that it also affects the wiring of your brain? Renowned psychiatrist and professor at Harvard Medical School John Sharp, M.D., offers an eight-step process to discovering your unconscious narrative and using your new insight to eradicate the false truth" that has been at the core of your self-sabotage. His unique approach integrates four core domains of applied psychology-control mastery theory, attachment theory, narrative therapy, and positive psychology-with his own research and professional experience to construct an insightful and soul-searching path to insight.

Dr. Sharp's approach is simple and accessible, with the power to wield profound results. Through exercises, quizzes, thorough exploration of case studies, and clear guidance, you will be able to find your false truth, rewrite your story, and transform your life. Once you have flipped the switch of insight, nothing can hold back the light that shines from within.

Author Bio

John Sharp, M.D., is a seasoned medical professional, board certified psychiatrist, and media expert. He is on the faculty at the Harvard Medical School and David Geffen School of Medicine at UCLA and has treated patients clinically for 20 years. He is the author of *The Emotional Calendar* and a blogger for *Psychology Today* and the Huffington Post. He is also an elected member of the American College of Psychiatrists and served as a standing member of the Examining Committee of the American Board of Psychiatry Association and the Academy of Psychosomatic Medicine. Dr. Sharp divides his time between Boston and Los Angeles, and you can visit him online at johnsharpmd.com.



Hay House

On Sale: Feb 13/18

6 x 9

9781401953249 • \$36.99 • CL - Hardcover

Self-Help / Personal Growth / Happiness

Notes

Promotion

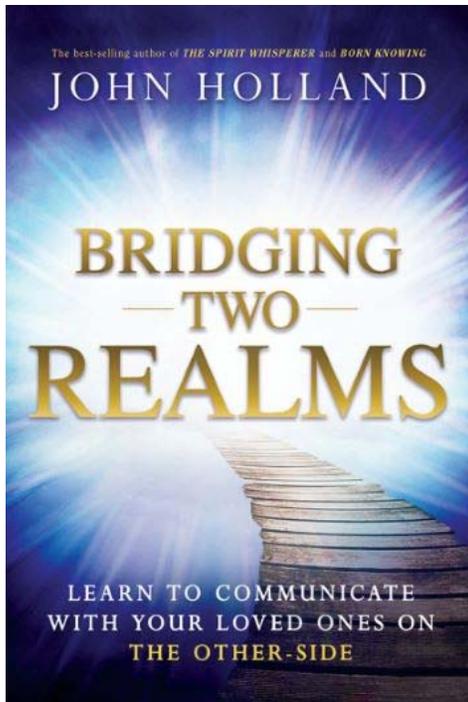


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RAINCOAST BOOKS
WWW.RAINCOAST.COM

Sales Rep



Bridging Two Realms

Learn to Communicate with Your Loved Ones on the Other-Side
by John Holland

In *Bridging Two Worlds*, John Holland provides inspiration and comfort for the bereaved by demonstrating how *you* can make contact with your passed loved ones. He reveals the mechanics and techniques used to extend your awareness beyond your physical senses to develop your potential skills as a medium and use them to connect with your loved ones on the Other-Side.

You'll learn:

- What happens when a loved one passes into the Spirit World
- The signs and symbols your loved ones use to get your attention
- How mental telepathy acts as a bridge between this world and the next
- How meditation can be used to enhance your connection with Spirit
- Exercises and techniques to develop your own mediumistic skills

How to use your specific psychic strengths to become a receptor for spirit messages

Author Bio

John Holland, internationally renowned psychic medium, has been lecturing, teaching, demonstrating, and reading for private clients for over 20 years. He believes passionately that once the physical body dies, our spirit lives on. He's dedicated his life to his own spiritual development and teaching others how to connect with Spirit, as well as offering peace and comfort during times of loss and bereavement. He continues to push the boundaries of authentic mediumship by developing an even higher awareness of Spirit. The best-selling author of *Born Knowing*, *Psychic Navigator*, *101 Ways to Jump-Start Your Intuition*, *Power of the Soul*, *The Psychic Tarot Oracle Deck*, and *The Spirit Whisperer*, John also hosts his own weekly radio show, *Spirit Connections*. He has become a familiar face on television in shows such as the A&E special *Mediums: We See Dead People*, as well as becoming a psychic authority on the History Channel's *Psychic History*. Website: www.JohnHolland.com

Hay House

On Sale: Feb 27/18

6 x 9

9781401950637 • \$23.99 • pb

Body, Mind & Spirit / Parapsychology / ESP

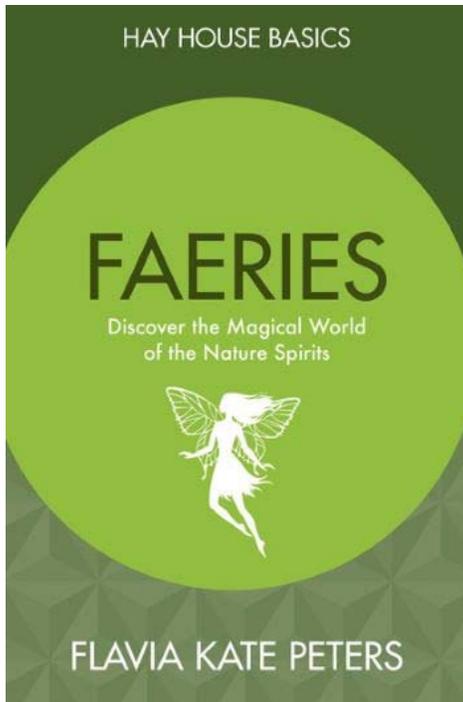
Notes

Promotion



RAINCOAST BOOKS
WWW.RAINCOAST.COM

Sales Rep



Faeries

Discover the Magical World of the Nature Spirits
by Flavia Kate Peters

Many of us feel an affinity with the notion of faeries, having felt their call of magic since childhood. Deep within us we feel a purpose to awaken the mystery of the old ways, of the days when magic abounded. Now more than ever before we are being urged to become an integral part of the magic and mystery of Nature. The Earth needs our help and the Fae are calling us to harness the power of Nature, to honour and revere the ways of our ancestors who worked in union with these very realnature spirits. In return, they offer us their assistance so that we too can heal, create, and thrive in our very modern world, in balance and harmony.

In this introductory book to the Faeries, you will learn:

- who the Faeries really are and where to find them
 - how to communicate and work with the Fae
 - signs that the Faeries give
 - different types of Faeries: earth, air, fire, water
 - spells, meditations, invocations, exercises
 - how working with the Faeries heals our spiritual, physical, and emotional wellbeing, and strengthens our connection to the natural world around us
- This book is for anyone who has a fascination with Faeries, a love of nature, concern for our planet, or even the slightest belief in magic. One can expect to emerge stronger, wiser, and more powerful than ever imagined.

Author Bio

Flavia Kate Peters is known as The Faery Shaman, and, since childhood, has always communed effortlessly with the spirits of nature. Flavia is a hereditary witch, her knowledge of magic passed down from her Grandmother, who embraces the path of the Old Ways, and that of Faery witchcraft. A popular mystic, Flavia Kate teaches others how to affiliate and work with the elemental realm in conjunction with the elements, seasons, candle, and herb magic.
www.flaviakatepeters.com

Hay House

On Sale: Mar 6/18

5.25 x 8

9781788170208 • \$22.50 • pb

Body, Mind & Spirit / Gaia & Earth Energies

Series: Hay House Basics

Notes

Promotion



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RAINCOAST BOOKS
WWW.RAINCOAST.COM

Sales Rep



Saints and Angels

A Guide to Heavenly Help for Every Area of Your Life

by Doreen Virtue

This easy-to-use guide is like an encyclopedia of Christian saints and angels. It explains the history of each, what role they serve today, how they can help us deal with specific life problems, and how to call upon each one. It also includes a comprehensive chart that lists a number of life situations, such as addictions, finding a soul mate, emergency money, and healing physical illness and various personal and family concerns. Beneath each topic is a list of whom to call upon when dealing with that particular challenge.

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(Reg TM)

Hay House

On Sale: Mar 6/18

6 x 9 • 272 pages

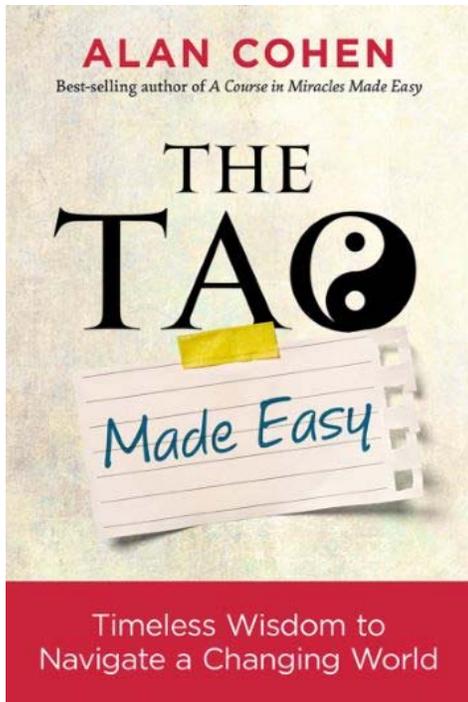
9781401955403 • \$37.99 • CL - Hardcover

Body, Mind & Spirit / Healing / Prayer & Spiritual

Notes

Promotion





The Tao Made Easy

Timeless Wisdom to Navigate a Changing World

by Alan Cohen

The classic *Tao Te Ching* is the best-selling book in all history, with the exception of the Bible. But its interpretation and application remain a mystery to many of us, living as we do in a far more complicated and fast-paced world than the world in which Chinese sage Lao Tse penned his 81 stanzas 2,500 years ago. In *The Tao Made Easy*, Alan Cohen -author of the beloved *A Course in Miracles Made Easy* -takes the lofty and enigmatic concepts of the *Tao* and brings them down to earth in modern language with lots of practical examples readers can apply to their daily lives to get real and lasting results.

Alan's take on the Tao sets itself apart from other interpretations in two key ways. First, he presents the teachings according to the major themes of the Tao rather than marching through the verses one by one and explaining them as most interpretive texts do. Second, he has found an original and engaging way to bring the lessons around each theme to life, using short dramatic vignettes in which he poses as a student of Lao Tse and interacts with the sage directly and intimately as he wendshis way through the challenges and triumphs of his own spiritual journey.

An ancient Chinese blessing wishes, 'May you live in interesting times.' That wish has come true for us," Alan writes in the introduction to *The Tao Made Easy*. "Now how do we deal with it? Has any wisdom been given to humanity that can help us navigate a world spinning faster than we can control?" The answer is yes-and this delightfully readable, directly impactful guide puts it right in our hands.

Author Bio

Alan Cohen, M.A. , is the author of 25 popular inspirational books, including the best-selling *The Dragon Doesn't Live Here Anymore*, the award-winning *A Deep Breath of Life*, and the classic *Are You as Happy as Your Dog?* He is a contributing writer for the *New York Times* #1 best-selling series *Chicken Soup for the Soul*, and his books have been translated into 26 foreign languages. His work has been featured on Oprah.com and in *USA Today*, *The Washington Post*, and *101 Top Experts*. Alan's radio program *Get Real* is broadcast weekly on Hay House Radio, and his monthly column *From the Heart* is featured in magazines internationally.

Alan is a respected keynoter and seminar leader for professional meetings in the fields of personal growth, inspiration, holistic health, human relations, and achievement of work-life balance. He has served as Instructor of Individual and Group Dynamics at Montclair State College, stood on the faculty of



Hay House

On Sale: Mar 6/18

6 x 9

9781401953621 • \$23.99 • pb

Body, Mind & Spirit / New Thought

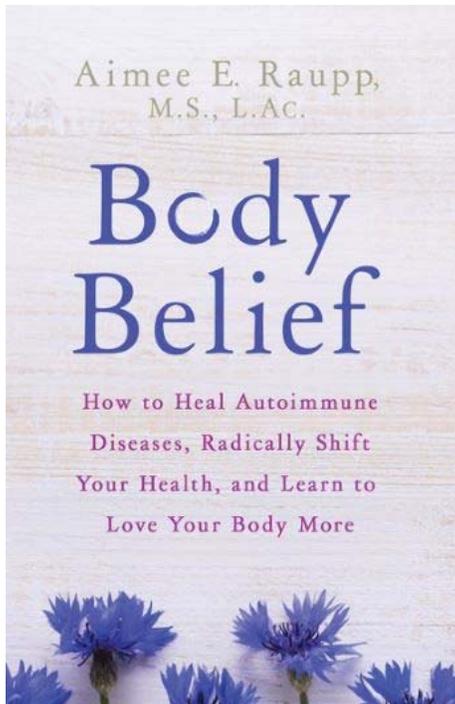
Notes

Promotion



RAINCOAST BOOKS
WWW.RAINCOAST.COM

Sales Rep



Body Belief

How to Heal Autoimmune Diseases, Radically Shift Your Health, and Learn to Love Your Body More

by Aimee E. Raupp

Acupuncturist and herbalist Aimee Raupp, M.S., L.Ac. , offers a holistic plan for healing from autoimmune disease through reconnection to yourself, renewal of your beliefs, and reawakening of your health. This book will guide you on a life-changing path to radically shift your health and love your body more. Raupp posits that the rampant rise in autoimmune illness is due to three co-existing factors: body disconnect (spiritual, emotional, and physical), behavioral sabotage (where deep-rooted beliefs negatively dictate your behavior, which dictates your health), and environmental toxins (exposure to external disease-promoting elements). With warmth, sensitivity, and practicality, Raupp explores how our beliefs dictate our behavior, which ultimately dictates our health.

By following Raupp's two-phase Body Belief diet and Body Belief lifestyle roadmap, your health will begin to thrive, both inside and out. Included are a diet plan, shopping lists, menus, meditations, mantras, and DIY and commercial suggestions for bath, beauty, and home products for self-care.

Author Bio

Aimee Raupp, M.S., L.A.c., is a renowned women's health and wellness expert and author. A licensed acupuncturist and herbalist in private practice in New York, Aimee holds a M.S. in Traditional Oriental Medicine from the Pacific College of Oriental Medicine and a B.A. in biology from Rutgers University. Aimee is also the founder of the Aimee Raupp Beauty line of hand-crafted, organic skincare products, women's health expert and contributor for Thrive Global, and a columnist and blogger for Acupuncture Today, MindBodyGreen, WellRoundedNY, and Motherly. You can visit her online at www.aimeeraupp.com.

Hay House

On Sale: Mar 13/18

5.50 x 8.50

9781401954888 • \$27.99 • CL - Hardcover

Health & Fitness / Diseases / Immune System

Notes

Promotion





How to Live a Good Life

Soulful Stories, Surprising Science, and Practical Wisdom
by Jonathan Fields

Seriously . . . another book that tells you how to live a good life? Don't we have enough of those?

You'd think so. Yet, more people than ever are walking through life disconnected, disengaged, dissatisfied-mired in regret, declining health, and a near maniacal state of gut-wrenching autopilot busyness.

Whatever is out there isn't getting through. We don't know who to trust. We don't know what's real and what's fantasy. We don't know how and where to begin and we don't want to wade through another minute of advice that gives us hope, then saps our time and leaves us empty.

How to Live a Good Life is your antidote—a practical and provocative modern-day manual for the pursuit of a life well-lived. No need for blind faith or surrender of intelligence. Everything you'll discover is immediately actionable and subject to validation through your own experience.

Drawn from the intersection of science, spirituality, and the author's years-long quest to learn at the feet of masters from nearly every tradition and walk of life, Fields's simple yet powerful Good Life Buckets™ model will help you to reclaim your life in 30 days.

Each day will bring a new, practical yet powerful idea, along with a specific exploration designed to rekindle deep, loving, and compassionate relationships (...)

Author Bio

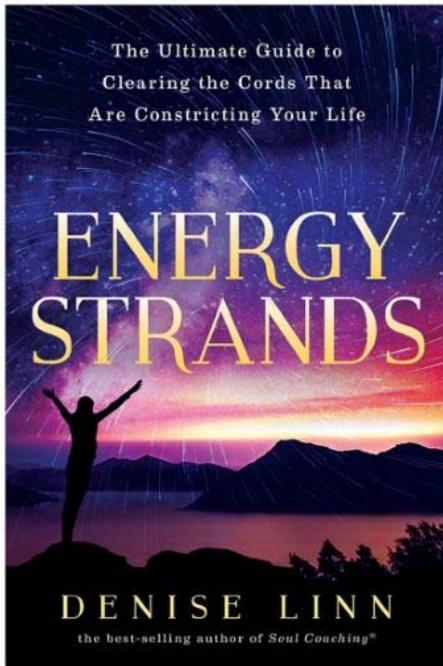
Jonathan Fields is on a mission to inspire possibility. A New York City dad and husband, he founded the media and education venture Good Life Project (Reg TM), where he and his team lead a global community in the quest to live more meaningful, connected, and vital lives; produce a top-rated podcast with millions of downloads; and offer a growing catalog of events, trainings, and courses. 800-CEO-READ named his last book, *Uncertainty: Turning Fear and Doubt into Fuel for Brilliance*, the #1 personal development book of the year. You can visit him online at www.goodlifeproject.com.

Hay House
On Sale: Mar 13/18
6 x 9 • 256 pages
9781401946326 • \$23.99 • pb
Self-Help / General

Notes

Promotion





Energy Strands

The Ultimate Guide to Clearing the Cords That Are Constricting Your Life

by Denise Linn

This book helps you discover the cables, ropes, ribbons, strands, threads, and filaments of energy that flow to and through you. By learning ancient shamanic techniques, you'll learn how to release the cords that bind you and empower the strands that strengthen and heal you.

Some energy strands allow us to feel vibrant and alive. Others deplete and weaken us. Most people are unaware of these energy strands, but they can feel them on a subconscious level.

In *Energy Strands*, Denise Linn shares some of the methods she's learned over the years to support you in finding harmony and balance in your life through understanding these lines of energy. Topics covered include attachments with family, ancestors, friends, lovers, crowds, and pets. *Energy Strands* also explores the connection between sound (crystal bowls), breath, meditation, and visualization in strands. You will gain practical tools to clear negative cords from unhealthy attachments, toxic relationships, and spaces.

Discovering and releasing the energy cords that don't empower you is a voyage of letting go . . . and stepping into the flow of life.

Author Bio

Denise Linn 's personal journey began as a result of a near-death experience at age 17. Her life-changing experiences and remarkable recovery set her on a spiritual quest that led her to explore the healing traditions of many cultures, including those of her own Cherokee ancestors, the Aborigines in the Australian bush, and the Zulus in Bophuthatswana. She trained with a Hawaiian kahuna (shaman), and Reiki Master Hawayo Takata. She was also adopted into a New Zealand Maori tribe. In addition, Denise lived in a Zen Buddhist monastery for more than two years.

Denise is an internationally renowned teacher in the field of self-development. She's the author of the bestseller *Sacred Space* and the award-winning *Feng Shui for the Soul*, and has written 16 books, which are available in 29 languages. Denise has appeared in numerous documentaries and television shows worldwide, gives seminars on six continents, and is the founder of the International Institute of Soul Coaching (Reg TM), which offers professional certification programs in life coaching. For information about Denise's certification program and other lectures, please visit her Website: www.DeniseLinn.com

Hay House

On Sale: Mar 20/18

6 x 9

9781401950583 • \$23.99 • pb

Body, Mind & Spirit / Healing / Energy (Chi Kung, Reiki, Polarity)

Notes

Promotion

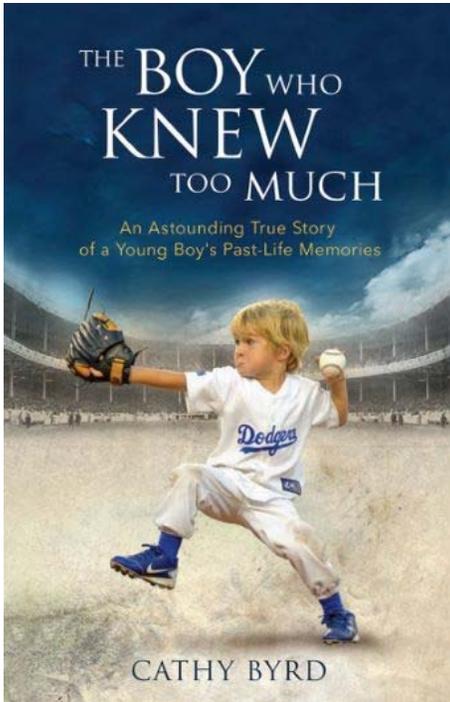


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RAINCOAST BOOKS
WWW.RAINCOAST.COM

Sales Rep



The Boy Who Knew Too Much

An Astounding True Story of a Young Boy's Past-Life Memories
by Cathy Byrd

Byrd's memoir almost reads like a suspenseful novel . . . An eclectic mix of mystery, memoir, and the supernatural." - Kirkus Reviews

"This is a wonderful book, intelligent, humorous, and overflowing with spiritual insights.

One of the most transformative and thought-provoking books I've ever encountered."

- Jack Canfield, co-creator of the New York Times #1 best-selling series Chicken Soup for the Soul (Reg TM)

"Mommy, I used to be a tall baseball player."

"Yes, you will be a tall baseball player someday."

With a look of exasperation, he stomped his foot and hollered.

"No! I was a tall baseball player-tall like Daddy!"

What was my son trying to say to me? Did he mean . . . he couldn't mean . . . was he trying to tell me that he was a grown-up in a previous lifetime?

At the tender age of two, baseball prodigy Christian Haupt began sharing vivid memories of being a baseball player in the 1920s and '30s. From riding cross-country on trains, to his fierce rivalry with Babe Ruth, Christian described historical facts about the life of American hero and baseball legend Lou Gehrig that he could not have *possibly* known (...)

Author Bio

Location: Thousand Oaks, CA

Cathy Byrd is a residential real estate broker and mother of two young children who never had aspirations of becoming a writer until her two-year-old son began sharing memories of being a baseball player in the 1920s and '30s. A Southern California native, Cathy received her B.A. from UCLA and her M. B.A. from Pepperdine University. Prior to becoming a Realtor, Cathy had an exciting 10-year career in sports marketing, working for the World Cup and Olympic Torch Relay Organizing Committees and serving as vice president of the Magic Johnson Foundation. The most likely place to find Cathy in her free time is at a youth baseball field.

Hay House

On Sale: Mar 20/18

5.50 x 8.50 • 256 pages

9781401952730 • \$16.99 • pb

Religion / Spirituality

Notes

Promotion

- We plan to release in the weeks leading up to Opening Day (April 3). Cathy feels confident that we will get the attention of the media at that time.

- Dr. Jim Tucker, M.D., leading authority on children's past-life memories, has agreed to participate in promotional interviews for this book.

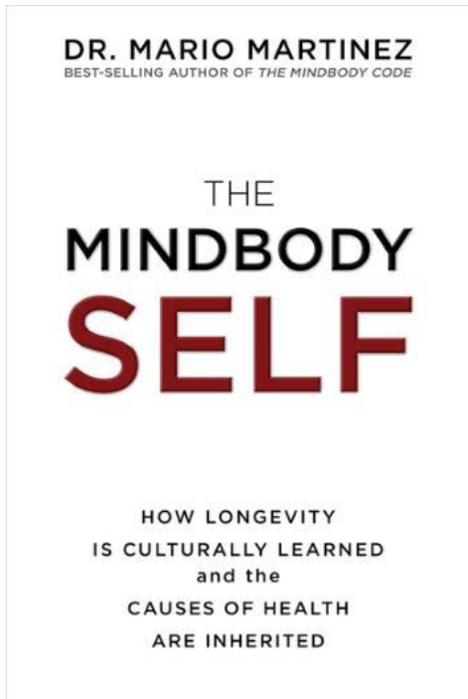
- Cathy plans to break the story once the book is available for sale.

- Cathy's YouTube channel has 9,000 subscribers and her videos have received millions of views. The most popular video is Christian throwing the first pitch at a MLB game.

- Cathy is working with prominent media expert, publicist, and best-selling author Michael Levine. Levine has represented Oscar winners, Grammy winners, and New York Times bestsellers.



9 781401 952730



The MindBody Self

How Longevity Is Culturally Learned and the Causes of Health Are Inherited
by Mario Martinez

In these turbulent times, just about every solution you can think of has been put forth by someone, somewhere, as a way to calm the waters and live with more happiness and ease. But the fact is you cannot think your way to a better life. Change isn't something your mind can accomplish alone. It calls for mind and body to work together in a deeper unity than you may ever have imagined.

Neuropsychologist Mario Martinez is a pioneer in the science of the mindbody-his term for that essential oneness of cognition and biology-and a passionate advocate for its power to reshape our lives, if we work with it consciously. In *The MindBody Self*, he builds on the foundation he laid in the critically acclaimed *MindBody Code* to explore the cultural conditions that co-author our reality and shape every aspect of our lives, from health and longevity to relationships and self-esteem. Then he offers practical tools we can use to shed outworn patterns and create sustainable change.

You'll read about:

- * How our cultural beliefs affect the diagnosis, prognosis, and treatment of disease
- * The difference between growing older (which we all do) and aging" by our culture's standards (which we can learn not to do)
- * What happens when we move "beyond the pale" of our tribe's expectations
- * Biocognitive tools for a healthy life

The *MindBody Self* presents groundbreaking ideas derived from rigorous scholarship-but you don't need a background in science to use what you find here. Each chapter concludes with exercises and experiential processes that make complex scientific discoveries not only (...)

Author Bio

Dr. Mario Martinez is a licensed clinical psychologist and best-selling author of two previous books, *The MindBody Code: How to Change the Beliefs that Limit Your Health, Longevity, and Success* and the psychological novel *The Man from Autumn*. He lectures worldwide on his pioneering work in biocognitive science, a new mind-body paradigm that investigates the



Hay House

On Sale: Mar 20/18

6 x 9 • 320 pages

9781401951306 • \$23.99 • pb

Health & Fitness / Longevity

Notes

Promotion



RAINCOAST BOOKS
WWW.RAINCOAST.COM

Sales Rep



Feeding You Lies

Unraveling the Food Industry's Playbook to Reclaim Your Health

by Vani Hari

In her latest book, *New York Times* best-selling author Vani Hari, founder of FoodBabe.com exposes the flagrant lies we've been fed about the food we eat—lies about its nutrient value, effects on our health, label information, and even the very science on which we make our food choices.

Feeding You Lies guides readers on a journey of how to eat foods that truly fill us with nutrients, while discussing the untruths and deceptive practices by food companies, lobbyists, and even our own government to push profit over health. Through this journey, however, readers will discover how to avoid the deceptions and achieve the health of their dreams in the process.

Ms. Hari unmasks:

- How processing forces vital nutrients from our food
- The scandalous cover-ups by the sugar industry to deflect the deadly health risks of sugar, away from sugar to dietary fat
- The propaganda geared to position popular sodas as healthy treats
- How food companies pay millions of dollars to fitness and nutrition experts to promote GMO-loaded foods and processed foods as good for your health.
- Food marketing hoaxes such as low-calorie and fat-free
- "Diet foods" designed to keep us fat
- Synthetic fortification of food to make products appear healthier than they really are
- The fake news and fake science we're fed by a food industry-biased press, social media, and advertisers to entice us to eat more junk food
- and more!

In every chapter, readers are given quick attainable actions for living their lives without preservatives, natural and artificial sweeteners, GMOs, additives food dyes, fillers, and more.

Author Bio

Vani Hari is a revolutionary food activist, a *New York Times* best-selling author, and was named one of the Most Influential People On the Internet" by *Time* magazine. Hari started FoodBabe.com in April 2011 to spread information about what is really in the American food supply. She teaches people how to make the right purchasing decisions at the grocery store, how to live an organic lifestyle, and how to travel healthfully around the world. The success of her writing and investigative work can be seen in the way food

Hay House

On Sale: Mar 27/18

6 x 9

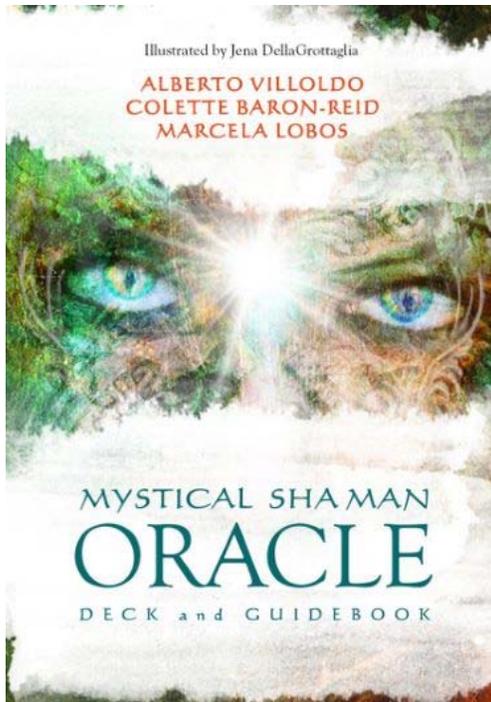
9781401954543 • \$39.99 • CL - Hardcover

Health & Fitness / Nutrition

Notes

Promotion





Mystical Shaman Oracle Cards

by Alberto Villoldo and Colette Baron-Reid, contributions by Marcela Lobos

Three master teachers and healers- Alberto Villoldo , Colette Baron-Reid , and Marcela Lobos -have brought their wisdom and talents together to create this gorgeously packaged oracle deck. Alberto and Marcela contribute their decades of knowledge and experience with indigenous shamanic practices; Colette offers her extensive expertise with divination tools. The result is a deck unlike any other currently on the market, featuring powerful beings, animals, and natural forces from cultures across the globe.

Author Bio

Alberto Villoldo, Ph.D., has trained as a psychologist and medical anthropologist, and has practiced yoga for more than 25 years. He has traveled to the source of India's holy rivers in the Himalayas to rediscover the wisdom of the Sadhu, India's ancient shamans. Dr. Villoldo directs The Four Winds Society, where he trains individuals in the U.S. and Europe in the practice of shamanic energy medicine. Dr. Villoldo has written numerous best-selling books, including *One Spirit Medicine* ; *Shaman, Healer, Sage* ; and *Power Up Your Brain* . Website: www.thefourwinds.com

Colette Baron-Reid is an internationally acclaimed intuition expert and host of the TV show *Messages from Spirit* . She's also a best-selling inspirational author and oracle expert published in 27 languages, a keynote speaker, a recording artist, and an entrepreneur. Colette is known for her uncanny, laser-sharp intuitive insights-she brings audiences to laughter and tears, whether they're packed auditoriums or private clients across 29 countries. She is the CEO and founder of the Invision Lab, offering advisory services for select influencers and education for coaches in her trademarked energy psychology process, The Invision Process(Reg TM). Originally from Toronto, Colette splits her time between the U.S. and Canada with her husband, Marc, and three fluffy Pomeranians. When she's not writing books and teaching global audiences, she's riding her Harley along the seacoast. Website: www.colettebaronreid.com

Marcela Lobos has been initiated in the healing traditions of the Amazon and the Andes. She was born and raised in Chile where she worked with shamans that belong to a matriarchal society that holds the wisdom of the (...)

Hay House

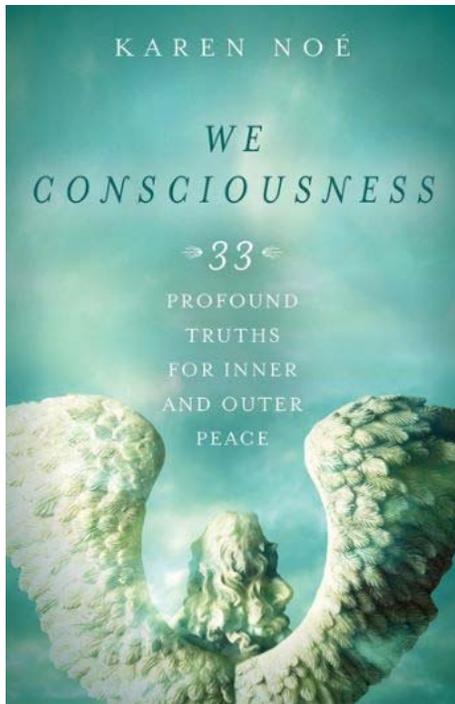
On Sale: Mar 27/18

9781401952501 • \$59.99 • DC - Card Deck
Body, Mind & Spirit / Divination / Tarot • Non
Returnable

Notes

Promotion





We Consciousness

33 Profound Truths for Inner and Outer Peace

by Karen Noe

After spiritual teacher and best-selling author Dr. Wayne W. Dyer left this physical plane in 2015, Karen Noe has consistently been receiving very profound and specific messages from him for his family-and for the world. While Wayne comes through to Karen singularly, he also comes through together with a group of other celestial beings called the We Guides, which includes Saint Francis of Assisi and countless numbers of angels and ascended masters.

Wayne and the We Guides talk about the We Consciousness, which incorporates the unity of everyone and everything, our divinity, the compassion for all life, and what a person does to oneself or another affects the whole. The We Consciousness consists of 33 concepts, which focus on the spiritual uplifting of all creation. Karen incorporates each of the concepts within these chapters to show how you can become an instrument of peace at this critical time. She'll explain that in order to extend peace outside of yourself, you must first feel peace within yourself. You must expect to see peace everywhere, and acknowledge the infinite peace that you are. Then you must live that identity to the fullest.

Author Bio

Karen Noe is a renowned New Jersey-based psychic medium, spiritual counselor, and healer with a two-year waiting list. She is the author of three books on the afterlife and mediumship. She is the owner and founder of the Angel Quest Center in Ramsey, New Jersey, where she teaches classes, gives readings, and practices alternative healing. You can listen to Karen on *The Angel Quest Radio Show* by tuning in to www.wrcr.com on the first Saturday of every month at 1pm EST. To sign up for Karen's newsletter and to find out more about her, please visit her website at www.karennoe.com.

Hay House

On Sale: Mar 27/18

5.50 x 8.50

9781401952310 • \$22.50 • pb

Body, Mind & Spirit / Channeling

Notes

Promotion



9 781401 952310



RAINCOAST BOOKS
WWW.RAINCOAST.COM

Sales Rep



Cosmic Messengers

The Universal Secrets to Unlocking Your Purpose and
Becoming Your Own Life Guide
by Elizabeth Peru

Cosmic Messengers provides a practical map to understanding the role of cosmic energy in accelerating our life purpose. The reader is nudged to remember why they are here, what they are good at and how they can fulfill their purpose, all with an energetic momentum. By becoming 'cosmically aware' the reader can develop a deeper appreciation of their place in the universe and their reason for being.

Chapters one to thirteen focus on accelerating our life purpose by understanding energy, planetary bodies, the human soul and personality, our spiritual reality, cosmic awareness, momentum, resistance, the power of secrecy and using our imagination and intuition to walk our unique path.

There's also a valuable reference section detailing "The Cosmic Reasons for Physical, Emotional, Mental and Spiritual Life Issues" as well as "The Common Physical Symptoms of Accelerating our Life Purpose".

The reader is actively engaged in *Cosmic Messengers* through self-inquiry in each chapter. They are also taken through guided meditations to reinforce the work being discussed. Readers will receive answers from within, learn how to draw out their ancient wisdom and be guided to put their innate knowledge, skills, and talents to work for themselves in living their life on purpose.

Author Bio

Elizabeth Peru is known widely for The Tip-Off" - her online, 7-day in advance energy forecast for the globe. In her mid to late twenties, Elizabeth had her spiritual wake-up call - she was no longer satisfied with her lifestyle and corporate career and wanted to reach and grow into her full potential. Thus began the incredible journey that led her here today. www.elizabethperu.com

Hay House
On Sale: Apr 3/18
5.50 x 8.50
9781788170642 • \$23.99 • pb
Body, Mind & Spirit / New Thought

Notes

Promotion





Hungry for More

Satisfy Your Deeper Cravings and Feed Your Dreams to Live a Full Up Life

by Melissa Wells

Your relationship with food is a mirror of your relationship with life - whether you are controlling, overindulging, or racing through it mindlessly."

After the success of her first book, *The Goddess Revolution*, which was all about fostering a healthier relationship with food and your body, Mel Wells helps you dive deeper into your food and body psychology.

As a health coach, Mel believes that our unwanted eating habits could actually be pointing us in the direction of our soul's true calling, and that our addictions reveal something much greater than cravings for caramel lattes - they reveal a need for love, connection, intimacy, and the feeling of being truly seen and understood, in spite of all our failures and flaws.

In this book, Mel unveils the psychology and emotions behind eating. She will show you how your approach to food causes a knock-on effect to all other aspects of your life, such as money, relationships and career. Mel will help you see the truth behind your food patterns, and will teach you how to start satisfying your deeper cravings, feeding your dreams, and nourishing your soul to live the life you desire.

Author Bio

Mel Wells is a health coach, speaker and the founder of The Green Goddess Life. She dedicates her time to helping thousands of women worldwide ditch the dieting for good, make peace with food and love their healthy bodies in all the right ways. Mel coaches women one-on-one and also through her online academy and luxury Goddess Retreats around the world. Mel has received training from The Institute of Integrative Nutrition. www.melwells.com

Hay House

On Sale: Apr 3/18

5.50 x 8.50

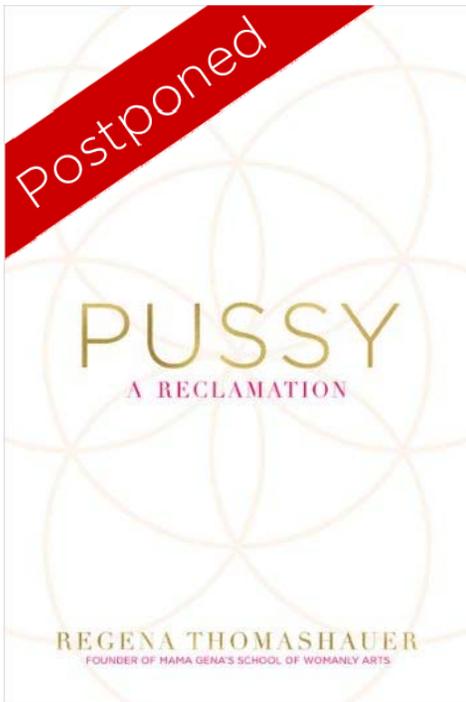
9781788170215 • \$22.50 • pb

Self-Help / Motivational & Inspirational

Notes

Promotion





Pussy

A Reclamation

by Regena Thomashauer

New in paperback: the New York Times best-selling manifesto from the founder of Mama Gena's School of Womanly Arts, written to put women back in touch with their power source and show them the steps to an authentically radiant life.

Required reading for every woman who longs to step into her power and live with pleasure and purpose."

- Kris Carr, *New York Times* best-selling author

Author, educator, and School of Womanly Arts founder Regena Thomashauer has been working with women for the past 25 years, and what began as just a few women in her living room has since grown into a global movement with thousands of graduates worldwide.

In her *New York Times* bestseller *Pussy: A Reclamation*, she reveals what no one taught you about the source of your feminine power and how to use it. This power is the part of a woman that she has been taught to ignore, push down, and despise. Indeed, the word that most viscerally sums it up is "arguably the most powerful pejorative word in the English language." Like any expletive used effectively, the title of this book is meant to be a wake-up call. It is a reclamation, in a world that desperately requires the feminine.

Readers learn the secret ingredient every woman is missing; how to crack the confidence code; why sex appeal is an inside job; what's ahead on the next frontier of feminism-and how (...)

Author Bio

Location: New York, NY

Regena Thomashauer (Mama Gena) is a revolution: an icon, teacher, best-selling author, mother, and one of a handful of pioneers on the planet researching the nature of pleasure and dedicating her life to the discipline of pleasure and fun. Regena is self-taught in the social, cultural, and economic history of women, including the ancient Goddess religion, which dominated for 30 to 50 centuries of recorded history. She uses her more than 20 years of research and her knowledge of female pleasure to open doors for women by giving them a context in which to maximize their passion, enthusiasm, and creativity.

She has been a frequent guest on NBC-TV's *Today* show and has appeared on *Late Night with Conan O'Brien* six times. She has also been a guest on

Hay House

On Sale: Apr 3/18

6 x 9 • 288 pages

9781401950262 • \$21.50 • pb

Self-Help / Personal Growth / General

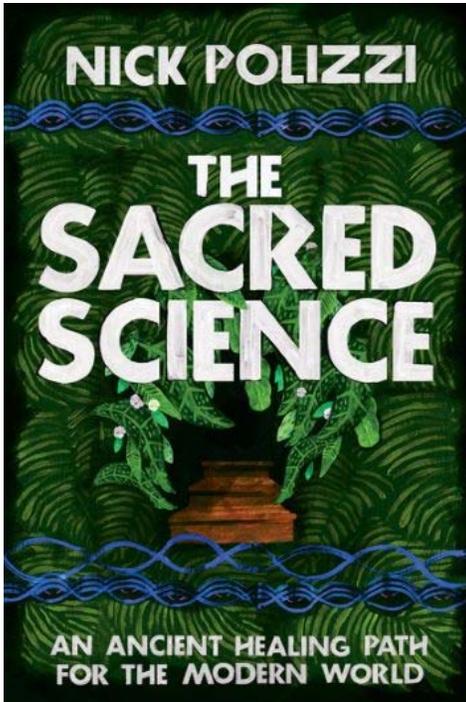
Notes

Promotion

- Connect launch with Womanly Arts "Experience" weekend in fall 2017 as well as other live events.

- Promote to Regena's audience in newsletters and on social media.





The Sacred Science

An Ancient Healing Path for the Modern World

by Nick Polizzi

In the work of documentary filmmakers, explains Nick Polizzi, one cardinal rule is to establish the trust of your subject, but never forget that your job is to document, not participate. But when Nick set out to explore the native outback of the Americas-meeting healers, shamans, and medicine women and tapping their well of ancient wisdom, nearly lost to the rest of the world-he had to bend that rule. As he found his way into highly sacred and often very private shamanic ceremonies, not participating ceased to be an option. In *The Sacred Science*, Nick invites readers along on his journey of discovery to make indigenous knowledge of healing accessible to us all.

Author Bio

Nick Polizzi is the founder of The Sacred Science, a website and blog dedicated to explorations of alternative healing modalities and indigenous healing traditions. His work stems from a calling to honor, preserve, and protect the ancient knowledge and rituals of the indigenous peoples of the world. He has spent his career directing and producing feature-length documentaries about holistic alternatives to conventional medicine; most recently, Nick directed *The Tapping Solution* and co-edited *Simply Raw - Raw for 30 Days*. Website: thesacredscience.com

Hay House

On Sale: Apr 3/18

9781401952914 • \$36.99 • CL - Hardcover
Body, Mind & Spirit / Spirituality / Shamanism

Notes

Promotion





Charge and the Energy Body

The Vital Key to Healing Your Life, Your Chakras, and Your Relationships

by Anodea Judith

We all know what it's like to have a "charge" about something. It's a feeling of excitement, fear, sexual arousal, or irritation. But what we don't currently know is how to *use* charge for the behaviors we want to create.

Charge is a word for the basic life force running through us. This force is crucial if we are to meet the challenges of difficult situations, heal past wounds and traumas, and manage the stress of modern life. Even more, it is essential for understanding how to master your own life force and become all you can be.

This book makes an important contribution to the growing field of Energy Medicine, by looking at *charge* as the interface between mind and body, and the missing ingredient in Mind-Body healing. It brings the reader into a deep intimacy with their own life force, as well as an understanding of how charge runs their relationships, their children, their clients, and patients. It examines how we can become "overcharged" or "undercharged" and how to bring about balance through practices of charging and discharging. Each chapter gives simple exercises to put these principles into practice.

World-renowned teacher, somatic therapist, best-selling author, and advanced yoga teacher, Anodea Judith, Ph.D. , addresses all this and more in her groundbreaking book on mastering the life force. Taken from her decades of teaching on the subject and her doctoral work in Mind-Body medicine, this book (...)

Author Bio

Anodea Judith, Ph.D. , is the author or co-author of eight books on various aspects of healing, psychology, spirituality, social change, and yoga, most notably as seen through the system of energy centers known as chakras. Her first book, released in 1987, *Wheels of Life*, has sold over 250,000 copies in the U.S., with translations in 24 languages, selling even better today after nearly 30 years. She holds Masters and Doctoral degrees in Psychology and Human Health, is a 500-hour registered yoga teacher (E-RYT), with lifelong studies of psychology, mythology, sociology, history, systems theory, and mystic spirituality. She is considered one of the country's foremost experts on the combination of chakras and therapeutic issues and on the interpretation of the Chakra System for the Western lifestyle. She teaches across the world, and has been a speaker at numerous conferences, such as Yoga Journal, Institute of Noetic Sciences, and Healing Touch, and an ongoing faculty



Hay House

On Sale: Apr 10/18

6 x 9

9781401954482 • \$23.99 • pb

Body, Mind & Spirit / Healing / Energy (Chi Kung, Reiki, Polarity)

Notes

Promotion





Daily Blessings Cards

44 Divine Guidance Cards and Guidebook

by Doreen Virtue

Prayer cards and daily devotionals are time-honored ways to gain insight into God's inspired guidance for you. The *Divine Guidance Devotional Cards* by Doreen Virtue offer beautifully supportive and helpful messages and scripture. Each of the 44 cards features a gorgeous image of a saint or angel, a devotional topic, and a relevant passage from the Bible.

The enclosed guidebook features devotionals to expand on each card, for prayerful contemplation to support and inspire your path. You can pull a card to give you spiritual strength for your day, to gain insight into your questions, or to receive a deeper understanding of God's loving messages for you.

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(Reg TM)

Hay House

On Sale: Apr 10/18

3.50 x 5 • 128 pages

9781401955076 • \$27.99 • DC - Card Deck

Religion / Christian Life / Inspirational • Non

Returnable

Notes

Promotion





The Pursuit of Dreams

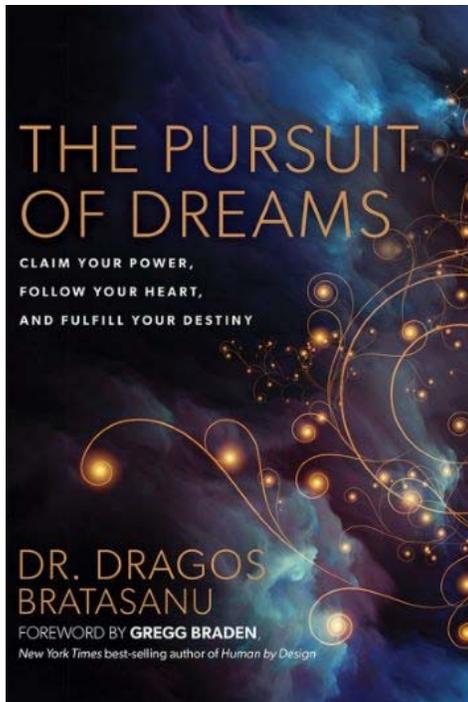
Claim Your Power, Follow Your Heart, and Fulfill Your Destiny
by Dragos Bratanu

Today, Dr. Dragos is an award-winning scientist, filmmaker, and speaker who has presented on five continents. His beginnings in Romania, however, were humble, and in this book the reader gets a few glimpses of formative periods of his upbringing. While pursuing a doctoral program in Germany, he audaciously decides that he *will* travel to the North and South Pole—even though he's surviving on just \$100 a month. Dr. Dragos describes the hard work, serendipitous moments, and amazing people he meets in the pursuit and fulfillment of this dream, and how it ignited in him the passion to inspire others to pursue their dreams by creating a film, *The Amazing You*.

Dr. Dragos continues by taking the reader behind the scenes in Silicon Valley, NASA headquarters, Buddhist monasteries, and Masonic temples as he holds conversations with influential movers and shakers as well as everyday people. Interweaving these conversations with tales of others who have pursued their passions, Dr. Dragos connects science, spirituality, and entrepreneurship to inspire you and empower you to make your dreams a reality. You'll understand why now is the best time in history to bring your ideas to fruition and how your passion can be turned into practice. Dr. Dragos shows you how to find inner peace and release your fears, and transform hurt into power and dreams into reality.

Author Bio

Dr. Dragos Bratanu is an award-winning scientist, filmmaker, and speaker who has presented on five continents. Dragos holds a Ph.D. in satellite-based intelligence and has received several international awards for his scientific research and innovation. Fresh out of university, Dragos traveled alone on two expeditions to the North and the South Pole, and he became the engineer of the first Romanian Simulation Mission to Mars, paving the way for future manned missions to the Red Planet. In 2015, Google and Singularity University selected Dragos to be part of a major entrepreneurial venture at NASA in Silicon Valley. The program brought together future leaders and entrepreneurs to create solutions for humanity's grand challenges. *Forbes Magazine* named their team among the smartest people in the world." In 2017, Dragos was nominated for the Innovators Under 35 Award, the most prestigious recognition granted on behalf of *MIT Technology Review* for "the brightest minds in Europe that are changing society" with projects that can impact the world. Website: www.drdragos.com



Hay House

On Sale: Apr 10/18

6 x 9

9781401952600 • \$23.99 • pb

Body, Mind & Spirit / New Thought

Notes

Promotion



RAINCOAST BOOKS
WWW.RAINCOAST.COM

Sales Rep



Dodging Energy Vampires

An Emotional and Physical Healing Manual for Empaths and Other Highly Sensitive People

by Christiane Northrup

This book is about owning and celebrating your highly sensitive, empathic nature for the gift it truly is to society and to the planet. Highly sensitive empathic people carry huge amounts of inner light because they see life through the eyes of compassion and caring. Always. They were born that way. But it's also a manual for how to repair your wounded self-esteem and self-worth and step out of the victim role that you may have been assigned in your family of origin. Or by society.

And most importantly, this book will assist you in identifying and warding off the most common types of energy vampires who feed on your energy and make you susceptible to health, emotional, and financial problems. Here you will find explicit instructions for how to identify and separate from energy vampires so that they are no longer using your energy to fuel their dysfunctional lives. The end result is this. You will find yourself healthier, happier, wealthier, and more vibrant than you ever believed possible.

Author Bio

Christiane Northrup, M.D. , board-certified ob/gyn, former assistant clinical professor of ob/gyn at the University of Vermont College of Medicine, *New York Times* best-selling author, is a visionary pioneer in women's health. After decades on the front lines of her profession as a practicing physician in obstetrics and gynecology, she is now dedicating her life to helping women truly flourish by learning how to enhance all that can go right with their bodies. Dr. Northrup is a leading proponent of medicine that acknowledges the unity of mind, body, emotions, and spirit. Internationally known for her empowering approach to women's health and wellness, she teaches women (and many men) how to thrive at every stage of life and encourages them to create health on all levels by tuning in to their inner wisdom.

As a business owner, physician, former surgeon, mother, writer, and speaker, Dr. Northrup acknowledges our individual and collective capacity for growth, freedom, joy, and balance. She is also thrilled with her company, Amata, whose name is derived from the Thai words for "ageless" and "eternal." This company is devoted to creating and distributing products that contribute to vibrant health and well-being throughout the life cycle (www.amatalife.com).

When she's not traveling, Dr. Northrup loves devoting her leisure time to dancing Argentine tango, staying fit through Pilates and resistance stretching, going to the movies, getting together with friends and family, potluck dinners, boating, process painting, and reading.



Hay House

On Sale: Apr 17/18

5.50 x 8.50

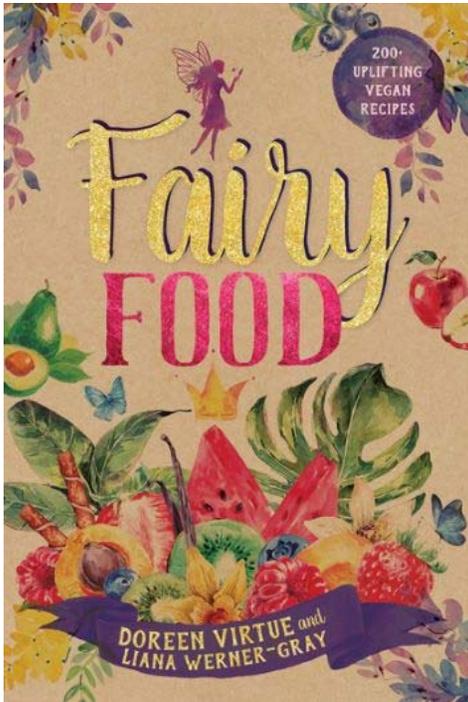
9781401954772 • \$34.99 • CL - Hardcover

Body, Mind & Spirit / Inspiration & Personal Growth

Notes

Promotion





Fairy Food

by Doreen Virtue and Liana Werner-Gray

With this charming vegan recipe book, internationally best-selling angel author Doreen Virtue and natural-health advocate Liana Werner-Gray show you how to bring the magic of the fairies into your life. They start by explaining that the fairies are angels of nature whose energy can bring vibrant healing to your life. You'll then learn about all the fairy-approved foods, how to throw your own fairy parties, and how to bring the vibrant energy of the fairies into everything you do.

Fairies are drawn to the higher energy of plants rather than the lower energy of animal products, so all the recipes in this book are vegan, nutrient-rich, and high-vibrational. *Fairy Food* will assist you in cleansing your beautiful body of any heavy energy or excess weight that could be bogging you down. You'll transform your relationship with food and learn how to enjoy the fairies' beloved sweets in a nourishing way. After adopting the energy of a fairy lifestyle, you will feel so energized and nourished.

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(Reg TM)

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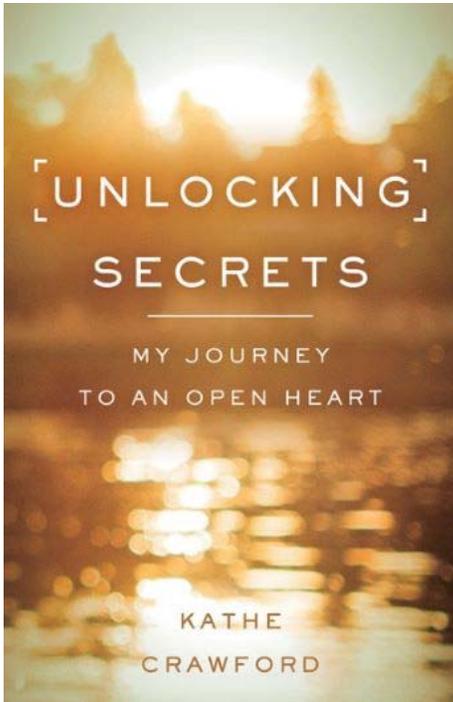
9781401953386 • \$27.99 • pb

Cooking / Vegan

Notes

Promotion





Unlocking Secrets

My Journey to an Open Heart

by Kathe Crawford

In this inspiring, soul-searching, and deeply vulnerable memoir, Kathe Crawford lays bare the life of secrets that she kept for many years. When Crawford and her husband, Larry, discovered that Larry was HIV-positive in 1988, they decided to keep the diagnosis a secret from everyone, including their two children. Crawford kept this promise, layering secret upon secret, for almost 30 years, including for more than 20 years after Larry's death and even as time revealed painful betrayals.

Crawford's journey of unlocking her own secrets, as well as her family's, was the key to freeing her voice, opening her heart, and finding her true self.

Author Bio

Kathe Crawford is a Certified Transformational Life Coach and RYT yoga and meditation teacher. She is a spiritual mentor devoted to opening hearts and leads workshops on *Finding and Reclaiming Your Voice*. She is a successful sales and marketing executive, as well as a corporate adviser and coach for wellness in the workplace. Kathe lives in New Jersey, and you can visit her online at kathecrawford.com.

Hay House

On Sale: Apr 17/18

5.50 x 8.50

9781401953270 • \$23.99 • pb

Biography / Personal Memoirs

Notes

Promotion





Outside the Box Cancer Therapies

Alternative Therapies That Treat and Prevent Cancer

by Mark Stengler and Paul Anderson

Naturopathic medical doctors Mark Stengler and Paul Anderson focus on the most critical components of Integrative Oncology Care. Using an accessible, case-history approach, they explore the different types of cancer, the causes of cancer, how proper nutrition can help prevent and treat cancer, the most well-studied supplement to use with cancer treatment, cutting-edge therapies (such as intravenous high dose vitamin C and other studied therapies), and natural solutions to common problems (such as the side effects of chemotherapy and radiation)

Author Bio

Mark Stengler, N.M.D., is a naturopathic medical doctor, best-selling author, TV host, and former advisor to the Yale University Complementary Medicine Outcomes Research Project. He is the author of such books as *The Natural Physician's Healing Therapies*, and co-author of *Prescription for Drug Alternatives* and *Prescription for Natural Cures*. He was the host of *Natural Healing with Dr. Stengler*, a series of health shows that played on PBS for several seasons and continues to be seen on cable stations nationwide. He practices what he preaches at his state-of-the-art Stengler Center for Integrative Medicine in Encinitas, California, and you can visit him online at markstengler.com.

Paul Anderson, N.M.D., is a naturopathic medical doctor and Medical Director and Founder of the Anderson Medical Group. His facility Advanced Medical Therapies is the first of its kind in the U.S., offering therapies in multiple modalities based on his over two decades of research and patient care. He is a recognized authority in the field of integrative cancer research and the treatment of chronic diseases. He is an adjunct professor at Bastyr Integrative Oncology Research Center in Seattle, Washington, and is the primary medical advisor to the Sanoviv hospital in Rosarito, Mexico. You can visit him online at www.consultdranderson.com.

Hay House

On Sale: Apr 24/18

6 x 9

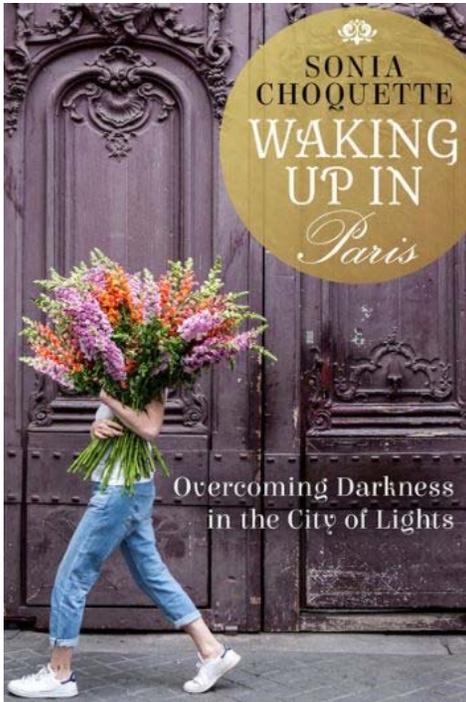
9781401954581 • \$34.99 • CL - Hardcover

Health & Fitness / Diseases / Cancer

Notes

Promotion





Waking Up in Paris

Overcoming Darkness in the City of Light

by Sonia Choquette

Devastated by the unexpected end of her decades-long marriage, renowned spiritual teacher and intuitive guide Sonia Choquette undertook an equally unexpected move and relocated to Paris, the scene of many happy memories from her life as a student and young mother. Arriving in the aftermath of the Charlie Hebdo massacre, she found a Paris as traumatized by this unforeseen event as she had been by her divorce. Together, over the following years, she and the city she loves began a journey of healing that involved deep soul-searching and acceptance of a new, sometimes uncomfortable, reality.

In this follow-up to *Walking Home*, Sonia shares her intimate thoughts and fears, as well as the unique challenges of setting up a new life in a foreign land. From moving into a freezing, malodorous apartment, to a more pleasant-yet haunted-flat across the Seine, to her current light-filled home, Sonia shares how these changes parallel her inner transformation.

Along the way, Sonia regales readers with vivid stories of her unfortunate encounters with French hairdressers and beauticians, her adventures in French fashion, and her search for the perfect neighborhood cafe. Her companion throughout is the city of Paris—a character unto itself—which never ceases to fill her with wonder, surprise, and delight, and provides her with the spiritual strength to succeed in establishing her new life.

Author Bio

Sonia Choquette, a world-renowned intuitive guide and spiritual teacher, is the author of 19 international best-selling books, including the New York Times bestseller *The Answer Is Simple . . .*; as well as numerous audio programs and card decks. Sonia was educated at the University of Denver and the Sorbonne in Paris, and holds a Ph.D. in metaphysics from the American Institute of Holistic Theology.

Hay House

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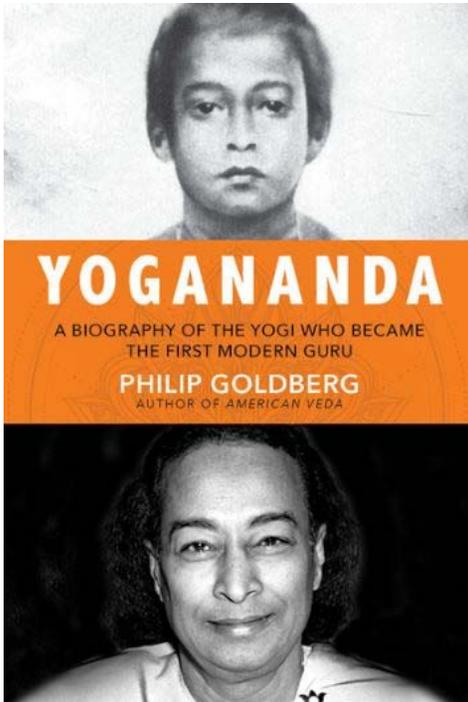
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Yogananda

A Biography of the Yogi Who Became the First Modern Guru
by Philip Goldberg

This important biography of the 20th century's first superstar guru" (*Los Angeles Times*) is long-overdue. Ninety-seven years after his arrival in the United States, and sixty-five years after his death, Paramahansa Yogananda remains the best known and most beloved of all the Indian spiritual teachers who came to the West. His influence is unsurpassed, because of the durability of his teachings and the institutions he created or inspired (more than 600 centers worldwide; 200 in the US), and mainly because of his landmark memoir, *Autobiography of a Yogi*. That text has sold millions of copies since its publication in 1946, but there are huge gaps in the story it tells. Yogananda spent more than 30 of his 59 years in America, yet that period takes up less than 10 percent of his book. Huge chunks of his life-challenges, controversies, relationships, formative experiences-are unknown to even his most ardent devotees. This book fills those gaps.

It is hard to image today's \$27 billion yoga industry without Yogananda. Yet, surprisingly, there has never been a bona fide biography of him-only tributes penned by disciples. Those are useful sources, but not genuine biographies. With this book, readers will finally have a complete and compelling account of Yogananda's remarkable life, in all its detail, nuance, and complex humanity.

Author Bio

Philip Goldberg grew up in Brooklyn and now lives in Los Angeles. A professional writer for more than 40 years, he is author or co-author of some 25 books published in more than a dozen languages. He is also a skilled public speaker, a workshop leader, a spiritual counselor, and the co-host of the popular podcast *Spirit Matters*. He blogs at Huffington Post and Spirituality & Health, and contributes to other publications. His most recent book prior to this one- *American Veda*- chronicles the impact of India's spiritual teachings on the West; it was named by *Huffington Post* and *Library Journal* as one of the top 10 Religion books of 2010. Website: www.philipgoldberg.com

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