The Secret History of America
Classic Writings on Our Nation’s Unknown Past and Inner Purpose
by Manly P. Hall, introduction by Mitch Horowitz

A compilation of rare works on the untold history and destiny of America by acclaimed occult writer Manly P. Hall.

Writer and scholar Manly P. Hall (1901-1990) is one of the most significant names in the study of the esoteric, symbolic, and occult. His legendary book The Secret Teachings of All Ages has been an underground classic since its publication in 1928. The Secret History of America expands on that legacy, offering a collection of Hall's works - from books and journals to transcriptions of his lectures - all relating to the hidden past and unfolding future of our nation.

Hall believed that America was gifted with a unique purpose to explore and share principles of personal freedom, self-governance, and independent thought. PEN Award-winning historian, Mitch Horowitz has curated a powerful collection of Hall's most influential and insightful works that capture and explore these ideas. Never before collected in one volume, the material in The Secret History of America explores the rich destiny, unseen history, and hidden meaning of America.

Author Bio

Manly P. Hall (1901-1990) founded the Philosophical Research Society in 1934, a non-profit organization dedicated to the dissemination of useful knowledge in the fields of philosophy, comparative religion and psychology. In his long career, spanning more than 70 years of dynamic public activity, Mr. Hall delivered over 8000 lectures in the United States and abroad, authored over 150 books and essays, and wrote countless magazine articles.

Many of Mr. Hall's lectures have been transcribed and are available as pamphlets; others were taped live, and the audio recordings are available on CD's as well. He is perhaps best known for his 1928 classic, The Secret Teachings of All Ages," an encyclopedia of the world's wisdom traditions and symbolic disciplines.

Today, younger generations are re-discovering the works and words of Manly Hall, finding that the material he put forth so many years ago is still relevant and useful today. Mr. Hall's hope for humanity was to learn from the greatest minds of all times so that we may solve current problems - both in society and in the individual - today.
The Emotion Code
How to Release Your Trapped Emotions for Abundant Health, Love, and Happiness
by Bradley Nelson

In this newly revised and expanded edition of The Emotion Code, renowned holistic physician and lecturer Dr. Bradley Nelson skillfully lays bare the inner workings of the subconscious mind. He reveals how emotionally-charged events from your past can still be haunting you in the form of trapped emotions - emotional energies that literally inhabit your body. These trapped emotions can fester in your life and body, creating pain, malfunction, and eventual disease. They can also extract a heavy mental and emotional toll on you, impacting how you think, the choices that you make, and the level of success and abundance you are able to achieve. Perhaps most damaging of all, trapped emotional energies can gather around your heart, cutting off your ability to give and receive love.

The Emotion Code is a powerful and simple way to rid yourself of this unseen baggage. Dr. Nelson's method gives you the tools to identify and release the trapped emotions in your life, eliminating your "emotional baggage," and opening your heart and body to the positive energies of the world. Filled with real-world examples from many years of clinical practice, The Emotion Code is a distinct and authoritative work that has become a classic on self-healing.

Author Bio

Dr. Bradley Nelson is the author of The Emotion Code, an incredible breakthrough method that makes it possible for anyone to release their emotional baggage for a happier and healthier life. He is recognized worldwide as one of the foremost experts in the fields of bioenergetic medicine and energy psychology and has also developed a simple yet powerful self-help method known as The Body Code," of which The Emotion Code is a part. Dr. Nelson has taught his healing methods to rave reviews world-wide and has certified thousands of practitioners in over 70 countries. Widely renowned as a speaker and a gifted teacher, he is now making his teachings available to a wider audience. He is married and is the father of seven children. He and his wife Jean live in Southern Utah.
Author and naturopathic physician Dr. Cyndi Gilbert introduces readers to the art and science of forest bathing, the deceptively simple Japanese practice of spending time in the forest as a way to find peace, rejuvenation, and to promote health.

Dr. Gilbert shares her own personal history with the practice - how in the midst of an urban sprawl she lost touch with nature, only to rediscover it through the Japanese practice of Shinrin Yoku or forest bathing. In *Forest Bathing*, you'll discover the health benefits of Shinrin Yoku, from restoring Vitamin D to balancing your microbiome, along with the rich mental and emotional rewards that spending time surrounded by trees can offer.

Most importantly, the book offers an easy and practical guide to begin your own forest bathing practice along with a resources section to help you further explore the topic. Learn to tap more deeply into your five senses, practice true mindfulness in sacred woodland spaces, and experience the healing impact of nature wherever you are.

**Author Bio**

Dr. Cyndi Gilbert, ND is a naturopathic doctor, author, and plant whisperer, who has been studying trees and plant medicine since she first sat under the maple tree and ate red clover flowers out of her yard as a child. A faculty member at the Canadian College of Naturopathic Medicine, she taught botanical medicine and naturopathic philosophy for over 10 years. She presently acts as the naturopathic clinical supervisor at a community health center working with underserved patients.
Emotional Advantage
Embracing All Your Feelings to Create a Life You Love
by Randy Taran

Award-winning author, producer, and founder of Project Happiness, Randy Taran knows that every emotion, feeling, and mental state has the power to bring us back to our true essence, and that readers can use Emotional Advantage as a guide to get there.

In recent years, there has been an overwhelming interest in the science of happiness and positive psychology, and many books on the subject. There is a good reason for this: it is a core, universal human drive. And while happiness has opened the door for many to move forward, there is a burgeoning curiosity about the full range of human emotions, all of which factor into the human experience. What do we do when life does not go as planned?

Neuroscience reveals that to understand and utilize any emotion, we need to name it to tame it. It turns out that even negative emotions have something to offer, if we know how to learn from them. Have you ever woken up in a fog of feelings and felt directionless? Or maybe it was hard to pinpoint exactly what you were feeling, but it wasn't where you wanted to be? What if we could actually use our feelings as a pathway to guide us back to our inner compass? What if, like alchemists, we had the tools to transform our emotions to take charge of creating our very best life? What if we could comprehend how even the most troublesome emotions are sending messages to alert, protect, and fuel us forward?

Emotional Advantage is that guide. It will show us how a new perspective on fear can move us to courage, how guilt can clarify (...)
We all do. It's not a question of discovering it, it's a question of claiming it. Being it. And that's actually easier done than said. We're all just one decision away from The Essential Path. It's a path that could change a world that deeply yearns for a new direction.” - Neale Donald Walsch, author, The Essential Path

Our modern era is plagued by increasing alienation - we are seeing an "us against them" world. Everywhere we turn, we find ourselves divided from each other as never before across political, economic, social, and spiritual lines. As humanity is being torn apart right before our eyes - separating many of us from our friends and even our loved ones, from our hopes and dreams, from the natural world, and from so much that gives meaning and value to our lives - people are blaming everyone and everything around them for the collective problems that we have created ourselves. We are turning against each other, rather than to each other, just when we need each other the most.

Bestselling author of Conversations with God Neale Donald Walsch offers a radical solution to the growing problem of humanity's alienation. He invites us to question our basic assumptions about ourselves, about each other, about life and how it works, and about God, and to rethink the very definition of humanity. The Essential Path challenges every human to make a Daring Decision - to look at who we are and how we can choose to be, in a planet-altering new way.

With insight and spiritual (...) 

Author Bio

Neale Donald Walsch is a modern day spiritual messenger whose words continue to touch the world in profound ways. With an early interest in religion and a deeply felt connection to spirituality, Neale spent the majority of his life thriving professionally, yet searching for spiritual meaning, before ultimately moving through what he has termed a personal spiritual awakening in which he felt a deep connection with God. This produced what he experienced as direct exchanges with The Divine, which he took down in writing. The Conversations with God series of books emerging from those encounters has been translated into 37 languages, touching millions. Seven of the Conversations titles reached the New York Times Bestseller List, with Book One remaining on that list for over two-and-a-half years. Altogether he has written 37 books on contemporary spirituality and its practical application in everyday life. His latest was published in 2017 and is titled Conversations...
The Bhagavad Gita
A Song of God Retold in Simplified English (The Essential Wisdom Library)
by Edward Viljoen

The Bhagavad-Gita: A Retelling of The Song of God in Simplified Prose is the latest title in the Essential Wisdom Library. This unique edition of the timeless epic is designed to be accessible for readers without any prior experience of Hinduism. Not simply a translation of the original, Viljoen has simplified and restated the Gita's complex ideas, so that a first-time reader can fully appreciate the scope and beauty of this magnificent Indian classic. Written in concise, modern language the retelling vividly captures the power and depth of the original work.

Part of the Mahabharata, the Gita is a dialogue between Prince Arjuna and Lord Krishna. Its verses contain some of the key ideas of Hindu philosophy - Dharma, Moksha, and various yogic practices. Originally written well over a thousand years ago, the Gita has proven to be a timeless source of wisdom, inspiring philosophers and revolutionaries alike in the millennia since it was written.

In addition to the retelling of the text, this edition includes a character list, a glossary of important terms, and chapters exploring the back-story from the Mahabharata and the impact and meaning of the Bhagavad-Gita itself. The Bhagavad-Gita is an approachable way for today’s readers to engage with one of history’s richest spiritual epics.

Author Bio

Dr. Edward Viljoen graduated as a Sonoma County Law Enforcement Chaplain in April 1999, received a Doctor of Divinity, and a Doctor of Religious Science from Centers for Spiritual Living. He was awarded the much-respected Ernest Holmes Award for exemplary demonstration of the teachings of Dr. Ernest Holmes. He is the spiritual director of the Santa Rosa Center for Spiritual Living, in Santa Rosa, CA.
Surrounded by Idiots
The Four Types of Human Behavior and How to Effectively Communicate with Each in Business (and in Life)
by Thomas Erikson

St. Martin's Press
On Sale: Jul 30/19
6.12 x 9.25 • 288 pages
Includes graphs and charts throughout plus 4-color printed endpapers
9781250179944 • $36.50 • CL - With dust jacket
Bus & Econ / Bus Communication / General

Notes

Promotion
The Kindness Method
Changing Habits for Good
by Shahroo Izadi

_The Kindness Method_ is the key to breaking unwanted habits - for good! Combining her own therapeutic style, personal experiences, and techniques learned from working in the field of substance abuse, Shahroo Izadi shares simple steps that strengthen your willpower like a muscle, allowing you to sustain your motivation and make lasting change in your life.

Shahroo's completely non-judgmental process for mapping and channeling your habits is based on the principle of treating yourself with the compassion and understanding that it is often only reserved for other people. From procrastination to issues of body image, this method works by creating a custom plan - mapped by you, for you, and driven by self-motivation.

**Author Bio**

Shahroo Izadi is a Behavioral Change Specialist. She works in private practice and is a support group facilitator and therapist at Amy's House, a recovery house for women. Her work has drawn attention from BBC Radio 1, _The Telegraph_, _Red Magazine_, _The Pool_, and more. Her laid-back, non-judgmental style that rejects the traditional professional-patient dynamic has proven to be a huge success and her ambition is to make evidence-based psychological tools accessible to the public.
The Tao Te Ching of Lao Tzu
by Lao Tzu, translated by Brian Browne Walker

An enduring translation of a timeless work, now in a new edition.

*The Tao Te Ching of Lao Tzu* is one of the most widely read and deeply cherished books in the world, a work many consider the wisest book ever written. In his introduction, translator Brian Browne Walker says, It is less a book than a living, breathing angel.*

Brian Browne Walker's is one of the few modern English versions to be translated directly from the original Chinese. In his translation, Walker stays close to the direct literal accuracy of the Chinese characters while producing a modern, exceptionally clear version that has the ring and voice of Lao Tzu, a man who may or may not have been a single individual. "I have come to think of Lao Tzu less as a man who once lived," Walker writes, "and more as a song that plays, eternal and abiding."

Author Bio

Lao Tzu was a central figure in Taoism. According to Chinese tradition figures, that he is a mythical figure, or that he actually lived in the 4th century BC, concurrent with the Hundred Schools of Thought and Warring States Period.

Brian Browne Walker has been a student of Chinese and Taoist philosophy for many years now. He has translated the *Hua Hu Ching* and the *I Ching* and has written *The Crazy Dog Guide to Lifetime Happiness* and *The Crazy Dog Guide to Happier Work*. He lives in Florida.
Beyond the Known: Realization
A Channeled Text (Beyond the Known Volume One)
by Paul Selig

Author Bio

Paul Selig attended New York University and received his master's degree from Yale. A spiritual experience in 1987 left him clairvoyant. Selig is one of the foremost contributors to the field of channeled literature working today. He offers channeled workshops internationally and serves on the faculty of the Esalen Institute. He lives in New York City where he maintains a private practice as an intuitive and conducts frequent livestream seminars. Find out more at paulselig.com.
Meditation
The Simple and Practical Way to Begin Meditating (A Start Here Guide)
by Patrick Harbula

Meditation is an ancient practice that has brought peace and clarity to people from every time, culture, and place. Its benefits - a sense of calm, greater knowledge of self, better health - are as appealing to the modern world as they were to the ancient. In this beginner's guide to meditation, author Patrick Harbula provides readers with everything they need to know in order to experience deep meditation.

Readers will learn:
- The history of meditation, both Eastern and Western
- The benefits of meditation for the mind, body, and spirit
- Different forms of meditation practice
- Supportive practices to enhance the benefits of meditation in daily living.
- Simple ways to begin meditation immediately, and more

In addition, readers will also find simple techniques to deepen the meditation path for more experience meditators. Meditation demystifies the often times intimidating world of meditation, providing the perfect starting point for anyone looking to cultivate a sense of peace in their life.

Author Bio

Patrick Harbula is the founder of the Living Purpose Institute and has been a leader and teacher in the human potential movement, meditation trainer, and life coach for over 30 years. He is the author of The Magic of the Soul: Applying Spiritual Power to Daily Living. Patrick continues to reach hundreds of thousands with his empowering message of living in peace, joy, and love. He appears regularly on radio and TV around the nation and in Canada including Dateline, ABC, NBC, and UPN news.