DIRTY, LAZY, KETO
Get Started Losing Weight While Breaking The Rules
by Stephanie Laska

DIRTY, LAZY KETO is part girlfriend’s guide, part inspirational story detailing the secret to losing weight and keeping it off without the strict restrictions of a traditional keto diet.

You don’t have to be perfect at keto to be successful! Stephanie Laska lost 140 pounds, roughly half of her body weight, by following her own version of the keto diet. She figured out the secret to losing weight was to break the rules. Who wants to count every single crumb that enters their mouth? Um, no one! Stephanie found long-term success with an outlaw version of the keto diet she calls both dirty” and “lazy”.

Are you interested in the Ketogenic diet? Have you tried it and found it difficult and intimidating?

Good news! This guide is here to help inspire keto beginners and offer a fresh approach to those keto-shamed for wanting a Diet Coke.

We all know losing weight isn’t just about the food - it’s so much more complicated. Stephanie shares her heartfelt secrets to weight loss success in DIRTY, LAZY, KETO Get Started Losing Weight While Breaking the Rules.

- Meal ideas, recipes, and food pyramids - but with hand-holding and girlfriend counseling sessions for when things get rough
- Answers the embarrassing keto questions you’ve been too afraid to ask
- Tricks to overcome roadblocks like happy hour and cake-pushers
- The down and dirty on how and why this works

Let Stephanie help you find true success, the dirty, lazy way!

FULLY EXPANDED EDITION OF THE BESTSELLING MINI GUIDE

Author Bio

Stephanie Laska, M.Ed, doesn't just talk the talk, she walks the walk. She is one of the few keto authors who has successfully lost half of her body weight (140 pounds!) and maintained that weight loss for six years and counting. Her sass and honest approach to keto dieting have been quoted in articles by Reader’s Digest, Yahoo News, Playboy, First for Women Magazine and Costco Connection Magazine. Stephanie's story and image are celebrated in media outlets such as Muscle and Fitness: Hers, Daily Burn, the San Francisco Marathon, the Big Sur International Marathon Race Guide, RunDisney, and even in a Groupon!
Buddha Takes the Mound
Enlightenment in Nine Innings
by Donald S. Lopez

In 2010 a Buddhist scroll was found in the ruins of Yankee stadium, and it proved what Buddhist scholar/award-winning author Donald Lopez, Ph.D., had suspected: the Buddha created the game of baseball. 

*Buddha Takes the Mound: Enlightenment in 9 Innings* is *The Tao of Pooh* for baseball. Funny, moving, and enlightening, this is a read that will engross, enrich, and charm any baseball fan.

At once a love letter to the sport and an engaging introduction to Buddhism, it shows how the Buddha invented baseball to teach us deep truths about the world, about ourselves, and about each other. Lopez believes that Buddhism provides a lens for us to see baseball in a new way, a way that makes us love the game even more, a way that makes us ponder profound questions about winning and losing, about who we are, about finitude and infinitude, about birth and death.

As Lopez reveals, not only is Buddhism integral to baseball; but baseball is Buddhism, and baseball is ourselves.

**Author Bio**

DONALD S. LOPEZ, JR. has been referred to as the only public intellectual in the field of Buddhist Studies. He has appeared on many television and radio stations, including ABC, NPR, BBC radio, and more. He has written for the *Wall Street Journal, The New York Times, The Nation,* and *The Chronicle of Higher Education,* and he has been quoted in countless publications, such as *The New York Times Magazine, Newsweek,* the *Chicago Tribune,* and *The New Yorker,* to name a few.
Conscious Luck
Eight Secrets to Intentionally Change Your Fortune
by Gay Hendricks and Carol Kline

Two New York Times bestselling authors explain how you can Change Your Luck and Create the Life You Want.
Many of us believe that luck - that mysterious force that makes life run smoothly - is somehow beyond our control. But what if you could make your own luck? What if luck, like your health and your happiness, is something that you can consciously create for yourself?
In Conscious Luck, New York Times bestselling authors Gay Hendricks and Carol Kline share eight secrets - four core shifts and four daily practices - that will allow anyone to intentionally change their fortune. Instead of living at the whim of luck, waiting for the winds of chance to offer opportunities and success, Conscious Luck shows you how to seize control of your destiny, cultivate your own luck, and create the life you want to live.
This step-by-step program, which includes practical techniques, inspiring true stories, and the authors' personal journeys, will lead you on the path towards freedom and abundance. From creating a luck mind-set and setting luck-worthy goals to learning how to be in the right place at the right time, the secrets are insightful and practical. Supported by the authors' many years of experience, this unique and highly effective toolkit offers a revolutionary way to transform your life.

Author Bio
Gay Hendricks is the author of more than forty books in the fields of therapy, relationship counseling and body/mind transformation. He received his Ph.D. from Stanford University in counseling psychology in 1974 and went on to a 20-year academic career at University of Colorado. Along with his wife, Dr. Kathlyn Hendricks, he founded The Hendricks Institute in 1989, which has since trained more than one thousand professionals in education, therapy, coaching and medicine. Carol Kline is a #1 New York Times bestselling author and the coauthor of Happy for No Reason and five books in the Chicken Soup for the Soul series.
The Book of Soul
Creating a Path to What Matters
by Mark Nepo

A powerful new book of spiritual awakening from #1 New York Times bestselling author Mark Nepo

In *The Book of Soul*, Mark Nepo, the bestselling author of *The Book of Awakening*, offers a powerful guide to inhabiting an authentic and wholehearted life. After we are physically born, we must be spiritually born a second time, a process that takes place through the labor of a lifetime as we develop into more fully realized beings. *The Book of Soul* delves into the spiritual alchemy of that transformation in all its mystery, difficulty, and inevitability.

The book is divided into four sections that mark the passages we all face: enduring our Walk in the World, until we discover Our True Inheritance, which allows us to live in the open by Widening Our Circle, as we Help Each Other Stay Awake. *The Book of Soul* is a piercing guide, replete with beautiful truths and startling insight, that leads us deeply into the process of transformation.

Author Bio

**Mark Nepo** has moved and inspired readers and seekers all over the world. Beloved as a poet, teacher, and storyteller, Mark has been called one of the finest spiritual guides of our time. A #1 New York Times bestselling author, his twenty-two books and fifteen audio projects have been translated into over twenty languages. Mark has appeared several times with Oprah Winfrey on her Super Soul Sunday program on OWN TV. In 2015, he was given a Life-Achievement Award by AgeNation. And in 2016, he was named by Watkins: Mind Body Spirit as one of the 100 Most Spiritually Influential Living People.
The Power of Small
Making Tiny but Powerful Changes When Life Feels Too Much by Trish Leonard-Curtin and Aisling Leonard-Curtin

Tiny changes to transform your life

We've all set out to change our lives with big plans, bold ideas, and brilliant ambitions. And too often those resolutions and plans have lasted for a day or two before real life swoops in and we are back to normal. Or, perhaps even more frequently, we find ourselves so overwhelmed with life that we feel utterly powerless to even attempt to change anything. The Power of Small offers a way forward. Instead of pushing for large, dramatic changes, Aisling and Trish Leonard-Curtin help readers make small, manageable changes in their lives. Everyday decisions pile up to create transformation.

Instead of being daunted by your goals and dreams or paralyzed by the business of life, The Power of Small will help you take the practical, approachable steps that will change your life, even if you feel completely stuck or defeated. As practicing psychologists, Aisling and Trish know first-hand the power of the techniques outlined in The Power of Small and have based their writing on numerous case studies and the latest psychological research.

Emphasizing self-compassion and real, actionable steps, The Power of Small will empower you to make big changes in your life - one small step at a time.

Author Bio

AISLING LEONARD-CURTIN is a chartered psychologist, international speaker, trainer and author. She is a peer-reviewed acceptance and commitment therapy (ACT) trainer and a functional analytic psychotherapy (FAP) trainer.

DR. TRISH LEONARD-CURTIN is a psychologist, speaker, trainer and author. She loves learning the latest evidence-based therapeutic approaches and breaking these down into palatable chunks. She has trained in dialectical behaviour therapy (DBT), acceptance and commitment therapy (ACT) and functional analytic psychotherapy (FAP). Trish recently left CIPC within the HSE to fully dedicate her time and energy to her roles as co-director of ACT Now Purposeful Living and co-creator of 5 MinuteBreakouts.
The Mindful Millionaire
Overcome Scarcity, Experience True Prosperity, and Create the Life You Really Want
by Leisa Peterson

A revolutionary book for creating financial well-being and living an abundantly satisfying life by finding the connections between mindfulness and real prosperity.

Money is cited as the #1 cause of stress and one of the top 3 causes of divorce. The average American owes $8,400 on credit cards. 60% of college grads are in debt and 30% of Americans have nothing in the bank. The National Debt is rising.

We never want to feel like we have to sacrifice our lives in pursuit of money, yet all too often that is exactly what we end up doing, and many of the solutions in this age of fast information do not help people get to the root of why their financial challenges exist in the first place. Without solutions that really work, they run the risk of needing perpetual help.

The Mindful Millionaire is written with these struggles in mind, so readers can live their best lives without worrying about money. It combines practical and spiritual guidance on how to begin a process of financial renewal in order to live prosperously.

The Mindful Millionaire is an innovative look at how one’s most self-defeating thoughts about money can become a blueprint for living a fulfilling, rewarding and abundant life. It takes readers on a fascinating three-part process to help them find the inextricable link between their heart, their soul and their money. By the end, readers will have radically reinvented their relationship with money.

Author Bio

Leisa Peterson, CFP(Reg TM) is on a mission to help 1,000,000 people elevate their financial consciousness. As a money coach, business consultant and spiritual teacher, Leisa host's the Mindful Millionaire podcast as well as virtual workshops and deep-dive retreats. Her masterful blend of sound financial strategy and mindfulness training helps people break free of patterns of lack, scarcity and money fears, allowing them to finally lead the rewarding, fulfilling, and abundant lives they most desire.

Leisa has appeared in The Wall Street Journal, FastCompany, Forbes, The Week, Huffington Post and has been featured on many podcasts and radio shows. Prior to starting WealthClinic(Reg TM), LLC, Leisa worked with some of the largest financial and business services companies in the world including Wells Fargo, State Farm Insurance, UNUM Life Insurance, New York Life, Federal Express, Pitney Bowes, Ford Motor Company, and General Motors.
A Monk's Guide to Happiness
Meditation in the 21st Century
by Gelong Thubten

A Guide to Mindfulness and Meditation for the Modern Day

In our never-ending search for happiness we often find ourselves looking to external things for fulfillment, thinking that happiness can be unlocked by buying a bigger house, getting that next promotion, or building a perfect family. In A Monk's Guide to Happiness, Gelong Thubten, a Buddhist monk and meditation expert who has worked with everyone from Ruby Wax and Benedict Cumberbatch to Silicon Valley entrepreneurs, explores the nature of happiness and explains how to bring meditation into our busy 21st-century lives through simple yet effective exercises.

A Monk's Guide to Happiness will show you how to:
- Learn practical methods that help you to choose happiness
- Develop greater compassion for yourself and others
- Learn how to meditate in micro-moments during a busy day
- Discover that you are naturally 'hard-wired' for happiness

Thubten helps to bust the myth that our lives and minds are too busy for meditation, showing that meditation is more than just a stress-reduction tool or a relaxation therapy: it is the key to finding long-lasting joy and contentment.

Author Bio

Gelong Thubten is a Buddhist monk, meditation trainer and author. He was educated at Oxford University, and became an actor in London and New York. At the age of 21 he suffered from severe burnout and a life-threatening heart problem. This dramatic wake-up call led him to join Kagyu Samye Ling Tibetan Buddhist Monastery in Scotland, where he was ordained as a monk.

The term Gelong means 'senior monk.' Thubten's training over the past 25 years has included spending over six years in intensive meditation retreats, the longest of which lasted four years, and he has studied under some of the greatest Tibetan meditation masters.
Intuitive Eating, 4th Edition
An Anti-Diet Revolutionary Approach
by Evelyn Tribole, M.S., R.D.

The classic bestseller about rejecting diet mentality and finding the weight that’s right for you, naturally. Now revised and updated for the intuitive eaters of today.

Since it was first published in 1995, Intuitive Eating has become the go-to book on rebuilding a healthy body image and making peace with food. It shows us that the problem is not us; it’s that dieting, with its emphasis on rules and regulations, has stopped us from listening to our bodies. Written by two prominent nutritionists who are the originators of this movement, Intuitive Eating will teach you:

- How to reject diet mentality forever
- How our three Eating Personalities define our eating difficulties
- How to find satisfaction in your eating
- How to feel your feelings without using food
- How to honor hunger and feel fullness
- How to follow the ten principles of Intuitive Eating
- How to achieve a new and safe relationship with food and, ultimately, your body
- How to raise an intuitive eater
- The incredible science behind intuitive eating

This revised edition is entirely updated throughout. It includes new material on diet culture, weight stigma, and baby-led weaning. These expansions will help readers properly integrate intuitive eating into their daily lives and make peace with food.

Author Bio

Evelyn Tribole, M.S., R.D., is an award-winning registered dietitian with a nutrition counseling practice in Irvine, California, specializing in eating disorders. She has written six books including the million-copy bestseller Healthy Homestyle Cooking. She was the nutrition expert for Good Morning America and was a national spokesperson for the American Dietetic Association for six years.
Modern Witchcraft
Goddess Empowerment for the Kick-Ass Woman
by Deborah Blake

A guidebook to witchcraft as a female-empowering religion, including detailed instructions on how to practice self-care in today's society through goddess worship and magic.

In a time when most formal religions are on the wane, Wicca is said to be the fastest growing religion in North America. What is it that draws people to Witchcraft, and how does a spiritual path with its roots in ancient beliefs and traditions transform itself into a practice that resonates so deeply with today's modern woman?

There are a number of explanations for the phenomenon, such as Witchcraft's connection to the natural world, or acceptance of members regardless of lifestyle choices. For women, however, the greatest appeal may be the worship of a goddess (or goddesses). No stern patriarchal God here. Instead, Wicca and most other forms of modern Witchcraft embrace deity in both the feminine and the masculine. Suddenly, women can look at the divine and see themselves reflected back. In addition, many women are frustrated, frightened, triggered, and down-right furious with the current social and political environment, but feel powerless to create positive change. Witchcraft can give them a sense of personal empowerment.

There are many different Witchcraft paths and a multitude of approaches to its practice. This book will guide the reader on the journey to connecting with the feminine divine both without and within, and open the door to this magical religion that will enlighten, uplift, and energize their lives.

Author Bio
DEBORAH BLAKE is a Wiccan high priestess and leader of the eclectic group Blue Moon Circle. She manages the Artisans' Guild, and works as a tarot reader and energy healer. Deborah is the author and co-creator of many books and decks, including Everyday Witch Tarot, Everyday Witchcraft, A Year and a Day of Everyday Witchcraft, and The Little Book of Cat Magic.

She lives in upstate New York in a 130-year-old farmhouse with assorted cats who supervise all her activities, whether magical or mundane.
The Kybalion
Hermetic Philosophy
by Three Initiates

The most popular occult work of the twentieth century
The Kybalion has long fascinated readers with its exploration of hermetic wisdom. Credited to the mysterious Three Initiates, The Kybalion is an esoteric classic that has remained popular since its initial publication in 1908. The book explores the Seven Hermetic Principles - including the Principles of Causation, Mental Transmutation, and Polarity - and the philosophies it contains became founding ideas in the New Thought movement. This edition of the original text is the latest title in the Essential Wisdom Library, which brings sacred wisdom, both ancient and modern, to today's audience. The EWL edition will include a new introduction to frame the historical context and importance of the text, along with an updated, modern design. The Kybalion is a perfect resource and a key source of wisdom for the growing wave of readers interested in the occult and esoteric.

Author Bio
The identity of Three Initiates has been the subject of much secrecy and rumor since The Kybalion first appeared at the beginning of the twentieth century. It is now believed that William Walker Atkinson was one of or perhaps the sole author of the book. Born in 1862, Atkinson was a pioneer of the New Thought movement who wrote an estimated 100 books during his lifetime.
The Toltec Way
A Guide to Personal Transformation
by Susan Gregg, foreword by don Miguel Ruiz

Achieve personal freedom using Toltec wisdom
The gift of the Toltec is the ability to transcend ordinary human awareness and achieve personal freedom - the ability to choose how to act rather than react to the events in your life. The three Toltec Masteries of Awareness, Transformation, and Intent are the key to transcending your limitations and experiencing yourself as the creator of your life.

Designed to make Toltec wisdom accessible and simple, this book is about change, transforming yourself, and the wildly empowering freedom of personal responsibility. Included in each chapter are exercises and guided visualizations, along with parable-like stories that are powerful sources of wisdom.

This new edition of The Toltec Way is part of the Essential Wisdom Library, a collection of books bringing sacred wisdom to modern readers. Refreshed with a new design and a new introduction by the author, along with a foreword by don Miguel Ruiz, The Toltec Way will introduce a new generation of readers to the power of Toltec wisdom.

Author Bio
Dr. Susan Gregg has studied the Toltec oral traditions under Sister Sarita and don Miguel Ruiz, and is now a Toltec Master and Nagual. She has a doctorate in clinical hypnotherapy and is the author of Dance of Power: A Shamanic Journey and Finding the Sacred Self: A Shamanic Workbook. Since 1991 she has been living in Hawaii and working as a counselor in private practice.
Alchemy
A Channeled Text
by Paul Selig

Renowned channeler Paul Selig shares the wisdom of The Guides

"Trust yourselves, please, to embark on this journey with us. Trust yourselves, please, to know each station as it reveals itself to you. And trust us, if you wish, to direct you only in the ways that you require."

In *Alchemy: A Channeled Text*, The Guides offer us a way to engage the transformational process of moving beyond a limited interpretation of the self and into a place of true manifestation. As humanity stands at a crossroads, the voices of The Guides offer insight and a path forward.

Paul Selig, the author of *Beyond the Known: Realization*, is one of the foremost spiritual channels in the world. *Alchemy* is composed of the pure, unedited words of the Guides as they have been channeled through Paul. Their message is poignant and beautifully written, humming with wisdom and insight for all who are ready and willing to receive their words.

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 is the author of *Beyond the Known: Realization* and the Mastery Trilogy. 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 on his website!
Spirit Translator
Seven Truths For Creating Well-being and Connecting with Spirit
by Diana Cole

Connect with your own spirit guide and transform your life
Spirit Translator is a remarkable book that gives readers the tools to find and connect with their spirit guide. In her work as a spirit translator, Diana has asked spirit thousands of questions on behalf of her clients and herself. These messages are distilled into seven transformative truths for well-being and happiness that form the backbone of the book. She outlines her own walk with spirit - how she transformed a shattered career and broken relationships into a fulfilling life with the help of her spirit guide. Most importantly, Diana helps readers meet and begin a new relationship with their own spirit guides, a dialogue that will transform their lives.

At its heart, Spirit Translator is a book of self-empowerment, giving readers the knowledge to begin a conversation with spirit that will be a lifelong source of well-being and love.

Author Bio
Diana Cole is a gifted intuitive, thought leader, and the author of the forthcoming book Spirit Translator. Through her Spirit Translation Readings, she guides individuals and groups through the steps of connecting with their own spirit guides and healing through positive thought repatterning. Diana is also a successful entrepreneur, having created nationally recognized brands in the fitness industry before a series of life-changing events led her to embrace the spiritual lessons she now teaches. Her fast-growing Facebook community currently includes 1.2 million people. Diana and her family live in the San Francisco Bay Area.
The Science of Getting Rich
The Complete Original Edition with Bonus Books
by Wallace D. Wattles


The Science of Getting Rich: The Complete Original Edition is a New Thought classic that has helped countless people achieve their dreams and secure financial success. The inspiration behind Rhonda Byrne's bestselling book The Secret, The Science of Getting Rich offers a transformative path to success by showing readers how to use the power of thought, willpower, and intention to create wealth of all kinds in their lives. Author Wallace D. Wattles was a formative writer of the New Thought tradition. This new edition of his timeless book includes Wattle's original text along with two bonus books, The Science of Being Great and The Science of Being Well. These companion books further elaborate on the success principles and ideas Wattles developed.

The Science of Getting Rich is the latest volume in the GPS (Good, Practical, Simple) Guides to Life series, which are designed to bring classic success and self-help books to a new generation of readers. The Science of Getting Rich will help readers develop vision and willpower, and in doing so, access the wealth they have always dreamed of.

Author Bio

Wallace D. Wattles was an influential member of the New Thought movement, helping to spread its ideals through his groundbreaking classics The Science of Getting Rich, The Science of Being Great, and The Science of Being Well. He died in 1911, but his works continue to influence new generations of readers to this day.