The Calling
3 Fundamental Shifts to Stay True, Get Paid, and Do Good
by Rha Goddess

A game-changing book offering a six-step approach on how to find and follow your true calling and redefine success from entrepreneur and soul coach Rha Goddess.

Every single one of us has a calling. For most people, it is the thing you have to force yourself not to do. When you ignore it, it is the thing that weighs on you and consumes your conscience until you give it its due. It is the thing that both terrifies you and brings you the most joy. Already living yours? Great! How do you make the most of it? Have a sneaking suspicion your best is yet to come? The Calling will provide readers with a road map, in six steps, on how to do good, stay true and get paid, like:

Step 1: Recognizing, it always begins with awareness. If you can't see it then you can't do anything about it.
Step 2: Accepting, embracing, and taking responsibility for yourself, your life, and the things that want or need to be changed.
Step 3: Forgiving yourself and others.
And more.

The Calling will teach readers how to find their calling and redefine success not as a scarce commodity, but as a hidden quality waiting to be unlocked as soon as we learn to live in alignment with our true selves. The Calling will be the resource that people have been asking Rha to write for years, and there has never been a better time for her to share her proven six step method.

Author Bio

Rha Goddess is the entrepreneurial soul coach behind hundreds of breakthrough changemakers, cultural visionaries and social entrepreneurs. From multiple NY Times Bestsellers to multi-million dollar social enterprises, Rha's unique methodology has empowered a new generation of conscious entrepreneurs to stay true, get paid, and do good. From the onset of her more than 30-year career as a cultural innovator, social impact strategist and creative change agent, Rha has drawn on the power of creativity, culture and community to move hearts, minds and policy. Rha's work has focused on issues of racial justice and equality, electoral politics, offender aid and restoration, mental health and youth and women's empowerment and contributed to initiatives that have impacted millions of lives. Her work has been featured in Time Magazine, Ms Magazine, Variety, Essence, the Source, Redbook, Forbes, Fast Company and the Chicago Tribune, among others. In 2014, Rha was chosen as a Top 10 Game Changer by Muses & Visionaries Magazine. In 2017 Rha was chosen as one of 50 Founders to watch by Essence Magazine. Additional awards and honors include Meet The Composer, the NPN Creative Fund, a semi-finalist for Do Something’s Brick Award and a two time semi-finalist for Leadership for a Changing World.
The Warrior Heart Practice
A Simple Process to Transform Confusion into Clarity and Pain into Peace
by HeatherAsh Amara

A revolutionary process based on the four chambers of the heart and rooted in Toltec wisdom that brings emotional clarity, healing, and freedom

The Warrior Heart Practice is a powerful new method to reconnect with our sense of authenticity and inner-knowing and realign with our true nature. Author of the bestselling book Warrior Goddess Training, HeatherAsh Amara has trained extensively in the Toltec tradition under the tutelage of don Miguel Ruiz, author of The Four Agreements.

The Warrior Heart Practice is a revolutionary system based on the four chambered structure of the human heart. Walking through each of the four chambers - Feeling, Story, Truth, and Intent - readers learn to take stock of their current emotional and mental state and reframe their situation in a new healing light. The process begins in the Feeling chamber as readers accept the emotions they are currently experiencing without fighting or judging them. It then continues into the next chamber as readers witness the Story that they are telling themselves. In the Truth chamber, they learn to thoughtfully and objectively evaluate the reality of the situation. In the final chamber, they learn to define and focus their Intent. The last phase of the practice is the most profound - taking the knowledge they have gathered from the four chambers, readers then walk backwards through each of the four chambers, refocusing their Intent, Truth, Story, and Feelings based on what they’ve learned during the process.

The Warrior Heart Practice leads to deep insights as readers learn to step outside of their preconceptions to realign with their true purposes and goals.

Author Bio

HeatherAsh Amara is the author of a number of books including the 'Warrior Goddess Training' series. She brings an openhearted, inclusive worldview to her writings and teachings, which are a rich blend of Toltec wisdom, European shamanism, Buddhism, and Native American ceremony. Currently she lives or the road in a 20-foot Airstream traveling and teaching throughout the United States as well as internationally. Visit her website to learn more.
One Degree Revolution
How the Wisdom of Yoga Inspires Small Shifts That Lead to Big Changes
by Coby Kozlowski

Innovative, accessible, and easily implemented, One Degree Revolution is acclaimed yoga educator and leadership coach Coby Kozlowski’s holistic program for self-inquiry and personal transformation. Her philosophy is deeply connected to living yoga - not just doing yoga. In fact, readers don’t need to have ever attended a yoga class to dive into this book: her thoughtful teachings are for anybody interested in learning to navigate the waves of life more skillfully and gracefully.

Imagine sailing a boat with a course set for a lifetime. If that route changes by just one navigational degree, what would happen to the journey? How far from the original trajectory would we be in one year? Five years? Ten years? Twenty years? Well, we would end up in a totally different place. In much the same way, we can change the course of our life by making a one degree shift. In other words, we don’t have to change everything about ourselves or our world to make a difference.

Coby inspires readers to dig deep, to ask powerful questions and to dive into the insights, experiments, and inquiries of living yoga: how can I best be with life? How can the teachings of yoga direct us to see the most aligned choices, let go of past hurts, and discover deep and meaningful connections? And what are the most skillful ways we can learn to savor all that life presents? These yoga philosophies are infused with practical strategies for creating the life you truly want and having a positive impact on the world. One Degree Revolution will guide readers to access infinite personal possibilities, celebrate their authentic selves, find meaning and purpose, trust (…)
Choose Wonder Over Worry
Move Beyond Fear and Doubt to Unlock Your Full Potential by Amber Rae

From the powerhouse Mind Body Green calls the Brene Brown of Wonder” comes a book that will shift the way we relate to ourselves and our emotions, and help us reach our full potential.

“Amber Rae is the Elizabeth Gilbert of her generation.” - Stacy London, New York Times bestselling author of The Truth about Style

WONDER is what we're born with. WORRY is what we learn.

NOW IS THE TIME TO RETURN TO WONDER.

Why do we hold back from pursuing what matters most? Why do we listen to the voice inside our head that tells us we're not good enough, smart enough, or talented enough? How can we move beyond the fear and doubt that prevents us from creating a life that reflects who we truly are?

Choose Wonder Over Worry is your official invitation to face your fears, navigate your discomfort, and rewrite the "worry myths" in your mind that keep you from being your best and truest self.

Journey with inspirational speaker and artist Amber Rae as she connects you with your voice of worry and wonder, teaches you to listen to your emotions rather than silence them, and encourages you to seize your dreams. Through a thoughtful blend of vulnerability, soulfulness, and science, Amber Rae guides you in expressing the fullness of who you are and the gifts you're here to give.

You don't (...)
The Kebra Nagast
The Lost Bible of Rastafarian Wisdom and Faith
by introduction by Ziggy Marley, edited by Gerald Hausman

The Kebra Nagast is a pivotal text in the Rastafarian tradition. Written in Ethiopia during the 14th century, this sacred tale tells the story of the relationship between the Biblical King Solomon and the Queen of Sheba, as well as their son Menyelek who famously brought the Arc of the Covenant to Ethiopia. A key text for Ethiopian Christians, The Kebra Nagast is also a fundamental sacred work of the Rastafarian tradition. *The Kebra Nagast: The Lost Bible of Rastafarian Wisdom and Faith* is the latest title in the acclaimed Essential Wisdom Library series which brings sacred texts from all traditions to modern readers. This new edition of the book includes a foreword by Ziggy Marley, which explores the importance of the Kebra Nagast as a powerful text both in Rastafarian tradition and in a broader sense. A clean, fresh design and inside cover printing give this ancient text modern appeal.

A work of incredible cultural significance, *The Kebra Nagast* is far more than simply a piece of literature, but rather it is a testament to enduring richness of Ethiopian tradition and culture.

**Author Bio**

Gerald Hausman calls himself a native of the world* after living in so many places in the United States and the West Indies. He spent more than twenty years in New Mexico where many of his American Indian folktales were collected and published. Born in Baltimore, Maryland in 1945, Hausman has been a storyteller almost since birth. His more than 70 books attest to his love of folklore, a passion instilled by his mother who painted the portraits of Native American chiefs. During his thirty-five years as astoryteller, Gerald has entertained children of all ages at such places as The Kennedy Center, Harvard University, St John's College and in schools from one end of the country to the other. Five audio books have come out in recent years and two of Gerald's books have been made into animated and folkloric films. His books have also been translated into a dozen foreign languages.
You Matter.
Learning to Love Who You Really Are
by Matthew Emerzian, preface by John O'Leary, foreword by Ken Blanchard

Transform the way you live your life with a message of unexpected hope, radical joy, and deep connection.

You matter. Not because of what you earn or how you look or what you've achieved, but because you are inherently valuable. Author Matthew Emerzian takes this seemingly simple premise and shows readers how truly understanding their own worth will change every aspect of their lives. You Matter is a call to empathy and a joyous celebration of the value of each and every person.

The book is structured into three sections, each of which expands the concept in ever widening ripples. In the first section, I Matter," readers come to terms with their own worth, in "You Matter" that awareness expands to acknowledge and celebrate the value of the people around us, and finally in "We Matter" Emerzian explores the power of a thriving community with those around us. Each chapter features exercises, journal prompts, and conversation starters to help readers dive deeper.

Author Matt Emerzian is the founder of Every Monday Matters, a not-for-profit dedicated to spreading the message of self-worth and compassion to people throughout the world. Every week 1.2 million people - from elementary school children to employees at national corporations - engage with ideas and concepts from Every Monday Matters.

You Matter is a manifesto of self-esteem and call to action for people to find their meaning and live fully - and change the world while doing so.

Author Bio

Matthew Emerzian is Founder and Chief Inspiration Officer of Every Monday Matters (EMM), a not-for-profit organization committed to helping people and organizations understand how much and why they matter. EMM's programs have been utilized by some of America's largest corporations and nearly a million students in 49 states and 7 countries. Ken Blanchard is Chief Spiritual Officer of the Ken Blanchard Companies, Inc. He is the author or coauthor of more than 40 books, including the classic The One Minute Manager (Reg TM) (with Spencer Johnson), Raving Fans!(Reg TM), (with Sheldon Bowles) and The Secret (with Mark Miller)
The Universe Is Calling You
Connecting with Essence to Live with Energy, Love, and Power
by Char Margolis and Victoria St. George

In The Universe is Calling You: Connecting with Essence to Live with Energy, Love, and Power, America's beloved psychic, Char Margolis, introduces readers to the vital energy of Essence. Essence is the fundamental, universal, loving energy that connects the entire universe and all its living things. This universal loving goodness binds us all together in an intimate and powerful way. Char shows readers how to tap into the power of Essence and draw strength and wisdom from these deep, fundamental connections.

Using the universal presence of the Essence, readers will learn:
- The truth about living and dying
- The 5 sources of power and how to manifest them
- About spirits and angels and how to benefit from their aide
- How to help departed loved ones find peace
- Ways to ward off negative and harmful energies
- And much more. . .

With Char as a guide, readers will explore the vast and connected world of Essence and delve into their own inherent spiritual awareness.

Author Bio

Char Margolis is an internationally renowned teacher and counselor who has been using her gifts to help people for over twenty-five years. She is the author of Questions From Earth, Answers From Heaven. She lives in Michigan. Victoria St. George of Just Write is a writer and editor living in San Diego, California.
The Last Diet
Discover the Secret to Losing Weight - For Good
by Shahroo Izadi

Replace shame and guilt with self-compassion to change the way you think about weight loss

In The Last Diet, author Shahroo Izadi flips the script on weight loss, outlining a new way of dieting that is not built on denial, self-punishment, or guilt, but instead rooted in self-compassion. Using the habit transforming techniques she developed in her previous book The Kindness Method, Izadi helps readers change their dietary habits using kindness.

The key to making any change in your life, including weight loss, is to develop your own sense of worthiness and confidence. Instead of using weight loss as a way to prove that we are worthwhile and capable, Izadi shows us that when we replace guilt, self-loathing, and shame with kindness we are better able to change our attitudes and habits and, in doing so, create lasting physical changes as well.

Using Shahroo’s habit mapping system, readers will craft a plan for success that encompasses both their long-term weight management goals and their overall wellbeing to create meaningful and lasting change.

Author Bio

Shahroo Izadi is a Behavioral Change Specialist. She provides relapse prevention coaching and support groups at a recovery house for young women in addition to delivering sold-out workshops designed to help people change any habit on their own terms. 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 Go-Getter: A Story That Tells You How to Be One
The Complete Original Edition
by Peter B. Kyne

A classic parable of ambition and entrepreneurial spirit that has imparted key lessons in success to generations of readers. First published in 1921, Peter B. Kyne's *The Go-Getter: A Story That Tells You How to Be One* is a humorous parable of determination and ambition that has proved itself to be a timeless classic, inspiring readers to approach their goals - whether personal or professional - with tenacity and dedication. *The Go-Getter* tells the story of Bill Clegg, an ambitious young salesman, who is set on a seemingly impossible task when his boss, a crusty old-timer named Cappy Riggs, decides to test his mettle. Charismatic and incredibly determined, Bill charmed his way into Riggs's employment and is resolved to meet his boss's expectations - no matter what may ensue. Along the way, Clegg develops and demonstrates the critical values of drive, determination, honesty, and integrity. With delightfully old-fashioned prose and a modern message of drive and determination, *The Go-Getter* is a truly timeless illustration of the perseverance and resolve that are required to fuel true ambition.

Author Bio

A native of San Francisco, Peter B. Kyne was a prolific screenwriter and the author of the 1920 bestseller *Kindred of the Dust*. His stories of Cappy Ricks and the Rick's Logging & Lumbering Company were serialized in *The Saturday Evening Post* and William Randolph Hearst's *Cosmopolitan* magazine. He died in 1957.
Explore the wisdom of a New Thought classic and master the game of life!

In this classic bestseller, Florence Scovel Shinn helped to define the personal success genre. Written in the new thought tradition, her message is simple yet transformative - we receive back what we put into the world through our actions, energy, and attitudes. Negativity and pessimism are returned in kind, but by switching the script in favor of positive attitudes and affirmations, we are able to manifest success and joy in everything we do.

Life, Shinn tells us, is not a battle of us against the world, but rather a game of giving and receiving. What we give to the world we receive back - whether that be the dark weight of fear and inhibition or the freedom of joy and empowerment. This new edition of The Game of Life and How to Play It combines the text of Shinn's original edition with a sleek design that will inspire a new generation of readers.

Author Bio

Florence Scovel Shinn (1871-1940) was an American artist and book illustrator. After the publication of her first book, The Game of Life and How to Play It in 1925, she became a popular lecturer and writer.
How to Live on 24 Hours a Day
The Complete Original Edition
by Arnold Bennett

Learn to use your most precious commodity - time - to truly live.

Arnold Bennett's classic book, *How to Live on 24 Hours a Day*, has been changing the way people use and consider their time since it was first published in 1910. In the intervening century surprisingly little has changed - we still struggle to make use of our time and are often plagued by the persistent worry that we are not making the most of our lives. Bennett encourages readers to stop merely following the rote patterns of their lives and leverage their free hours by viewing time as a commodity like money - each of us is allotted exactly 24 hours every day to spend as we see fit. What we make of our lives will ultimately be a result of what we make of that time. Bennet's prescription is simple, but revolutionary: consider the time outside your work day as an entirely separate day, sixteen hours (give or take) during which you are free to do anything you like to grow and improve yourself and your happiness. Building on that premise, he helps readers begin to take control of their time - starting with just 90 minutes three times a week - and use it to truly live. Bennet's writing is realistic and his advice transcends the years since it was first written. *How to Live on 24 Hours a Day* is an honest and refreshing perspective on how we can seize control of our time and spend it in the wisest way possible.

Author Bio

Arnold Bennett was a prolific English novelist and leading realist author during the early twentieth century. In addition to his fictional work, he also wrote selected nonfiction and criticism, including his insightful and book *How to Live on Twenty-Four Hours a Day*. 
Instant Healing
Mastering the Way of the Hawaiian Shaman Using Words, Images, Touch, and Energy
by Serge Kahili King

Harness the power of Hawaiian Shamanism to rapidly heal yourself using the power of your body, energy, and mind.

Our bodies and minds are inextricably woven together in a complex and powerful way. In Instant Healing: Mastering the Way of the Hawaiian Shaman Using Words, Images, Touch, and Energy, readers will learn how to explore and strengthen that connection to promote wellness. Using the wisdom of kuna, or Hawaiian shamanism, author Serge Kahili King offers a radical path towards drug-free healing.

All forms of injury - whether mental or physical, from disease, trauma, or illness - incur physical tension and stress. King offers a radical reinterpretation by showing that this physical tension and stress is not the result of the injury or disharmony, but rather the cause of it. By working to eliminate this root stress readers can achieve physical and mental healing for themselves without resorting to invasive methods. Written in a jargon-free and easily accessible style, Instant Healing will teach you to use the power of words, the power of imagination, the power of touch, and the power of energy to aide in the healing of all types of ailments.

This 20th anniversary edition includes a new introduction featuring a bonus healing technique. The book also features a special section on emergency techniques that can be used with a minimum of explanation to bring rapid relief. Instant Healing will transform the way you consider your body and empower you to take control in a new way.

Author Bio

Serge Kahili King, Ph.D. is the author of Urban Shaman, Kahuna Healing, Mastering Your Hidden Self, and Imagineening for Health, as well as numerous articles. Dr. King is an internationally renowned speaker and the leader of a ten-thousand-member worldwide network of teachers, counselors, and therapists who follow his work. He resides in Hawaii.
Breathing for Warriors
Master Your Breath to Unlock More Strength, Greater Endurance, Sharper Precision, Faster Recovery, and an Unshakable Inner Game
by Belisa Vranich and Brian Sabin

Dr. Belisa Vranich’s ground-breaking second book teaches the science, techniques, and benefits of breathing correctly and efficiently for warriors in all walks of life.
People are less in touch with their bodies - and especially their breathing - than ever before. Ironically, athletes and others who pride themselves on taking care of their bodies actually put themselves at greater risk. Why? Because they’re asking their body to take on next-level demands, but failing at life’s most essential skill: efficient breathing.
Proper breathing is the world’s most powerful biohack. Learning it will help you feel better, avoid injury, and perform at your very best (including in bed!).
Champion gladiators, master martial artists, even spearfishers all had one thing in common: efficient breathing to achieve flawless execution.
An elite few still understand: Navy SEALs who need to make the perfect shot, super-elite weightlifters who truly understand how to harness and channel their energy, free-divers who can spend seemingly impossible amounts of time underwater, and high-profile execs who keep calm before multi-billion-dollar presentations.
You can learn their secrets.
From the corporate athlete to the tactical ninja, Breathing for Warriors is a practical, science-forward book that focuses on everything related to breathing and performance - from muscles and workouts to an impenetrable inner game.

Author Bio

As a clinical psychologist with over twenty years of experience, DR. BELISA VRANICH has spent the last decade dedicating herself to the study of breathing. She is the founder of The Breathing Class and has appeared in dozens of national media outlets, including Anderson Cooper, CNN, Fox, The Today Show, Good Morning America, Inside Edition, The Wall Street Journal, Cosmopolitan, Men's Fitness and Huffington Post. She is the former sports psychologist for Gold’s Gym.
Better Stretching
9 Minutes a Day to Greater Flexibility, Less Pain, and Improved Performance
by Joe Yoon

A nine-minute routine to improve stretching, mobility, and strength, by personal trainer, massage therapist, and Instagram sensation Joe Yoon.

Better Stretching teaches readers to stretch smarter to feel looser, move more easily, and peak perform. These stretches are fast and easy. Readers will learn to make areas of tightness and discomfort feel better immediately - and how to make those benefits last. Author Joe Yoon proves you don’t need 90 complicated minutes to get more agile and less achy - you just need 9.

Yoon’s stretches are easy and fast and made for people at all levels of fitness, whether you sit at a desk most of the day, are a high-level athlete, or somewhere in between. Better Stretching is broken up into three parts to help readers find what suits their bodies best. Part One is a compendium of stretches and mobility exercises; Part Two is comprised of strengthening exercises, including routines for specific needs like avoiding the hunching and soreness from sitting behind a desk or prepping for a workout; and Part Three gives readers three different 30-day routines to ease them into making stretching a regular part of their daily lives, as well as to develop smart and healthy stretching habits.

Better Stretching is for readers who want to:
- improve their athletic performance
- prevent injury
- use stretching as exercise.

Better Stretching’s simple, straight-to-the point stretches with over 125 clear accompanying photos will have readers looser and more limber in 30 days.

Author Bio

JOE YOON is a certified personal trainer, licensed massage therapist, and found of the fitness training business JoeTherapy. Yoon graduated from Quinnipiac University in 2009 with a BS degree in Health & Science Studies and was certified as a personal trainer by the National Academy of Sports Medicine in 2011. In 2013, he became a licensed massage therapist. He is based in Orlando, Florida.
Reconnecting to the Source
The New Science of Spiritual Experience - How It Will Change You, How It Will Change the World
by Ervin Laszlo, introduction by Deepak Chopra

Renowned authority on science and philosophy Dr. Ervin Laszlo explores the implications of the new quantum sciences to move beyond the limits of reality as we know it - and find our way again in our informed, "purposively evolving universe.

Reconnecting to the Source is a powerful new book on the science of spiritual experience by Dr. Ervin Laszlo. A well-known figure in the fields of new science, consciousness, and spirituality, Dr. Laszlo has inspired some of today's most important figures in science and philosophy. In Reconnecting to the Source he unpacks the science behind spiritual experience, investigating the ways in which we can access realms of experience beyond the everyday. It is in these moments, when our conscious minds are in contact or perhaps even overridden by our unconscious selves, that we can explore the depths of spiritual meaning.

In addition to a foreword by Deepak Chopra, the book includes new, never before published contributions from a long list of well-known writers and public figures - including Jane Goodall, Barbara Marx Hubbard, Zhi-Gang Sha, Gregg Braden, and many more. Each contributor has written about a unique spiritual experience of their own, sharing moments in their lives that are outside of the boundaries of the usual and reflecting on the importance of these moments.

This revolutionary and powerful book will challenge you to reconsider the boundaries of our own experience and change how we look at the world around us. It is a unique, never before available resource for people who want to know how they can consciously align with the (…)

Author Bio

Ervin Laszlo is President of the Laszlo Institute of New Paradigm Research, Founder and President of The Club of Budapest, Fellow of the World Academy of Art and Science, Member of the Hungarian Academy of Science and of the International Academy of Philosophy of Science, Senator of the International Medici Academy, and Editor of the periodical World Futures: The Journal of New Paradigm Research. He is the recipient of the Goi Peace Prize (2002), the International Mandir of Peace Prize (2005), the Conacreis Holistic Culture Prize (2009), the Ethics Prize of Milano (2014), and the Luxembourg World Peace Prize (2017). He was nominated for the Nobel Peace Prize in 2006 and 2007. He holds Honorary Ph. D.'s from the United States, Canada, Finland, and Hungary.
The Complete Book of Sprouts
Tap into the Power of the Planet’s Most Nutritious Food
by Doug Evans

The book about the power of sprouts as an ultra-food for health, weight loss, and optimum nutrition by the co-founder of Organic Avenue and the founder of Juicero

Super Sprouts is a 10-day transformative diet plan to introduce sprouting by adding a few dishes to a diet and then shifting into a raw, whole foods plant-based diet. The 40 recipes contain at least 50% sprouts on top of raw vegetables, fruits, nuts, seeds, spices, medicinal mushrooms, sea vegetables, and top-quality cold-pressed vegetable oils.

Sprouts are the most nutritious sustainable food on earth. Among the mind-blowing nutritional qualities of sprouts:
- have 20-30 times the nutrients of other vegetables and 100 times those of meat
- are cancer-fighting and help to protect us from cardiovascular disease and pollutants in the environment
- help with digestion
- are a healthier alternative to juice cleansing, and will leave consumers with more energy and fuller stomachs for fewer calories, sugars, and carbs

After 10 days of sprouting, a reader will lose weight, gain energy, reduce inflammation, sleep better, become more regular, and think more clearly.

Super Sprouts takes Doug Evans’ twenty years of experience with sprouts and his background as chairman and CEO of Organic Avenue and founder and CEO of Juicero to empower readers to embark on a raw, living, plant-based way of eating that’s low-cost and accessible

Author Bio

DOUG EVANS is a serial health food entrepreneur - selling to the stylish and chic as well as to the rest of us. He founded Juicero on the hardware side (and raised $120 million for the company that made the 400 wifi-connected home cold-press juicer, the Tesla of juicers”) and co-founded Organic Avenue on the storefront/food production side.
The Philosophy Cure
Lessons on Living from the Great Philosophers
by Laurence Devillairs

The wisdom of famous philosophers distilled into practical takeaways for modern readers

For centuries, philosophers have considered the big questions of human life, mulling over everything from ethics to the definition of reality. Their ideas and insights are powerful and innovative, but often inaccessible and far too academic for most readers. In The Philosophy Cure: Lessons on Living from the Great Philosophers, scholar and expert on Cartesian philosophy, Laurence Devillairs has stripped away the convoluted language, translating the core ideas and wisdom of some of the most prominent philosophers into simple concepts for modern readers. She skillfully reveals that far from being impractical or distantly academic, philosophy is, at its heart, a deeply useful discipline ultimately concerned with what it means to live a good and fulfilling life.

Perfect for readers who are intrigued with philosophy, but who are uninterested in reading dense academic texts, The Philosophy Cure reveals the true wisdom of the best-known philosophers - from Socrates to Kant and Descartes.

Author Bio

Graduate of the Ecole Normale Superieure, associate, doctor and lecturer in philosophy, Laurence Devillairs is a specialist in Descartes and philosophy of the seventeenth century. She is Dean of the Faculty of Philosophy of the ICP and in the author of The Philosophy Cure along with several other books published in French.
Auras
The Anatomy of the Aura (A Start Here Guide)
by Eliza Swann

If you want to explore the energy and beauty of auras, simply start here! *Auras: The Anatomy of the Aura* is a modern illustrated guide to the ancient practice of aura reading. The latest title in The Start Here Guide Series, this is the perfect book to introduce readers to the power and beauty of auras. These layered veils of energy surround all physical things and reflect the state of their internal energy flow. Author and teacher Eliza Swann demystifies the world of auras and brings an ancient tradition into the modern era, teaching readers:
- What an aura is from both mystical and scientific perspectives
- Techniques for learning to perceive auras
- The history of the concept of auras
- An in-depth explanation of the layers of the human aura
- An extensive glossary of terminology relating to the human aura
- How to heal the human aura

Black and white illustrations throughout the book help readers visualize the techniques as they read. Packed with information yet always fun and accessible, *Auras* is the ultimate beginners guide!

**Author Bio**

Eliza Swann is an interdisciplinary artist, intuitive, writer, educator, and community organizer based in Los Angeles and New York. Eliza received a BA in Painting from the San Francisco Art Institute, and received a Master’s degree in Fine Art from Central St. Martins in London. She has trained in hypnotherapy at the Isis Centre in England, Hindu cosmology and yoga with Dr. Vagish Shastri in Benares, India, and Tarot and Western Magical Practice with the Builders of the Adytum Western Mystery School. Eliza is the founder of The Golden Dome School, a modern day Mystery School that studies intersections of art, metaphysics and ecology.