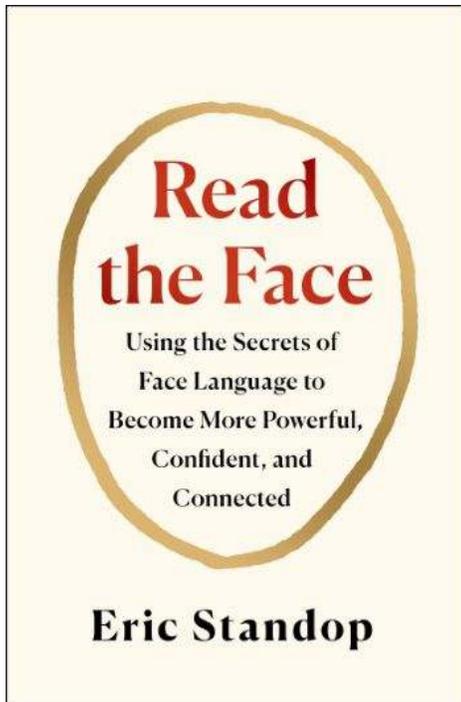




ST. MARTIN'S
ESSENTIALS



 ST. MARTIN'S PRESS

Read the Face

Using the Secrets of Face Language to Become More Powerful, Confident, and Connected
by Eric Standop

Relearn the intuitive language of face reading

From birth, face is our first language. We are born face readers - knowing to seek out human features and faces from the moment our eyes open. We all have the intuitive ability to read and interpret the feelings and expressions of those around us.

In *Read the Face*, master face reader Eric Standop unlocks the power of this innate human ability, sharing his own journey to become a face reading master, along with stories that illustrate the power of this unique language. Using a combination of three different schools of face reading, along with a scientific accuracy to detect the most fleeting microexpressions, Standop is able to read personality, character, emotions, and even the state of a person's health - all from simply glancing at their face.

The book is divided into sections focusing on specific ways that face reading can offer insight, such as Health, Love, Communication, Work and Success. The stories are accompanied by detailed black and white illustrations of faces, allowing readers to observe the same features that Standop interpreted. The final section of the book outlines the meanings of dozens of facial features and face shapes, so that readers can recognize their own innate intuitive powers and develop them. *Read the Face* is a guide to using the ancient art and science of face reading to go beyond the surface and create the boldest life possible.

Author Bio

Eric Standop is the Founder of the Face Reading Academy and has been a regular speaker and lecturer worldwide in over 20 countries to c-suite executives, thought leaders, entrepreneurs, educators and even law enforcement officials. His clients span various industries including: finance, technology, health and wellness, and hospitality.

St. Martin's Press

On Sale: Sep 17/19

6.12 x 9.25 • 336 pages

Includes over forty black-and-white line drawings throughout

9781250217059 • \$38.50 • CL - With dust jacket
Social Science / Body Language & Nonverbal Communication

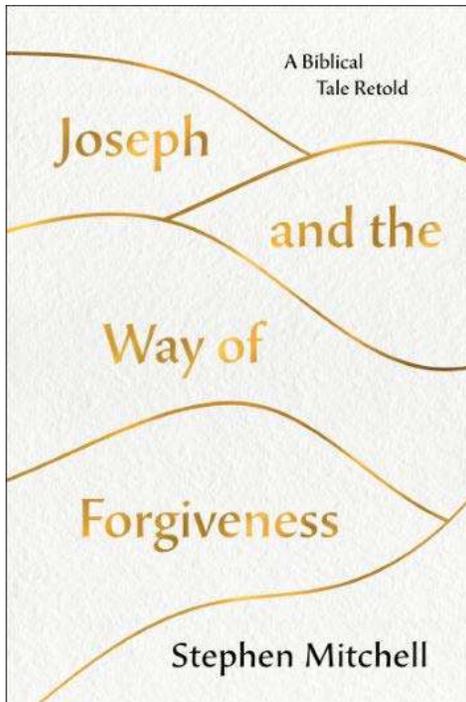
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 ST. MARTIN'S PRESS

Joseph and the Way of Forgiveness

A Biblical Tale Retold

by Stephen Mitchell

A unique and special kind of masterpiece." - John Banville

Stephen Mitchell's gift is to breathe new life into ancient classics. In *Joseph and the Way of Forgiveness*, he offers us his riveting novelistic version of the Biblical tale in which Jacob's favorite son is sold into slavery and eventually becomes viceroy of Egypt. Tolstoy called it the most beautiful story in the world. What's new here is the lyrical, witty, vivid prose, informed by a wisdom that brings fresh insight to this foundational legend of betrayal and all-embracing forgiveness. Mitchell's retelling, which reads like a postmodern novel, interweaves the narrative with brief meditations that, with their Zen surprises, expand the narrative and illuminate its main themes.

By stepping inside the minds of Joseph and the other characters, Mitchell reanimates one of the central stories of Western culture. The engrossing tale that he has created will capture the hearts and minds of modern readers and show them that this ancient story can still challenge, delight, and astonish.

Author Bio

Stephen Mitchell was born in Brooklyn, educated at Amherst, the Sorbonne, and Yale, and de-educated through intensive Zen training. His many books include the bestselling *Tao Te Ching*, *Gilgamesh*, *The Gospel According to Jesus*, *The Book of Job*, *The Second Book of the Tao*, *The Selected Poetry of Rainer Maria Rilke*, *Bhagavad Gita*, *The Iliad*, *The Odyssey*, and *Beowulf*. He is also the co-author of three of his wife Byron Katie's bestselling books.

St. Martin's Press

On Sale: Sep 17/19

5.38 x 8.25 • 272 pages

Includes four-color endpapers and two-color printing inside

9781250237521 • \$29.99 • CL - With dust jacket

Religion / Bible / Meditations / Old Testament

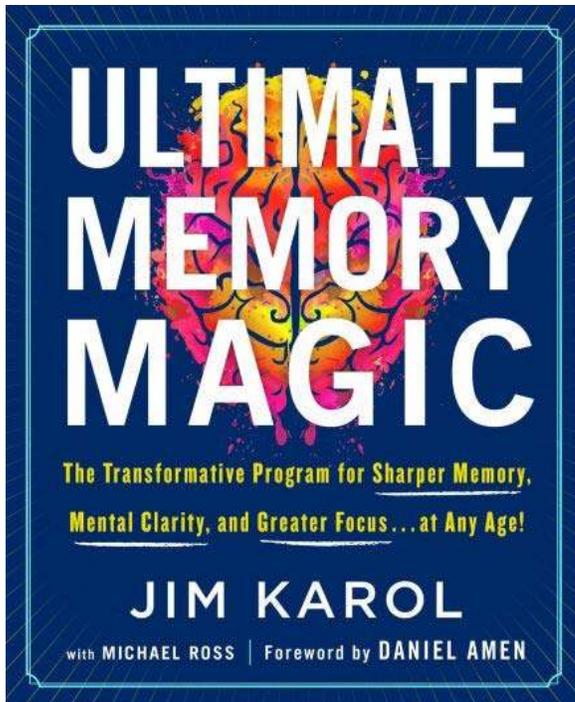
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 ST. MARTIN'S PRESS

Ultimate Memory Magic

The Transformative Program for Sharper Memory, Mental Clarity, and Greater Focus . . . at Any Age!

by Jim Karol and Michael Ross, foreword by Daniel G. Amen, MD

Improve your memory, sharpen your mind, and change your life - at any age!

As we age, our memories become unreliable; we misplace things and forget details. In *Ultimate Memory Magic*, memory expert Jim Karol shows that these side effects of aging are not inevitable. His memory-boosting system, called Cogmental Intelligence," goes beyond preserving mental acuity and actually enhances memory and mental function through lifestyle changes and mental exercises. Concentration, alertness, and focus can all be strengthened - by anyone, at any age. Karol's cutting-edge program will show readers how to:

- Sharpen their thinking and regain their mental edge
- Live free from disease
- Get in the best physical shape of their lives
- Clear away negativity and stress
- Become more creative and innovative

A former steel worker who suffered from ill health, Karol used this method to transform his own life. Now he is physically healthy and renowned for his unparalleled memory. His incredible feats of memory and mentalism have been featured on *The Tonight Show*, *The Ellen Show*, *Today*, and more. Karol has used his Cogmental Intelligence method with clients from professional athletes to business leaders and speaks at venues around the world, from MIT to the Pentagon. With a foreword from bestselling author and physician Daniel G. Amen, *Ultimate Memory Magic* will allow readers of any age to hone their minds, strengthen their memories, and transform their lives.

Author Bio

Jim Karol is living proof that radical life transformation happens when we sharpen our thinking and regain our mental edge. After employing daily memory-improvement techniques coupled with lifestyle changes Jim grew from an unmotivated Pennsylvania steelworker to a memory phenom," and in-demand motivational speaker. Today, Jim's "better mind, better life" message is resonating with people from all walks of life - everyone from Hollywood actors and pro-athletes to ivy-league academics.

St. Martin's Press

On Sale: Sep 24/19

7.50 x 9.13 • 272 pages

9781250221919 • \$25.99 • pb

Self-Help / Personal Growth / Memory Improvement

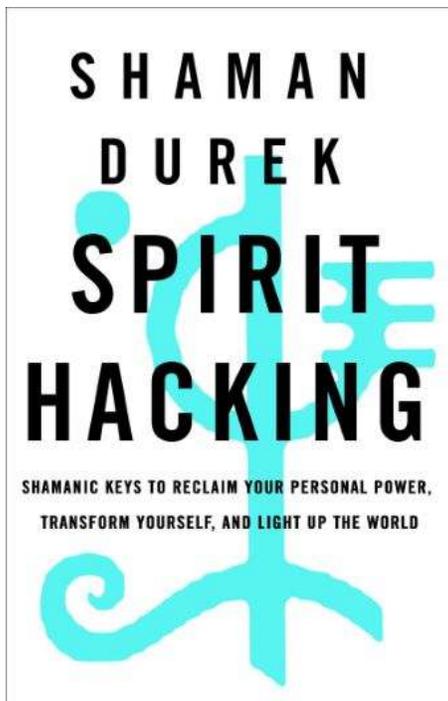
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 ST. MARTIN'S PRESS

Spirit Hacking

Shamanic Keys to Reclaim Your Personal Power, Transform Yourself, and Light Up the World
by Shaman Durek

A third generation shaman shares the six shamanic keys that will transform your life and the world

In *Spirit Hacking: Shamanic Keys to Reclaim Your Personal Power, Transform Yourself, and Light Up the World* Shaman Durek a third-generation shaman shares life altering shamanic keys allowing you to tap into your personal power. Through new information you will banish fear and darkness from your life in favor of light, positivity, and strength.

Shaman Durek's bold and sometimes controversial wisdom shakes loose our assumptions about ourselves and the very world around us. He ultimately teaches us how to step fearlessly out of this Blackout (the age of darkness we are currently experiencing) and access a place of fierce empowerment by use of tools and techniques of timeless Shamanic tradition. This transformation is both personal and collective; as individuals step out of darkness and begin to experience the light, we bring our loved ones and communities out of the shadows as well.

Shaman Durek inherited a rich legacy of ancient wisdom and now shares this knowledge for a modern context. He advises everyone from celebrities like Gwyneth Paltrow and Nina Dobrev to royals such as Princess Marta of Norway and innovative executives such as Bullet-Proof Coffee founder Dave Asprey.

Spirit Hacking shatters readers' complacency, giving them tools to navigate the tumultuous times in which we find ourselves. We will emerge from this period happier, lighter, and more vibrant than ever before.

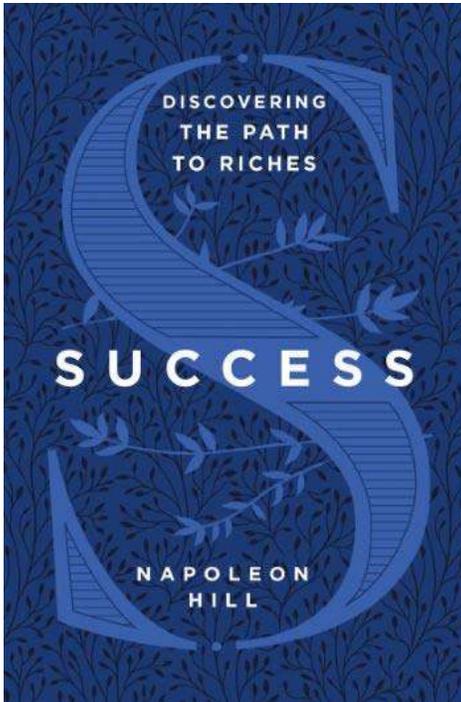
"

This guy does next level stuff. I have worked with him and I (...)

Author Bio

Shaman Durek is a 3rd generation shaman who has devoted decades to study and practice in becoming a thought leader and spiritual enthusiast for people all over the world. His focus is educating people on how to make shamanism a life style choice for evolutionary adaptation. He is an author, activist and a women's empowerment leader.





St. Martin's Press
On Sale: Oct 22/19
4 x 6 • 144 pages
Includes one-color printed endpapers
9781250220547 • \$22.99 • CL - With dust jacket
Self-Help / Personal Growth / Success

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 ST. MARTIN'S PRESS

Success: Discovering the Path to Riches by Napoleon Hill

A selection of Napoleon Hill's life changing principles in a single volume

The writings and wisdom of Napoleon Hill have transformed millions of lives, making him one of the most influential writers on personal success and an incomparable bestseller. His invaluable classic, *Think and Grow Rich*, has guided more people to becoming millionaires and billionaires than any other book in history. Compiled by The Napoleon Hill Foundation, *Success: Discovering the Path to Riches* presents a curated collection of some of Napoleon Hill's most significant teachings in one complete volume. Drawing on published as well as previously unpublished works by Hill, the book consists of Hill's teachings presented in an accessible bite-sized format. *Success* is ideal for both readers who are new to Hill's work and looking for an essential primer and for devoted followers who want to revisit his most impactful works.

This handsome hardback edition features striking debossing on the cover and designed endpapers, making it the perfect gift for fathers, young professionals, graduates, and many more. *Success: Discovering the Path to Riches* is an essential volume for everyone looking to build a prosperous life, both personally and professionally.

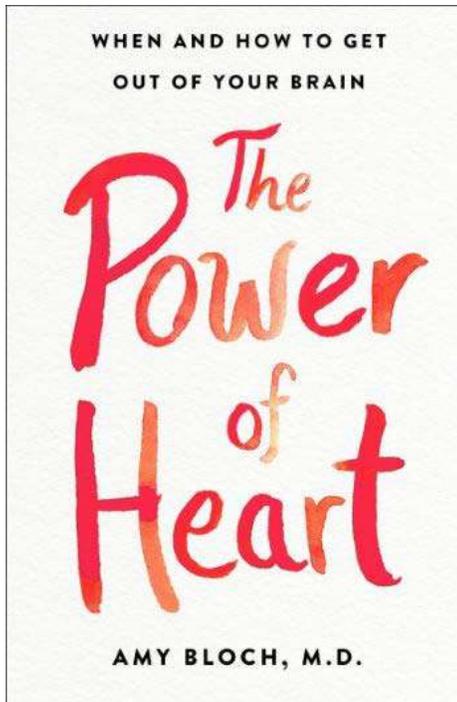
Author Bio

Napoleon Hill was born in 1883 in a one-room cabin on the Pound River in Wise County, Virginia. He is the author of the motivational classics *The Laws of Success* and *Think and Grow Rich*. Hill passed away in November 1970 after a long and successful career writing, teaching, and lecturing about the principles of success. His lifework continues under the direction of the Napoleon Hill Foundation.



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ST. MARTIN'S PRESS

The Power of Heart

Living with Heart in a Brain-First World

by Amy Bloch

The poignant lessons and practical applications an Ivy League psychiatrist learned from her daughter about the importance of living heart-first.

Amy Bloch, accomplished therapist, busy and fully in control of her professional and family life, was dealt what she thought was a devastating, insurmountable set-back when her daughter Emily was born with profound brain damage. Amy tried desperately to fix Emily, and exhausted herself in her efforts to deal with the "problem" using her intellect, going at it brain-first, the way we tend to approach any challenge in our society. Emily, by default, lives completely heart-first: She simply doesn't have the capabilities to approach life brain-first.

The Power of Heart is the distillation of what Emily taught Amy - applicable to anyone's life. While brain is amazing, powerful and also quite useful, it does come with limitations. And there's some stuff brain just doesn't know, which is where heart comes in. Tapping into heart helps your brain perform better - and makes you stronger and smarter than you will ever be trusting only brain. Heart will allow you to live with uncertainty; find strength, resilience, courage, and persistence in tough times; know your true self; manage emotions; and cast off self-criticism and doubt.

Amy's message of living heart-first, in conjunction with brain, is presented in deeply thoughtful, life-affirming, inspiring, practical, and accessible chapters, which will resonate with readers of all ages and walks of life in search of coping strategies and self-improvement.

Author Bio

AMY BLOCH, M.D., has been practicing child, adolescent, and adult psychiatry for 23 years. She received her pre-Emily education from Dartmouth, Yale University School of Medicine, and New York-Cornell Hospital. The mother of four children, Amy lives in suburban New York, where she spends an inordinate amount of time as her children's chauffeur and Sherpa, but finds time to blog at her newly launched website, dramybloch.com.

St. Martin's Press

On Sale: Nov 5/19

5.38 x 8.25 • 288 pages

9781250200457 • \$38.50 • CL - With dust jacket

Body, Mind & Spirit / Meditation

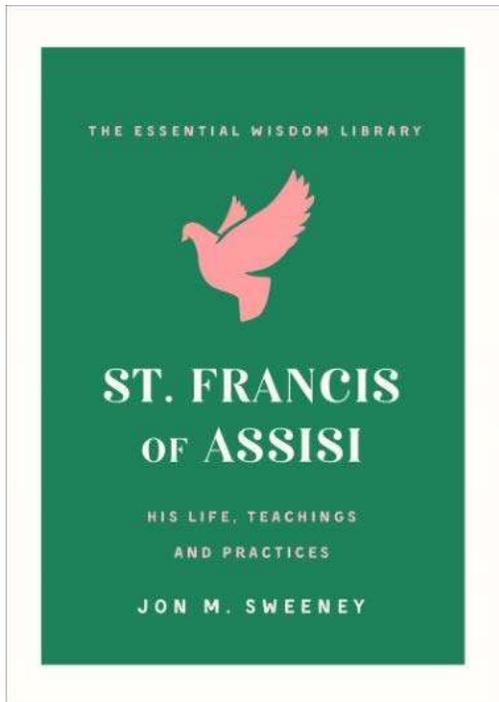
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 ST. MARTIN'S PRESS

St. Francis of Assisi

His Life, Teachings, and Practice

by Jon M. Sweeney

An introduction to St. Francis's life and his most profound teachings of faith

St. Francis of Assisi is one of the most venerated Christian figures, and his profound teachings, deep love of nature, and commitment to simplicity have resonated with generations of followers. *St. Francis of Assisi*, the latest title in the Essential Wisdom Library, offers a simple and universal introduction to Francis's life, his key teachings, and the spiritual practices that enriched his faith and the lives of those who follow his legacy.

Author Jon M. Sweeney, one of the most popular Francis interpreters, introduces the iconic Christian as a man of his time and as one whose wisdom transcends eras. Beginning with a timeline of the saint's life, *St. Francis of Assisi* includes the teachings that made Francis such a unique and powerful figure. His words apply to a diverse set of situations - from advice for people in positions of power, to teachings on gratitude, and the Rule of Life which governed every facet of life for Franciscans. The book concludes with explanations of some of his most powerful practices, which can offer wisdom and insight for our own lives.

St. Francis emphasized the importance of living a simple, truthful life, making his spiritual practices just as impactful and relevant in the modern day as they were centuries ago. *St. Francis of Assisi* is the perfect guide for anyone looking to learn more about the saint or hoping to incorporate his wisdom into their own spiritual lives.

Author Bio

Jon M. Sweeney is an independent scholar and a respected writer. A biographer of St. Francis and translator of his writings, Sweeney's books on Franciscan subjects have sold 200,000 copies. He's the author of over thirty books including *The Pope Who Quit*, which has been optioned by HBO. Sweeney is editor in chief and publisher of Paraclete Press. He's appeared on *CBS Saturday Morning* and numerous other programs. Jon is married to Rabbi Michal Woll, the father of four, and lives in Milwaukee.

St. Martin's Press

On Sale: Oct 1/19

5.38 x 8.25 • 128 pages

Inside cover printing

9781250209658 • \$20.25 • pb

Religion / Christianity / Saints & Sainthood

Series: Essential Wisdom Library

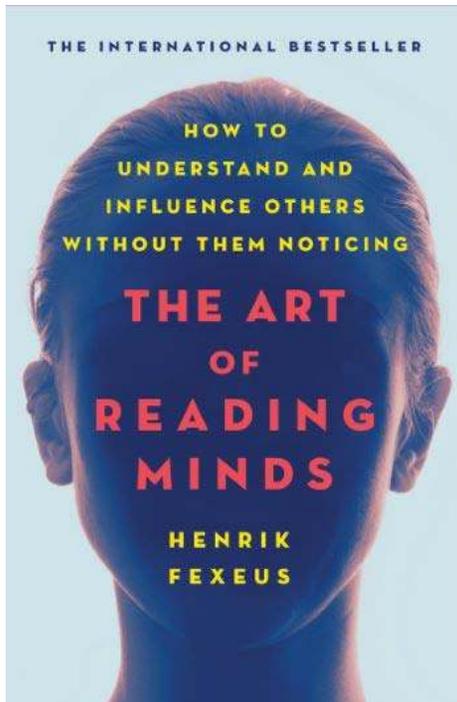
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 ST. MARTIN'S PRESS

The Art of Reading Minds

How to Understand and Influence Others Without Them

Noticing

by Henrik Fexeus

The internationally bestselling guide to mind-reading" by influencing those around you via non-verbal communication, from human psychology expert Henrik Fexeus.

How would you like to know what the people around you are thinking? Would you like to network like a pro, persuade your boss to give you that promotion, and finally become the life of every party? Now, with Henrik Fexeus's expertise, you can.

A major international bestseller with over 1 million copies in print in 24 countries, *The Art of Reading Minds* teaches you everything you need to know in order to become an expert at mind-reading. Using psychology-based skills such as non-verbal communication, reading body language, and using psychological influence, Fexeus explains how readers can find out what another person thinks and feels-and consequently control that person's thoughts and beliefs. Short, snappy chapters cover subjects such as contradictory signs and what they mean, how you flirt with people without even knowing it, methods of suggestion and undetectable influence, how to plant and trigger emotional states, and impressive demonstrations and party tricks. Fexeus gives readers practical (and often fun) tips and examples on how to effectively mind-read others and how to use this information to their advantage, both in personal and business settings.

Author Bio

HENRIK FEXEUS is an internationally bestselling author, lecturer, performer, and star of the TV show *Mind Melt*. An expert in psychology and communications, he travels the world "reading minds" and teaching others how to understand and manipulate human behavior through body language and persuasion. Henrik has studied mental skills like NLP, hypnosis, acting, and magic. You can find him on YouTube and Facebook or visit his website at www.henrikfexeus.se.

St. Martin's Press

On Sale: Oct 15/19

5.38 x 8.25 • 256 pages

Includes 42 black-and-white photographs throughout

9781250236401 • \$24.50 • pb

Social Science / Body Language & Nonverbal Communication

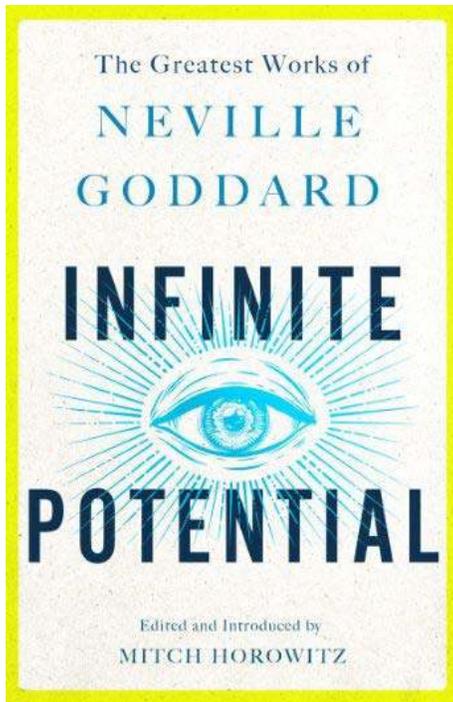
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 ST. MARTIN'S PRESS

Infinite Potential

The Greatest Works of Neville Goddard
by Neville Goddard, edited by Mitch Horowitz

A spiritually transformative collection of Neville Goddard's works - including never-before-published material

Neville Goddard, most often known simply as Neville, is one of the most powerful writers in the realm of mystical spirituality. Unknown during his lifetime, his work has grown increasingly popular, and his writings have influenced the likes of Rhonda Byrne, Carlos Castaneda, Joseph Murphy, and Wayne Dyer. The founding principle of Neville's work was stunning in its simplicity - *Y our imagination is God*. This message of empowerment has resonated with countless readers, urging them to fearlessly explore their own potential in a new way.

Compiled and introduced by PEN Award-winning historian Mitch Horowitz, *Infinite Potential* is a curated compendium of Neville's work, including the complete text of his first book, *At Your Command*, along with rare pamphlets, transcriptions and three never-before anthologized pieces from the great writer. Horowitz is the leading expert on Neville and his teachings, and his introduction frames Neville's work in both a historical and modern-day context, offering a complete timeline of the writer's somewhat mysterious life. *Infinite Potential* is an accessible and profound anthology from one of the greatest spiritual minds of the 20th century.

Author Bio

Born to an English family in Barbados, Neville Goddard (1905-1972) moved to New York City at seventeen to study theater. In 1932, he abandoned his work as a dancer and actor to dedicate himself to a career as a metaphysical writer and lecturer. Neville influenced a wide range of spiritual thinkers, from Joseph Murphy to Carlos Castaneda. MITCH HOROWITZ is a writer-in-residence at the New York Public Library and the PEN Award-winning author of books including *Occult America* and *The Miracle Club: How Thoughts Become Reality*. He hosts the shows Master Class and One Simple Idea on the New Thought Channel. Visit him @Mitch Horowitz

St. Martin's Press

On Sale: Oct 22/19

5.38 x 8.25 • 240 pages

9781250319302 • \$22.99 • pb

Body, Mind & Spirit / New Thought

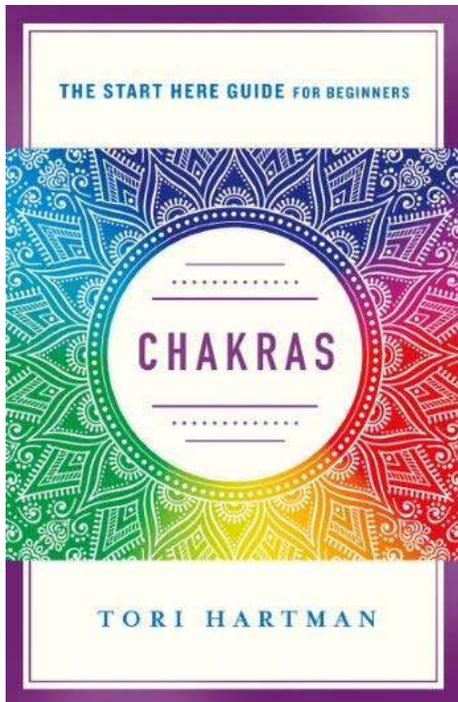
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 ST. MARTIN'S PRESS

Chakras

An Introduction to Using the Chakras for Emotional, Physical, and Spiritual Well-Being (A Start Here Guide)

by Tori Hartman

Explore the power of the seven chakras in your own life

Chakras: An Introduction to Using the Chakras for Emotional, Physical, and Spiritual Wellbeing is a simple, modern guide to chakras, offering insight into how they function and how to access their healing energies in your own life. These seemingly mystical energy meridians are key centers of energy in our bodies; tapping into their power can promote health and happiness, physically, mentally, and spiritually. Designed for complete beginners, this latest title in The Start Here Guide series is meant to be the first book you read on the subject. *Chakras* offers a simplified history of the chakras, their key areas of influence, and most importantly, how to work with the powerful energy flow in your own life.

Author Tori Hartman is a professional intuitive who has worked with chakra wisdom for years and is deeply familiar with the transformative power of chakra energies. Throughout the book, she will lead you through modern chakra practices and provide practical exercises that allow you to experience the chakras yourself. A thorough resources section provides beginners with all the information they need to learn more and to dive deeper into their study of the chakras. *Chakras* is a truly exceptional guide for any beginner.

Author Bio

Tori Hartman is a professional intuitive. Following a near-death experience almost 20 years ago, Tori was visited by a spirit who told her a collection of brightly colored stories. These stories prompted her life-long fascination with color, the chakras and their power to transform and heal lives. Tori is based in Asheville, North Carolina.

St. Martin's Press

On Sale: Nov 5/19

5.38 x 8.25 • 144 pages

Inside cover printing

9781250210029 • \$20.25 • pb

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

Series: Start Here Guide

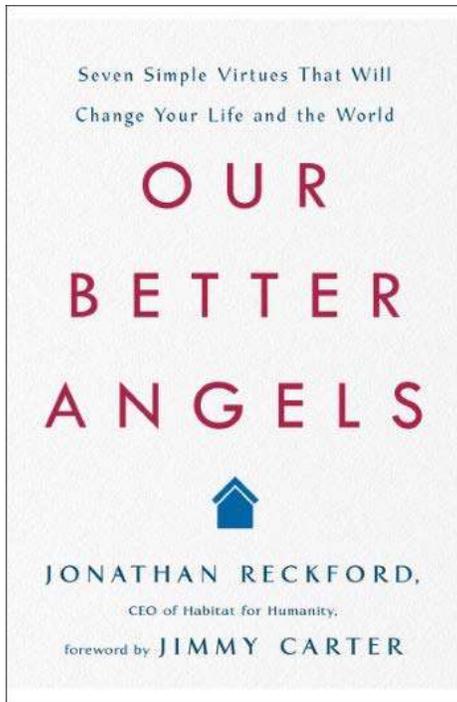
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 ST. MARTIN'S PRESS

Our Better Angels

Seven Simple Virtues that Will Change Your Life and the World
by Jonathan Reckford

For readers of *Make Your Bed*, a book about real-life virtues in action to inspire readers - from Habitat for Humanity, one of the world's most admired organizations.

In this first-ever book for adults from Habitat for Humanity, CEO Jonathan Reckford shares moving and inspiring stories of ordinary people whose lives have been changed by working together to help one another. And he shows what we can all learn from these everyday heroes.

Having witnessed people beat back the storms of life, Reckford came to see how we can all find our better selves by tapping into seven old-fashioned virtues - kindness, generosity, community, empowerment, respect, joy, and service. And he came to see how the strength gained from these virtues can help each of us build our best selves in ways that impact all areas of our lives - from our careers to our families, from how we behave in our communities to how we see the world.

With a separate chapter devoted to each of these seven virtues, Reckford introduces us to remarkable people Habitat has served, like Jed, whose family received a Habitat home and who could barely wait to donate it back Habitat to help others in need. And we also meet volunteers like Vic, a veteran who was inspired to return to Vietnam to help build housing there. Each vivid story in this book carries its own lesson and epiphany - to help readers find their own better angels.

The book begins with an inspirational foreword by Jimmy Carter.

Since 1976, Habitat for Humanity has helped more than five million (...)

Author Bio

JONATHAN RECKFORD has served as chief executive officer of Habitat for Humanity International since 2005. Under his leadership, Habitat has gone from helping 25,000 families annually to more than 300,000. A graduate of the University of North Carolina at Chapel Hill, Reckford earned his MBA from Stanford and went on to managerial positions at Goldman Sachs, Marriott, Walt Disney Company, and Best Buy. Reckford also served as executive pastor of Christ Presbyterian Church in Edina, Minnesota. In 2017, Jonathan was named Influencer of the Year by the Nonprofit Times.

St. Martin's Press

On Sale: Oct 8/19

5.38 x 8.25 • 256 pages

9781250237798 • \$34.99 • CL - With dust jacket

Self-Help / Motivational & Inspirational

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