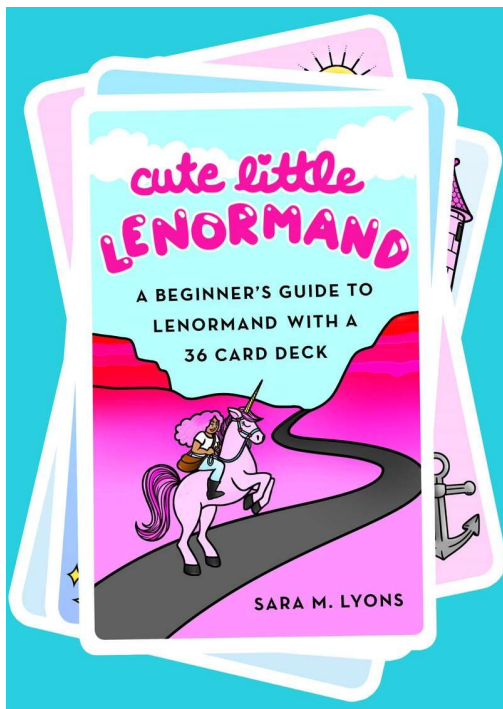




ST. MARTIN'S  
**ESSENTIALS**



ST. MARTIN'S PRESS

### Cute Little Lenormand

Easy, Intuitive Fortune Telling with a 36 Card Lenormand Deck  
by Sara M. Lyons

Sara Lyons' *Cute Little Lenormand* is small but mighty, packed full of punch! Easy to use, straightforward, and adorable, the *Cute Little Lenormand* would be a great addition to anybody seeking more guidance and inner wisdom for their self care rituals." - Grace Duong, creator of the Mystic Mondays Tarot deck

"Artist Sara M. Lyons brings the best of her signature style to *The Cute Little Lenormand*, crafting an appealing, intuitive, fun deck for experienced and first-time readers alike." - Adam J. Kurtz, artist and author of *Pick Me Up, 1 Page At A Time*, and *The OK Tarot*

### Author Bio

Sara M. Lyons is an artist and illustrator living in north Orange County, California, with her husband Josh. *Cute Little Lenormand* is her first published tarot deck.

St. Martin's Press

On Sale: Oct 6/20

5 x 7 • 144 pages

Includes a 4-color, 36-card deck plus printed endpapers and a 2 color interior

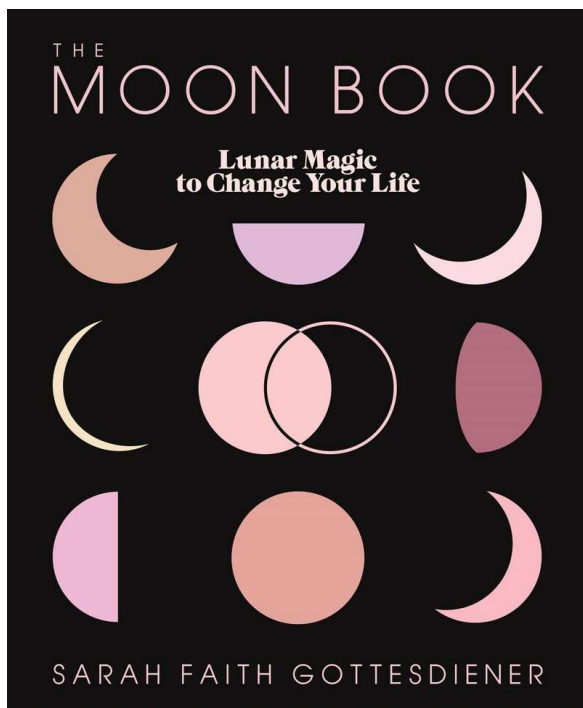
9781250752031 • \$29.99 • cl

Body, Mind & Spirit / Divination / Fortune Telling

### Notes

### Promotion





ST. MARTIN'S PRESS

### The Moon Book

Lunar Magic to Change Your Life

by Sarah Faith Gottesdiener

**A guide to conscious living through the moon and her phases, incorporating wellness rituals, spellwork, and witchcraft for the modern seeker.**

We all know the moon. We all have a relationship with it. The earliest people obeyed her orbit, timed their months and holidays and celebrations and agriculture to the moon; the echoes of that system are still visible today, though the connection to the moon is often forgotten.

Sarah Faith Gottesdiener is the leader of a movement to remind us of that lineage, guiding our rhythms and our sleep, our energy and our emotions, reminding us of our humanity and our magic. In her self-published *Many Moons Workbooks* and *Lunar Journals*, as well as her sold-out classes, she has guided over 50,000 readers to a deeper relationship with the moon, and through it, with themselves.

This evergreen book will be an informative and comprehensive guide to lunar living, incorporating radical, self-empowering, and magical tools and resources for the beginner and experienced lunar-follower alike. Depending on where we are in our lives, depending on what we are feeling or what is happening around us, the moon allows us a space to invite ritual into our daily lives. will provide a framework on how to utilize the entire lunar cycle holistically, while offering ways for the reader to develop a personal relationship with their own cycles - energetic, personal, and emotional - through the lens of the moon's phases.

### Author Bio

**Sarah Faith Gottesdiener** is an artist, designer, and writer in Los Angeles. She runs her own business teaching art, design, and metaphysical studies, and working as an intuitive Tarot reader seeing hundreds of clients a year. Her lunar workbooks are beloved in the wellness, witch, and spiritual community, and she's taught all over the country, in Canada, and in the UK. She writes a bi-monthly online column for Astrology, as well as monthly online contributions to LittleRedTarot and Oththewolves.

St. Martin's Press

On Sale: Sep 29/20

7.50 x 9.13 • 320 pages

Includes four-color endpapers and 2-color illustrations throughout

9781250206183 • \$33.99 • cl

Body, Mind & Spirit / Witchcraft & Wicca

### Notes

### Promotion



Raincoast Books



ST. MARTIN'S PRESS

### 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.

Stephen Mitchell is a tireless curator of wisdom, whose life's work is nothing less than the study of human transformation. With *Joseph and the Way of Forgiveness*, Mitchell has reached back in time to one of our oldest stories of grace and brought its lessons forward to us. The heart cannot help but be moved and healed by the treasure to be found in these pages." - Elizabeth Gilbert

"Stephen Mitchell's *Joseph and the Way of Forgiveness* is a rich and meaningful chronicle-cum-midrash." - Cynthia Ozick

"*Joseph and the Way of Forgiveness* is a beautiful 'retelling' of one of the most profound and moving passages in the Bible. Stephen (...)

### 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 15/20

5.38 x 8.25 • 288 pages

9781250239891 • \$22.99 • pb

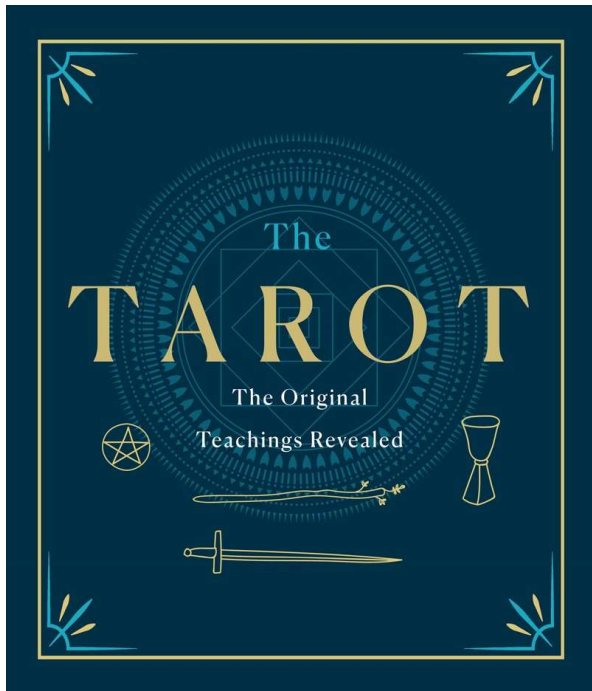
Religion / Bible / Meditations / Old Testament

### Notes

### Promotion



Raincoast Books



ST. MARTIN'S PRESS

### The Tarot: The Original Teachings Revealed

by Arthur Edward Waite

#### The definitive collection of rare, secret, and arcane tarot knowledge

*The Tarot: The Original Teachings Revealed* is the ultimate guide to the untold mysteries and lost knowledge of the tarot. This single volume includes eleven separate books, all from tarot masters of the 19th and 20th century. Many of these critical texts have been forgotten, fallen out of print, or are impossible to acquire. *The Tarot* reintroduces these lost tarot books to the modern-day reader, unlocking the invisible power of the tarot for a new generation of card readers.

Arthur Edward Waite's tarot book is a gorgeous gift item. Featuring a paper over board cover with gold foil, a striking mystical design, and colored endpapers, the package is an irresistible invitation to unlock the esoteric wisdom within.

#### Author Bio

The book includes works by: S. L. MacGregor Mathers, Eliphaz Levi, Arthur Edward Waite, P. R. S. Foli, P.D. Ouspensky, Papus, Harriette Augusta Curtis & F. Homer, Manly P. Hall, and A.E. Thierens.

St. Martin's Press

On Sale: Oct 27/20

8.50 x 10 • 800 pages

Includes 400+ black-and-white illustrations throughout and 4-color endpapers

9781250622907 • \$61.00 • cl

Body, Mind & Spirit / Divination / Tarot

#### Notes

#### Promotion

National Print Publicity

Online Publicity

Early Reader Review Campaign

Bookseller Outreach

Netgalley Promotion

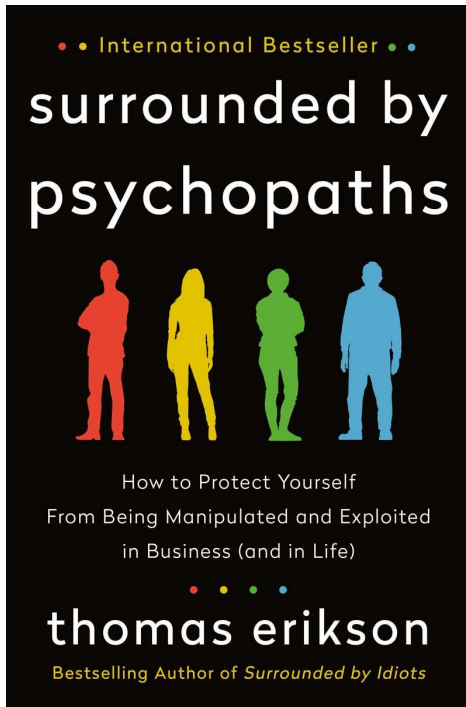
Social Media Promotion

Email Marketing

Adv Budget



Raincoast Books



St. Martin's Press

On Sale: Oct 6/20

6.12 x 9.25 • 256 pages

Includes four-color endpapers and 4 black-and-white charts

9781250763884 • \$36.50 • CL - With dust jacket

Self-Help / Communication & Social Skills

### Notes

### Promotion

ST. MARTIN'S PRESS

### Surrounded by Psychopaths

How to Protect Yourself from Being Manipulated and Exploited in Business (and in Life)

by Thomas Erikson

**#1 internationally bestselling author Thomas Erikson shows readers how to identify and avoid the psychopaths around them.**

Charming, charismatic, and delightful or manipulative, self-serving, and cunning? Psychopaths are both and that's exactly what makes them dangerous. Bestselling author of the international phenomenon *Surrounded by Idiots*, Thomas Erikson reveals how to identify the psychopaths in your life and combat their efforts to control and manipulate.

Using the same simple four-color system of behavior classification that made *Surrounded by Idiots* so popular, *Surrounded by Psychopaths* teaches readers how to deal with psychopaths in their lives by becoming aware of their own behavior and their weaknesses. Vivid example stories illustrate ways that psychopaths can take advantage of various behavior types, helping readers identify their own weaknesses and be proactive about protecting themselves. Erikson outlines some of the most common forms of manipulation used by psychopaths - and others - to influence those around them. Since manipulation can often be a feature of ordinary, non-psychopathic relationships, the book also includes practical methods and techniques to help readers confront controlling people and rehabilitate negative relationships into mutually respectful ones.

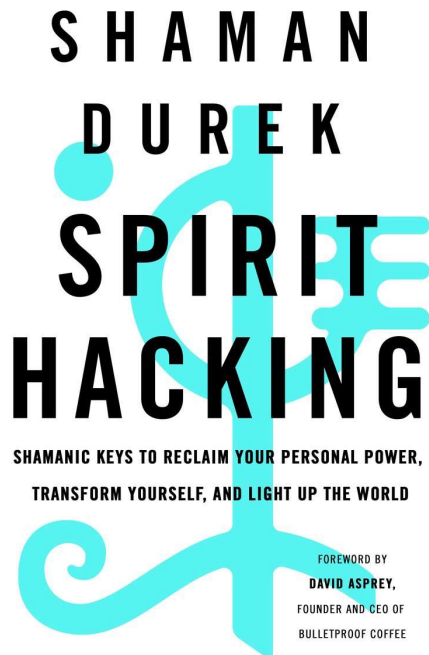
By understanding your behavior as well as the tendencies and strategies of psychopaths, *Surrounded by Psychopaths* will teach you to protect yourself from manipulative influence in your workplace, social life, and family

### Author Bio

Thomas Erikson is an expert on communication. He works with developing organizations from a leadership perspective. He has trained more than five thousand executives to be better and more efficient leaders. Thomas has written several popular science books on communication and human behavior. *Surrounded by Idiots* is one of Sweden's best-selling non-fiction books with over 450,000 copies sold in Sweden alone. The book is sold in 21 other languages around the world.







ST. MARTIN'S PRESS

### Spirit Hacking

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

**This guy does next level stuff. I have worked with him and I have no idea how or why he is able to do some of the things I have witnessed. Science is just catching up with biohacking. It's time to start studying spirit hacking and how Shaman Durek can achieve the tangible results he achieves."**

**- Dave Asprey, author of the *New York Times* bestseller, *The Bulletproof Diet*, Silicon Valley investor and technology entrepreneur**

In *Spirit Hacking: Shamanic Keys to Reclaim Your Personal Power, Transform Yourself, and Light Up the World*, Shaman Durek, a sixth-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 innovative executives such as Bullet-Proof (...)

### Author Bio

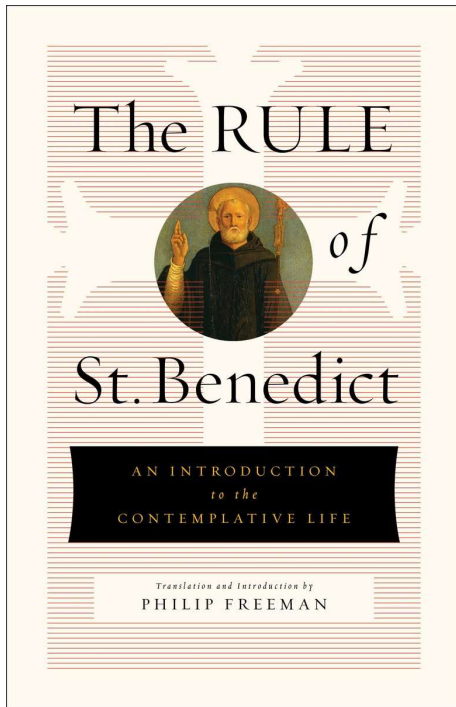
Shaman Durek is a 6th generation shaman who has devoted decades to study and practice in becoming a thought leader and spiritual enthusiast for people all over the world. His focus is educating people on how to make shamanism a life style choice for evolutionary adaptation. He is an author, activist and a women's empowerment leader.

St. Martin's Press  
On Sale: Oct 13/20  
6.12 x 9.25 • 320 pages  
**9781250232694** • \$24.50 • pb  
Body, Mind & Spirit / Spirituality / Shamanism

### Notes

### Promotion





ST. MARTIN'S PRESS

### The Rule of St. Benedict

An Introduction to the Contemplative Life

by St. Benedict, translated by Philip Freeman

**A timeless source of wisdom for people looking to lead a life of simplicity, purpose, and serenity**

*The Rule of St. Benedict* has governed monastic communities for centuries, but it is far more than a standard religious text. *The Rule* is, above all, a handbook for living a deliberate life - no matter your religious background or beliefs. It teaches the importance of contemplation and silence, of solitude, and the power of community and unity.

With lessons focusing on the simple acts of everyday life, like eating and daily work, along with wisdom for the deeply personal and internal facets of living, such as cultivating humility and practicing forgiveness, *The Rule of St. Benedict* is a profound guide to living a good and meaningful life.

An award-winning translator, Philip Freeman's version of *The Rule* is beautifully accessible in its language. With a simple and direct style, the book lays out a way of living that is transformative in its simplicity and striking in its power.

"The same desire that accompanied men and women to the first European monasteries, drive many of us today to the spiritual riches of St. Benedict and his famous Rule. And there is no better guide than Philip Freeman. Highly recommended!" - Jon M. Sweeney, author of *St. Francis of Assisi: His Life, Teachings, and Practice*

Praise for Philip Freeman:

"Philip Freeman brings sexy back in *Searching for Sappho*." - *Vanity Fair*

"Freeman's book is full of light and life, and readers seeking an accessible introduction to this marvelous poet need look no further." - *Wall Street Journal*

### Author Bio

Philip Freeman earned a PhD from Harvard University and currently hold an endowed chair in humanities at Pepperdine University in Malibu, California. He has published over twenty books on ancient and medieval history and religion, including works on Celtic mythology and St. Patrick.

St. Martin's Press

On Sale: Oct 13/20

5.38 x 8.25 • 208 pages

Includes four-color printed endpapers

9781250246493 • \$26.99 • CL - With dust jacket

Religion / Christianity / Saints & Sainthood

### Notes

### Promotion







ST. MARTIN'S PRESS

### Happiness Now

60 Ways to Experience Genuine Happiness

by Jesse Sands

**A bite-size book to help you find happiness - now!**

Everyone is looking for happiness. But happiness isn't about getting a raise or finding a spouse or losing ten pounds - it's a choice that you can make every day regardless of your situation. *Happiness Now* includes 50 simple actions you can take - any day and any time - to choose happiness in your life. Quick and accessible, Jesse Sands's *Happiness Now* is designed to give you the steps you need to stop your negative thinking, shift your attitude, and make the tiny choices that lead to a happier life.

### Author Bio

Jesse Sands

St. Martin's Press

On Sale: Nov 3/20

5.50 x 5.50 • 144 pages

**9781250765543** • \$10.99 • pb

Self-Help / Personal Growth / Happiness

Series: Now

### Notes

### Promotion

Online Publicity

Finished Copy Reader Reviews

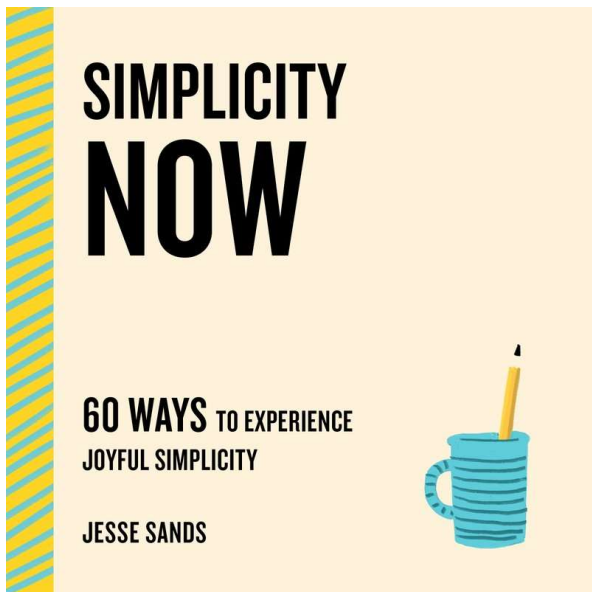
Social Media Promotion

Email Marketing Campaign



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ST. MARTIN'S PRESS

### **Simplicity Now**

60 Ways to Experience Joyful Simplicity

by Jesse Sands

**A bite-size guide to help you find simplicity in your life - now!**

Life is complicated. It's too complex, too busy, too frantic - just too much. *Simplicity Now* is a little book to help you solve the big problem of an overcomplicated life by incorporating small changes into your everyday routine.

With 50 easy, actionable techniques to help you simplify every facet of your life, Jesse Sands's *Simplicity Now* offers practical ways to make your life more manageable, help you breathe easier, and create space amid the chaos of life.

### **Author Bio**

Jesse Sands

St. Martin's Press

On Sale: Nov 3/20

5.50 x 5.50 • 144 pages

**9781250765505** • \$10.99 • pb

Self-Help / Motivational & Inspirational

Series: Now

### **Notes**

### **Promotion**





 ST. MARTIN'S PRESS

### **Abundance Now**

60 Ways to Experience True Abundance

by Jesse Sands

**A bite-size guide to help you find abundance - now!**

How much is enough? No matter how much we have or what we achieve it seems like we can never have enough money, enough security, or enough wealth. *Abundance Now* unlocks the true secret of abundance - of not only having enough, but of being satisfied by it.

The book from Jesse Sands contains 50 simple steps that will shift both your actions and your mindset, setting you on a path to banish want from your life and replace it with wealth and contentment.

### **Author Bio**

Jesse Sands

St. Martin's Press

On Sale: Nov 3/20

5.50 x 5.50 • 144 pages

**9781250765529** • \$10.99 • pb

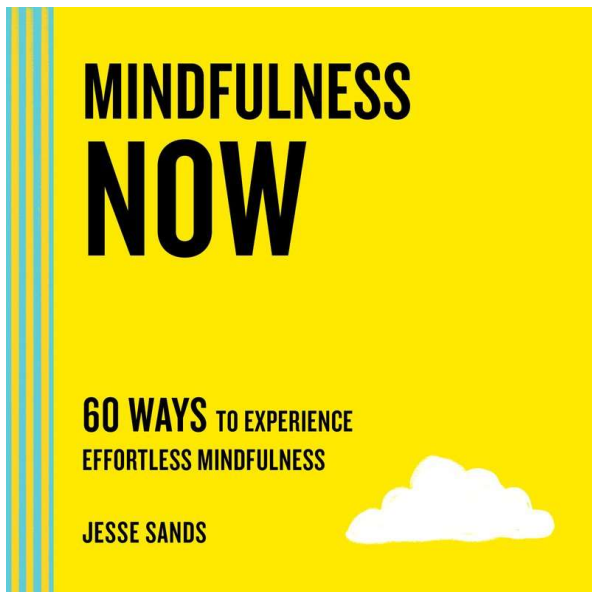
Self-Help / Personal Growth / Success

Series: Now

### **Notes**

### **Promotion**





 ST. MARTIN'S PRESS

### **Mindfulness Now**

60 Ways to Experience Effortless Mindfulness

by Jesse Sands

**A bite-size guide to incorporating mindfulness into your life - now!**

Our minds never stop moving. We shuffle through the past, present, and future while our attention flits from thought to thought. Mindfulness is a way to slow down our ricocheting brains and gain clarity. It is simply the practice of being in the present moment, of focusing your thoughts and attention on what is in front of you. It's a way to be more fully engaged in your life, make more thoughtful choices, and enjoy your day.

*Mindfulness Now* by Jesse Sands is filled with 50 simple ways to practice mindfulness and meditation in your everyday life. The book is designed to make mindfulness practical for the modern day and accessible to everyone, no matter how busy your schedule may be. By bringing your focus to the present moment, you will learn to step away from worry and make the most of every day.

### **Author Bio**

Jesse Sands

St. Martin's Press

On Sale: Nov 3/20

5.50 x 5.50 • 144 pages

**9781250765567** • \$10.99 • pb

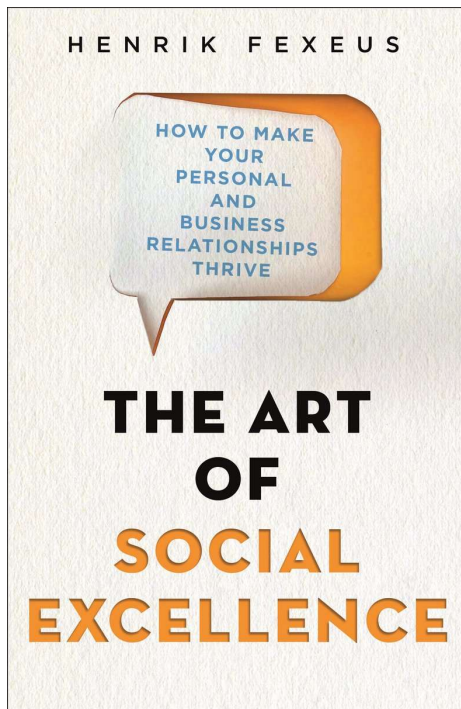
Body, Mind & Spirit / Meditation

Series: Now

### **Notes**

### **Promotion**





St. Martin's Press  
On Sale: Nov 3/20  
5.38 x 8.25 • 288 pages  
**9781250237576** • \$24.50 • pb  
Self-Help / Communication & Social Skills

### Notes

### Promotion

 ST. MARTIN'S PRESS

### The Art of Social Excellence

How to Make Your Personal and Business Relationships Thrive  
by Henrik Fexeus

In this follow-up to *The Art of Reading Minds*, Henrik Fexeus uses his expert psychology knowledge to teach the reader how to hone their social skills, perfect for fans of Dale Carnegie.

Internationally bestselling author Henrik Fexeus taught us how to use nonverbal signals to our advantage in *The Art of Reading Minds*, and he takes it one step further in *Finesse*, a comprehensive guide to improving your social skills.

Research has increasingly shown that nonverbal communication prowess is absolutely essential in seemingly unrelated areas of our lives (investment decisions, salary levels, etc.) However, as our society becomes more modernized and we incorporate new forms of technology into our daily interactions, we are becoming less and less capable of understanding one another as we should.

In *The Art of Social Excellence*, Henrik Fexeus combines his own expert knowledge as a mentalist with psychology studies to create a complete guide to social interaction. He covers it all: from overcoming your conversational fears in a large group of people, to excelling in the workplace, to winning an argument with your partner. He breaks down various rhetorical strategies in detail, and provides helpful steps and checklists for the reader to check their progress in a social encounter. Anyone who has ever felt awkward or misunderstood in social situations will benefit from reading this book, and with proper implementation of Fexeus's principles, can achieve superior social skills.

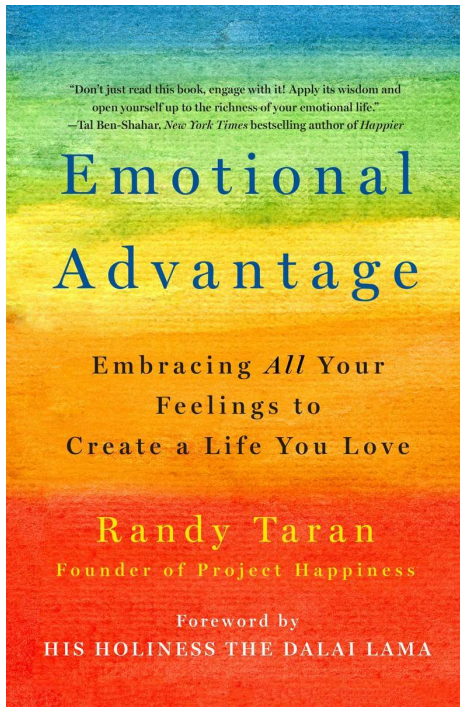
### Author Bio

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.



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ST. MARTIN'S PRESS

### Emotional Advantage

Embracing All Your Feelings to Create a Life You Love

by Randy Taran

A guide to gaining emotional literacy and embracing emotions to become our fully realized selves and live the lives we dream of.

In recent years, there has been an overwhelming interest in the science of happiness. Happiness is a core, universal human drive, which has opened the door for many to go forward. It's easy to welcome happiness, but life can be messy with other feelings we would really rather avoid. The good news is we are born with a full range of human emotions for a reason. Every emotion carries information we can use to improve our lives, and anyone can do so, if we know how.

Now in paperback, *Emotional Advantage* shows us a new perspective on how fear can move us to courage, how guilt can clarify our values, and how anger can help us create healthy boundaries. By becoming emotionally literate, and discovering simple strategies for daily life, we open the door to positive change.

Award-winning author, producer, and founder of Project Happiness, Randy Taran knows that every emotion, feeling, and mental state has the power to help us increase our self-awareness, raise our confidence, and bring us back to our true essence. *Emotional Advantage* is a toolkit to help us take charge of creating our very best life.

### Author Bio

Randy Taran is the Founder and CEO of the global organization, Project Happiness. With a loyal following of 2.5 million people, she has been covered in *O magazine*, *Yoga Journal*, and *HuffPost*. As the producer of an award-winning documentary on the nature of happiness, she facilitated interviews with George Lucas, Richard Gere, and neuroscientist Richard Davidson. Her best-selling book on happiness became the basis for curriculum in over 120 countries worldwide. She has worked with First Ladies, Ministers of Education, and major thought leaders, for nearly a decade she has served as a board member of the Dalai Lama Foundation and has joined the board of the United Nations-sanctioned International Day of Happiness. Randy, a master in NLP, is a sought-after international speaker on the topics of happiness habits, preventative wellness, and emotional resilience.

St. Martin's Press

On Sale: Dec 29/20

5.39 x 8.27 • 304 pages

9781250765772 • \$24.50 • pb

Self-Help / Emotions

### Notes

### Promotion

Online Publicity

Social Media Campaign

Email Marketing Campaign

Author Twitter: @RandyTaran

Author Instagram: @RandyTaran

Author Facebook: @ProjectHappiness





 ST. MARTIN'S PRESS

### Everything Is Spiritual

A Brief Guide to Who We Are and What We're Doing Here

by Rob Bell

Our home is a universe of endless dynamic connections that never stop inviting us to participate in the great mysterious love at the heart of it all.

EVERYTHING IS SPIRITUAL is a brief history of how these ideas about creation, love, and connection shaped the author--and can shape every one of us. In this audiobook, Rob Bell explores the concept that what people really want, more than anything, is to understand their purpose here--so much so that it gives them an abiding sense of awe and wonder. And when you embrace where and who you come from and your wounds and pains and regrets, you will discover that there's an invitation lurking there in the mess of life: an invitation to expand just like the universe has been doing for 13 billion years.

There is a space beyond all the parts and divisions and differences and polarization where you see that it's all one connected whole and it's all rigged in favor of your growth, expansion, and joy.

### Author Bio

Rob Bell is the author of ten books, including the New York Times Bestsellers *What We Talk About When We Talk About God*, *The Zimzum of Love*, *Love Wins* and *What Is the Bible?*. His podcast, called the RobCast, was named by iTunes Best of 2015. He's been profiled in the New Yorker, toured with Oprah and in 2011 Time Magazine named him one of the 100 Most Influential People in the World. He has a regular show at Largo, the legendary comedy and music club in Los Angeles, where he lives with wife Kristen and their three kids.

St. Martin's Press

On Sale: Sep 15/20

9781250620569 • \$37.99 • cl

Religion / Spirituality

### Notes

### Promotion



9 781250 620569



 ST. MARTIN'S PRESS

### Everything Is Spiritual

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St. Martin's Press  
On Sale: Sep 15/20  
**9781250781710** • \$17.99 • pb  
Religion / Spirituality

### Notes

### Promotion

