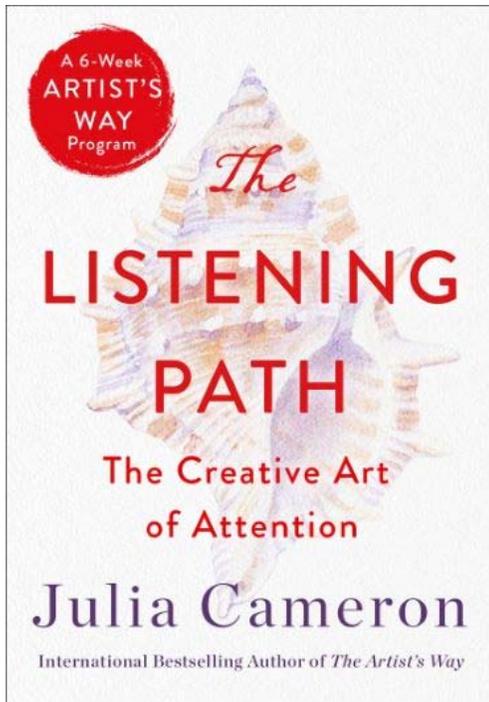




ST. MARTIN'S
ESSENTIALS



 ST. MARTIN'S PRESS

The Listening Path

The Creative Art of Attention

by Julia Cameron

The newest book from beloved author Julia Cameron, *The Listening Path* is a transformational journey to deeper, more profound listening. Over six weeks, readers will be given the tools to become better listeners - to their environment, the people around them, and themselves. The reward for learning to truly listen is immense. As we learn to listen, our attention is heightened and we gain healing, insight, clarity. But above all, listening creates connections and ignites a creativity that will resonate through every aspect of our lives.

Julia Cameron is the author of the explosively successful book *The Artist's Way*, which has transformed the creative lives of thousands of readers since it was first published. Incorporating tools from *The Artist's Way*, *The Listening Path* offers a new method of creative and personal transformation.

Each week, readers will be challenged to expand their ability to listen in a new way, beginning by listening to their environment and culminating in learning to listen to silence. These weekly practices open up a new world of connection and fulfillment. In a culture of bustle and constant sound, *The Listening Path* is a transformative reminder of the power of truly hearing.

The Queen of Change" - *The New York Times*

Author Bio

Hailed by *The New York Times* as "The Queen of Change," JULIA CAMERON is credited with starting a movement in 1992 that has brought creativity into the mainstream conversation. She is the best-selling author of more than forty books. Commonly referred to as "The Godmother" of creativity, her tools are based in practice, not theory, and she considers herself "the floor sample of her own toolkit." *The Artist's Way* has been translated into forty languages and sold over five million copies to date.

St. Martin's Press

On Sale: Jan 12/21

7 x 10 • 208 pages

9781250768582 • \$24.99 • pb

Self-Help / Creativity

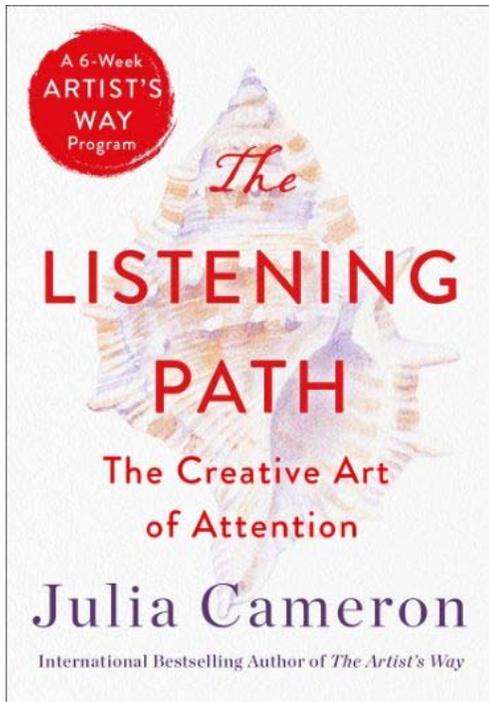
Notes

Promotion



Raincoast Books

Sales Rep



 ST. MARTIN'S PRESS

The Listening Path

The Creative Art of Attention

by Julia Cameron

A 6-week Artist's Way Program from legendary author Julia Cameron

The newest book from beloved author Julia Cameron, *The Listening Path* is a transformational journey to deeper, more profound listening and creativity. Over six weeks, readers will be given the tools to become better listeners - to their environment, the people around them, and themselves. The reward for learning to truly listen is immense. As we learn to listen, our attention is heightened and we gain healing, insight, clarity. But above all, listening creates connections and ignites a creativity that will resonate through every aspect of our lives.

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Each week, readers will be challenged to expand their ability to listen in a new way, beginning by listening to their environment and culminating in learning to listen to silence. These weekly practices open up a new world of connection and fulfillment. In a culture of bustle and constant sound, *The Listening Path* is a deeply necessary reminder of the power of truly hearing.

The Queen of Change" - *The New York Times*

Author Bio

Hailed by the New York Times as The Queen of Change,"**JULIA CAMERON** is credited with starting a movement in 1992 that has brought creativity into the mainstream conversation - in the arts, in business, and in everyday life. She is the best-selling author of more than forty books, fiction and nonfiction; a poet, songwriter, filmmaker and playwright. Commonly referred to as "The Godmother" or "High Priestess" of creativity, her tools are based in practice, not theory, and she considers herself "the floor sample of her own toolkit." *The Artist's Way* has been translated into forty languages and sold over five million copies to date.

St. Martin's Press

On Sale: Jan 12/21

7 x 10 • 208 pages

9781250799746 • \$50.00 • CL - With dust jacket

Self-Help / Creativity

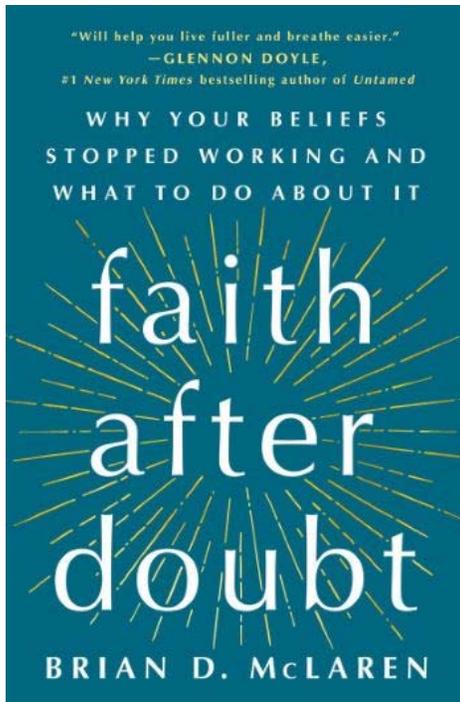
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Promotion



Raincoast Books

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 ST. MARTIN'S PRESS

Faith After Doubt

Why Your Beliefs Stopped Working and What to Do about It
by Brian D. McLaren

Sixty-five million adults in the U.S. have dropped out of active church attendance and about 2.7 million more are leaving every year. Faith After Doubt is for the millions of people around the world who feel that their faith is falling apart.

Using his own story and the stories of a diverse group of struggling believers, Brian D. McLaren, a former pastor and now an author, speaker, and activist shows how old assumptions are being challenged in nearly every area of human life, not just theology and spirituality. He proposes a four-stage model of faith development in which questions and doubt are not the enemy of faith, but rather a portal to a more mature and fruitful kind of faith. The four stages - Simplicity, Complexity, Perplexity, and Harmony - offer a path forward that can help sincere and thoughtful people leave behind unnecessary baggage and intensify their commitment to what matters most.

In a culture in which the self-appointed gatekeepers of Christianity insist that faith equals certainty; belief is adherence to an exacting checklist of principles and politics; and belonging is an insular, exclusive membership, Brian McLaren is a heroic gate-crasher. In *Faith After Doubt*, he invites us into an honest, vital conversation about the pain and shame created by inherited certainty, and the powerful usefulness of thought and doubt. For all those who have understood that doubt and free thinking are failings of your faith, Brian's book will help you live fuller and breathe easier. He illuminates the reality that belief and doubt are not opposites, they are the twin (...)

Author Bio

A former college English teacher, BRIAN D. MCLAREN was a pastor for twenty-four years. Now he's an author, activist, public theologian, and frequent guest lecturer for gatherings in the U.S. and internationally. His work has been covered in TIME Magazine, Newsweek, USA Today, The New York Times, Washington Post, CNN, and many other media outlets. The author of more than 15 books, he is a faculty member of The Living School at the Center for Action and Contemplation. McLaren lives in Florida.

St. Martin's Press

On Sale: Jan 5/21

6.12 x 9.25 • 256 pages

6 b+w charts t/o

9781250262776 • \$36.50 • CL - With dust jacket

Self-Help / Spiritual

Notes

Promotion

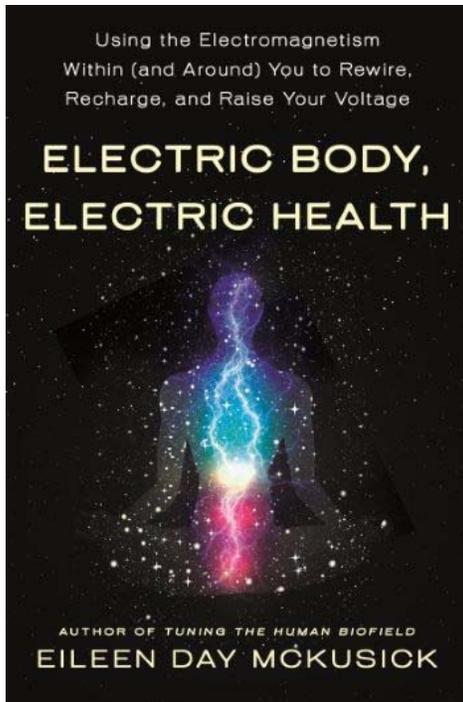


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Raincoast Books

Sales Rep



 ST. MARTIN'S PRESS

Electric Body, Electric Health

Using the Electromagnetism Within (and Around) You to Rewire Recharge, and Raise Your Voltage

by Eileen Day McKusick

Everything is electric. This seemingly simple observation has transformational repercussions on the way we think about and approach physical, mental, and emotional health. *Electric Body, Electric Health* is a manifesto for personal empowerment based on an electrical view of life.

Author of *Tuning the Human Biofield*, Eileen McKusick is an expert on the human bioelectrical system and has taught thousands how to transform effortlessly through learning to "think electrically." By illuminating the biological nature of our electrical bodies, McKusick empowers readers to clear the static, noise, and resistance from this system and experience greater energy, clarity, and order.

Electric Body, Electric Health makes use of simple, easy-to-implement practices such as:

- Awareness practices
- Perspective shifts
- Breathing practices
- Simple lifestyle changes
- Improved emotional management
- and more

in order to help readers improve their health and enhance their daily lives. It will give you the tools to transform your relationship with your body, your mind, your emotions, and the electrical world around you.

Author Bio

EILEEN DAY MCKUSICK is a pioneering researcher in the fields of electric health and therapeutic sound. She is the creator of the sound therapy method Biofield Tuning, founder of the Biofield Tuning Institute and Tuners without Borders, and author of the best-selling, award-winning book *Tuning the Human Biofield: Healing with Vibrational Sound Therapy*.

St. Martin's Press

On Sale: Jan 26/21

6.12 x 9.25 • 256 pages

10 pieces of line art

9781250262141 • \$24.50 • pb

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

Notes

Promotion

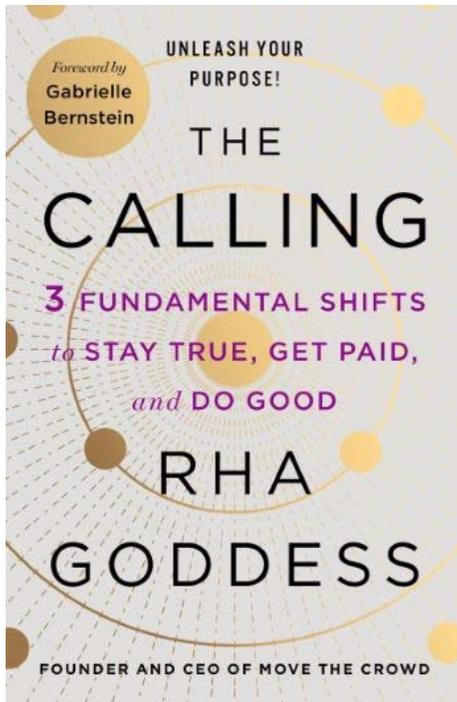


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Raincoast Books

Sales Rep



 ST. MARTIN'S PRESS

The Calling

3 Fundamental Shifts to Stay True, Get Paid, and Do Good
by Rha Goddess, contributions by Gabrielle Bernstein

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.

Are you willing to believe in you?

Every single one of us has a calling.

For most it's the thing you have to force yourself not to do.

When you try to ignore it, you can't stop thinking about it. 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?

***The Calling* will provide readers with a road map, via 3 fundamental shifts, on how to stay true, get paid and do good. The steps that will help lead you there include:**

RECOGNIZING - it always begins with awareness. If you can't see it then you can't do anything about it.

ACCEPTING - means embracing, and taking responsibility for yourself, your life, and the things that want or need to be changed.

FORGIVING - yourself and others.

AND MORE!

The (...)

Author Bio

Rha Goddess is the entrepreneurial soul coach behind hundreds of breakthrough changemakers, cultural visionaries and social entrepreneurs. From multiple *New York 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,



St. Martin's Press

On Sale: Jan 26/21

5.39 x 8.27 • 384 pages

Includes 35 black-and-white illustrations and worksheets

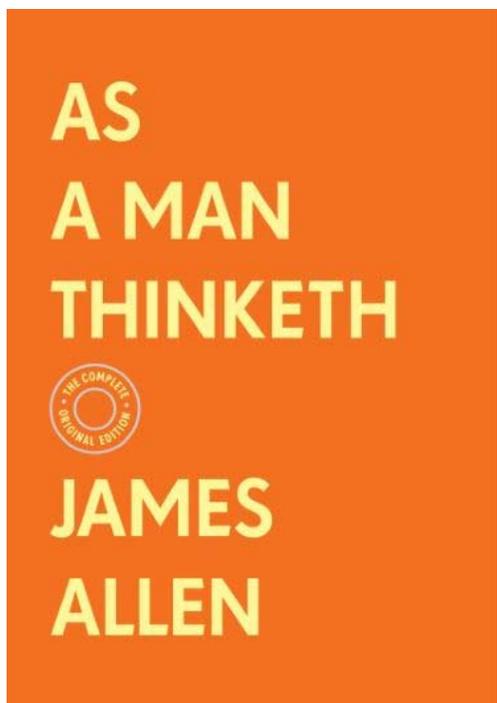
9781250790910 • \$25.99 • pb

Self-Help / Personal Growth / Success

Notes

Promotion





 ST. MARTIN'S PRESS

As a Man Thinketh: The Complete Original Edition (With Bonus Material)

The Complete Original Edition
by James Allen

In *As A Man Thinketh*, New Thought teacher James Allen reveals the fundamental truth of human nature: "A man is literally what he thinks." Allen's deceptively simple principle has changed the lives of millions of readers, making *As A Man Thinketh* a classic bestseller for decades. In addition to the original text of *As A Man Thinketh*, this edition also includes Allen's deeply thoughtful work *From Poverty to Power*.

Allen explains that our character, identity, ability, and success are all determined by the thoughts in our minds. Instead of finding ourselves victims of the world, each of us has the ability to shape and define our own destinies. Finances, health, social status, and success are all external manifestations of the thoughts that populate our minds. Allen offers his readers an opportunity to seize control of their minds and create the lives they've always imagined.

This edition of *As A Man Thinketh* is part of the new Basics of Success series, which brings essential self-improvement titles to new audiences. Featuring a paper over board package, modern page design, and accessible price point, these editions are meant to be everyday guidebooks for everyone looking to improve their life.

Author Bio

JAMES ALLEN was born in Leicester, England, in 1864. He took his first job at age 15 to support his family, after his father was murdered while looking for work in America. Allen was employed as a factory knitter and a private secretary until the early 1900s, when he became increasingly known for his motivational writing. His 1903 work *As a Man Thinketh* earned him worldwide fame as a prophet of inspirational thinking and influenced a who's-who of self-help writers, including Napoleon Hill.

St. Martin's Press

On Sale: Jan 19/21

5.5 x 7.5 • 192 pages

9781250780041 • \$20.50 • cl

Self-Help / Personal Growth / Success

Series: Basics of Success

Notes

Promotion



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 ST. MARTIN'S PRESS

The Spirit of Animal Healing

An Integrative Medicine Guide to Health and Wellbeing

by Marty Goldstein

***The Spirit of Animal Healing* is the follow up to Dr. Marty Goldstein's bestselling book on holistic veterinary medicine, *The Nature of Animal Healing*.**

It is chock full of the very latest integrative medical knowledge (which combines conventional therapies with complementary and alternative medicine). Coupled with the vast amount of specialized expertise and learning Dr. Marty has gained from his own practice over the past 45 years, the book takes readers on a journey to the leading edge of integrative veterinary understanding to achieve greater insight into the minds and bodies of their animal companions.

However, this book is not simply a new edition of Dr. Marty's first book with some refreshed content. It is a completely new book in which Dr. Marty turns the traditional approach to animal care upside down. *The Spirit of Animal Healing* provides readers with the most up to-date tools and knowledge they need to keep their dogs and cats healthy and prevent disease from occurring in the first place, instead of just treating their animal companions when they are sick.

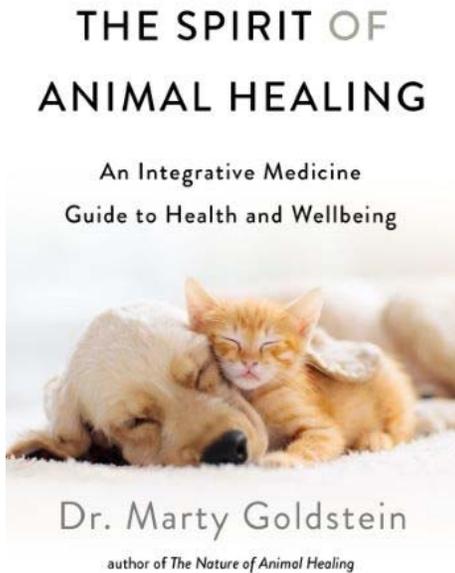
Topics covered include:

- *Nutrition and supplements
- *Integrative remedies and harmful treatments
- *Cutting edge therapies
- *The truth about vaccinations
- *The latest in cancer treatments
- *The spiritual nature of animals
- *True, mind-blowing cases from over the years
- And much more!

Dr. Marty has cared for my dogs for twenty years and, like the man himself, *The Spirit of Animal Healing* is accessible, revelatory, and entertaining. You will never look at your pet's nutrition, vaccines, or general health the same way again. A must read for any dog owner (...)

Author Bio

Dr. Martin Goldstein's Smith Ridge Veterinary Center is in South Salem, New York. He received his D.V.M. from the Cornell University College of Veterinary Medicine and has been at the forefront of integrative medicine for pets for decades. He has many cats and dogs, all of which are quite old and healthy.



St. Martin's Press

On Sale: Feb 2/21

5.38 x 8.25 • 384 pages

9781250249692 • \$24.50 • pb

Medical / Veterinary Medicine / Small Animal

Notes

Promotion

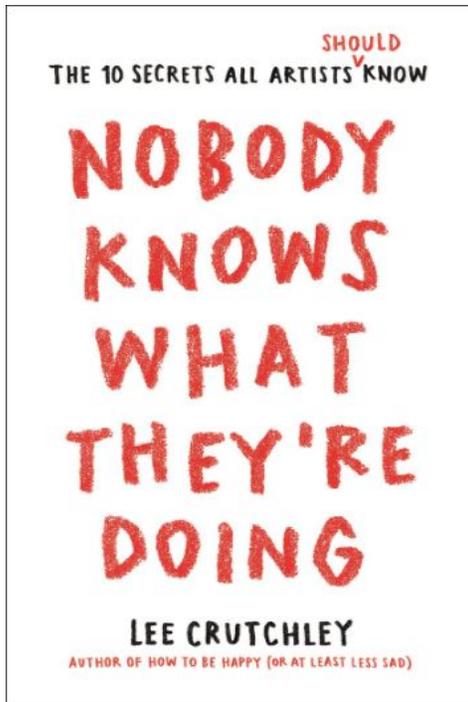


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Raincoast Books

Sales Rep



 ST. MARTIN'S PRESS

Nobody Knows What They're Doing

The 10 Secrets All Artists Should Know

by Lee Crutchley

Nobody Knows What They're Doing is an honest guide to the creative life for artists of all kinds. Lee Crutchley, author of *How to Be Happy (Or At Least Less Sad)*, skips the platitudes, positive affirmations, and guarantees of success; he'll never ever tell you to just Do What You Love. Instead, Crutchley discusses the things nobody else is talking about - that, frankly, your work sucks (but that's ok because everyone else's does too), that making bad art is worth it, and so much more.

In a world desperate for more authentic #content, *Nobody Knows What They're Doing* is a breath of fresh air that reveals the truths hiding between the lines of Instagram-friendly aphorisms and behind the words of the most inspirational TED talks. An honest look at the reality of creativity and the joy and difficulty of crafting good (and bad) art, this book belongs in the hands of every exhausted creative, every starry-eyed dreamer, and every artist who is trying to make their way in the world - and keep a roof over their head while they do it.

Author Bio

LEE CRUTCHLEY is a writer and artist from a small town in England that nobody has heard of. His books including *How to Be Happy (Or At Least Less Sad)* have been translated into 19 languages. He is currently based in Berlin.

St. Martin's Press

On Sale: Feb 9/21

5 x 7.5 • 128 pages

2C Illustrations throughout

9781250768506 • \$20.50 • pb

Self-Help / Creativity

Notes

Promotion

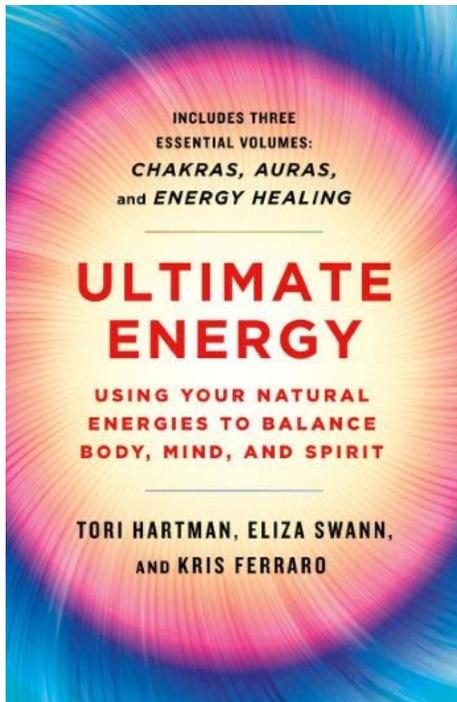


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Raincoast Books

Sales Rep



 ST. MARTIN'S PRESS

Ultimate Energy: Using Your Natural Energies to Balance Body, Mind, and Spirit

Three Books in One (Chakras, Auras, and Energy Healing)
by Tori Hartman, Eliza Swann and Kris Ferraro

Our bodies are surrounded by and filled with powerful streams of energy that can be used to improve our mental, physical, and spiritual wellbeing. Ultimate Energy is a collection of three books - Chakras, Auras, and Energy Healing - that will give readers the tools to tap into their own unique energy using a variety of modalities and practices.

Chakras explains the associations and strengths of each of the seven chakras along with how to harness their power in your own life. Auras explores the many-layered energy field that is the human aura and will teach you to sense and work with your own aura and others. Energy Healing offers an exploration of a range of energy healing techniques from Reiki to EFT, and will help you find a practice that suits your needs and interests.

Written by experts in the field, each book is designed with beginners in mind and includes exercises to kick-start your practice along with a comprehensive resources section to help you continue your exploration of the power of energy. Ultimate Energy is the definitive beginner's guide to using energy as part of your health and wellness practice.

Author Bio

TORI HARTMAN is a professional intuitive and author of the bestselling Chakra Wisdom Oracles Cards.

ELIZA SWANN is an interdisciplinary artist, intuitive, writer, educator, and community organizer based in Los Angeles and New York.

KRIS FERRARO is an international energy coach, teacher, and sought-after inspirational speaker.

St. Martin's Press

On Sale: Feb 2/21

5.38 x 8.25 • 416 pages

Black and White Illustrations throughout and 4c inside cover printing

9781250779687 • \$25.99 • pb

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

Series: A Start Here Guide for Beginners

Notes

Promotion

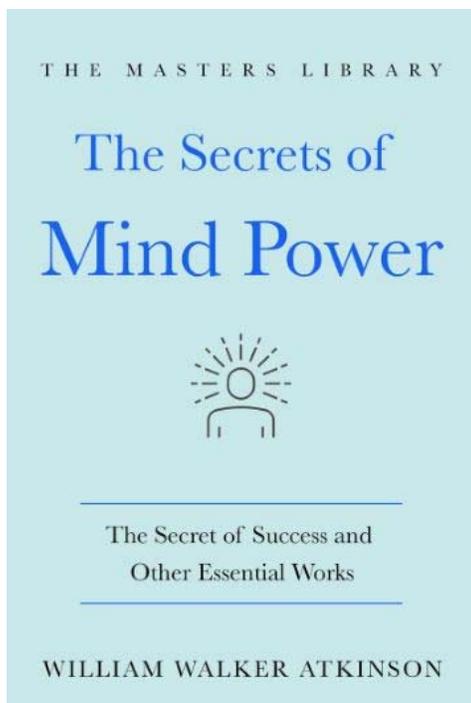


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Raincoast Books

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 ST. MARTIN'S PRESS

The Secrets of Mind Power

The Secret of Success and Other Essential Works

by William Walker Atkinson

The Secrets of Mind Power: Ten Essential Works is the definitive collection of William Walker Atkinson's published works. Born in 1862, Atkinson became a pioneer of the New Thought movement and wrote prolifically throughout his lifetime, leaving a vast body of published works after his death in 1932. The Secrets of Mind Power is a treasury of ten of his most powerful and innovative teachings combined in a single volume. The books are included in their entirety and are faithfully reproduced as they were originally published to preserve the impact of Atkinson's work.

The Secrets of Mind Power is part of The Masters Library, a beautifully designed series of curated classics by some of the greatest spiritual teachers of all time. With books covering topics ranging from prosperity and motivation to the occult and metaphysical thought, The Masters Series is the definitive collection of texts from some of the most revolutionary thought leaders of the last three centuries. This series belongs on the shelves of home libraries everywhere.

Author Bio

WILLIAM WALKER ATKINSON (1862 - 1932) was a noted occultist and pioneer of the New Thought Movement. He wrote extensively throughout his lifetime, often using various pseudonyms. He is widely credited with writing The Kybalion and was the founder of the Yogi Publication Society.

St. Martin's Press

On Sale: Feb 9/21

6.12 x 9.25 • 320 pages

9781250780058 • \$33.99 • cl

Body, Mind & Spirit / New Thought

Series: Masters Library

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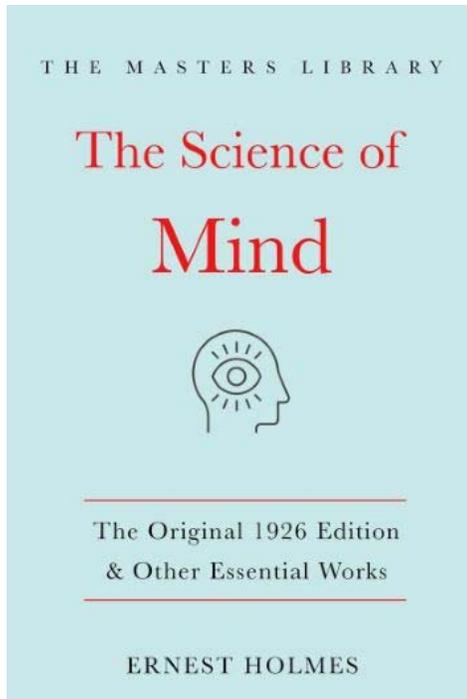


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Raincoast Books

Sales Rep



 ST. MARTIN'S PRESS

The Science of Mind

The Original 1926 Edition & Other Essential Works

by Ernest Holmes

The Science of The Mind: The Original 1926 Edition & Other Essential Works is a collection of the most thought-provoking and impactful work of Ernest Holmes. Born in 1887, Holmes was the founder of Religious Science, a key part of the New Thought movement. He founded what would later come to be called the Centers for Spiritual Living which now exist across the nation and throughout the world. The Science of Mind faithfully reproduces the original text of Holmes's books, preserving their original character and integrity. Included within this edition are three classic works: The Science of Mind, The Creative Mind, and The Creative Mind and Success.

The Science of The Mind is part of The Masters Library, a beautifully designed series of curated classics by some of the greatest spiritual teachers of all time. With books covering topics ranging from prosperity and motivation to the occult and metaphysical thought, The Masters Library is the definitive collection of texts from some of the most revolutionary thought leaders of the last three centuries. This series belongs on the shelves of home libraries everywhere.

Author Bio

ERNEST HOLMES (1887 - 1960) was an influential member of the New Thought movement and in 1927 he founded what would later come to be called The Centers for Spiritual Living. There are currently over 400 CSL churches throughout America.

St. Martin's Press

On Sale: Feb 9/21

6.12 x 9.25 • 352 pages

9781250779984 • \$31.50 • cl

Body, Mind & Spirit / New Thought

Series: Masters Library

Notes

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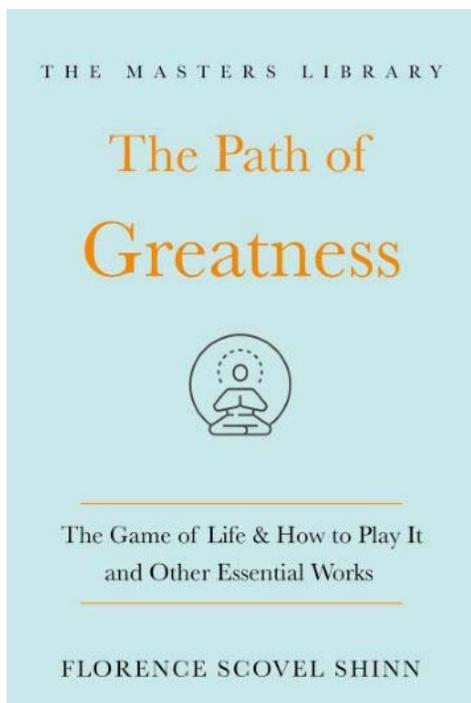


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Raincoast Books

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 ST. MARTIN'S PRESS

The Path of Greatness

The Game of Life and How to Play It and Other Essential Works
by Florence Scovel Shinn

The Path of Greatness: The Game of Life and How to Play It and Other Essential Works is an inspiring collection of her work and thought. Shinn was a key contributor to the New Thought movement in America and one of the most influential spiritual teachers of her time. In the decades since her death, her works have continued to remain popular, impacting new generations of readers. The Path of Greatness is composed of unedited, original editions of Shinn's work and includes *The Game of Life and How to Play It* (1925), *Your Word is Your Wand* (1928), *The Secret Door to Success* (1940), and *The Power of the Spoken Word* (1945).

The Path of Greatness is part of The Masters Library, a beautifully designed series of curated classics written by some of the greatest spiritual teachers of all time. With books covering topics ranging from prosperity and motivation to the occult and metaphysical thought, The Masters Library is the definitive collection of texts from some of the most revolutionary thought leaders of the last three centuries. This series belongs on the shelves of home libraries everywhere.

Author Bio

FLORENCE SCOVEL SHINN (1871 - 1940) was an American artist and book illustrator and a key member of the New Thought movement. 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.

St. Martin's Press

On Sale: Feb 9/21

6.12 x 9.25 • 320 pages

9781250784308 • \$26.99 • CL - With dust jacket

Body, Mind & Spirit / New Thought

Series: Masters Library

Notes

Promotion

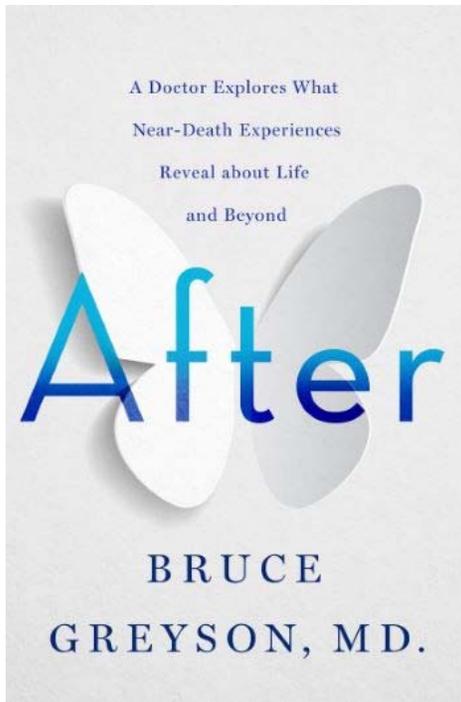


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Raincoast Books

Sales Rep



 ST. MARTIN'S PRESS

After

A Doctor Explores What Near-Death Experiences Reveal about Life and Beyond
by Bruce Greyson

Cases of remarkable experiences on the threshold of death have been reported since ancient times, and are described today by 10% of people whose hearts stop. The medical world has generally ignored these "near-death experiences," dismissing them as "tricks of the brain" or wishful thinking. But after his patients started describing events that he could not just sweep under the rug, Dr. Bruce Greyson began to investigate.

As a physician without a religious belief system, he approached near-death experiences from a scientific perspective. In *After*, he shares the transformative lessons he has learned over four decades of research. Our culture has tended to view dying as the end of our consciousness, the end of our existence - a dreaded prospect that for many people evokes fear and anxiety.

But Dr. Greyson shows how scientific revelations about the dying process can support an alternative theory. Dying could be the threshold between one form of consciousness and another, not an ending but a transition. This new perspective on the nature of death can transform the fear of dying that pervades our culture into a healthy view of it as one more milestone in the course of our lives. *After* challenges us to open our minds to these experiences and to what they can teach us, and in so doing, expand our understanding of consciousness and of what it means to be human.

This very captivating book by Dr. Bruce Greyson chronicles his personal, spiritual and professional quest to understand the meaning of near-death experiences. His long-awaited and amazing book is a major contribution (...)

Author Bio

Dr. BRUCE GREYSON is Professor Emeritus of Psychiatry and Neurobehavioral Sciences at the University of Virginia School of Medicine. He served on the medical school faculty at the Universities of Michigan, Connecticut, and Virginia. He was a co-founder and president of the International Association for Near-Death Studies, and editor of the *Journal of Near-Death Studies*. A Distinguished Life Fellow of the American Psychiatric Association, he has received national awards for his medical research.

St. Martin's Press

On Sale: Mar 2/21

6.12 x 9.25 • 272 pages

9781250263032 • \$38.50 • CL - With dust jacket
Body, Mind & Spirit / Parapsychology / Near-Death Experience

Notes

Promotion

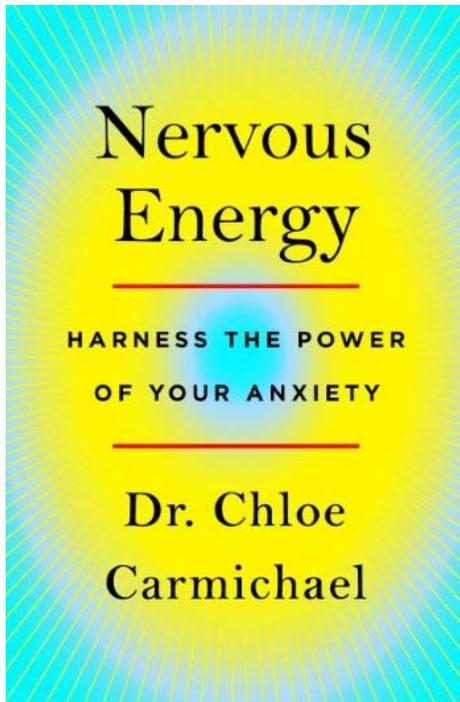


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Raincoast Books

Sales Rep



 ST. MARTIN'S PRESS

Nervous Energy

Harness the Positive Power of Your Anxiety

by Chloe Carmichael

A roadmap for high achievers to harness restlessness, roadblocks, and distractions into a productive drive towards personal and professional fulfillment.

Oftentimes, young adults reach success by deliberately being their own worst critic and obsessively double-checking their work; or by pushing their feelings aside. This strategy is seductive because it does work, at least up to a certain point. The problems arise once you advance beyond school and early career stages. The higher you climb, the more complex projects and issues in your life become. Meanwhile, you may have become so good at putting your emotions aside in certain situations that it's hard to reconnect with them. This is when the old tools no longer suffice.

The somewhat OCD" tendencies we pride ourselves on, or rather, the "Nervous Energy" we possess, can become mismanaged, and lead us down a rabbit hole of excessive self-criticism, anxiety, and pessimism. In *Nervous Energy*, Dr. Chloe Carmichael outlines nine tools with step-by-step instructions that can help you harness your Nervous Energy in order to live a more productive and fulfilling life. If managed correctly, the nervous energy that some people label as anxiety can actually be a source of stimulation, productivity, and fulfillment - and Dr. Chloe Carmichael has tried and tested methods for making this happen.

If you've ever felt a sense of excess energy that you didn't quite know how to direct, or felt that your creativity and motivation was being drained by constant analysis paralysis, *Nervous Energy* is for you.

"

Dr. Chloe delivers countless concrete suggestions for people who want fast and simple tools (...)

Author Bio

DR.CHLOE CARMICHAEL holds a doctorate in clinical psychology from Long Island University. Her private practice focuses on stress management, relationship issues, self-esteem, and coaching. She is also a former adjunct college professor, yoga instructor, psychologist for the New York College of Podiatric Medicine, and co-chair of a committee for the New York Junior League. She has been published in various academic journals, and has been featured on VH1, Inside Edition, ABC Nightline, and other media. She lives in New York City.



St. Martin's Press

On Sale: Mar 23/21

5.38 x 8.25 • 304 pages

9781250241214 • \$36.50 • CL - With dust jacket

Self-Help / Stress Mgmt

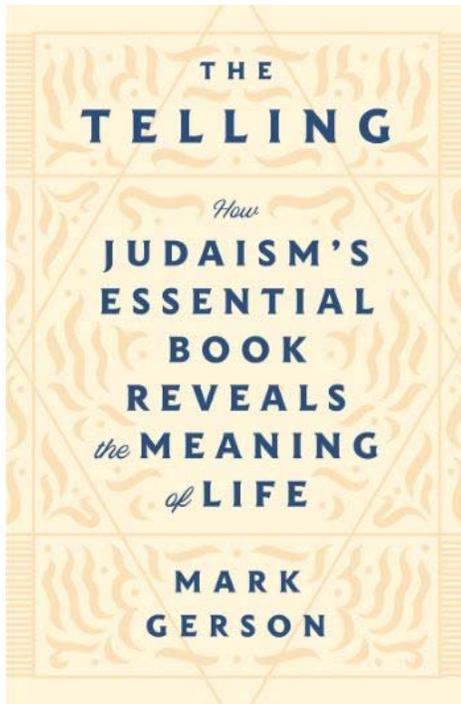
Notes

Promotion



Raincoast Books

Sales Rep



 ST. MARTIN'S PRESS

The Telling

How Judaism's Essential Book Reveals the Meaning of Life
by Mark Gerson

The Haggadah, which can be found in Jewish homes around the world, has guided Jewish families and friends through Pesach celebrations for millennia. In *The Telling: How Judaism's Essential Book Reveals the Meaning of Life*, author Mark Gerson shows how even the most familiar passages from the Haggadah are sitting on top of buried treasures ready to help us live more meaningful and fulfilling lives today. *The Telling* will enable readers to make their Seder the most engaging, inspiring and important night of the Jew's year - and readers generally to understand how Jewish wisdom can help them to live their happiest, most purposeful and worthwhile lives.

The fundamental questions of life that *The Telling* addresses include those of freedom, blessings, parenthood, dreams, education, idolatry, family, forgiveness, willpower, dreams, memory, wisdom, goodness, analogies, habits, newness, music, food, aging, false humility, the role of the imagination, the purpose of political debate, the cultivation and expression of gratitude, the State of Israel, our relationship with God, the secret of joy, the meaning of history, the presentation of miracles - and much more.

The Telling, which calls on disciplines from Talmudic discussion to evolutionary psychology to understand the Haggadah, is a groundbreaking reexamination of one of the most powerful texts in Judaism - and an indispensable source of wisdom and insight for people of all faiths.

Author Bio

Mark Gerson is the co-founder of GLG and several other business in New York. He is also the co-founder and Chairman of United Hatzalah, the pioneering crowd-sourced system of volunteer first response that enables Israelis to be treated within the crucial three minutes following any medical trauma. He is also the co-founder and Chairman of African Mission Healthcare, which supports the work of Christian medical missionaries who provide the indispensable source of care for the African poor.

A graduate of Williams College and Yale Law School, Mark Gerson is the author of books of intellectual history and education. His articles and essays on subjects ranging from Frank Sinatra to the Biblical Jonah have been published in *Commentary*, *The New Republic*, *The Wall Street Journal*, *USA Today* and many other publications.

Mark is married to Rabbi Erica Gerson. They and their four children live in New York City.



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Religion / Judaism / Sacred Writings

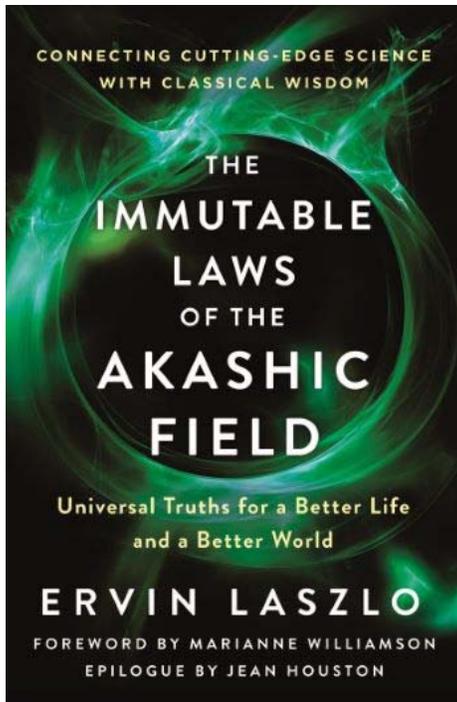
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 ST. MARTIN'S PRESS

The Immutable Laws of the Akashic Field

Universal Truths for a Better Life and a Better World

by Ervin Laszlo, foreword by Marianne Williamson

The Akashic Field is an interconnected cosmic field in which all information and knowledge is conserved and preserved. Our very reality is anchored in this vast sea of shifting energies and it gives rise to everything - from specks of stardust in the outer cosmos to consciousness itself. In *The Immutable Laws of the Akashic Field*, Dr. Ervin Laszlo, renowned authority in the fields of new science, consciousness, and spirituality, has written an accessible introduction to the mysteries of the Akashic Field, explaining how leading science supports this ancient theory of the universe.

The *Immutable Laws of the Akashic Field* also features contributions from other leading voices, including: Dr. Maria Sagi, Christopher M. Bache, and Kingsley L. Dennis along with a foreword from Marianne Williamson. This approachable text offers a brilliant introduction to and bold affirmation of one of the most profound wonders of our universe.

Author Bio

ERVIN LASZLO, twice nominated for the Nobel Peace Prize and Laureate of the Japan Peace Prize the Goi Award as well as of the Luxembourg Peace Prize, is editor of the international periodical *World Futures: The Journal of New Paradigm Research*, founder-president of the international think tank *The Club of Budapest*, and founder-president of *The Laszlo Institute of New Paradigm Research*. He is the author of more than a hundred books translated into 24 languages. He lives in Tuscan hills of Italy.

St. Martin's Press

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5.38 x 8.25 • 208 pages

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9781250773845 • \$23.50 • pb

Body, Mind & Spirit / New Thought

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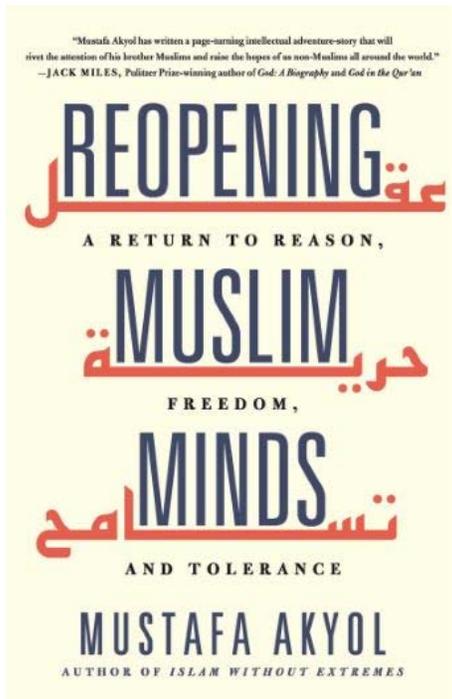


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Reopening Muslim Minds

A Return to Reason, Freedom, and Tolerance

by Mustafa Akyol

A fascinating journey into Islam's diverse history of ideas, making an argument for an "Islamic Enlightenment" today

In *Reopening Muslim Minds*, Mustafa Akyol, senior fellow at the Cato Institute and opinion writer for *The New York Times*, both diagnoses "the crisis of Islam" in the modern world, and offers a way forward. Diving deeply into Islamic theology, and also sharing lessons from his own life story, he reveals how Muslims lost the universalism that made them a great civilization in their earlier centuries. He especially demonstrates how values often associated with Western Enlightenment - freedom, reason, tolerance, and an appreciation of science - had Islamic counterparts, which sadly were cast aside in favor of more dogmatic views, often for political ends.

Elucidating complex ideas with engaging prose and storytelling, *Reopening Muslim Minds* borrows lost visions from medieval Muslim thinkers such as Ibn Rushd (aka Averroes), to offer a new Muslim worldview on a range of sensitive issues: human rights, equality for women, freedom of religion, or freedom from religion. While frankly acknowledging the problems in the world of Islam today, Akyol offers a clear and hopeful vision for its future.

Mustafa Akyol has written a page-turning intellectual adventure-story that will rivet the attention of his fellow Muslims, and raise the hopes of us non-Muslims all around the world."

- Jack Miles, Pulitzer Prize-winning author of *God: A Biography* and *God in the Qur'an*

"Mustafa Akyol passionately engages in controversial and timely issues, builds upon a wide range of contemporary scholarship on Islam and expands his well thought arguments by supportive examples and interesting (...)

Author Bio

MUSTAFA AKYOL is a regular contributing opinion writer for *The New York Times* since 2013, covering matters of Islam in the modern world. His earlier books, *Islam without Extremes* (2011) and *The Islamic Jesus* (2017), have been reviewed and praised by *The New York Times*, *The Wall Street Journal*, *Financial Times*, and *the Economist*. *Islam without Extremes* was long-listed for the 2012 Lionel Gelber Prize literary prize, while being banned in Malaysia for challenging the "religion police."



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St. Martin's Press

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5.38 x 8.25 • 256 pages

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Religion / Islam / History

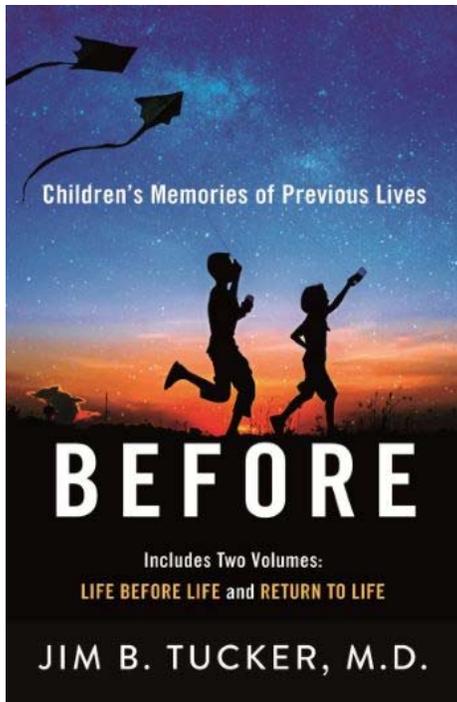
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Before

Children's Memories of Previous Lives

by Jim B. Tucker, M.D.

In this very elegant book, Dr. Tucker offers the most convincing scientific evidence for the fact that our consciousness survives physical death. And indeed, takes quantum leaps of creativity in the form of reincarnation. The model that Dr. Tucker presents opens a new vision of who we are, limitless beings that fill up all of space and time." - *Deepak Chopra, author of Life After Death: The Burden of Proof*

"[A] solid case for reincarnation. . . . Tucker introduces powerful grounds for credulous speculation." - *Booklist*

"Jim Tucker gives us a clear, concise and eminently rational insight into a 40 year investigation of what is unquestionably the best evidence for the existence of reincarnation. We are lucky to have in him a worthy successor to Ian Stevenson." - *TOM SHRODER, author of Old Souls: Compelling Evidence From Children Who Remember Past Lives*

"Anyone with an open mind, on reading Dr. Jim B. Tucker's *Life Before Life*, will realize that our conventional concepts of life and death are ripe for revision. The possibilities raised by this book for human destiny are as hopeful as the current view is grim. Life Before Life is extraordinarily important." - *Larry Dossey, M.D., author of The Extraordinary Healing Power of Ordinary Things, Reinventing Medicine, and Healing Words*

"With his training as a pediatric psychiatrist, and the mind of an inquiring scientist, Dr. Jim Tucker takes a fresh look at one of life's most intriguing questions: 'Does consciousness survive death?'

Author Bio

Jim B. Tucker, M.D. is a child psychiatrist at the University of Virginia, where he directs research into children's reports of past-life memories at the Division of Personality Studies and serves as Medical Director of the Child & Family Psychiatry Clinic. He is the author of *Life Before Life* and the New York Times Best Seller *Return to Life*.

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5.38 x 8.25 • 528 pages

9781250781772 • \$26.99 • pb

Body, Mind & Spirit / Reincarnation

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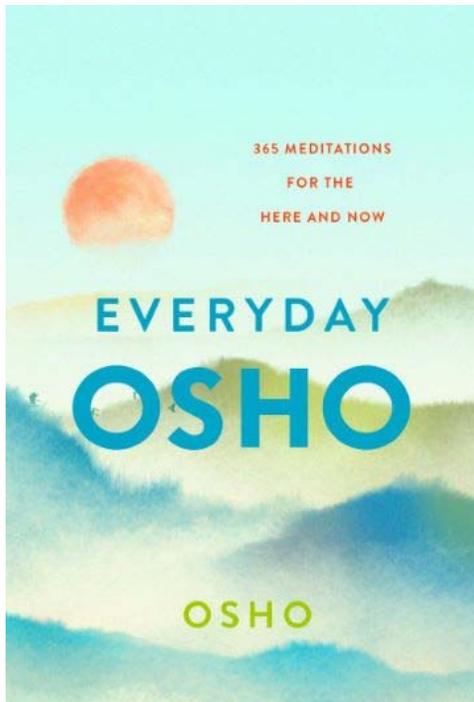


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Everyday Osho

365 Meditations for the Here and Now

by Osho

Everyday Osho features 365 short meditations that offer insights into living fully in the here and now. Each brief text is thoughtful and inspiring and the perfect length for starting a daily meditation practice. With topics that range from gratitude to nature to philosophy to love, Everyday Osho contains a full year of meditation and inspiration.

For decades, the insights of Osho have delighted and challenged spiritual seekers. Everyday Osho offers readers daily encouragement to live fully, integrating body, mind, and spirit.

Author Bio

OSHO is one of the most provocative and inspiring spiritual teachers of the twentieth century. He is known for his revolutionary contributions to the science of inner transformation, and the influence of his teachings continues to grow, reaching seekers of all ages in virtually every country in the world.

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4.25 x 6.62 • 208 pages

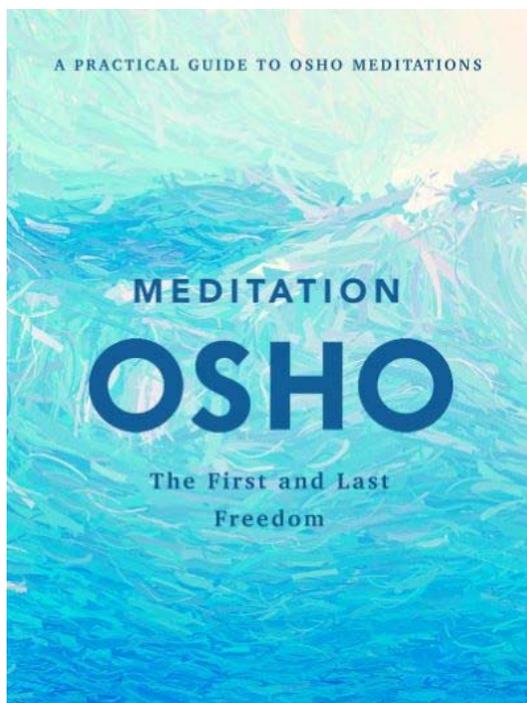
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Body, Mind & Spirit / Meditation

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Meditation

The First and Last Freedom

by Osho

For decades *Meditation: The First and Last Freedom* has been the essential practical guide to Osho meditations. Thoroughly revised and renewed for the first time in fifteen years, this newly reworked edition includes:

- *New meditations for daily practice
- *A newly developed structure for the systematic learning of meditation
- *Updated presentation of the classic Osho Active Meditations, gathered completely for the first time in print
- *Teaching support and instructional links for easy learning
- *Vital active physical meditations such as the Osho Dynamic Meditation and Osho Kundalini Meditation

This foundational guide shows that meditation is not a spiritual discipline separate from everyday life in the real world. In essence, it is simply the art of being aware of what is going on inside and around us. As we acquire the knack, meditation can be our companion wherever we are - at work, at play, at rest.

Author Bio

Osho is one of the most provocative and inspiring spiritual teachers of the twentieth century. Known for his revolutionary contribution to the science of inner transformation, the influence of his teachings continues to grow, reaching seekers of all ages in virtually every country of the world. He is the author of many books, including *Love, Freedom, Aloneness; The Book of Secrets* ; and *Innocence, Knowledge, and Wonder*.

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5.5 x 7.5 • 336 pages

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Body, Mind & Spirit / Meditation

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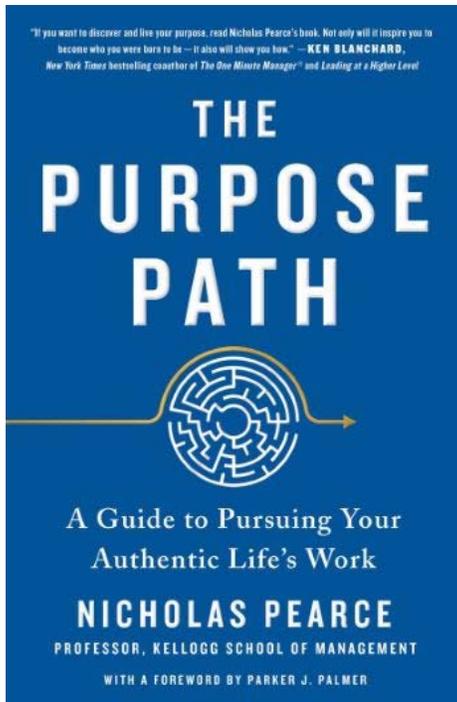


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The Purpose Path

A Guide to Pursuing Your Authentic Life's Work
by Nicholas Pearce, foreword by Parker J. Palmer

Some of the world's most successful companies - Google, Disney, Starbucks - are not simply profit-driven, but purpose-driven. They identify the purpose behind why they do what they do, and let their "why" drive what they do every day. Nicholas Pearce argues that we all should do the same: discover our "why" and commit to the journey of aligning our daily work with our life's work. The Purpose Path is for people in any field who long to have more than just a job or a career, but a true vocation that allows them to connect their soul with their role. The Purpose Path is organized around five key questions:

What is success?
Who am I?
Why am I here?
Am I running the right race?
Am I running the race well?

Nicholas Pearce sits at the unconventional intersection of academia, business, and faith. With examples and advice, he shows how he and other people in a variety of fields and at different life stages have asked and answered these five questions in order to start, shape, or even radically change their careers. Inspiring, thought-provoking, and practical, The Purpose Path is an essential book for anyone who seeks the clarity and courage to advance their authentic life's work every day.

When you've found your life's purpose, work becomes meaningful to you. Suddenly you love what you do and your occupation doesn't feel like work anymore. In fact, when you're living and loving your true calling, you never have to work another day in your life! If you want to discover and live your purpose, read Nicholas Pearce's book. Not only will it inspire you to become who you were born to be - it also will show you (...)

Author Bio

A scholar, speaker, entrepreneur, and pastor, NICHOLAS PEARCE is an award-winning management and organizations professor at Northwestern University's Kellogg School of Management, founder and CEO of The Vocati Group, a global executive advisory firm, and assistant pastor of Chicago's historic Apostolic Church of God. He has advised and coached leaders of Fortune 500 corporations, communities of faith, and social impact organizations on six continents. He and his work have been featured in Bloomberg Businessweek, The Chicago Tribune, CNN, Fast Company, Forbes, Fortune, Harvard Business Review, The New York Times, and The



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