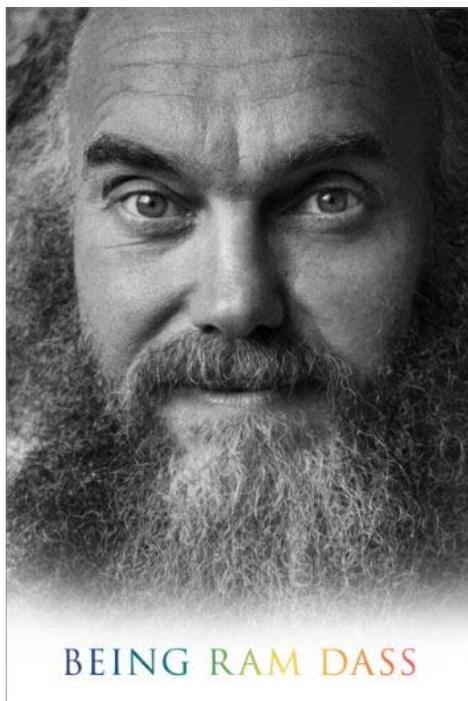




sounds true

W A K I N G U P T H E W O R L D

WINTER 2021



Being Ram Dass

by Ram Ram Dass and Rameshwar Rameshwar Das

Perhaps no other teacher has sparked the fires of as many spiritual seekers in the West as Ram Dass. While many know of his transformation from Harvard psychology professor Richard Alpert to psychedelic and spiritual icon, Ram Dass tells here for the first time the full arc of his remarkable life.

Being Ram Dass begins at the moment he was fired from Harvard for giving drugs to an undergraduate. We then circle back to his privileged youth, education, and the path that led him inexorably away from conventional life and ultimately to his guru, Neem Karoli Baba. Populated by a cast of luminaries ranging from Timothy Leary to Elisabeth Kubler-Ross, Allen Ginsberg to Jack Kornfield, Aldous Huxley to Charles Mingus - this intimate memoir chronicles Ram Dass's experience of the cultural and spiritual transformations that resonate with us to this day.

Ram Dass's life and work prefigured many current trends: the conscious aging and death movement, the healing potential of psychedelics, the use of meditation and yoga in prisons, the ubiquity of those same practices in the wider culture, and more. Here, with his characteristic mix of earthiness and transcendence, Ram Dass finally tells all.

Author Bio

Ram Dass (1931–2019) means "Servant of God." Born Richard Alpert, he was the founder of the Love Serve Remember Foundation and a cofounder of the Seva Foundation, the Dying Project, and the Prison Ashram Project. He is the author of the spiritual classic *Be Here Now* and many other books. Learn more at ramdass.org.

Rameshwar Das met Ram Dass in 1968. Ramesh has collaborated with Ram Dass on many projects, most recently as coauthor of *Be Love Now* and *Polishing the Mirror*.

Sounds True

On Sale: Jan 12/21

6 x 9 • 496 pages

100 photos, 4-C photo inserts

9781683646280 • \$38.99 • CL - With dust jacket

Biography / Religious

Notes

Promotion



9 781683 646280



Raincoast Books

Sales Rep

TERRI COLE

BOUNDARY BOSS

THE ESSENTIAL WOMEN'S GUIDE
TO TALK TRUE, BE SEEN,
AND (FINALLY) LIVE FREE

Sounds True
On Sale: Apr 20/21
6 x 9 • 250 pages
9781683647683 • \$33.99 • CL - With dust jacket
Self-Help / Personal Growth / General

Notes

Promotion



Boundary Boss

The Essential Women's Guide to Talk True, Be Seen, and (Finally) Live Free
by Terri Cole

Psychotherapist Terri Cole teaches a simple but powerful truth: without healthy boundaries, you can't live an authentic and fulfilled life. After all, if you're always smiling and saying "yes" to everything, how is anyone else supposed to know you're burnt out, overloaded, and not up to taking on yet another task?

This is especially true for today's women, who are often caught between cultural conditioning toward being "nice" and the need to protect their own well-being. With that in mind, Cole presents *Boundary Boss*, a comprehensive guide for any woman who wants to master creating and maintaining healthy boundaries.

In *Boundary Boss*, Cole's proven methodology is based on her Five Pillars of Transformation for examining and adjusting your personal and professional limits. Each of these overarching themes branches into more specific lessons about mindful communication, body language techniques, and how to deal with the guilt, fear, or backlash that arises when finally setting a boundary. Cole offers an actionable tool kit of scripts, strategies, and practices that can be used in the moment, whenever you need them.

"For every single client who has walked through my office doors, no matter what their presenting problem, boundaries and effective communication (or lack thereof) are at the root of their pain," writes Cole. With *Boundary Boss*, you'll discover tools for transcending that pain and creating a healthier, happier life.

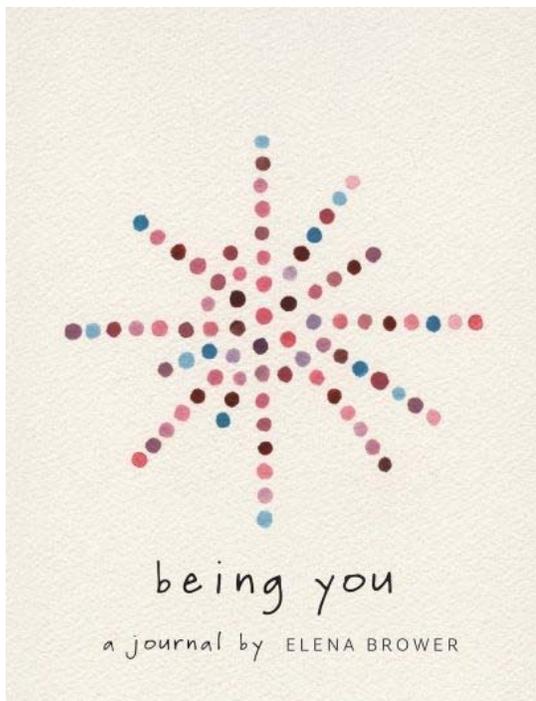
Author Bio

Terri Cole is a licensed psychotherapist and founder of Real Love Revolution® and Boundary Bootcamp®. For the past two decades, Terri has worked with a diverse group of clients that includes everyone from mothers to Fortune 500 CEOs. In her therapy practice and online courses, she has guided thousands of women from around the globe through the liberating process of becoming their own *Boundary Boss*. For more, see terricole.com.



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Being You

A Journal

by Elena Brower

Who are you? Why are you here? What gifts do you carry?

Being You: A Journal takes you on an interactive journey of discovery, creative expression, and empowerment. Filled with prompts, thoughtful questions, lists, inspiring quotations, and beautiful art, this journal will help you embrace self-discovery, work through difficult feelings, and shape the life you want.

A celebration of joys, possibilities, and potential, Being You also embraces the questions, anxieties, and complexities of life. You'll learn to own your experience and authentically define the changes you want to see in yourself and in the world.

The latest from Elena Brower, author of the acclaimed Practice You, which has sold 100K copies since its publication in September 2017, Being You offers space for personal inquiry, reflection, and peace.

Author Bio

Elena Brower is well-known and well-loved in the yoga and meditation space, where she has been a teacher since 1999. She is the author of The Art of Attention, which has been translated into seven languages, and the bestselling Practice You. Elena is a Double Diamond leader with doTERRA. You can take her classes at Glo.com and follow her podcast at practiceyou.com. Learn more at Elenabrower.com.

Sounds True

On Sale: Jan 19/21

7.25 x 9.5 • 160 pages

80-150 illos by author

9781683647126 • \$22.50 • pb

Self-Help / Journaling • Ages 0 years and up

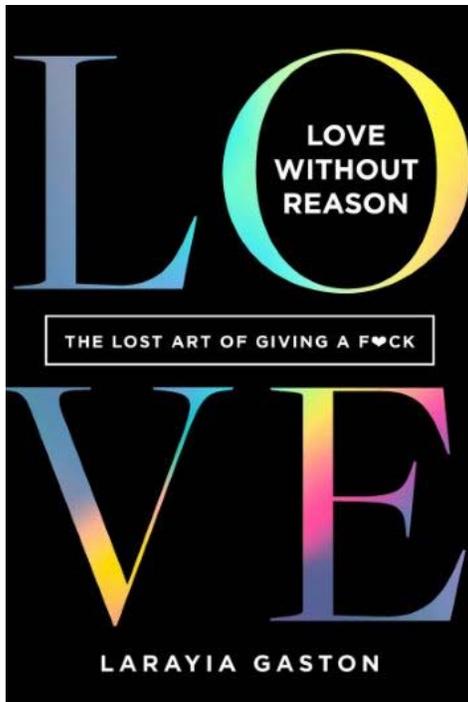
Notes

Promotion



Raincoast Books

Sales Rep



Love Without Reason

The Lost Art of Giving a F*ck

by LaRayia Gaston

When the world's problems seem overwhelming, as they so often do, it's easy to fall into feelings of helplessness. It becomes too painful to care, so we turn to the latest "how to not give a f*ck" self-help book. Yet caring about our world and each other is a natural instinct all humans have. What is it doing to our minds, bodies, and souls to ignore this part of our humanity?

In Love without Reason: The Lost Art of Giving a F*ck, LaRayia Gaston helps us connect with our hearts, reawaken our innate desire to make a difference, and then actually make that difference in a way that is both enjoyable and impactful. In other words, she teaches us how to show up and care about each other and our world.

Central to Gaston's teachings is the idea that giving doesn't have to be difficult, and you don't have to go out of your way to do it. "Need is all around us," she writes. "You'll never know the ripples one small act of kindness can create." Gaston calls these acts micro-gestures, moments when you stop, look around, and ask yourself how you can contribute in your own way. Throughout the book, Gaston pulls apart the stories we tell ourselves about helping - it's too difficult, we'll just be in the way, it won't change anything - and provides strategies to help us get started. In the end, you'll discover that showing you care isn't about sacrifice - it's about joy.

Author Bio

LARAYIA GASTON is a former model, actress, and founder of the non-profit Lunch On Me, an organization dedicated to feeding organic food to those experiencing homelessness. She's also a regular public speaker, podcast guest, and activist. Her documentary 43 Days on Skid Row shows her time living with LA's skid row residents, offering a true picture of what life is like in one of America's largest homeless communities. She resides in Los Angeles. For more, visit lunchonme.org.

Sounds True

On Sale: Mar 16/21

5.98 x 9.02 • 220 pages

9781683646303 • \$32.50 • CL - With dust jacket

Self-Help / Motivational & Inspirational

Notes

Promotion



9 781683 646303



Raincoast Books

Sales Rep



Be: A No-Bullsh*t Guide to Increasing Your Self Worth and Net Worth by Simply Being Yourself

by Jessica Zweig

Authenticity is the heart of any powerful brand. That's not news - authenticity has become the "it word" in marketing - but why do so many people find it so hard to put it into practice? Jessica Zweig has emerged as one of the few branding gurus who really gets authenticity: how to find it in yourself, how to show it to others, and most importantly, how to live it.

In *Be: A No-Bullsh*t Guide to Increasing Your Self Worth and Net Worth by Simply Being Yourself*, Zweig explores the myths about branding and gets straight into the heart of what really builds and sustains a personal brand platform: your unapologetic authenticity. "In these pages, you're going to learn why the most authentic people are also the most magnetic," she says. "You can and will become one of those people, too. Because actually, you already are. I'm just going to teach you how to uncover it step by step."

The internet is the most powerful tool for connection in history - but if you have a business, a mission, or a dream, you have to be able to cut through the noise. "This book is about more than making money or getting your 15 minutes of fame," Zweig says. "This is for people who want to build a legacy by connecting with others, changing lives, and moving the world forward."

Author Bio

Jessica Zweig is the CEO and Founder of the SimplyBe. agency, a personal branding company that helps millions of people worldwide. She's been named a Personal Branding Expert by Forbes, a Top Digital Marketer to Watch by Inc., and the 2018 recipient of the international Gold Stevie® Award for Female Entrepreneur of the Year. She's been featured on FOX, ABC, WTTW, and more as an expert on how an authentic personal brand is the key to a more successful career. For more, visit jessiczweig.com.

Be.

A No-Bullsh*t Guide
to Increasing
Your Self Worth and
Net Worth by Simply
Being *Yourself*

JESSICA ZWEIG

Sounds True

On Sale: Feb 16/21

6 x 9 • 248 pages

9781683646990 • \$34.99 • CL - With dust jacket

Bus & Econ / Personal Success

Notes

Promotion

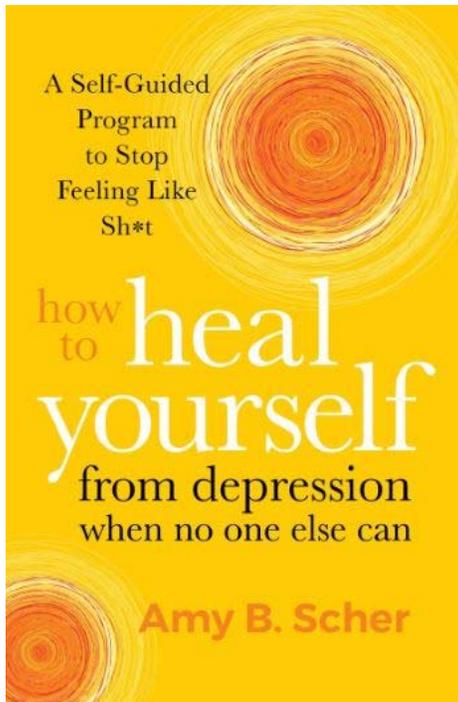


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Raincoast Books

Sales Rep



How to Heal Yourself from Depression When No One Else Can

A Self-Guided Program to Stop Feeling Like Sh*t

by Amy B. Scher

A bestselling energy therapist brings her accessible approach to helping anyone struggling with depression reclaim a joyful life.

If you've done everything to heal from depression but are still stuck, you aren't alone. Even if you've done all the right things - seen great therapists, taken medications, changed your lifestyle - it may not be enough. Before you decide that the best you can hope for is to learn how to live with depression, Amy B. Scher has an important message: you *can* reconnect with your inner self and lead a joyful life again.

Scher's bestselling How to Heal series has been endorsed by prominent physicians and helped thousands of people recover from chronic illness, emotional challenges, and more. With *How to Heal Yourself from Depression When No One Else Can*, she brings her proven approach of using energy therapy for releasing emotional stress and trauma to one of the most widespread mental health challenges of our time. Scher has proven that working with the body's energy system for deep transformation is often effective when nothing else works - the missing link between treating symptoms and getting to the root cause of illness.

The truth is, depression is not just sadness or apathy," Scher says. "People who suffer from depression often carry the weight of the world while having a deep-down conviction that they 'don't matter.'" Here she brings much-needed relief to anyone who wants to end the cycle of depression and rediscover the inherent wellness that resides in each of us.

Author Bio

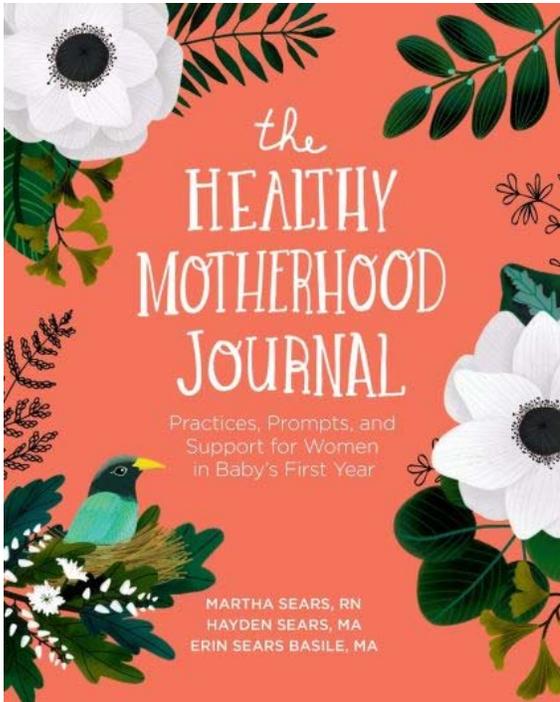
Amy B. Scher is an energy therapist, expert in mind-body healing, and the bestselling author of *How to Heal Yourself When No One Else Can* and *How to Heal Yourself from Anxiety When No One Else Can*. She has been featured in the *Times of India*, CNN, HuffPost, CBS, the *Washington Post*, *Cosmopolitan*, the Los Angeles Review of Books, *Curve* magazine, and San Francisco Book Review. Scher was also named one of the *Advocate's* 40 Under 40." She lives in New York City. For more, visit amybscher.com.

Sounds True
On Sale: Feb 9/21
5 x 8 • 240 pages
9781683646204 • \$23.50 • pb
Self-Help / Depression

Notes

Promotion





Sounds True

On Sale: Mar 16/21

7.38 x 9.25 • 192 pages

B&W illos and flourish throughout

9781683644866 • \$23.50 • PB - With Flaps

Health & Fitness / Pregnancy & Childbirth

Notes

Promotion



The Healthy Motherhood Journal

Practices, Prompts, and Support for Women in Baby's First Year
by Martha Sears, RN, Hayden Sears, MA and Erin Sears

Bringing a new life into the world cracks your heart wide open. The feelings of bliss and unconditional love are real. And so are the feelings of fear, exhaustion, and overwhelm. Through journaling and reflection, The Healthy Motherhood Journal empowers moms to find their voices so they can truly thrive during their first year with a new baby.

Written by the mother and daughters of the renowned Sears family, known for their work with attachment parenting, this journal focuses on the mother's needs for healthy connection, with herself as well as her child. And, with new moms already being over-stretched, it's structured in a way that is sensitive to their limited hands-free time.

Each month focuses on a different theme - including your birth story, embracing your new identity across all the roles you hold, "the guilt and the glory," and more - while a wide range of prompts helps moms document their insights, reflections, and wisdom. Throughout the journal, the Seares have included tried-and-true tips for parenting and self-care, designed to support moms through every phase of their baby's first year.

When even the simple act of taking a shower feels like momentous freedom, this journal provides a safe place for mothers to explore, process, and document the challenges and joys of this unique time of life while creating long-term visions for the possibilities ahead.

Author Bio

Martha Sears is an RN, childbirth educator, popular lecturer and media guest, La Leche League leader, and the coauthor of more than 25 parenting books, including The Healthy Pregnancy Book. Hayden Sears, a health and nutrition coach, has worked with the Sears Family Pediatrics medical practice for over 10 years and contributes to the content of AskDrSears.com. Erin Sears Basile is a health coach and coauthor of The Dr. Sears T5 Wellness Plan. They reside in California.





The Direct Way

Thirty Practices to Evoke Awakening

by Adyashanti Gray

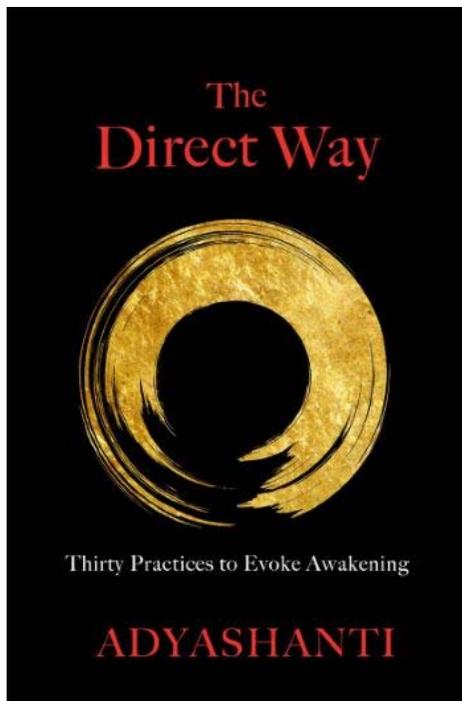
For renowned teacher Adyashanti, every single moment contains a doorway into spiritual awakening. But what does it actually mean to "wake up" to the truth of reality? And what does it take to recognize these opportunities?

In *The Direct Way*, Adya (as his students call him) offers a sequence of 30 practices intended to connect with and cultivate ever-greater awareness of the unseen dimensions of your being. From the simple expression of "I am," to an exploration of the spiritual heart, and all the way into the fundamental ground of being, these exercises emphasize that the process of awakening takes "many small glimpses, experienced many times." Adya concludes these lessons with practical pointers on how to integrate transcendent experiences into the everyday fabric of life - including your career, personal goals, and intimate relationships.

No one experiences awakening quite the same way. With *The Direct Way*, not only will Adya show you dozens of pathways toward spiritual realization, but you will also discover an awareness as wide as the sky and as personal as your innermost heart.

Author Bio

Adyashanti is an American-born spiritual teacher devoted to serving the awakening of all beings. His books include *Falling into Grace* and *The Most Important Thing*. He lives in Northern California. For more, see adyashanti.org.



Sounds True

On Sale: Apr 6/21

5.25 x 8 • 120 pages

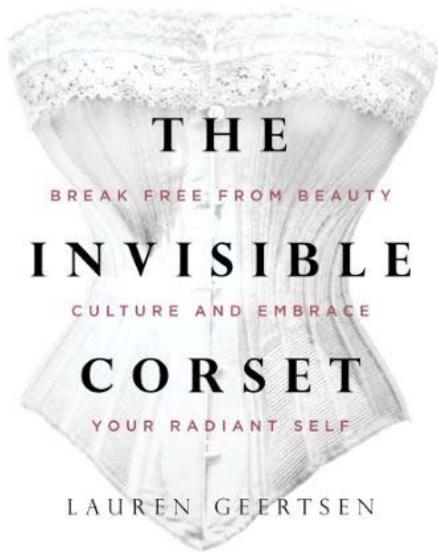
9781683646143 • \$29.99 • CL - With dust jacket

Body, Mind & Spirit / Spiritualism

Notes

Promotion





The Invisible Corset

Break Free from Beauty Culture and Embrace Your Radiant Self
by Lauren Geertsen

A book for women who were taught to hate their bodies and don't know how to stop - in other words, all women

Nine years old. That's the average age when a girl puts on her invisible corset," knowing that going forward, her value is inextricably tied to her appearance.

According to author Lauren Geertsen, the invisible corset is a set of culturally inherited beliefs that make women feel insecure and anxious in their own bodies. "Women discarded their whalebone corsets in the early twentieth century," she writes, "But there remained in place an invisible corset, just as limiting and uncomfortable, with its strings left in the hands of culture to tighten as it pleases."

Geertsen teaches that the purpose of the invisible corset was always to keep women trapped: while society once limited women's freedom by saying their place was in the home, it now restricts women with the message that their place is in a beautiful body. By unraveling the false narratives that keep these invisible corsets in place, Geertsen helps women shift from controlling their bodies as burdens to trusting their bodies as lifelong partners.

Unlike other body positivity books, *The Invisible Corset* isn't about celebrating your wrinkles or loving your butt - it's about freeing yourself from a culture that puts so much emphasis on them in the first place. As the corsets come off, women will reclaim their time, money, and confidence so they can courageously do (...)

Author Bio

LAUREN GEERTSEN is a body connection coach who helps women overcome body anxiety and heal their relationship with food. After healing her own severe autoimmune disorder, she realized that women must trust their bodies to achieve health and confidence. Her website, empowered sustenance.com, has supported over 40 million readers with holistic recipes and resources. She resides in Phoenix, Arizona.

Sounds True
On Sale: Jan 19/21
5.25 x 8 • 248 pages
9781683646181 • \$32.50 • CL - With dust jacket
Self-Help / Eating Disorders

Notes

Promotion



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IGNITE YOUR INNER GAME
TO LEAD CONSCIOUSLY
AT WORK AND IN THE WORLD

CARLEY HAUCK

Foreword by Lynne Twist, author of *The Soul of Money*

Sounds True

On Sale: Feb 23/21

6 x 9 • 288 pages

2 b/w Images

9781683642671 • \$32.50 • CL - With dust jacket

Bus & Econ / Personal Success

Notes

Promotion



Shine

Ignite Your Inner Game to Lead Consciously at Work and in the World

by Carley Hauck, MA

This book is about developing "inner game" skills of mindful awareness, heart attunement, embodiment, and resilience in order to play your best "outer" game and lead within your company with courage and brilliance. Its practices teach us how to grow inner capacities that will push us to new heights and cope when things are roughest.

Hauck, a leadership consultant, frequent presenter, and business school instructor at Stanford and Berkeley, interviewed a number of top "conscious business" leaders for this book and highlights the inner tools they use for success. It is clear that the boldest and most innovator leaders honor and value qualities like presence, tolerance, compassion, and resilience, so that they can bring wisdom, grace, and courage into the workplace and the world. This is what Hauck calls stepping in and stepping up, and it is precisely the kind of leadership the world needs now.

Through the practices offered in this book, Hauck shows leaders how to align their deepest values with their everyday work style and work goals and support this alignment in the people and teams they lead. In addition to the interviews conducted for this book, the author writes about her own original research on resilience, well-being, and authenticity in corporate culture as well as the work of others in this field.

Author Bio

Carley Hauck, MA, is a leadership consultant to top conscious businesses in the San Francisco Bay Area and beyond. She teaches at the business schools of Stanford and UC Berkeley and writes for *Conscious Company* and *Mindful* magazines. She lives in Oakland, CA, and can be found online at livingwellawake.com.

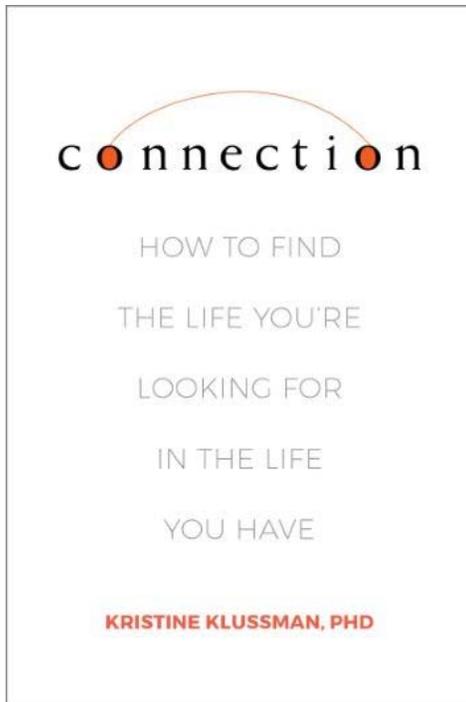


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Raincoast Books

Sales Rep



Connection

How to Find the Life You're Looking for in the Life You Have
by Kristine Klussman

We are in the midst of an epidemic of loneliness. Though modern technology purports to "connect" us like never before, we live increasingly isolated and insulated lives, painfully disconnected from each other, from our values, and from ourselves. Indeed, almost 70 percent of Americans report they don't have a single person they can confide in.

Rooted in established scientific findings, as well as her own expertise and clinical experience, Klussman's approach to well-being is simple and transformative. Klussman shows us that the way to achieve true happiness and fulfillment is not by striving toward them at all, but rather by cultivating connection in our everyday lives. As Klussman says, "Happiness is what we are all chasing, but connection, meaning, and a sense of purpose are the cravings that actually fulfill us, and lead to enduring life satisfaction."

Connection brings readers an eye-opening and actionable guide that teaches how to nurture your own self-knowledge and integrity - and how to use that knowledge to cultivate a life rich with meaning and purpose. With Connection, you will discover how to connect with yourself and everyone you relate to in a deeper and more significant way.

Author Bio

Kristine Klussman, PhD, is a Harvard-trained positive health psychology researcher, clinician, and community organizer dedicated to helping individuals more effectively solve societal problems by emphasizing personal accountability and transformation. She is the founder of the Purpose Project, a nonprofit think tank committed to the scientific research, exploration, education, and practice of authentic connection. She lives in the San Francisco Bay Area. For more, see kristineklussman.com.

Sounds True

On Sale: Apr 13/21

6 x 9 • 300 pages

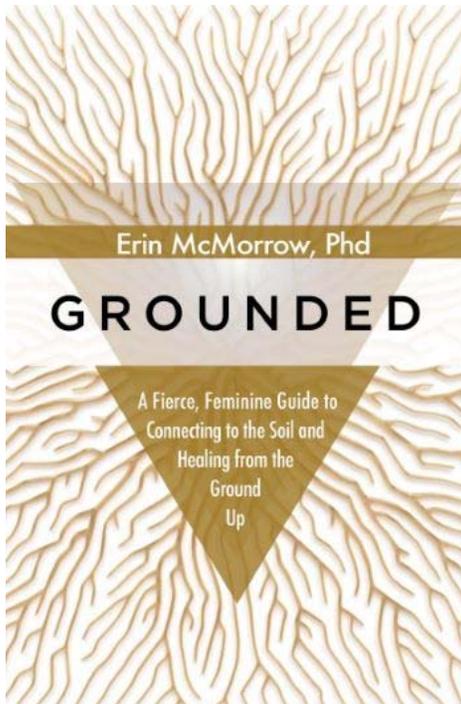
9781683647157 • \$33.99 • CL - With dust jacket

Self-Help / Personal Growth / Happiness

Notes

Promotion





Grounded

A Fierce, Feminine Guide to Connecting to the Soil and Healing from the Ground Up

by Erin McMorrow

Align with the cycles of nature in order to save our planet, beginning with the soul of our soil.

We know the environment is in trouble - and we're seeing direct effects on human health as a result. Only after we restore our natural connection with the earth can we help to heal it and ourselves. This is the premise of *Grounded*, at once a clarion call and revolutionary guide from author Dr. Erin McMorrow.

With *Grounded*, McMorrow teaches us how to transform ourselves, our socioeconomic systems, and the environment that sustains us by aligning with the natural cycles of the earth. McMorrow explores both the ecological and spiritual basis of our existing climate crises - including what's happening with our soil and carbon cycles - sharing a critical framework for understanding how we've gotten into our current state. She then shows how reconnecting with the divine feminine is the key to turning the tide, offering insights and practices for doing this sacred work.

It's estimated that we have fewer than 60 harvests left in our world's soil and that our oceans will be 70 percent more acidic in just 30 years. These aren't doomsday prophecies - this is our realistic future if we don't take action now. Being grounded involves rooting within ourselves to expand in the world," explains McMorrow. "It means getting centered and navigating from a place of power, clarity, creativity, and balance." *Grounded* gives us the wisdom and tools to initiate a transformation to save our lives and our planet.

Author Bio

Erin McMorrow, PhD, holds a doctorate in policy, planning, and development from the University of Southern California, studied political and social thought at the University of Virginia, and served as the director of housing policy with the Los Angeles Coalition to End Hunger and Homelessness. She is also a certified yoga teacher, craniosacral therapist, and entrepreneur living in Los Angeles. For more, visit erinmcmorrow.com.

Sounds True

On Sale: Mar 9/21

5.25 x 8 • 200 pages

9781683646129 • \$32.50 • CL - With dust jacket

Nature / Ecology

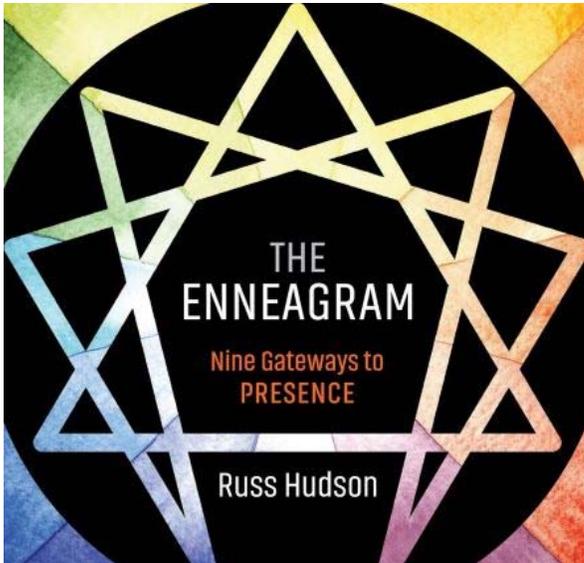
Notes

Promotion



Raincoast Books

Sales Rep



The Enneagram

Nine Gateways to Presence

by Russ Hudson

With roots in ancient mysticism and modern-day psychology, the Enneagram has become one of the most popular personality-typing tools available - but this was not its original purpose.

"Too often, the Enneagram is viewed as a set of simple personality types that lock us into fixed ideas about ourselves," teaches leading scholar Russ Hudson. "In reality, it's a complex schema of the human psyche that offers a dynamic tool for transformation." With *The Enneagram: Nine Gateways to Presence*, Hudson shares an in-depth audio training on how to use this powerful system the way it was originally intended - as a pathway to deeper self-knowledge and spiritual growth.

The Enneagram's structure is organized around nine personality types - such as the Achiever, the Reformer, or the Challenger. This training provides a powerful context for further understanding these types by viewing them through three centers of expression - the body, the mind, and the heart. Rather than letting a singular type define us, Hudson encourages us to explore the ways all nine are expressed in our unique makeup. Through insightful lessons and guided practices, you'll gain insight into your ongoing challenges, greatest strengths, and highest path of growth.

Author Bio

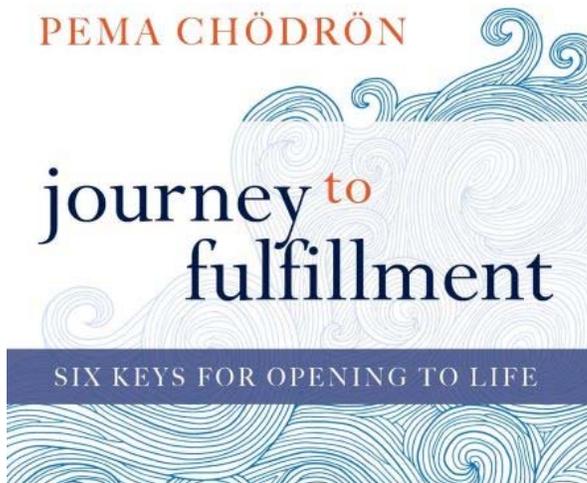
Russ Hudson is one of the principal scholars on the Enneagram today. He is president of Enneagram Personality Types, Inc., cofounder of the Enneagram Institute, and has coauthored several bestselling books, including *The Wisdom of the Enneagram and Personality Types*, as well as a scientifically validated test instrument, the Riso-Hudson Enneagram Type Indicator (RHETI). He resides in New York City. For more, see RussHudson.com.

Sounds True
On Sale: Jan 26/21
9781683645795 • \$116.99 • audio cd
Self-Help / Spiritual

Notes

Promotion





Journey to Fulfillment

Six Keys for Opening to Life

by Pema Chodron

We may tell ourselves that once our lives get on track - with a good career, a loving partner, and a better sense of security - then we'll be able to focus on our greater purpose here. Deep down, many of us have felt this way. But is this really true?

"What if it's not the life you wish you had," asks Pema Chodron, "but the one you've got, that holds what you need to reach your highest potential?"

With Journey to Fulfillment, this beloved teacher shows us how wisdom, purpose, and true freedom begins right here, and how the Six Paramitas of Buddhism can help us to find them.

The Sanskrit word paramitas means "actions that take us to the other shore." Like travelers, Pema illustrates, we stand on the bank of a river, with all of our worries, confusion, and unfulfilled wants. Yet across the water we see those who have found ease, clarity of mind, and a deep tenderness for others. To help us make that crossing, the Buddha offered the paramitas.

In this audio program, listeners will learn to understand and apply these six transcendent aids: generosity, discipline, patience, joyful enthusiasm, meditation, and wisdom. Here, Pema shows those of all faiths how to use the paramitas to move out of isolation and into loving connection, from constriction to ease, and from fear to the compassionate courage of our awakened nature.

Author Bio

Pema Chodron is an American-born Buddhist nun and the author of many modern-day spiritual classics, including *The Wisdom of No Escape*, *Start Where You Are*, *When Things Fall Apart*, *The Places that Scare You*, *No Time To Lose*, *Practicing Peace in Times of War*, *How to Meditate*, and *Living Beautifully*. She serves as resident teacher at Gampo Abbey Monastery in Nova Scotia. For more information, visit pemachodronfoundation.org.

Sounds True

On Sale: Feb 2/21

9781683645887 • \$32.50 • audio cd

Religion / Buddhism / Tibetan

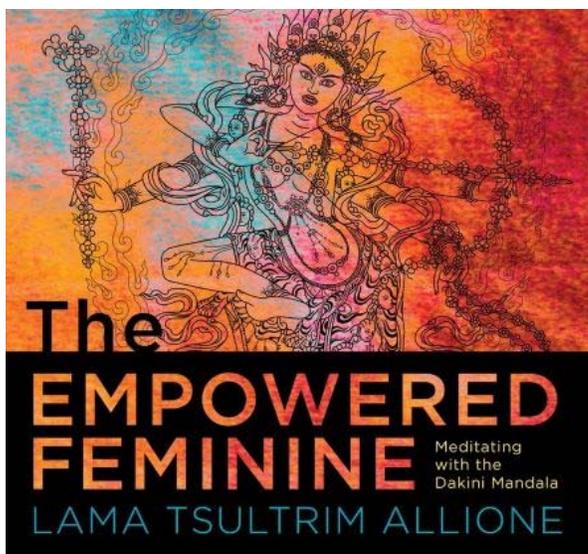
Notes

Promotion



Raincoast Books

Sales Rep



The Empowered Feminine

Meditating with the Dakini Mandala

by Lama Tsultrim Allione

In a time when courageous women are bursting through the seams of the patriarchy, it's no wonder so many are searching for a way to tap into the long-suppressed divine feminine in their spiritual practice. The dakinis of Tibetan Buddhism are divine beings who grant us access to an eternal source of feminine power that is free, wise, and fierce as a mother defending her young. With *The Empowered Feminine*, bestselling author Lama Tsultrim Allione invites you to embrace this profound energy for creating change - both to serve the world and to spark internal transformation.

Lama Allione's gift for transmitting the rich wisdom of Tibetan Buddhism comes to life here in eight audio sessions. "A dakini is both compassionate and relentless, burning away the ego," she says. "Wherever we cling, she cuts; whatever we hide from ourselves, she reveals." Here Lama Allione grounds you in the tradition of the five dakinis - luminous "sky dancers" who challenge and inspire us on the path of awakening - and reveals why so many modern seekers have embraced these archetypes of the divine feminine. Then she takes you step by step into the mandala of the five dakinis: a versatile tool for meditation, self-examination, connecting with nature, and integrating the virtues and wisdom of the dakinis into your life.

Author Bio

Lama Tsultrim Allione is an author, an internationally known Buddhist teacher, and the founder and resident lama of Tara Mandala Retreat Center in Pagosa Springs, Colorado. Her books include the bestseller *Feeding Your Demons*, *Women of Wisdom*, and the recent *Wisdom Rising*. She is known for translating Tibetan Buddhism wisdom into clear, relevant teachings for Western audiences. She was named Buddhist Woman of the Year in 2009 in Bangkok, Thailand. For more, visit taramandala.org.

Sounds True
 On Sale: Mar 2/21
 9781683647218 • \$103.99 • audio cd
 Religion / Buddhism / Tibetan

Notes

Promotion



Sharon Salzberg



Open to Life

Learning to Love Yourself and the World

by Sharon Salzberg

When we're confronted with crisis, what inner strength helps us the most? Courage? Self-control? Sheer determination?

Many of us, reflects Sharon Salzberg, might be surprised to discover that in times of need, our most powerful ally is love.

"Love, of course, is an emotion," she says, "but love is also an ability." Open to Life invites us to cultivate this quiet strength in support of ourselves and others. Based on her bestselling book *Real Love*, this audio learning program guides us through six sessions of in-depth teachings, meditations, and practices.

Listeners will join this celebrated meditation teacher to explore: How the inner critic hinders our ability to care for ourselves and how to overcome it, practices to bring greater authenticity and balance to our relationships, how to expand our capacity to love difficult people, how fierce compassion protects us, how love opens us to all of life's experiences, and more.

When we gather a reservoir of love for ourselves and others, hardships become easier to face, challenges less daunting, and positive events more appreciated and joy-inspiring. Open to Life shows us step by step how to build this essential resource.

This program was originally presented in Tricycle Magazine's online course *Real Love*.

Author Bio

Sharon Salzberg has been leading meditation retreats worldwide since 1971. She is cofounder of the Insight Meditation Society and the Barre Center for Buddhist Studies, both in Massachusetts. She is the author of nine books, including the New York Times bestseller *Real Happiness*. Learn more at sharonsalzberg.com.

Sounds True

On Sale: Mar 9/21

9781683647102 • \$39.99 • audio cd

Self-Help / Meditations

Notes

Promotion

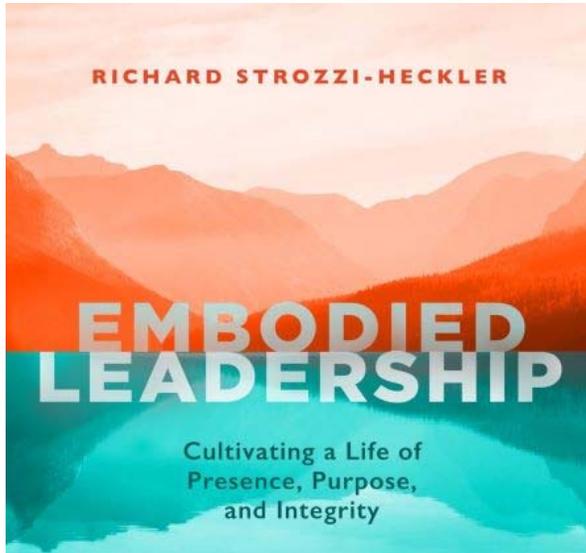


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Raincoast Books

Sales Rep



Embodied Leadership

Cultivating a Life of Presence, Purpose, and Integrity

by Richard Strozzi-Heckler

Imagine a manager who's read the top books on leadership, taken dozens of seminars, and can rattle off "best practices" at will . . . yet somehow, their actions don't change. What's happening here? "The truth is, insight and knowledge don't typically produce lasting change on their own," teaches Dr. Richard Strozzi-Heckler. "This is because learning takes place throughout your whole self. To make it stick, you need to bring the focus of learning into the body, giving you access to all aspects of your intelligence - intellectual, emotional, spiritual, and physical."

Strozzi Institute's groundbreaking work has helped thousands of mission-driven leaders, entrepreneurs, coaches, and growth-minded individuals discover the full potential available in the body. Embodied Leadership brings this powerful training curriculum to audio for the first time - to bring out greatness in yourself and those you serve. These six sessions will immerse you in research-based principles and somatic practices for restoring the essential connection between body and mind. Here you'll discover how to create empowering new habits, stay centered under pressure, present ideas with confidence, develop communication skills that promote trust and compassion, act in alignment with your highest values, and much more.

Author Bio

Richard Strozzi-Heckler, PhD, is founder of Strozzi Institute and originator of embodied leadership and somatic coaching. He has spent more than four decades researching, developing, and teaching embodiment to CEOs, executives, and teams from Fortune 500 companies, NGOs, start-ups, nonprofits, and the US government and military. His clients include NASA, Microsoft, Sony, Pfizer, Twitter, Dropbox, AT&T, Visa, and many others. He lives in Petaluma, California. For more, visit strozziinstitute.com.

Sounds True

On Sale: Apr 27/21

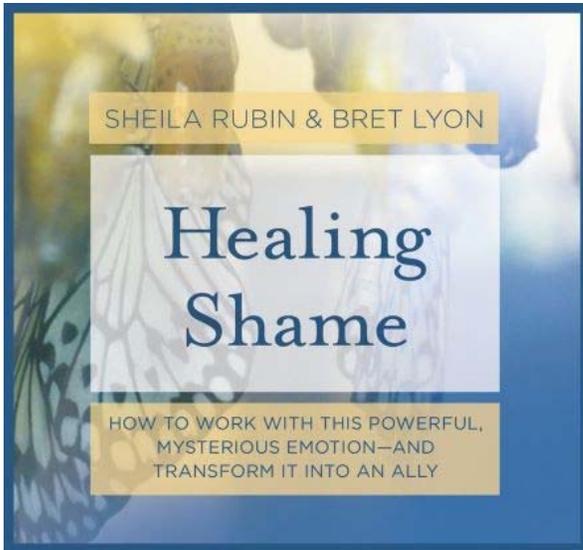
9781683647799 • \$90.99 • audio cd

Bus & Econ / Leadership

Notes

Promotion





Healing Shame

How to Work with This Powerful, Mysterious Emotion - and Transform It into an Ally

by Bret Lyon and Sheila Rubin

The voice that says you're just not good enough. The parts of yourself you keep hidden. The feeling that, deep down, there's something wrong with you. Shame plagues all of us. And though we all feel shame, no one likes to acknowledge it. Why? Because shame is the most painful and destructive emotion we experience. It's also designed to protect us.

In *Healing Shame*, Sheila Rubin and Bret Lyon ask the question: What if your shame - that awful, overwhelming emotion - could work for you instead of sabotaging your well-being? "Shame is at the root of depression, trauma, addiction, eating disorders, and perfectionism," they teach. "When we go to extremes to keep our vulnerabilities hidden, our very efforts keep us stuck. But when we develop a healthy relationship with this complex emotion, we find freedom and healing."

For almost two decades, Rubin and Lyon have been leading the effort to educate psychotherapists on how to more effectively work with shame. With this new audio program, they make their most important teachings available to everyone. Through six dynamic, practice-filled sessions, you'll explore topics such as: sex and relationships, the body and aging, childhood trauma, the difference between shame and other difficult emotions, and more. Finally, you'll learn how to have a healthy relationship with shame, cultivating safe boundaries, strength, and resilience.

Author Bio

Sheila Rubin, MA, LMFT, RDT/BCT, and Bret Lyon, PhD, SEP, are co-creators of the Healing Shame–Lyon/Rubin Method and founders of The Center for Healing Shame. Through their in-person and popular online trainings, they have taught hundreds of psychotherapists throughout the world how to more effectively identify and work with shame. They live together in Berkeley, CA. For more, visit healingshame.com.

Sounds True

On Sale: Apr 6/21

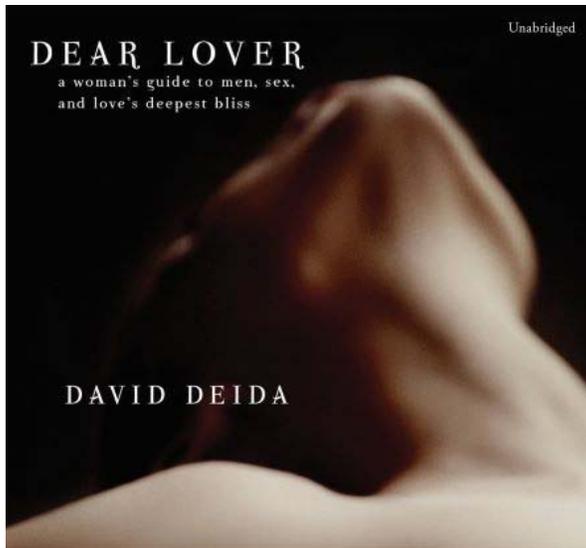
9781683647317 • \$90.99 • audio cd

Psychology / Psychotherapy / General

Notes

Promotion





Dear Lover

A Woman's Guide to Men, Sex, and Love's Deepest Bliss
by David Deida

Your Call to Open to Love's Deepest Bliss

Every woman knows the fairy tale - find the right man, give him what he wants and needs, and he'll love you forever. But when the myth you've been asked to believe fails to deliver - when you sense you've been settling for far less than you know in your heart is possible - then how do you attract and keep a man capable of meeting what you most passionately yearn for?

In *Dear Lover*, David Deida explores every aspect of the feminine practice of spiritual intimacy, from sexuality and lovemaking, to family and career, to emotions, trust, and commitment. Written as a collection of letters from a man to his dear lover, here is this internationally acclaimed writer's invitation to practice love as a living art, as you discover how to pick the man of deep integrity who will satisfy the needs of your body, heart, and spirit.

Author Bio

Acknowledged as one of the most insightful and provocative teachers of our time, bestselling author David Deida continues to revolutionize the way that men and women grow spiritually and sexually. His 10 books are published in more than 25 languages worldwide and are required reading in university, church, and spiritual center courses. His workshops on a radically practical spirituality have been hailed as among the most original and authentic contributions to the field of self-development currently available.

Sounds True

On Sale: Feb 23/21

5.50 x 4.75

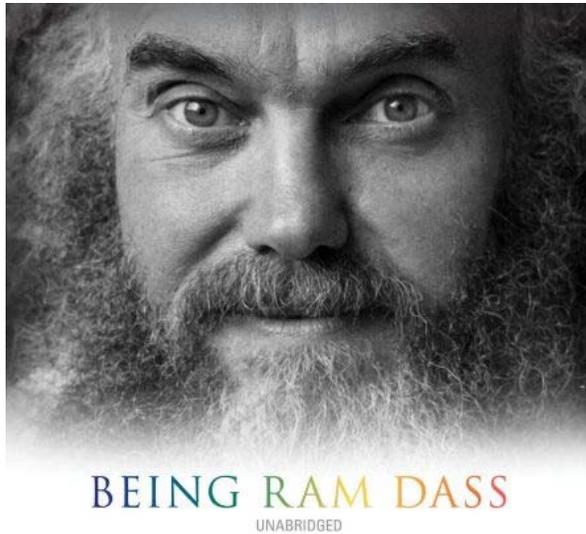
9781683646358 • \$32.50 • audio cd

Self-Help / Sexual Instruction

Notes

Promotion





Being Ram Dass

by Ram Ram Dass and Rameshwar Rameshwar Das

Perhaps no other teacher has sparked the fires of as many spiritual seekers in the West as Ram Dass. While many know of his transformation from Harvard psychology professor Richard Alpert to psychedelic and spiritual icon, Ram Dass tells here for the first time the full arc of his remarkable life.

Being Ram Dass begins at the moment he was fired from Harvard for giving drugs to an undergraduate. We then circle back to his privileged youth, education, and the path that led him inexorably away from conventional life and ultimately to his guru, Neem Karoli Baba. Populated by a cast of luminaries ranging from Timothy Leary to Elisabeth Kubler-Ross, Allen Ginsberg to Jack Kornfield, Aldous Huxley to Charles Mingus - this intimate memoir chronicles Ram Dass's experience of the cultural and spiritual transformations that resonate with us to this day.

Ram Dass's life and work prefigured many current trends: the conscious aging and death movement, the healing potential of psychedelics, the use of meditation and yoga in prisons, the ubiquity of those same practices in the wider culture, and more. Here, with his characteristic mix of earthiness and transcendence, Ram Dass finally tells all.

Author Bio

Ram Dass (1931–2019) means "Servant of God." Born Richard Alpert, he was the founder of the Love Serve Remember Foundation and a cofounder of the Seva Foundation, the Dying Project, and the Prison Ashram Project. He is the author of the spiritual classic *Be Here Now* and many other books. Learn more at ramdass.org.

Rameshwar Das met Ram Dass in 1968. Ramesh has collaborated with Ram Dass on many projects, most recently as coauthor of *Be Love Now* and *Polishing the Mirror*.

Sounds True

On Sale: Feb 16/21

6.87 x 6.62

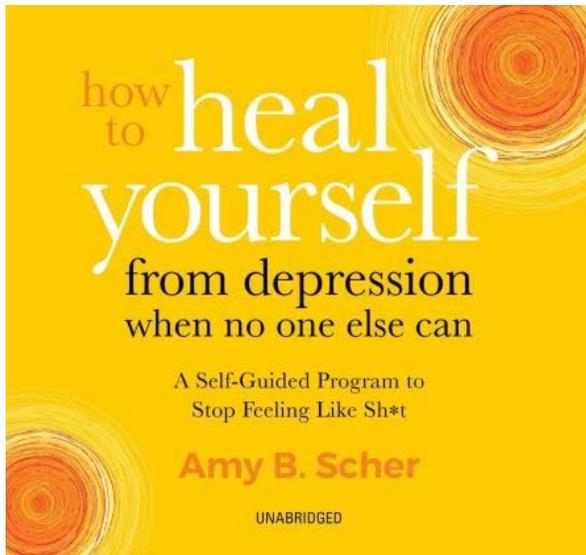
9781683646242 • \$45.50 • audio cd

Biography / Religious

Notes

Promotion





How to Heal Yourself from Depression When No One Else Can

A Self-Guided Program to Stop Feeling Like Sh*t

by Amy B. Scher

A bestselling energy therapist brings her accessible approach to helping anyone struggling with depression reclaim a joyful life.

If you've done everything to heal from depression but are still stuck, you aren't alone. Even if you've done all the right things - seen great therapists, taken medications, changed your lifestyle - it may not be enough. Before you decide that the best you can hope for is to learn how to live with depression, Amy B. Scher has an important message: you *can* reconnect with your inner self and lead a joyful life again.

Scher's bestselling How to Heal series has been endorsed by prominent physicians and helped thousands of people recover from chronic illness, emotional challenges, and more. With *How to Heal Yourself from Depression When No One Else Can*, she brings her proven approach of using energy therapy for releasing emotional stress and trauma to one of the most widespread mental health challenges of our time. Scher has proven that working with the body's energy system for deep transformation is often effective when nothing else works - the missing link between treating symptoms and getting to the root cause of illness.

The truth is, depression is not just sadness or apathy," Scher says. "People who suffer from depression often carry the weight of the world while having a deep-down conviction that they 'don't matter.'" Here she brings much-needed relief to anyone who wants to end the cycle of depression and rediscover the inherent wellness that resides in each of us.

Author Bio

Amy B. Scher is an energy therapist, expert in mind-body healing, and the bestselling author of *How to Heal Yourself When No One Else Can* and *How to Heal Yourself from Anxiety When No One Else Can*. She has been featured in the *Times of India*, CNN, HuffPost, CBS, the *Washington Post*, *Cosmopolitan*, the Los Angeles Review of Books, *Curve* magazine, and San Francisco Book Review. Scher was also named one of the *Advocate's* 40 Under 40." She lives in New York City. For more, visit amybscher.com.

Sounds True

On Sale: Mar 16/21

6.87 x 6.62

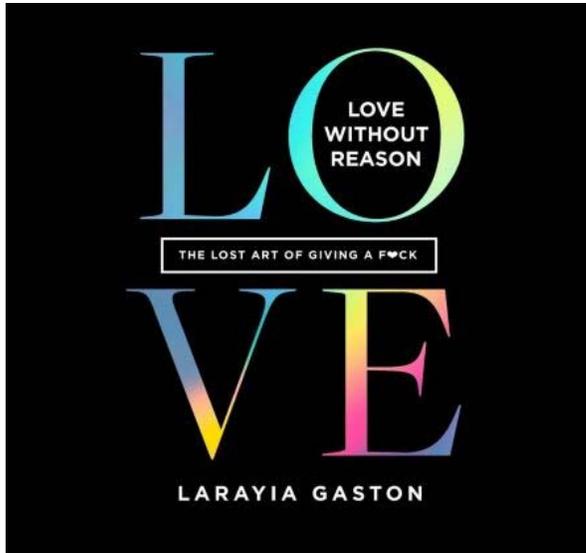
9781683647522 • \$32.50 • audio cd

Self-Help / Depression

Notes

Promotion





Love Without Reason

The Lost Art of Giving a F*ck

by LaRayia Gaston

When the world's problems seem overwhelming, as they so often do, it's easy to fall into feelings of helplessness. It becomes too painful to care, so we turn to the latest "how to not give a f*ck" self-help book. Yet caring about our world and each other is a natural instinct all humans have. What is it doing to our minds, bodies, and souls to ignore this part of our humanity?

In Love without Reason: The Lost Art of Giving a F*ck, LaRayia Gaston helps us connect with our hearts, reawaken our innate desire to make a difference, and then actually make that difference in a way that is both enjoyable and impactful. In other words, she teaches us how to show up and care about each other and our world.

Central to Gaston's teachings is the idea that giving doesn't have to be difficult, and you don't have to go out of your way to do it. "Need is all around us," she writes. "You'll never know the ripples one small act of kindness can create." Gaston calls these acts micro-gestures, moments when you stop, look around, and ask yourself how you can contribute in your own way. Throughout the book, Gaston pulls apart the stories we tell ourselves about helping - it's too difficult, we'll just be in the way, it won't change anything - and provides strategies to help us get started. In the end, you'll discover that showing you care isn't about sacrifice - it's about joy.

Author Bio

LARAYIA GASTON is a former model, actress, and founder of the non-profit Lunch On Me, an organization dedicated to feeding organic food to those experiencing homelessness. She's also a regular public speaker, podcast guest, and activist. Her documentary 43 Days on Skid Row shows her time living with LA's skid row residents, offering a true picture of what life is like in one of America's largest homeless communities. She resides in Los Angeles. For more, visit lunchonme.org.

Sounds True

On Sale: Apr 20/21

6.87 x 6.62

9781683647539 • \$32.50 • audio cd

Self-Help / Motivational & Inspirational

Notes

Promotion



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TERRI COLE
**BOUNDARY
 BOSS**

THE ESSENTIAL WOMEN'S GUIDE TO TALK TRUE,
 BE SEEN, AND (FINALLY) LIVE FREE

UNABRIDGED



Boundary Boss

The Essential Women's Guide to Talk True, Be Seen, and (Finally) Live Free
 by Terri Cole

Psychotherapist Terri Cole teaches a simple but powerful truth: without healthy boundaries, you can't live an authentic and fulfilled life. After all, if you're always smiling and saying "yes" to everything, how is anyone else supposed to know you're burnt out, overloaded, and not up to taking on yet another task?

This is especially true for today's women, who are often caught between cultural conditioning toward being "nice" and the need to protect their own well-being. With that in mind, Cole presents *Boundary Boss*, a comprehensive guide for any woman who wants to master creating and maintaining healthy boundaries.

In *Boundary Boss*, Cole's proven methodology is based on her Five Pillars of Transformation for examining and adjusting your personal and professional limits. Each of these overarching themes branches into more specific lessons about mindful communication, body language techniques, and how to deal with the guilt, fear, or backlash that arises when finally setting a boundary. Cole offers an actionable tool kit of scripts, strategies, and practices that can be used in the moment, whenever you need them.

"For every single client who has walked through my office doors, no matter what their presenting problem, boundaries and effective communication (or lack thereof) are at the root of their pain," writes Cole. With *Boundary Boss*, you'll discover tools for transcending that pain and creating a healthier, happier life.

Author Bio

Terri Cole is a licensed psychotherapist and founder of Real Love Revolution® and Boundary Bootcamp®. For the past two decades, Terri has worked with a diverse group of clients that includes everyone from mothers to Fortune 500 CEOs. In her therapy practice and online courses, she has guided thousands of women from around the globe through the liberating process of becoming their own *Boundary Boss*. For more, see terricole.com.

Sounds True

On Sale: Apr 27/21

9781683647560 • \$32.50 • audio cd

Self-Help / Personal Growth / General

Notes

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