

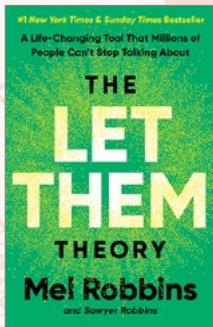


# HAY HOUSE PUBLISHERS

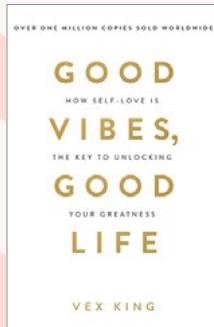
## NEW TITLES

JANUARY-JUNE 2026

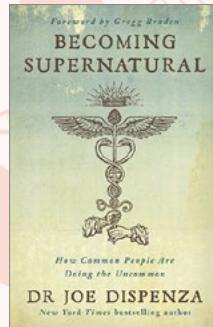
# Bestsellers



THE LET THEM THEORY  
Mel Robbins  
978-1-78817-618-7  
£22.99. Hardback



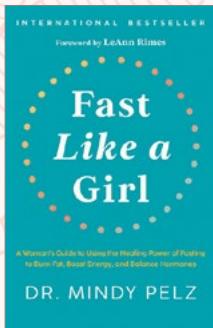
GOOD VIBES, GOOD LIFE  
Vex King  
978-1-78817-182-3  
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BECOMING SUPERNATURAL  
Dr Joe Dispenza  
978-1-78180-831-3  
£15.99. Paperback

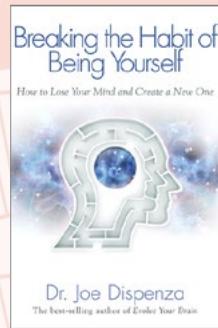


ANGELS ARE WITH YOU NOW  
Kyle Gray  
978-1-78817-805-1  
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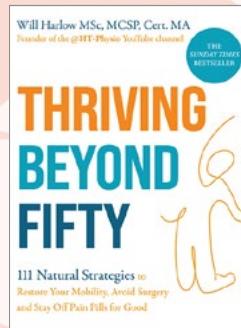


DR. MINDY PELZ

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Dr Mindy Pelz  
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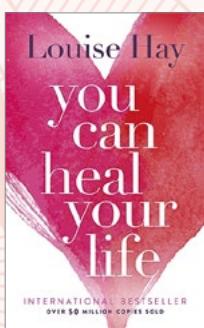
BREAKING THE HABIT OF BEING YOURSELF  
Dr. Joe Dispenza  
978-1-84850-856-9  
£14.99. Paperback



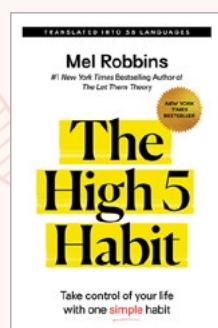
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Will Harlow  
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£19.99. Paperback



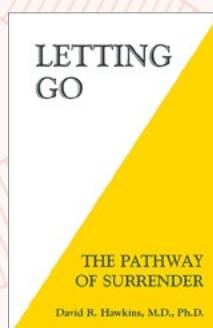
HEALING IS THE NEW HIGH  
Vex King  
978-1-78817-477-0  
£14.99. Paperback



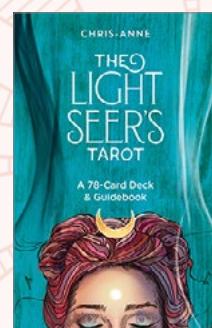
YOU CAN HEAL YOUR LIFE  
Louise Hay  
978-0-93761-101-2  
£12.99. Paperback



THE HIGH 5 HABIT  
Mel Robbins  
978-1-78817-762-7  
£14.99. Paperback



LETTING GO  
Dr David R. Hawkins  
978-1-4019-4501-5  
£14.99. Paperback



THE LIGHT SEER'S TAROT  
Chris-Anne  
978-1-4019-5803-9  
£21.99. Cards

# Introduction



Louise Hay always said that there's very little in the world that's truly new – but people communicate things in unique ways and to different audiences. In these challenging times, it's so important to find fresh ways of looking at old problems – and we've found some extraordinary new voices to introduce to you this season.

I so often imagine Louise meeting the new authors that we sign. I think she would have loved Chris Corsini – an artist, psychic and intuitive energy and tarot card reader who's committed to representing diverse and marginalized communities in his work. She would have passionately supported the work of Dr Sue Morter, whose book *The God Body* totally transforms the way we understand the energy system.

Louise taught us so much about letting go of limiting beliefs that constrain us, so she would have loved physiotherapist Will Harlow's new book, *Independence for Life*, where he shows that ageing doesn't mean immobility is inevitable. And not being limited by the body is a challenge that Zoe E. Fox has faced with incredible strength and spiritual vision following a debilitating spinal injury. Her book, *Activate Your Light*, encourages people to navigate their way through trauma with profound spiritual practices and insight.

The need for so many of us to deal with emotionally immature parents is explored brilliantly in psychotherapist Sian Morgan-Crossley's book and Mimi Ikonn, the founder of Intelligent Change, shows us how to have the courage to choose ourselves in her first book. In *When Everything Breaks Open*, healer and intuitive Christina Lopes explores spiritual awakening, and Australian intuitive medium Sean Collyns shares his powerful metaphysical insights in *Your Soul Is the Source of Your Power*.

This is just a small glimpse into the many wonderful new books and oracles we're presenting this season. We have a diverse collection of titles which we know Louise would have greatly enjoyed and we hope you do, too.

Blessings,

Michelle Pilley  
MD and Publisher, Hay House UK

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# Contents

AUTHOR	TITLE	PAGE
Natasha Page	Believe You're Made for More	6
Lilly Statham	Manifest Like a Witch	7
Caitlin V	Harder, Better, Longer, Stronger	8
Sara Landon	The 11 Spiritual Roles of the Soul	9
Gregg Braden	Pure Human	10
David R. Hawkins	The Final Doorway to Enlightenment	10
Miyuki Rose	The Empath's Healing Oracle	11
Alethea Crimmins	Have a Good Day on Purpose	12
Dr Shivani Gupta	The Inflammation Code	13
Sian Morgan-Crossley	How to Heal from Emotionally Immature Parents	14
Misha Brown	Be Your Own Bestie	15
Violet Skies	The Violet Flame	16
Molly Donlan	Mundane Magic	17
Ashley Herd	The Manager Method	18
Dr Sonya Jensen	Heal Your Hormones, Reclaim Yourself	19
Stefanos Sifandos	Tuned In and Turned On	20
Kristen Butler	3 Minute Gratitude Journal	21
Robert Holden	Becoming Yourself	22
Yasmin Boland	The Dark Moon Oracle	23
Xóchitl Kusikuy Ashe	Sacred Mushroom Oracle	24
Andrew Harvey	The Magdalene Revolution	25
Lauren Wesley Wilson	What Do You Need?	26
Jeff Krasno with Schuyler Grant	Good Stress	26
Alberto Villoldo with Patricia Gift	The Shaman's Tarot	27
Danny Morel	Awaken Your Highest Self	28
Sean Collyns	Your Soul Is the Source of Your Power	29
Elle Serafina	Cycle Magic	30
Dr Sue Morter	The God Body	31
Christina Lopes	When Everything Breaks Open	32
Rebecca Campbell	Work Your Light Pocket Oracle	33
Lewis Howes	Make Money Easy	34
Shermin Kruse	Stoic Empathy	34
Yasmin Boland	Moonology™ Revised Edition	35
John Lee	Money Unlocked	36
Luis Mojica	Food Therapy	37
Susan Peirce Thompson	Maintain	38
Amy Landino	Good Morning, Good Life	39
Dr Claudia Thompson	Sit in the Frequency of Change	40

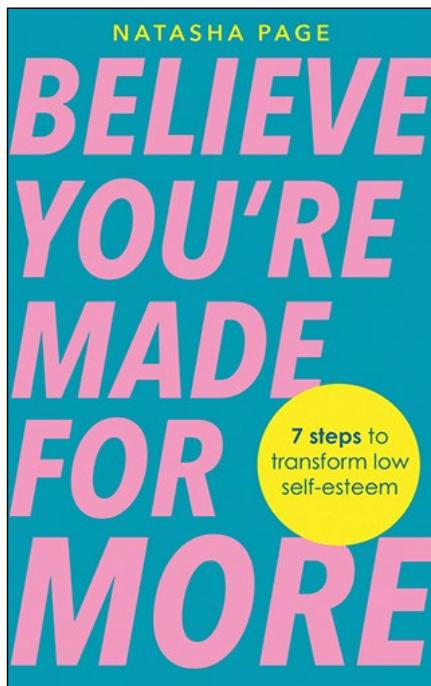
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Diane Shiffer	The Smallest of Joys	41
Dr Melissa Sonners	The Connection Code	42
Kelly McDaniel	Mother Hunger Revised Edition	43
Dana Cohen and Colin Sapire	Fuel Up	44
Humble The Poet	Unanxious	44
Caroline Alan	The Mineral Reset	45
Nick Ortner, Jessica Ortner and Alex Ortner	Rewired	46
Lucia Dami	The Light in the Dark Oracle	47
Cassie Uhl	The Ritual Deck	48
Will Harlow	Independence for Life	49
Spencer West	Breaking Free	50
Chris Corsini	The Audacity Experiment	51
Dan Sullivan and John Bowen	The Greater Game	52
Dr Alisha Das	Your Angelic Ancestry	53
Zoe E. Fox	Activate Your Light	54
Russ Hudson and Catherine Bell	The Creative Moment	55
Jet Li	Beyond Life and Death	56
Dr Cheyenne Bryant	The Divine Wilderness	57
Marcelene Dyer	The Sommer of My Life	58
Jessica Brody	Page One to Done	59
Christine Hernandez	The Mayan Oracle	60
Denise Linn	The Mystical Garden Oracle	61
Rebecca Campbell	Your Soul Had a Dream, Your Life Is It	62
Kate Doerge	Reimagining Grief	63
Natalie Ellis	The Freedom-Based Business Method	64
Mimi Ikonn	The Courage to Choose Yourself	65
Richard Rudd	Contemplation	66
Susan Hawkins	My Journey of Light With Dr David R. Hawkins	67
Suzanne Giesemann	Always Connected	68
Radleigh Valentine and Heather Hildebrand	Dear Angels, It's Me Again	69
Bita Behzadi	Letters from the Last Apothecary	70
Sandra Anne Taylor	Angels of Nature Oracle	71
Liz Dean	The Heart's Path Tarot	72
Sarah Wilson	I Eat the Stars	73
Online Courses		74
Contacts		80

# Believe You're Made for More

*7 Steps to Break Free from Low Self-Esteem, Remember Your Worth and Claim Your Quiet Confidence*

**NATASHA PAGE**



Psychotherapist and business coach Natasha Page reveals a practical, step-by-step approach to overcoming low self-esteem in all areas of the reader's life, from work to relationships.

We all need self-belief if we want to fulfil our dreams – but often we hold ourselves back with negative thoughts. In *Believe You're Made for More*, Natasha draws on her years of experience advising her business clients to show readers how to fulfil their highest potential. With Natasha's guidance, readers will unlock a confident, more authentic version of themselves by tackling the root causes of insecurities and reframing negative thought patterns.

This transformative book will empower readers to stop playing small, release limiting beliefs, embrace their true, authentic self and finally believe they are fully deserving of an incredible life.

*A straightforward guide to overcoming negative thought patterns, discovering self-worth and transforming your self-image.*

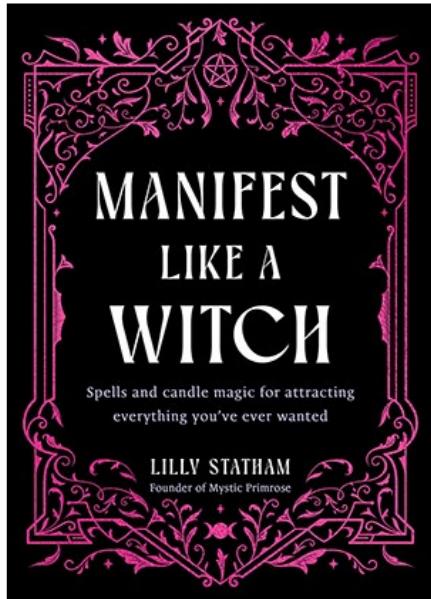
<b>PRICE</b>	£14.99
<b>ISBN</b>	9781837823635
<b>EBOOK ISBN</b>	9781837823659
<b>FORMAT</b>	216 x 135mm, PB
<b>RIGHTS</b>	World
<b>PUBLICATION MONTH</b>	January

**Natasha Page** is an accredited BACP counsellor and psychotherapist, and a qualified social worker. She's the creator of My Little Therapy Box, an accessible resource designed to help people communicate about their mental health. She has featured in *Vogue*, *HuffPost* and *The Guardian*, and is an agony aunt for *Pick MeUp!* magazine. [www.natashapagemsc.com](http://www.natashapagemsc.com) and [www.mylittletherapybox.com](http://www.mylittletherapybox.com)

# Manifest Like a Witch

*Spells and Candle Magic for Attracting Everything You've Ever Wanted*

**LILLY STATHAM**



From renowned entrepreneur and influencer Lilly Statham, *Manifest Like a Witch* is packed with over 50 quick, practical spells – including candle magic, spell jars, charm bags and abundance bowls – that are simple to make and seriously effective. In this book, readers will discover:

- straightforward rituals that combine accessible ingredients with time-tested techniques
- crystal, herb, rune and candle colour correspondences to amplify their spellwork with clarity and ease
- spell recipes designed to be flexible, personal, and easy to adapt to their energy and intentions
- simple ways to weave witchcraft into the everyday – from effortless coffee rituals to protection charms

For beginners and seasoned practitioners alike, this book will show readers how to cast boldly, manifest with intention and summon the life of their dreams.

*Unlock the magic within to claim the prosperity, success and abundance you deserve.*

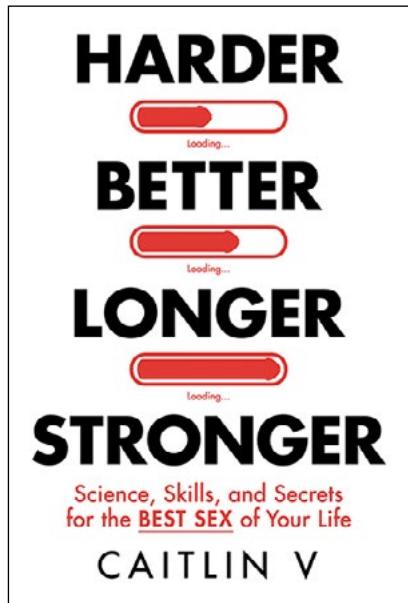
<b>PRICE</b>	£14.99
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<b>EBOOK ISBN</b>	<b>9781837825806</b>
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<b>PUBLICATION MONTH</b>	<b>January</b>

**Lilly Statham** is an influencer and serial entrepreneur celebrated for her profound expertise in witchcraft guidance and dynamic content creation. She started her Instagram account, @MysticPrimrose, in 2022 and has since grown her social media following to over 1.6 million followers. Lilly also runs an online witchcraft boutique. [www.mysticprimrose.com](http://www.mysticprimrose.com)

# Harder, Better, Longer, Stronger

Science, Skills and Secrets for the Best Sex of Your Life

CAITLIN V



A groundbreaking guide from YouTube sex educator and relationship coach Caitlin V for men who want to reclaim their confidence and achieve the deep, connected relationships they deserve.

Delivered with Caitlin's signature shame-free, sex-positive approach, this book offers practical techniques, expert insights and hands-on exercises to help readers uncover the real causes of common challenges like erectile dysfunction, performance anxiety and premature ejaculation. Readers will be empowered to go beyond quick fixes and surface-level advice to achieve lasting, life-changing results. Combining physical, mental and emotional strategies, Caitlin helps readers embrace a whole-body approach to sexuality that unlocks greater fulfillment both in and out of the bedroom.

Caitlin offers men the tools and permission to explore their sexual health and relationships openly, breaking free from shame and societal pressure. With her expert guidance, readers will discover a new, healthier way to experience connection, intimacy and confidence in every area of life.

*Last longer in bed, have more sex in your relationship and become an amazing lover.*

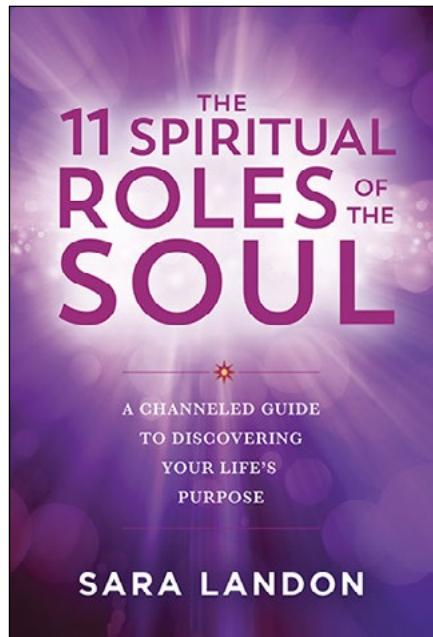
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ISBN .....	9781401998035
EBOOK ISBN .....	9781401998042
FORMAT .....	229 x 152mm, HB
RIGHTS .....	World
PUBLICATION MONTH .....	January

**Caitlin V** is a renowned sexologist, researcher and content creator dedicated to helping people gain confidence and transform their lives through better sex. Her journey as an educator skyrocketed after a viral YouTube appearance in 2018, prompting her to create her own channel, where nearly a million loyal followers benefit from her engaging, evidence-based advice on sex and relationships.  
[www.caitlinvneal.com](http://www.caitlinvneal.com)

# The 11 Spiritual Roles of the Soul

A Channelled Guide to Discovering Your Life's Purpose

**SARA LANDON**



This book is the latest in Sara Landon's series of channelled books from The Council – a group of ascended master beings – offering readers a profound and life-changing perspective on why they are here on Earth at this time.

In this book, The Council reveals the 11 spiritual roles of the soul: healer, messenger, seer, transformer, dreamer, visualizer, wayshower, connector, uplifter, coder and guide. After understanding their own spiritual role, readers will learn:

- how the 11 spiritual roles relate to their life's purpose
- how to use their unique gifts to expand every area of their lives
- why stepping into their spiritual role is so important
- how they fit into the Great Awakening of humanity taking place right now
- daily practices for embodying their spiritual roles

*Discover your unique spiritual role in this life and navigate your path with renewed clarity and joy.*

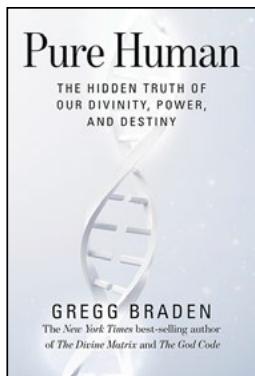
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PUBLICATION MONTH .....	<b>January</b>

**Sara Landon** is a globally celebrated transformational leader, visionary entrepreneur, spiritual advisor, bestselling author and channeller of The Council – a collective of ascended master beings with a higher level of consciousness. Sara expresses the wisdom of The Council and offers advice on how we can apply their teachings in everyday life.  
[www.saralandon.com](http://www.saralandon.com)

# Pure Human

*The Hidden Truth of Our Divinity, Power and Destiny*

**GREGG BRADEN**



Now in paperback – in an age where technologies such as AI threaten to supplant human intelligence, award-winning scientist and bestselling author Gregg Braden offers a radical new view on what our innate *human* technology is truly capable of. *Pure Human* is a compelling journey of self-discovery that will catapult readers beyond conventional thinking when it comes to our origins, limits and, most importantly, the abilities that have been hidden from us for centuries, and the extraordinary potential that awaits as we embrace them.

*'Gregg Braden is a rare blend of scientist, visionary and scholar with the ability to speak to our minds while touching the wisdom of our hearts.'*

Deepak Chopra

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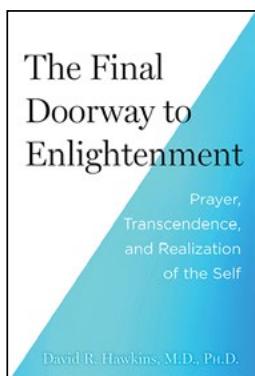
**Gregg Braden** is a five-time *New York Times* bestselling author, scientist and pioneer in paradigm-bridging science, social policy and human potential.

[www.greggbraden.com](http://www.greggbraden.com)

# The Final Doorway to Enlightenment

*Prayer, Transcendence and Realization of the Self*

**DAVID R. HAWKINS**



In this profound spiritual guide and transmission, Dr David R. Hawkins distills decades of clinical insight and mystical experience into a transformative journey toward self-realization and the direct experience of the Divine. Part One unveils the ultimate form of prayer – not in words, but in how we hold ourselves moment by moment, a living meditation that places our very existence within the context of Divinity. Part Two reveals the true purpose of Dr Hawkins' teachings: to dissolve the inner blocks that obscure our light.

*'I consider myself a student of David Hawkins and return to his books and work time and time again.'*

Vex King, *Sunday Times* bestselling author of *Good Vibes, Good Life*

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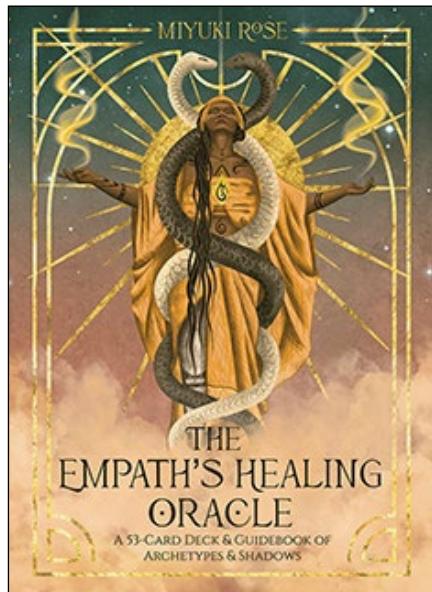
**Dr David R. Hawkins** (1927–2012) was renowned as a pioneering researcher in the field of consciousness as well as an author, lecturer, clinician, physician and scientist.

[www.veritaspub.com](http://www.veritaspub.com)

# The Empath's Healing Oracle

A 53-Card Deck & Guidebook of Archetypes & Shadows

MIYUKI ROSE



This inclusive oracle deck presents a trauma-informed approach to shadow work and aims to help the reader heal and reclaim their inner power through understanding archetypes, universal codes and energy work.

Empaths, intuitives and highly sensitive people are invited to use this oracle deck to aid them on a healing journey of self-love and empowerment. Split into five suits, the 53 cards encompass the full spectrum of the life and possible paths of the empath, including the archetypes they may embody, along with their shadow sides (the aspects of our personality that are hidden or denied).

Artist and activist Miyuki Rose distils the essence of complex concepts into powerful messages that honour the sensitivity and different abilities of readers. Her trauma-informed language is neurodivergent- and disability-friendly, supportive of people at any stage in their healing journey to ground themselves, find their power and expand their gifts.

*An inclusive oracle supportive of people at any stage in their healing journey.*



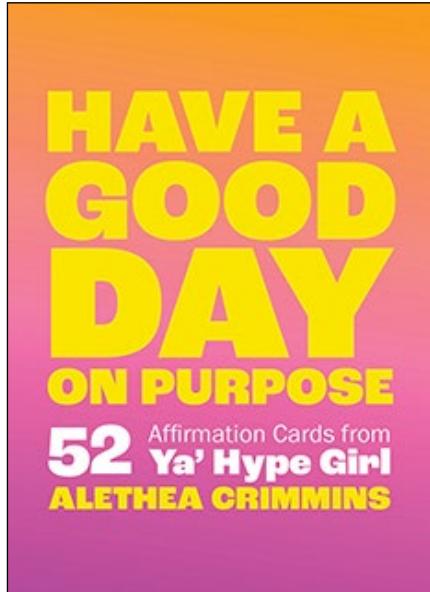
PRICE	£18.99
ISBN	9781401979201
FORMAT	Cards
RIGHTS	World
PUBLICATION MONTH	January

**Miyuki Rose** is a disabled, nonbinary, queer, neurodivergent artist and activist with a passion for inclusive spirituality. After more than a decade of healing herself and others through yoga, hypnotherapy, EFT and energy work, she's discovered countless tools for empowering highly sensitive empaths.  
[www.miyukirose.com](http://www.miyukirose.com)

# Have a Good Day on Purpose

52 Affirmation Cards from Ya' Hype Girl

ALETHEA CRIMMINS



Portable pep talks and a fresh take on affirmations from Alethea Crimmins that are as bold, vibrant and funny as the 'positivity queen' herself.

Sometimes, you just need a hype girl to get your mind clear and start your day off right. That's why Alethea Crimmins would give herself pep talks in her car before work, which she then filmed and shared online. To her surprise, the humour and authenticity in her videos resonated with people worldwide and attracted an audience of millions.

Whenever readers need a boost of encouragement, they can pick up Alethea's *Have a Good Day on Purpose* affirmation deck. Each of the 52 cards includes cheeky messages, affirmations and motivational 'real talk' about self-love, courage, setting boundaries, knowing your worth and the power of positivity.

*A unique pairing of affirmations and pep talks from the queen of positivity!*



PRICE	£18.99
ISBN	9781401998134
FORMAT	Cards
RIGHTS	World
PUBLICATION MONTH	January

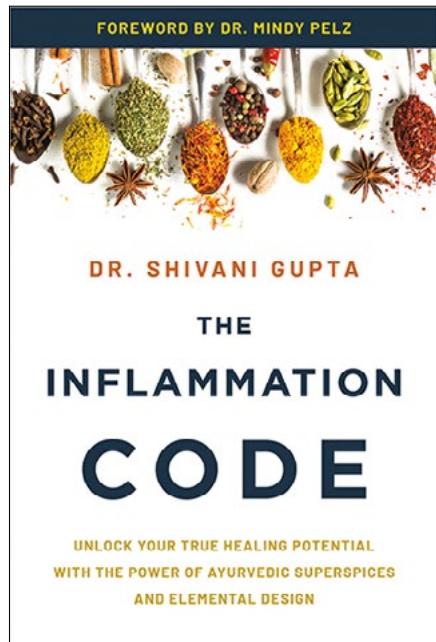
**Alethea Crimmins**, known globally as the 'Positivity Queen', is a motivational speaker, coach, positivity influencer and host of the *Pimpin' Positivity with Alethea Crimmins* podcast. Alethea brings her uplifting message of self-love, empowerment and resilience to a growing following of over 2 million people and her mission is to inspire others, particularly women and the LGTBQ community, to turn their pain into purpose.

[www.iamalethea.com](http://www.iamalethea.com)

# The Inflammation Code

Unlock Your True Healing Potential with the Power of Ayurvedic SuperSpices and Elemental Design

DR SHIVANI GUPTA



From Dr Shivani Gupta, an Ayurvedic practitioner with over 20 years of experience, comes a holistic guide to addressing inflammation – the root cause of numerous health issues. Unlike traditional health guides that focus solely on diet or exercise, *The Inflammation Code* presents a unique blend of Ayurvedic principles and modern scientific insights, and covers topics like the mind-body connection, circadian rhythms, gut health, stress management and detoxification. Dr Shivani offers practical, customizable solutions tailored to each individual's unique mind-body constitution, or dosha.

With a focus on prevention and holistic healing, *The Inflammation Code* empowers readers to take control of their health and overcome inflammatory conditions naturally, without relying solely on pharmaceuticals. Through engaging narratives, insightful explanations and easy-to-follow instructions, readers will learn how to:

- harness the power of 'superherbs' and spices
- adopt an anti-inflammatory diet
- optimize circadian rhythms
- cultivate a balanced lifestyle

*A comprehensive guide to addressing inflammation, blending ancient wisdom with modern scientific research.*

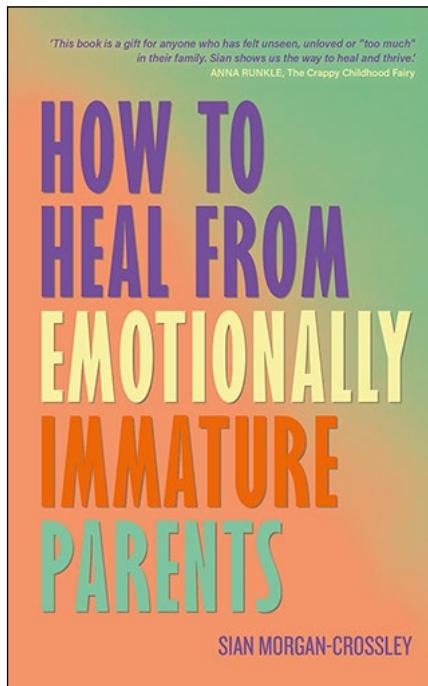
PRICE	£14.99
ISBN	9781837824816
EBOOK ISBN	9781401997007
FORMAT	216 x 135mm, PB
RIGHTS	World
PUBLICATION MONTH	February

**Dr Shivani Gupta** is an Ayurvedic practitioner and expert in fusing Eastern and Western practices to help our bodies achieve equilibrium. She is the founder of Fusionary Formulas, an Ayurvedic company that helps people with inflammation and pain.  
[www.shivanigupta.com](http://www.shivanigupta.com)

# How to Heal from Emotionally Immature Parents

*Overcome the Impact of Toxic Parenting, Heal Childhood Wounds and Feel at Peace with Your Past*

**SIAN MORGAN-CROSSLEY**



Emotionally immature or unavailable parenting can leave deep imprints – leading to self-doubt, people-pleasing and the feeling that your needs are always secondary. These patterns, often rooted in intergenerational trauma, shape how we relate to others and ourselves into adulthood.

With over 20 years of experience as a psychotherapist, Sian Morgan-Crossley offers practical tools to help readers heal developmental trauma and reclaim their confidence. Readers will learn how to:

- recognize and heal the wounds of emotional neglect through self-parenting
- make sense of the emotional grey areas without staying stuck in resentment
- release guilt while setting healthy boundaries
- stop the cycle of self-doubt and people-pleasing
- shift their mindset and move forward with compassion and clarity

*Release the weight of old patterns, embrace your true self and start living life on your terms.*

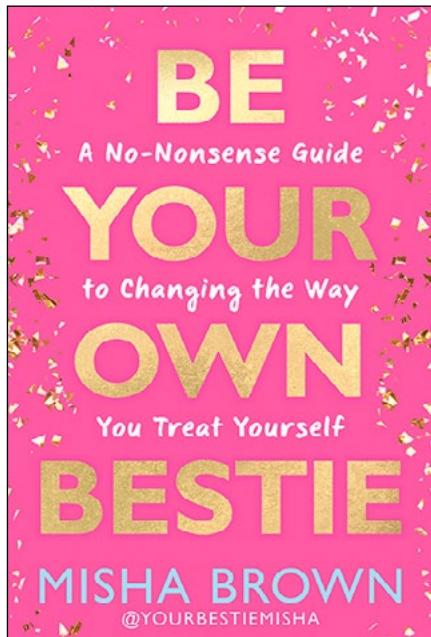
<b>PRICE</b>	£17.99
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<b>EBOOK ISBN</b>	<b>9781837824717</b>
<b>FORMAT</b>	<b>216 x 135mm, PB</b>
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<b>PUBLICATION MONTH</b>	<b>February</b>

**Sian Morgan-Crossley** is a psychotherapist working in psychodynamic counselling and CBT. After having her two children, she moved from practicing in the private sector and the NHS to launch her Break the Cycle coaching business. She offers courses on self-trust and confidence after emotionally immature parenting, mother-wound healing and on healing from trauma. [www.breakthecyclecoaching.co.uk](http://www.breakthecyclecoaching.co.uk)

# Be Your Own Bestie

*A No-Nonsense Guide to Changing the Way You Treat Yourself*

**MISHA BROWN**



*Be Your Own Bestie*, from wildly charismatic social media star and podcast host Misha Brown, supports readers through a journey of self-discovery, accountability and, most importantly, self-love. With his no-nonsense (but always loving) approach, Misha shares stories from his own life and wisdom from his encounters with others to help readers reflect on the patterns, relationships and beliefs that have kept them from stepping into the full fabulousness they deserve. With equal parts hilarity and heart, this book guides readers through Misha's four-step SASS Method:

- **Self-reflection:** Turn your focus inwards to push away what's been holding you back.
- **Affirmations:** Reshape the way you speak to and about yourself.
- **Standing your ground:** Set boundaries and stop apologizing.
- **Sculpting the life you want:** Take bold steps towards your own happily ever after.

*Discover social media star Misha Brown's four-step SASS method for radical self-love.*

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EBOOK ISBN .....	9781401998318
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RIGHTS .....	World English Language
PUBLICATION MONTH .....	February

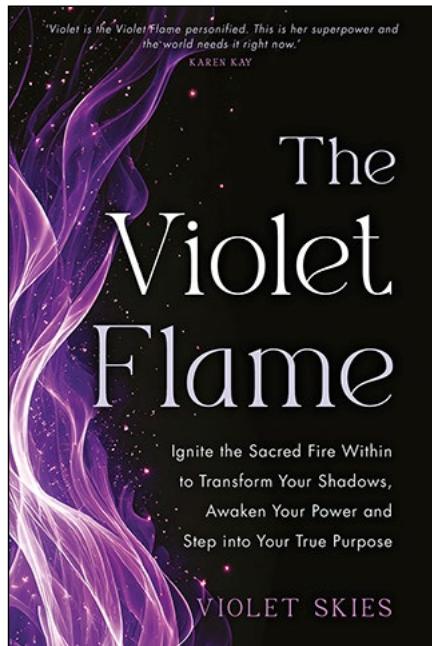
**Misha Brown** is a true entertainment powerhouse, excelling as an influencer, podcast host, comedian, actor and accomplished musician. Having a knack for captivating audiences, he first shot to notoriety on TikTok in 2021 with his video 'Don't Cross a Gay Man'. Misha is the host of the chart-topping Wondery podcast *The Big Flop*.

[@yourbestiemisha](https://www.instagram.com/@yourbestiemisha)

# The Violet Flame

*Ignite the Sacred Fire Within to Transform Your Shadows, Awaken Your Power and Step into Your True Purpose*

**VIOLET SKIES**



Readers are invited on a profound journey of self-discovery and spiritual awakening as they cultivate a deep connection with the Violet Flame, a powerful energy with the ability to transform negativity and deeply heal shadow wounds. Previously shrouded in mystery, there has been little information on how to use the Violet Flame, until now.

With practical exercises, transformative rituals and guided meditations, readers will learn what the Violet Flame is and how to integrate it into their daily life to:

- connect with the ascended masters and angelic beings who are the keepers of the flame
- transform their shadow self and break free from negative patterns
- balance their masculine and feminine energy
- awaken their greatest potential, unlock their higher consciousness and live with magic

By learning to harness the Violet Flame, readers will be empowered to create change and break free from past conditioning to lead a divinely guided life.

*'Violet has created the ultimate guide to the violet flame for experiencing transformation and spiritual liberation!'*

**Kyle Gray, bestselling author of *Angels Are with You Now***

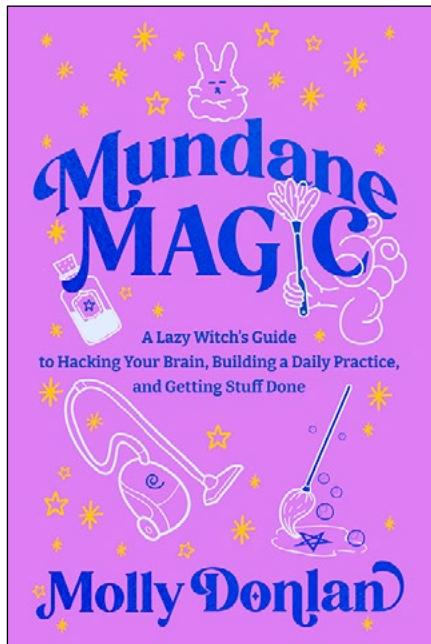
<b>PRICE</b>	.....	<b>£14.99</b>
<b>ISBN</b>	.....	<b>9781837824502</b>
<b>EBOOK ISBN</b>	.....	<b>9781837824533</b>
<b>FORMAT</b>	.....	<b>216 x 135mm, PB</b>
<b>RIGHTS</b>	.....	<b>World</b>
<b>PUBLICATION MONTH</b>	.....	<b>February</b>

**Violet Skies** is an intuitive, healer and guide, whose connection with the Violet Flame was sparked following a near-death experience. She is the co-founder of The Temple of the Feminine Flame, a sanctuary empowering women to step into more liberated versions of themselves. Violet has been facilitating women's circles, seasonal ceremonies, workshops and retreats for over six years.  
[www.violetskieshealing.com](http://www.violetskieshealing.com)

# Mundane Magic

*A Lazy Witch's Guide to Hacking Your Brain, Building a Daily Practice and Getting Stuff Done*

**MOLLY DONLAN**



Molly Donlan, co-host of the *Demystify Magic* podcast, invites readers to transform the mundane tasks of daily life into intentional moments of magical self-care. Overwhelmed by the weight of daily stress and household chores, Molly began injecting boring tasks with a sense of novelty and fun, and in doing so, she found magic practices that worked for her and her ADHD brain, rather than against it. *Mundane Magic* offers a fun approach and empathetic support for productivity around the house and reclaiming joy and creativity in the process.

Organized by rooms around the house and divided by the level of difficulty, *Mundane Magic* shares fun and actionable tips, exercises, spells and rituals to create micro-moments of magic and motivation. Readers can organize their chores around the moon cycles to optimize cleansing and creativity, whip up an easy simmer pot for the motivation to tackle that pile of dirty dishes or turn a minty shampoo into a spell for mental clarity.

*Focus on the intention behind your actions and tap into everyday magic with simple rituals and mindful moments.*

PRICE .....	£16.99
ISBN .....	9781837826940
EBOOK ISBN .....	9781837826988
FORMAT .....	216 x 135mm, PPC
RIGHTS .....	BCW Open
PUBLICATION MONTH .....	February

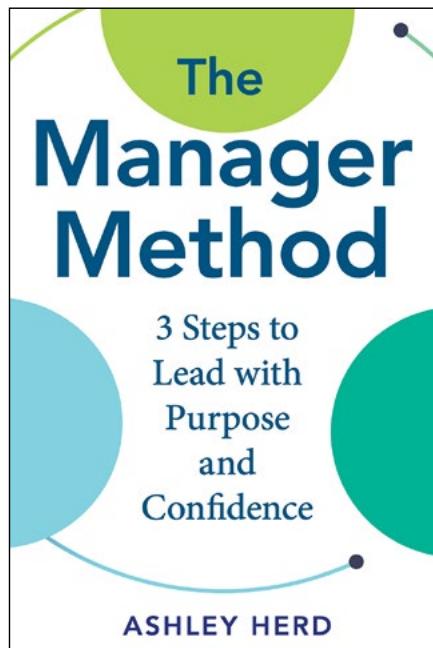
**Molly Donlan** is a Reiki Master Teacher, crystal healing expert, yoga teacher and co-host of the *Demystify Magic* podcast. She has dedicated her life to helping others unlock the transformative power of energy work and alternative healing modalities. Molly emphasizes the importance of trauma-informed care while teaching through a blend of science and spirituality. [www.mollydonlan.com](http://www.mollydonlan.com)

\*The jacket for this title is not final and is subject to change.

# The Manager Method

A Practical Framework to Lead, Support and Get Results

ASHLEY HERD



Most managers are promoted because they excel at their jobs – but the moment they step into a new leadership role, they're expected to know how to motivate teams, navigate tough conversations and drive results with little to no guidance. *The Manager Method* fills this gap and provides managers at any level with practical, real-world strategies to help them lead with clarity, confidence and impact – without burning out.

Built on Ashley Herd's proven 3-step framework – Pause, Consider, Act – this book simplifies leadership into an actionable process that helps managers make better decisions, set expectations and build high-performing teams. Unlike theory-heavy leadership books, *The Manager Method* is designed for busy professionals who need answers now.

With a background as a former Chief People Officer at McKinsey, employment attorney and corporate strategist Ashley has trained over 160,000 managers throughout her career. *The Manager Method* delivers tools directly to readers to help them lead effectively, build trust and grow their careers without sacrificing their wellbeing.

*A practical, real-world guide that helps managers lead with confidence, navigate challenges, build strong teams and avoid burnout.*

PRICE .....	£22.99
ISBN .....	9798318601057
EBOOK ISBN .....	9798318601064
FORMAT .....	229 x 152mm, HB
RIGHTS .....	World
PUBLICATION MONTH .....	February

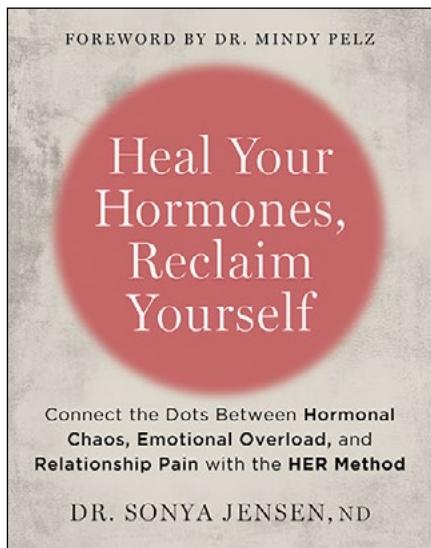
**Ashley Herd** is a former Chief People Officer at McKinsey, employment attorney, corporate leader and podcast host. Ashley has spent her career helping professionals navigate leadership challenges with clarity and confidence.

[www.managermethod.com](http://www.managermethod.com)

# Heal Your Hormones, Reclaim Yourself

*Connect the Dots Between Hormonal Chaos, Emotional Overload and Relationship Pain with the HER Method*

**DR SONYA JENSEN**



There's a huge disconnect between how women feel in their minds and bodies and how they're treated in today's medical system. Dr Sonya Jensen unpacks the science of hormones and offers women tools to better understand themselves and their bodies.

Sonya has identified the missing link in the realm of women's health: how your everyday moments, emotions and relationships are influenced by the health of your hormones. In this book, she unpacks this profound connection, then outlines her signature HER (Hormonal-Emotional-Relational) method of healing, which includes:

- a breakdown of the hierarchy of hormonal healing
- in-the-moment techniques to relieve suffering and deepen connection
- practices to bring readers back in sync with their bodies, drawn from biohacking, ancient herbs, nutrition science and movement
- guidance for next steps in medical treatment

*Discover the full impact of hormones on women's emotional and physical health.*

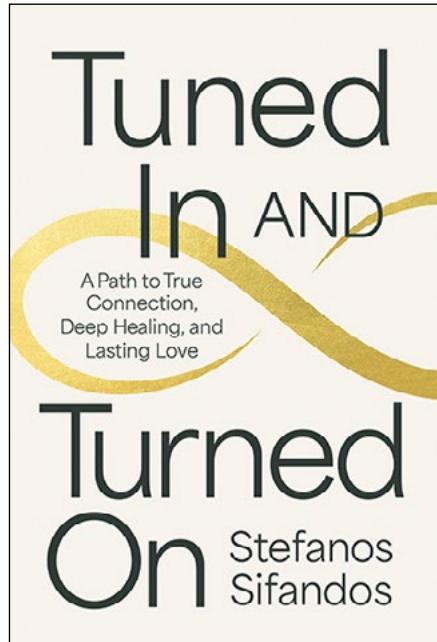
<b>PRICE</b>	£16.99
<b>ISBN</b>	<b>9781837822751</b>
<b>EBOOK ISBN</b>	<b>9781401978280</b>
<b>FORMAT</b>	<b>229 x 178mm, PB</b>
<b>RIGHTS</b>	<b>World</b>
<b>PUBLICATION MONTH</b>	<b>February</b>

**Sonya Jensen** is a naturopathic doctor, author, yoga teacher, podcaster and workshop and retreat leader on a mission to change the way women understand their bodies and themselves. She is the co-founder of Divine Elements Health Center, The Longevity Lab and The Health Ignited Academy, alongside her husband, Dr Nicholas Jensen. [www.drsonyajensen.com](http://www.drsonyajensen.com)

# Tuned In and Turned On

*A Path to True Connection, Deep Healing and Lasting Love*

**STEFANOS SIFANDOS**



In the quest for true intimacy, pleasure and connection, relationship expert and coach Stefanos Sifandos invites readers to turn inwards. With over 15 years of experience in the personal development space, Stefanos draws from personal experiences and client stories, as well as behavioural science, psychology and both Eastern and Western wisdom traditions, to help readers:

- understand the difference between sex and sacred sexuality
- unlock the flow of erotic energy
- experience intimacy in a way that deepens their romantic relationships
- reach an expansive new level of self-awareness and emotional freedom

With this book, readers will follow their sensual energy deep into every aspect of their self – physical, mental, emotional, relational, spiritual and sexual. Readers will discover how, when they experience their sexuality as both sacred and powerful, they can break the cycles that are keeping them stuck and create a richer, more embodied life.

*Grow beyond your pain and heal the wounds in your relationships through the power of intimacy, sacred sexuality and self-knowledge.*

<b>PRICE</b>	£16.99
<b>ISBN</b>	<b>9781837824861</b>
<b>EBOOK ISBN</b>	<b>9781401997298</b>
<b>FORMAT</b>	<b>229 x 152mm, PB</b>
<b>RIGHTS</b>	<b>World English Language</b>
<b>PUBLICATION MONTH</b>	<b>February</b>

**Stefanos Sifandos** is a trained educator, behavioural scientist and relationship expert with an extensive background in psychology, philosophy and ecology. He has worked with thousands of people from all walks of life to restructure and reframe their relationships with themselves and their loved ones.

[www.stefanossifandos.com](http://www.stefanossifandos.com)

# 3 Minute Gratitude Journal

KRISTEN BUTLER

Photo Credit: Michael and Anna Costa Photography



From Kristen Butler, the author of the hugely popular *3 Minute Positivity Journal*, comes an all-new journal with powerful prompts, affirmations and reflections to boost your mood and transform your life through the uplifting practice of gratitude.

Backed by research and shaped by Kristen's personal journey, this journal's insightful guidance, daily inspiration and built-in check-ins will teach readers how small, consistent moments of reflection can lift their spirit and create lasting positive change. Through quick, focused daily entries – just three minutes in the morning and three minutes in the evening – readers will learn to:

- lay the foundation for greater resilience and peace
- shift their focus from stress to appreciation
- create momentum for positive growth through consistent reflection
- rewire their thinking so they naturally notice and nurture the good that's already around and within them
- build a solid foundation for a lifelong gratitude practice that fits into the busiest of schedules

*'Kristen Butler is inspiring millions around the world.'*

Vex King, *Sunday Times* bestselling author of *Good Vibes, Good Life*

**PRICE** ..... £12.99  
**FORMAT** ..... 210 x 150mm, PB  
**RIGHTS** ..... World  
**PUBLICATION MONTH** ..... February

**Kristen Butler** is bestselling author and the CEO and founder of Power of Positivity, a global movement she built from the ground up, now with over 50 million followers and reaching millions more worldwide. Recognized as *SUCCESS* magazine's Emerging Entrepreneur, Kristen helps her community embrace positivity, self-worth and personal transformation.

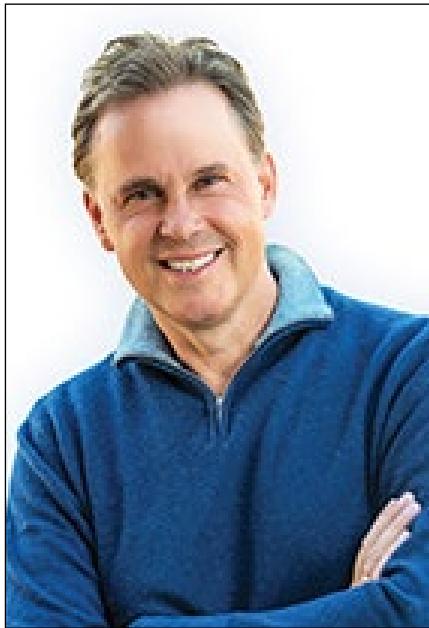
[www.positivekristen.com](http://www.positivekristen.com)

# Becoming Yourself

*A Journey of Self-Discovery Using the Wisdom of the Enneagram*

**ROBERT HOLDEN**

Photo Credit: Mark Richards



Understand yourself and the people around you more fully with a fresh, practical approach to the Enneagram – one of the most powerful self-awareness tools for greater happiness, success and fulfilment.

Enneagram expert Robert Holden shows readers how to tap into this powerful thought system's full potential and see their lives through the Enneagram's lens. *Becoming Yourself* combines timeless wisdom with practical advice readers can use immediately to gain deeper self-knowledge and empathy for others.

Readers will start by pinpointing their own Enneagram type before exploring all nine types in detail – since all nine energies are present in everyone. In this book, readers will find insight and guidance to help them:

- thrive in their personal relationships
- excel at work
- improve their mental health
- walk their spiritual path and live their purpose

*'Robert has a deep and thorough understanding of the Enneagram's true purpose – teaching us all to live lives of greater compassion, wisdom and graciousness.'*

Russ Hudson, president of the Enneagram Institute

PRICE .....	£16.99
ISBN .....	<b>9781837824823</b>
EBOOK ISBN .....	<b>9781401997137</b>
FORMAT .....	229 x 178mm, PB
RIGHTS .....	World
PUBLICATION MONTH .....	February

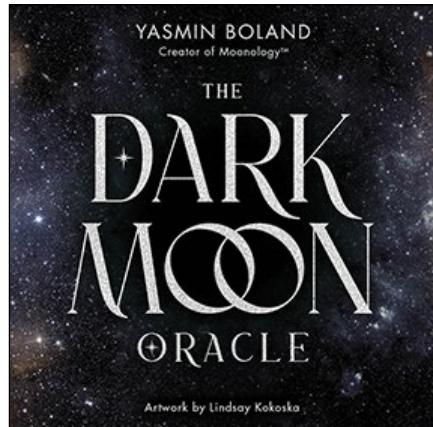
**Robert Holden**, PhD, is a bestselling author, consultant and coach. His innovative work on psychology and spirituality has been featured on *Oprah*, *Good Morning America* and in two major BBC documentaries.

[www.robertholden.com](http://www.robertholden.com)

# The Dark Moon Oracle

A 48-Card Deck and Guidebook from the creator of *Moonology*™

**YASMIN BOLAND**



Readers are invited to work with the mysterious, deeply potent energies of the Dark Moon for transformation and healing in the first ever Dark Moon oracle deck, from the creator of the bestselling *Moonology*™ Oracle Cards, Yasmin Boland.

Containing 48 stunning circular cards, this powerful deck is divided into four suits:

- Essence cards: Discover what you need to face up to.
- Shadow cards: Unveil what needs to be transformed.
- Goddess cards: Work with different powerful Goddesses associated with the Dark Moon.
- Rebirth cards: Uncover where opportunity lies.

Dive deep into the mysteries of the Dark Moon and emerge renewed, empowered and ready for change.

*The first oracle deck channelling the powerful energies of the Dark Moon, from the bestselling creator of Moonology, Yasmin Boland.*



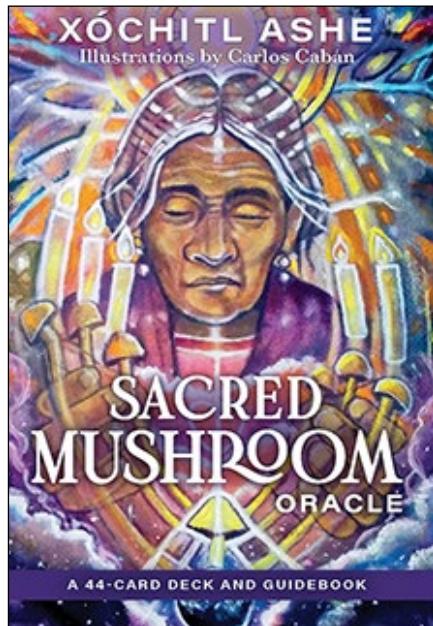
<b>PRICE</b>	£18.99
<b>ISBN</b>	9781837822584
<b>FORMAT</b>	Cards
<b>RIGHTS</b>	World
<b>PUBLICATION MONTH</b>	February

**Yasmin Boland** is a *Sunday Times* bestselling astrology and Moonology writer, author and oracle deck creator. She writes for *Red*, *Closer* and *Good Health*, and her horoscopes, astrology and New Age columns are read by millions of people each week. [www.yasminboland.com](http://www.yasminboland.com)

# Sacred Mushroom Oracle

A 44-Card Deck and Guidebook

**XÓCHITL KUSIKUY ASHE**



Created by fifth-generation Indigenous medicine woman Xóchitl Kusikuy Ashe – the first woman in her family to be initiated into the healing traditions of her Peruvian ancestral lineage – this stunning oracle deck calls to those who seek clarity, support and healing with plant medicine and psilocybin mushrooms.

Mushrooms are original 'plantcestors' and their longevity on this earth makes them incredibly wise teachers, potent with ancient medicine. Whether readers are preparing for a ceremonial journey, microdosing or simply seeking everyday guidance, this deck is a portal to the realm of the mushroom spirit. Each of the 44 cards offers a powerful message from our ancestors and the accompanying guidebook contains spreads, ceremonies and rituals that empower readers to tap into transformative clarity, self-discovery and healing. Brought to life through the highly detailed visionary paintings of Carlos Caban, the vibrant imagery and symbolism of this deck invites readers to connect intuitively to the earth, the ancestors and their innermost self.

*Connect with the powerful healing medicine and clarity of the ancient mushroom spirit with this highly intuitive 44-card deck.*



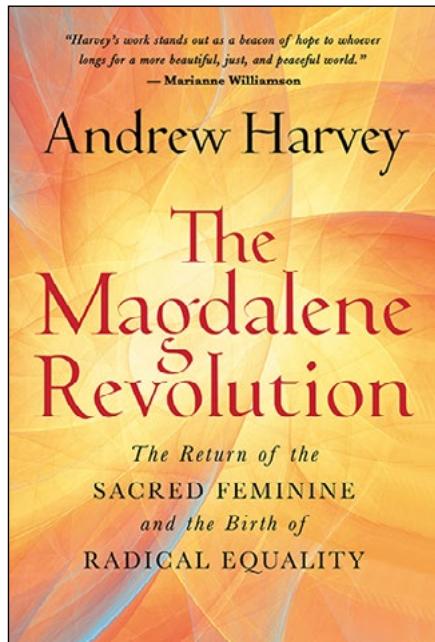
PRICE	£17.99
ISBN	9781401994327
FORMAT	Cards
RIGHTS	World
PUBLICATION MONTH	February

**Xóchitl Kusikuy Ashe** is a revered medicine woman and spiritual guide with over 27 years of experience in the healing traditions of her Peruvian ancestral lineage. Xóchitl has dedicated her life to honouring Indigenous wisdom and sacred plant medicines. She offers legal Mazatec Psilocybin Mushroom Retreats in Mexico, providing authentic and transformative experiences rooted in traditional Indigenous knowledge.  
[www.xochitlashe.com](http://www.xochitlashe.com)

# The Magdalene Revolution

*The Return of the Sacred Feminine and the Birth of Radical Equality*

**ANDREW HARVEY**



A fascinating presentation of the story of Mary Magdalene from international bestselling author Andrew Harvey, shedding new light on the Divine Feminine as a powerful force for change and healing.

In Mary Magdalene's great spirit of transfiguration and healing, this book offers us a path to transform not only ourselves, but our world. We need this message now more urgently than ever. *The Magdalene Revolution* takes a fresh, impassioned look at the story of Mary Magdalene and Jesus, illuminating its message of inspired activism and showing readers how to embody its truth in their lives. Readers will discover:

- how Mary Magdalene is presented in the New Testament – sometimes splendidly, but also absurdly and even dangerously
- a radical reclamation of the Divine Feminine by recognizing Mary Magdalene as the Bride to Jesus's Bridegroom – a female and co-equal Christ in her own right
- a new paradigm of fully embodied divine and human love that each of us can live out in our daily lives

*'Harvey's work stands out as a beacon of hope to whoever longs for a more beautiful, just, and peaceful world.'*

Marianne Williamson, *New York Times* bestselling author of *A Return to Love*

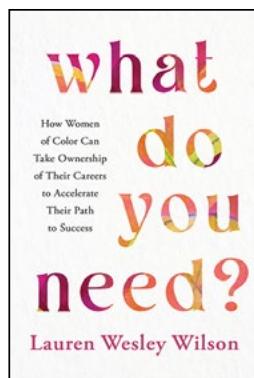
PRICE .....	£15.99
ISBN .....	<b>9781788178242</b>
EBOOK ISBN .....	<b>9781401968984</b>
FORMAT .....	<b>229 x 152mm, PB</b>
RIGHTS .....	<b>World</b>
PUBLICATION MONTH .....	<b>February</b>

**Andrew Harvey** is an internationally renowned religious scholar, writer and teacher. He is the author of over 30 books, including the international bestseller *Hidden Journey*. Andrew's work has been honoured with the Benjamin Franklin Award and the Mind Body Spirit Award. He is the Founding Director of the Institute for Sacred Activism.  
[www.andrewharvey.net](http://www.andrewharvey.net)

# What Do You Need?

How Women of Colour Can Take Ownership of Their Careers to Accelerate Their Path to Success

LAUREN WESLEY WILSON



Now in paperback – Lauren Wesley Wilson, founder and CEO of ColorComm Corporation, reveals the skills and unwritten rules that women of colour need to know to succeed in the workplace and reach leadership positions. Whether the reader is a woman of colour or an ally committed to creating an inclusive environment, *What Do You Need?* provides a road map to understanding, supporting and empowering women of colour in their careers and shows how understanding each other's needs creates a more successful society.

*'A must-read for anyone who wants to create powerful connections and build community.'*

Huma Abedin, political strategist and *New York Times* bestselling author of *Both/And*

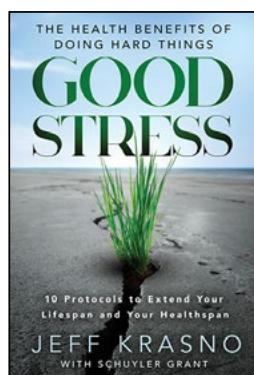
PRICE	£14.99
ISBN	9781837823482
EBOOK ISBN	9781401974909
FORMAT	216 x 140mm, PB
RIGHTS	World English Language
PUBLICATION MONTH	February

**Lauren Wesley Wilson** is the founder and CEO of ColorComm Corporation and is one of the USA's leading thought leaders on media relations, diversity and inclusion. [www.laurenwesleywilson.com](http://www.laurenwesleywilson.com)

# Good Stress

The Health Benefits of Doing Hard Things

JEFF KRASNO WITH SCHUYLER GRANT



Now in paperback – discover how chronic disease, including diabetes, dementia, heart disease and cancer, is the result of our modern epidemic of chronic ease: an endless abundance of calories, sedentary desk jobs, exposure to blue light and separation from nature. To rebalance, wellness industry leader Jeff Krasno reveals 10 protocols to safely and mindfully subject our bodies and minds to the stressors we're built for.

*'A groundbreaking guide... Essential for anyone seeking to harness the power of "in-convenience" to achieve optimal health and wellbeing.'*

David Perlmutter, *New York Times* bestselling author of *Grain Brain*

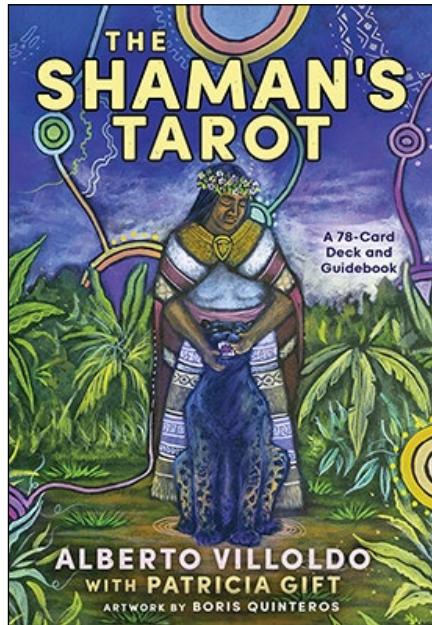
PRICE	£14.99
ISBN	9781837826162
EBOOK ISBN	9781401993962
FORMAT	229 x 152mm, PB
RIGHTS	World
PUBLICATION MONTH	March

**Jeff Krasno** is the CEO and founder of the wellbeing platform Commune Media. He is also the co-creator of Wanderlust, a global series of wellness events that have helped popularize yoga in the US and beyond. [www.onecommune.com](http://www.onecommune.com)

# The Shaman's Tarot

A 78-Card Deck and Guidebook

ALBERTO VILLODO WITH PATRICIA GIFT



Before the dawn of time, there were the sacred symbols. Then, the sages read the signs of destiny in the sacred symbols and heard the voice of Spirit in the wind. Now, those symbols have been lost to many of us – but not the sages from the Andes and the Amazon, cartographers of the invisible world. Here, those symbols are brought to life within the tarot. In *The Shaman's Tarot*, each card is infused with rich imagery drawn from these ancient cultures and inspired by both the tarot of Marseilles and the Rider-Waite-Smith tarot.

By working with this powerful deck, readers can turn chaos into cosmos, find beauty and harmony in creation and embrace their feelings and experiences. Readers will transform the teachings of the Universe into wisdom-bliss, empowering them to become a co-creator with Spirit. As they learn the language of the sacred symbols, readers will cultivate a deeper understanding of their potential and discover how to dance harmoniously with the unseen forces that shape their reality.

*A richly illustrated tarot deck, combining traditional tarot archetypes with the sacred symbols of shamanism.*



PRICE	£22.99
ISBN	9781401962043
FORMAT	Cards
RIGHTS	World
PUBLICATION MONTH	March

**Alberto Villoldo**, PhD, founder of The Four Winds Society, trained as a psychologist and medical anthropologist, and has investigated the traditions of the Andes and the Amazon for more than 25 years. [www.thefourwinds.com](http://www.thefourwinds.com)

# Awaken Your Highest Self

*The Limiting Beliefs That Keep You Stuck – And the Heart Work That Sets You Free*

**DANNY MOREL**

Photo Credit: Kasper Hytonen



For anyone who has ever felt disconnected or stuck, this powerful book from entrepreneur-turned-spiritual-guide Danny Morel offers practical tools and spiritual teachings to support readers on a journey of self-discovery and healing, so they can find their way out of fear and into love and start experiencing a life of abundance. With a blend of ancient wisdom and real-world advice, *Awaken Your Highest Self* shows readers how to heal their body, grow their finances and attract the loving relationship they've been searching for.

Divided into three easy-to-follow sections – Awaken, Heal and Transform – this book mirrors Danny's courses and events, making the wisdom accessible and actionable for readers at any stage of their journey. *Awaken Your Highest Self* challenges the external narratives and labels that have shaped our lives, guiding readers to reconnect with their true self and manifest the life they were meant to live.

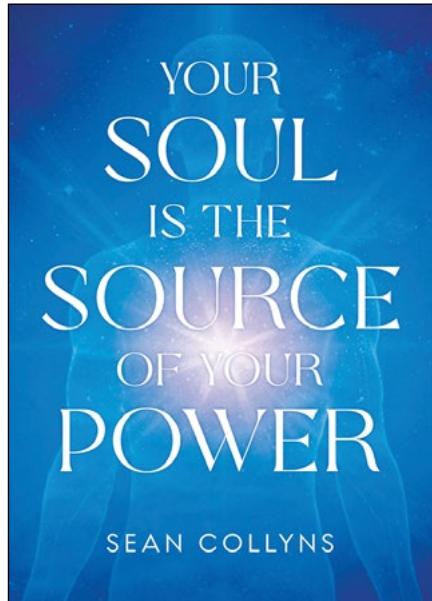
*Reclaim your personal power, improve your relationships and create a life of ease, flow and abundance.*

PRICE .....	£22.99
ISBN .....	<b>9781401998646</b>
EBOOK ISBN .....	<b>9781401998653</b>
FORMAT .....	<b>229 x 152mm, HB</b>
RIGHTS .....	<b>World</b>
PUBLICATION MONTH .....	<b>March</b>

**Danny Morel** is an entrepreneur-turned-spiritual-guide who has helped thousands of people to achieve true abundance in their finances, relationships and health through deep healing work and spiritual awakenings. He is a recognized thought leader who is frequently featured in *Forbes*, *Entrepreneur* and *Business Insider*.  
[www.dannymorel.com](http://www.dannymorel.com)

# Your Soul Is the Source of Your Power

SEAN COLLYNS



For too long, communicating with the spirit world has been seen as a rare gift reserved for a select few 'gifted' or 'special' people. In truth, the power to connect with Spirit lies within every one of us.

In this groundbreaking book, renowned psychic medium Sean Collyns demystifies mediumship for the modern era, empowering readers to strengthen their spiritual connection, discover their innate psychic abilities and receive guidance from the other side. In *Your Soul Is the Source of Your Power*, readers will discover how to:

- create an energetic environment in which their spiritual abilities thrive
- become receptive to messages and guidance from Spirit – whether from loved ones who have passed, past life memories or their own higher guidance
- harness their soul's power to live a joyful, fulfilling life and manifest their heart's desires

*'This book is more than just an exploration of the spirit world – it is an invitation to remember who we truly are.'*

Anita Moorjani, *New York Times* bestselling author of *Dying to Be Me*

PRICE	£16.99
ISBN	9781837824724
EBOOK ISBN	9781837824724
FORMAT	216 x 135mm, PB
RIGHTS	World
PUBLICATION MONTH	March

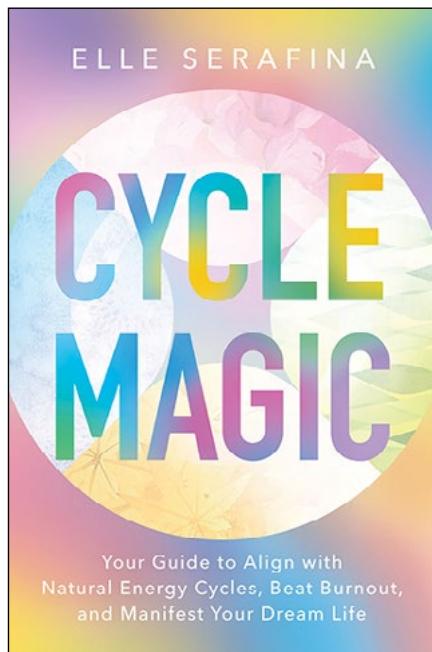
**Sean Collyns** is a world-renowned psychic, medium and spiritual teacher with an Instagram following of over 150,000 people. He has hosted international events and retreats, worked with some of the world's most famous mediums and read for clients from all corners of the globe, including Hollywood celebrities.

[www.seanpsychicmedium.com](http://www.seanpsychicmedium.com)

# Cycle Magic

*Your Guide to Align with Natural Energy Cycles, Beat Burnout and Manifest Your Dream Life*

**ELLE SERAFINA**



Intuitive wellness coach Elle Serafina introduces her unique Cycle Magic™ system, a revolutionary four-phase framework for manifesting based on the menstrual or moon cycle. Blending science and spirituality, *Cycle Magic* combines inner work practices, mindset tools, biohacking tips and research-backed wellness strategies to help women avoid burnout, optimize their health and make consistent progress in realizing their highest dreams by honouring the ebb and flow of feminine energy.

This book empowers women to step away from hustle culture and reclaim the energy and intuition within. Readers will learn to embrace rest, creativity and self-care while taking tangible strides in their personal and professional lives. The book includes over 70 actionable tools for manifesting, habit tracking and lifestyle shifts, all adaptable for individual needs and desires.

In today's world, many women feel overwhelmed and misaligned from their innate energies and true desires. *Cycle Magic* provides a clear, accessible road map to overcoming these challenges and creating a balanced, fulfilling life.

*Supercharge your wellbeing and manifest your desires with the power of your moon cycle.*

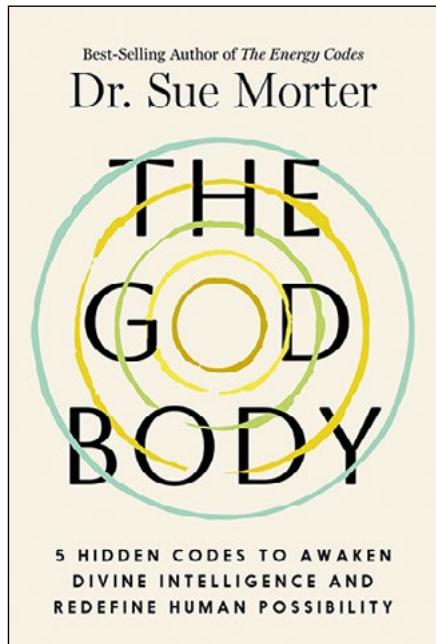
PRICE .....	£16.99
ISBN .....	<b>9781837826100</b>
EBOOK ISBN .....	<b>9781401998257</b>
FORMAT .....	<b>216 x 135mm, PB</b>
RIGHTS .....	<b>World</b>
PUBLICATION MONTH .....	<b>March</b>

**Elle Serafina** is an Intuitive Wellness Coach and certified Integrative Nutrition Health Coach specializing in hormone health. She trained at the Institute for Integrative Nutrition and studied holistic Lifestyle Medicine approaches at Harvard Medical School. She is the creator of the Cycle Magic System™, Cycle Habits™ and The Cycle Diet™. [www.elleserafina.com](http://www.elleserafina.com)

# The God Body

5 Hidden Codes to Awaken Divine Intelligence and Redefine Human Possibility

DR SUE MORTER



From the bestselling author of *The Energy Codes* comes a powerful blend of quantum principles and practical tools to awaken our higher brain centres and access our capacity to embody divine love.

Dr Sue Morter guides readers to uncover their invisible, sacred structure and function on an energetic level so they can transcend the primitive brain and activate a higher state of consciousness for lasting peace and healing. Through cosmic and quantum principles, *The God Body* offers readers a codified system aligned with the higher chakras, unlocking a new level of self-mastery through five energetic 'codes':

- The Creator Code – awakening us to our true nature as Source.
- The Actioning Code – teaching us to flow as a river of grace.
- The Destiny Code – revealing the secret to being a container of quantum love.
- The Revelation Code – illuminating the ecstatic self.
- The Blessing Code – uniting all realms into one divine truth.

*'Dr Sue Morter [is] one of the most exciting and original health practitioners out there.'*

Lynne McTaggart, internationally bestselling author of *The Field*

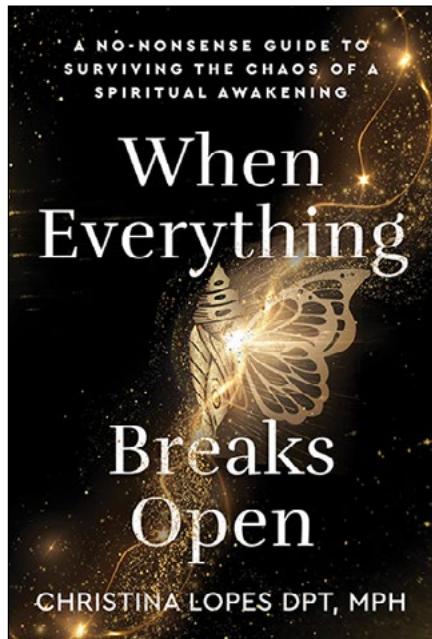
PRICE	£23.99
ISBN	9781401998608
EBOOK ISBN	9781401998615
FORMAT	229 x 152mm, HB
RIGHTS	World
PUBLICATION MONTH	March

**Dr Sue Morter** is an international speaker, Master of BioEnergetic Medicine, host of Gaia TV Healing Matrix and the bestselling author of *The Energy Codes*. She is the creator of The Energy Codes®, BodyAwake® Yoga and the founder of Morter Institute. [www.drsuemorter.com](http://www.drsuemorter.com)

# When Everything Breaks Open

*A No-Nonsense Guide to Surviving the Chaos of a Spiritual Awakening*

CHRISTINA LOPEZ



*When Everything Breaks Open* serves as the reader's companion on their journey through the six phases of spiritual awakening, offering a clear framework to help them grow and step into their highest potential. This transformative guide offers practical tools and accessible insights to empower empaths to heal trauma, protect their energy and turn their sensitivities into superpowers.

Christina Lopes, integrative healer and teacher, demystifies the journey of spiritual awakening, including the often-confusing concept of energetic upgrades (or 'ascension'). Whether readers are new to spirituality or experienced seekers, Christina's robust toolkit is designed to support them through moments of confusion and anxiety, allowing them to embrace the highs and lows of their spiritual journey with confidence and clarity. Christina deeply understands the destabilizing nature of the awakening process and offers the guidance readers need to manage their energy, create healthy boundaries and navigate the complexities of being an empath in the modern world.

*Move through the six phases of spiritual awakening with emotional maturity, conscious evolution and authenticity.*

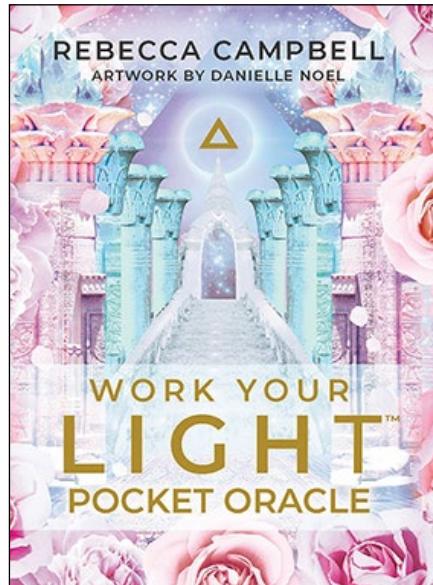
PRICE	£14.99
ISBN	9781837826117
EBOOK ISBN	9781401998356
FORMAT	216 x 135mm, PB
RIGHTS	World
PUBLICATION MONTH	March

**Christina Lopes** is an integrative healer and teacher who combines scientific and spiritual tools to help people navigate their spiritual awakenings and heal from trauma. She works with thousands of clients through her Heart Alchemy coaching programme and Heart Accelerator retreats.  
[www.christina-lopes.com](http://www.christina-lopes.com)

# Work Your Light Pocket Oracle

A 44-Card Deck and Guidebook

**REBECCA CAMPBELL**



Enjoy a pocket-sized, portable version of one of Hay House's bestselling oracle decks in a beautiful keepsake tin – perfect for your on-the-go spiritual journey!

Created by highly celebrated spiritual teacher Rebecca Campbell, this activating 44-card oracle deck will guide readers to connect with their inner divine wisdom and light up the world with their soul's unique presence. By working with its five suits and connecting with their intuition, readers will be able to start living a life in alignment with who they truly are.

- Confirmation cards give a quick hit of instant guidance.
- Inquiry cards help you tune in to the whispers of your soul.
- Action cards guide you on what path to take.
- Activation cards invoke healing within you.
- Transmission cards connect you with supportive energies.

*'I'm a super fan of Rebecca Campbell.'*

Gabrielle Bernstein, *New York Times*  
bestselling author



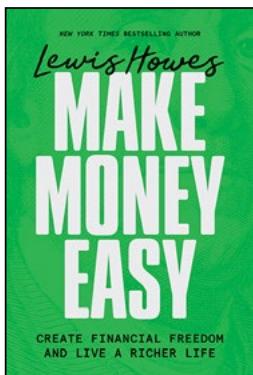
PRICE	£12.99
ISBN	9781837822348
FORMAT	Cards
RIGHTS	World
PUBLICATION MONTH	March

**Rebecca Campbell** is a bestselling author, mystic, ritualist and devotional artist who leads activating workshops internationally, giving people an experience of their soul. She is the founder of The Inner Temple Mystery Training School and her creations are dedicated to weaving the sacred back into everyday life.  
[www.rebeccacampbell.me](http://www.rebeccacampbell.me)

# Make Money Easy

Create Financial Freedom and Live a Richer Life

LEWIS HOWES



Now in paperback – align your financial goals with your Meaningful Mission to achieve lasting abundance and prosperity. Leveraging insight gleaned from the latest research around the psychology of money, as well as from the many financial experts featured on his podcast, *The School of Greatness*, and his own journey to success, Lewis Howes offers the practical advice and mindset reframing to make the peace and fulfilment you desire a day-to-day reality.

*'Whether you're a listener of his podcast or this is your first time learning of Lewis, you will be an instant fan.'*

Jack Canfield, *New York Times* bestselling author of *The Success Principles*

PRICE	£15.99
ISBN	9781837826155
EBOOK ISBN	9781401993948
FORMAT	229 x 152mm, PB
RIGHTS	World
PUBLICATION MONTH	March

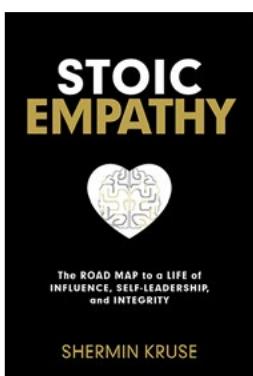
**Lewis Howes** is a two-time *New York Times* bestselling author, a keynote speaker and host of *The School of Greatness* podcast. He was recognized by the White House and President Obama as one of the top 100 entrepreneurs in the USA under 30.

[www.lewishowes.com](http://www.lewishowes.com)

# Stoic Empathy

*The Road Map to a Life of Influence, Self-Leadership and Integrity*

SHERMIN KRUSE



Now in paperback – professor Shermin Kruse offers a science-backed practice that combines the rigour of Stoic philosophy with the relational impact of empathy, so readers can correct power imbalances in their work and life. In this eye-opening book, readers will discover how to calmly assess the power dynamics of any situation; manage their emotions, defuse danger and turn conflict into connection; and skillfully steer a challenging conversation towards the result they want.

*'A profound blend of philosophy, personal story and actionable insights that will inspire readers to lead with both heart and mind.'*

Dr Mike Dow, *New York Times* bestselling author of *The Brain Fog Fix*

PRICE	£16.99
ISBN	9781837826186
EBOOK ISBN	9781401979959
FORMAT	229 x 152mm, PB
RIGHTS	World English Language
PUBLICATION MONTH	April

**Shermin Kruse** is a globally recognized negotiation consultant, law professor, author and TEDx producer whose transformative work in empathy, stoicism and complex negotiation has influenced audiences from corporate boardrooms to university classrooms and international stages.

[www.sherminkruse.com](http://www.sherminkruse.com)

# Moonology™ Revised Edition.

*Working with the Magic of Lunar Cycles*

**YASMIN BOLAND**



The Moon cycles have a huge effect on our health, our mood, our relationships and work. In this revised edition of *Moonology™*, readers will be shown how to tap into these phases and use them to improve every aspect of their lives.

Inside *Moonology™*, you'll find:

- An overview of the 8 main phases of the Moon and how they directly impact your life
- A guide to working with the Moon in each zodiac sign and Moon phase
- Tips for working with Goddesses, Archangels and the Moon
- Ways for working with the Daily, New and Full Moons
- A guide to applying all this to your personal horoscope based on your time, date and place of birth
- You will also learn affirmations, visualisations and chants to use during each phase of the Moon, during the New and Full Moons.

*Moonology™* is perfect for both beginners and more experienced practitioners of Moon magic: this book is an all-in-one guide that will help readers take their practice to the next level.

*The revised edition of the much-loved guide to harnessing the power of the moon to transform your life.*

PRICE .....	£12.99
ISBN .....	9781837827527,
FORMAT .....	216 x 135mm, PB
RIGHTS .....	World
PUBLICATION MONTH .....	April

**Yasmin Boland** is a *Sunday Times* bestselling astrology and Moonology writer, author and oracle deck creator. She writes for *Red*, *Closer* and *Good Health*, and her horoscopes, astrology and New Age columns are read by millions of people each week.  
[www.yasminboland.com](http://www.yasminboland.com)

# Money Unlocked

*How to Make It, Keep It and Multiply It*

**JOHN LEE**



A step-by-step guide to creating passive income, shifting your money mindset and building lasting wealth – without burning out or working around the clock. In this book, internationally renowned entrepreneur and self-made millionaire John Lee reveals the secrets about how rich people think and teaches readers how to stop chasing income and start building it. Backed by clear frameworks and actionable strategies, this bold, practical guide shows readers how to unlock wealth on their terms and finally create the life they want to live.

Readers will learn how to:

- apply the 30/30/30/10 formula to structure their finances for growth
- transition from active to passive to leveraged income
- understand the 3 levels of wealth and move through them
- use energy, time and mindset as wealth-building tools
- avoid common traps like bad debt, burnout and busywork
- shift their money mindset, grow their income streams and design their financial freedom path

*Stop trading time for money – and unlock the mindset and strategy that leads to lasting wealth.*

PRICE .....	£15.99
ISBN .....	9781837826063
EBOOK ISBN .....	9781837826094
FORMAT .....	229 x 152mm, PPC
RIGHTS .....	World
PUBLICATION MONTH .....	April

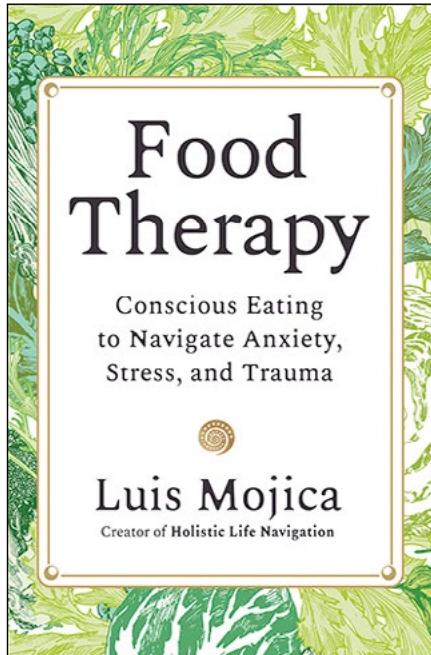
**John Lee** is an internationally renowned entrepreneur, investor, speaker and mentor. He advises entrepreneurs, CEOs, professional athletes and celebrities on how to create and scale their companies and grow more wealth. John has a global network and community of over 6 million social media followers and students, and he's been featured in *Forbes*, *The Wall Street Journal*, *The Sunday Times*, *Huffington Post*, *Fortune Magazine* and the BBC.  
[www.johnlee.com](http://www.johnlee.com)

\*The jacket for this title is not final and is subject to change.

# Food Therapy

Conscious Eating to Navigate Anxiety, Stress and Trauma

LUIS MOJICA



Filled with accessible strategies to help readers heal from within through the foods they eat, *Food Therapy* explores the vital connection between nutrition, stress and trauma recovery.

Eating is arguably the most somatic type of therapy. It involves little thought, the body does most of it for you and it's required for survival. In *Food Therapy*, somatic educator Luis Mojica combines his extensive knowledge of nutrition and trauma recovery to offer a groundbreaking approach to healing through food. This book explores how food choices directly impact the nervous system, emotional wellbeing and our ability to cope with stress and trauma.

Through simple, actionable tips that don't rely on pricey supplements or extreme diets, Luis provides readers with tools to understand their food cravings, break cycles of emotional eating and enhance their healing journey. Luis's insights, drawn from both personal experience and years of practice, empower readers to create lasting, positive changes in their lives by reconnecting to the body's natural wisdom.

*Nourish your nervous system, break emotional eating cycles and reconnect with your body's innate wisdom.*

PRICE .....	£14.99
ISBN .....	9781837826131
EBOOK ISBN .....	9781401998394
FORMAT .....	229 x 152mm, PB
RIGHTS .....	World
PUBLICATION MONTH .....	April

**Luis Mojica** is a somatic educator, certified in holistic nutrition, somatic experiencing and life coaching. With years of experience working at the intersection of trauma and healing, Luis has become a sought-after teacher and speaker in his field. He reaches thousands of students annually through his online courses and webinars and hosts the *Holistic Life Navigation* podcast. [www.holisticlifenavigation.com](http://www.holisticlifenavigation.com)

# Maintain

*The Three Identity Shifts that Turn Temporary Weight Loss into Lasting Freedom*

**SUSAN PEIRCE THOMPSON**

Photo Credit: Mike Martinez Fish and Crown Creative



In this powerful and practical new book, *New York Times* bestselling author and cognitive scientist Susan Peirce Thompson reveals why most weight-loss solutions fail – and what actually works for long-term, sustainable success. From weight loss medications to fad diets and surgery, many approaches offer short-term results – but most people eventually return to old eating patterns and regain the weight they lost. In *Maintain*, readers will discover three science-backed identity shifts to promote lasting change at the deepest level, rewire their relationship with food and allow them to keep the weight off for good:

- 'You are someone who eats this way.' No more bargaining or mental food chatter – just a clear, confident commitment to a way of eating that works.
- 'You are someone who doesn't "use" food.' Triggers are met with presence and emotional eating patterns are replaced by life-changing skills that build resilience, not reliance.
- 'You are someone who has moved on.' The weight obsession is gone, replaced by peace, purpose and a life fully lived.

*'Nobody gives people the tools to transform their food from a health liability to a longevity asset like Susan Peirce Thompson.'*

Mark Hyman, MD, *New York Times* bestselling author of *The Pegan Diet*

PRICE	£21.99
ISBN	9781401959494
EBOOK ISBN	9781401959500
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**Susan Peirce Thompson**, PhD, is the *New York Times* bestselling author of *Bright Line Eating*, *The Official Bright Line Eating Cookbook*, *Rezoom* and *On This Bright Day*. She is the founder of Bright Line Eating and an Adjunct Associate Professor of Brain and Cognitive Sciences at the University of Rochester. [www.susanpeircethompson.com](http://www.susanpeircethompson.com) and [www.brightlineeating.com](http://www.brightlineeating.com)

# Good Morning, Good Life Expanded Edition

5 Simple Habits to Master Your Mornings and Upgrade Your Life

AMY SCHMITTAUER LANDINO



In this newly updated edition of *Good Morning, Good Life*, revised for today's fast-paced, screen-filled world, bestselling author and top lifestyle coach Amy Landino shows readers how to design a morning routine that fits their lifestyle.

Readers are invited to unlock a more empowered version of themselves right away, starting with the first moments of their day. With her signature blend of practical wisdom and infectious positivity, Amy gives readers the tools to:

- define their 'why' so they wake up with energy and intention
- avoid common morning traps that drain them before their day even starts
- create daily rituals that reflect who they are and align with their goals
- build momentum that lasts all day with smart, simple productivity tips

*Stop dreading your alarm, take back your mornings and start living a life you love.*

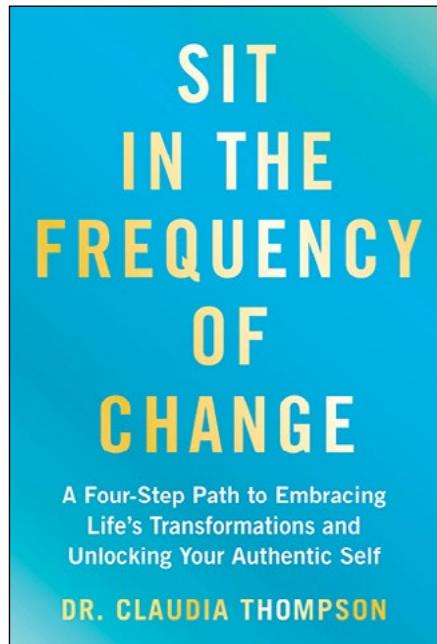
PRICE .....	£14.99
ISBN .....	<b>9781837827046</b>
EBOOK ISBN .....	<b>9798318602405</b>
FORMAT .....	<b>203 x 127mm, PB</b>
RIGHTS .....	<b>World</b>
PUBLICATION MONTH .....	<b>April</b>

**Amy Landino** is a personal brand coach, award-winning YouTube creator, bestselling author and international keynote speaker. Her mission is to serve ambitious women who want to love the life they've created for themselves.  
[www.amylandino.com](http://www.amylandino.com)

# Sit in the Frequency of Change

*A Four-Step Path to Embracing Life's Transformations and Unlocking Your Authentic Self*

**DR CLAUDIA THOMPSON**



In *Sit in the Frequency of Change*, conscious leader and quantum activator Dr Claudia Thompson invites the reader to unlock their highest potential by re-examining the unseen agreements they've made with themselves – those deeply embedded beliefs and behaviours that quietly shape their reality.

Blending science and spirituality, this book offers a powerful new lens through which to view emotional and spiritual struggles – not as obstacles, but as invitations to grow. With clarity and compassion, Dr Claudia guides the reader to embrace change as a catalyst for healing, alignment and purpose.

In this book, readers will learn how to shed limiting beliefs, rewrite outdated narratives, work with their energetic, emotional and physical bodies, and reconnect with their truest self. *Sit in the Frequency of Change* is an invitation to sit inside the discomfort of transformation – not to escape it, but to allow it to guide you toward a more integrated, fulfilled and soul-aligned life.

*Transform your life by embracing change, releasing old patterns and realigning with your truest self.*

PRICE .....	£15.99
ISBN .....	9781837826124
EBOOK ISBN .....	9781401998479
FORMAT .....	229 x 152mm, PB
RIGHTS .....	World
PUBLICATION MONTH .....	April

**Dr Claudia Thompson** seamlessly blends science and spirituality to guide souls through profound transformations. With a PhD in Physical Activity, Nutrition and Wellness and her experience as a Registered Dietitian, Dr Claudia combines her academic expertise with her gifts as a channel, spiritual activator and multi-dimensional guide.

[www.drclaudiathompson.com](http://www.drclaudiathompson.com)

# The Smallest of Joys

*How to Create Your Own Magic, Let Your Best Be Enough and Find Contentment Exactly As You Are*

**DIANE SHIFFER**



With nearly 2 million followers across social media platforms, Diane Shiffer is the internet's favourite nana. Her cosy, candid posts have become a sanctuary for those craving softness and kindness in a divided and harsh time.

Like a collection of letters from a wise, loving grandparent, this book offers warmth, wisdom and encouragement for anyone seeking more peace, joy and self-acceptance. Diane's signature blend of gentle humour, vintage charm and heartfelt reflection invites readers to slow down, embrace self-love and reconnect with what matters most. Readers will discover how to:

- embrace their inner weirdo
- be patient through life's changes
- keep a tidy home without feeling overwhelmed
- develop a positive body image
- heal from heartbreak
- connect with others through gratitude
- find everyday magic in the simplest moments

*From social media's favourite vintage nana: warm, heartfelt advice on how to discover joy and beauty in your everyday life.*

PRICE .....	£16.99
ISBN .....	9781401999483
EBOOK ISBN .....	9781401999490
FORMAT .....	216 x 135mm, PB
RIGHTS .....	World
PUBLICATION MONTH .....	April

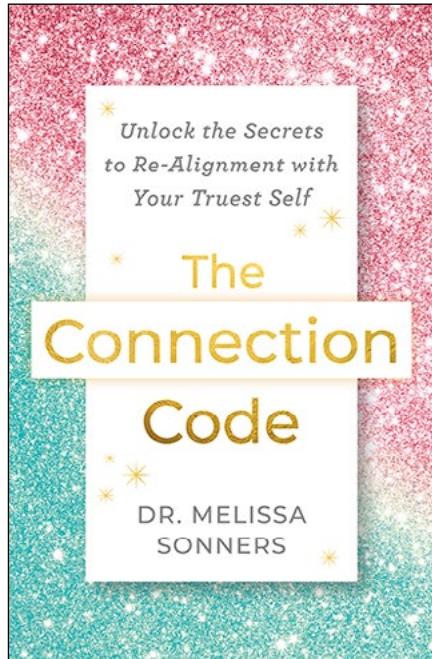
**Diane Shiffer** is a retired teacher, mother of five and the internet's favourite nana with almost 2 million followers across platforms. She currently lives in Albion, NY, with her youngest daughter, Millen, in a house built in 1930 that is chock-full of the vintage furniture and décor she adores.

@shifferdiane and @yourchubbyvintagenana

# The Connection Code

*Unlock the Secrets to Re-Alignment with Your Truest Self*

**DR MELISSA SONNERS**



*The Connection Code* is a transformational guide for any woman who feels stuck in self-doubt, drained by people-pleasing or simply disconnected from her true self. For the woman constantly checking off a never-ending to-do list but feeling like she's merely going through the motions, this book offers a powerful new perspective: true confidence and clarity come from within. When the reader reconnects with her inner wisdom, she unlocks a deep sense of ease, energy and direction – even in life's most chaotic moments.

Rather than adding more to her plate, this book redefines self-care as alignment with who the reader truly is. Through relatable personal stories, practical tools and fresh insights, readers will discover how to:

- shift from blending in to standing confidently in their truth – making it easier to set and hold boundaries
- walk away from relationships or spaces that no longer fit, allowing their real community to emerge
- build lasting self-trust and reconnect with their power, purpose and joy

*A guide for women to stop seeking outside validation and turn inward – to the connection that has been inside them all along.*

PRICE .....	£14.99
ISBN .....	<b>9781837825141</b>
EBOOK ISBN .....	<b>9781401997915</b>
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RIGHTS .....	<b>World</b>
PUBLICATION MONTH .....	<b>April</b>

**Dr Melissa Sonners** is a chiropractor and expert in mind-body alignment, dedicated to helping women reconnect with their whole selves. As the host of the *Be Inspired Mama* podcast and founder of Best Friends Book Nook, she creates spaces for women to explore self-connection and personal growth – without adding more to their to-do lists.  
[www.drmelissasonners.com](http://www.drmelissasonners.com)

# Mother Hunger Revised Edition

*How Adult Daughters Can Understand and Heal from Lost Nurturance, Protection and Guidance*

**KELLY MCDANIEL**



In this revised and expanded edition of *Mother Hunger*, therapist Kelly McDaniel reveals how the loss of maternal nurturance shapes our self-worth and relationships throughout our lives. This edition features three powerful new chapters: Men and Mother Hunger, First-Born Daughters, and Parenting with Mother Hunger, providing fresh insights for both women and men seeking to break generational cycles of pain, along with a compassionate roadmap to healing.

This book is for readers who quietly live with an ache they can't name: a deep longing for the kind of love, safety and connection they never fully received from their mothers. The loss of maternal protection or guidance in childhood can lead to chronic patterns of insecurity, shame and relationship struggles in adulthood – what Kelly calls Mother Hunger. Drawing on decades of clinical experience and the science of attachment, Kelly helps readers learn to reclaim the love they deserve and finally feel at home in their own heart.

*'I read Mother Hunger as if it was a sacred text – each word revealing and illuminating the deepest inner essence of me I knew was there but couldn't name.'*

Nancy Levin, author of *Setting Boundaries Will Set You Free*

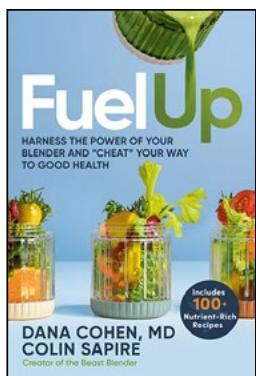
PRICE .....	£14.99
ISBN .....	9781837827343
EBOOK ISBN .....	9798318603501
FORMAT .....	216 x 135mm, PB
RIGHTS .....	World
PUBLICATION MONTH .....	April

**Kelly McDaniel** is a licensed professional counsellor, author and pioneering voice in the field of relational and attachment trauma. Kelly was the first clinician to name and define Mother Hunger and has helped thousands of women worldwide understand the lasting impact of early maternal loss and find pathways to healing.

# Fuel Up

*Harness the Power of Your Blender and 'Cheat' Your Way to Good Health*

**DANA COHEN AND COLIN SAPIRE**



Now in paperback! Simple and powerful advice to help you cheat your way to good health using a tool that 90 per cent of households already own – a blender – from integrative physician Dana Cohen and Colin Sapire, the creator of the Nutribullet and Beast blenders. Based on the latest research and featuring case studies and approximately 100 recipes, this ground-breaking book shows readers how to make use of their blender, create nutrient-rich meal plans, stay hydrated and establish healthy, sustainable habits.

*'This book is a must-read for anyone looking to transform their health and vitality.'*

Alberto Villoldo, author of *Grow a New Body*

<b>PRICE</b>	£16.99
<b>ISBN</b>	9781837824779
<b>EBOOK ISBN</b>	9781401977351
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<b>RIGHTS</b>	World
<b>PUBLICATION MONTH</b>	April

**Dana G. Cohen, MD**, is a nationally renowned internal and integrative medicine specialist.

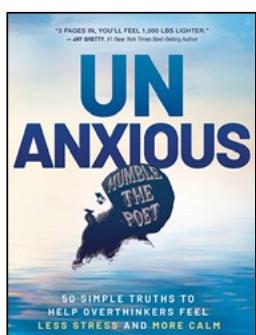
**Colin Sapire** is the founder and CEO of Beast Health, making the well-known Beast Blender.

[www.thebeast.com](http://www.thebeast.com)

# Unanxious

*50 Simple Truths to Help Overthinkers Feel Less Stress and More Calm*

**HUMBLE THE POET**



Now in paperback – for readers struggling with overwhelm, burnout and anxiety, this book shares practical tools, insightful stories, journal prompts and down-to-earth advice from international bestselling author Humble The Poet. *Unanxious* encourages readers to face their stressors and triggers head-on with research-backed techniques. Stories from the author's recent experiences of facing fears by pushing his own boundaries inspire and empower readers to stop numbing and avoiding and start embracing the discomfort so they can live the life they want to live.

*'Three pages in, you'll feel 1,000 lbs lighter.'*

Jay Shetty, #1 New York Times bestselling author

<b>PRICE</b>	£14.99
<b>ISBN</b>	9781837826179
<b>EBOOK ISBN</b>	9781401980078
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<b>RIGHTS</b>	World English Language
<b>PUBLICATION MONTH</b>	April

**Humble the Poet** (aka Kanwer Singh) is a Canadian-born artist, rapper, spoken-word poet, international bestselling author and former school teacher.

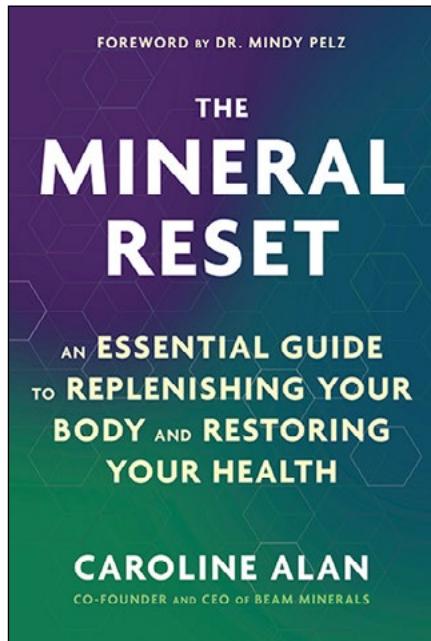
[www.humblethepoet.com](http://www.humblethepoet.com)

# The Mineral Reset

An Essential Guide to Replenishing Your Body and Restoring Your Health

CAROLINE ALAN

Photo Credit: Omar Mousa



Minerals are the building blocks and fuel for all cellular life – yet most people are unknowingly depleted, leading to struggles with weight, inflammation, sleep, brain fog, low energy and a general sense that something's missing. From Caroline Alan, co-founder and CEO of BEAM Minerals, *The Mineral Reset* is a clear, compelling guide to the importance of mineral replenishment for optimal health.

This book explores how minerals operate in the body, why modern lifestyles often leave us running on empty and how readers can easily and effectively replenish their body's mineral stores to function at their best. It's a true game changer for anyone experiencing chronic issues related to physical, mental, emotional or energetic health.

*The Mineral Reset* describes the human body as a holistic ecosystem made of cells, where minerals are a cornerstone of this cellular ecosystem's health. Told through stories, metaphors, visual descriptions and simple language, it demystifies a vital but often-overlooked pillar of wellbeing.

*Reconnect with the core fuel your body needs to truly thrive.*

PRICE	£15.99
ISBN	9781837826384
EBOOK ISBN	9781401999575
FORMAT	229 x 152mm, PB
RIGHTS	World
PUBLICATION MONTH	April

**Caroline Alan** is the co-founder and CEO of BEAM Minerals. Coming from a career in the corporate world, Caroline found herself struggling physically, mentally and energetically. During her journey back to health, Caroline encountered plant-based minerals. She has become devoted to educating people about the benefits of mineral replenishment and the specific efficacy of plant-based humic and fulvic substances.

[www.beamminerals.com](http://www.beamminerals.com)

# Rewired

*The Breakthrough Tapping Method to Reset Your Nervous System and Transform Your Life*

**NICK ORTNER, JESSICA ORTNER AND ALEX ORTNER**



The *New York Times* bestselling creators of *The Tapping Solution* present a revolutionary, science-backed path to emotional resilience and transformation. Nick, Jessica and Alex Ortner offer the answers readers need to rewire their brain, regulate their nervous system and overcome feeling emotionally overwhelmed. This transformative path to healing starts with the Emotional Freedom Techniques (EFT), or Tapping.

Using the latest neuroscience to explain why and how tapping works, the Ortner family help readers break free from survival mode, guiding them step by step through the process of emotional transformation. In this book, readers will find:

- a simple guide to tapping with illustrated tapping points and short scripts for instant relief
- compassionate acceptance of their feelings, which opens them up to positive change
- a unique combination of cognitive awareness and somatic stimulation that resets their nervous system
- practical strategies to reprogramme their triggers and face invasive emotions without stress or fear

*'Put away your skepticism; this really works. I have worked with Nick and had great results with tapping in my own life.'*

Dr Wayne W. Dyer

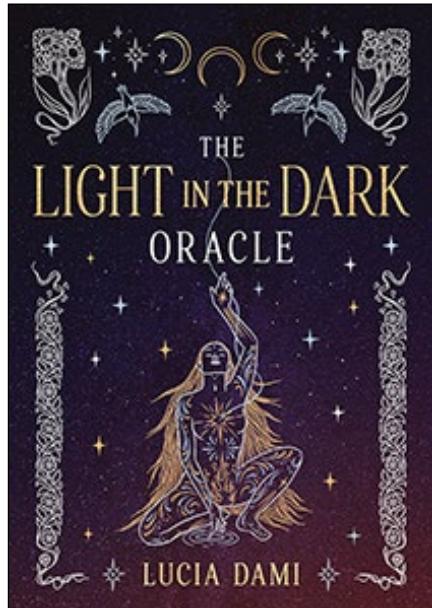
PRICE .....	£24.99
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EBOOK ISBN .....	<b>9798318602603</b>
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RIGHTS .....	<b>World</b>
PUBLICATION MONTH .....	<b>April</b>

**Nick Ortner, Jessica Ortner and Alex Ortner** founded *The Tapping Solution* in 2007 to provide people with the opportunity to release stress and find balance in their lives. During the next 15 years, *The Tapping Solution* became a worldwide phenomenon, with their *New York Times* bestselling books, app, masterclasses and annual Tapping World Summits reaching millions of people worldwide. [www.thetappingsolution.com](http://www.thetappingsolution.com)

# The Light in the Dark Oracle

A 44-Card Deck and Guidebook

**LUCIA DAMI**



Using the power of the divine feminine, *The Light in the Dark Oracle* takes readers on a journey of self-discovery and transformation. Each of this deck's four suits works to guide readers gently through nature's sacred cycles:

- Dawn cards embody the energy of new beginnings, fresh perspectives and untapped potential. They help the reader find courage to step towards their soul's path.
- Day cards represent the vibrant forces of creation, confidence and embodiment. They illuminate the reader's purpose and the actions they must take to bring their visions to life.
- Dusk cards embody the energy of soft surrender and deep knowing. They guide the reader to reflect, release what no longer serves them and find wisdom in their experiences.
- Night cards represent the realm of intuition, rest, mystery and unseen magic. They invite the reader to trust the unknown, listen to their inner voice and embrace the beauty of transformation.

*Journey through the energies of dawn, day, dusk and night to find clarity, reflect deeply and embrace transformation in every sacred phase of life.*



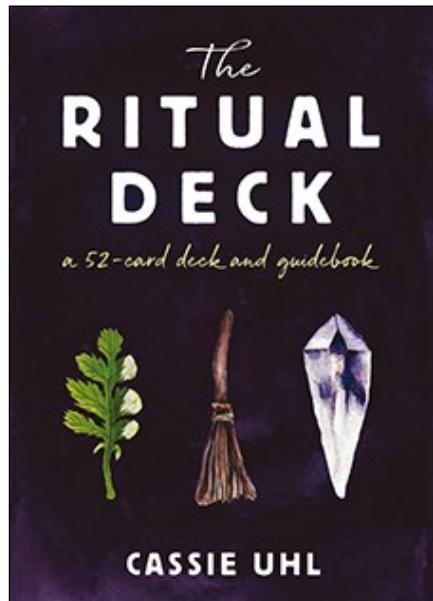
PRICE	£17.99
ISBN	9781837823161
FORMAT	Cards
RIGHTS	World
PUBLICATION MONTH	April

**Lucia Dami** is an artist and tarot creator who is passionate about the healing and transformative power of our inner worlds. Her work focuses on women and feminine empowerment, and she offers online tarot readings, as well as online and in-person workshops on connecting to the Feminine Archetypes. [www.luciadami.com](http://www.luciadami.com)

# The Ritual Deck

A 52-Card Deck and Guidebook

CASSIE UHL



Rituals can be sacred, but they can also be simple – and the transformative power of ritual is available to everyone. With this deck as a tool, readers will be able to craft their own personalized rituals to work for them and their lifestyle. *The Ritual Deck* allows readers to engage with a variety of spiritual symbols and tools, from crystals and candles to moon phases and sacred geometry. The cards can act as an energetic stand-in for these tools, helping readers to perform meaningful rituals without needing expensive or elaborate items.

As you work with *The Ritual Deck*, you'll deepen your connection to your intuition and the energies around you. Whether you're seeking guidance for a moon phase, chakra or element, the deck's intuitive flow helps you understand how to align with the energies that best support your needs. This deck is not just about divination; it's about turning inward, embodying the messages you receive and using rituals as tools for personal growth and empowerment.

*A hand-painted 52-card oracle deck that empowers you to connect with your intuition and create personalized rituals.*



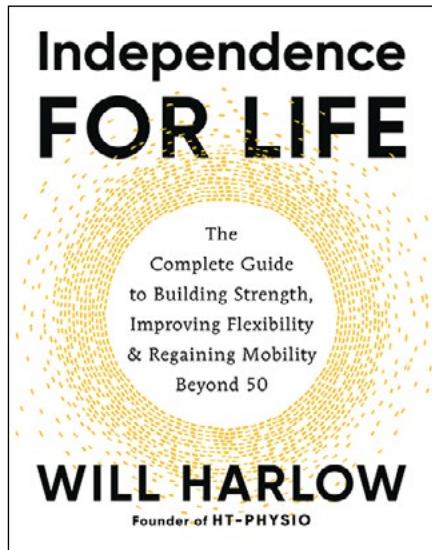
PRICE	£18.99
ISBN	9781401975265
FORMAT	Cards
RIGHTS	World
PUBLICATION MONTH	April

**Cassie Uhl** is a mother, artist, energy worker and rites of passage guide. She is the author and illustrator of seven books and two card decks. Her work is trauma-informed and rooted in earth-based, animist spiritual practices from her ancestral roots across Northern Europe and her local environment.  
[www.cassieuhl.com](http://www.cassieuhl.com)

# Independence for Life

*The Complete Guide to Building Strength and Regaining Mobility Beyond 50*

**WILL HARLOW**



From the creator of the 1.3 million-follower HT-Physio YouTube channel, *Independence for Life* is the ultimate guide for readers over 50 looking to increase their strength and mobility and get back to doing the things they love. In this comprehensive book, physiotherapist Will Harlow shares expert knowledge, easy-to-follow exercises and proven strategies to overcome the mobility challenges that we all face as we age.

Whether readers want to increase flexibility, manage a chronic condition or embrace a more active lifestyle, this guide provides the tools to move with ease and enjoy life to the fullest. Each chapter focuses on a key area of mobility, a case study from Will's clinic and practical exercises and targeted solutions to help readers:

- understand the causes of common issues
- build muscle strength for lifelong independence
- regain mobility and move with confidence
- restore balance and prevent falls
- maximize bone health to stay resilient
- relieve pain, reduce stiffness and improve range of motion

*'Will Harlow is a beautiful man with a big heart. He is a clear communicator with words of wisdom for us as we age.'*

Dr Mindy Pelz, bestselling author of *Fast Like a Girl*

PRICE	£18.99
ISBN	9781837824137
EBOOK ISBN	9781837824236
FORMAT	229 x 178mm, PB
RIGHTS	World
PUBLICATION MONTH	May

**Will Harlow** is an over-50s specialist physiotherapist, bestselling author and creator of the HT Physio YouTube channel, which has over 1.3 million subscribers. He worked in the NHS and professional sport before setting up his own practice. [www.willharlow.com](http://www.willharlow.com) and [www.youtube.com/@HT-Physio](https://www.youtube.com/@HT-Physio)

# Breaking Free

*Stop Following Expectations and Start Following Yourself*

**SPENCER WEST**



After losing both legs from the pelvis down at the age of five, social media star and motivational speaker Spencer West tackled challenge after challenge, learning to navigate a world set against those with disabilities. In this deeply personal and transformative guide, Spencer reveals how he stopped living by the expectations of others and instead embraced his true identity, passions and purpose.

Through powerful storytelling, unrelenting candor and relatable insights, *Breaking Free* shows readers how to banish self-imposed limitations, opinions and expectations and propel themselves into the life they were meant to live. Readers will learn how to:

- identify who they truly are, deep inside
- rediscover their passions and pursue them fearlessly
- understand the boundlessness of their own power
- embrace a commitment to living life on their own terms

*An inspirational guide showing you how to become the person you were meant to be all along.*

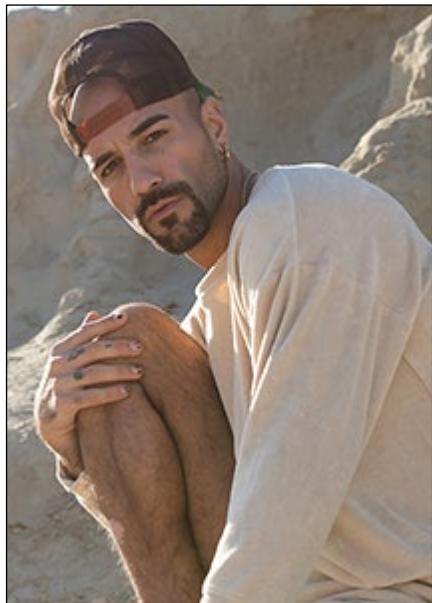
PRICE .....	£15.99
ISBN .....	9781837826254
EBOOK ISBN .....	9781401998714
FORMAT .....	216 x 135mm, PB
RIGHTS .....	World English Language
PUBLICATION MONTH .....	May

**Spencer West** is a successful global keynote speaker, content creator and activist. He is the author of *Standing Tall: My Journey* and is known for summiting Mount Kilimanjaro, opening for Demi Lovato's 2014 World Tour and starring in the documentary *Redefine Possible: The Story of Spencer West*, which debuted at the Toronto International Film Festival.  
[www.spencer2thewest.com](http://www.spencer2thewest.com)

# The Audacity Experiment

Confront Your Past. Break the Rules. Live Boldly.

**CHRIS CORSINI**



With a 'choose your own adventure' structure and QR codes leading to practical teaching videos, this hotly anticipated debut book from wildly popular spiritual teacher Chris Corsini invites readers on an interactive journey of personal transformation. Through rituals, energetic practices and spiritual and astrological insights, *The Audacity Experiment* will empower readers to step into their present self, rather than chasing a future version of themselves. Readers will:

- learn to use shadow work, movement practices, cord-cutting and energetic clearing to grieve past identities, address external influences and break free from old programming
- embark on a journey of inner work and energetic alignment to build personal power and self-trust without needing external validation
- discover how to work with energetic fields, plant heart-centred intentions and activate intentional action, allowing them to actualize a new way of being and open the doors to abundance, spiritual purpose and lasting joy

*Embody your fullest expression by shedding societal conditioning, releasing past identities and embracing self-trust and creation.*

PRICE .....	£16.99
ISBN .....	9781837825943
EBOOK ISBN .....	9781837825950
FORMAT .....	210 x 150mm, PPC
RIGHTS .....	World
PUBLICATION MONTH .....	May

**Chris Corsini** is a psychic and intuitive energy and tarot card reader who provides wildly popular energy, astrology and moon cycle-based horoscopes, workshops and other online events. He has a growing following of over 850K people across his social media platforms who are enthusiastic about his unique approach to spirituality and wellness.  
[www.chriscorsini.com](http://www.chriscorsini.com)

# The Greater Game

DAN SULLIVAN AND JOHN BOWEN



This bold and visionary guide delivers a 25-year strategic roadmap for rising entrepreneurs to achieve exponential success, freedom and legacy. Grounded in real-time research and over 40 years of experience coaching industry-defining leaders, Dan Sullivan and John Bowen introduce the 10 Greater Measurements Framework™ and Entrepreneurial Dashboard™ – practical tools to help readers not just set goals but multiply their market impact 100x and beyond.

This book isn't theory – it's a field-tested system designed to turn today's achievements into compounding growth engines. Whether readers are ultra-high-net-worth entrepreneurs or high performers on the rise, this book empowers them to measure what truly matters, build an empire of value and architect a legacy that lasts.

With proprietary insights from Strategic Coach® and CEG Insights, this book is the reader's personalized blueprint for becoming a market maker and redefining what's possible over the next quarter century.

*'Dan Sullivan is the ultimate coach for entrepreneurs. I've been learning from him for over 20 years!'*

David Bach, *New York Times* bestselling author of *The Automatic Millionaire*

PRICE .....	£21.99
FORMAT .....	229 x 152mm, HB
RIGHTS .....	World
PUBLICATION MONTH .....	May

**Dan Sullivan** is the co-founder and President of Strategic Coach®, the world-leading entrepreneurial coaching programme. He has spent the past five decades empowering business owners to reach their full potential in both their professional and personal lives.  
[www.strategiccoach.com](http://www.strategiccoach.com)

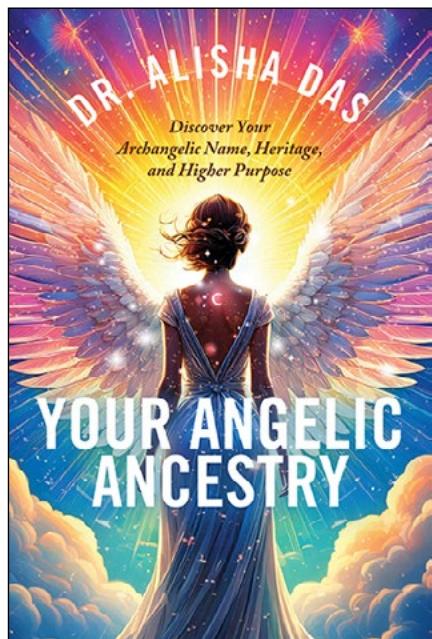
**John Bowen** is the CEO of CEG Insights and CEG Worldwide. He is a visionary leader with a proven track record of success in the financial services industry.

[www.ceginsights.com](http://www.ceginsights.com)

# Your Angelic Ancestry

*Discover Your Archangelic Name, Heritage and Higher Purpose*

**DR ALISHA DAS**



Angel expert Alisha Das helps readers to discover their own archangelic nature, name and soul purpose, align their life choices with their life's sacred intention and receive assistance from the great archangels.

In this book, readers will begin to understand the esoteric evolution of the angelic, archangelic and human realms. They'll marvel at the astrological and metaphysical convergences that make angelic remembrance possible and timely as we enter the Aquarian age. And in addition to remembering their Archangelic name, parentage and progeny, readers will connect to the great archangels.

This book will accelerate the reader's spiritual progression through merging archangelic traits of surrender and Divine remembrance with our human attributes of free choice and co-creatorship. As Alisha writes, 'Once roused, our archangelic ancestry and purpose becomes a North Star by which our life is guided so that we may soar.'

*Discover your Archangelic heritage and how to use it for a more fulfilling existence.*

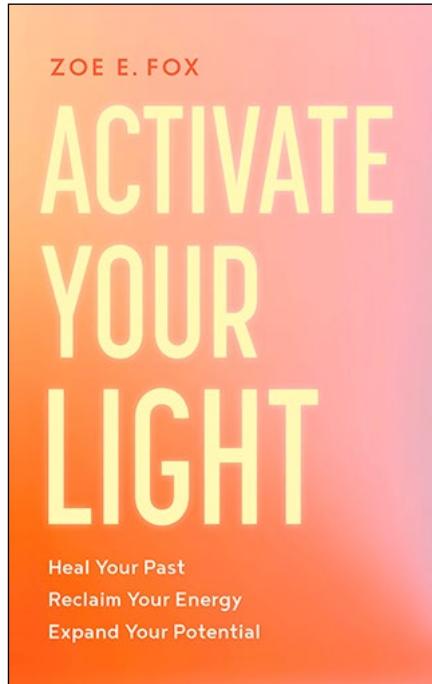
PRICE .....	£14.99
ISBN .....	<b>9781837823505</b>
EBOOK ISBN .....	<b>9781401979980</b>
FORMAT .....	<b>216 x 135mm, PB</b>
RIGHTS .....	<b>World</b>
PUBLICATION MONTH .....	<b>May</b>

**Dr Alisha Das** is one of the world's experts on angels and is known for her rare gift of speaking the angelic language. She has facilitated more than 200 spiritual workshops over three decades and hosts *Live Your Life: The Alisha Das Radio Show*. She holds a doctorate in spiritual science, and two Master's degrees in psychology and ministerial counselling.  
[www.alishadas.com](http://www.alishadas.com)

# Activate Your Light

*Heal Your Past, Reclaim Your Energy, Expand Your Potential*

**ZOE E. FOX**



*Activate Your Light* is a transformative guide to mastering your energy – created to help readers navigate life's challenges, consciously co-create with a magnetic universe and build a future that honours the radiant truth of who they are. Written by energy healer and intuitive teacher Zoe E. Fox, this book is rooted in deep personal experience and spiritual insight. *Activate Your Light* empowers readers to clear energetic blocks, rise beyond limiting beliefs and expand into the next level of their soul's potential. Through energy work, channelled activations and soul-nourishing rituals, readers will deepen their self-awareness, release stagnant energy from the past and cultivate more authentic, heart-centred connections with themselves and others.

As readers illuminate their essence and unlock the fullness of their being, they'll awaken heightened intuition, strengthen their energetic boundaries and access a profound sense of inner peace and higher consciousness. They will align with their soul's unique frequency and embody a magnetic presence that reflects their true path.

*Clear past wounds, activate your soul's power and embrace your multidimensional glow-up.*

PRICE .....	£14.99
ISBN .....	<b>9781837824601</b>
EBOOK ISBN .....	<b>9781837824632</b>
FORMAT .....	<b>216 x 135mm, PB</b>
RIGHTS .....	<b>World</b>
PUBLICATION MONTH .....	<b>May</b>

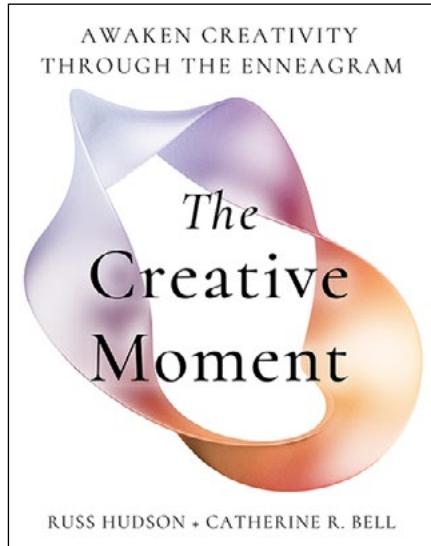
**Zoe E. Fox** is a healing guide, intuitive and author. She runs heart-led healing workshops and is passionate about helping women release the weight of the past and reconnect with their soul's potential.

[www.zoefox.co.uk](http://www.zoefox.co.uk)

# The Creative Moment

*Awaken Creativity Through the Enneagram*

**RUSS HUDSON AND CATHERINE BELL**



The Enneagram's nine points represent a range of energies that all exist in each of us, informing the way we move through the world and what we create with our lives. In this transformative book, iconic teacher Russ Hudson – one of the co-creators of the Enneagram – teams up with Catherine R. Bell, an expert in organizational culture and team dynamics, to show readers how to access all nine points of the Enneagram to unlock their full potential and take their innate creative powers to the next level. Readers will discover:

- the energetic characteristics and creative essences of the nine Enneagram points – and which energy is most present in them
- the lessons each point offers for the creative process, as well as its deeper wisdom for personal and spiritual growth
- practical techniques to bring each energy into balance and build healthy collaborative relationships
- the magic that happens when all nine points are ignited, opening up vast possibilities to create and problem solve

*Access all 9 energies of the Enneagram and tap into your own creativity like never before.*

PRICE .....	<b>£16.99</b>
ISBN .....	<b>9781837824854</b>
EBOOK ISBN .....	<b>9781401997236</b>
FORMAT .....	<b>229 x 178mm, PB</b>
RIGHTS .....	<b>World</b>
PUBLICATION MONTH .....	<b>May</b>

**Russ Hudson** is one of the world's top teachers and developers of the Enneagram. He is the co-founder of the Enneagram Institute and a founding director of the International Enneagram Association.

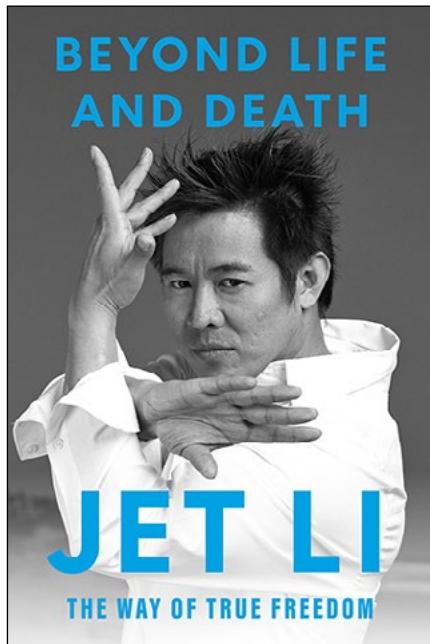
[www.russhudson.com](http://www.russhudson.com)

**Catherine R. Bell** is a successful entrepreneur, business leader and award-winning author of *The Awakened Company*.  
[www.catherinerbell.com](http://www.catherinerbell.com)

# Beyond Life and Death

*The Way of True Freedom*

**JET LI**



In *Beyond Life and Death*, internationally renowned martial artist, film star and director Jet Li shares the ten core lessons that have shaped his extraordinary journey, each rooted in personal stories, ancient wisdom and his 30 years of Buddhist practice. With intimate reflections never shared before, Jet offers readers a path to finding their 'hero within' – through perseverance, spiritual awakening and compassion.

Drawing from his rise from childhood poverty in Beijing to becoming China's national wushu champion at the age of 12, to his global movie superstardom in films, Jet reveals how martial arts, Taoism and Buddhism helped him find his purpose beyond fame and fortune.

For the first time, Jet publicly illuminates the spiritual and philosophical codes behind his cinematic legacy, using vivid storytelling and deeply reflective insight to guide others on their own inner path to strength and peace.

*Ten powerful and actionable lessons from international film star and director Jet Li.*

PRICE .....	£14.99
ISBN .....	9781837826735
EBOOK ISBN .....	9781837826834
FORMAT .....	229 x 152mm, PB
RIGHTS .....	BCW Open
PUBLICATION MONTH .....	May

**Jet Li** is an internationally renowned martial artist, actor and director. Beyond the screen, he is a dedicated spiritual seeker and philanthropist. He has studied Buddhism for over 30 years and committed his life to inner peace, compassion and personal transformation.

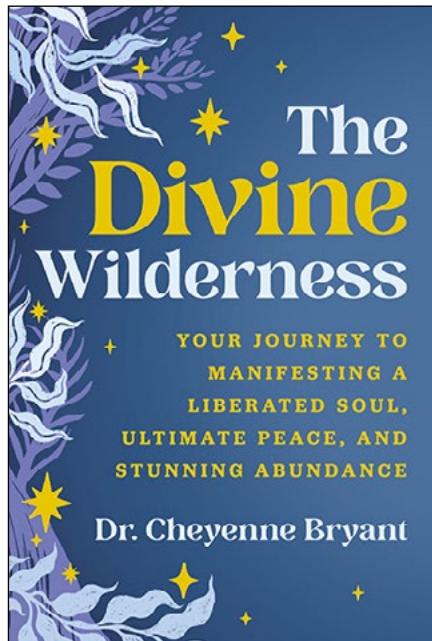
@jetli

\*The jacket for this title is not final and is subject to change.

# The Divine Wilderness

*Your Journey to Manifesting a Liberated Soul, Ultimate Peace and Stunning Abundance*

**DR CHEYENNE BRYANT**



Drawing from a decade of experience working with elite clients, from celebrities and athletes to CEOs and pastors, this book distils Dr Cheyenne Bryant's unique, psychology-integrated coaching method and offers readers a powerful alternative to traditional therapy – fast, effective and rooted in both science and spirit.

Inspired by the biblical story of Moses, this book reframes the challenging in-between moments of life as sacred territory for transformation. It's not the Promised Land, but the wilderness – where discomfort meets divine growth – that shapes who we become.

With practical tools, strategies and real-life insights, this book is the reader's guide to navigating that wilderness with courage, clarity and grace. Whether they're just starting out or already living your dream, *The Divine Wilderness* will help readers sustain success, find lasting peace and manifest the life they were meant to live.

*A transformational blend of psychology, life coaching and spiritual insight to heal past wounds, navigate life's toughest seasons and manifest lasting success.*

PRICE .....	£14.99
ISBN .....	9781837826247
EBOOK ISBN .....	9781401998837
FORMAT .....	229 x 152mm, PB
RIGHTS .....	World English Language
PUBLICATION MONTH .....	May

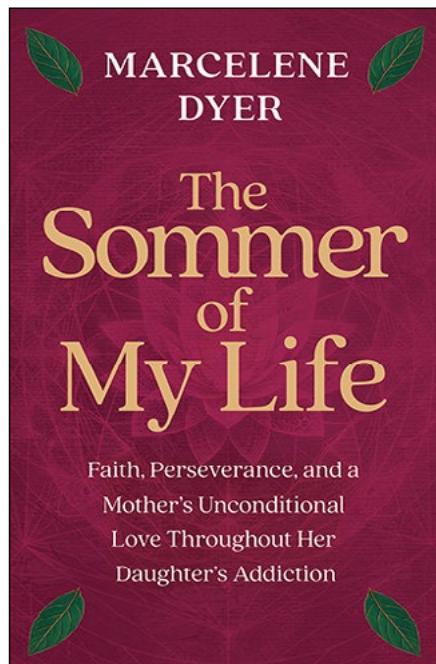
**Dr Cheyenne Bryant** is a life coach, Doctor of Psychology and spiritual mentor dedicated to helping individuals break free from limitations and unlock their full potential. With years of experience guiding people through life's challenges, she blends psychological expertise with a deep belief in the Law of Attraction and the mind's ability to reshape reality.  
[www.drbryant.co](http://www.drbryant.co)

\*The jacket for this title is not final and is subject to change.

# The Sommer of My Life

*Faith, Perseverance and a Mother's Unconditional Love Throughout Her Daughter's Addiction*

**MARCELENE DYER**



*The Sommer of My Life* is a deeply moving memoir by Marcelene Dyer, exploring love, loss and healing. As wife to spiritual teacher Wayne Dyer and mother of seven, Marcelene shares her family's journey through the heartbreak of her daughter Sommer's opioid addiction and untimely passing aged 38.

During this profoundly challenging time, Marcelene found solace through prayer, meditation and moments of silent reflection. Guided by her faith and with a little help from ayahuasca, she came to understand that life is measured not by one's actions but by the depth of love we share.

This book speaks especially to parents and loved ones of addicts, providing comfort and relatability, as well as a unique take on addiction. Marcelene offers an intimate look at her embodiment of love and how it has shaped her path – challenging conventional expectations and recognizing love as life's greatest purpose.

*A testament to faith, healing and the enduring power of connection.*

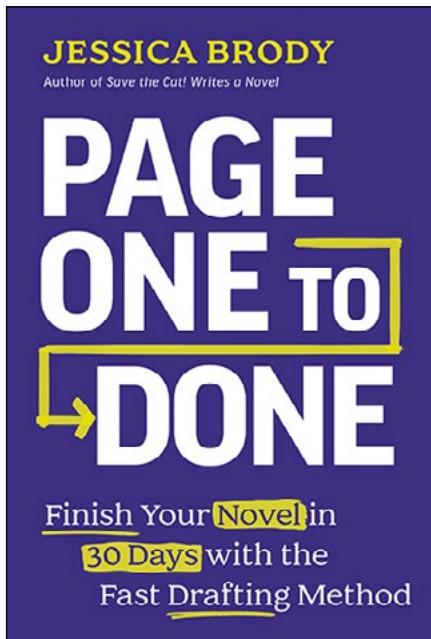
PRICE .....	£14.99
ISBN .....	<b>9781837826261</b>
EBOOK ISBN .....	<b>9781401998790</b>
FORMAT .....	<b>216 x 135mm, PB</b>
RIGHTS .....	<b>World</b>
PUBLICATION MONTH .....	<b>May</b>

**Marcelene Dyer** is a mother of seven and grandmother of 18. She has dedicated her life to raising her children with unconditional love, holding her faith closely throughout her lifetime. Prayer and meditation have helped her navigate the complexities of life, and her faith has taught her that life is measured through love.  
**@marcelenedyer**

# Page One to Done

Finish Your Novel in 30 Days with the Fast Drafting Method

**JESSICA BRODY**



For writers who are trapped in an endless cycle of rewrites, self-doubt and perfectionism, enter fast drafting: a fool-proof method for getting their book out of their head and onto the page. Based on her popular course, Jessica Brody, bestselling author of *Save the Cat! Writes a Novel*, will guide readers through the process of getting through a first draft as quickly (and messily) as possible so they can discover their story faster and get to the revision process with clarity. Jessica infuses the key elements of persistent forward momentum and invisible revising into her three-phase approach:

- Mindset: Overcome perfectionism and self-doubt.
- Preparation: Flesh out the details of your story.
- Drafting: Put everything together and write your first draft in the quickest way possible.

Within 30 days, readers will gain the mental space and freedom to easily and more joyfully finish every project they start.

*Finish the first draft of your novel with a method designed to bring efficiency, speed and joy to the process.*

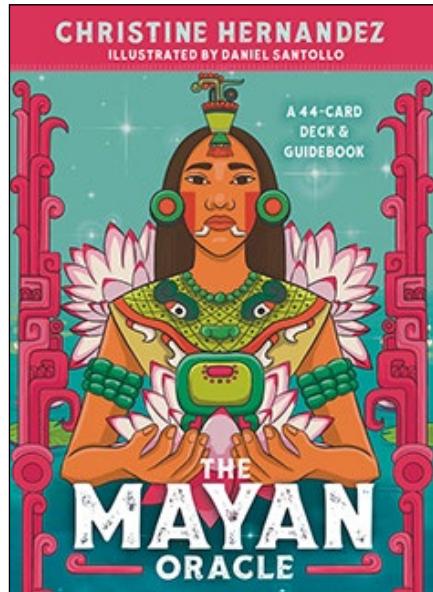
PRICE	£15.99
ISBN	9781837826148
EBOOK ISBN	9781401998431
FORMAT	229 x 152mm, PB
RIGHTS	World
PUBLICATION MONTH	May

**Jessica Brody** is the bestselling author of the popular novel-writing guides *Save the Cat! Writes a Novel* and *Save the Cat! Writes a Young Adult Novel* and the founder of the online Writing Mastery Academy. She has also written over 20 novels. Jessica's books have been translated and published in over 20 languages, and several have been optioned for film and television.  
[www.jessicabrody.com](http://www.jessicabrody.com)

# The Mayan Oracle

A 47-Card Deck & Guidebook

CHRISTINE HERNANDEZ



A 44-card deck that reveals the mysteries of the Mayan Calendar, giving readers insight and access to the wisdom of ancient Maya ancestors. Born from Mayan spirituality and guided by the wisdom of the Chol Q'ij, the Mayan Sacred Calendar, *The Mayan Oracle* serves as a bridge to connect with the guidance of the ancestors.

As a cacao practitioner and Mayan Spiritual Guide initiate with lineages from Guatemala and Mexico, Christine Olivia Hernandez demystifies the complexities of the Mayan calendar and introduces cards on Mayan Deities, like Hunab Ku (The One God) and aspects of Mayan culture, like Quetzal (God of Air), Copal and Jade.

The deck also doubles as a practical tool for daily use as a Mayan Calendar. In the Mayan cosmo-vision, each day consists of a Nahual and corresponding number, and so does each card. Whether for divination or self-discovery, this deck brings the profound insights of the Maya to life.

*'Hernandez has walked the walk, and she's done the work.'*

Luis J. Rodriguez, author of  
*From Our Land to Our Land*



PRICE	£17.99
ISBN	9781401976118
FORMAT	Cards
RIGHTS	World
PUBLICATION MONTH	May

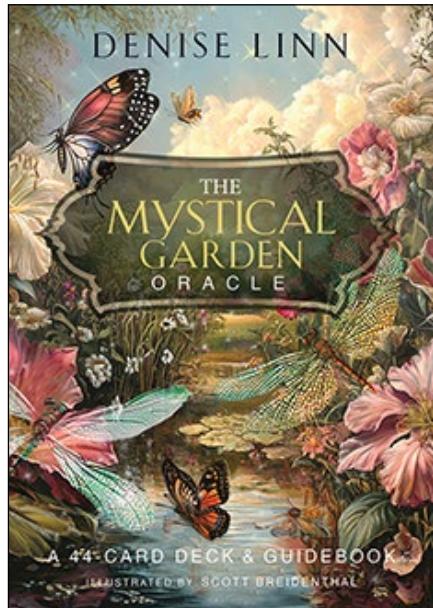
**Christine Hernandez** is an author and cacao ceremonialist. She promotes the power of cacao through her programmes and the Maltyox (Gratitude) Method. Christine has directly supported the creation and development of Indigenous cacao farms and women's collectives in Guatemala, where her father immigrated from.

[www.iamchristineolivia.com](http://www.iamchristineolivia.com)

# The Mystical Garden Oracle

A 44-Card Deck & Guidebook

**DENISE LINN**



This gorgeous deck is a portal to a luminescent realm beyond ordinary time and space, where dreams come true and inner blockages and challenges dissolve. It's a place where the reader can gain answers to long-sought questions, travel on ancient pathways into the depths of their own being and gain a deeper understanding of this world and beyond. As they explore this exquisite deck, readers will encounter:

- mystical creatures and beings, including water pixies, griffins, centaurs, tree spirits, flower fairies, trolls, angels, spirit guides and the Mystic Gardener
- garden features and spaces with special meaning, including an area of Tilled Soil for planting your dreams; a Garden of Remembrance for honouring or burying the past; and Fallow Ground for receiving messages of patience
- guided audio and video meditations to accompany each card, with 'touch points' on the cards to activate a powerful frequency boost

*'I've known Denise for a long time and have a deep respect her wisdom. She teaches from the heart.'*

Colette Baron-Reid, bestselling author of *The Map*



PRICE	£18.99
ISBN	9781401998233
FORMAT	Cards
RIGHTS	World
PUBLICATION MONTH	May

**Denise Linn** is an internationally renowned teacher in the field of self-development. She has written 20 books, which are available in 29 languages, including the bestseller *Sacred Space* and the award-winning *Feng Shui for the Soul*. Denise has appeared in numerous documentaries and television shows worldwide and has been a featured guest on Oprah, Lifetime, Discovery Channel, BBC TV, NBC and CBS.

[www.deniselinn.com](http://www.deniselinn.com)

# Your Soul Had a Dream, Your Life Is It

*How to Be Held by Life When It Feels Like Everything Is Falling Apart*

**REBECCA CAMPBELL**



Now in paperback, *Your Soul Had a Dream, Your Life Is It* is a reassuring guide for readers navigating dark nights of the soul. Bestselling author Rebecca Campbell explains that the darkness is not the end: it's also the beginning.

Rebecca shares her journey of learning, from her personal struggles, to healing and reconnecting with the Spirit of Life. This book will support readers who want to:

- be supported with their current struggles
- embrace life's great cycles and initiatory gateways
- understand that healing is always happening
- receive ancestral healing
- be held and supported by the unseen world of spirit
- return to the Mystery School of nature
- embrace the 'Way of the Mystic' and walk their own sacred path.

Rebecca will help readers find the courage to surrender who they once were and create the space for the person they are becoming.

*'Rebecca Campbell is a modern-day High Priestess led by the Divine. I've never in my life met anyone who shines like she does.'*

Kyle Gray

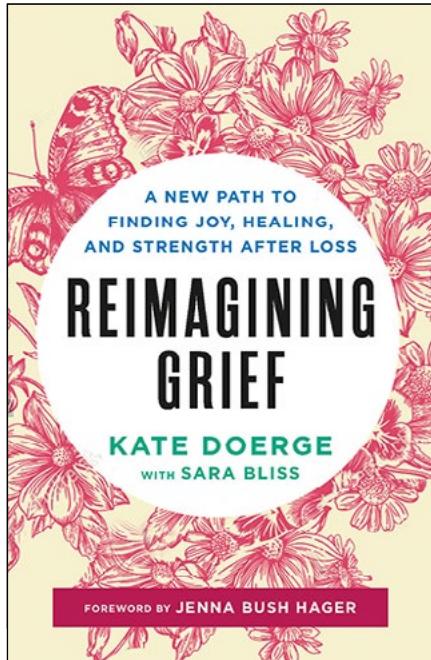
PRICE .....	£14.99
ISBN .....	<b>9781837827411</b>
EBOOK ISBN .....	<b>9781788175456</b>
FORMAT .....	<b>210 x 150mm, PB</b>
RIGHTS .....	<b>World</b>
PUBLICATION MONTH .....	<b>June</b>

**Rebecca Campbell** is a bestselling author, mystic, ritualist and devotional artist who leads activating workshops internationally, giving people an experience of their soul. She is the founder of The Inner Temple Mystery Training School and her creations are dedicated to weaving the sacred back into everyday life.  
[www.rebeccacacampbell.me](http://www.rebeccacacampbell.me)

# Reimagining Grief

*A New Path to Finding Healing, Strength and Joy after Loss*

**KATE DOERGE**



When Kate Doerge lost her 16-year-old daughter Penny after a lifelong battle with a rare genetic disorder called neurofibromatosis, every grief book felt like another weight dragging her down when all she wanted was a way to find hope and purpose again. Black dresses and serious ceremonies felt so at odds with the loving lives that they were meant to honour, especially Penny, who was such a bright light in her brief time on Earth. *Reimagining Grief* reframes the traditional five stages of grief with Kate's positive and more nuanced experiences and actions that she chose on her own journey through mourning:

- Connection
- Emotion
- Celebration
- Acceptance
- Purpose

Filled with personal stories and compassionate, loving encouragement for readers, Kate sheds light on a new path through grief for people looking for practical ways to move forward out of the darkness.

*A healing-centered guide that reimagines the stages of grief and focuses on the importance of choosing joy in the midst of darkness.*

PRICE	£14.99
ISBN	9781837826742
EBOOK ISBN	9798318601835
FORMAT	216 x 135mm, PB
RIGHTS	World
PUBLICATION MONTH	June

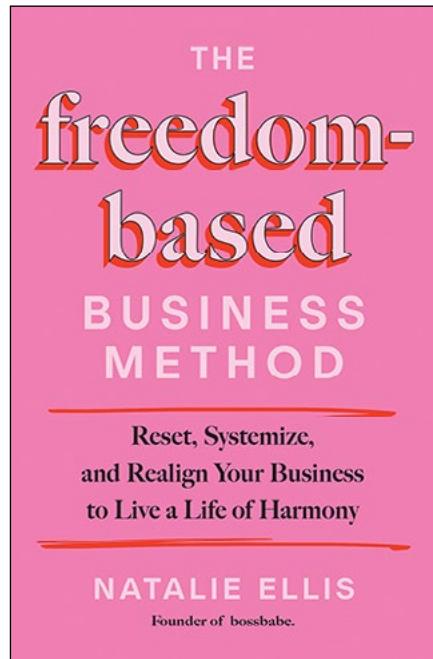
**Kate Doerge** is a motivational speaker, author and brand strategist. Her mission is to inspire others to live with joy, connect powerfully and lead with purpose. Kate is the co-founder of the nonprofit Penny's Flight Foundation. [www.katedoerge.com](http://www.katedoerge.com)

\*The jacket for this title is not final and is subject to change.

# The Freedom-Based Business Method

*Reset, Systemize and Realign Your Business to Live a Life of Harmony*

**NATALIE ELLIS**



Natalie Ellis, CEO of BossBabe and host of the top-rated *BossBabe* podcast, introduces a powerful operating system for building a scalable business that aligns with your values. In this clear step-by-step guide for running a successful business, Natalie will show readers how to:

- use her signature Alignment Audit to figure out what their big vision is and where to spend more (or less) of their time
- build a sales engine that will effortlessly bring in predictable revenue to fuel their entire business
- plug in to the Audience Growth System to grow and nurture an engaged community
- successfully delegate and achieve their desired work-life balance

Whether readers are starting from scratch or looking to break free from burnout, *The Freedom-Based Business Method* will guide them to create a thriving business so they can achieve financial fulfilment and live life on their own terms.

*'Natalie is truly a powerhouse in helping women move forward in their businesses.'*

Lori Harder, bestselling author and host of the *Earn Your Happy* podcast

PRICE .....	£22.99
ISBN .....	9781401997373
EBOOK ISBN .....	9781401997380
FORMAT .....	216 x 135mm, HB
RIGHTS .....	World
PUBLICATION MONTH .....	June

**Natalie Ellis** is the founder and CEO of Bossbabe and the co-founder of Glöci. She is the host of the chart-topping *Bossbabe* podcast and an angel investor in a portfolio of female-owned brands. Natalie has an online audience of over 5 million people. [www.natalie-ellis.com](http://www.natalie-ellis.com) and [www.bossbabe.com](http://www.bossbabe.com)

# The Courage to Choose Yourself

*Transforming Life's Transitions into Your Greatest Growth*

**MIMI IKONN**



A soulful, practical guide to intentional living from Mimi Ikonn – entrepreneur and co-founder of the global wellness brand Intelligent Change – inviting readers to stop performing, start aligning and consciously choose themselves. Drawing on her years of sharing personal growth tools and emotional intelligence habits with her worldwide community, Mimi explores how we navigate the real work of transformation: the identity shifts, the quiet discomfort of change and the courage it takes to honour what no longer fits. Through grounded insights and accessible tools, readers will learn how to:

- build self-trust and emotional awareness
- break free from default living and reconnect with their inner truth
- honour the callings of their heart, even when change feels messy
- redefine their personal vision of success in a way that feels expansive and true
- create space for joy, boundaries and purpose-led routines
- gain the clarity and courage to reroute or even begin again – this time, as their whole self

*A powerful guide to remembering who you are – and designing a life that honours that truth.*

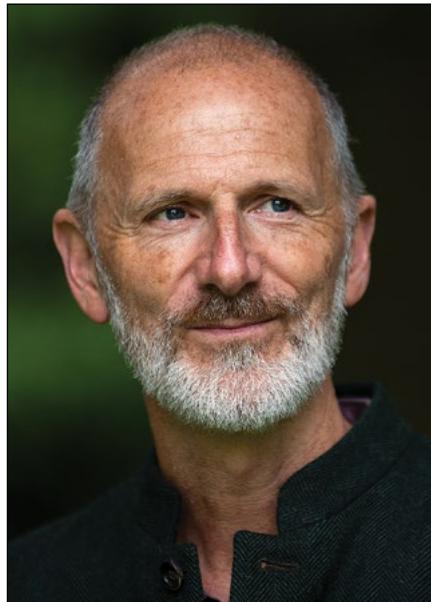
<b>PRICE</b>	£16.99
<b>ISBN</b>	9781837826544
<b>EBOOK ISBN</b>	9781837826599
<b>FORMAT</b>	198 x 135mm, PPC
<b>RIGHTS</b>	World
<b>PUBLICATION MONTH</b>	June

**Mimi Ikonn** is an influencer and serial entrepreneur with a following of over 2 million people across social media platforms. In 2018, she co-founded Intelligent Change, the global wellness brand that pioneered the mindfulness journal movement with *The Five-Minute Journal*, which has sold millions of copies worldwide. [www.intelligentchange.com](http://www.intelligentchange.com)

# Contemplation

*How to Expand Time, Transform Your Emotions and Unleash Your Natural Brilliance*

**RICHARD RUDD**



Drawing on timeless wisdom but writing for today's challenges, Gene Keys founder Richard Rudd shares a practical, transformative approach to contemplative living and shows readers how to slow down, gain perspective and reconnect with what really matters. In this book, readers will discover:

- a three-step process to turn contemplation into transformation: pause the mental noise, pivot emotional patterns and merge presence with action
- how to exercise contemplation every day – no special tools, setting or belief system required
- ways to make wiser decisions, deepen relationships and feel more emotionally centered
- how contemplation can unlock their creativity and calm

In a world overloaded with information and urgency, this book offers something rare: a clear path back to yourself. Whether readers are feeling burnt out, disconnected or simply ready to live more intentionally, this book provides an easy way to shift from reaction to reflection – and bring more meaning to the everyday.

*A radically simple three-step guide to building self-awareness, rewiring emotional habits and living with greater intention.*

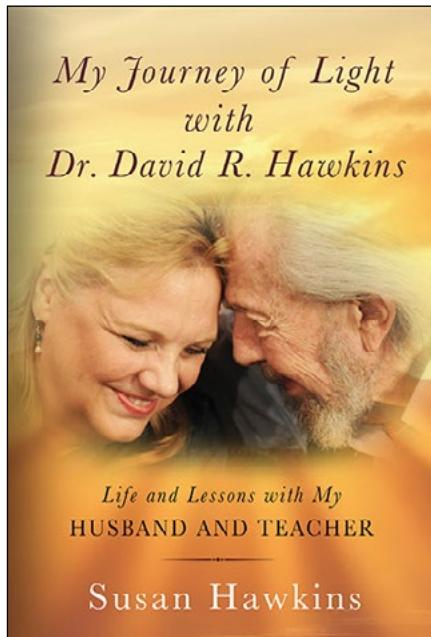
<b>PRICE</b>	£16.99
<b>ISBN</b>	<b>9781837826865</b>
<b>EBOOK ISBN</b>	<b>9781837826896</b>
<b>FORMAT</b>	<b>198 x 129mm, PPC</b>
<b>RIGHTS</b>	<b>World</b>
<b>PUBLICATION MONTH</b>	<b>June</b>

**Richard Rudd** is a visionary teacher, award-winning poet and the founder of Gene Keys – an acclaimed system of personal transformation that blends ancient wisdom with modern insight. Richard's teachings have inspired a global community and continue to guide people toward deeper self-awareness. In 2019 and 2025 Richard was named on the Watkins list of *The 100 Most Spiritually Influential Living People*.  
[www.genekes.com](http://www.genekes.com)

# My Journey of Light With Dr David R. Hawkins

*Life and Lessons with My Husband and Teacher*

**SUSAN HAWKINS**



In this inspiring and intimate memoir, Susan Hawkins offers a rare behind-the-scenes look at life with her beloved husband and spiritual teacher, Dr David R. Hawkins. As his closest collaborator, confidante and constant companion, Susan shares a heartfelt and humorous account of their journey together – at home, on the road and on the spiritual path they walked side by side.

Through a rich tapestry of personal stories, insightful reflections and candid observations, Susan paints a portrait of a man revered by many, yet deeply human and profoundly loving in everyday life. With refreshing authenticity and warmth, Susan invites readers into their world – not just the teachings and public appearances, but also the private moments of laughter, learning and unconditional love.

Whether readers are familiar with Dr Hawkins' work or discovering it through Susan's eyes, this book offers a moving tribute to a remarkable partnership and a powerful reminder of the transformative power of love and truth.

*An authentic portrait of love, partnership and spiritual truth.*

PRICE .....	£13.99
ISBN .....	<b>9781837826681</b>
EBOOK ISBN .....	<b>9798318601415</b>
FORMAT .....	<b>216 x 135mm, PB</b>
RIGHTS .....	<b>World English Language</b>
PUBLICATION MONTH .....	<b>June</b>

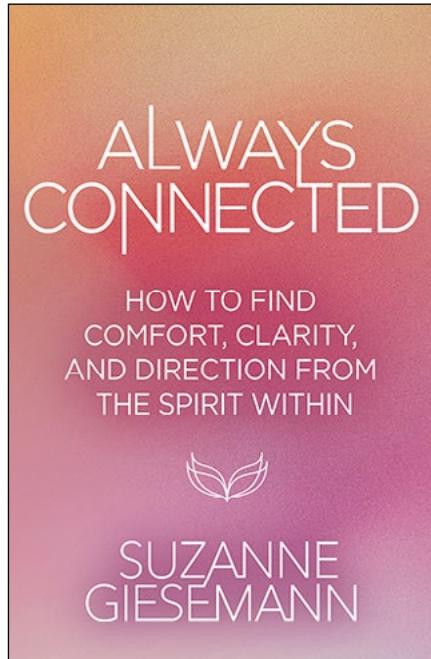
**Dr David R. Hawkins** (1927–2012) was renowned as a pioneering researcher in the field of consciousness as well as an author, lecturer, clinician, physician and scientist. His wife **Susan Hawkins** is the president of The Institute of Spiritual Research and now promotes his life-changing work worldwide. [www.veritaspub.com](http://www.veritaspub.com)

\*The jacket for this title is not final and is subject to change.

# Always Connected

*How to Find Comfort, Clarity and Direction from the Spirit Within*

**SUZANNE GIESEMANN**



For open-hearted seekers, those grieving a loss, spiritual explorers or anyone ready to move beyond old belief systems, this transformative guide blends personal experience, spiritual wisdom and channelled teachings to help readers connect directly with higher consciousness and navigate life with clarity and purpose.

In *Always Connected*, Suzanne Giesemann – former US Navy commander turned spiritual teacher and evidential medium – bridges practical spirituality, heart-centered wisdom and cutting-edge consciousness studies, making mystical experiences both accessible and grounded. She guides readers to a life of greater peace, connection and meaning through learning to communicate with spirit for divine insight and guidance.

Integrating science and the sacred, Part I shares personal stories and foundational teachings to help readers trust and access their inner guidance. Part II offers spiritual insights on universal challenges such as grief, anger, forgiveness, regret and self-worth, alongside practical invitations for readers to connect directly with Spirit themselves.

*'Suzanne's vision, wisdom and love chart a clear path into a luminous future for us all.'*

Stephen Dinan, CEO of The Shift Network

PRICE .....	£14.99
ISBN .....	<b>9781837826636</b>
EBOOK ISBN .....	<b>9798318601354</b>
FORMAT .....	<b>216 x 135mm, PB</b>
RIGHTS .....	<b>World</b>
PUBLICATION MONTH .....	<b>June</b>

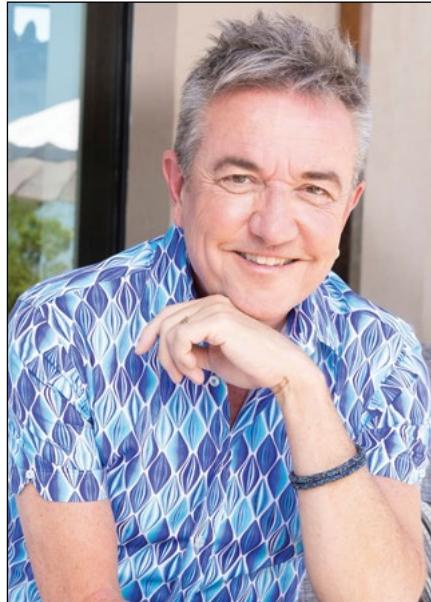
**Suzanne Giesemann** is a bestselling author and spiritual teacher recognized on Watkins' list of the *100 Most Spiritually Influential Living People*. She was honoured with the prestigious 2024 Humanity's Team Spiritual Leadership Award, which has only been given 11 times since 2006. She is a former Navy Commander with a master's degree in National Security Affairs. [www.suzannegiesemann.com](http://www.suzannegiesemann.com)

# Dear Angels, It's Me Again

*Prayers for Real Life—from Lost Keys to Miracles and Everything in Between*

**RADLEIGH VALENTINE AND HEATHER HILDEBRAND**

Photo Credit: Kristin Klier



More than just a collection of angelic prayers, this inclusive, magical devotional draws on the power of tradition while empowering readers to break free from their spiritual ruts. This book is a reminder of the everyday miracles and blessings that await you – if you only remember to ask and receive them.

In this book, internationally bestselling author Radleigh Valentine and noted angel intuitive Heather Hildebrand cover a range of relatable topics and bring gentleness, warmth, humour and deep spiritual wisdom to every page. The morning prayer helps readers set intentions for the day ahead, such as manifesting guidance, courage, healing, clarity or joy. The evening prayer brings closure, reflection and gratitude – helping readers integrate what they've experienced, trust the journey and rest in angelic peace. Each prayer is also paired with a set of reflection prompts to help readers personalise their dialogue with the angels and craft their own prayers using Radleigh and Heather's carefully curated phrases, invocations and closings.

*Break free from your spiritual comfort zone and claim the divine help and everyday blessings meant for you.*

PRICE .....	£14.99
ISBN .....	<b>9781837827053</b>
EBOOK ISBN .....	<b>9798318602498</b>
FORMAT .....	<b>216 x 135mm, PB</b>
RIGHTS .....	<b>World</b>
PUBLICATION MONTH .....	<b>June</b>

**Radleigh Valentine** is a bestselling author, internationally renowned speaker, spiritual intuitive and radio host. He has travelled the globe sharing his expertise about how we can work with the angels.

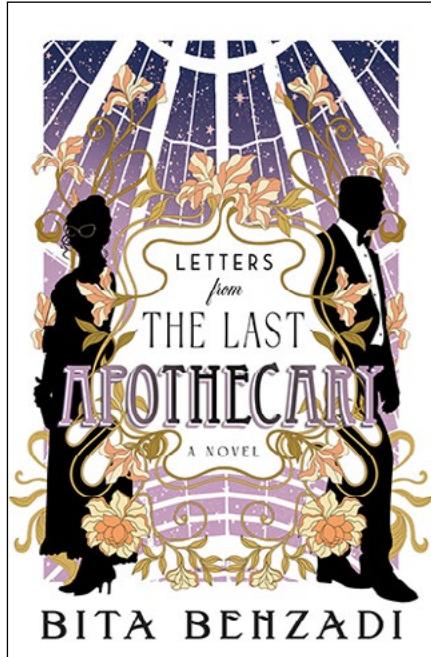
[www.radleighvalentine.com](http://www.radleighvalentine.com)

**Heather Hildebrand** is a psychic medium, intuitive spiritual advisor and spiritual teacher. Over the last 20 years, Heather has helped thousands of clients across the globe.

[www.heatherhildebrand.com](http://www.heatherhildebrand.com)

# Letters from the Last Apothecary

BITA BEHZADI



*Emily Wilde* meets *Divine Rivals* in this light romantic fantasy epistolary novel about a grumpy apothecarist, the whirlwind woman who comes to save his shop and the letters that secretly unite them.

When Josie Pinova stumbles into Tressport's last magical apothecary and lands an unexpected job, it buys her time and a paycheck as she waits to hear if she's been accepted into the city's prestigious Institute of Magic. To Aufidius Reid, Josie feels like the worst kind of luck. Opinionated and infuriatingly charming, she constantly outsmarts him. To her, he's uptight and impossible. Neither suspects they're already falling for each other – through anonymous letters exchanged as fellow Institute hopefuls.

In the shop, they clash. On the page, they connect. But with the apothecary facing closure amid Tressport's growing anti-magic sentiment, Josie and Reid must fight for more than their jobs. Josie is determined to prove women like her belong in structured spellwork; Reid is committed to mastering his unruly magic outrunning the past that's held him back. Saving the shop might be their only chance to find meaningful magic, true purpose, and each other.

*A story of mistaken identity, reluctant partnership and the quiet magic of being truly seen.*

PRICE .....	£10.99
ISBN .....	9781837826797
EBOOK ISBN .....	9798318602061
FORMAT .....	198 x 129mm, PB
RIGHTS .....	World
PUBLICATION MONTH .....	June

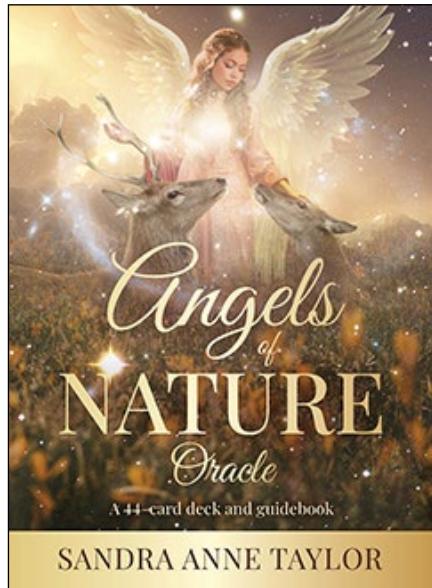
**Bita Behzadi** is a Persian-American engineer based in California and has been a fantasy fan since first reading *The Wizard of Oz* as a child. When she's not writing books, blog posts or film reviews, she's usually getting a treat or chit-chatting on a walk. [www.bitabehzadi.com](http://www.bitabehzadi.com)

\*The jacket for this title is not final and is subject to change.

# Angels of Nature Oracle

A 44-Card Deck and Guidebook

**SANDRA ANNE TAYLOR**



This beautifully illustrated oracle deck invites readers to connect with the divine energy of the natural world through the guidance of angels. Each card introduces a unique angelic presence – guardians of the trees, skies, seas and all living thing on earth – offering insight into current situations and what lies ahead.

Readers will discover how to call upon specific angels for support, such as the Angel of the High Seas for before a journey, the Angel of the Four Winds to find direction in times of indecision, the Angel of the Elephants as a reminder of the importance of community and the Angel of the Wildflowers to welcome unexpected blessings and beauty.

With every card pull, readers will deepen their relationship with nature's rhythms and receive powerful messages of wisdom, clarity and hope. Perfect for spiritual seekers and oracle enthusiasts looking for a fresh, elemental approach to angelic guidance.

*'Sandra Anne Taylor is a rare genius and one of the most remarkable women on the planet today.'*

Dr Darren R. Weissman, bestselling author of *The Power of Infinite Love and Gratitude*



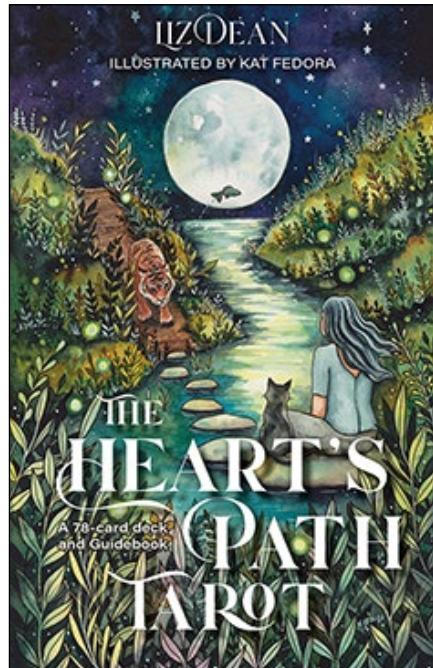
PRICE	£17.99
ISBN	9781401979409
FORMAT	Cards
RIGHTS	World
PUBLICATION MONTH	June

**Sandra Anne Taylor** is the *New York Times* bestselling author of *Quantum Success*, *Your Quantum Breakthrough Code*, *The Akashic Records* and the amazingly accurate *Energy Oracle Cards*. Her works have been translated into more than 30 languages across the globe.  
[www.sandrataylor.net](http://www.sandrataylor.net)

# The Heart's Path Tarot

A 78-Card Deck and Guidebook

LIZ DEAN



Readers are invited to tune in to their unique inner guidance and intuition with *The Heart's Path Tarot* – a transformative new deck from tarot expert Liz Dean, beautifully illustrated by artist Kat Fedora.

In a world often preoccupied with logic, this tarot deck offers a refreshing return to heart-centred wisdom, allowing the reader to tap into the universe's collective energy and open themselves up to profound insights for personal growth, clarity and empowerment.

Traditionally arranged into 22 major arcana and 56 minor arcana cards in the suits of Earth, Air, Flow (Water) and Fire, each card is a symbolic gateway to understanding your deeper self and all of the interwoven aspects of your life. The guidebook offers readers a variety of heart-centred techniques to deepen their connection before they begin a reading, and Liz also shares her unique card spreads designed to provide specific advice.

*'Liz is the most inspiring tarot teacher and reader I've ever met.'*

Jayne Wallace, founder of Psychic Sisters at Selfridges, London



PRICE .....	£22.99
ISBN .....	9781837824144
FORMAT .....	Cards
RIGHTS .....	World
PUBLICATION MONTH .....	June

**Liz Dean** is a renowned tarot expert, practitioner and teacher and the author of 22 books and decks, including international bestsellers *The Ultimate Guide to Tarot*, *The Ultimate Guide to Tarot Spreads*, HBO's *Game of Thrones Tarot* and *The Magic of Tarot*. She is a regular presenter at major UK, European and Australian tarot conferences.

[www.lizdean.info](http://www.lizdean.info)

\*The jacket for this title is not final and is subject to change.

# I Eat the Stars

*How to Live Fully and Beautifully in a Collapsing World*

**SARAH WILSON**



The headlines are increasingly alarming: record heatwaves being broken every year, there are islands of plastic in our oceans, multiple wars, worsening economic inequality – the list goes on. Bestselling author and podcaster Sarah Wilson argues that our civilisation is facing systemic collapse. But Sarah also shows that there is joy to be found even during these dark times.

In *I Eat the Stars*, Sarah explores the big questions that we collectively face: how do we continue to live? What will life look like in the future? How can we find joy in a world facing insurmountable problems?

Sarah offers readers a guide to living fully and meaningfully during troubled times and encourages readers to focus on what is valuable to us – to eat the stars – and find commonality and beauty in what unites us all. This is a book for anyone who feels despair when thinking of the future; Sarah confronts these fears and anxieties head-on and finds beauty in the darkest of situations.

*'Sarah is full of expert advice while remaining grounded and incredibly human.'*

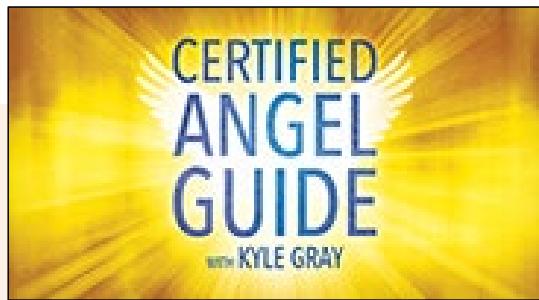
Mark Manson, bestselling author of *The Subtle Art of Not Giving a F\*ck*

PRICE .....	£14.99
ISBN .....	<b>9781837827213</b>
EBOOK ISBN .....	<b>9781837827220</b>
FORMAT .....	<b>203 x 152mm, PPC</b>
RIGHTS .....	<b>BCW Open</b>
PUBLICATION MONTH .....	<b>June</b>

**Sarah Wilson** is a bestselling author, journalist and climate change advisor. Her recipe book *I Quit Sugar* was a cultural phenomenon that grew into a business; she later sold *I Quit Sugar* and gave the proceeds to charity. Sarah is the host of the podcast *Wild with Sarah Wilson* and writes the popular Substack newsletter *This is Precious*.  
[sarahwilson.com](http://sarahwilson.com)

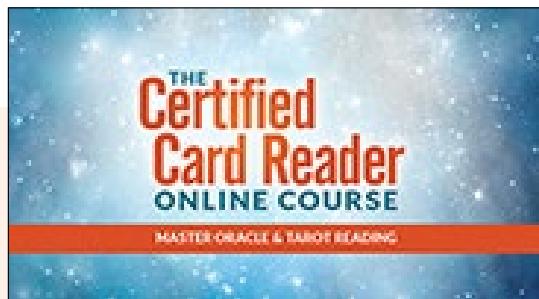
# Online Courses

Hay House's wonderful programme of online courses and lectures are a fantastic way for readers to immerse themselves in the knowledge and ideas of our incredible authors. They can be watched at the viewer's own pace and in the comfort of their home. Recent courses include:



## Certified Angel Guide – Kyle Gray

This certified course shares the tools, meditations and exercises needed to build a strong and loving connection with the angels, and lead an empowering and purpose-filled life. Angel expert Kyle Gray invites viewers to open themselves up to divine angelic energy and share their wonderful light as a Certified Angel Guide. Nine comprehensive video lessons provide step-by-step training on how to channel healing, protection and guidance from angels and deliver practical, informative Angel Guide sessions for others.

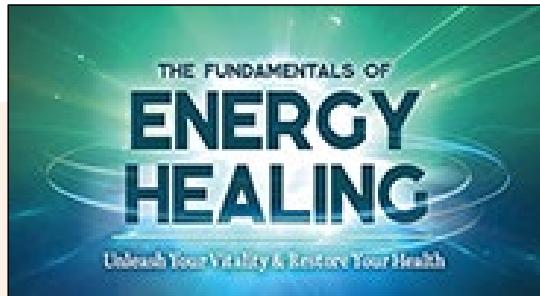


## The Certified Card Reader Online Course

In this trailblazing course, eight world-renowned teachers, including Kyle Gray, Colette Baron-Reid and Radleigh Valentine, team up to share one of the most in-depth card-reading programmes in the world. Over the course of nine comprehensive lessons, they explore the ins and outs of oracle and tarot card reading, from the basics of divination and intuition, to numerous powerful card spreads, to specifics on working with clients and creating a professional practice.

# Online Courses

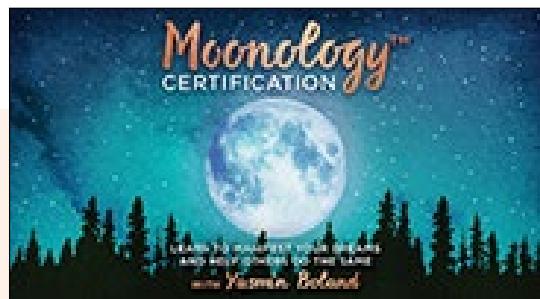
Visit [www.hayhouse.co.uk/online-courses](http://www.hayhouse.co.uk/online-courses) for more information.



eight powerful energy healing modalities. Nine internationally renowned experts, including Anodea Judith, Donna Eden, David Feinstein and Dawson Church, explain how this ancient wisdom can nurture and inspire vitality, healing and balance naturally through working with the body's matrix of subtle energies.

## **The Fundamentals of Energy Healing**

One of the most in-depth and comprehensive energy healing programmes in the world, this 11-lesson course shares the core principles, information, techniques and exercises of



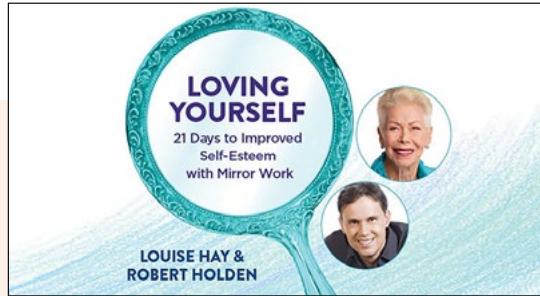
## **Moonology™ Certification – Yasmin Boland**

This engaging course provides an in-depth guide to manifestation and transformation using the powerful energies of the Moon!

Across 10 information-packed lessons, Moonology™ creator Yasmin Boland explores how to work with the phases, cycles and rhythms of the Moon using expert astrological wisdom, meditations, ceremonies and practices. She also explains how to teach these magical methods as a certified Moonologer™, so that those with this amazing knowledge can share the light of the Moon with others.

# Online Courses

Visit [www.hayhouse.co.uk/online-courses](http://www.hayhouse.co.uk/online-courses) for more information.



## Loving Yourself – Louise Hay & Robert Holden

Louise Hay, bestselling author, founder of Hay House and pioneer in the self-help movement, used mirror work and affirmations in her own

life to experience great success and joy. In this 21-day course, Louise joins forces with esteemed spiritual and health leaders to help viewers improve their self-esteem and fall in love with themselves. This transformative course will show viewers how to realize their true power in achieving the love, prosperity and relationships they've been longing for.



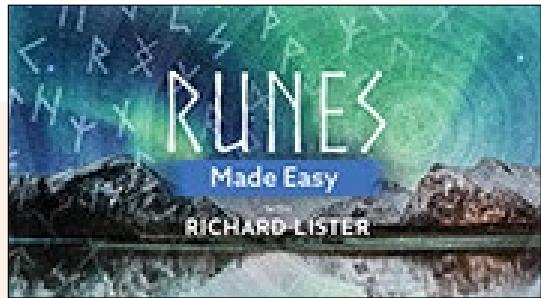
## The Power of Journaling with Oracle Cards – Colette Baron-Reid

In this breakthrough online course led by world-acclaimed teacher Colette Baron-Reid, viewers will learn how to combine two

powerful tools – journaling and oracle cards – into a supercharged spiritual practice. By journaling with oracle cards for just 10 minutes a day, viewers will discover how to tune in to their own intuition, unlock the voice of their Higher Self and access deep inner wisdom and guidance.

# Online Courses

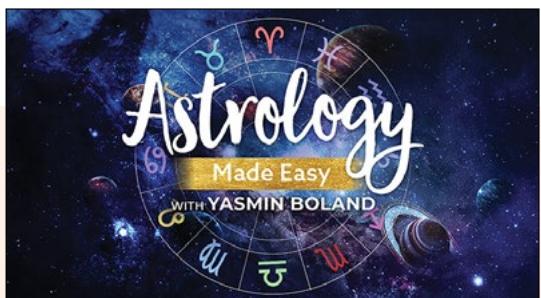
Visit [www.hayhouse.co.uk/online-courses](http://www.hayhouse.co.uk/online-courses) for more information.



## **Runes Made Easy – Richard Lister**

Richard Lister – author, rune master and healer – helps viewers to develop a deep connection with the wisdom of the ancient Viking runes. The runes were used by the

Nordic peoples for writing, casting spells and divining the future. Richard's goal for this course is for viewers to develop a relationship with the runes so that they, too, can use them for communication, divination and healing.



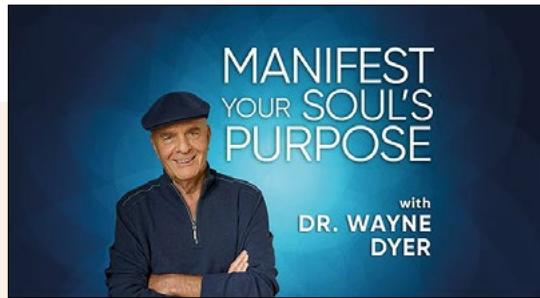
## **Astrology Made Easy – Yasmin Boland**

Across six information-packed lessons, this course will guide viewers to decode their unique birth chart and understand how the movements of the planets can impact their

life. Astrology expert Yasmin Boland explains how to weave our understanding of the different elements of the birth chart – from zodiac signs, planets and houses, to angles, aspects and patterns – together to create a personalized map to predict the future, observe strengths and challenges, and unlock our potential.

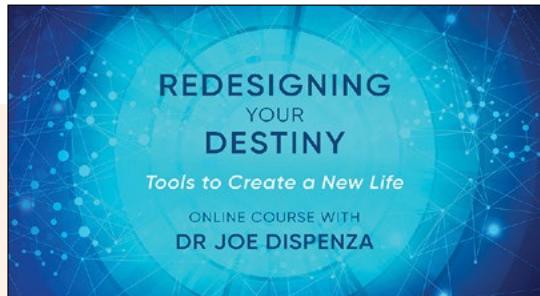
# Online Courses

Visit [www.hayhouse.co.uk/online-courses](http://www.hayhouse.co.uk/online-courses) for more information.



## Manifest Your Soul's Purpose – Dr Wayne W. Dyer

Across seven inspiring lessons, Wayne W. Dyer and special guests Anita Moorjani, Immaculée Ilibagiza and Scarlett Lewis guide viewers to connect with the infinite intelligence of their impersonal self. This is their true Divine essence, and once connected, viewers will find the answers they seek as their life purpose unfolds naturally and easily. This experiential course is about escaping from the ego and coming from a place of love, so we can come to know the infinite impersonal self within.

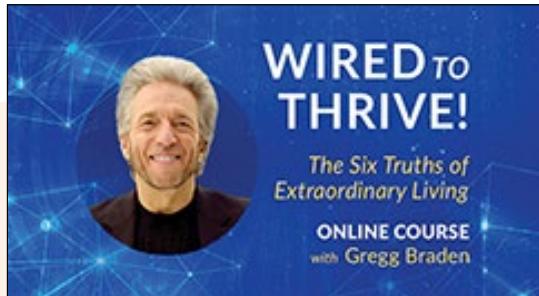


## Redesigning Your Destiny – Dr Joe Dispenza

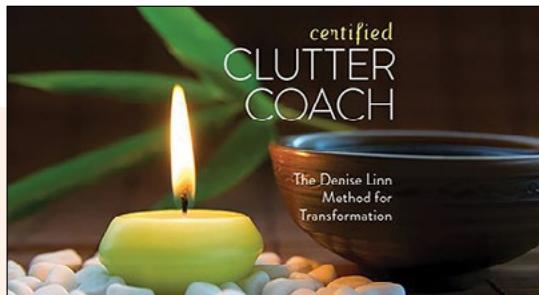
In this seven-lesson course, the *New York Times* bestselling author Dr Joe Dispenza opens his students' eyes to their innate power to change *every single* aspect of their lives. Using science and first-hand examples of extraordinary transformation, Dr Joe explains the power of the quantum universe in a way that anyone can understand and helps viewers access an infinite number of dimensions – each containing a different potential reality. Once they're able to do this, viewers can choose *whichever reality they desire*.

# Online Courses

Visit [www.hayhouse.co.uk/online-courses](http://www.hayhouse.co.uk/online-courses) for more information.



health and stronger communities. In this revolutionary course, viewers will learn how to approach decisions in their life in a healthier way and make choices by listening to their heart intelligence. They will discover how to look at the world and their relationships in a way that is connected and cooperative instead of separated and competitive.



of life. Denise Linn explains how clearing clutter can help people to let go of inner blockages with profound visualizations and exercises, an extensive downloadable workbook, plus a Life Assessment Questionnaire. For those who want to become Certified Clutter Coaches, Denise also teaches how to clutter clear for clients.

## **Wired to Thrive! – Gregg Braden**

Award-winning scientist and bestselling author Gregg Braden invites viewers to embark on a journey of rediscovery that merges science and spirituality in a way that supports sustainability.

## **Certified Clutter Coach – Denise Linn**

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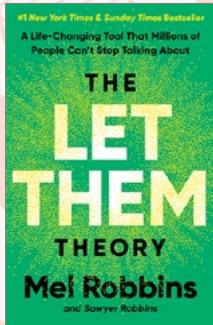
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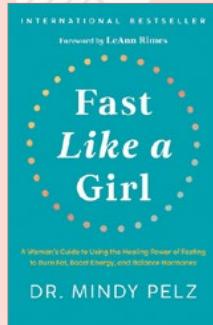
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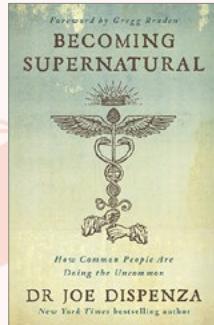
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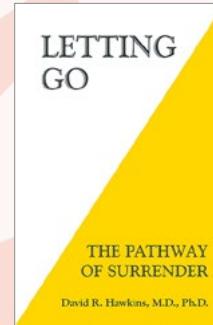
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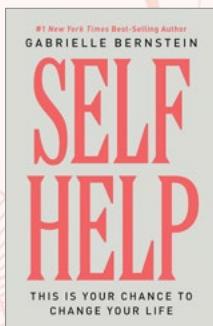
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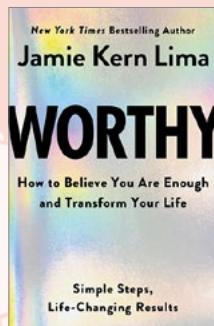
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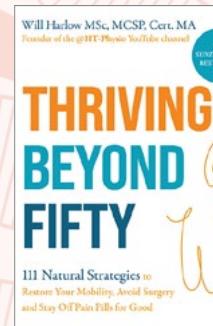
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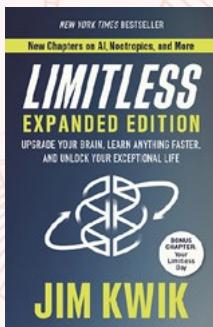
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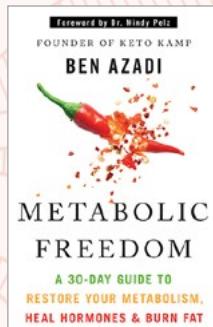
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