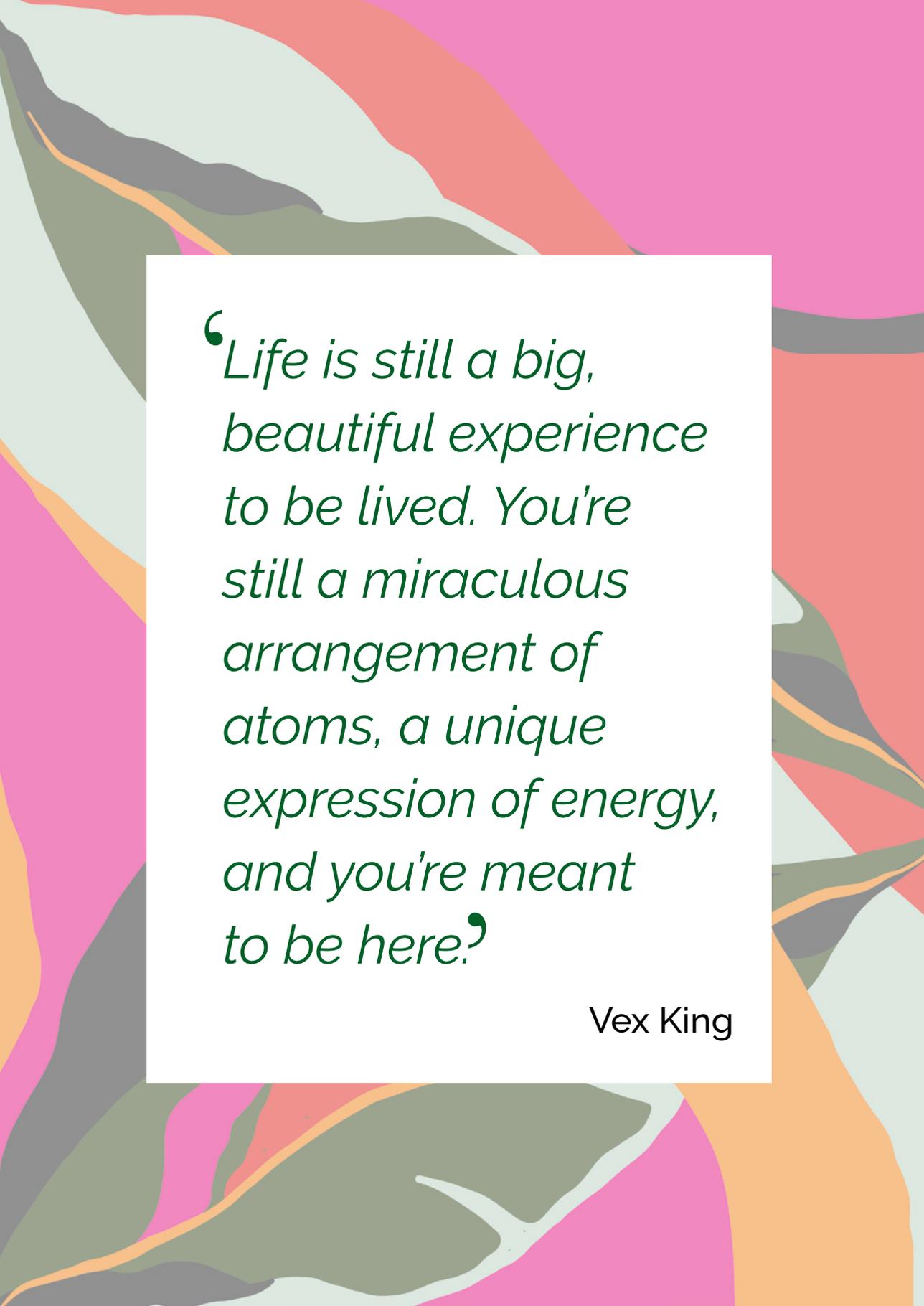




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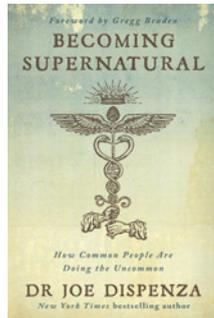
‘Life is still a big, beautiful experience to be lived. You’re still a miraculous arrangement of atoms, a unique expression of energy, and you’re meant to be here.’

Vex King

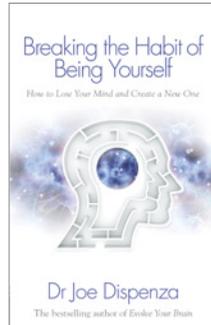
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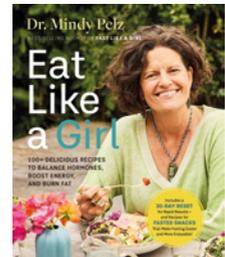
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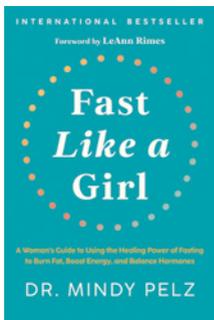
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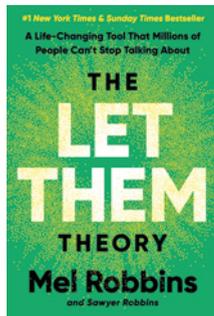
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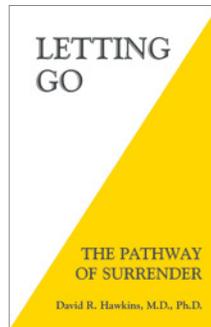
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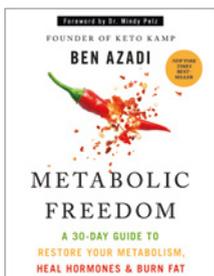
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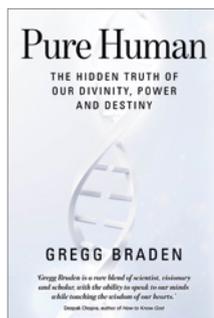
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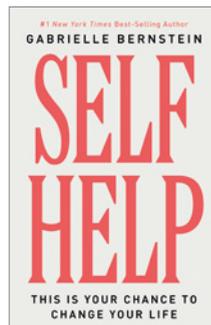
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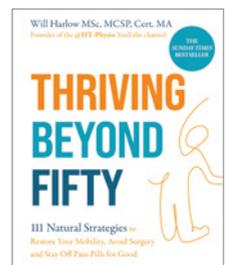
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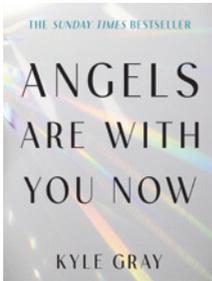


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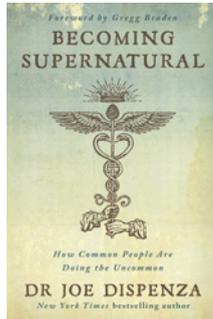


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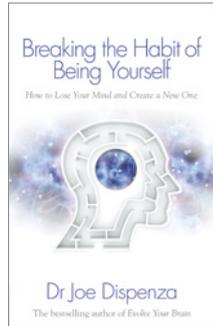
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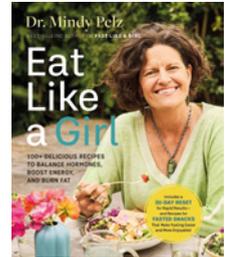
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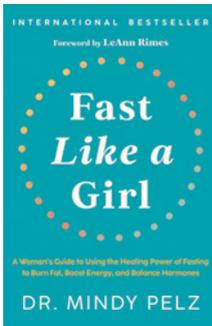
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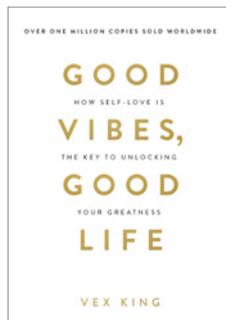
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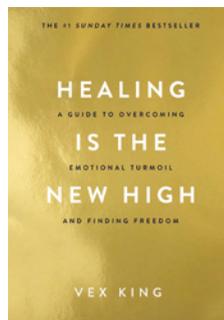
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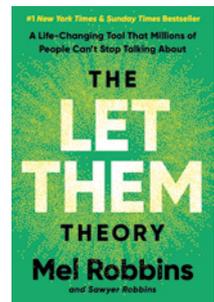
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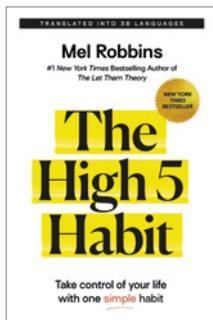
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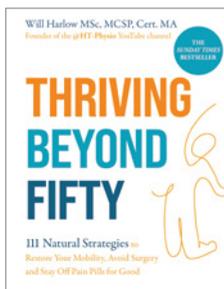
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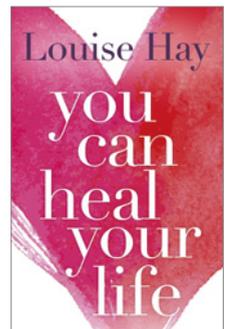
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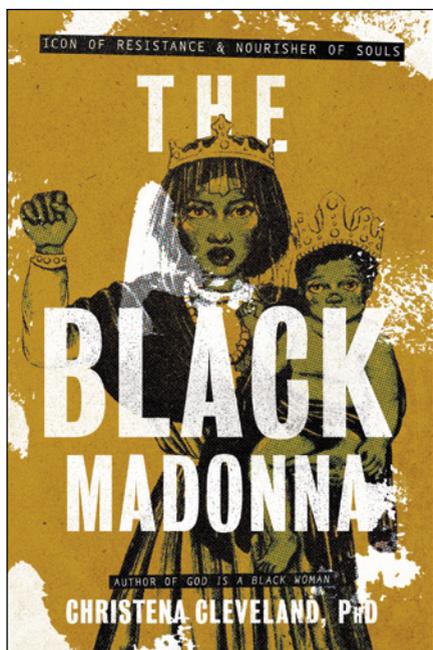
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The Black Madonna

Icon of Resistance and Nourisher of Souls

CHRISTENA CLEVELAND



In *The Black Madonna*, social psychologist and author Christena Cleveland reclaims one of history's most powerful sacred icons as a symbol of liberation and belonging.

Drawing on Black feminist theology, mysticism and global iconography, Christena unveils the Black Madonna as a divine image that challenges oppression and nourishes the soul. Through story, ritual and reflection, she invites readers to rediscover a spirituality that is rooted in the body, feminine in essence and radically inclusive. *The Black Madonna* becomes an invitation for the spiritually curious and justice-minded to move beyond dogma and towards mystical, embodied freedom. Each chapter brings the reader into conversation with a different expression of the Black Madonna, from ancient statues hidden in caves to modern artistic visions, illuminating her power as a sacred symbol. *The Black Madonna* will appeal to readers seeking to explore faith, identity and collective healing.

Reclaim the sacred feminine as a living symbol of power, resistance and renewal.

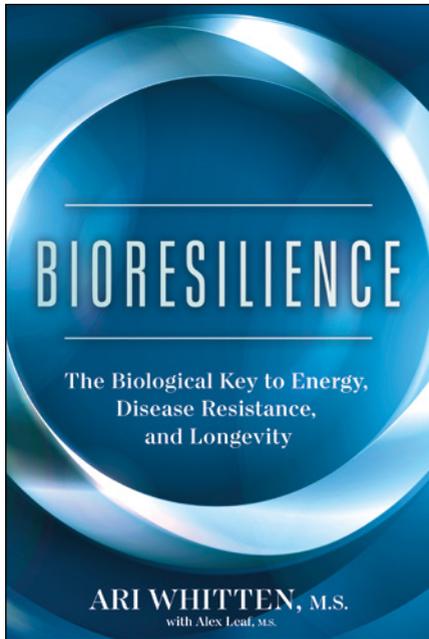
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ISBN 9781837826759
EBOOK ISBN 9798318601873
FORMAT 229 x 152mm, PB
RIGHTS World English Language
PUBLICATION MONTH July

Christena Cleveland, PhD, is a social psychologist, public theologian and activist. A former professor at Duke University, she is the author of *God Is a Black Woman* and founder of the Center for Justice + Renewal. Her work explores the meeting point of spirituality, race and liberation.
christenacleveland.com

Bioresilience

The Biological Key to Energy, Disease Resistance and Longevity

ARI WHITTEN, MS, WITH ALEX LEAF, MS



In *Bioresilience*, functional health expert Ari Whitten presents a fresh approach to lasting energy, vitality and wellbeing: by working with the right kinds of stress instead of avoiding stress altogether.

Drawing on cutting-edge research, Ari explains how gentle, controlled exposure to hormetic stressors – such as heat, cold, movement, fasting and sunlight – activate the body's natural repair mechanisms. Small, intentional practices can rebuild the body's capacity to adapt and have a positive influence on the body's ageing, immunity and metabolic health.

With practical tools and a hopeful, evidence-based outlook, *Bioresilience* offers readers a way to feel stronger, more energized and better supported from within. With Ari's help, readers will learn to rethink stress, reconnect with the body's innate intelligence and cultivate long-term health through simple, sustainable habits.

What if the key to longevity isn't eliminating stress, but deliberately exposing your body to the right kinds of stress?

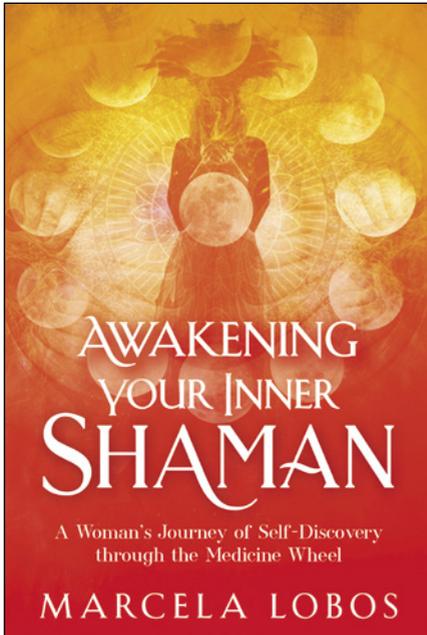
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ISBN 9781401972615
EBOOK ISBN 9781401972622
FORMAT 229 x 152mm, HB
RIGHTS World
PUBLICATION MONTH July

Ari Whitten is a functional health expert and founder of The Energy Blueprint. His science-based platform helps thousands of people boost their energy and resilience. Through research, courses and coaching, Ari bridges the gap between cutting-edge science and everyday wellbeing. theenergyblueprint.com

Awakening Your Inner Shaman

A Woman's Journey of Self-Discovery through the Medicine Wheel

MARCELA LOBOS



Updated with new exercises to deepen your spiritual journey, this powerful revised edition from renowned shamanic teacher Marcela Lobos invites readers to awaken the healer within.

The challenges of our outer world are a call from Spirit – a signal that it's time to reconnect with ancient wisdom and the cycles of nature.

Drawing on the maps of the shamanic Medicine Wheel and the hero's journey, Marcela reveals how to activate inner guidance, release old patterns and live a life of discovery, healing and wholeness. Woven through this wisdom is her own story: from childhood in a war-torn Chile to her initiation with the shamans of the Andes and her life today as a teacher and medicine woman, Marcela's insights offer inspiration and practical tools for transformation.

'What you hold in your hands is like a sacred talisman that offers protection on the spiritual path.'

Matteo Pistono, meditation teacher and author of *In the Shadow of the Buddha* and *Meditation: Coming to Know Your Mind*

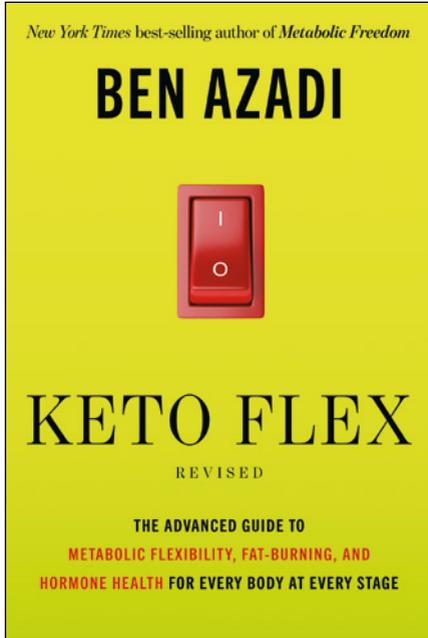
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ISBN 9781837827404
EBOOK ISBN 9798318603464
FORMAT 229 x 152mm, PB
RIGHTS World
PUBLICATION MONTH July

Marcela Lobos has been initiated in the healing and spiritual traditions of the Amazon and the Andes. Born and raised in Chile, she leads shamanic journeys for women to awaken their power, grace and wisdom. A senior teacher at the Four Winds Society, she travels worldwide sharing the wisdom of the Andean Medicine Wheel
marcelalobos.com

Keto Flex Revised

The Advanced Guide to Metabolic Flexibility, Fat-Burning and Hormone Health for Every Body at Every Stage

BEN AZADI



From the founder of Keto Kamp and author of *Metabolic Freedom* comes a newly updated guide to long-term fat loss, metabolic healing and flexible nutrition. In *Keto Flex Revised*, Ben Azadi reframes keto as a versatile tool rather than a rigid diet. Drawing on cutting-edge research and his signature four-pillar method, he shows readers how to support metabolic flexibility, balance hormones and improve cellular health through a thoughtful combination of keto nutrition and fasting.

The result is a realistic, energizing approach that helps readers feel sharper, stronger and more confident in their bodies. This isn't a one-size-fits-all method: Ben includes tailored guidance for women, athletes and anyone managing blood sugar, autoimmune or hormonal challenges. Alongside more than 50 nourishing recipes and practical fasting advice, he offers clear strategies for building sustainable habits and long-term wellbeing.

‘What if I told you that the real secret to building a leaner, stronger body isn’t found in your macros, your training split or how many grams of protein you eat per meal? It’s found in your cells.’

Ben Azadi, 'Master Your Metabolism' feature in *Men's Health* magazine

PRICE £19.99
ISBN 9781837827152
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PUBLICATION MONTH July

Ben Azadi is the founder of Keto Kamp and host of the *Keto Kamp* podcast. A certified functional health practitioner and bestselling author, he has coached thousands worldwide to achieve lasting fat loss and improved metabolic health through keto, fasting and lifestyle change.
benazadi.com

Quantum Breath

Unlock the 8 Energetic Codes to Heal, Awaken and Transform Every Area of Your Life

DR ESPEN WOLD-JENSEN



The nervous system is the body's command centre; it shapes our health, emotions, sense of purpose and relationships. In *Quantum Breath*, Dr Espen Wold-Jensen introduces a grounded, accessible approach to supporting nervous system regulation through breathwork, reflective journaling and gentle energy-centred practices.

Dr Espen presents eight 'Energetic Codes' that explain the value of:

- breathwork for calming and regulation
- reflective journaling for insight and emotional clarity
- focusing on the body's energy centres to support balance and awareness

Designed to be simple, practical and easy to implement, these codes encourage readers to build supportive daily habits and deepen the connection between body and mind. *Quantum Breath* is for readers seeking a steady, compassionate route towards improved wellbeing and a more grounded, aligned way of living through tending to the nervous system.

A gentle, structured method for regulating the nervous system and supporting inner transformation.

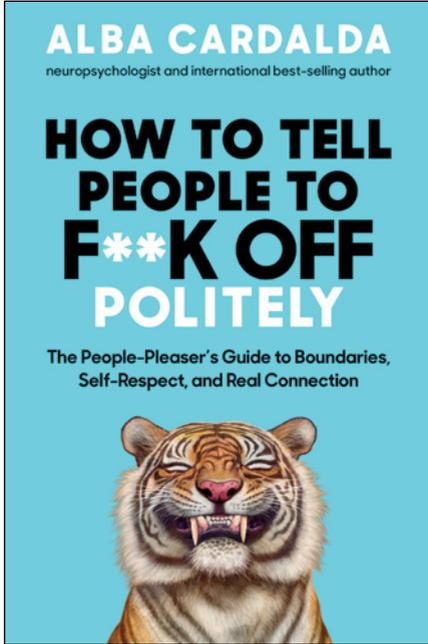
PRICE £15.99
ISBN 9781837828050
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FORMAT 229 x 152mm, PB
RIGHTS World
PUBLICATION MONTH July

Dr Espen Wold-Jensen is a researcher in neuroscience and quantum physics, a conscious business mentor and a multi 7-figure 'soulpreneur' who teaches his clients how to use the power of their own consciousness to turn obstacles into opportunities.

drespen.com

How to Tell People to F**k Off Politely

ALBA CARDALDA



Why is it so hard to set boundaries? We fear rejection, guilt or being seen as difficult and yet boundaries are essential for healthy, honest relationships.

Psychologist and neuroscientist Alba Cardalda shares a compassionate, science-based guide to saying 'no' with confidence, empathy and respect. Through real-life examples, psychological tools and self-guided exercises, Alba shows readers how to stop people-pleasing, communicate clearly and build relationships rooted in authenticity and mutual respect.

Already an international phenomenon when first published in Spanish, *How to Tell People to F**k Off Politely* is both practical and empowering. This is the handbook for anyone who feels they have been too accommodating for too long and are ready to protect their time, energy and peace of mind.

The international phenomenon teaching readers how to say 'no' with confidence, empathy and freedom.

PRICE £14.99
ISBN 9781837827756
EBOOK ISBN 9798318604096
FORMAT 216 x 135mm, PB
RIGHTS World English Language
PUBLICATION MONTH July

Alba Cardalda is a clinical psychologist, neuropsychologist and specialist in cognitive-behavioural therapy, brief therapy and strategic therapy. For more than a decade she has helped thousands of people create healthier relationships and improve self-esteem. Her bestselling books have sold hundreds of thousands of copies and been translated worldwide.
albacardalda.com

2150 A.D.

A Novel

THEA ALEXANDER



It is 1976 and Jon Lake, a wounded Vietnam veteran, gains the ability to see over 100 years in the future. In 2150 A.D., Jon is greeted by a society shaped by spiritual evolution and universal love. Jon is invited to explore a radically different vision of human potential and as he learns the principles that govern this future world, he must face a profound choice: embrace a more enlightened way of living or return to the familiar limitations of the past. First published in 1971, *2150 A.D.* weaves spiritual manifesto, philosophical dialogue and romantic adventure into a thought-provoking narrative. A compelling addition to the canon of Utopian literature, *2150 A.D.* will captivate readers interested in human nature and the forces that shape our society.

A science-fiction classic that continues to fascinate.

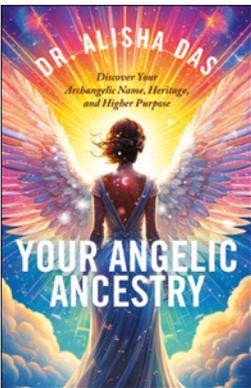
PRICE £10.99
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EBOOK ISBN 9798318604454
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RIGHTS World English Language
PUBLICATION MONTH July

Thea Alexander is a popular science-fiction author whose cult classic *2150 A.D.* has sold over 600,000 copies and continues to resonate with readers today.

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 choices with their life's sacred intention and receive assistance from the great archangels.

With Alisha's guidance, 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.

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

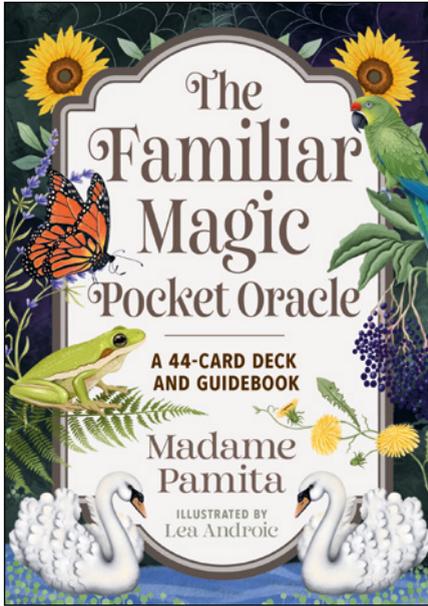
PRICE £14.99
ISBN 9781837823505
EBOOK ISBN 9781401979980
FORMAT 216 x 135mm, PB
RIGHTS World
PUBLICATION MONTH July

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.
alishadas.com

The Familiar Magic Pocket Oracle

A 44-Card Deck and Guidebook

MADAME PAMITA



By harnessing the power of the animal and plant kingdoms with this mini oracle deck, readers are invited to gain insight into the past, the future and themselves.

Each card in this unique deck features an animal and plant that share a special relationship, along with a message for the reader related to their energetic vibration. Readers will receive guidance while developing their intuition, learning how to communicate with their familiar and enhance their magical practice. With this stunning, pocket-sized oracle deck, readers will:

- discover the beings who want to become their magical allies
- tap into their psychic abilities and open up a two-way conversation with their familiars
- learn about the history and magical energy of each plant and animal
- turn affirmations into magical incantations for their day

'Madame Pamita is the real deal.'

Mat Auryn, author of *Psychic Witch*



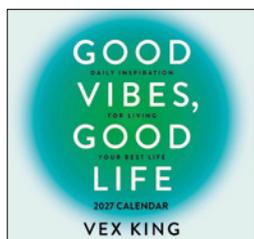
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RIGHTS World
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Madame Pamita is an author, teacher, magic practitioner and tarot reader. She's the owner of Madame Pamita's Parlour of Wonders, an online spiritualist's shop where she teaches tarot and magic classes, makes magical supplies and performs candle spells. parlourofwonders.com and [@madamepamita](https://www.instagram.com/madamepamita)

Good Vibes, Good Life Calendar 2027

Daily Inspiration for Living Your Best Life

VEX KING



Step into 2027 with daily inspiration, positive affirmations and empowering wisdom from *Sunday Times* bestselling author Vex King. This page-a-day calendar offers a steady source of encouragement for healing, growth and high-vibration living. Filled with uplifting messages and bite-size reflections, it supports readers in staying grounded, motivated and connected to their best selves. Exploring themes of self-love, transformation, abundance and mindful living, it provides a meaningful companion for a year guided by intention and clarity.

'Vex King shows you ways to transform negative emotions into positive ones, how to love yourself and how to overcome fear.'

Daily Mail

PRICE £14.99
ISBN 9781837826209
FORMAT 115 x 115mm, Calendar
RIGHTS World
PUBLICATION MONTH July

Vex King is a bestselling author and modern spiritual teacher whose uplifting work inspires self-belief, transformation and inner peace.
vexking.com and **@vexking**

I Can Do It® 2027 Calendar

365 Daily Affirmations

LOUISE HAY



Welcome abundance, joy and strength with daily affirmations from beloved self-help pioneer Louise Hay. The *I Can Do It*® 2027 Calendar inspires readers to greet each day with positivity and purpose. Every dated page offers uplifting thoughts and affirmations to help you cultivate that I-can-do-it attitude and recognize the Universe as a supportive, abundant place. This beautiful desk companion is a daily reminder of your power to create a life filled with love and possibility.

'Every thought we think is creating our future.'

Louise Hay

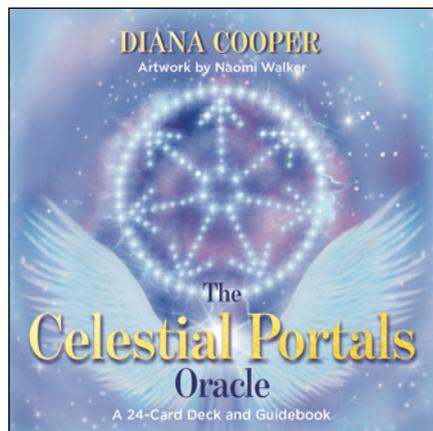
PRICE £14.99
ISBN 9781401977023
FORMAT Calendar
RIGHTS World
PUBLICATION MONTH July

Louise Hay was an inspirational teacher, incredible visionary and self-help pioneer who has educated millions since the 1984 publication of her bestseller *You Can Heal Your Life*, which has more than 50 million copies in print worldwide.
www.louisehay.com

The Celestial Portals Oracle

A 24-Card Deck and Guidebook

DIANA COOPER



Step into the radiant frequencies of the cosmos with *The Celestial Portals Oracle*, a powerful new ascension tool from Diana Cooper.

Each of the 24 circular portal cards holds a sacred symbol infused with specific colours, sacred geometry and crystal vibrations. These potent cards carry cosmic and angelic information, ready to be unlocked and activated within the reader's energy field. With *The Celestial Portals Oracle*, Diana connects the cosmic and angelic realms, guiding users to balance divine feminine and masculine energies, awaken dormant light codes and expand their consciousness.

Beautifully designed and easy to use, this deck is ideal for fans of *The Archangel Oracle* or readers ready to take the next step on their spiritual path. Offering multidimensional healing, guidance and soul expansion, this is a luminous addition to any spiritual practice.

'A renowned and respected teacher, Diana Cooper skilfully helps people understand the correlation of the cosmic and spiritual laws.'

Pavlina Klemm, healer, medium and author of *Pleiadian Soul Healing*



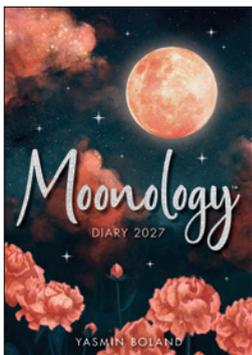
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ISBN 9781837826216
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RIGHTS World
PUBLICATION MONTH July

Diana Cooper is a world-renowned spiritual teacher and founder of The Diana Cooper School of White Light. Diana has written over 40 books, translated into 30 languages, and created many bestselling oracle decks. Diana specializes in spiritual subjects including angels, unicorns, dragons and Atlantis.
dianacooper.com

Moonology™ Diary 2027

Harness the Magic of the Moon to Manifest Your Best Life

YASMIN BOLAND



The much-loved *Moonology™ Diary* is back, guiding readers through lunar living and cosmic self-care for 2027. This trusted companion shows readers how to align their daily life with the rhythms of the Moon for better flow, focus and magic. Readers will discover the best times to start projects, rest and release what no longer serves them, while tracking their intentions throughout the year. With monthly forecasts, rituals, affirmations and space for reflection, this diary makes it easy for readers to stay connected to the Moon's guidance and live in tune with the Universe.

'The greatest living astrological authority on the Moon.'

Jonathan Cainer, *Astrologer Extraordinaire*

PRICE £12.99
ISBN 9781837826056
FORMAT 190 x 130mm, PB
RIGHTS World
PUBLICATION MONTH July

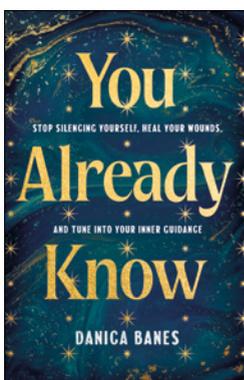
Yasmin Boland is a *Sunday Times* bestselling astrology and Moonology writer, author and oracle deck creator. She writes for *Red*, *Closer* and *Good Health*, and her horoscopes, astrology and New Age columns are read by millions of people.

www.yasminboland.com

You Already Know

Stop Silencing Yourself, Heal Your Wounds and Tune in to Your Inner Guidance

DANICA BANES



In *You Already Know*, spiritual mentor and psychic medium Danica Banes offers a compassionate, body-based guide for sensitive women ready to reclaim their voice and embrace authenticity. Through candid storytelling, practical strategies and insight into the four core wounds that highly sensitive people carry, Danica shows how true transformation begins by coming home to the body and integrating its messages with the heart and spirit. Readers will discover the power of trusting their inner wisdom and living from embodied truth.

A compassionate guide to trusting your body, your voice and your inner truth.

PRICE £14.99
ISBN 9781837826629
EBOOK ISBN 9798318601262
FORMAT 216 x 135mm, PB
RIGHTS World
PUBLICATION MONTH July

Danica Banes is a spiritual mentor and psychic medium helping women reclaim intuition, confidence and embodied self-trust.

danicabanes.com

Human

From Crisis to a Regenerative Future

ZACH BUSH, MD



In *Human*, physician Dr Zach Bush explores the connection between our gut microbiome and the living planet. Drawing on pioneering research into soil, water and human health, he shows how the same stress that drives chronic disease and ecological collapse can also spark regeneration and renewal.

Through clear science and inspiring insight, Dr Zach reveals how healing at the cellular level restores our relationship with nature and unlocks humanity's capacity to thrive. From lifestyle shifts that reduce cellular stress to practical steps for environmental restoration, *Human* offers a road map for personal wellbeing and planetary transformation.

This is a call to awaken to our shared biology and take part in the rebirth of a healthy, resilient world.

A visionary guide to healing the body and the Earth through the science of connection.

PRICE £22.99
ISBN 9781401997182
EBOOK ISBN 9781401997199
FORMAT 229 x 152mm, HB
RIGHTS World English Language
PUBLICATION MONTH August

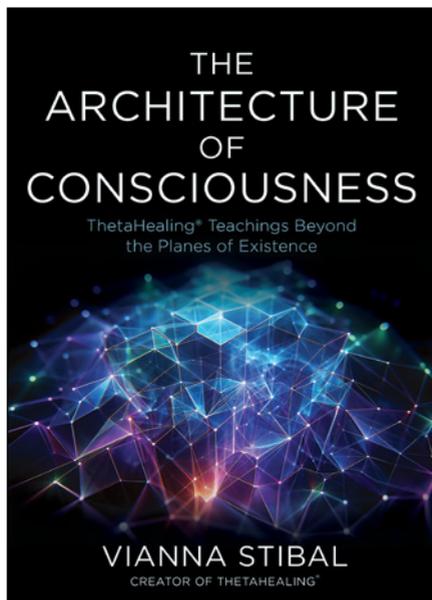
Dr Zach Bush is a physician specializing in internal medicine, endocrinology and hospice care. An internationally recognized educator on the microbiome, he founded Seraphic Group and the nonprofit Farmer's Footprint to advance human and ecological health. His work links soil, water and cellular wellbeing for people and the planet.

zachbushmd.com

The Architecture of Consciousness

ThetaHealing Teachings Beyond the Planes of Existence

VIANNA STIBAL



The Architecture of Consciousness deepens the foundational teachings of popular energy-healing technique ThetaHealing®, offering an exploration of the spiritual building blocks behind creation, consciousness and human potential. Expanding on the original *Seven Planes of Existence*, this book guides readers through the Seven Planes and offers a framework for understanding how thoughts, emotions, virtues and universal laws interact to shape reality.

Vianna shows that virtues are not merely moral ideals but powerful emotional laws. When embodied, virtues such as kindness, compassion, courage and wisdom generate 'lite thoughts' – high-frequency energies capable of influencing physical reality. Through this lens, life's challenges are reframed as opportunities to master virtues and expand consciousness.

An advanced yet accessible guide for readers ready to move beyond surface spirituality and explore the deeper mechanics of creation, consciousness and embodied wisdom.

PRICE £18.99
ISBN 9781837827848
EBOOK ISBN 9781837827879
FORMAT 229 x 152mm, PB
RIGHTS World
PUBLICATION MONTH August

Vianna Stibal is a writer, artist, teacher and intuitive reader. She has trained ThetaHealing® instructors and practitioners in over 150 countries and continues to conduct seminars to teach people about ThetaHealing®.
thetahealing.com

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

Get Hired, Get Paid, Get Happy

Your No B.S. Guide to Land a Job You Love and Build Your Ideal Career

SHO DEWAN



This is the book for readers who feel trapped in a job they hate or are suffering in a toxic workplace and searching for the nearest exit.

In *Get Hired, Get Paid, Get Happy*, career coach Sho Dewan shares the practical road map to enable readers to both break free from the hamster wheel and build a career that feels fulfilling and exciting.

The founder of Workhap, a global career-coaching platform, Sho has helped thousands of professionals identify their strengths, overcome limiting beliefs and turn their skills into work they love. Drawing on client success stories, research and his own experience, he offers simple tools to help readers stand out in a competitive market and take confident steps towards change.

Whether you're planning a career pivot or just ready to feel inspired again, this empowering guide will help you find purpose, confidence and joy in your work – and your life.

Discover the confidence, clarity and tools to both build a career you love and get paid for it.

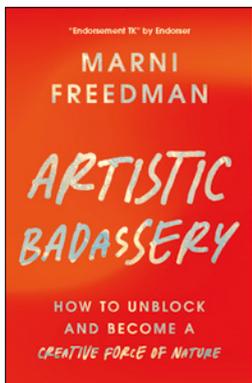
PRICE £23.99
ISBN 9798318601941
EBOOK ISBN 9798318601958
FORMAT 229 x 152mm, HB
RIGHTS World
PUBLICATION MONTH August

Sho Dewan is a career coach and founder of Workhap, where he helps professionals around the world land their dream jobs and build careers they love. A LinkedIn Top Voice featured in Forbes, CNBC and Bloomberg, Sho shares daily career advice with over a million followers on @workhap. workhap.com and @workhap

Artistic Badassery

How to Unblock and Become a Creative Force of Nature

MARNI FREEDMAN



Creativity thrives when we stop pushing and start paying attention. In this empowering guide, writer and therapist Marni Freedman shows how mindfulness can enhance focus and open the door to inspiration. Drawing on extensive research and her own work with artists and writers, she explores the natural states of Allow, Trust and Play, helping readers release perfectionism, silence comparison and rediscover the joy of creative flow. *Artistic Badassery* offers a sustainable way of working that supports both creativity and emotional wellbeing. Marni draws on over 200 studies, alongside real-world practice, to show how presence, self-compassion and awareness create the internal conditions to being an artist.

Mindfulness meets creativity in a guide to letting go, tuning in and finding your creative freedom.

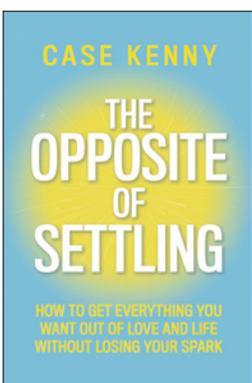
PRICE £14.99
ISBN 9781837826773
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FORMAT 216 x 135mm, PB
RIGHTS World
PUBLICATION MONTH August

Marni Freedman is an award-winning writer, therapist and co-founder of the San Diego Writers Festival.
marnifreedman.com

The Opposite of Settling

How to Get Everything You Want Out of Love and Life Without Losing Your Spark

CASE KENNY



Now in paperback – in *The Opposite of Settling*, Case Kenny challenges the idea that romance requires people to shrink themselves or compromise what they truly want. Through personal stories, prompts and no-nonsense insight, he helps readers escape the modern dating minefield by building confidence and putting self-worth first. This is a guide to choosing connection without losing individuality, for anyone tired of rules, expectations and relationships that demand too much and offer too little.

'This book is a breath of fresh air and a source of inspiration for anyone who is navigating love. The Opposite of Settling will not only help you connect better, but it will leave you feeling empowered.'

Yung Pueblo, bestselling author of *Lighter*

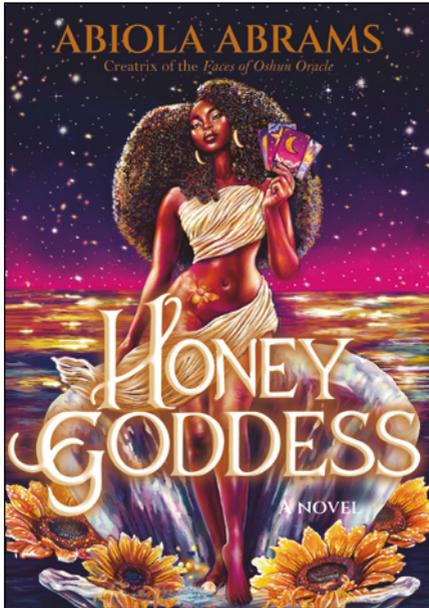
PRICE £14.99
ISBN 9781837826803
EBOOK ISBN 9781401995928
FORMAT 229 x 152mm, PB
RIGHTS World
PUBLICATION MONTH August

Case Kenny is an author, mindfulness expert and the host of the popular podcast *New Mindset, Who Dis?*. Case has dedicated his life to making mindfulness simple and approachable.
newmindsetwhodis.com

Honey Goddess

A Novel

ABIOLA ABRAMS



From award-winning author, oracle creator and spiritual teacher Abiola Abrams, *Honey Goddess* is an unforgettable journey into feminine power, ancestral magic and cosmic love.

Lola Callender is a brilliant stylist, but she's on the verge of losing everything she's worked for. Her luxury salon is struggling, her spa expansion has stalled and her almost-fiancé clearly has no idea who Lola really is. Then a coveted industry award goes to a maddeningly charming newcomer, Baz D'Ablemont, who seems to glide through life. Lola is ready to walk away from it all – until the Venus Equinox.

A spontaneous oracle ritual with her three closest friends awakens something ancient and powerful: each woman channels a different goddess and the world around them begins to shift. For Lola, stepping into the energy of Oshun changes everything. Beneath the magic lies a forgotten history and a threat determined to silence it – but Lola and her goddess circle aren't backing down.

A modern love story where divine power meets passion, purpose and ancestral magic.

PRICE £10.99
ISBN 9781837826766
EBOOK ISBN 9798318601910
FORMAT 198 x 129mm, PB
RIGHTS World
PUBLICATION MONTH August

Abiola Abrams is an award-winning author, oracle-deck creator and spiritual teacher. Known for her *Goddess Temple* podcast and viral self-love teachings, she empowers women worldwide to embrace their sacred power. Abiola's work fuses African spirituality, feminist wisdom and radiant joy to inspire transformation and healing.
womanifesting.com

The Rainforest Herbal Apothecary

A Healer's Guide to Folk Rituals and Shamanic Remedies

ADRIANA AYALES



Curanderismo is an ancient healing tradition practised in Central and South America, one that recognizes how physical ailments are likely to have spiritual or emotional roots. In this book by rainforest herbalist Adriana Ayales, the rich healing practices of *curanderos*, the traditional healers in South America, are demystified.

The Rainforest Herbal Apothecary is a transformative guide that teaches readers how to identify and use powerful plants, herbs, fungi and resins to assist with everything from cleansing and spiritual protection and relieving ailments. Along with sharing traditional plant medicines, *The Rainforest Herbal Apothecary* includes detailed descriptions, medicinal uses and rituals that can help readers incorporate plant-based remedies and spiritual ceremonies into their lives.

Adriana's Apothecary will not only open the reader's eyes to the power of shamanic remedies, it will change their understanding of how to heal the body.

The ultimate guide to the magical healing powers of rainforest plants and the curanderismo tradition.

PRICE £14.99
ISBN 9781837826193
EBOOK ISBN 9781401998752
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RIGHTS World
PUBLICATION MONTH August

Adriana Ayales is a rainforest herbalist, medicine maker, educator, the owner of Anima Mundi Herbals and the author of *The Herbal Astrology Oracle*. She was born and raised in Costa Rica and has extensively studied several healing traditions, alongside master herbalists and shamans for more than 13 years.

animamundiherbals.com

Untitled on Surrender

REGENA THOMASHAUER



If you're searching for a bold guide to living fully, then look no further. Bestselling author Regena Thomashauer is back and confronts surrendering head-on. Regena shows that surrendering to the darkness within you – the fears, the sense of loss, the pain or anger about our lives and the world around us – can be the strongest power move there is.

Drawing on the wisdom of ancient goddesses and sharing her own personal journey of surrender, Regena will help readers access:

- their own inner wisdom and pleasure
- freedom from the cycle of victimhood
- tools to unlock their deepest desires and ignite the confidence within themselves
- a new, embodied way to connect with themselves

What may initially appear as dark and uncharted waters through darkness becomes a route to experiencing life with unmatched energy. Regena will help readers stop conforming and start living fully, sensually and powerfully.

‘Every so often there is a fresh, breakthrough voice that births a revolution in how we think, act and feel. Regena Thomashauer is that voice.’

Kris Carr, bestselling author

PRICE £14.99
ISBN 9798318602115
EBOOK ISBN 9798318602108
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RIGHTS World
PUBLICATION MONTH August

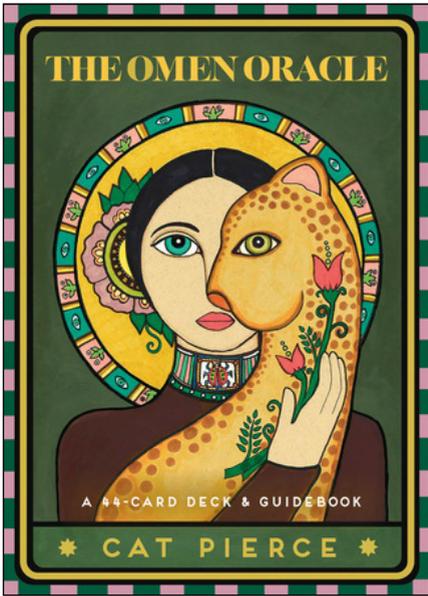
Regena Thomashauer – or Mama Gena, as she is best known – is an author, media personality and founder of the School of Womanly Arts. Since 1998, she has been at the forefront of a global movement dedicated to empowering women through the transformative power of pleasure. She is the author of several influential books, including the *New York Times* bestseller *Pussy: A Reclamation*.

mamagenas.com

The Omen Oracle

A 44-Card Deck and Guidebook

CAT PIERCE



Welcome to the world of *The Omen Oracle*. This deck is for readers who wish to connect with profound magic both within themselves and the Universe. *The Omen Oracle* is a 44 hand-drawn card deck that invites readers to the sacred places where the veil between the worlds thins, guiding them on a journey of self-exploration and cosmic connection. There are four distinct categories in this deck, each a portal to deeper connection with the Universe:

- Message cards offer prompts for the reader to stay open and curious, attuned to the signs all around them.
- Animals help the reader embody instinctual wisdom, inviting them to channel the strengths and energies of their spirit guides.
- Plants help ground the reader in the healing clarity of the natural world, reminding them of their place within it.
- Visio Divina cards, named for the sacred practice of 'divine seeing', invite the reader to meet the gaze of the artwork, allowing themselves to be fully seen and held in unconditional love.

From the creator of *The Wandering Star Tarot* and singer-songwriter for *The Pierces* comes this beautiful deck to enable readers to connect to their inner magic.



PRICE £18.99
ISBN 9781401999155
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RIGHTS World
PUBLICATION MONTH August

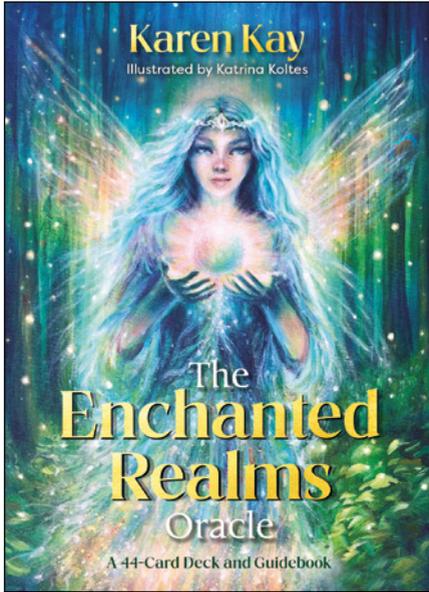
Cat Pierce is a singer, songwriter, painter, self-proclaimed psychonaut and spiritual-evolution enthusiast. She is one half of the sister-band *The Pierces*; she has toured the world with Coldplay, Lissie, Adam Green and Albert Hammond Jr, and performed with Emmylou Harris and Elton John. Her love of drawing, writing and spiritual development inspired her to create her first tarot deck: *The Wandering Star Tarot*.

omenbycatpierce.com

The Enchanted Realms Oracle

A 44-Card Deck and Guidebook

KAREN KAY



Step into the Enchanted Realms, where unicorns, dragons, fairies and other elemental beings await. *The Enchanted Realms Oracle* is a richly illustrated 44-card oracle deck from fairy-whisperer Karen Kay that will connect readers to the nature spirits and their world.

These intuitive cards are designed to spark insight and self-reflection. Each message on the cards is paired with a simple spiritual practice to help the reader embody the wisdom of the magical beings who walk beside them. Whether you're seeking clarity, comfort or inspiration, the beings of the Enchanted Realms offer gentle encouragement for every step on your path.

Perfect for beginners and seasoned readers alike, this deck is a portal to the unseen – here to help readers trust their inner magic and remember they're never alone.



'Karen Kay not only believes in magic – she creates magic.'

Wendy and Brian Froud, authors of *Brian Froud's Faeries' Tales*

PRICE £17.99
ISBN 9781837822881
FORMAT Cards
RIGHTS World
PUBLICATION MONTH August

Karen Kay is a bestselling author, oracle-deck creator and fairy and mermaid whisperer. She connects to the elemental realms, bringing ancient wisdom from fairies, mermaids and unicorns into our human realm.

karenkay.co.uk and [@karenkayfairy](https://www.instagram.com/karenkayfairy)

Locusta

A Novel

EMILY DEXTER



Circe meets *The Lost Apothecary* in this sapphic romantasy set in the brutal and glittering world of Ancient Rome.

Born in Gaul and descended from Druids, Locusta possesses a rare gift: an ability to commune with the spirit world and identify the poisons hidden within nature. When Roman soldiers destroy her home and enslave her, Locusta is taken to the heart of the empire, where power shifts on a whisper and danger rules every shadow.

Guided by Arawn, the god of death, she learns to survive as both poisoner and pawn, serving the ruthless Domina Decima by night, and lady-in-waiting by day to Livia, Emperor Caligula's ambitious niece. As revenge simmers and her forbidden bond with Livia deepens, Locusta must navigate intrigue, magic and treachery in a court ruled by Caligula's growing instability.

A sweeping tale of myth, power and feminine rage, *Locusta* is a story of survival, defiance and a love strong enough to rewrite history.

A tale of feminine fury, forbidden magic and the poisoner who dared to change an empire.

PRICE £10.99
ISBN 9781837827602
EBOOK ISBN 9798318604034
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PUBLICATION MONTH September

Emily Dexter is a writer and creator exploring the intersection of history, mysticism and the human spirit. She has built an international audience through her work on mythology, ancient wisdom and the unseen forces shaping our lives, and leads sold-out retreats worldwide. She lives in Lake Tahoe with her family. emilydexterauthor.com

Big Little Feelings

KRISTIN GALLANT AND DEENA MARGOLIN



You might know about parenting experts Kristen Gallant and Deena Margolin from the viral parenting platform *Big Little Feelings*, which has over 3.5 million followers on Instagram alone. Kristin and Deena have supported countless families through their bestselling courses, hit podcast and no-judgement advice. In this definitive, science-backed guide, they share the proven strategies that stop tantrums in their tracks, end exhausting power struggles and build lasting emotional resilience in children aged one to six.

Grounded in neuroscience and child development, this reassuring guide offers step-by-step tools and real-life scripts for everyday challenges – from bathtime battles and sibling rivalry to picky eating and dramas with dummies. With warmth, wit and deep empathy, Kristin and Deena help parents feel equipped not just to manage the chaos but to raise confident, kind and emotionally healthy kids. This is *the* book to navigating the toddler years with calm, confidence and humour

Science-backed strategies for parents who want calmer homes, confident parenting and happier kids.

PRICE £22.99
ISBN 9781837827176
EBOOK ISBN 9781837827190
FORMAT 229 x 152mm HB
RIGHTS BCW
PUBLICATION MONTH September

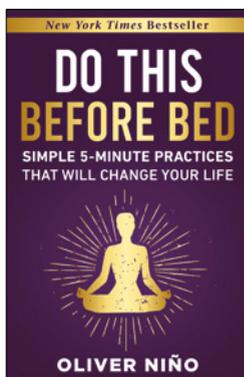
Kristin Gallant and **Deena Margolin** are the co-founders of Big Little Feelings, the leading online parenting community supporting millions worldwide. Their hit podcast has had over 4.3 million downloads, and their courses and social platforms reach a global audience of parents seeking calm, connection and confidence through science-based tools.

biglittlefeelings.com

Do This Before Bed

Simple 5-Minute Practices That Will Change Your Life

OLIVER NIÑO



Transform your nightly routine into a gateway to healing and abundance. Energy healer Oliver Niño shares simple yet powerful bedtime practices that align the mind, body and spirit for the day ahead. Drawing on two decades of experience and his signature Geo Love Healing method, he teaches readers how to use intention, breathwork and visualization to release stress, clear energy and manifest joy. Practical, accessible and inspiring, this book turns rest into renewal.

'Why asking the universe for what you want just as you're going to sleep really can change your life.'

Daily Mail

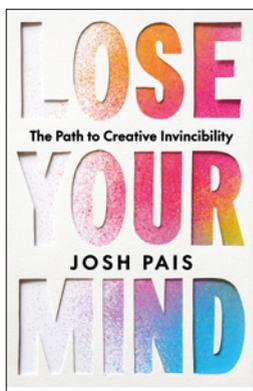
PRICE £14.99
ISBN 9781837827428
EBOOK ISBN 9781401980047
FORMAT 216 x 135mm, PB
RIGHTS World
PUBLICATION MONTH September

Oliver Niño is an energy healer and founder of Geo Love Healing, training thousands worldwide in energy transformation.
spiritualactivator.com

Lose Your Mind

The Path to Creative Invincibility

JOSH PAIS



Now in paperback, *Lose Your Mind* is for readers who want to learn how to turn fear into creative power. Actor, teacher and coach Josh Pais draws on his acclaimed Committed Impulse training and shares practical tools to help readers move beyond self-consciousness and unlock spontaneity, confidence and joy. Used by actors, entrepreneurs and performers worldwide, his approach helps readers release tension, silence the inner critic and rediscover authentic presence in every moment.

'I truly love this book.'

Edward Norton

PRICE £14.99
ISBN 9781837827435
EBOOK ISBN 9781401997212
FORMAT 229 x 152mm, PB
RIGHTS World
PUBLICATION MONTH September

Josh Pais is an actor and founder of Committed Impulse, helping thousands access spontaneity, truth and creativity worldwide.
committedimpulse.com

Hangxiety

How Alcohol Messes With Your Mind

MILLIE GOOCH



This book isn't another sermon about the benefits of sobriety; this is about your brain on booze.

In *Hangxiety*, bestselling author and founder of the Sober Girl Society Millie Gooch reveals how alcohol affects mental health far more than readers have been led to believe. Drawing on scientific research, personal insight and interviews with leading voices on wellness and mental health, Millie explains how alcohol disrupts the nervous system, heightens anxiety and interferes with sleep, hormones and memory. With humour, compassion and clarity, she offers practical tools to understand the science of hangxiety and how alcohol affects the body's stress response.

This is not an abstinence-only message but a judgement-free guide to recognizing alcohol's emotional effects and transforming our relationship with it. *Hangxiety* shares the marked benefits of being in charge of alcohol, rather than letting alcohol commandeer our social lives.

Whether sober, sober-curious or simply questioning drinking habits, readers will find practical support for calmer minds.

'Listen to Millie. She is a tireless, funny, whip-smart teetotalling trailblazer.'

Catherine Gray, author of *The Unexpected Joy of Being Sober*

PRICE £14.99
ISBN 9781837826643
EBOOK ISBN 9781837826674
FORMAT 198 x 129mm, PPC
RIGHTS World
PUBLICATION MONTH September

Millie Gooch is the bestselling author of *The Sober Girl Society Handbook* and founder of the global Sober Girl Society movement. With an MSc in Addiction and Mental Health and a background in journalism, she brings clarity, humour and research-based insight to the conversation on alcohol and anxiety.
sobergirlsociety.com

Mother Hunger

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*

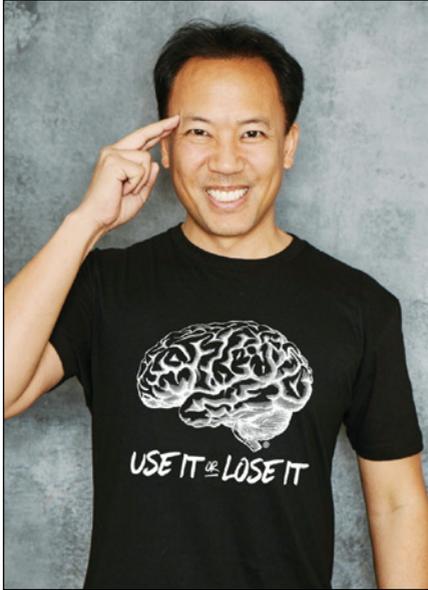
PRICE £14.99
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FORMAT 216 × 135mm, PB
RIGHTS World
PUBLICATION MONTH September

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.

Limitless Daily

366 Science-Backed Insights and Practices to Train Your Brain and Master Your Mind

JIM KWIK



For more than three decades, brain coach Jim Kwik has helped actors, athletes, entrepreneurs and leaders unlock their learning potential through practical tools rooted in neuroscience.

In *Limitless Daily*, he distils his core methods into a year of concise, actionable pointers designed to strengthen the reader's focus, memory and mental performance. Each daily reflection includes a quotation for inspiration, a key lesson for insight and an action for that moment.

Limitless Daily is structured to help readers build consistent habits, shift unhelpful patterns and navigate a world of constant distraction. Drawing on the principles that made his bestselling book *Limitless* a global success, this handbook supports readers to become more present, purposeful and mentally agile.

A practical companion for anyone seeking clarity, confidence and a truly limitless mindset.

'There's no genius pill, but Jim gives you the process for unlocking your best brain and brightest future.'

Dr Mark Hyman, author of *Young Forever*

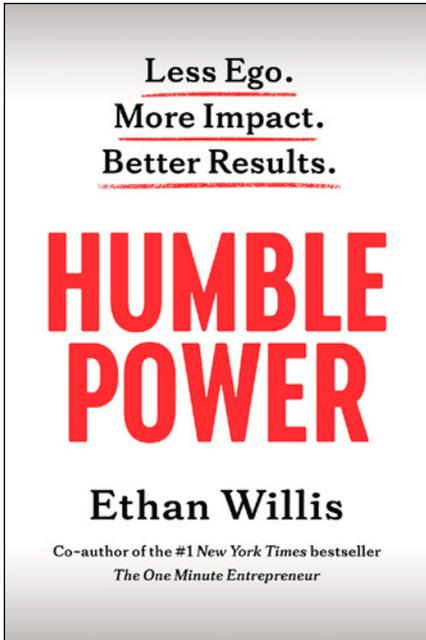
PRICE £21.99
ISBN 9781401978945
EBOOK ISBN 9781401978952
FORMAT 229 x 152mm, HB
RIGHTS World
PUBLICATION MONTH September

Jim Kwik is a world-renowned expert in memory improvement, brain optimization and accelerated learning. After overcoming learning challenges as a child, he developed techniques to enhance mental performance and now coaches actors, athletes, entrepreneurs and global organizations. He is the host of the *Kwik Brain* podcast and creator of Kwik Learning.
jimkwik.com

Humble Power

Less Ego. More Impact. Better Results.

ETHAN WILLIS



Despite what some might believe, confidence at all costs is not the key to successful leadership. In fact, bravado can quickly undermine credibility. What if the opposite is true and the key to leading effectively is to show humility?

In *Humble Power*, entrepreneur and bestselling author Ethan Willis shows how humility creates a genuine competitive edge. Drawing on decades of success stories across the corporate world, popular culture and his own coaching experience, Ethan explains why admitting mistakes can build trust faster, why teams that prize accuracy over ego improve more quickly and why the best innovators are those willing to look beyond themselves.

This book is for industry disruptors and for current and aspiring leaders who want to lead with clarity and unlock their true potential.

Leadership roles don't require people to be right all the time – the best leaders are those who show humility.

PRICE £24.99
ISBN 9798318603570
FORMAT 229 x 152mm, HB
RIGHTS World
PUBLICATION MONTH September

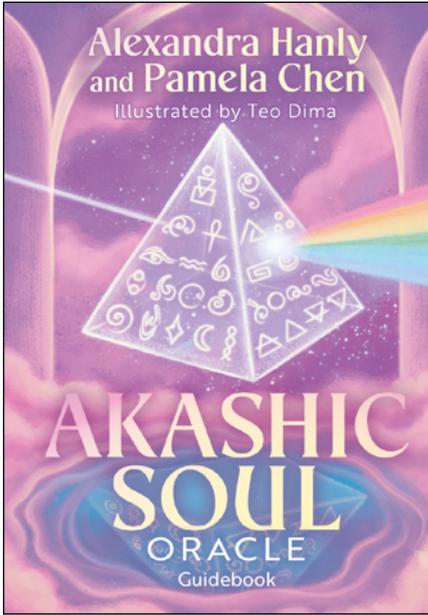
Ethan Willis is a bestselling author, entrepreneur and leadership coach with more than two decades of experience helping individuals and organizations grow with purpose. He is the co-author of *The One Minute Entrepreneur* with Ken Blanchard and Don Hutson and *Prosper: Create the Life You Really Want* with Randy Garn.

Instagram: @ethan_andrew_willis

Akashic Soul Oracle

A 44-Card Deck and Guidebook

ALEXANDRA HANLY AND PAMELA CHEN



This luminous 44-card oracle deck invites readers to access the Akashic Records, the energetic archive said to hold every thought, memory and possibility in the Universe. In this modern and inviting interpretation, Alexandra Hanly and Pamela Chen make the wisdom of the Akasha approachable for beginners and enriching for experienced readers. The deck is divided into four energetic realms: Divine Landmarks, Spirit Guides, Sacred Akashic Items and Soul Gifts, each offering a distinct gateway into intuition, healing and higher understanding. With dreamy, pastel-coloured artwork and multidimensional symbolism, every card delivers keywords, insight and an activation exercise to support readers in expanding their intuitive awareness.

Blending ancient mysticism with a fresh, contemporary voice, the *Akashic Soul Oracle* helps readers explore their purpose, strengthen spiritual connection and receive guidance from the vast field of universal consciousness.

Access the Akashic Records with this fresh and engaging tarot deck.



PRICE £17.99
ISBN 9781401976491
FORMAT Cards
RIGHTS World
PUBLICATION MONTH September

Alexandra Hanly is a chief spiritual advisor, co-founder of Awakened Mystery School and creator of the leading-edge Awakened Bliss Codes® energy technology.

Pamela Chen is a mystical advisor, psychic business mentor, money-manifesting coach and co-founder of Awakened Mystery School. She is also an award-winning author and bestselling deck creator.

awakenedmysteryschool.com

3 Minute Gratitude Journal

Reset Your Nervous System. Rewire Your Brain. Become Your Best.

KRISTEN BUTLER



The simple act of feeling gratitude for the good things in life can change everything – something Kristen Butler, founder of the global Power of Positivity community, knows from first-hand experience. At a time when she felt overwhelmed and burned out, a daily practice of reflecting on the positive things in her life helped reshape her mindset, her habits and her wellbeing for the better. In this guided journal, Kristen shares prompts, affirmations and reflections to help readers also experience their own positive shift through the steady practice of gratitude.

Taking a few moments to slow down and put pen to paper each day can support emotional balance, clarity and resilience. With both gentle guidance and the space for daily check-ins, this journal encourages readers to recognize all the good things in their lives, creating a foundation of appreciation and redirecting the reader's focus back to joy. Backed by research and informed by Kristen's personal journey, this supportive companion shows how small moments of reflection can lift the spirit and nurture lasting inner growth.

Set aside three minutes each day to boost happiness and focus on joy.

PRICE £12.99
ISBN 9798989863662
FORMAT 229 x 152mm, PB
RIGHTS World ex IN,AU,NZ,US,CA
PUBLICATION MONTH September

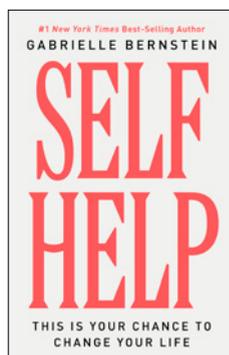
Kristen Butler is the founder and CEO of Power of Positivity and the creator of the bestselling *3 Minute Positivity Journal*. With a background in social media and journalism, she creates tools that help people to both lift their mood and train their minds to improve daily life.

positivekristen.com

Self Help

This Is Your Chance to Change Your Life

GABRIELLE BERNSTEIN



Now in paperback, *Self Help* offers bestselling author and spiritual teacher Gabrielle Bernstein's compassionate, science-informed approach to healing. Drawing on Internal Family Systems (IFS) Therapy, she shares a simple four-step process to transform fear and self-judgement into calm and confidence. With warmth and clarity, Gabby teaches readers how to nurture self-compassion, resolve inner conflict and reconnect with the loving presence within, creating lasting emotional freedom.

'If you haven't checked out Gabby Bernstein's work yet, run, don't walk!'

Jessica Alba

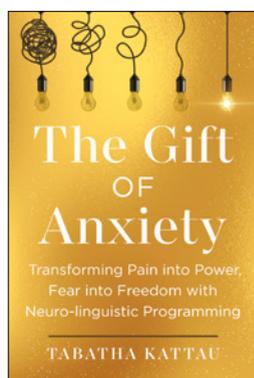
PRICE £14.99
ISBN 9781837827619
EBOOK ISBN 9781401976675
FORMAT 216 x 135mm, PB
RIGHTS World English Language
PUBLICATION MONTH September

Gabrielle Bernstein is a #1 *New York Times* bestselling author, speaker and spiritual teacher. In her weekly podcast, *Dear Gabby*, she offers up real-time coaching, straight talk, and conversations about personal growth and spirituality. gabbybernstein.com

The Gift of Anxiety

Transforming Pain into Power, Fear into Freedom with Neuro-linguistic Programming

TABATHA KATTAU



Anxiety is not a shortcoming: it is actually an astute messenger that can lead to resilience, clarity and self-discovery. In *The Gift of Anxiety*, Emotional Wellness Therapist Tabatha Kattau introduces the CALM model – Consciousness, Allow, Learn, Move – a practical four-step framework to quiet racing thoughts and transform fear into growth. Combining personal stories, neuro-linguistic programming techniques and compassionate insight, this helps readers turn overwhelming feelings into lasting calm and confidence.

A compassionate guide to transforming fear into resilience, clarity and self-discovery.

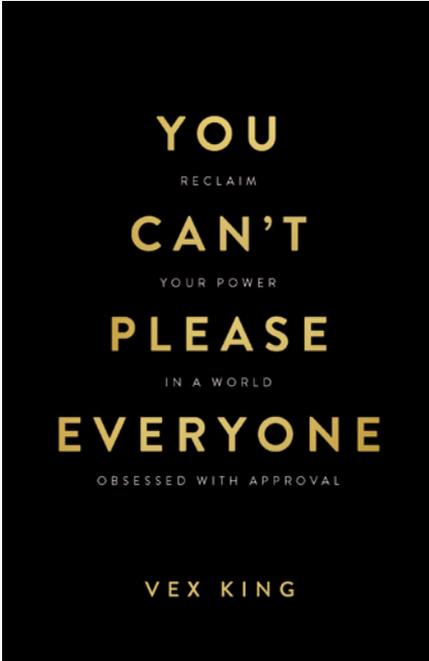
PRICE £14.99
ISBN 9781837827497
EBOOK ISBN 9798318603747
FORMAT 216 x 135mm, PB
RIGHTS World
PUBLICATION MONTH October

Tabatha Kattau is an Emotional Wellness Therapist and NLP Master Practitioner helping people worldwide heal anxiety with empathy and clarity. sincerusmindsetcoaching.com

You Can't Please Everyone

Reclaim Your Power in a World Obsessed with Approval

VEX KING



In this quietly extraordinary book, #1 *Sunday Times* bestselling author Vex King offers readers a gentle, empowering guide back to what they already know but may have learned to ignore. He presents a clear, practical path out of people-pleasing – not by rejecting love, ambition or responsibility, but by learning how to meet life without self-abandonment.

This book isn't about caring less or becoming someone new. It's about releasing what was never meant to be carried, navigating complex relationships, setting boundaries with compassion and processing guilt or anger without overwhelm. At its heart, it invites readers to protect their spirit without closing their heart, rebuild trust in their inner voice and choose from self-trust rather than old wounds, conditioning or fear.

This is a book readers can pick up and use to begin living differently from today.

'What I'm offering here is my voice. My perspective. My lived experience. My heart laid bare, in the hope that it sparks something real and lasting within you.'

Vex King

PRICE £14.99
ISBN 9781837825042
EBOOK ISBN 9781837825073
FORMAT 198 x 129mm, PB
RIGHTS World English
PUBLICATION MONTH October

Vex King is the author of the #1 *Sunday Times* bestsellers *Good Vibes*, *Good Life* and *Healing Is the New High*. A major voice in the personal development world, Vex makes deep spiritual knowledge accessible through stories from his own life, inspirational quotes and practical guidance. His books have sold over 2 million copies worldwide.
Instagram: @vexking and vexking.com

Food Babe Feasts

More Than 100 Feel-Great Favorites for Everyday Indulgences Featuring Menus for Every Occasion!

VANI HARI



Get ready to celebrate the Food Babe way! In *Food Babe Feasts*, bestselling author and food activist Vani Hari shows readers how to enjoy every occasion without relying on processed products or controversial ingredients.

From birthdays and barbecues to holidays and Christmas feasts, Vani shares simple strategies for cooking and celebrating with real food that tastes amazing and makes you feel good. Readers will discover how to avoid artificial dyes, make smart ingredient swaps and prep for feasts that wow a crowd without sabotaging health.

Featuring more than 100 common additives to ditch, along with practical tips for detoxing after big events, this vibrant guide proves that clean eating and true indulgence can happily coexist. Uplifting and inspiring, *Food Babe Feasts* is the ultimate companion for anyone who wants to celebrate life deliciously.

'I love Vani! Her food industry investigations have made me a better mother by opening my eyes to what's really going on and by making me a healthier cook.'

Eva Mendes

PRICE £28.99
ISBN 9781401997441
EBOOK ISBN 9781401997458
FORMAT 229 x 178mm, HB
RIGHTS World English Language
PUBLICATION MONTH October

Vani Hari is a revolutionary food activist, author and co-founder of TruVani, an organic brand offering real food without toxins or additives. Named one of *Time* magazine's Most Influential People on the Internet, she founded FoodBabe.com to educate millions on clean eating and healthy living.
foodbabe.com

The Art of Being Easily Pleased

Words to Unlock a Wonderful Life

DONNA ASHWORTH



What if joy wasn't something to chase, but something to tune in to? In her most heartfelt and hopeful book yet, bestselling poet Donna Ashworth invites readers to master the overlooked art of being easily pleased.

For readers who have been spellbound by Donna Ashworth's poetry, this new format that blends poems, reflective essays, illustrated affirmations and gentle prompts is bound to become a favourite. *The Art of Being Easily Pleased* is a beautifully designed book that can be read cover to cover or opened at random to calm the mind, shift perspective and remind us that peace is often just a moment away. Through soulful reflections and honest insights, Donna encourages readers to change from perfectionism to presence, find delight in the ordinary and choose joy on purpose.

The Art of Being Easily Pleased is a tender, giftable guide to living with softness, courage and an open heart; this is a celebration of everyday miracles hiding in plain sight.

'Soul-nurturing permission to relax, connect and be kinder to ourselves.'

Fearne Cotton, praise for *Love* by Donna Ashworth

PRICE £14.99
ISBN 9781837826506
EBOOK ISBN 9781837826537
FORMAT 198 x 129mm, PPC
RIGHTS World
PUBLICATION MONTH October

Donna Ashworth is a *Sunday Times* bestselling poet, speaker and creative force whose words have brought comfort and courage to millions. Known for her viral poems on womanhood, resilience and joy, she is the author of *To the Women*, *Wild Hope* and *Joy Chose You*.

donnaashworth.com

The Path of Least Regret

SARAH NICOLE LANDRY



Raw, moving and often hilarious, *The Path of Least Regret* is an inspirational guide for readers who want to live life on their own terms.

Writer and digital creator Sarah Nicole Landry, known to millions as The Birds Papaya, brings her trademark honesty and humour to this part-memoir, part-manifesto. Through personal stories and heartfelt insight, Sarah explores the messy, transformative spaces where identity shifts, bodies evolve and life rarely goes to plan. In a world governed by social media, it's easy to fall into the trap of trying to be picture-perfect, but Sarah reminds readers that self-worth grows through our capacity to change.

The Path of Least Regret is an invitation to embrace imperfection, celebrate resilience and find joy in the ordinary moments that make us who we are. This is for readers ready to cut through the noise and find joy in uncertainty.

A life lived fully needs imperfection.

PRICE £21.99
ISBN 9798318603372
EBOOK ISBN 9798318603389
FORMAT 229 x 152mm, HB
RIGHTS World ex Canada
PUBLICATION MONTH October

Sarah Nicole Landry is a writer, speaker and digital creator best known for The Birds Papaya. Her award-winning content reaches millions through social media and *The Papaya Podcast*. A mother of four, she has been featured on *Today* and *Good Morning America* for her advocacy of body acceptance and self-love. thebirdspapaya.com and [@thebirdspapaya](https://www.instagram.com/thebirdspapaya)

Better Sex, Better Life

Everything You Need to Know for Good Health, Great Sex and Long Life

DR RENA MALIK



Men's sexual health deserves honesty, not embarrassment. In *Better Sex, Better Life*, board-certified urologist and pelvic surgeon Dr Rena Malik delivers the trusted, science-based guide to confidence, connection and long-term vitality. With clarity, humour and zero shame, she explains how erections, stamina, hormones and prostate health really work. Drawing on decades of clinical experience, she breaks down common myths, tackles topics men are too uncomfortable to raise in the consulting room and offers practical, evidence-based solutions for stronger performance and greater satisfaction.

From understanding testosterone and the impact of stress to improving communication and intimacy, this book provides clear, compassionate advice for men and couples alike. Honest, informative and free from gimmicks, it's the ultimate handbook for sexual wellbeing, backed by medical expertise and real-world understanding.

A frank, science-based guide to stronger performance, better intimacy and lifelong sexual wellbeing.

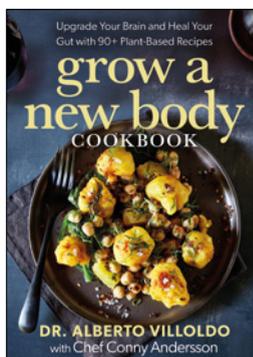
PRICE £22.99
ISBN 9781837827350
EBOOK ISBN 9781837827381
FORMAT 229 x 152mm, HB
RIGHTS BCW
PUBLICATION MONTH October

Dr Rena Malik is a board-certified urologist, pelvic surgeon and internationally recognized expert in men's sexual health. With over 2.6 million YouTube subscribers and 350 million views, she provides clear, trusted advice to a global audience. Featured in *Men's Health*, *The Washington Post* and Today.com, she combines medical authority with refreshing candour.
renamalikmd.com

Grow a New Body Cookbook

Upgrade Your Brain and Heal Your Gut with 90+ Plant-Based Recipes

ALBERTO VILLOLDO AND CONNY ANDERSSON



Now in paperback, this vibrant cookbook rooted in shamanic wisdom offers more than 90 plant-based recipes designed to restore vitality and reverse the effects of ageing. Psychologist and medical anthropologist Dr Alberto Villoldo, with celebrated chef Conny Andersson, blends ancient healing traditions with modern nutrition to show readers how food can be medicine. Featuring restorative broths, colourful mains and more, these nourishing dishes support body, brain and spirit, promoting lifelong health and renewed energy.

'Dr Alberto Villoldo is a unique and incredible teacher who combines modern medicine with ancient wisdom.'

Kimberly Snyder, bestselling author of *The Hidden Power of the Five Hearts*

PRICE £17.00
ISBN 9781401978914
EBOOK ISBN 9781401972837
FORMAT 232 x 190mm, PB
RIGHTS World
PUBLICATION MONTH October

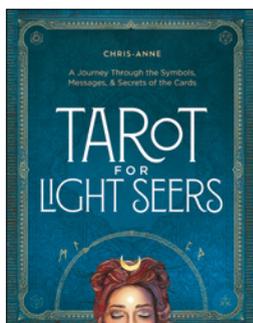
Alberto Villoldo is a psychologist, anthropologist and shamanic teacher.

Conny Andersson is a celebrated chef known for globally inspired, plant-based cuisine.
thefourwinds.com

Tarot for Light Seers

A Journey Through the Symbols, Messages and Secrets of the Cards

CHRIS-ANNE



Now in paperback, this expansion of *The Light Seer's Tarot* guidebook invites readers to explore the symbolism, archetypes and stories within each card. *Tarot for Light Seers* is a companion to the bestselling deck that has shipped nearly 250,000 copies since 2019, and bridges traditional Rider-Waite-Smith imagery with contemporary art to illuminate the path of self-discovery. *Tarot for Light Seers* offers readers detailed messages, interpretations, keywords and spreads in a bright, full-colour format.

An in-depth guide to reading tarot from the perspective of a Light Seer.

PRICE £20.99
ISBN 9781401996611
EBOOK ISBN 9781401978730
FORMAT 229 x 178mm, PB
RIGHTS World
PUBLICATION MONTH October

Chris-Anne is a deck creator, artist and teacher blending creativity, intuition and manifestation in her acclaimed tarot and oracle decks.
chris-anne.com

We Three Queens

A Novel

SONIA PALLECK



A luminous, modern parable for the festive season, *We Three Queens* reimagines the journey of the Three Wise Men as three women's quests for faith, hope and love. At Christmastime, three strangers from very different walks of life are drawn to a desert beyond time and space. Each carries private burdens that leave them feeling disconnected from their inner truth. After sparrows deliver a message – cross the desert, follow the star, mend the circle – these women begin an extraordinary odyssey together.

Guided by sacred messengers and confronted by visions, each woman is forced to face her own fears and shadows. Their path leads them to the dying Sacred Mother, a divine feminine presence embodying unconditional love. To heal the Sacred Mother, and themselves, they must learn acceptance, compassion and unity. Blending magical realism with spiritual insight, *We Three Queens* is a hopeful, heart-opening story of transformation, connection and the love that lives within us all.

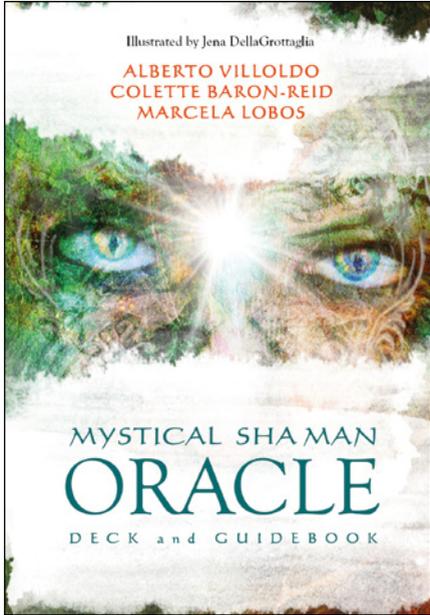
A modern, mystical parable about healing, unity and love.

PRICE £10.99
ISBN 9781837827503
EBOOK ISBN 9798318603822
FORMAT 198 x 129mm, PB
RIGHTS World
PUBLICATION MONTH October

Sonia Palleck is an author and speaker who answered a spiritual calling to advocate for love, truth and authentic living. Drawing on her own journey through struggle and awakening, she writes and speaks internationally about connection, compassion and inner healing.
soniapalleck.com

Mystical Shaman Oracle

ALBERTO VILLOLDO AND COLETTE BARON-REID, WITH MARCELA LOBOS



Now available in a sleek, standard format, *The Mystical Shaman Oracle* is a repackaged version of the bestselling oracle deck. The cards draw on Indigenous shamanic practices and ancient divination traditions to help readers explore the symbolic language that underpins both the natural world and the inner landscape of the soul.

Legends tell that before time and language, sacred symbols such as the Medicine Wheel, the Eagle and the Jaguar offered guidance, caution and inspiration. These archetypes, rooted in the collective unconscious, continue to speak across cultures and generations via *The Mystical Shaman Oracle*, which invites readers to engage with timeless symbols, deepen their connection to Spirit and open a doorway to their own inner wisdom.

A compact edition of the bestselling shamanic oracle that opens a doorway to ancient symbolic wisdom.



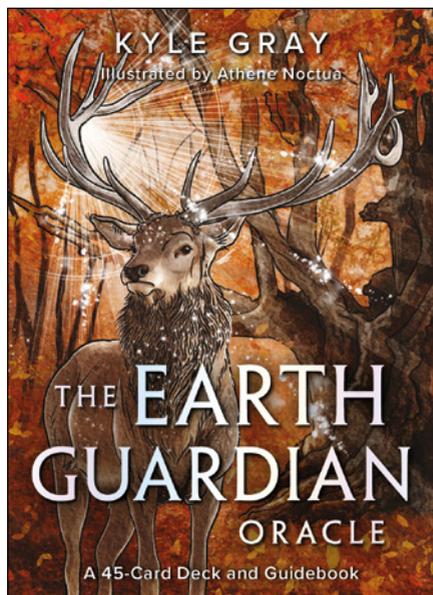
PRICE £22.99
ISBN 9798318604256
FORMAT Cards
RIGHTS World
PUBLICATION MONTH October

Alberto Villoldo, Colette Baron-Reid and **Marcela Lobos** are internationally recognized teachers of shamanic wisdom and intuitive practice. Together, they blend ancient traditions with contemporary insight to create tools for personal reflection and spiritual growth. Their collective work includes bestselling books, oracle decks and widely attended teaching programmes.

The Earth Guardian Oracle

A 45-Card Deck and Guidebook

KYLE GRAY



Reconnect with the sacred power of nature with this 45-card oracle from bestselling author Kyle Gray, one of Hay House's most beloved spiritual teachers.

Humanity has honoured the divine in nature since ancient times and many of us long to reclaim that profound connection. *The Earth Guardian Oracle* unites the energy of nature with the legends of the Celtic world, with cards featuring guides such as the Green Man, the Lady of the Lake and the Stag Lord alongside the spirits of the Bear, Whale and Hawk. Illustrated by Athene Noctua, each card is alive with the essence of the land, the seasons and the ever-turning wheel of the year.

Grounded yet mystical, this oracle offers clear guidance, powerful healing and a reminder that the wisdom of the Earth is always within reach.

'I adore Kyle Gray. He helps you to reconnect with all that is wanting to rise up within you.'

Rebecca Campbell, author of *Your Soul Had a Dream, Your Life Is It*



PRICE £17.99
ISBN 9781788176910
FORMAT Cards
RIGHTS World
PUBLICATION MONTH October

Kyle Gray is a spiritual teacher and bestselling author known for his angel and oracle decks, books and workshops. A trusted Hay House voice, his work has inspired millions to connect with divine energy in daily life.

Athene Noctua is a British artist and mystic whose visionary work celebrates nature's magic.

www.kylegray.co.uk
[@athene_arcana](https://twitter.com/athene_arcana)

Unfair Advantage

JEREMY UTLEY



Artificial intelligence is reshaping the way we work. The people best placed to benefit are not necessarily the youngest or most technically proficient. In *Unfair Advantage*, Stanford professor Jeremy Utley shows how professionals with experience have a powerful advantage, which AI can amplify rather than replace.

Drawing on research, neuroscience and real-world case studies, Jeremy explains why judgement, insight, creativity and taste become even more valuable in an AI-enabled world. While AI excels at speed and structure, humans bring context, meaning and discernment. When the two work together, productivity deepens and better decisions follow.

Practical, optimistic and grounded, *Unfair Advantage* reframes AI as a cognitive partner. Jeremy shows how AI can help readers work more efficiently on big projects, develop with greater confidence when using AI and ultimately focus their energy on what matters most. This is a timely guide for mid-career professionals ready to use AI as a tool for growth, relevance and long-term impact.

Why experience is the real superpower in an AI-driven world.

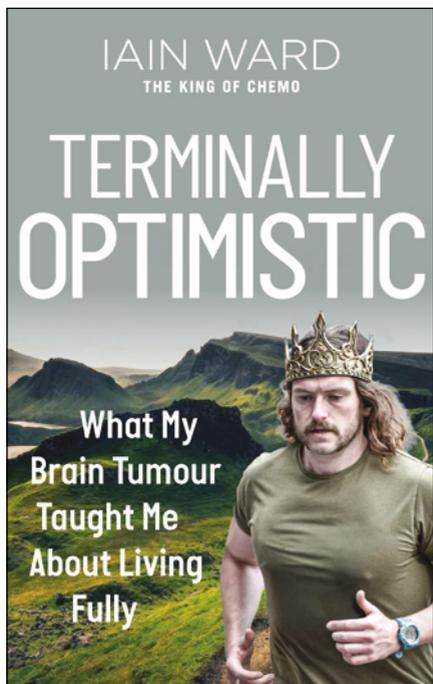
PRICE £24.99
ISBN 9798318604539
EBOOK ISBN 9798318604546
FORMAT 229 x 152mm, HB
RIGHTS World English Language
PUBLICATION MONTH November

Jeremy Utley is an adjunct professor at Stanford and a leading voice in AI-powered creativity. Co-host of the *Beyond the Prompt* podcast, his work has featured in *Harvard Business Review*, *Financial Times* and *The Wall Street Journal*. He is the co-author of *Ideaflow*, shortlisted for the Thinkers50 Innovation Award.
jeremyutley.com

Terminally Optimistic

What My Brain Tumour Taught Me About Living Fully

IAIN WARD



At 31 years old, Iain Ward was told he had terminal brain cancer. Iain decided to 'stick two fingers up to cancer', and set a goal to raise the most amount of money ever raised for cancer research from running marathons. Since embarking on this goal, Iain has raised hundreds of thousands of pounds and built a community of over 14 million people inspired by his global fundraising mission.

In *Terminally Optimistic*, Iain shares profound insights into what a sense of urgency brings to living. Structured around bold, reflective questions – What are you waiting for? Who are you living for? – this part-memoir, part-manifesto explores how grief can deepen gratitude, how limits can create momentum and how clarity arrives when time suddenly feels finite. Written with humour, urgency and startling honesty, this book invites readers to rethink fear and failure, connect more deeply with purpose and stop postponing the life they want. This is a rallying cry to live life fully – starting now.

How facing death can make you wake up to the richness of life.

PRICE £20.00
ISBN 9781837827251
EBOOK ISBN 9781837827282
FORMAT 216 x 135mm, HB
RIGHTS World
PUBLICATION MONTH November

Iain Ward, known online as *The King of Chemo*, is a Guinness World Record-holding athlete, digital creator and cancer fundraising campaigner living with terminal brain cancer. His running feats have inspired millions.
thekingofchemo.com

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

The Inner Winter

Indigenous Wisdom for Slow Medicine, Rest and Renewal in Every Season

ASHA FROST



In *The Inner Winter*, Indigenous Medicine Woman Asha Frost invites readers to honour their 'inner winter' by slowing down, listening deeply and returning to the natural rhythm of the seasons. In an age where it's hard not to feel our attention pulled in multiple directions, Asha shows how inner winter can be an antidote to stress and burnout. It can also be a meaningful companion for those navigating chronic illness, grief, depression or soul-weariness, a belief shaped by Asha's own experience with lupus.

Through the lens of the Medicine Wheel, she guides readers to view both the body's need and nature's call for rest as something sacred to tend. Each of the book's four parts mirrors a season, with chapters opening in ancestral Ojibwe legend and unfolding into embodied teachings, rituals and practices for gentle healing. *The Inner Winter* is a compassionate, restorative guide that reveals how healing can begin in darkness and the quiet beauty of stillness.

'Asha is a brilliant force of love and healing, and her ability to help others connect to their own innate medicine feels like a gift from Spirit.'

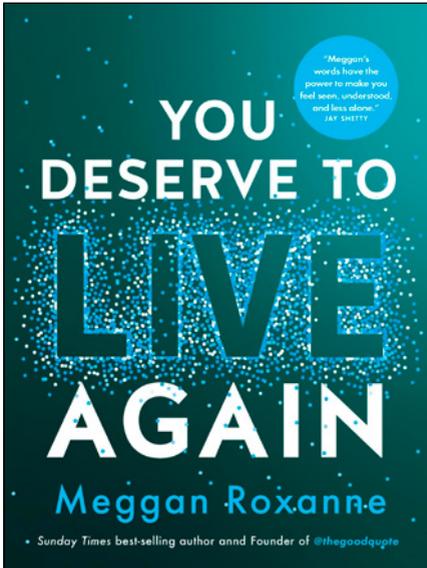
Chris-Anne, creator of *The Sacred Creator's Oracle* and *The Light Seer's Tarot*

PRICE £14.99
ISBN 9781837827398
EBOOK ISBN 9798318603303
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RIGHTS World
PUBLICATION MONTH November

Asha Frost is an Indigenous Medicine Woman and a member of the Chippewas of Nawash First Nation. An energy healer, homeopath and mentor, she has guided thousands through profound transformation. She is the author of *You Are the Medicine* and creator of two oracle decks inspired by ancestral wisdom and spiritual healing.
ashafrost.com

You Deserve to Live Again

MEGGAN ROXANNE



Grief is arguably the most complex and challenging emotion to navigate. *You Deserve to Live Again* is a heartfelt work from Meggan Roxanne, bestselling author and founder of The Good Quote, written for readers in the midst of grief and searching for a way back to themselves. Meggan doesn't promise a road map out of pain; instead, she offers a gentle and powerful invitation to begin again.

The book is structured in three parts:

- 1. You Deserve to Grieve** offers emotional first aid and compassionate permission to feel without shame or to a set timeline.
- 2. You Deserve to Heal** introduces tools for rebuilding safety and regulation through rest, nourishment and community.
- 3. You Deserve to Live Again** encourages the reclamation of joy, identity and purpose after loss.

Blending emotional support, body-based practices, cultural reflection and personal insight, *You Deserve to Live Again* holds space for the full spectrum of human emotion and reflects on how grief can transform us – often in ways that lead us back to ourselves.

'Meggan's words have the power to make you feel seen, understood and less alone.'

Jay Shetty, bestselling author

PRICE £14.99
ISBN 9781837821426
EBOOK ISBN 9781837821440
FORMAT 203 x 152mm, PB
RIGHTS World
PUBLICATION MONTH November

Meggan Roxanne is the founder of The Good Quote, where she shares thoughts and motivational quotes with her 11M+ followers. She is also the *Sunday Times* bestselling author of *How to Stop Breaking Your Own Heart*. Meggan is known for her poetic voice and reflections on love, self-worth and healing. @thegoodquote

The Truth of the Waite-Smith Tarot

Unlocking Pamela Colman Smith's Vision and the Collective Unconscious to Reveal the Hidden Meanings of the Cards

SHARON ANNE KLINGLER



The Waite-Smith Tarot is the world's most recognized, and arguably the most influential, tarot deck ever published – for more than a century the symbols on the cards have shaped modern tarot. Intuitive and tarot expert Sharon Anne Klingler uncovers the deeper meanings within Pamela Colman Smith's iconic artwork, revealing how its imagery draws from the Akashic Records, spirit communication, Jungian archetypes and collective unconscious. Each card is analysed in detail to illuminate its symbolic depth and what it can reveal about the reader's life. *The Truth of the Waite-Smith Tarot* is for anyone seeking a clearer, more intuitive relationship with the cards and a deeper connection with their own inner knowing.

A groundbreaking exploration of the imagery that shaped modern tarot.

PRICE £15.99
ISBN 9781837823413
EBOOK ISBN 9781401979720
FORMAT 229 x 152mm, PB
RIGHTS World
PUBLICATION MONTH November

Sharon Anne Klingler is an international bestselling author, intuitive and a registered medium in Lily Dale. She lectures globally and has appeared on CNN, the Oprah Winfrey Network, BBC and major media worldwide. Her work blends historical insight, spiritual wisdom and practical intuitive development.
sharonklingler.com

Language Alchemy

The Essential Communication Toolkit for a Life of Peace, Authenticity and Meaning

ALEJANDRA SIROKA



We've inherited a language shaped by survival, competition and fear; it encourages us to win or be right and rarely teaches us how to connect or belong. In *Language Alchemy*, communication expert Alejandra Siroka offers a grounded system for turning our language of survival into a Language of Interconnectedness: a way of speaking and listening that promotes peace, equality and authenticity. Through personal stories, exercises and eight transformative principles, Alejandra shows readers how to correct divisive communication and build deeper, more compassionate relationships across differences. *Language Alchemy* is more than a guide to effective communication: it is an invitation to speak and live in ways that honour our shared humanity.

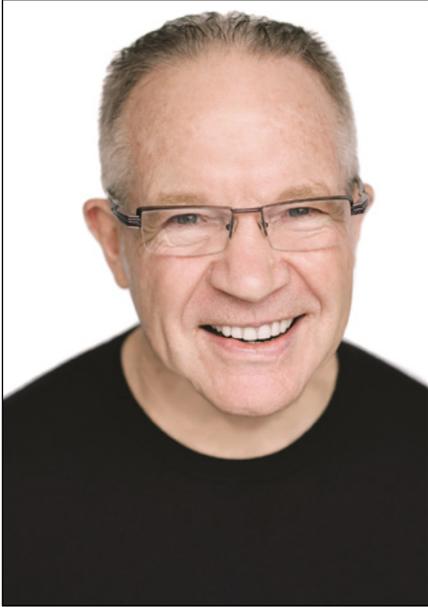
Build communication habits that strengthen relationships, reduce friction and deepen understanding.

PRICE £16.99
ISBN 9781837827510
EBOOK ISBN 9798318603860
FORMAT 229 x 152mm, PB
RIGHTS World
PUBLICATION MONTH November

Alejandra Siroka is a transformative communication teacher and founder of Language Alchemy®, a method for turning unconscious communication patterns into conscious, compassionate dialogue. Drawing on linguistics, neuroscience and Eastern wisdom, she has guided thousands to speak with clarity, confidence and authenticity.
languagealchemy.com

Casting Not Hiring

DAN SULLIVAN AND B. JEFFREY MADOFF



Most companies hire to fill jobs, but there is a much better approach available: the best leaders cast to build greatness. In *Casting Not Hiring*, entrepreneurial coach Dan Sullivan, co-founder of Strategic Coach®, and acclaimed director and producer B. Jeffrey Madoff introduce a radical idea for how businesses should attract and develop talent. Drawing inspiration from the world of theatre and decades of coaching high-performing entrepreneurs, they show that peak performance comes from casting people in roles where their strengths, character and creativity can shine.

Instead of relying on job descriptions, CVs or formulaic interviews, Sullivan and Madoff offer a framework for identifying unique abilities, designing roles around individuals and aligning a team's collective talents with a company's larger purpose. Through clear tools, including Dan Sullivan's 4 x 4 Casting Tool™, and real-world stories from leaders who transformed their organizations, this book reveals how casting creates culture, commitment and long-term growth.

A bold, practical guide for anyone ready to build an exceptional team.

PRICE £20.99
ISBN 9781401999285
EBOOK ISBN 9781401999292
FORMAT 216 x 135mm, HB
RIGHTS World
PUBLICATION MONTH November

Dan Sullivan is an entrepreneurial coach and co-founder of Strategic Coach®, known for guiding thousands of business leaders to optimize performance and growth.

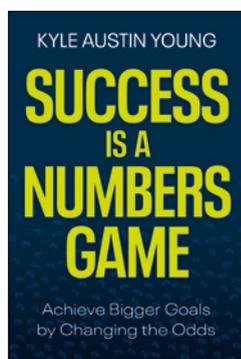
B. Jeffrey Madoff is a director, producer and bestselling author whose work bridges creativity and commerce. Together, they bring decades of insight into talent, leadership and transformative teamwork.

strategiccoach.com

Success Is a Numbers Game

Achieve Bigger Goals by Changing the Odds

KYLE AUSTIN YOUNG



Now in paperback, *Success Is a Numbers Game* shares the framework for improving the odds of achieving any meaningful goal. Drawing on probability thinking, behavioural insight and real-world case studies, Kyle shows how hidden factors influence outcomes and how small, deliberate shifts can dramatically increase the likelihood of success. Clear, practical and engaging, this book offers readers a smarter, more strategic way to set goals, make decisions and shape long-term results.

A smarter, probability-led approach to achieving goals with clarity, strategy and confidence.

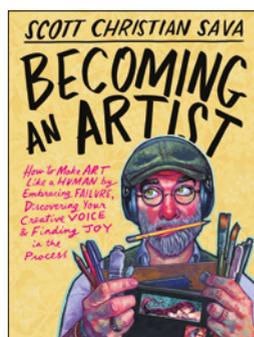
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EBOOK ISBN 9781401975432
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Kyle Austin Young is an award-winning strategy consultant working with high achievers, entrepreneurs and leaders across multiple sectors.
kyleaustinyoung.com

Becoming an Artist

How to Make Art Like a Human by Embracing Failure, Discovering Your Creative Voice and Finding Joy in the Process

SCOTT CHRISTIAN SAVA



Now in paperback, *Becoming an Artist* is a gentle, encouraging guide from the internet's 'art dad', Scott Christian Sava, written for anyone who feels the pull to create. Blending humour, storytelling and honest reflection, he explores how artists of all levels can let go of perfection, embrace failure and rediscover the joy of making things. Part-sketchbook and part-pep-talk, this uplifting book celebrates experimentation, patience and the wonderfully imperfect process of becoming an artist.

A playful, heartfelt invitation to embrace creativity, imperfection and the joy of making art.

PRICE £12.99
ISBN 9781837827459
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RIGHTS World
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Artist and animator **Scott Christian Sava** creates stories and characters for global audiences and shares creative guidance with over four million followers.
ssavaart.com

Turning Life's Mysteries into Miracles

12 Paradoxes of Manifesting and How to Make Them Work for You

MIKE DOOLEY



In *Turning Life's Mysteries into Miracles*, bestselling author Mike Dooley turns Law of Attraction teachings inside out, revealing 12 counterintuitive truths that explain why manifesting can feel effortless one moment and impossible the next. Instead of viewing these contradictions as obstacles, Mike shows readers how life's paradoxes are doorways to clarity, confidence and flow.

Drawing on decades of teaching 'Notes from the Universe', Mike shares and explores contradictory insights such as:

- Life isn't fair – it's rigged in your favour
- Your problems aren't blocking the path – they are the path
- The road you begin on is never the one you arrive on
- Each paradox acts as a puzzle piece that, once understood, helps readers work with uncertainty rather than resist it.

Practical, uplifting and spiritually grounded, *Turning Life's Mysteries into Miracles* offers a fresh framework for conscious creation that invites readers to align with possibility and recognize how quickly life can transform when they work with the Universe, not against it.

A fresh guide to manifesting that reveals why life's contradictions can hold the biggest breakthroughs.

PRICE £14.99
ISBN 9781837827336
EBOOK ISBN 9798318603129
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Mike Dooley is a bestselling author and creator of 'Notes from the Universe'. His teachings on conscious creation have inspired live audiences in more than 150 cities worldwide. A featured teacher in the film and book *The Secret*, he leads The Universe Talks Adventurers Club, home to over one million members.
tut.com

Earth Wisdom

A Heart-Warming Mixture of the Spiritual, the Practical and the Proactive

GLENNIE KINDRED



This beautiful, revised edition of *Earth Wisdom* refreshes Glennie Kindred's classic guide for a new generation. Rooted in nature-based spirituality and featuring a new preface and updated practices, it invites readers to reawaken their connection to the land through seasonal rituals, herbal knowledge, tree lore and sacred ceremony. Glennie's joyful, empowering voice leads us through the wheel of the year, showing how to align our lives with the Earth's rhythms and nurture healing for ourselves and the planet.

As environmental awareness continues to deepen and more people seek spiritual connection with nature, *Earth Wisdom* offers essential grounding and inspiration. It reminds us that the Earth stands steady beneath our feet, ever-changing yet constant, and calls us to live in harmony with its cycles and care for the world we share.

From herbalism to Earth cycles and healing energies to folklore, Earth Wisdom is a beautiful homage to the world around us.

PRICE £14.99
ISBN 9781837827008
EBOOK ISBN 9781837827039
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Glennie Kindred is a highly respected teacher and much-loved expert on Earth traditions. Through her workshops, writing and sacred events, she encourages people to connect with their creative power and live in harmony with the Earth.
www.glenniekindred.co.uk

Age Like a Girl Conversation Deck

A 125-card Deck

DR MINDY PELZ



The *Age Like a Girl Conversation Deck* invites women into open, judgement-free conversations about the realities of menopause and midlife, from changing bodies and shifting identities to evolving relationships, money, career and the courage to reinvent. Created by bestselling author and functional health expert Dr Mindy Pelz, this deck focuses on connection and shared understanding rather than medical advice.

Featuring 100 everyday prompts and 25 'Go Deeper' wild cards, the deck can be used one-to-one, in small groups or circles, or for personal reflection. Questions are organized into five categories: Body; Relationships; Family; Money and Career; Change and Identity, each designed to spark empathy, honesty and self-awareness.

Perfect for book clubs, retreats, workshops or intimate gatherings, this deck creates space for women to speak openly, listen deeply and leave with clarity, confidence and renewed self-respect.

'Mindy's empowering attitude reminds all of us that it's never too late to better understand our bodies and take action to improve the quality of our lives.'

Dr Rangan Chatterjee

PRICE £22.99
ISBN 9798318604430
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RIGHTS World
PUBLICATION MONTH November

Dr Mindy Pelz is an author, keynote speaker and functional health expert known for her pioneering work in the fasting movement. Through her YouTube channel and *The Resetter Podcast*, she shares science-backed tools for metabolic health. She is the author of *Fast Like a Girl*, *Age Like a Girl* and *Eat Like a Girl*.
drmindypelz.com

Manifesting with the Angels Tarot

A 78-Card Deck and Guidebook

RADLEIGH VALENTINE



Manifesting with the Angels Tarot combines the loving guidance of angels with the power of the tarot to help guide readers. Each card blends traditional tarot symbolism with one of four manifestation pathways – the soul, heart, mind and body – offering insight into how intentions take shape on every level of being. Guided by gentle, supportive angelic presence, the deck helps readers clarify what they want, align with divine energy and bring their manifestations into daily life with confidence and trust.

Whether seeking abundance, healing, clarity or spiritual expansion, readers will find practical guidance and uplifting encouragement in every card. With Radleigh Valentine's signature warmth and accessibility, this deck acts as both a spiritual companion and a manifestation tool, inviting readers to co-create with the Universe and welcome more magic, purpose and support into their lives.

A bridge between the angelic realms and the tarot.

PRICE £21.99
ISBN 9781401968229
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RIGHTS World
PUBLICATION MONTH November

Radleigh Valentine is a bestselling author and spiritual teacher known for making complex topics easy to understand. With compassion and clarity, he shares angelic guidance through his books, courses and internationally loved card decks. His work empowers readers to create positive change and welcome more magic into their everyday lives.

radleighvalentine.com

Think, Write, Edit, Romance

From Blank Page to Clean Copy

KJ CHARLES



Think, Write, Edit, Romance is a practical guide to writing romance novels from one of the genre's most respected voices. Drawing on more than 20 years as a professional editor and the author of over 35 successful romance novels, KJ Charles takes readers through the entire creative process, from the blank page to a clean, submission-ready manuscript.

Organized as a 'Writer's Progress', aspiring writers will receive step-by-step guidance on:

- generating ideas and shaping premises
- developing characters and conflict
- drafting your work, including how to approach point of view, pacing, dialogue and sex scenes
- getting unstuck when a project stalls
- how to revise your manuscript
- copy-editing with clarity and candour.

Written with Charles's signature wit, authority and compassion, *Think, Write, Edit, Romance* is a craft book for authors who want to produce work that is emotionally satisfying, structurally sound and professionally polished.

Write your own romantic story.

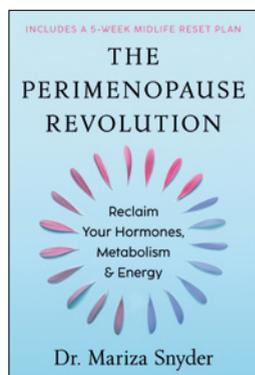
PRICE £20.00
FORMAT 216 x 135mm, HB
RIGHTS World
PUBLICATION MONTH December

KJ Charles has written over 30 novels, many of them romantic stories, and also worked as an editor at Mills & Boon for over 20 years. Her debut, *The Magpie Lord*, was nominated for the Gaylactic Spectrum Award for Best Novel in 2014.
kjcharleswriter.com

The Perimenopause Revolution

Reclaim Your Hormones, Metabolism and Energy

DR MARIZA SNYDER



Now in paperback, *The Perimenopause Revolution* is a science-informed guide to navigating one of the most significant and misunderstood transitions in a woman's life. Bestselling author and women's health expert Dr Mariza Snyder offers clarity and practical strategies to help women over 35 reclaim their energy, metabolism and confidence during perimenopause and beyond. If brain fog, mood changes or disrupted sleep feel familiar, Dr Mariza shows how these experiences are rooted in hormonal shifts, not 'just ageing'. With warmth and expertise, Mariza introduces a five-week lifestyle plan designed to support hormonal balance, stabilize energy and strengthen emotional and mental wellbeing.

A guide to reclaiming energy and confidence during perimenopause.

PRICE £14.99
ISBN 9781837827466
EBOOK ISBN 9781401997410
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RIGHTS World English Language
PUBLICATION MONTH December

Dr Mariza Snyder is a leading advocate for midlife women, drawing on more than 17 years' experience as a practitioner, author and speaker. Host of the top-rated *Energized with Dr Mariza* podcast, she offers science-backed tools for hormone and metabolic health and is a trusted voice in women's wellbeing. drmariza.com

The Lymphatic Flow Method

The Step-by-Step System to Reduce Inflammation, Support Detox, and Restore Whole-Body Flow at Home

DR CAITLIN CZEZOWSKI



A sluggish lymphatic system can leave the whole body feeling heavy, foggy and out of balance. In *The Lymphatic Flow Method*, lymphatic health expert Dr Caitlin Czeowski introduces an accessible, science-informed approach to supporting the body's natural drainage pathways and restoring a sense of vitality from within. Drawing on 15 years of clinical experience and the same methods that have helped millions through Dr Czeowski's online community, she explains how the lymphatic system influences energy, immunity, hormones and everyday wellbeing and the simple, at-home practices that can make a noticeable difference.

The book that explains what's often overlooked when it comes to lasting wellness: the lymphatic system.

PRICE £14.99
ISBN 9781837827930
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RIGHTS World
PUBLICATION MONTH December

Dr Caitlin Czeowski is a licensed chiropractor and certified functional medicine practitioner recognized for her work in lymphatic health and detoxification. Dr Caitlin has educated millions through her 1.8 million-strong online community. solo.to/doctor.caitlin and YouTube: [@doctalksdetox](https://www.youtube.com/@doctalksdetox)

Better Every Year

Overcome Exhaustion, Brain Fog & Overwhelm to Reclaim Your Mind, Body & Your Life – Including the YES Physique Plan to Feel Younger, Energized & Stronger in Your 30s, 40s & Beyond

DR STEPHANIE ESTIMA



For too long ageing has been perceived as something negative, something that inevitably slows us down. Many women have found that perimenopause and menopause profoundly impact their metabolism, mood, sleep and strength, but Dr Stephanie shows this is not something to dread.

Readers will discover that when they meet their body's needs, midlife is the perfect time for reinvention and adopting new routines to help them thrive. This is a science-backed road map for helping women train for their prime. With Dr Stephanie's 8-week plan to build muscle, this targeted approach aims to help readers feel not only stronger, but also more energized.

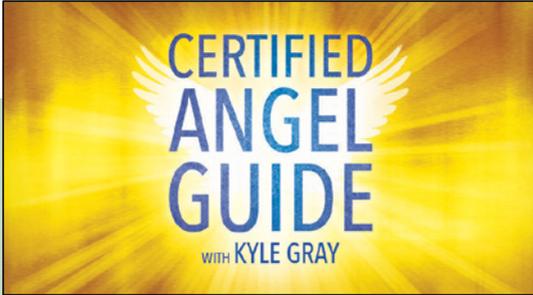
Who would not want to feel better every year?

PRICE £14.99
ISBN 9781837827947
EBOOK ISBN 9798318603907
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RIGHTS World
PUBLICATION MONTH December

Dr Stephanie Estima is a leading voice on women's health, hormones and performance. She is the creator and host of the chart-topping *BETTER!* podcast and founder of the BETTER! community, drstephanieestima.com

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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:



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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

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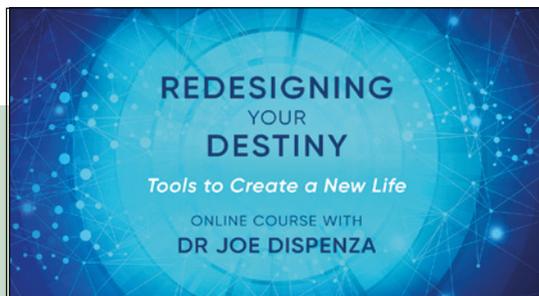
The Certified Card Reader Online Course

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

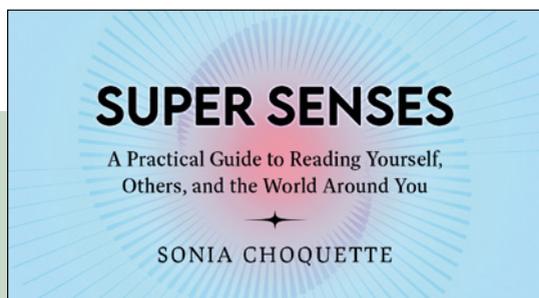
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In this seven-lesson course, the *New York Times* bestselling author Dr Joe Dispenza opens his students' eyes to their innate power to change *every single* aspect of their lives.

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.



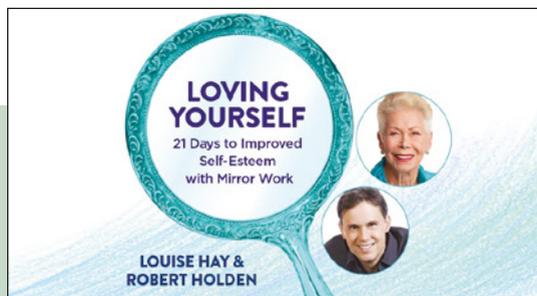
Super Senses – Sonia Choquette

Super Senses is a practical, empowering course led by bestselling author and world-renowned spiritual teacher Sonia Choquette, a global authority on intuition with more than 50 years of

experience and 27 internationally bestselling books. In this course, Sonia guides you through six transformative lessons that teach you how to blend your physical and intuitive senses to 'read life' with clarity, confidence, and ease. You'll learn how to better understand yourself, navigate relationships, interpret environments, clarify your purpose and make aligned decisions without second-guessing. Designed for both beginners and seasoned intuitives, Super Senses helps you stop ignoring your inner guidance, avoid energy-draining situations and move through life with deep trust in your intuition.

Online Courses

Visit www.hayhouse.co.uk/online-courses for more information.



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

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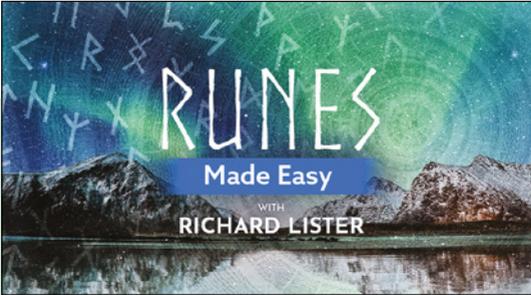
The Power of Journaling with Oracle Cards – Colette Baron-Reid

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

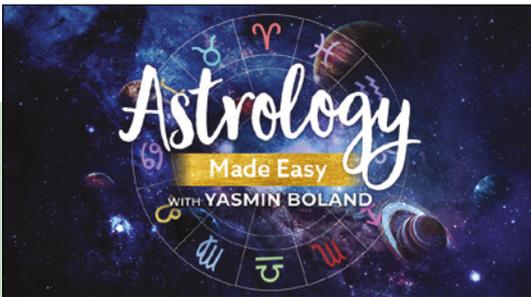
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Runes Made Easy – Richard Lister

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

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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

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