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LEAD TITLES



CREATOR OF THE CRAPPY CHILDHOOD FAIRY HEALING METHOD

ANNA RUNKLE



SET YOUR LIFE FREE FROM
CHILDHOOD PTSD AND THE TRAUMA-DRIVEN
BEHAVIORS THAT KEEP YOU STUCK

ISBN: 978-1-83782-307-9

Pub Date: 01/10/2024

RRP: £14.99

Format: 229 x 152 TPB

Extent: 224 pages

Territorial Rights: World

Author Lives: Oakland, CA

Previous Titles:

In Good Conscience, John Wiley & Sons, 1998,
978-0-78794-149-9

RE-REGULATED

Set Your Life Free from Childhood PTSD and the Trauma-Driven Behaviors That Keep You Stuck

ANNA RUNKLE

The creator of the popular *Crappy Childhood Fairy* YouTube channel offers hope for trauma survivors with a radical new approach to healing the adult symptoms of Childhood PTSD.

DESCRIPTION

Re-regulate your nervous system, heal from trauma and Childhood PTSD and learn how to thrive.

Conventional trauma treatments simply don't work for many trauma survivors, because they don't heal neurological dysregulation (an injury to your nervous system triggered by abuse and neglect in childhood). The good news is that healing is possible, and in *Re-Regulated*, author Anna Runkle (aka the Crappy Childhood Fairy) shows you how.

In this action-based guide, Anna draws from her own experience healing Childhood PTSD symptoms and her decades of work coaching and mentoring thousands of others working to heal from abuse and neglect. With compassionate guidance, she helps you identify signs of dysregulation, re-regulate and then stay regulated more of the time. From a regulated state, things can move forwards rapidly in every area of your life.

You'll learn:

- Techniques to release trauma-driven thinking and strengthen focus
- Principles to overcome behaviours that hold you back
- Strategies to manage overwhelming emotions
- A process to build your capacity to connect with other people
- A 'Daily Practice' to help you start each day regulated and energized

You can implement Anna's tools on your own or as a complement to professional therapy. With her help, you can achieve the calmness and clarity you never imagined was possible.

SALES AND MARKETING

- **TARGET AUDIENCE:** People experiencing trauma or PTSD, mental health professionals, and friends and family who are interested in learning about the tools that help trauma survivors cope.
- **EXPERT TEACHING:** This book uses recent research and the author's own experience recovering from trauma, along with worksheets, stories and accessible teaching points.
- **STRONG PLATFORM WITH RAPID GROWTH:** Anna's YouTube channel has 701K followers and gains hundreds of followers daily. Her 145K mailing list is expected to grow to 250K by Fall 2024.
- **ACCESSIBLE TOOLS:** This book offers easy-to-complete daily practices that can spark the healing process for anyone who follows her clear, actionable protocol.
- **TIMELY TOPIC:** Recognizing the role that trauma plays in mindset and wellbeing has become a priority in our culture and is trending upward. #trauma has **28.9B views** on TikTok.

AUTHOR BIOG

Anna Runkle helps people worldwide to heal trauma symptoms and change their lives. www.crappychildhoodfairy.com

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CHRIS-ANNE

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

TAROT FOR LIGHT SEERS



TAROT FOR LIGHT SEERS

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

CHRIS-ANNE

This bright, full-colour book expands on *The Light Seer's Tarot* and provides in-depth messages, prompts and card spreads for readers to engage with tarot from the optimistic perspective of a Light Seer.

DESCRIPTION

Discover the meanings and symbolism of the tarot and travel the sunshine and shadow path of the Light Seer.

Tarot for Light Seers is filled with interpretations, keywords, prompts and spreads to help you decipher deeper meaning when reading tarot.

Expanding on the guidebook in *The Light Seer's Tarot*, this book takes a deep dive into the symbolism woven through the illustrations on each card and highlights the traditional Rider-Waite-Smith imagery that inspired the contemporary artwork. You will find a breakdown of the symbolism of each card alongside the traditional Rider-Waite-Smith card art for comparison.

Explore this collection of dreams, archetypes and stories as you walk the path of darkness and sunshine and channel the messages of the Light Seer. The relatable, contemporary characters help you to intuitively translate the card messages, and as you connect with their magic, they will become trusted guides bringing you closer to your inner landscapes and knowing.

SALES AND MARKETING

- **TARGET AUDIENCE:** Tarot newbies and seasoned readers in search of deeper relationships with tarot cards and fans of *The Light Seer's Tarot* keen to learn more about spreads and understand tarot symbolism.
- **CONSISTENT SALES:** *The Light Seer's Tarot* standard edition has sold over 98K copies since 2019. The pocket edition published in August 2023 and has already sold 4.3K copies.
- **BEAUTIFUL PACKAGE:** This book has been designed by the author to enhance the imagery of *The Light Seer's Tarot*. The card deck has almost 19K reviews, with many praising it for its relatable figures and layered symbolism. Chris-Anne is popular with the Hay House audience.
- **UNIQUE TAKE ON A TRENDING TOPIC:** By focusing on the interplay between shadow and light, this book emphasizes that one can't exist without the other. The reader will find that by embracing their darkness and shadow, they also embrace their sunshine and light. #shadowwork has 2.4 billion views on TikTok.
- **TRADITIONAL RIDER-WAITE-SMITH TAROT CARD ARTWORK MEETS MODERN AESTHETIC:** The art from *The Light Seer's Tarot* is deeply rooted in traditional tarot illustrations whilst providing a modern aesthetic and a more positive, optimistic message.

AUTHOR BIOG

Chris-Anne is a deck creator, artist and magic-maker, as well as a marketing strategist. www.chris-anne.com

OTHER TITLES



ISBN: 978-1-40197-872-3

Pub Date: 29/10/2024

RRP: £20.99

Format: 229 x 178 PPC

Extent: 304 pages

Territorial Rights: World

Author Lives: Toronto, Canada

Previous Titles:

The Light Seer's Tarot, Hay House UK, 2019, 978-1-40195-803-9; *The Light Seer's Pocket Tarot*, Hay House UK, 2023, 978-1-40197-342-1; *The Muse Tarot*, Hay House UK, 2020, 978-1-40195-832-9; *The Sacred Creators Oracle*, Hay House UK, 2021, 978-1-40195-833-6; *The Tarot of Curious Creatures*, Hay House UK, 2021, 978-1-40196-326-2

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Dr. Mindy Pelz

BEST-SELLING AUTHOR OF FAST LIKE A GIRL

Eat Like a Girl

100+ DELICIOUS RECIPES TO BALANCE HORMONES, BOOST ENERGY, AND BURN FAT

Includes a 30-DAY RESET for Rapid Results—and Recipes for FASTED SNACKS That Make Fasting Easier and More Enjoyable!

EAT LIKE A GIRL

100+ Delicious Recipes to Balance Hormones, Boost Energy, and Burn Fat

DR. MINDY PELZ

This full-colour cookbook from bestselling author and fasting expert Dr Mindy Pelz includes over 100 recipes to help readers to eat and fast in alignment with their menstrual cycle.

DESCRIPTION

Discover more than 100 delicious and nutritious recipes that will help you to burn fat whilst you fast, boost your energy and balance your hormones in this companion to *Fast Like a Girl*.

Dr Mindy's *Fast Like a Girl* became more than a book helping women reclaim their health through a fasting lifestyle – it became a movement. Thousands of women worldwide rejoiced as their menstrual cycles returned, fertility reignited and stubborn weight finally disappeared.

Eat Like a Girl spotlights Dr Mindy's 'food as medicine' approach, with over 100 delicious (plant-based and omnivore) recipes to help you eat and fast in harmony with your menstrual cycle. And don't worry – if you don't have a menstrual cycle, Dr Mindy still has you covered. You will find:

- Drinks and snacks you can have during your fasting window
- Nutritious recipes for breaking your fast
- A 30-day fasting reset menu, complete with shopping list, that beginner and advanced fasters alike can use to transition to a fasting lifestyle

Eat Like a Girl is not just a cookbook – it's your road map to a healthier, empowered and thriving life.

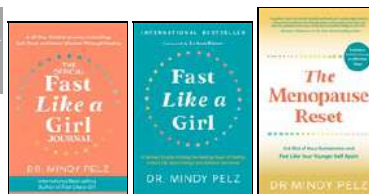
SALES AND MARKETING

- **TARGET AUDIENCE:** All health professionals that refer their patients to Dr Mindy's YouTube channel, and women who feel unheard by doctors and health professionals.
- **FAST-GROWING YOUTUBE CHANNEL:** Dr Mindy launched her YouTube channel three years ago, and it has **surpassed 1M YouTube subscribers**. She has a highly engaged and active following of 600K on Instagram and 177K on Facebook.
- **WELL-CONNECTED:** Dr Mindy's connections with medical professionals, including Dr Rupy Aujla, keeps her informed on upcoming medical breakthroughs. She is endorsed by Steven Bartlett.
- **BESTSELLING AUTHOR:** *Fast Like a Girl* has sold over 65K copies in the UK to date.
- **EXPERTISE IS IN HIGH DEMAND:** Dr Mindy has become the go-to expert on women's fasting. Dr Chatterjee's most listened to episode of *Happy Mind, Happy Life* features Dr Mindy.

AUTHOR BIOG

Dr Mindy Pelz is a bestselling author, keynote speaker, nutrition and functional health expert who has spent more than two decades helping people to successfully reclaim their health. www.drmindypelz.com

OTHER TITLES



ISBN: 978-1-40197-944-7

Pub Date: 22/10/2024

RRP: £22.99

Format: 232 x 190 PPC

Extent: 257 pages

Territorial Rights: World

Author Lives: San Jose, CA

Previous Titles:

The Official Fast Like a Girl Journal, Hay House UK, 2024, 978-1-83782-250-8; *Fast Like a Girl*, Hay House UK, 2022, 978-1-40196-992-9; *The Menopause Reset*, Hay House UK, 2023, 978-1-83782-013-9; *The Reset Factor*, CreateSpace Independent Publishing Platform, 2015, 978-1-51929-915-4

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ESTELLE BINGHAM

Founder of The True Essence Process™

Manifest Your True Essence

Clear Your Blocks, Find Your Joy, Live Your Truth

'Estelle is part wise woman, part cosmic force.'
ES Magazine

MANIFEST YOUR TRUE ESSENCE

Clear Your Blocks, Find Your Joy, Live Your Truth

ESTELLE BINGHAM

Highly acclaimed holistic therapist Estelle Bingham distils decades of wisdom on metaphysical teachings to help readers unlock the healing and affirming possibilities of Embodied Heart Energy.

DESCRIPTION

'There is only one word for Estelle Bingham's practice: transformative. Or maybe two: utterly transformative.'
Goop

Reclaim your power to heal, stay connected to your purpose and manifest the heart-led life of your dreams with holistic healer and world-renowned coach Estelle Bingham.

This transformational book is a distillation of the 20+ years Estelle has spent working to support and reconnect people with their own power to heal, manifest and experience joy in their life. You'll discover her potent practices to tackle all the blocks to your desires and dreams and be guided through keys and rituals to help you come into true and perfect alignment with your Original Heart Energy. By working with Estelle's tried-and-tested True Essence Process™ and accessing your inner Master Healer, you'll become a direct conduit for flow, beauty and prosperity, and unlock codes to help you:

- transcend your deepest trauma
- rewire your subconscious
- nurture a deeper and more sacred connection to yourself and your source energy
- align with your core essence
- discover and stay connected to your purpose
- co-create your unique version of success and happiness

Manifest Your True Essence is the much-needed catalyst you need to dynamically heal, express your truth and embody your true joy and potential. It's time. And the time is now.

SALES AND MARKETING

- **EXPERT WISDOM:** Estelle works privately with clients in-person, online and internationally. She also teaches the Angelic Shamanic healing modality as a one-year practitioner training course.
- **HIGH-PROFILE CLIENTELE:** Estelle's clients Charlotte Tilbury, Deepak Chopra and Fearne Cotton will endorse the book.
- **EXTENSIVE MEDIA COVERAGE:** Estelle's work has been featured in *Elle*, *Vogue*, *The New York Times*, *The Independent* and *Goop*, and platformed by Mel Robbins. Estelle has 31.8K Instagram followers.
- **WIDE APPEAL:** Estelle's loyal clients, people who are on Estelle's waiting list and people new to self-help, metaphysical concepts and personal development.
- **TAPS INTO THE POWER OF THE HEART:** This book marries metaphysical teachings with scientific findings to help readers unlock the healing and affirming possibilities of Embodied Heart Energy.

AUTHOR BIOG

Estelle Bingham, also known as 'The Heart Whisperer', is a fourth-generation psychic, holistic therapist, healer and metaphysical teacher.
www.estellebingham.com

ISBN: 978-1-83782-054-2

Pub Date: 08/04/2025

RRP: £14.99

Format: 203 x 152 TPB

Extent: 257 pages

Territorial Rights: World

Author Lives: London, UK

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Pure Human

THE HIDDEN TRUTH OF
OUR DIVINITY, POWER,
AND DESTINY

GREGG BRADEN

The *New York Times* best-selling author
of *The Divine Matrix* and *The God Code*

PURE HUMAN

The Hidden Truth of Our Divinity, Power, and
Destiny

GREGG BRADEN

In an age where technologies such as AI threaten to supplant human intelligence, award-winning scientist Gregg Braden offers a radical new view on what our innate *human* technology is truly capable of.

DESCRIPTION

What if you aren't what you've always been told? What if, instead, you're more than you've ever imagined?

These are the questions – and the promises – that bestselling author Gregg Braden explores in this pathbreaking new book.

Within each of us, Gregg explains, lie dormant abilities far beyond those traditionally believed possible. Growing evidence confirms that humans are an ancient and highly advanced 'soft technology' with the ability to:

- self-heal, self-regulate and rejuvenate every organ, gland and tissue
- sense subtle energy to access deep states of intuition on demand
- communicate with other forms of life
- navigate the mysterious flow of time into the future as well as the past

Unlocking *Pure Human* technology helps us supercharge our health, excel in daily life and gain the evolutionary edge to thrive in uncertainty.

A new human story is emerging. In the pages of *Pure Human*, you'll catapult beyond conventional thinking and discover that we are the technology we've been waiting for!

SALES AND MARKETING

- **IDEAL FOR NEW AND LONGTIME READERS:** In addition to Gregg's many faithful fans, *Pure Human* will attract new readers with its fresh perspective on this cultural moment with artificial intelligence on the rise.
- **NEW INSIGHTS ON SCIENCE AND SPIRITUALITY:** Gregg is an acclaimed teacher in this space and illuminates unexplored areas.
- **TIMELY TOPICS:** This book contrasts AI and nanotechnology with the 'pure human' technology that's intrinsic to our biology.
- **AWARD-WINNING, NEW YORK TIMES BESTSELLING AUTHOR:** Five of Gregg's books have hit the NYT list, and he was nominated for the prestigious Templeton Prize in 2020.
- **MILLIONS OF FANS:** Gregg's following, always large and faithful, has grown to well over 2 million in recent years. He regularly updates his channels, keeping his community active and engaged.

AUTHOR BIOG

Gregg Braden is a five-time *New York Times* bestselling author, scientist and pioneer in paradigm-bridging science, social policy and human potential. He was invited to speak to the United Nations, and regularly speaks in the UK and Europe. www.greggbraden.com

OTHER TITLES



ISBN: 978-1-40194-936-5

Pub Date: 28/01/2025

RRP: £20.99

Format: 229 x 152 HB

BIC/Subject: Mind, body, spirit: thought and practice; Self-help, personal development and practical advice; Evolution

Extent: 257 pages

Territorial Rights: World

Author Lives: Santa Fe, NM, USA

Previous Titles:

The God Code, Hay House UK, 2005, 978-1-83782-001-6; *Resilience from the Heart*, Hay House UK, 2015, 978-1-78180-569-5; *The Science of Self-Empowerment*, Hay House UK, 2019, 978-1-84850-696-1; *Secrets of the Lost Mode of Prayer*, Hay House UK, 2016, 978-1-78180-749-1; *The Divine Matrix*, Hay House UK, 2007, 978-1-40190-573-6

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ISBN: 978-1-78817-805-1

Pub Date: 18/02/2025

RRP: £12.99

Format: 203 x 152 TPB

BIC/Subject: Spirit guides, angels and channelling; Mind, body, spirit: thought and practice; Fortune-telling and divination

Extent: 257 pages

Territorial Rights: World

Author Lives: Glasgow, UK

Previous Titles:

Raise Your Vibration (New Edition), Hay House UK, 2022, 978-1-78817-725-2; *Divine Masters, Ancient Wisdom*, Hay House UK, 2021, 978-1-78817-515-9; *Angel Numbers*, Hay House UK, 2019, 978-1-78817-347-6; *Connecting with the Angels Made Easy*, Hay House UK, 2018, 978-1-78817-208-0; *Wings of Forgiveness*, Hay House UK, 2015, 978-1-78180-472-8

ANGELS ARE WITH YOU NOW

KYLE GRAY

Bestselling author and world-renowned spiritual teacher Kyle Gray introduces new audiences to angel guidance. Learn to recognize and communicate with angels for healing, growth and positive change.

DESCRIPTION

Filled with personal testimonies, practical guidelines and expert angel wisdom, *Angels Are With You Now* will expand how your mind grasps the concept of angels and encourage you to call on the divine guidance of angels.

Kyle Gray wants you to know that angels are with you. You don't have to be a believer to invite the angels into your life. You don't have to be religious to have felt their presence. The angels see you, they love you, and they are ready to support you if you ask. In this book, you'll discover:

- **Who the angels are:** Go beyond modern images of angels and understand their many faces and names
- **Angels through the ages:** Delve into ideas of angels across cultures and traditions
- **The spiritual laws of angel connection:** Explore the four pillars of angelic connection, learn to recognize messages and signs, and identify new ways that angels are getting in touch
- **The boy who saw angels:** Learn from Kyle's encounters as well as everyday people's testimonies.

Whether or not you have always believed it, your angels are with you now and want to support you.

'Kyle Gray is an incredibly talented guide for a new generation of spiritual seekers and the already converted.' – Gabrielle Bernstein, bestselling author of *The Universe Has Your Back*

SALES AND MARKETING

- **LARGE AND DEDICATED FOLLOWING:** Kyle's highly engaged following includes a mailing list of 72K, 159K Instagram followers, 152K Facebook followers and 49K YouTube followers.
- **POPULAR AUTHOR WITH CONSISTENTLY GOOD SALES:** Kyle's fans eagerly anticipate the release of his products. *Angels and Ancestors Oracle Cards* has sold over 81K units. Kyle will incorporate this book into his various business funnels.
- **TRUSTED ENDORSEMENTS:** Kyle has received glowing endorsements from highly respected thought leaders, including Gabrielle Bernstein, Rebecca Campbell and Dr David Hamilton.
- **ANGEL EXPERT:** Kyle runs regular events and workshops across the world. His live events sell out months in advance.

AUTHOR BIOG

Kyle Gray is one of the UK's youngest, most sought-after angel experts. He is the author of seven books and co-creator of eight oracle card decks and numerous audio meditations. www.kylegray.co.uk

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Make Money Easy Create Financial Freedom and Live a Richer Life Lewis Howes

New York Times Bestselling Author

ISBN: 978-1-40199-393-1

Pub Date: 18/03/2025

RRP: £22.99

Format: 229 x 152 HB

BIC/Subject: Personal finance; Advice on careers and achieving success; Assertiveness, motivation, self-esteem and positive mental attitude

Extent: 257 pages

Territorial Rights: World

Author Lives: Los Angeles, CA, United States

Previous Titles:

The Greatness Mindset, Hay House UK, 2023, 978-1-40197-190-8; *The Mask of Masculinity*, Rodale, 2019, 978-0-59313-532-7; *The School of Greatness*, Rodale, 2017, 978-1-62336-902-6; *The Mask of Masculinity*, Rodale, 2017, 978-1-62336-862-3; *The School of Greatness*, Rodale, 2015, 978-1-62336-596-7

MAKE MONEY EASY

Create Financial Freedom and Live a Richer Life

LEWIS HOWES

Align your financial goals with your Meaningful Mission to achieve lasting abundance and prosperity, from the host of *School of Greatness*.

DESCRIPTION

Are you tired of living paycheck to paycheck? Do you feel trapped by your expenses? Do you wonder how some people enjoy financial peace and freedom while others seem stuck?

Your relationship with money begins with the right mindset. Until you learn to shift your thoughts, feelings and behaviours around money, you'll keep doing what you've always done – and get the same results.

Leveraging insight gleaned from the many financial experts on the *School of Greatness* show, the latest research around the psychology of money and his own journey to success, Lewis Howes offers the practical advice and mindset reframing to make the peace and fulfilment you desire a day-to-day reality. Lewis walks you through:

- The Financial Freedom Framework to challenge your money fears
- Identifying your money style
- Seven money habits for financial peace and freedom
- Connecting your money mindset with your Meaningful Mission.

Once you are empowered with these tools, you will be able to make all the money you want – *no matter your circumstances*.

SALES AND MARKETING

• FOR WEALTH MANIFESTATION SEEKERS AT ANY LIFE STAGE:

This book is as much for people who are just getting started with financial freedom as successful businesspeople keen to redefine their relationship with money.

• **NEW YORK TIMES BESTSELLING AUTHOR:** Lewis has sold over 150K books, including NYT bestsellers *The Greatness Mindset* and *The School of Greatness*.

• **CHART-TOPPING PODCAST:** Consistently a top 100 iTunes-ranked podcast, Lewis's *School of Greatness* has had over 1 billion downloads.

• **CHARISMATIC, WELL-CONNECTED AUTHOR:** Lewis constantly engages with his millions of enthusiastic followers through social media and speaking engagements. He is endorsed by Mel Robbins, Dr Joe Dispenza, Gabby Bernstein and Jay Shetty among many others.

• **STRONG LAUNCH PLANS:** Lewis has powerful marketing and promotional plans, including a media tour that involves appearing on 40 to 50 podcasts, mainstream magazine and television interviews and outreach to his network of influencers.

AUTHOR BIOG

Lewis Howes is the two-time *New York Times* bestselling author of *The Greatness Mindset* and *The School of Greatness*, as well as a keynote speaker. www.lewishowes.com

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REBECCA CAMPBELL

your SOUL had a dream your LIFE is it

how to be held by life when it feels like everything is falling apart

YOUR SOUL HAD A DREAM, YOUR LIFE IS IT

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

REBECCA CAMPBELL

Respected spiritual teacher Rebecca Campbell invites readers to embrace their healing journey and awaken to 'the Way of the Mystic'.

DESCRIPTION

Find the courage to surrender who you once were and create space for who you are becoming.

Each of us exist in a constant state of change, growth and transformation. In *Your Soul Had A Dream, Your Life Is It*, bestselling author Rebecca Campbell shares her personal journey of learning to navigate life's darkest nights, opening to healing and reconnecting with the spirit of Life.

This book will support you to:

- navigate your own dark nights of the soul
- embrace life's great cycles and initiatory gateway
- be held and supported by the unseen world of spirit all around you
- receive ancestral healing
- return to the Mystery School of nature
- embrace the 'Way of the Mystic' and walk your sacred path

May these pages hold you through the changing seasons of your life. May they invite you to live courageously and say yes to how life is trying to initiate you. Your soul had a dream, your life is it.

'Rebecca guides her reader to step into their authentic power so that they can live and lead at their highest potential.'

Gabrielle Bernstein, *New York Times* bestselling author

SALES AND MARKETING

- **AUDIENCE:** Fans of Rebecca and spiritual seekers aged 20–50.
- **NEW TAKE ON POPULAR TOPIC:** #spiritualawakening has **8.1B+ views on TikTok**. This book will be an accessible gateway for readers interested in reconnecting with the spiritual world.
- **HIGHLY ENGAGED ONLINE COMMUNITY:** Rebecca has a mailing list of 250K+ and a following of 181K Instagram, 93K on Facebook and 27.6K on YouTube. Readers will love learning more about Rebecca's personal journey back to Indigenous practices.
- **IMPRESSIVE SALES FIGURES:** Rebecca Campbell's oracle decks and books have sold 696K+ units in the USA and 298K+ units in the UK.
- **SALES FUNNELS:** Rebecca will integrate this book into her sales funnels to reach readers interested in the topic.

AUTHOR BIOG

Rebecca Campbell is a writer, poet, mystic, ritualist and bestselling author. www.rebeccacampbell.me

OTHER TITLES



ISBN: 978-1-78817-516-6

Pub Date: 29/10/2024

RRP: £16.99

Format: 210 x 150 PPC

Extent: 288 pages

Territorial Rights: World

Author Lives: Glastonbury, UK

Previous Titles:

The Healing Waters Oracle, Hay House UK, 2023, 978-1-78817-847-1; *The Rose Oracle*, Hay House UK, 2022, 978-1-78817-235-6; *Letters to a Starseed*, Hay House UK, 2021, 978-1-78817-587-6; *The Starseed Oracle*, Hay House UK, 2020, 978-1-78817-288-2; *Work Your Light Oracle Cards*, Hay House UK, 2018, 978-1-78180-995-2

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Will Harlow MSc, MCSP, Cert. MA
Founder of the @HT-Physio YouTube channel

THRIVING BEYOND FIFTY

111 Natural Strategies to
Restore Your Mobility, Avoid Surgery
and Stay Off Pain Pills for Good



THRIVING BEYOND FIFTY (EXPANDED EDITION)

111 Natural Strategies to Restore Your
Mobility, Avoid Surgery and Stay Off Pain Pills
for Good

WILL HARLOW MSC, MCSP, CERT. MA

This updated and expanded illustrated edition of the self-published bestseller provides everything you need to know in order to stay fit, healthy, active and mobile after fifty.

DESCRIPTION

Unlock the secrets to remaining fit, active and mobile as you age, and look forward to a healthier and happier future.

This book is for people who know there is still *so much living* to do after fifty. Although life expectancy is rising, quality of life doesn't always follow suit. Physiotherapist and over-fifties health specialist Will Harlow believes that we shouldn't just accept living with pain and reduced mobility as inevitabilities that come with getting older.

In *Thriving Beyond Fifty*, Will explains the fundamentals of strength, mobility and ageing to help people overcome painful problems, avoid unnecessary surgeries and get back to living active lives. You'll learn:

- How to identify problem areas in your body – and how to fix them.
- The best stretches and exercises for mobility, flexibility and strength.
- How to ward off inflammation, back pain and arthritic aches and pains.
- Why 'take rest and painkillers' is often unhelpful – and what to do instead.
- How the media has lied about certain health supplements – and which ones can actually make a dramatic difference.

Your health is your greatest asset. We only get one chance at living a long, healthy, comfortable life, and this book will give you the keys to improve yours in your fifties and beyond.

SALES AND MARKETING

- **LARGE AND ENGAGED YOUTUBE FOLLOWING:** Will has an engaged following of over 750K on YouTube (@HT-Physio), and is on track to hit 1M by the end of 2024. His top videos have 2M views each and a total of 18.9M views in the first three months of 2024 alone.
- **SELF-PUBLISHED BESTSELLER:** Published in 2020, the first edition of *Thriving Beyond Fifty* was a bestseller in two categories on Amazon, selling around 200-300 copies per day and 22K in the last year alone.
- **FULLY UPDATED AND EXPANDED:** Updated with the latest research and 30 per cent new material, with specially shot additional images added by popular request. Existing customers will want this new edition.
- **EXPERT KNOWLEDGE:** Will Harlow is a trained physiotherapist, specializing in care of the over-fifties, and has run a successful clinic for nearly 10 years.
- **TARGET AUDIENCE:** Will's key 50+ demographic aligns with Hay House's online audience, providing a unique opportunity to market directly to an expanded version of his core audience.

AUTHOR BIOG

Will Harlow is a physiotherapist, business owner and author. He worked in the NHS and professional sport before setting up his own practice, HT Physio. He is the founder of the HT Physio YouTube channel.
www.youtube.com/@HT-Physio

ISBN: 978-1-83782-411-3

Pub Date: 01/10/2024

RRP: £18.99

Format: 229 x 178 TPB

BIC/Subject: Weight / strength training;
Retirement; Popular medicine and health: the
human body

Extent: 448 pages

Territorial Rights: World

Author Lives: Farnham, Surrey, UK





SELF-DEVELOPMENT/ HEALTH



ISBN: 978-1-40197-261-5

Pub Date: 25/03/2025

RRP: £21.99

Format: 229 x 152 HB

BIC/Subject: Complementary therapies, healing and health; Popular medicine and health: the human body; Coping with / advice about stress

Extent: 257 pages

Territorial Rights: World

Author Lives: Ari Whitten: Nosara, Costa Rica; Alex Leaf: Scottsdale, AZ, United States

UNBREAKABLE

The Hidden Keys to Unlimited Energy, Disease Resistance, and Longevity

ARI WHITTEN WITH ALEX LEAF, M.S.

Develop resilience and longevity at the most fundamental level in this guide to giving your body the right kind of stress for long-term health, healing and vitality.

DESCRIPTION

What if everything you were taught about stress was wrong? What if the key to your health, longevity and wellbeing wasn't about eliminating stress – but rather deliberately exposing your body to it to become stronger, more resilient and more energized?

Ari Whitten, MS, renowned functional health practitioner and founder of the Energy Blueprint, reveals the secret to slowing ageing and a longer lifespan: hormesis. This temporary exposure to certain challenges, such as exercise, holding your breath, sunlight, fasting and exposure to cold and heat, stimulates your body to adapt and develop resilience.

Brimming with the latest scientific research, *Unbreakable* will help you understand:

- The hidden reasons we become easily overwhelmed
- Forces that determine our body's resilience and how fast we age
- Actionable strategies to prevent disease, enhance physical health and bolster brain performance.

By exposing your body intentionally and systematically to the right hormetic stressors in the right amounts, you will gift yourself the ability to live your fullest life.

SALES AND MARKETING

- **APPEALS TO READERS OF *BOUNDLESS AND OUTLIVE*:** With its focus on optimal health, deep dive into its mechanics and actionable tips, *Unbreakable* will appeal to fans of Ben Greenfield, Dave Asprey and Dr Peter Attia.
- **TIMELY, UNIVERSAL TOPIC:** Chronic lack of energy is an invisible epidemic. One in eight UK adults report feeling tired all the time, and 250K+ people are affected by Chronic Fatigue Syndrome.
- **STRONG PLATFORM AND TRACK:** Ari has strong engagement with his 200K+ email list and has sold over 72K units of his previous titles.
- **CUSTOMER-TESTED, SCIENCE-BACKED PROGRAMME:** Over 200K have used the Energy Blueprint training programmes, and their success stories are featured as positive proof in the book.
- **NEW METHODS FOR OVERCOMING STRESS AND BURNOUT:** Instead of only utilizing calming practices like meditation, mindfulness practices and visualization, *Unbreakable* focuses on building resilience at a foundational cellular level.

AUTHOR BIOG

Ari Whitten, MS, is the founder of the Energy Blueprint and the author of *Eat for Energy* and *The Ultimate Guide to Red Light Therapy*. He has been studying and teaching health science for over 25 years. www.theenergyblueprint.com

Alex Leaf, MS, has written about the science of nutrition, health and fitness for over a decade. He is a content creator and research writer at the Energy Blueprint. www.alexleaf.com



D E N I S E L I N N

THE GIFT OF LOW SELF-ESTEEM

HOW TO TURN YOUR DEEPEST DOUBTS INTO YOUR SURPRISING SUPERPOWER

THE GIFT OF LOW SELF-ESTEEM

How to Turn Your Deepest Doubts into Your Surprising Superpower

DENISE LINN

Most people think of low self-esteem as a disadvantage. Now an acclaimed spiritual teacher suggests it could just be your superpower.

DESCRIPTION

Do you struggle to feel worthy? Have you tried countless methods to overcome self-doubt that end up making you feel worse because you're failing at them? What if, instead, you discovered the secret gifts of low self-esteem?

Candidly sharing her experience with self-worth, Denise Linn reveals the insights she has gained on her journey to redefining her narrative and embracing herself for who she is.

Your low esteem might stem from your biochemistry, childhood experiences, culture or the energy of the people and objects around you. Maybe you're drained by past lives or toxic 'dream stompers', or perhaps you're an empath absorbing other people's emotions in real life and over social media. You'll discover:

- How to be a glorious imperfectionist
- The unexpected upside of rejection
- The secret benefits of imposter syndrome
- How stress can be good for you

Denise's insights and strategies will help you use the holy act of radical self-acceptance to make your low self-worth work *for* you rather than *against* you.

SALES AND MARKETING

- **UNIVERSAL AND TIMELESS TOPIC:** This book is perfect for any of the 85 per cent of people worldwide who have issues with self-esteem.
- **LARGE, LOYAL FOLLOWING:** Denise has 134k Facebook followers and 20k email subscribers. Her online courses average 1-2k students.
- **COMPELLING REFRAMING:** Many books present self-worth as the key to happiness, but Denise shows that embracing a lack of confidence can transform readers' lives.
- **ACCESSIBLE REFLECTIONS AND PROMPTS:** Denise's strategies and engaging firsthand account will help readers discover their own revelations.
- **NEW YORK TIMES BESTSELLING AUTHOR:** Denise is the beloved author of more than 30 books, card decks and audio programmes.

AUTHOR BIOG

Denise Linn is an internationally acclaimed healer, writer and lecturer. Her spiritual journey began as a teenager when she had a near-death experience after being shot by an unknown gunman. She has appeared in television shows across the world. www.deniselinnseminars.com

OTHER TITLES



ISBN: 978-1-83782-223-2

Pub Date: 11/02/2025

RRP: £14.99

Format: 216 x 135 TPB

BIC/Subject: Assertiveness, motivation, self-esteem and positive mental attitude; Emotions and emotional intelligence; Mind, body, spirit: thought and practice

Extent: 257 pages

Territorial Rights: World

Author Lives: Lakeport, CA, United States

Previous Titles:

Energy Strands, Hay House UK, 2018, 978-1-78180-663-0; *Secrets of Space Clearing*, Hay House UK, 2021, 978-1-78817-497-8; *The Sacred Forest Oracle*, Hay House UK, 2021, 978-1-40196-045-2; *21 Days to Explore Your Past Lives*, Hay House UK, 2023, 978-1-78817-905-8; *The Sacred Clutter-Clearing Journal*, Hay House UK, 2024, 978-1-83782-220-1

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Dr Laura Williams

What to Do When You Feel Broken

How to **Let Go** of Negative Patterns, **Heal** Your Relationships and **Find Freedom**

WHAT TO DO WHEN YOU FEEL BROKEN

How to Let Go of Negative Patterns, Heal Your Relationships and Find Freedom

DR LAURA WILLIAMS

Trauma and compassion specialist, clinical psychologist and private therapist Dr Laura Williams teaches readers the psychological mindset they need to break free from negative patterns, heal from trauma and live a more satisfying life.

DESCRIPTION

You're not broken! Learn how your past impacts your present and develop the mindset you need to break damaging patterns.

Clinical psychologist Dr Laura Williams' life turned upside down when her husband suddenly died at the age of 37, when they had three young children. This trauma forced her to apply the psychological teachings she'd used professionally to help hundreds of others to her own life.

In this book, Dr Williams uses her story to take you on a journey of self-discovery. Her insights will show you why unhelpful psychological traits can persist from early conditioning. Many of us have experienced some level of relational trauma. Dr Williams shows you how to heal by simplifying key psychological theories to help you understand what drives your behaviour and your unique psychological story.

Filled with exercises to help you identify your needs, communicate effectively and break free from negative patterns – such as perfectionism and imposter syndrome – this book distils Dr Williams' professional and personal wisdom to help you live with meaning, freedom and purpose.

SALES AND MARKETING

- **PSYCHOLOGICAL CONCEPTS MADE ACCESSIBLE:** Dr Williams translates her wisdom into manageable concepts. Each chapter includes a reflective exercise for the reader to apply psychological concepts to their own lives and process their psychological story.
- **PROFESSIONAL EXPERTISE:** Dr Williams has 20 years of psychological training, including a Doctorate in Clinical Psychology, and has developed an online course.
- **MEDIA EXPERIENCE:** Dr Williams has appeared in ITV and Channel 4 documentaries, and in publications including *The Telegraph* and *The Sunday Post*. She has met the prime minister in relation to her campaign for increasing financial support for people with young families whose partners have died.
- **PODCAST HOST:** Dr Williams' *Know Your Own Psychology* has had numerous influential guests, such as Daniella Westbrook, Hot Dub Time Machine and well-regarded psychologists.
- **MOVING STORY:** Dr Williams shares how her husband's death made her reevaluate her wellbeing, family relationships, parenting and perfectionism.

AUTHOR BIOG

Dr Laura Williams is a clinical psychologist, private therapist, trauma specialist, online course creator and media contributor. She is also a widow and mum who had to put all her psychological expertise into practice when faced with the sudden death of her much-loved husband. www.drlaurawilliams.com

ISBN: 978-1-83782-262-1

Pub Date: 18/02/2025

RRP: £14.99

Format: 216 x 135 TPB

BIC/Subject: Emotions and emotional intelligence; Relationships and families: advice and issues; Assertiveness, motivation, self-esteem and positive mental attitude

Extent: 257 pages

Territorial Rights: World

Author Lives: Edinburgh, UK

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ISBN: 978-1-40199-395-5

Pub Date: 25/03/2025

RRP: £21.99

Format: 229 x 152 HB

BIC/Subject: Complementary therapies, healing and health; Coping with / advice about stress; Fitness and diet

Extent: 257 pages

Territorial Rights: World

Author Lives: Los Angeles, CA, United States

Previous Titles:

Wanderlust Find Your True Fork: Journeys in Healthy, Delicious, and Ethical Eating: A Cookbook, Rodale, 2017, 978-1-62336-965-1;
Wanderlust, Rodale, 2015, 978-1-62336-350-5

GOOD STRESS

The Health Benefits of Doing Hard Things

JEFF KRASNO

Ten protocols to counteract the ‘chronic ease’ that creates our modern epidemic of dis-ease, from a wellness industry leader who can prove they work – because he’s tested them on himself.

DESCRIPTION

Jeff Krasno, founder and CEO of the global wellness platform Commune Media, thought he was healthy. He suffered from brain fog, chronic fatigue and insomnia, but this seemed normal in today’s society. When he learned he had diabetes, he thought, *How can that be? I run a wellness company!*

Jeff was propelled to engage in ‘me-search’, including interviews with 300 doctors, to turn his health around. *Good Stress* outlines a practical programme for readers to reset their health based on what he learned.

Discover how chronic disease, including diabetes, dementia, heart disease and cancer, is the result of chronic ease: an endless abundance of calories, sedentary desk jobs, exposure to blue light and separation from nature. Humans evolved with Paleolithic stressors and scarcity, which conferred health and resilience. To rebalance, we need to thoughtfully subject our bodies and minds to the stressors we’re built for.

Good Stress distils conversations with Gabor Maté, Mark Hyman, Marianne Williamson, Sharon Salzberg and more. Jeff’s wise and relatable voice guides you through 10 practices, including:

- Time-restricted eating
- Cold and heat exposure
- Light therapy
- Eating ‘stressed plants’
- And more.

Jeff shares his experience with each practice, unpacks the science behind it – and its effects – and explains how to do it safely and mindfully.

SALES AND MARKETING

- **SUITABLE FOR NEWCOMERS AND DEEP-DIVERS:** *Good Stress* offers entry points to practices that could feel daunting; for experienced readers, it unpacks the science, cultural conditions and mind–body impacts of the practices with insight and compassion.
- **AN AUDIENCE OF MILLIONS AWAITING THE BOOK:** Commune Media reaches 2.5 million people via email and social media, and at least 1 million specifically subscribe to Jeff’s newsletter.
- **AUTHORITATIVE AND INFORMED:** Jeff is in conversation with today’s most acclaimed wellness teachers and practitioners, and translates their knowledge into user-friendly information.
- **INTEGRATES WHY AND HOW:** Jeff weaves the big picture of wellness with granular details of each practice.
- **ENGAGING VOICE:** Jeff’s writing is thoughtful, relatable and leavened with self-deprecating humour.

AUTHOR BIOG

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



THINK LIKE A BOSS

Stop Playing Small and
Start Thinking Big

MAGGIE COLETTE

ISBN: 978-1-83782-310-9

Pub Date: 14/01/2025

RRP: £14.99

Format: 216 x 135 TPB

BIC/Subject: Self-help, personal development and practical advice; Assertiveness, motivation, self-esteem and positive mental attitude

Extent: 257 pages

Territorial Rights: World

Author Lives: Manchester, UK

THINK LIKE A BOSS

Stop Playing Small and Start Thinking Big

MAGGIE COLETTE

From the creator of one of the fastest-growing Instagram accounts of 2023, Think Like A Boss®, this book helps readers elevate their mindset, develop confidence and adopt the habits for success.

DESCRIPTION

Drop the imposter syndrome, get crystal clear on what you want and develop the right mindset to achieve the personal and professional goals that others say are 'impossible'.

As the founder of the wildly popular motivational platform Think Like a Boss®, Maggie Colette wants you to stop playing small and finally go after your most dearly held dreams. In this book, she shares the mindset tools and strategies you need to believe in yourself and your potential, no matter where you're starting from or what challenges you may face. Maggie will guide you to:

- **Believe in yourself like a boss:** Overcome resistance, drop the imposter syndrome and allow yourself to dream bigger
- **Focus like a boss:** Develop your self-discipline and improve your daily routine
- **Hack your productivity like a boss:** Design your day to set you up for success and stay consistent
- **Choose your squad like a boss:** Surround yourself with people who lift you up
- **Keep going like a boss:** Approach challenges with creative thinking and lose your fear of failure
- **Win like a boss:** Learn how to achieve 'impossible' goals

Combining tried-and-tested productivity hacks and daily habits for success with the inspiration you need to keep moving forward, this book is the guide that will help you get clear on the life you want to create and cheer you all the way to the finish line.

SALES AND MARKETING

- **INSPIRING CONTENT ON SUCCESS MINDSET:** Maggie's content on social media currently gets an average of 8.4M likes and 2.1M saves each month.
- **MOVING PERSONAL STORY:** Maggie shares her story of watching her hardworking parents struggle as their family survived on £20 a week, and how this propelled her to overcome the obstacles she faced and forge her own path to success.
- **EXPERT WISDOM:** Maggie's business has **generated over \$12M in sales** in the last three years alone. Her wealth of experience will help readers to elevate their mindset and go after their goals.
- **INFLUENTIAL NETWORK/ENDORERSERS:** Maggie has many high-profile fans who she will be sending the book to, including Jamie Kern Lima and Khloé Kardashian.
- **SOCIAL MEDIA FOLLOWING:** Maggie has 1.8M followers on Instagram.

AUTHOR BIOG

Maggie Colette is a mentor, coach, speaker, podcast host and author. She is also the creator of Think Like A Boss®, a platform dedicated to mindset, entrepreneurship and success that reaches over 72 million people worldwide. www.thinklikeaboss.co





Homeopathy at Home

Everyday treatments for common complaints

MARCUS FERNANDEZ

Founder, Centre for Homeopathic Education



HOMEOPATHY AT HOME

Everyday Treatments for Common Complaints

MARCUS FERNANDEZ

A modern guide to using homeopathy at home to treat common ailments from homeopath and natural health advocate Marcus Fernandez.

DESCRIPTION

Learn to treat everyday issues using simple homeopathic remedies safely and confidently in the home as a complement to traditional medicine.

Homeopathy at Home is a practical guide to homeopathy from Marcus Fernandez, founder of The Centre for Homeopathic Education. This book offers effective treatment for everyone in your household and will teach you:

- What homeopathy is and isn't
- How homeopathy complements traditional medicine
- How to find the correct homeopathic remedy and use it effectively
- How to create alternative natural remedies utilizing your kitchen or garden
- How to build your own first aid kit

From common colds, coughs, flus, and post-viral infections to cuts, bruises, acne and PMS, this guide offers you expert, actionable wisdom to help you to take control of your health and well-being.

'Homeopathic remedies are a key to a lock, one that stimulates the body to heal itself because all the healing you need is within you.'

Marcus Fernandez

Some of the material in this book was previously published in *The Home Prescriber* (ISBN: 9781399914246).

SALES AND MARKETING

- **TRENDING SUBJECT:** A growing millennial audience is interested in natural healing, plant medicine and herbalism. Parents and carers are also interested in natural remedies for treating common ailments at home.
- **RISE IN POPULARITY:** Post-pandemic, natural medicine has gained mainstream appeal as people aim to rely less on doctor's appointments and prescription drugs. #homeopathy has **53M views on TikTok**.
- **ROYAL PATRONAGE:** King Charles is the Royal Patron of the Faculty of Homeopathy, and has appointed a pro-homeopathy doctor to lead the Royal Medical Household.
- **EXPERIENCED AND RESPECTED AUTHOR:** Marcus is the founder and principal of The Centre for Homeopathic Education (CHE) – the UK's largest accredited homeopathy college.
- **HIGHLY ENGAGED AND GROWING AUDIENCE:** Marcus has direct access to people who are interested in homeopathy through CHE's mailing list of over 65K. He will leverage direct-to-consumer marketing to promote this book. CHE has a following of 20K on Facebook.

AUTHOR BIOG

Marcus Fernandez is the founder and principal of The Centre for Homeopathic Education, the UK's Largest Accredited Homeopathy College. Marcus is a dedicated homeopath, lecturer, author and natural health advocate, and has been working in homeopathy for 26 years.

www.chehomeopathy.com

ISBN: 978-1-83782-318-5

Pub Date: 07/01/2025

RRP: £12.99

Format: 210 x 150 TPB

BIC/Subject: Homoeopathy; Herbal medicine and remedies; First aid for the home

Extent: 257 pages

Territorial Rights: World

Author Lives: London, UK

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'Marie brings infinite wisdom in her teachings of Feng Shui, which are in harmony with the great laws and principles of the Universe.'
Rhonda Byrne, best-selling author of *The Secret*

YOUR HOME IS A VISION BOARD

Harness the Secret Manifesting Power of Your Home

MARIE DIAMOND

YOUR HOME IS A VISION BOARD

Harness the Secret Manifesting Power of Your Home

MARIE DIAMOND

Readers will learn how to harness the secret manifesting power of their home for better results with success, money, health and love.

DESCRIPTION

Discover practical guidance for activating the manifesting power of your home and welcome more abundance into your life with the guidance of world-renowned Feng Shui Master Marie Diamond.

Manifestation techniques have exploded in popularity in recent years, but what many people don't realise is that there is a missing key you can use to do a lot of the manifestation work for you – your home. Full of practical wisdom and easy-to-apply tips, this book will empower anyone who finds themselves lost or stuck to create a life-lasting transformation.

You will discover how to:

- Activate your personal success, romance and health directions
- Use your Personal Energy Number to supercharge your home's energy
- Display the best symbols for attracting a long-lasting relationship
- Activate your workspace to boost your business and increase your money flow
- Release emotional blockages through the healing power of forgiveness

Whether you're looking to enhance success in your career, finances, relationships or health, Marie's simple and effective tools will allow you to finally live the life you've always dreamt about.

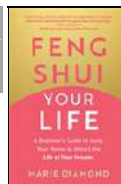
SALES AND MARKETING

- **TARGET AUDIENCE:** Marie's over one million students, anyone interested in manifestation and Marie's large social media following: an email list of 100K, 75.1K on Instagram and 40.5K followers on YouTube.
- **EXTENSIVE MEDIA COVERAGE:** Marie is the star of the major network TV series *Feng Shui Your Life*, which premieres in 2024. Her teachings are published in online programmes such as MindValley, Learning Strategies and Younity.
- **STRONG NETWORK AND CLIENTELE:** Marie's clients include Steven Spielberg, members of the Rolling Stones, Big Sean and Vishen Lakhiani. Marie has been endorsed by Rhonda Byrne, author of the bestselling book *The Secret*.
- **EXPERT WISDOM:** Marie has spent over 20 years combining her intuitive gifts, the growing science of energy flow, ancient wisdom and modern tools to enlighten homes, businesses and people.
- **FENG SHUI LIFE MAPPING:** Readers will be delighted at the opportunity to expand their manifestation techniques, orient their homes toward success and attract more abundance into their lives.

AUTHOR BIOG

Marie Diamond is a world-renowned Master Teacher of Feng Shui and the Law of Attraction. www.mariediamond.com

OTHER TITLES



ISBN: 978-1-83782-197-6

Pub Date: 15/10/2024

RRP: £14.99

Format: 229 x 152 TPB

Extent: 240 pages

Territorial Rights: World

Author Lives: USA

Previous Titles:

Feng Shui Your Life, Hay House UK, 2023, 978-1-83782-247-8; *Global Conscious Entrepreneurs*, Marie Diamond Publishing, 2023, 979-8-98783-354-4; *The Energy Number Book*, Marie Diamond Publishing, 2023, 979-8-98783-350-6; *The Diamond Energy Principles*, Marie Diamond Publishing, 2023, 978-1-73773-572-4; *The Very Simple Law of Attraction*, G&D Media, 2018, 978-1-72250-020-7

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ISBN: 978-1-83782-122-8

Pub Date: 04/02/2025

RRP: £14.99

Format: 229 x 152 TPB

BIC/Subject: Assertiveness, motivation, self-esteem and positive mental attitude; Mind, body, spirit: thought and practice; Rabbinic literature

Extent: 257 pages

Territorial Rights: World

Author Lives: Steamboat Springs, CO, United States

YOUR RADICAL LIVING CHALLENGE

7 Questions for Leading a Meaningful Life

MARNI BATTISTA

Entrepreneur and transformative coach Marni Battista offers a unique blend of spiritual wisdom and practical exercises designed to redefine success and reignite the passion in your life.

DESCRIPTION

Rooted in neuroscience, somatics and a whole-self approach to transformation, *Your Radical Living Challenge* employs seven prescriptive lessons based on the seven spiritual questions ancient rabbis imagined being asked at the gates of heaven to determine whether one has lived a meaningful life.

- 'Did you seek wisdom?'
- 'Were you hopeful?'
- 'Were you true to your most authentic and essential self?'
- 'Did you make time for your spiritual life?'
- 'Did you busy yourself with creation?'
- 'Did you recognize the blessings?'
- 'Were you YOU?'

Each question is illustrated by a personal story – the author's or a client's. Workbook-style exercises help readers overcome fears and resistance, define success on their terms and design their year of radical living. Marni examines the truths and fictions we tell ourselves and others as we teeter between love and freedom, meaning and mortality, guilt and redemption, terror and courage, hope and change.

SALES AND MARKETING

- **GROUNDBREAKING APPROACH:** *Your Radical Living Challenge* offers a groundbreaking approach to personal transformation with insights from neuroscience, somatics and spirituality. Readers will learn how to navigate life's complexities with a whole-self approach.
- **ANCIENT WISDOM MEETS MODERN LIFE:** Drawing inspiration from the ancient rabbis' seven spiritual questions, this book provides insights that are both timeless and highly relevant to readers' lives today.
- **PERSONALIZED LEARNING:** Abstract concepts come to life through relatable personal stories. Each spiritual question is paired with practical exercises, creating a personalized learning experience that encourages introspection and growth.
- **EMPOWERMENT THROUGH SELF-REFLECTION:** *Your Radical Living Challenge* empowers readers to confront fears, overcome resistance and define success on their own terms.
- **BALANCED EXPLORATION:** Delving into life, love, meaning and courage, this book offers an exploration of the truths and fictions we encounter. It navigates conflicting emotions and aspirations, providing strategies to walk life's tightrope with authenticity, resilience and purpose.

AUTHOR BIOG

Marni Battista is an entrepreneur, author, transformational coach, podcast host and radical truth seeker. She is the founder of Dating with Dignity and The Institute for Living Courageously. Marni has appeared in the *LA Times*, *The New Yorker* and on *Dr Phil*.
www.instituteforlivingcourageously.com



NICOLE JOHNSEY BURKE

the 5-Minute Gardener

Year-Round
Garden Habits for
Busy People

THE 5-MINUTE GARDENER

Year-Round Garden Habits for Busy People

NICOLE JOHNSEY BURKE

This book equips budding gardeners with the knowledge to build upon their gardening habit. Starting at five minutes a day, readers will learn a new step-by-step approach which proves gardening doesn't have to be complex. From the author of *Kitchen Garden Revival* and *Leaves, Roots & Fruit*.

DESCRIPTION

Do you find joy in seeing a plant grow from seed to flower? Has your main setback for maintaining a successful garden been finding enough time to tend it?

Whether you have a windowsill nursery or a garden full of flora, finding time for gardening can seem impossible. In this book, you'll discover how spending just five minutes a day gardening can lead to a lush and thriving garden and a healthier you, with:

- Time-efficient strategies
- Seasonal gardening plans
- Proven habit-building techniques
- Health and wellbeing benefits

Nicole equips you with the know-how to use just five minutes a day as the basis for weekly, monthly and eventually year-round maintenance of your greenery. Experience the joy and mindfulness that tending to your very own garden brings, in your very own home, greenhouse or balcony.

SALES AND MARKETING

- **GROWING AUDIENCE AND REACH:** Nicole has a huge mailing list of 200K+ and an engaged following of 917K on Instagram, 305.1K on TikTok, 238K on Facebook and 82.4K on YouTube.
- **PROVEN LAUNCH SUCCESS:** Nicole utilized webinars, Q&As and mailing list outreach during her successful launch of *Leaves, Roots & Fruit*. She can leverage her consulting business, courses and membership to market this follow-up book directly to consumers.
- **EXPERT TEACHER:** Nicole is the founder of two gardening businesses, which offer membership and courses to hundreds of clients.
- **ON-TREND:** Gardening has been growing in popularity. #gardening has 18.6B views on TikTok, with users exploring how to grow plants in apartments and urban areas. Nichole's five minute approach offers a fresh, accessible starting point for busy people keen to get gardening.
- **PERFECT FOLLOW UP:** This book is the perfect follow-up to *Kitchen Garden Revival* and *Leaves, Roots & Fruit* as it provides maintenance steps and habit-building ideas for busy gardeners.

AUTHOR BIOG

Nicole Johnsey Burke is the founder of Gardenary, Inc, a garden tech company that supports the kitchen garden movement.

www.gardenary.com

OTHER
TITLES



ISBN: 978-1-40197-878-5

Pub Date: 07/01/2025

RRP: £20.99

Format: 216 x 135 PPC

BIC/Subject: Specialized gardening methods;
Gardening: plants and cultivation guides; Organic
gardening / Sustainable gardening

Extent: 272 pages

Territorial Rights: World

Author Lives: Nashville, TN, United States

Previous Titles:

Leaves, Roots & Fruit, Hay House UK, 2023,
978-1-40196-910-3; *Kitchen Garden Revival*,
Cool Springs Press, 2020, ? 9-7-80760-366-8

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POWERED BY PLANTS

NUTRIENT-LOADED 30-MINUTE MEALS TO HELP YOU THRIVE



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60+
RECIPES

OCEAN ROBBINS

CO-FOUNDER AND CEO OF FOOD REVOLUTION NETWORK

AND NICHOLE DANDREA-RUSSERT, MS, RDN

POWERED BY PLANTS

Nutrient-Loaded 30-Minute Meals to Help You Thrive

OCEAN ROBBINS AND NICHOLE DANDREA-RUSSERT, MS, RDN

A full-colour book offering readers over 60 scrumptious, 30-minute plant-based recipes that deliver the essential nutrients they need for optimal health. From the founder of Food Revolution Network.

DESCRIPTION

Discover hearty, delicious and easy-to-make plant-based recipes, and learn the simple tips for adding essential nutrients to your meals to improve your energy, immune system and overall health.

Ocean Robbins, founder and CEO of the Food Revolution Network, and Nichole Dandrea-Russert, dietitian and recipe developer, offer recipes for anyone interested in a healthy, ethical and sustainable diet. *Powered by Plants* decodes the nutrients we all need – not just protein, fats and carbs, but also fibre, omega-3s and essential minerals like selenium and zinc – to help you to make a plant-based diet work for you.

This culinary treasure trove of nutrient-dense, time-efficient recipes aren't just meals; they're wholesome solutions designed to deliver a variety of nutrients in every bite. In these pages, you will discover how to obtain eight essential nutrients from plant-based foods, how to avoid common nutritional imbalances and 60+ quick yet nutritious meals.

Whether you're passionate about a plant-based lifestyle or plant-curious, open your eyes to this satisfying world of flavours and wellness.

SALES AND MARKETING

- **TARGET AUDIENCE:** Health seekers at all levels looking for healthy, ethical and sustainable food.
- **ON-TREND:** In 2022, unit sales of vegan books had their best year ever, with almost half a million units sold. In 2023, over 700K people signed up for veganuary.
- **LARGE SOCIAL MEDIA FOLLOWING:** Food Revolution Network (FRN) has a mailing list of over 1M, and a following of 304K on Facebook. Paul McCartney has been vocal in his support of Ocean Robbins and FRN's work.
- **FULL-COLOUR PHOTOS AND ILLUSTRATIONS:** Full-colour photos highlight each recipe, and illustrations and infographics help to clarify nutritional concepts.
- **ACCESSIBLE RECIPES:** Each recipe calls for accessible ingredients and takes less than 30 minutes to prepare, often requiring only one pot.

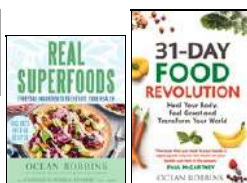
AUTHOR BIOG

Ocean Robbins is co-founder and CEO of the 900,000-member Food Revolution Network.

Nichole Dandrea-Russert, MS, RDN, is Food Revolution Network's lead dietitian and recipe developer.

www.foodrevolutionnetwork.org

OTHER TITLES



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ISBN: 978-1-40198-003-0

Pub Date: 04/03/2025

RRP: £18.99

Format: 216 x 135 HB

BIC/Subject: Assertiveness, motivation, self-esteem and positive mental attitude; Mind, body, spirit: thought and practice; Mind, body, spirit: meditation and visualization

Extent: 257 pages

Territorial Rights: World

Author Lives: Cortez, CO, United States

Previous Titles:

Spiritual Activator, Hay House UK, 2023, 978-1-78817-881-5

DO THIS BEFORE BED

Simple 5 Minute Practices That Will Change Your Life

OLIVER NINO

Transform your nightly routine into a gateway to abundance with practical guidance and spiritual insight for tangible, life-changing results.

DESCRIPTION

Discover the transformative power of your nightly routine. Drawing from two decades as an energy healer, bestselling author Oliver Niño offers a treasure trove of practices to elevate your life – starting with simple changes at bedtime.

The period right before sleep is fruitful for co-creating with the universe; whatever we focus on sets the pace for our waking life. By capitalising on this 'real estate', you can set the stage for a life of love, joy, clarity, purpose and abundance.

In *Do This Before Bed*, you'll learn to harness the untapped potential of your mind, emotions and energy before sleep. Each simple yet effective 5 minute practice – including visualisation, breathwork, light therapy, movement and journalling, is designed to seamlessly integrate into your nightly ritual and catalyse profound identity shifts.

Watch as inner transformation becomes as natural as your daily habits, and get ready to embark on a journey of abundance and joy.

'Oliver is a gifted healer whose energy-healing practices would benefit those looking to experience more joy, inner peace and wellness in their lives.' Tony Robbins, #1 New York Times bestselling author of *Life Force*

SALES AND MARKETING

- **BROAD APPEAL REFLECTED IN CLIENT BASE:** Oliver's clients include billionaire business magnates, ex-military personnel with PTSD, people suffering from mystery illnesses, parents of intuitive kids, psychologists, health practitioners and high-profile celebrities. He has been called 'the healer's healer'.
- **PRACTICAL WISDOM:** *Do This Before Bed* offers simple, actionable practices that ensure tangible results with just five minutes a day.
- **SUSTAINABLE RESULTS:** By capitalising on the mind, emotions and energy before sleep, readers will notice lasting change beyond bedtime.
- **RECOGNIZED EXPERT:** Oliver has spent 15+ years teaching thousands to create the life they desire. His clients love how he simplifies big, esoteric, spiritual ideas into user-friendly advice.
- **MARKETING EXPERT:** Oliver has extensive marketing experience, handling all marketing for his brands Authentic Living and Geo Love Healing which reach up to 17 million people per month on social media.

AUTHOR BIOG

Oliver Niño is the bestselling author of *Spiritual Activator*, and an entrepreneur, energy healer and spiritual activation expert.
www.spiritualactivator.com

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Creators of the Relationship Development® Method

STACEY AND PAUL
MARTINO

THE 
Missing
PIECE

A Proven Method to Single-Handedly
Transform Your Relationship and
Create Harmony in Your Home

ISBN: 978-1-83782-412-0

Pub Date: 18/02/2025

RRP: £15.99

Format: 229 x 152 TPB

BIC/Subject: Dating, relationships, living together and marriage: advice and issues; Relationships and families: advice and issues; Self-help, personal development and practical advice

Extent: 257 pages

Territorial Rights: World

Author Lives: Eagle, Idaho, United States

THE MISSING PIECE

A Proven Method to Single-Handedly
Transform Your Relationship and Create
Harmony in Your Home

STACEY MARTINO AND PAUL MARTINO

Relationship experts Stacey and Paul Martino share their norm-shattering method to single-handedly transform your relationship, create unshakeable love and unleash deeper passion.

DESCRIPTION

After 14+ years of helping thousands of people save their marriages, Stacey and Paul Martino are finally releasing their book to share their unique Relationship Development® Methodology.

At a time when divorce rates are sky high and families are unnecessarily suffering, *The Missing Piece* steps in to provide powerful solutions for navigating real-life situations.

The Martinos' philosophy demonstrates why the old relationship paradigm is broken, why couples' work is actually destructive and how you can easily learn their groundbreaking one-person methodology and single-handedly bring harmony back to your home – even if your partner refuses to change.

Packed with practical tools, this book demonstrates how one person can transform their relationship without compromise and without convincing their partner to get on board. Whether you want to make a great relationship even better, rescue a marriage on the brink of divorce or heal a co-parenting relationship, this book has the the answers.

There has never been a one-person relationship method book published until now. It's your turn to finally get *The Missing Piece* and turn your relationship around.

SALES AND MARKETING

- **TARGET AUDIENCE:** People in long-term relationships who want to reduce difficulties without feeling like they're bending over backwards and abandoning themselves.
- **STRONG DESIRE FOR PARADIGM SHIFT:** We have an epidemic of people giving up on love. Yet the desire for romance is still strong, with sales of romance books in Britain at their highest in a decade. The Martinos offer a new model in a culture struggling in an old paradigm.
- **ALTERNATIVE TO COUPLES' COUNSELLING:** Studies suggest that the divorce rate coming out of couples' counselling is as high as 50–80 per cent. *The Missing Piece* provides a cost-effective alternative and doesn't rely on a partner's willingness to participate.
- **HIGHLY SUCCESSFUL, PROVEN METHOD:** A study of the Martinos' method showed a 1 per cent divorce rate over a 6-year period compared with the average of almost 50 per cent.
- **HIGH-PROFILE CONNECTIONS:** Stacey and Paul have worked with Tony Robbins, Dean Graziosi, Russell Brunson, Annie Grace, Chris Wark and many others.

AUTHOR BIOG

Stacey and Paul Martino have helped thousands of people to transform their marriages, parenting and families for over 14 years with their Relationship Development® Methodology.

www.relationshipdevelopment.org

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the Queen's path

A REVOLUTIONARY
GUIDE TO WOMEN'S
EMPOWERMENT
AND SOVEREIGNTY



STACEY SIMMONS, PH.D.

THE QUEEN'S PATH

A Revolutionary Guide to Women's
Empowerment and Sovereignty

STACEY SIMMONS, PH.D.

A fascinating exploration of the divided woman, the maiden and the witch, and how these archetypes can shape our individual destinies.

DESCRIPTION

'The path for women to succeed beyond the Divided Woman is to tell her story, and in doing so enable every woman to learn the truth about her potential.'

In this book, psychotherapist Dr Stacey Simmons explores the ways women are made to turn against themselves from a young age. Using fairy tales, stories, films, television, musicals and the lives of her patients, Stacey reveals an ancient pattern hidden in plain sight for over a thousand years. She named it The Queen's Path, and this book explains how it has been used against women for millennia, and how women can reclaim it to overcome obstacles and become queens of their own lives.

Sovereignty – the ability to advocate for, and ultimately direct one's own life – is something every person longs for. There is a path to sovereignty for every woman who wants it, if she'll only place her glass slipper along The Queen's Path.

The Queen's Path is a rare combination of both a guidebook and a story map to help anyone make sense of the world of women.

SALES AND MARKETING

- **TIMELY AND IMPORTANT TOPIC:** *The Queen's Path* guides women to take their places as leaders of their own lives, deciders of their own fates, beholden to no one. Stacey provides a clear path for women to remake themselves in the way they deserve.
- **UNIQUE ANGLE:** This book gives women a new lens for identifying the structures and pressures behind feelings of unfulfillment and depression. The book reframes women's common experience of being pulled in opposing directions as a disempowering cultural expectation.
- **APPROACHABLE VOICE AND CULTURAL REFERENCES:** The author draws from film, television and literature to explore the distinct female archetypes in society.
- **TARGET AUDIENCE:** Stacey's 300k+ TikTok followers (@WITCHDAILY) will be excited by her new book. It will also appeal to anyone who wants to understand how women's lives are shaped by culture, and how they can overcome those structures and rule their own domains.

AUTHOR BIOG

Dr Stacey Lynn Simmons has held leadership positions in global companies, universities and entertainment studios, and led a women's liberation theology movement through her work as a Wiccan priestess. She co-founded a Wiccan Church in New Orleans, and today runs **Witchdaily.com**, and the Witch Mom TikTok account @WITCHDAILY.

ISBN: 978-1-83782-410-6

Pub Date: 05/11/2024

RRP: £15.99

Format: 229 x 152 TPB

BIC/Subject: Self-help, personal development and practical advice; Folklore studies / Study of myth (mythology); Gender studies: women and girls

Extent: 360 pages

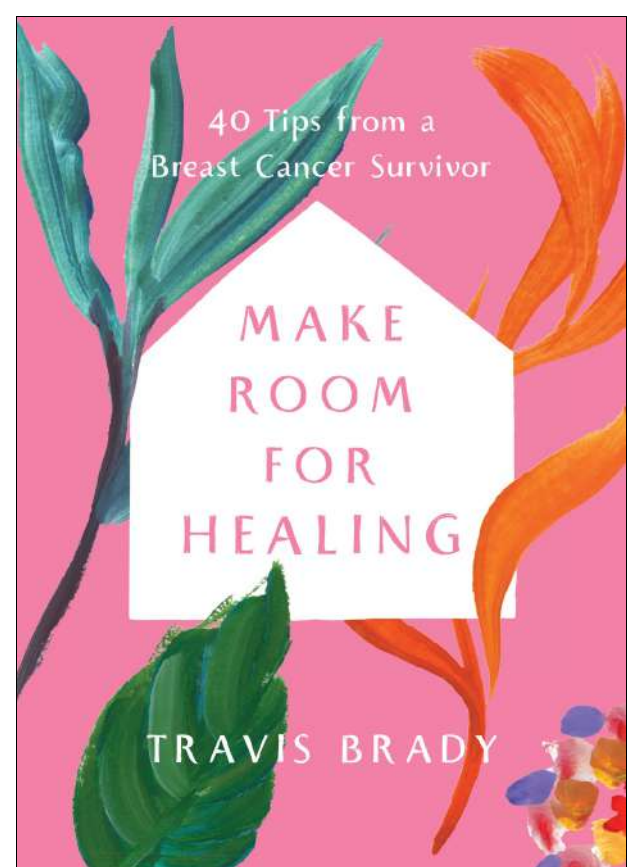
Territorial Rights: World

Author Lives: Santa Clarita, CA, United States

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MAKE ROOM FOR HEALING

40 Tips from a Breast Cancer Survivor

TRAVIS BRADY

Accessible, heartfelt and witty, this short collection of simple, practical tips offers self-care, healing and recovery, from a stage-3 breast cancer survivor.

DESCRIPTION

Discover practical tips and tools to help you advocate for your health, physically cope, find comfort and cultivate joyful experiences along your healing journey.

When Travis Brady was diagnosed with an aggressive form of breast cancer, she sought advice from friends, and their friends, and their friends of friends – women who had been treated before her. She needed tips to make this process smoother, gentler and more manageable.

With this book, Travis offers you all the information she wished she had when she was first diagnosed – tips and practices that made her feel more in control in an uncontrollable situation.

Make Room for Healing is designed to sequentially walk with you through treatment. The first section, *Support*, helps you get started by assembling your care team, seeking a second opinion and advocating for your health. In the next section, *Prepare*, Travis shares specific practices that helped her physically cope and find comfort. In *Nourish*, she gives you a short-cut to the nutritional choices that supported her body. *Heal* takes you through holistic health practices you may not have considered but might be open to now. And finally, *Enjoy* reminds you to cultivate experiences where you derive great pleasure and satisfaction.

In it, you will learn how to:

- Assemble your care team
- Numb your port
- Get a second opinion
- Combat 'chemo brain'
- Detoxify your life
- Explore sound bathing

"The key to all of this was asking for help and getting answers. I've put all that I learned and experienced in this guide. My hope is that it walks with you and helps you on your journey."

SALES AND MARKETING

- **TARGET AUDIENCE:** Anyone touched by breast cancer: the patient, the loved one or the friend. The target reader is looking for both western and eastern medicine healing modalities.
- **ACCESSIBLE FORMAT:** This short, concise book will offer readers tips, tools and practices that they can use in their own life.
- **AUTHENTIC VOICE AND EXPERIENCE:** Travis shares her personal story and experience, which readers can relate to.
- **IMPORTANT TOPIC:** One in eight women will be diagnosed with breast cancer. It is the second most common cancer in women. #breastcancersurvivor has 9.3M views on TikTok.

AUTHOR BIOG

Travis Brady is a certified life coach and entrepreneur with a background in building successful brands and campaigns for companies including Levi's, Calvin Klein and Visa.

ISBN: 978-1-83782-221-8

Pub Date: 08/10/2024

RRP: £12.99

Format: 178 x 127 TPB

Extent: 257 pages

Territorial Rights: World

Author Lives: Chapel Hill, NC

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Valentina Gaylord

Founder of WHOLE BODY WELLNESS

A Story of *Healing*
from Autoimmune
Disease and a Guide to
Charting Your Own
Path to *Wellness*

well
being

ISBN: 978-1-83782-306-2

Pub Date: 15/10/2024

RRP: £14.99

Format: 229 x 152 TPB

Extent: 256 pages

Territorial Rights: World

Author Lives: Austin, TX / Paris, France

WELL BEING

A Story of Healing from Autoimmune Disease
and a Guide to Charting Your Own Path to
Wellness

VALENTINA GAYLORD

A fitness celebrity shares her story of overcoming autoimmune disease – and helps you chart your own path to wellness in body, mind and soul.

DESCRIPTION

Overcome autoimmune disease challenges and reclaim your vibrant health.

Being diagnosed with a chronic illness can be stressful, confusing and scary – especially when the path to healing seems to be nowhere in sight. Valentina Gaylord knows this firsthand because she has lived it.

Drawing on her personal experience and intensive research as well as her work with clients in the boutique fitness studios she runs, Valentina shares exercises and techniques that put mindset, emotional wellness and spiritual awareness at the forefront of health. In each chapter, she offers thoughtful questions and carefully crafted journal prompts to help you to:

- Pay attention to your body and listen to its messages for you
- Unravel the mysteries of your own health challenges
- Start to write your own healing story
- Find your way to true wellbeing – not just renewed vitality, but a new sense of fulfilment and purpose that will transform your life

'Untangling the impacts of autoimmune disease was just the beginning for me,' Valentina writes. 'It demanded an evolution of my mind, heart, soul and body. My reawakening took over a decade. Yours will not.'

SALES AND MARKETING

- **DEDICATED FOLLOWING:** The core of Valentina's audience is her highly engaged 15K client email list from her luxury fitness business; she plans to grow this and to build an online community with the help of a branding expert from Branding for the People.
- **HIGH-LEVEL PERSONAL CONNECTIONS:** Valentina's personal and professional connections run an illustrious gamut, from Tony Robbins, Kris Jenner and Deepak Chopra to Prince Albert of Monaco and the king of England. Her institutional relationships range from the Institute for Integrative Nutrition to the US Olympic Committee.
- **IMPACTFUL CORPORATE CONNECTIONS:** She is poised to launch a new fitness business in the next 18 to 24 months – tentatively called V Method Wellness – with support from Whole Foods. This book will be for sale in all her franchise locations, as well as in Whole Foods stores.
- **CERTIFICATIONS:** Valentina has obtained many related credentials along with her research: she's a certified brain health professional, certified in BASI Pilates and soon to be board certified as a holistic health coach through the Institute of Integrative Nutrition.
- **CONTRIBUTION FROM EXPERTS:** The book will include chapters co-written with experts on topics such as peptides and hormones.

AUTHOR BIOG

Valentina Gaylord is a founder, owner, entrepreneur, CEO, board-certified holistic health coach, certified brain health professional, allergy and asthma advocate and author. www.valentinagaylord.com

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HOW SPIRIT AND POWER PLANTS CAN
PROTECT AND UPGRADE YOUR BRAIN

GROW A NEW



BRAIN

ALBERTO VILLOLDO

AUTHOR OF *GROW A NEW BODY*

FOREWORD BY DAVID PERLMUTTER, M.D.

GROW A NEW BRAIN

How Spirit and Power Plants Can Protect and Upgrade Your Brain

ALBERTO VILLOLDO

Growing older is inevitable, but ageing can be prevented, and even reversed – but only when you upgrade your brain, using both ancient and modern science, to create psychosomatic health.

DESCRIPTION

A healthy brain is the foundation for a healthier and more fulfilling life. In *Grow A New Brain*, modern shamanic practitioner Alberto Villoldo reveals research and introduces protocols for readers to improve their brain function, right now.

Alberto combines ancient and modern science to help you support your body to eliminate old senescent cells, detoxify your brain and body, reduce inflammation, increase the growth of brain cells that support neuroplasticity and more. Readers will learn how to:

- Turn your kitchen into a shaman's laboratory to make your own probiotics that repair that gut and produce neurotransmitters that balance the brain.
- How to use shamanic meditative techniques to switch on genes for health and turn off genes for illness and disease, and use epigenetics to avoid being trapped in your genetic coding.
- Reverse damage to the brain caused by free radicals and restore mitochondria function.
- Increase the amount of BDNF (brain-derived neurotrophic factor) you produce and grow new brain cells to support neuroplasticity.

SALES AND MARKETING

- **AUDIENCE:** The book will appeal to students of Alberto's Four Winds Society, as well as readers of his previous books and his following of 202k on Facebook and 145k on Instagram. It will also appeal to readers interested in the latest research on vitality, anti-ageing and age-related decline and disease.
- **BRAIN HEALTH STRATEGIES YOUR DOCTOR WON'T TELL YOU:** *Grow a New Brain* reveals how to keep your brain healthy for the rest of your life through a nutrient-rich plant-based diet, detoxifying techniques, probiotics, intermittent fasting and shamanic techniques.
- **ANCIENT WISDOM AND MODERN SCIENCE:** In addition to teaching how to reverse damage done to the brain by using power plants, probiotics, elixirs and supplements, Alberto shares shamanic meditative techniques to switch on genes for health and turn off genes for illness.
- **ESTABLISHED HAY HOUSE AUTHOR:** This book is the latest in Alberto's 'Grow A New' series. Aside from his books, he has created webinars and audio downloads for the Hay House audience and has appeared on the *You Can Heal Your Life* podcast. He regularly speaks at Hay House events such as *I Can Do It!*

AUTHOR BIOG

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

ISBN: 978-1-40197-318-6

Pub Date: 10/12/2024

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Format: 229 x 152 HB

BIC/Subject: Shamanism, paganism and Druidry; Animism and Shamanism; Popular medicine and health: the human body

Extent: 257 pages

Territorial Rights: World

Author Lives: Florida, United States

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Meaningful MANIFESTATION

Imagination, Intuition, and
Other Spiritual Sh*t

ALEA LOVELY
Creator of
SPIRITUAL SHIT Podcast

MEANINGFUL MANIFESTATION

Imagination, Intuition, and Other Spiritual Sh*t

ALEA LOVELY

Readers will learn how to apply spiritual advisor and podcast host Alea Lovely's unique manifestation framework to their lives and attract the life they want to live.

DESCRIPTION

Determine what will bring you true fulfilment, examine your most authentic beliefs and learn to manifest your dreams by building harmony and understanding with the universe.

Meaningful Manifestation addresses the gaps that other manifestation books gloss over. Using the IMAGINE method, this book gives you a complete road map to get from where you are to where you want to be – and to enjoy the ride! Learn to fall in love with the life you already have and, by achieving this new, positive perspective, become a better vibrational match to what you truly want.

The IMAGINE method will guide you through the following seven lessons:

- Inception – Where are you starting?
- Manifestation – What do you want?
- Anti-Belief – What is the belief challenging what you want?
- Growth – What change needs to happen to get what you want?
- Integration – How do you apply that change to your life?
- Notice – How can you observe and produce more of the signs and syncs?
- Expansion – What do you do once you have realized your manifesto?

Manifestation is more than just reciting positive affirmations every day. It's building an understanding of your foundation, your purest desires and reaching out to embrace the life you want with open arms.

SALES AND MARKETING

- **WIDE-REACHING AUDIENCE:** This book will appeal to those at the start of their manifesting and intention-setting journey, experienced manifestors and fans of Alea's popular podcast, *Spiritual Shit*.
- **PRACTICAL GUIDE:** Alea's clearly structured book walks readers through manifestation, taking them from inception to integration to expansion. She also helps readers to understand the Law of Attraction. #lawofattraction has **14.2B views on TikTok**, and is a perennially popular topic amongst established and new MBS audiences alike.
- **ENGAGED AUTHOR FOLLOWING:** Alea's #1 Apple podcast, *Spiritual Shit*, has had 4.3+ million plays in the span of three years and continues to grow by roughly 150K plays per month. She has an engaged online membership community of 2K+ people.
- **PERENNIALY POPULAR TOPIC:** Manifestation has been growing in popularity amongst new audiences, as evidenced by breakout bestsellers such as *Manifest* by Roxie Nafousi. Alea offers a unique perspective by shifting the focus of manifestation from acquiring overflowing abundance to attracting what is most meaningful to you and what aligns with your truest intentions.

AUTHOR BIOG

Alea Lovely is a spiritual advisor with seven years of experience as an intuitive reader. She is also the creator and host of the much-loved podcast *Spiritual Shit*. www.the lovelyalea.com

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Pub Date: 19/11/2024
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Format: 216 x 135 TPB
Extent: 208 pages
Territorial Rights: World
Author Lives: Kansas City, MO



SPIRITS COME FROM WATER

An Introduction to Ancestral
Veneration and Reclaiming
African Spiritual Practices

EHIME ORA

SPIRITS COME FROM WATER

An Introduction to Ancestral Veneration and
Reclaiming African Spiritual Practices

EHIME ORA

Ifa and Orisa priestess Ehime Ora shares the importance of reclaiming African spiritual practices, including ancestral veneration, and shows readers how following the wisdom of the ancestors is a liberatory act.

DESCRIPTION

Reclaim African spiritual practices and rediscover your connection to your ancestors in this guide to ancestral veneration.

In today's world, there's a notable resurgence in spiritual exploration that diverges from the mainstream New Age culture. People are seeking clarity that aligns with their own ancestral lineage, and ancestral veneration has emerged as a powerful avenue to navigating life's complexities. For Black communities, this resurgence represents a reclamation of hope for the diaspora.

In this book, Ehime walks you through the reclamation of African spiritual practices, discussing the spiritual renaissance occurring in the African community and including interviews with elders of the rich traditions. She also provides tangible spiritual tools so that you can incorporate ancestral veneration in your life: How to properly set up and work with an ancestral altar, the importance of spiritual hygiene and an introduction to the concept of the ori, or the higher self.

Spirits Come From Water reveals that there is a certain kind of radical healing that takes place when we commit to ancestral veneration.

SALES AND MARKETING

- **GLOBAL AUDIENCE:** Ehime's audience consists primarily of Black women aged 25–44, living in the USA, UK, South Africa, Canada and Nigeria. #africanspirituality has **726.6M views on TikTok**.
- **RECLAIMING AFRICAN SPIRITUAL PRACTICES:** Ehime holds that, for Black people, reclaiming spirituality is a radical and liberating act. In this book, she speaks passionately to readers about decolonizing their minds and opening up to prayer and connection.
- **ACCESSIBLE WRITING STYLE:** Ehime is queer and neurodivergent, and strives to make her work accessible, accommodating and safe. This work is meant to help the reader see, be seen and heal.
- **RISING HAY HOUSE AUTHOR:** *Spirits Come From Water* is Ehime's second book with Hay House. Her first book, *Ancestors Said*, was published by Hay House in July 2023.
- **HIGHLY ENGAGED AND GROWING AUDIENCE:** Ehime has a large social media following of 198.6K on X (Twitter), 119K on Instagram and 66.4K on TikTok. Their Instagram grew by 73.7% in 2023.

AUTHOR BIOG

Ehime Ora (she/they), also known as Iya Ifawole Sangodosu Erinfunto Adeola, is a Nigerian writer, artist and priestess of the Ifa and Orisa tradition. www.ehimeora.com

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EMMA GRIFFIN



The Witch's Way Home

Magic, Spells and Rituals to Lead You Back to Your Most Powerful Self

THE WITCH'S WAY HOME

Magic, Spells and Rituals to Lead You Back to Your Most Powerful Self

EMMA GRIFFIN

Modern witch Emma Griffin offers readers a beginner's guide to witchcraft.

DESCRIPTION

Discover your authentic self and unleash the powerful witch within. This book is your guide to navigating a magical life.

It's easy to lose your way, but *The Witch's Way Home* will help you to reconnect with your heart so that you can return home to your true self.

Modern witch Emma Griffin has created a road map for personal growth, spiritual awakening and living a magical life. In this accessible book of magic, spells and rituals, you will discover:

- what makes a witch
- the witch wound and how you can heal
- how to unlock your magic
- animal guides, nature magic and the witch's calendar
- the power of connecting with the spirit realms
- how to raise your vibration to call in your power

This is not just a spell book but a transformational journey. *The Witch's Way Home* will help you to release any limiting beliefs that hold you back from living a fulfilling life. You will find the courage to delve deep within yourself, confront your fears and finally step into your power.

SALES AND MARKETING

- **TARGET AUDIENCE:** This book will appeal to new and more experienced witches who are feeling stuck or lost in life and are looking to magic and spiritual practices to find meaning.
- **MIX OF SPELLS, RITUALS AND MAGIC:** With easy-to-read and accessible content that will appeal to a wide range of people, this book is not just a spell book but a transformational journey. The unique combination of content sets this book apart from the rest of the market.
- **WITCH AND SPIRITUAL GUIDE:** Emma is an eclectic witch who teaches courses, holds in-person events and has one-to-one offerings. Her Guidance Medicine Reading is her most popular offering and is the basis of the book.
- **ENGAGED AUDIENCE:** Emma has a large social media following of 92K on Instagram and 34.2K on TikTok. She has been featured on the BBC *Witch* podcast, as well as in national print, on radio/TV and in online media, including *The Guardian*, *ITV*, *GBNews* and *Heart FM*. Emma offers mentoring and runs a range of courses and events. Her audience are well primed to buy this book.
- **DEBUT HAY HOUSE AUTHOR WITH MORE PRODUCTS SCHEDULED:** Hay House are excited to be working with Emma on her first Hay House book and will be publishing *The Witch's Way Home Oracle* in 2025.

AUTHOR BIOG

Emma Griffin is an eclectic, modern witch and intuitive channeller who was raised in a family of witches and mediums. She has helped thousands of people to trust their own intuition, live and learn from their heart space and connect to their soul purpose.

www.emmagriffinwitch.co.uk

ISBN: 978-1-83782-123-5

Pub Date: 29/10/2024

RRP: £14.99

Format: 216 x 135 TPB

Extent: 272 pages

Territorial Rights: World

Author Lives: Cornwall, UK

Previous Titles:

Find Your Soul Path, David & Charles, 2023, 978-1-44631-002-1

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MADE OF RIVERS

EMORY HALL

Now revised and expanded with new poems, this raw, honest poetry collection carries readers through the winding currents of self-discovery, transformation and healing, leading to a glistening sea of love and triumph.

DESCRIPTION

*she asked me what it felt like –
to feel at home in my body.
'like breathing underwater
like having sunlight for bones
like an ocean for a heart
and chamomile tea for blood.'*

With these words and more, Emory Hall's debut poetry collection follows the anatomy of a river, swelling with loss and grief, and dances with the sacred waters of transformation and motherhood.

Full of magic and deep emotion, *Made of Rivers* will wash anew those who come to it, uncovering hidden corners of the self. It draws upon Emory's wellspring of experiences, hardships, triumphs and revelations.

Emory's work sheds light on vital themes of the feminine, healing and self-care, offers solace to those navigating profound loss and strikes a chord with mothers, both seasoned and new, who find their own journey mirrored in the pages of her poetry.

'I am blown away by the magic of Made of Rivers and Emory Hall. Emory's words have a way of piercing right through the heart [...] This collection will live on my nightstand for a long time.' – Jordan Younger, author, podcast host and creator of The Balanced Blond

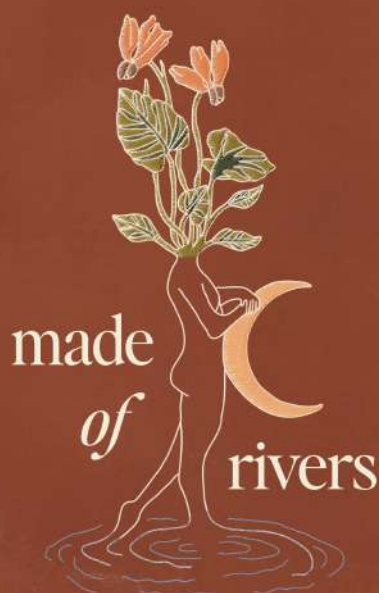
SALES AND MARKETING

- **AUDIENCE:** Emory has an Instagram following of 128k+. Her audience is 80 per cent women, with 50 per cent in the 25-34 age range. They are highly engaged readers who also enjoy poetry from writers like Cleo Wade, Alexandra Vasiliu and Morgan Harper Nichols.
- **DISTINCTIVE, DEEPLY EMOTIONAL POETIC STYLE:** *Made of Rivers* combines deep emotional resonance with a profound connection to the natural world, creating a powerful fusion of vulnerability, resilience and healing that speaks to the heart and soul.
- **MADE OF RIVERS EP:** Emory released the *Made of Rivers* EP, consisting of 8 captivating poetry tracks, in November 2023 with her husband, renowned musician and producer Trevor Hall. Tracks from the album have received over 1.8M listens on Spotify so far.
- **BUILDING ON SUCCESSFUL SELF-PUBLISHED RUN:** In the first three months after its release in June 2023, *Made of Rivers* sold over 11K copies, selling 4K+ in the first week, and was named in IngramSpark's Top 100 Selling Books of All Time. It has over 250 ratings on Amazon, with an average of 4.9/5 stars, and has over 150 5-star reviews on Goodreads.

AUTHOR BIOG

Emory Hall is a writer, creative and mother. After experiencing tragic loss at a young age, she turned to writing to understand her grief, and later pursued a successful career in photography. Her photographic work has been published in publications including *TIME* and *HuffPost*.

www.emoryhall.com



EMORY HALL

ISBN: 978-1-83782-354-3

Pub Date: 12/11/2024

RRP: £13.99

Format: 216 x 135 TPB

BIC/Subject: Modern and contemporary poetry (c 1900 onwards); Poetry by individual poets; Mind, body, spirit: thought and practice

Extent: 257 pages

Territorial Rights: World

Author Lives: Nashville, TN, United States

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FAIRY WHISPERING

111 Magical Practices for Connecting with the Fairies

KAREN KAY

A fairy gift book for adults with 111 magical practices to connect to nature and the fae, from bestselling card deck creator and Fairy Whisperer Karen Kay.

DESCRIPTION

Embark on a grown-up magical journey, filled with awe, magic and wonder, to Fairyland. Magic and miracles are real, and the guardians of nature are ready to communicate with you.

Fairy Whisperer and creator of the bestselling *Oracle of the Fairies*, Karen Kay, is here to tell you that fairies are just as much a part of this world as we are. Fairies are guardians of nature, they are here to oversee and nurture the growth of the trees, plants, flowers, rocks and crystals. Every living thing in nature has a fairy being close by, protecting it and encouraging it to grow. This gorgeous gift book contains 111 ways for adults to connect with the fairies, including rituals, spells, meditations, incantations and visualizations.

There are so many ways in which fairies can present themselves. There are no absolute rules – everything in the fairy world is inside out, upside down, back to front, betwixt and between, topsy-turvy. Always expect the unexpected! All you need is an open mind, a love of nature and a gentle heart. *Fairy Whispering* will help you to build your own connection to the enchanted realms in the best possible way for you and sprinkle a little fairy dust as you go about your daily life.

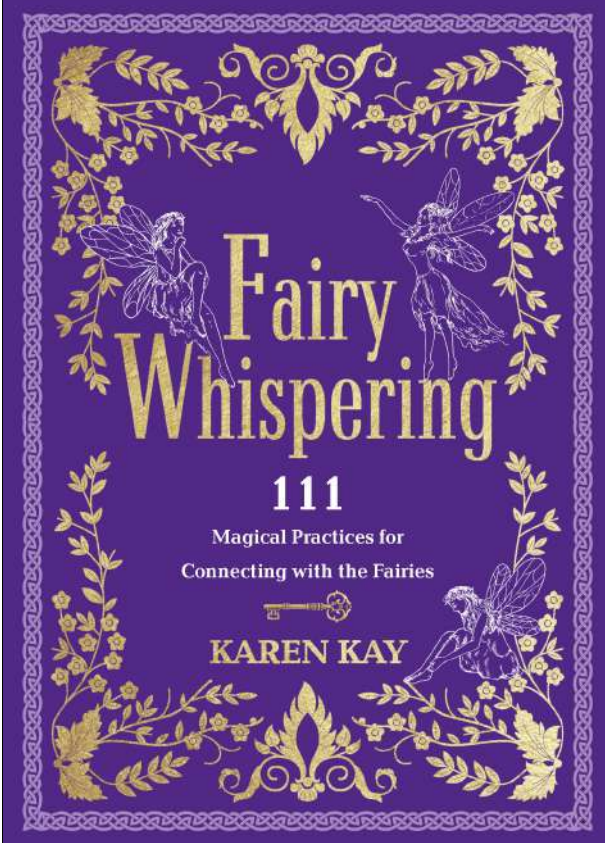
SALES AND MARKETING

- **UNIQUE PRODUCT AND ON-TREND TOPIC:** #faery has **81.6M views on TikTok**. This book adeptly blends popularized spiritual practices, such as rituals, spells, meditations and incantations, with the wisdom of the fairies.
- **EXPERT WISDOM:** Karen is the bestselling author of *Oracle of the Fairies* – which has sold almost 70K copies – and the go-to expert on fairies.
- **LARGE SOCIAL MEDIA PLATFORMS:** Karen has 11.6K Instagram followers on @karenkayfairy. She is the founder of Mermaid Magazine, whose Facebook page has 120K followers. She is also the founder of FAE Magazine, whose Facebook page has 71K followers.
- **EXPERIENCED PUBLIC SPEAKER:** Karen has featured in various podcasts and appeared on TV shows, including ITV's *This Morning*.
- **AWARD-WINNING FESTIVAL:** Karen's 3 Wishes Fairy Festival won the coveted Grassroots Festival Award. Karen's events attract thousands of visitors from all around the world. She also runs regular sell-out Fairy Balls in Glastonbury.

AUTHOR BIOG

Karen Kay is a bestselling author, oracle deck creator and fairy and mermaid whisperer. www.karenkay.co.uk

OTHER TITLES



ISBN: 978-1-83782-329-1

Pub Date: 05/11/2024

RRP: £12.99

Format: 178 x 127 TPB

Extent: 320 pages

Territorial Rights: World

Author Lives: Penzance, Cornwall, UK

Previous Titles:

Manifesting with the Fairies, Hay House UK, 2023, 978-1-78817-918-8; *Messages from the Mermaids*, Hay House UK, 2020, 978-1-78817-341-4; *Oracle of the Fairies*, Hay House UK, 2019, 978-1-78817-323-0

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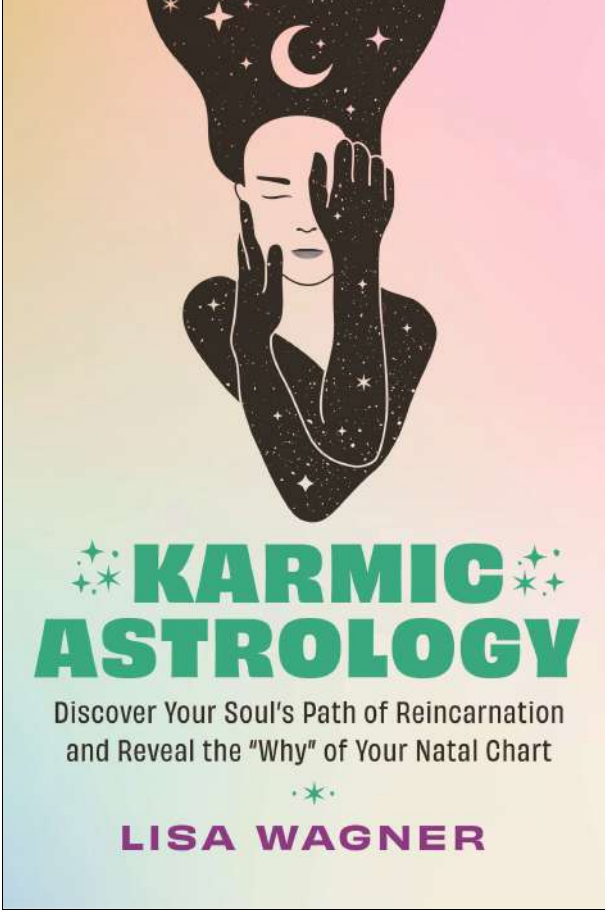
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KARMIC ASTROLOGY

Discover Your Soul's Path of Reincarnation and Reveal the "Why" of Your Natal Chart

LISA WAGNER

Astrology seen through the lens of karmic history offers readers insight into their beliefs, talents, fears and goals, and provides deeper clarity and emotional resonance to the spiritual guidance offered in this comprehensive guide.

DESCRIPTION

Discover how a fusion of astrology and karma can unlock incredible compassion and understanding – both for ourselves and others – with the guidance of professional astrologer Lisa Wagner.

Our astrological natal chart placements aren't just random collections from a cosmic lottery. They are the direct result of beliefs formed in other lives and our soul's intention for growth and healing in this life. An understanding of our karmic history is essential to see the full picture and insight astrology offers us.

This book lays the groundwork for a basic fluency in astrology and connects it to karmic history in a way not found in most books. The text explores aspects of numerology and past life experiences, as well as how to connect to our intuition to get the most out of our natal chart readings.

SALES AND MARKETING

- **APPEALS TO HAY HOUSE'S CORE AUDIENCE AND BEYOND:** Hay House readers interested in the traditional topics of astrology and karma, as well as rapidly growing contemporary spirituality communities.
- **PRACTICAL GUIDE FOR BEGINNERS AND MORE EXPERIENCED READERS:** Lisa's book is accessible to both beginners and experienced practitioners alike. She provides foundational basics and buildable knowledge that allows readers to grow as karmic astrologers as they read the book.
- **UNIQUE COMBINATION OF ASTROLOGY AND KARMIC HISTORY:** Lisa combines two evergreen subjects, astrology and karma, in a way that adds vital context to understanding our history, behaviours, strengths and weaknesses.
- **GROWING INTEREST IN ASTROLOGY FOR GEN Z AND MILLENNIALS:** In August 2023, *The Times* published an article highlighting how Gen Z leverage astrology to help make life decisions. This book is a great opportunity to introduce a younger audience to Hay House's wealth of products on astrology and spirituality. #karmicastrology has **11.7M views on TikTok**.
- **SOCIAL MEDIA FOLLOWING:** Lisa's engaged following of 13K on Facebook and 11.5K on Instagram will be eager to purchase this book.

AUTHOR BIOG

Lisa Wagner has been a professional astrologer for over 40 years. She brings expertise from her lifelong study of astrology, teaching experience and insight from reading thousands of charts.

www.karmicastrology.com

ISBN: 978-1-83782-278-2

Pub Date: 05/11/2024

RRP: £13.99

Format: 229 x 152 TPB

Extent: 272 pages

Territorial Rights: World

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THE WITCH'S GUIDE TO ANIMAL FAMILIARS

Spells, Rituals & Recipes for Making Magic with Animal Allies

MADAME PAMITA

This guide will expand readers' magical practice and amplify their power by helping them to bring animal magic into their practice.

DESCRIPTION

Discover your personal animal familiar and a new way of working alongside the animal kingdom in your magical practice.

More than simple elements to be added to spells, animals are allies who can teach any witch about energy, life force and different kinds of consciousness. As well as iconic black cats, dogs, birds, rodents, reptiles and even goldfish can be your special companions and magical co-creators. And familiars are not just limited to the pets that we live with; animals in the wild can also enhance our magic and teach us valuable spiritual lessons. In this comprehensive book, you will:

- Learn how to identify an animal familiar and invite them into your witchcraft practice.
- Find spells to attract, protect and bond with your familiar.
- Access ways to talk to your familiar and build psychic links to help you understand them.
- Learn magical ways to calm your familiar and rituals to help your familiar transition at the end of life.
- Discover ways to invite your familiar to participate in your magical rituals, to exchange spiritual energy with them and even learn how to shapeshift into animal form.

Whether you're seeking to bring animal magic into your practice or simply want to bond with a furry, finned or feathered friend in more meaningful ways, *The Witch's Guide to Animal Familiars* will expand your magical practice and amplify your power.

SALES AND MARKETING

- **WIDE APPEAL FOR MAGICAL PRACTITIONERS:** The primary audience for this book are witches and other magical practitioners who sense that the animals in their lives are there for a reason. They are looking for ways to bring familiars into their spells and rituals as co-creators who lend their energy and intention.
- **ACTIONABLE, PRACTICAL AND ACCESSIBLE:** Pamita demystifies complicated spell techniques and intimidating rituals for beginner and seasoned witches alike. Every spell in this book can be made with components you can find at home.
- **ON-TREND:** This book will appeal to readers keen to learn more about witchcraft and earth-based magical practices, both trending topics.
- **PROLIFIC AUTHOR WITH SEVERAL PROJECTS IN THE PIPELINE:** Pamita has written several books over the years – most notably *Baba Yaga's Book of Witchcraft*. She will publish two more projects with Hay House about amplifying magical spells with the partnership of a familiar. Fans eagerly await her next release.

AUTHOR BIOG

Madame Pamita is an author, teacher, magic practitioner and tarot reader. www.parlourofonders.com and [@madamepamita](https://www.instagram.com/madamepamita)



ISBN: 978-1-83782-294-2

Pub Date: 21/01/2025

RRP: £13.99

Format: 216 x 135 TPB

Extent: 257 pages

Territorial Rights: World

Author Lives: Los Angeles, CA

Previous Titles:

Baba Yaga's Book of Witchcraft, Llewellyn Publications, 2022, 978-0-73876-789-5; *The Book of Candle Magic*, Llewellyn Publications, 2020, 978-0-73876-473-3; *Cancer Witch*, Llewellyn Publications, 2023, 978-0-73877-283-7; *Magical Tarot*, Weiser, 2024, 978-1-57863-811-6

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SARA SURANI

songs of my grandmother

on finding ourselves, each other,
and the things that make
us come alive

SONGS OF MY GRANDMOTHER

On Finding Ourselves, Each Other, and the
Things That Make Us Come Alive

SARA SURANI

A compelling blend of personal narrative, universal themes and spiritual exploration to help readers to reflect, connect and find solace in the shared human experience.

DESCRIPTION

A collection of poetry and prose that offers comfort, community, and belonging through stories of love, loss, change and rebirth.

'I want to share the stories I kept silent, in the hope that I and those who read my book will feel free from me doing so.'

'Songs' are the stories, poems and prayers of the generations of women who came before. They include the lived experiences of those both older and younger than you, that help you grow and learn to be more yourself, celebrate your individuality and – above all – realize that you are not alone on your journey.

The daughter of Pakistani-Muslim immigrants who moved to South Texas to give their daughter a better life, Sara Surani explores universal feelings through poetry, lyrical prose, memoir-style writing and vignettes inspired by her work with women and girls across the globe. Each chapter uses colour to evoke a feeling:

- **Violet:** the gut punch of loss
- **Indigo:** a slow, lonely grief
- **Blue:** anxiety, fear and uncertainty
- **Green:** when spring returns to you
- **Yellow:** the first ray of sun on snow, a thawing
- **Orange:** a warm cup of tea, hope
- **Red:** fire, rebirth, an inner spark

Delving into these emotions together conjures a deep sense of belonging. So often we are told that the core of spiritual development is 'inner work', but this book is about remembering everything that we share – something that is needed now, more than ever.

SALES AND MARKETING

- **AUDIENCE:** This book will appeal to second-generation immigrants who feel they aren't spoken to by mainstream published media. Millennials suffering from anxiety, feeling lost and alone and struggling to come to terms with a world full of political chaos will also gravitate towards it, as will buyers of poetry books from TikTok who are fans of work that speaks to universal themes in an easy-to-digest way.
- **PERENNIAL SUBJECT:** Covering universal themes such as loss, grief, love and hope, Sara creates space for spiritual exploration and reflection, helping us to find solace in the shared human experience.
- **DEBUT FROM UNIQUE AUTHOR WITH GLOBAL EXPERIENCE:** Sara is an incredibly talented writer who has been inspired by her work with women and girls all across the world.

AUTHOR BIOG

Sara Surani is a global speaker and co-founder of She is the Universe, a global movement for girls' empowerment. She works in remote communities in the Amazon jungle and is helping to start the first public holistic education school in Peru. www.sheistheuniverse.org

ISBN: 978-1-83782-297-3

Pub Date: 11/03/2025

RRP: £12.99

Format: 178 x 127 TPB

BIC/Subject: Relating to Asian American / Pacific Islander American people; Memoirs; Mind, body, spirit: thought and practice

Extent: 257 pages

Territorial Rights: World

Author Lives: Texas, United States

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New York Times Best-Selling Author
SONIA CHOQUETTE

READ LIFE ACCURATELY

Recognize and Respond
to What's *Really* Going On

ISBN: 978-1-83782-407-6

Pub Date: 12/11/2024

RRP: £13.99

Format: 216 x 135 TPB

BIC/Subject: Spirit guides, angels and channelling; Assertiveness, motivation, self-esteem and positive mental attitude; Mind, body, spirit: thought and practice

Extent: 256 pages

Territorial Rights: World

Author Lives: Paris, France

Previous Titles:

Trust Your Vibes Guided Journal, Hay House UK, 2023, 978-1-83782-119-8; *Trust Your Vibes (Revised Edition)*, Hay House UK, 2022, 978-1-78817-832-7; *Ask Your Guides*, Hay House UK, 2021, 978-1-78817-494-7

READ LIFE ACCURATELY

Recognize and Respond to What's Really Happening

SONIA CHOQUETTE

Bestselling author and intuitive reader shares her essential guide to 'reading' people, places and situations for better clarity, peace and success.

DESCRIPTION

'After reading for people for a few years, it became important to me not just to read for others, but to teach them how to do it for themselves...'

In this exciting new book, *New York Times* bestselling author Sonia Choquette teaches readers how to read life accurately: how to go inwards, pay attention, keep senses sharp and awareness present, and tune in internally and externally. You'll learn:

- What it means to read life and why it matters
- How to read yourself and your purpose, as well as that of others
- How *not* to read life
- How to connect with the right people at the right time.

This book is the culmination of Sonia's life's work. It will help you use your intuition for peace, well-being and happiness for yourself and those around you.

'Allow Sonia to bring joyous wisdom into your world. Your life will change for the better.' – Louise Hay

SALES AND MARKETING

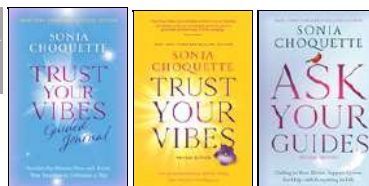
- **RENOWNED, BESTSELLING AUTHOR:** Sonia is the author of 27 internationally bestselling books about intuitive awakening, personal and creative growth, and transformational leadership capabilities. She has a high number of engaged email subscribers.
- **GLOBAL APPEAL:** Sonia's work has been published in 40+ countries and translated into 37 languages, making her one of the most widely read experts in her field.
- **BROAD TOPIC FOR NEWCOMERS:** This book will appeal to those who are curious but aren't deeply familiar with this work.
- **TARGET AUDIENCE:** Experienced intuitives who want to learn how to strengthen their psychic abilities from an expert, and beginners keen to learn how to 'read' situations and people more clearly.
- **UNIQUE CONCEPT AND TAKE:** Sonia offers a practical approach to reading situations, people and experiences that will appeal to many readers, not just those interested in psychics and intuition.

AUTHOR BIOG

Sonia Choquette is a celebrated worldwide author, spiritual teacher and intuitive guide. She has spent over 45 years helping others lead confident, authentic lives with intuition as their guiding light. Her books include the *New York Times* bestseller *The Answer Is Simple*.

www.soniachoquette.com

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BUSINESS



RULES OF SELF- RELIANCE

*How to Stay Low, Keep Moving,
Invest in Yourself, and Own Your Future*

MAHA ABOUELENEIN

ISBN: 978-1-40197-866-2

Pub Date: 08/10/2024

RRP: £21.99

Format: 216 x 135 HB

Extent: 320 pages

Territorial Rights: World

Author Lives: Wayzata, Minnesota

7 RULES OF SELF-RELIANCE

How to Stay Low, Keep Moving, Invest in Yourself, and Own Your Future

MAHA ABOUELENEIN

Readers will learn how to become more successful and achieve their goals through the seven rules of self-reliance.

DESCRIPTION

Learn how to survive and thrive in today's fast-paced world, and take ownership of yourself so that you're not left behind.

7 Rules of Self-Reliance teaches seven insightful rules:

- How do you survive and thrive with the inevitable, fast-paced changes that have created new ways of working and living? **Stay low, keep moving (Rule #1).**
- How do you create authentic relationships at work and at home, and live with empathy? **Become a value creator (Rule #2).**
- How do you put yourself at the top of your priority list? **Realize that no one is coming to save you or get you ready for your life** – i.e. don't be a waiter **(Rule # 3).**
- How do you stay relevant, in the know and sharpen your skills? **Unlearn, relearn and invest in yourself (Rule #4).**
- How do you position yourself in the eyes of the world? **Think of your reputation as currency (Rule #5).**
- How do you cement and create real, enduring connections – personally and professionally – and have emotional intelligence in life? **Become a long-term player (Rule # 6).**
- How do you live with the most joy and create a fulfilling life that you can learn from? **Have no regrets (Rule #7).**

Once you have grasped the expert wisdom distilled in this book, you will create opportunities for yourself that are bigger and better than you knew were possible.

SALES AND MARKETING

- **TARGET AUDIENCE:** Entrepreneurs and business owners, professionals seeking career advancement, celebrities, sports professionals, news akers and women in leadership positions.
- **HIGHLY SOUGHT-AFTER CONSULTANT:** Maha has worked with influential people such as Jim Kwik, Deepak Chopra and Kendall Jenner. She played a key role in the launch of Gary Vaynerchuk's book *Twelve and A Half*, which sold more than one million copies in the first 24 hours.
- **INTERNATIONAL SPEAKER:** Maha has delivered countless keynotes at industry events and conferences in front of business and marketing executives, entrepreneurs and Fortune 500 companies.
- **STRONG MEDIA RELATIONSHIPS:** Maha launched the publication of this book with a cover feature on *Entrepreneur Middle East* magazine, and will appear on Good Morning America.
- **ONLINE COURSES AND SUMMITS:** The author conducts roughly 100 in-person and remote courses a year, as well as offering monthly training sessions. To date, she has trained approximately 6000 people.

AUTHOR BIOG

Maha Abouelenein is a strategic communications consultant with more than 30 years of global communications experience advising global corporate giants, high-growth tech startups, governments and high-net-worth individuals.

PREDICTABLE PROFITS

TRANSFORM YOUR BUSINESS FROM ONE-OFF SALES TO RECURRING REVENUE WITH MEMBERSHIPS AND SUBSCRIPTIONS

STU MCLAREN

CO-FOUNDER OF SEARCHIE

FOREWORD BY AMY PORTERFIELD

ISBN: 978-1-40197-778-8

Pub Date: 11/02/2025

RRP: £21.99

Format: 229 x 152 HB

Extent: 257 pages

Territorial Rights: World

Author Lives: Ontario, Canada

PREDICTABLE PROFITS

Transform Your Business from One-Off Sales to Recurring Revenue with Memberships and Subscriptions

STU MCLAREN

Entrepreneur and membership expert, Stu McLaren, teaches authors, speakers, coaches, consultants and business owners how to create a recurring revenue stream.

DESCRIPTION

Learn to launch, grow and scale your membership business with Stu McLaren, founder of Searchie and host of the *Marketing Your Business* podcast.

Are you tired of wondering how much money you'll make every single month? Do you wish there was an easier way to predict your income and watch your business grow? Are you curious about building a membership programme but you don't know where to start?

Whether you're launching a business for the first time or looking to transform your existing business, Stu McLaren, founder of Searchie and the *Marketing Your Business* podcast, is here to help you launch a membership site. What's magical about a membership site is it not only creates predictable recurring revenue every month, but the more you put into it, the bigger potential it has to grow. With memberships, you never start from zero. You start every month with the momentum that you gained the previous months.

With Stu's help, you will:

- learn who your audience is and how to attract them
- eliminate stress by creating predictability within your business
- discover what keeps members happy and coming back each month

It's time to take control of the business you know and love by turning it into a source of recurring revenue. You are just a few decisions away from a whole new life.

SALES AND MARKETING

- **TARGET AUDIENCE:** Online entrepreneurs, inventors and creators who want to grow their audience and conversion rate, as well as entrepreneurs looking for fresh ideas to stay current in a static marketplace.
- **TRUSTED FORMULA:** Stu has guided many Hay House authors to build successful memberships, including Jim Kwik, Gabby Bernstein, Kris Carr, Denise Duffield-Thomas, Amy Porterfield, Elliott Connie, Niyc Pidgeon, Abiola Abrams and Vani Hari. Stu's Membership Building workshop has helped guide thousands of people to success in a variety of areas, including business development, personal development, health and fitness, education and non-profit.
- **EXPERT WISDOM:** Stu has a unique understanding of the dynamics involved with building highly profitable, low-stress online membership communities, and he shares the secrets to keep profitability soaring.
- **ENTREPRENEURIAL TRENDS:** There has been a notable rise in online entrepreneurship and start-ups, bringing with it a need for a practical guide to business and recurring revenue.
- **LARGE SOCIAL MEDIA FOLLOWING:** Stu has a following of 121K on Facebook, 45.2K on Instagram and 10.3K on YouTube.

AUTHOR BIOG

Stu McLaren is the co-founder of Searchie and host of the *Marketing Your Business* podcast. www.stu.me

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CARDS



ABIOLA ABRAMS

FACES OF OSHUN ORACLE

A 44-Card Deck and Guidebook

ABIOLA ABRAMS

Step into the enchanting world of Oshun, the Yoruba goddess of love, beauty and sweet waters, with this deck from the creator of the bestselling *African Goddess Rising Oracle*.

DESCRIPTION

The Faces of Oshun Oracle is a transformative tool that promises to elevate your understanding of love and inner beauty and awaken the divine feminine within. Journey through the sweet waters and rich gold landscapes of Oshun's realm, where love and empowerment flows.

Crafted for both novices and seasoned spiritual practitioners, this illuminating deck is a gateway into Oshun's multi-dimensional energy. Encompassing love, prosperity, self-empowerment and the complexities of human emotions, this deck will help you heal and evolve.

Using *The Faces of Oshun Oracle* is like having a heart-to-heart with Oshun herself. You'll gain profound insight on what you're doing well and where you might need help. Whether you're looking for clarity on a specific issue or just want to tap into Oshun's vibe, this deck has you covered. It's more than just a set of cards. This is a mystical toolkit for enriching your life.

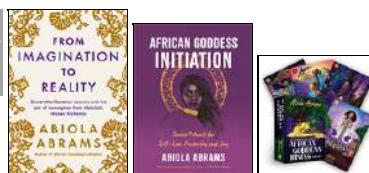
SALES AND MARKETING

- **CONNECT WITH OSHUN'S ENERGY:** Each card provides a direct channel to Oshun's multi-dimensional energy and helps you tap into her wisdom for heartfelt guidance in love, prosperity and self-empowerment.
- **HEALING AND TRANSFORMATION:** Through the goddess' energy of love and transformation, use the cards to facilitate self-care and to confront challenges, embrace emotions and embark on a journey towards inner peace and growth.
- **COMPREHENSIVE GUIDANCE:** Accompanied by a comprehensive guidebook, this deck offers more than just interpretations. Explore spreads, historical context and practical tips, and discover meditations and rituals to integrate Oshun's energy into your daily life.
- **A MYSTICAL TOOLKIT FOR ENRICHMENT:** Whether you seek specific answers or wish to immerse yourself in Oshun's vibrant energy, this deck provides a holistic approach to spiritual growth and enlightenment.
- **ENGAGED AUDIENCE:** Abiola is popular with the Hay House audience and often takes part in virtual and in-person events, including a virtual retreat via the Hay House Facebook page.

AUTHOR BIOG

Abiola Abrams is an award-winning author, intuitive self-love coach, goddess-oracle-card creator, transformational speaker and international retreat leader. She has given motivational advice on networks including the BBC as well as Huffington Post, Match.com and *Essence* magazine. www.womanifesting.com

OTHER TITLES



ISBN: 978-1-40197-306-3

Pub Date: 04/02/2025

RRP: £17.99 (£14.99 ex VAT)

Format: 3.5 x 5 CRD

BIC/Subject: Fortune-telling by cards (cartomancy); Assertiveness, motivation, self-esteem and positive mental attitude; Mind, body, spirit: thought and practice

Extent: 160 pages

Territorial Rights: World

Author Lives: New York, United States

Previous Titles:

From Imagination to Reality, Hay House UK, 2024, 978-1-83782-342-0; *African Goddess Initiation*, Hay House UK, 2021, 978-1-78817-676-7; *African Goddess Rising Oracle*, Hay House UK, 2021, 978-1-40196-310-1

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GALACTIC STAR TAROT

A 78-Card Deck and Guidebook

ALEXANDRA HANLY AND PAMELA CHEN

An out-of-this-world exploration of Starseeds in this modern tarot deck expands traditional tarot symbolism to include spaceships, lasers, star codes and extraterrestrial beings. Activate the star magic within you, meet your Galactic Star Guides and unlock the mysteries of the cosmos!

DESCRIPTION

Explore the deeper meanings of tarot with a little help from your Star Guides, an extensive array of Star Beings from diverse places across the Milky Way galaxy.

In the *Galactic Star Tarot*, you'll meet the Lyrans of the Wands, the Pleiadeans of the Cups, the Sirians of the Swords and the Arcturians of the Disks who have sworn to protect and support all humans and Starseeds on Earth.

Intricately detailed art takes you from the desert of Area 51 on Earth to royal courts held upon starships and everywhere in between. When you reconnect to memories of your galactic history and the infinite potential of the Universe, miracles happen.

Activate the star magic within you and awaken to a new realm of abundant blessings!

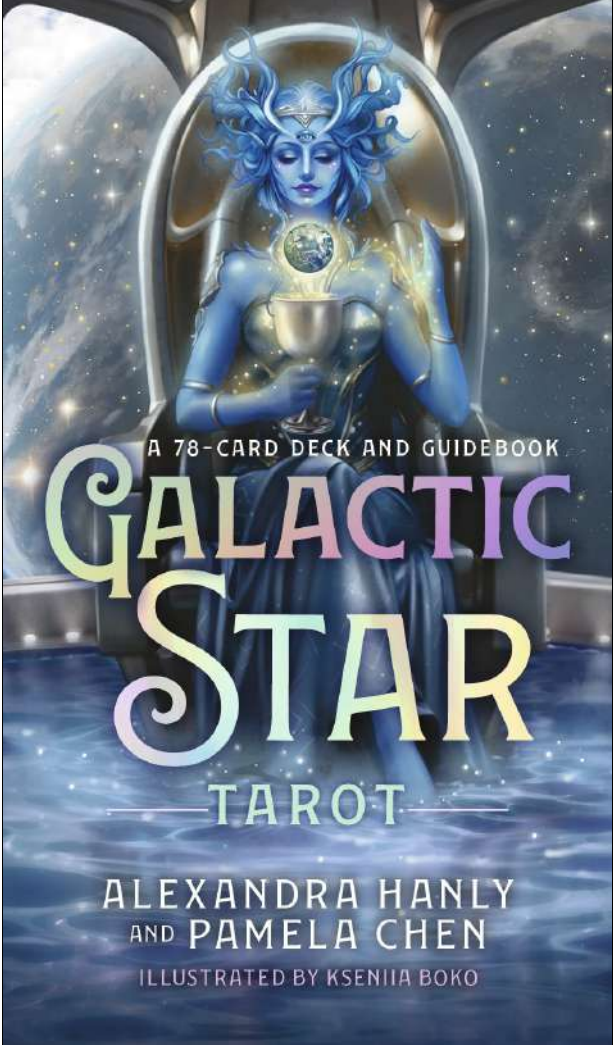
SALES AND MARKETING

- **STANDOUT APPEAL TO TAROT AND STARSEED AUDIENCES:** The galactic-themed, hand-drawn art will attract many Hay House tarot and oracle card readers as well as the authors' fans. The topic of Starseeds will also attract a new audience, such as buyers of Rebecca Campbell's hugely popular *The Starseed Oracle*.
- **A FRESH TAKE ON TAROT:** This deck connects familiar tarot symbolism with Star Guides and Starseeds. Starseeds are a popular topic in mind, body, spirit books and oracle decks, and the authors offer a modern take with this new tarot system.
- **RICHLY DETAILED COSMIC ART EXPANDS ON TAROT SYMBOLS:** All the deep symbolism of traditional tarot has been expanded upon with an out-of-this-world twist, featuring spaceships, extraterrestrial beings, diverse humans all over Earth and subtle pop culture nods.
- **GALACTIC THEMES AND MODERN REFERENCES:** Sci-fi details; extraterrestrial beings who are finned, feathered and feline; and modern pop-culture alien references broaden the reach of this deck.
- **EXPERIENCED, WELL CONNECTED AUTHORS:** The authors have recent extensive experience publishing tarot decks and spiritual books. They will leverage their connections through the many conferences and podcasts they are part of.

AUTHOR BIOG

Alexandra Hanly is a chief spiritual advisor and creator of the leading-edge Awakened Bliss Codes© energy technology. Her mission in life and business is to help animals and support as many souls as possible in reaching their highest life purpose. [@alexandra_h_h](#)

Pamela Chen is a mystical advisor, psychic business mentor and a money manifesting coach, as well as an award-winning published author and bestselling deck creator. [@pamelaunicorn](#)



ISBN: 978-1-40197-509-8

Pub Date: 25/02/2025

RRP: £21.99 (£18.32 ex VAT)

Format: 2.75 x 4.75 CRD

BIC/Subject: Tarot; Mysticism, magic and occult interests; Mind, body, spirit: thought and practice

Extent: 224 pages

Territorial Rights: World

Author Lives: Alexandra: Brownsville, VT, United States; Pamela: Las Vegas, NV, United States

Previous Titles:

Tarot of the Owls, Llewellyn Productions, 2023, 978-0-73876-821-2; *Witchling Academy Tarot*, Llewellyn Productions, 2021, 978-0-73876-219-7

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A 44-Card Deck and
Guidebook for Times of Transition

The Cosmic Crossroads Oracle

AMANDA
LYNN AISLING

ISBN: 978-1-40197-378-0

Pub Date: 19/11/2024

RRP: £17.99 (£14.99 ex VAT)

Format: 2.75 x 4.75 CRD

Extent: 128 pages

Territorial Rights: World

Author Lives: Naples, FL

Previous Titles:

Inner Child Oracle, Hay House UK, 2024, 978-1-40197-377-3

THE COSMIC CROSSROADS ORACLE

A 44-Card Deck and Guidebook for Times of
Transition

AMANDA LYNN AISLING

A 44-card oracle deck created to support you on your journey through times of change, uncertainty and difficult emotions, and to help you reconnect to your inner truth and strength.

DESCRIPTION

Tap into your inner resilience as you navigate the unknowns of life with this healing tool as support.

The Cosmic Crossroads Oracle helps you connect to your intuition and use your inner strength to move confidently through trying times. When facing new challenges, it can be easy to feel overwhelmed by the unknown. This oracle deck reminds you that all you need to navigate life's difficulties exists within you already.

The messages from these cards lend support during times of doubt and transition. The accompanying guidebook includes rituals and meditations to relax and focus you on decision-making and positivity. Living a full and wondrous human life can mean travelling along difficult roads, but the journey remains one towards healing, light and love.

SALES AND MARKETING

- **APPEALS TO TRADITIONAL AND MODERN DECK FANS:** Amanda's unique photo collage art style offers a fresh and modern take on traditional topics of spiritual healing and connecting with our intuition.
- **A PRACTICAL HEALING TOOL:** Every spiritual seeker on the path toward personal development needs support through times of transition. Amanda has created a deck around this important universal topic, along with intuitive rituals for each card.
- **SUCCESSFUL SELF-PUBLISHING SALES HISTORY:** Amanda self-published this deck in February 2020 via her Etsy store. It has sold 1K+ copies at a \$35 price point.
- **DREAMY, PASTEL ARTWORK INFUSED WITH MEANING BY THE AUTHOR:** This author's photo-manipulation style of art is eye-catching and capitalizes on trending design styles. Amanda has reworked some of the original art to give the Hay House edition it's own distinctive look.

AUTHOR BIOG

Amanda Lynn Aisling is a writer, mystic, artist and truth-seeker. Her intuitive work explores the deeper aspects of the human experience, as well as the innate magic within us all. [@amanda.lynn.aisling](https://www.instagram.com/amanda.lynn.aisling) on Instagram and www.amandalynnaisling.com

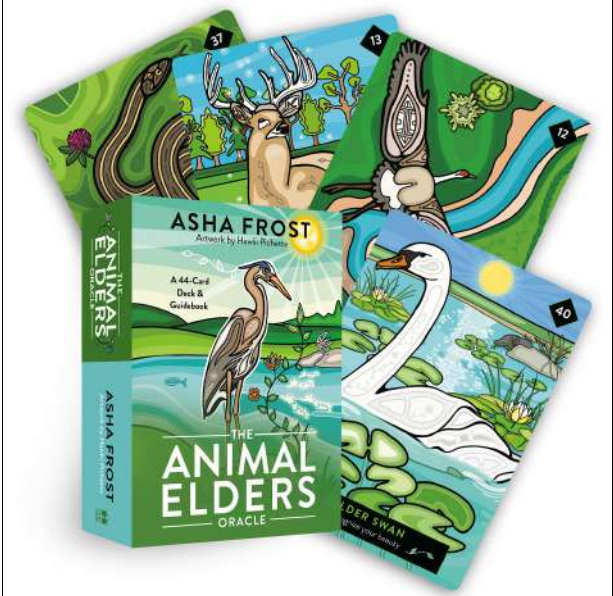
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THE ANIMAL ELDER'S ORACLE

A 44-Card Deck & Guidebook of Indigenous Wisdom & Healing Medicine

ASHA FROST

A 44-card deck and guidebook helping readers to connect to animal elders and their wisdom, from Indigenous Medicine Woman Asha Frost.

DESCRIPTION

Tap into guidance from the animal spirit realm and connect to ancestral wisdom with this transformative 44-card deck and guidebook.

Everything is interconnected. All of creation carries a spirit. Indigenous people have always had a sacred relationship with animals and treated them as honoured elders. Animal beings in the spirit realm are part of our spiritual support team as allies and medicine keepers. They are always ready to help, waiting to remind you of your humanity and deep connection to the natural world.

This deck offers meaningful insights and messages to guide you on your path, both from the universe and in the voice of an animal spirit guide from the lands of the Ojibway people: from Elder Artic Hare to Elder Wolf. Each of the 44 Elder Animals are depicted in a richly detailed traditional Ojibway art style and carry their own unique medicine. Whether you're seeking clarity, healing or a deeper connection to your ancestral lineage, these cards will provide you with a bridge to the spirit world.

Use this deck for your rituals and ceremonies, do readings with it for your clients and friends and share it with your communities. As the medicine ripples out, hold Indigenous people in your heart and honour how their history continues to impact your current reality.

SALES AND MARKETING

- **BROAD AUDIENCE:** For oracle card readers and wisdom seekers interested in respectfully connecting with Indigenous traditions, animal guides and their own ancestral wisdom.
- **POPULARITY OF ANIMAL-THEMED CARD DECKS:** Animal wisdom and spirit animals are classic and well-received topics for card decks. Traditional artwork and the authentic Indigenous voice of the author make this deck stand out from the rest of the market.
- **FIRST NATIONS VOICE SHARING INDIGENOUS WISDOM:** Asha is an Indigenous Ojibway Medicine Woman – she holds membership at Neyaashiingmiing (Cape Croker) First Nation. She is a voice for the topic of cultural appropriation with a vision to educate, create meaningful conversation and promote healing, respect and inclusion.
- **ART BY INDIGENOUS ILLUSTRATOR:** Hawlii Pichette brings the messages of these cards to life with a vivid palette of earthy colours and playful imagery. Hawlii is from the same region of Canada as Asha, so her artwork shares a deep and sacred connection to the animals of the land depicted in this deck.
- **BUILDING AN ENGAGED AUDIENCE:** Asha's growing following of 24.6K on Instagram participates in her mentorships, workshops and online courses, such as her Sacred Medicine Ways and Sacred Medicine Course Bundle.

AUTHOR BIOG

Asha Frost (she/her) is the author of *The Medicine Within*, an Indigenous Medicine Woman and a member of the Chippewas of Nawash First Nation. ashafrost.com

ISBN: 978-1-40197-818-1

Pub Date: 03/12/2024

RRP: £17.99 (£14.99 ex VAT)

Format: 3.5 x 5 CRD

BIC/Subject: Fortune-telling and divination; Spirit guides, angels and channelling; Complementary therapies, healing and health

Extent: 128 pages

Territorial Rights: World

Author Lives: Newmarket, Canada

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FATED

A POCKET LOVE ORACLE



A 13-Card Deck and Guidebook
ATHENE NOCTUA

ISBN: 978-1-40197-859-4

Pub Date: 21/01/2025

RRP: £8.99 (£7.49 ex VAT)

Format: 2.5 x 3.5 CRD

Extent: 13 pages

Territorial Rights: World

Author Lives: Milton Keynes, England

Previous Titles:

Crystal Ball Pocket Oracle, Hay House UK, 2023, 978-1-40197-257-8; *Crystal Ball Pocket Oracle*, Self-published, 2019, [No- -ISBN--]; *The Witch's Familiar Runic Oracle*, Self-published, 2020, [No- -ISBN--]; *Luna Botanica Altar Cards*, Self-published, , [No- -ISBN--]; *The Unfolding Path Tarot*, Hay House UK, 2023, 978-1-40197-314-8

FATED: A POCKET LOVE ORACLE

A 13-Card Deck and Guidebook

ATHENE NOCTUA

A 13-card pocket-sized oracle deck that provides readers with quick and direct answers on love, relationships and all magical affairs of the heart.

DESCRIPTION

Discover guidance for all your relationship queries.

Could it be true love or a case of rose-coloured glasses? Have you found The One or another unlucky red flag?

Fated: A Pocket Love Oracle features Athene's gorgeous, mystical illustrations alongside straightforward answers to questions about love. These cards are perfect for daily divination practice or as a tool to focus energy during rituals and ceremonies. Ask the cards for guidance, truth and clarity in your love life.

This pocket deck includes a helpful introductory guide to the cards and their interpretations. Small enough to fit in a purse or pocket, this compact deck can travel with you, offering divine relationship guidance wherever life may take you.

SALES AND MARKETING

- **APPEALS TO ORACLE DECK FANS INTERESTED IN POCKET-SIZED DECKS:** Packaged in a smaller, mini trim size, this portable deck allows readers to divine whilst on-the-go.
- **FOLLOWS A SUCCESSFUL KICKSTARTER CAMPAIGN:** In early 2023, after just 5 hours on Kickstarter, Athene met her funding goal of £5,000. In total, Athene raised £23,790 for her self-published deck.
- **GORGEOUS, ON-TREND ARTWORK CREATED BY THE AUTHOR:** This deck features a trendy, muted colour palette and dazzling, mystical illustrations. The compact and easy-to-use nature of the deck makes it a natural choice for those drawn to the Instagram-worthy art aesthetic.
- **PROLIFIC AUTHOR WITH DECKS IN THE PIPELINE:** This is the fourth Hay House deck from Athene. Hay House published her *Crystal Ball Pocket Oracle* in March 2023, *The Unfolding Path Tarot* in August 2023 and *The Witch's Familiar Runic Oracle* in September 2023.

AUTHOR BIOG

Athene Noctua is an artist and deck creator living in the UK. Her illustrations are inspired by feminism, diversity and representation. Formerly known as the White Witch Oracle, Athene now sells her artwork and divination tools at athenearcana.com.

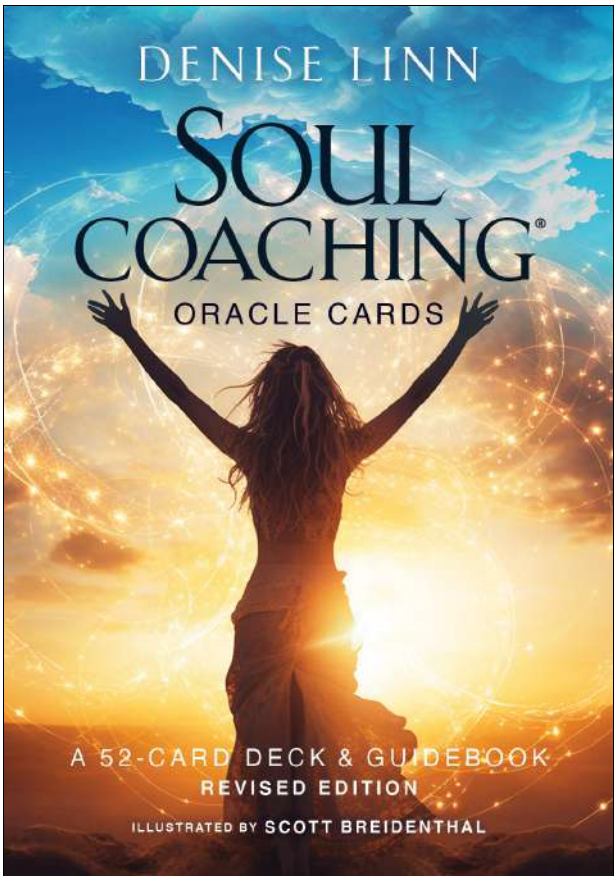
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SOUL COACHING ORACLE CARDS

What Your Soul Wants You to Know

DENISE LINN

Readers are invited to enhance their experience of self-discovery and guidance in this updated edition of a beloved 52-card oracle deck, richly reimagined with all-new artwork. From bestselling author Denise Linn.

DESCRIPTION

Connect with your soul's deepest desires and find the path to an enriched life.

Unlock a profound connection to your soul and explore the boundless potential of your inner self with this exquisite repackage of a beloved card deck and guidebook. These cards offer remarkably accurate and heartfelt readings that can help you to gain a deeper understanding of what your soul yearns to convey about your relationships, career, creativity and the tapestry of your future.

Inside the 96-page guidebook, you'll find:

- Thoughtful explanations of each card's meaning, including an affirmation and a message your soul needs you to hear
- Spreads for accessing messages from spirit guides, making decisions, working with the Medicine Wheel and more
- A resource for giving remarkably accurate and heartfelt readings for yourself or for others

Each card resonates with radiant new artwork, breathing life into positive messages that provide profound spiritual insights from your higher self.

SALES AND MARKETING

- **POPULAR TOPIC APPEALS TO A WIDE AUDIENCE:** The card deck is perfect for readers seeking to enhance their lives with energy work, readers who need help accessing guidance from their souls and everyone in between.
- **REVISED EDITION WITH BRAND NEW ART:** The updated edition of this oracle deck will include new art alongside words that have stood the test of time. The first edition of *Soul Coaching Oracle Cards* was published in 2006; 27K+ copies have been sold to date.
- **NEW YORK TIMES BESTSELLING AUTHOR:** Denise is the bestselling author of more than 30 books, card decks and audio programmes. She travels extensively to teach, and her books have been translated into 29 languages.
- **TAROT AND ORACLE TREND CONTINUES TO GROW:** Tarot and oracle decks continue to be an exciting growth area for the market and for the Hay House list. We are excited to continue to bring unique and healing offerings to our audience and to the growing mainstream tarot and oracle buyer.

AUTHOR BIOG

Denise Linn is an internationally acclaimed healer, lecturer and bestselling author. www.deniselinn.com

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ORACLE OF THE FAIRIES

A 44-Card Deck and Guidebook

KAREN KAY

A fairy-sized new edition of Karen Kay's magical oracle deck for fans of folklore, the fae and the enchanted kingdom.

DESCRIPTION

Enjoy one of Hay House's bestselling oracle decks from fairy expert Karen Kay – perfect for your on-the-go spiritual journey!

Uncover the portal to the realm of fairy magic and manifest your way to wonders untold with *The Pocket Oracle of the Fairies*. If you love nature and know that there is more to life than what can be seen with our physical eyes, this is the oracle deck for you!

Created by Karen Kay, renowned fairy communicator, *The Pocket Oracle of the Fairies* will guide you to seek out fairy wisdom and receive answers that will bring inspiration and solutions to everyday questions. Each reading will share positive and practical fairy insight directly related to your unique energy and personal circumstances.

Use this deck as a tool to forge your own path in life with wisdom and confidence – easily done when you can readily communicate with your fairy guides through these cards!

SALES AND MARKETING

- **BROAD AUDIENCE INTERESTED IN FAIRIES:** This pocket oracle will appeal to women aged 25–55+ who would like to explore working with the fairies and oracle cards, people who would like to improve their divination skills and oracle card collectors.
- **MEDIA COVERAGE:** Karen has been featured in the *Daily Mail's* Femail section, *Guardian* and the *Sun*, and regularly appeared in *Soul & Spirit* and *Spirit & Destiny*. She has appeared on TV shows, including ITV's *This Morning*.
- **EXPERT WISDOM:** Karen is the go-to expert on fairies. She regularly leads talks about fairies across the UK and runs regular workshops on fairies, mermaids and unicorns. Karen's 3 Wishes Fairy Festival won the coveted Grassroots Festival Award. Karen's events attract thousands of visitors from all around the world. Her Fairy Balls, held in Glastonbury, often sell out.
- **LARGE SOCIAL MEDIA PLATFORMS:** Karen is one of the leading authors promoting fairies online to a large international audience. She has a following of 11.6K on Instagram. She is the founder of *Mermaid Magazine*, whose Facebook page has over 119K followers. She is also the founder of *FAE Magazine*, whose Facebook page has 71K followers. Karen runs 3 Wishes Fairy Festival (18K Facebook followers).
- **BESTSELLING AND CLASSIC CARD DECK:** Karen's bestselling deck, *Oracle of the Fairies*, has sold over 70K+ copies.

AUTHOR BIOG

Karen Kay is a bestselling author, oracle deck creator and fairy and mermaid whisperer. www.karenkay.co.uk

OTHER TITLES



ISBN: 978-1-83782-304-8

Pub Date: 12/11/2024

RRP: £10.99 (£9.16 ex VAT)

Format: 2.5 x 3.5 CRD

Extent: 136 pages

Territorial Rights: World

Author Lives: Penzance, Cornwall, UK

Previous Titles:

Manifesting with the Fairies, Hay House UK, 2023, 978-1-78817-918-8; *Messages from the Mermaids*, Hay House UK, 2020, 978-1-78817-341-4; *Oracle of the Fairies*, Hay House UK, 2019, 978-1-78817-323-0

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THE BUSINESS ASTROLOGY ORACLE

A 62-Card Deck and Guidebook

KATHRYN HOCKING

A 62-card oracle deck offering a unique business astrology framework, from leading business astrologer Kathryn Hocking.

DESCRIPTION

Discover how to run your business in alignment with the cycles of the cosmos, with the guidance of this one-of-a-kind oracle.

Business astrology is a growing field that is extremely popular among soulful entrepreneurs. The first oracle deck of its kind, *The Business Astrology Oracle* is not just an oracle; it's also a learning tool, offering a unique business astrology framework in a box.

Created by leading business astrologer Kathryn Hocking, this deck speaks to entrepreneurs who love the wisdom and insight that can be found in sacred offerings, and want grounded guidance on how to navigate the 'astro weather' when it comes to making decisions for their business. *The Business Astrology Oracle* has 62 cards, made up of:

- The 12 Zodiac signs and 12 houses
- The 11 main planets, luminaries and asteroid Chiron
- The north and south node
- The 4 elements and 4 angles
- The 2 polarities
- The 3 qualities
- The 5 major aspects
- The 7 asteroid goddesses

Using this oracle deck for intuitive readings and astro-planning for your business will help you to feel confident that your decisions will be aligned with your soul and supported by the stars.

SALES AND MARKETING

- **TARGET MARKET:** This deck will appeal to soulful and entrepreneurial businesswomen who want to run their businesses intuitively, soulfully and in alignment with their natural cycles.
- **FIRST OF ITS KIND:** This is the first practical tool for soulful entrepreneurs, many of whom already consult business astrologers, to use in their daily practise. They will relish the opportunity to learn this framework for so they can integrate astrology into their decision-making.
- **EXPERT WISDOM:** Kathryn has written 15+ astrology courses and toolkits, and teaches a two-year business astrology certification programme. She delivers astrology training through her Business Astrology Academy and her level 1 and 2 Business Astrology Certification.
- **EMERGING PRACTICE IN AN ESTABLISHED MARKET:** The global astrology market size was valued at \$12.8 billion in 2021, and is projected to reach \$22.8 billion by 2031. Business astrology is a new and exciting branch of astrology which is seeing growing interest.
- **EXPERIENCED ENTREPRENEUR:** Kathryn has 12 years of experience in online business and launch strategy.

AUTHOR BIOG

Kathryn Hocking is a business astrologer who helps soulful entrepreneurs powerfully align their business to their soul calling and launch their soul's work into the world. www.kathrynhocking.com



ISBN: 978-1-83782-236-2

Pub Date: 31/12/2024

RRP: £24.99 (£20.82 ex VAT)

Format: 3.5 x 5 CRD

BIC/Subject: Astrology; Entrepreneurship / Start-ups

Extent: 192 pages

Territorial Rights: World

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A Transformative Quest,
44-Card Deck & Guidebook

Healing the Inner Child ORACLE

Illustrated
by EdieArt

NINA MONGENDRE

ISBN: 978-1-40197-621-7

Pub Date: 28/01/2025

RRP: £17.99 (£14.99 ex VAT)

Format: 3.5 x 5 CRD

Extent: 157 pages

Territorial Rights: World

Author Lives: Nina: Hopewell, NJ; Edie:
Rosendale, NY

Previous Titles:

*Inner Child & Beyond Oracle Deck and
Guidebook*, Self published, 2022, ----

HEALING THE INNER CHILD ORACLE

A Transformative Quest, 44-Card Deck &
Guidebook

NINA MONGENDRE

**A compassionate and whimsical 44-card deck
inviting readers to heal from their childhood and
nurture the child that still lives within them.**

DESCRIPTION

**Embark on a transformative journey to wholeness with this
beautiful 44-card deck on healing your inner child.**

Featuring colourful, inviting artwork that speaks to the heart of the inner child and a comprehensive guidebook with detailed reflections, healing statements and visualizations, this oracle deck is your guide to finding peace within.

Healing the Inner Child Oracle includes practical techniques to soothe your nervous system; retrain your brain for resilience and calm and facilitate the acceptance and care your inner child craves. The essence of this inner child healing lies in igniting the joy, innocence and love that are your birthright.

SALES AND MARKETING

- **TARGET AUDIENCE:** Oracle card enthusiasts drawn to the whimsical personality in these illustrations. Oracle card users interested in connecting to their inner child with a new tool. Beginners looking for a simple-to-use introduction to inner child work.
- **UNIQUE VISUAL STYLE:** With Edie's colourful and playful art style, this deck makes the traditional subject of inner child healing fresh and modern.
- **AN EASY-TO-USE INTRODUCTION TO INNER CHILD WORK:** Inner child healing is a popular topic for spiritual seekers and those striving for personal development. #innerchild has **4.25B views** on TikTok. This deck makes the often daunting task of healing our past friendly and accessible.
- **STEADY SELF-PUB SALES:** Nina and Edie self-published this deck in August 2022 and sold it via Etsy and Amazon. Since then, it has sold nearly 500 copies at a \$45 price point.
- **PLAYFUL, CHARMING ARTWORK INFUSED WITH RICH SYMBOLISM :** Edie's whimsical style of art is eye-catching, colourful and reminiscent of the joy of children's books. By combining this playful imagery with the deep meanings Nina shares in the guidebook, this deck makes beginning the often difficult journey of healing welcoming and approachable for everyone.

AUTHOR BIOG

Nina Mongendre has a private coaching and healing practice, is a yoga and meditation teacher, a shamanic energy medicine practitioner, a neuro-emotional coach and a family constellations and inherited family trauma facilitator. www.ninamongendre.com

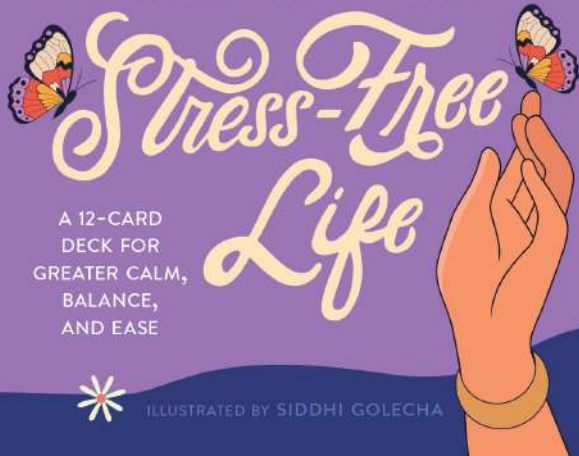
Edie Art is a self-taught artist. She started selling art in person at local street fairs and then globally online and has built a loyal following in the process. Edie has self-published more than 10 children's books and illustrated books for Cuento de Luz, a children's book publisher in Spain. She also enjoys working with private clients on commissioned paintings, children's room murals and murals for public spaces. www.edieart.com

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LOUISE HAY'S AFFIRMATIONS FOR A



LOUISE HAY'S AFFIRMATIONS FOR A STRESS-FREE LIFE

A 12-Card Deck for Greater Calm, Balance,
and Ease

LOUISE HAY

From internationally beloved teacher and 'queen of affirmations', Louise Hay, comes twelve affirmation cards to help readers create and maintain a stress-free life.

DESCRIPTION

Discover affirmations for creating and maintaining a stress-free life, from self-help pioneer Louise Hay!

In this fast-paced world, we sometimes allow the busyness around us to translate into stress – stress in our daily workplace, with our loved ones and, most commonly, the stress we carry in our bodies.

Living a stress-free life means letting go of the past, so be willing to release the need to be right about how stressful your life is. Every day gets easier and easier when you know that you're doing the best you can. One of Louise's favourite affirmations is: 'All that I need to know at any given moment is revealed to me. I trust myself, and I trust Life.' By using affirmations, you are giving yourself the power in your world.

With this beautiful, empowering card deck, you can learn how to let go of fear, embrace change and create a stress-free world for yourself!

ISBN: 978-1-40197-559-3

Pub Date: 12/11/2024

RRP: £6.99 (£5.82 ex VAT)

Format: 3.75 x 3.75 CRD

Extent: 12 pages

Territorial Rights: World

Author Lives: Author's Estate: San Diego

Previous Titles:

You Can Heal Your Life, Hay House UK, 2004, 978-0-93761-101-2; *Love Your Body Cards*, Hay House UK, 2022, 978-1-40196-958-5; *All Is Well*, Hay House UK, 2013, 978-1-84850-550-6; *21 Days to Unlock the Power of Affirmations*, Hay House UK, 2022, 978-1-78817-888-4; *The Bone Broth Secret*, Hay House UK, 2016, 978-1-40195-008-8

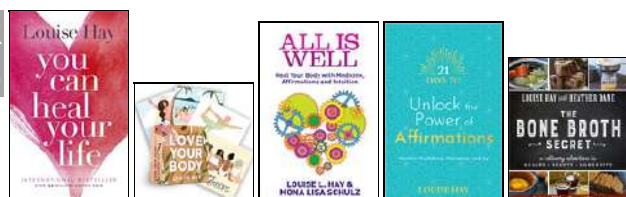
SALES AND MARKETING

- **BROAD APPEAL:** This will appeal to people interested in reducing stress and letting go of fear, as well as fans of Louise Hay, Hay House and positive affirmations (the entire Hay House community is more than 10 million). This deck will introduce a new generation of affirmation seekers to Louise Hay.
- **NEW YORK TIMES BESTSELLING AUTHOR:** Louise Hay's *You Can Heal Your Life* has more than 50 million copies in print worldwide. It spent 16 weeks on the NYT bestsellers list.
- **STRONG, CONTINUOUS INTEREST IN POSITIVE AFFIRMATIONS:** Louise's calendars, cards and books on affirmations are the most popular of her works. #affirmation has **90.9M views on TikTok**.
- **NEWLY REPACKAGED DESIGN AND ACCESSIBLE FORMAT:** This deck contains beautiful, fresh and vibrant artwork, as well as a slim case design.
- **INFLUENTIAL TEACHER:** Louise Hay is known as one of the founders of the self-help movement. Her personal philosophy and healing techniques have helped, and continue to help, millions of people across the globe.

AUTHOR BIOG

Louise Hay was an inspirational teacher, incredible visionary and self-help pioneer. www.louisehay.com, www.hayhouse.com and www.hayfoundation.org

OTHER TITLES



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ANGEL AFFIRMATIONS CARDS

44 Cards of Empowerment and Divine Guidance

RADLEIGH VALENTINE

Bestselling author and card deck creator Radleigh Valentine offers readers a beautiful 44-card affirmations deck with Divine messages and energetic representations of angels.

DESCRIPTION

Discover the power of affirmations for manifestation and self-love with this 44-card affirmations deck from renowned angel tarot and oracle creator Radleigh Valentine.

Angel Affirmations Cards combines Divine energy with the power of affirmations. This deck pairs powerful affirmations with messages from archangels, guardian angels and special purpose angels.

With vibrant art centred on colourful, energetic representations of angels rather than traditional figures, this affirmations deck brings the focus to the words. Use this card deck to call on the guidance of the angels, harness the power of manifestation and live a magical life!

SALES AND MARKETING

- **TARGET AUDIENCE:** Fans of angels, affirmations, manifestation, oracle decks, auras and energy work. Radleigh's following of 135K on Facebook, 69.8K on Instagram and 14.3K on YouTube.
- **UNIQUE AND VIBRANT CHANNELLED ART:** The cards are full of colour, light and movement to depict the energetic auras of angels, which is unlike any other deck.
- **INTERNATIONALLY BESTSELLING AUTHOR OF MULTIPLE ANGEL DECKS:** Radleigh's products have sold hundreds of thousands of copies. They also have international appeal and are printed in more than 20 foreign languages.
- **POPULAR ANGEL AUTHOR WITH A LOYAL AUDIENCE AND A RANGE OF VIRTUAL OFFERINGS:** Radleigh is a regular speaker at angel and spiritual events with audiences of up to 3.5K people. He offers a wide variety of online courses, workshops and video sessions – both free and paid – attracting hundreds of attendees.
- **POPULAR TOPIC PRESENTED IN A UNIQUE FORMAT:** Card decks of affirmations and those of angel cards are experiencing a historic level of demand. Radleigh's deck stands out from others on the market by featuring both angels and affirmations.

AUTHOR BIOG

Radleigh Valentine is a bestselling author and card deck creator, angel tarot expert and spiritual teacher. He delivers angel messages and training with compassion, integrity and a refreshing sense of humour. Radleigh loves to show people how they can make powerful changes in their lives, and has created a full range of insightful, informative and entertaining spiritual tools, including numerous certification courses.
www.radleighvalentine.com

OTHER TITLES



ISBN: 978-1-40197-361-2

Pub Date: 22/10/2024

RRP: £17.99 (£14.99 ex VAT)

Format: 3.75 x 3.75 CRD

Extent: 157 pages

Territorial Rights: World

Author Lives: Rancho Mirage, CA

Previous Titles:

Angel Answers Oracle Cards, Hay House UK, 2019, 978-1-40195-924-1; *Angel Answers Pocket Oracle Cards*, Hay House UK, 2023, 978-1-40197-363-6; *Angel Tarot Cards*, Hay House UK, 2018, 978-1-40195-596-0; *Angel Wisdom Tarot*, Hay House UK, 2020, 978-1-40195-670-7; *Angels & Auras Oracle*, Hay House UK, 2023, 978-1-40196-818-2

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Email: orders@gbs.tbs-ltd.co.uk



HAY HOUSE INDIA



Maun: A Meeting with Silence

Nirmala Sewani, Annie Miller



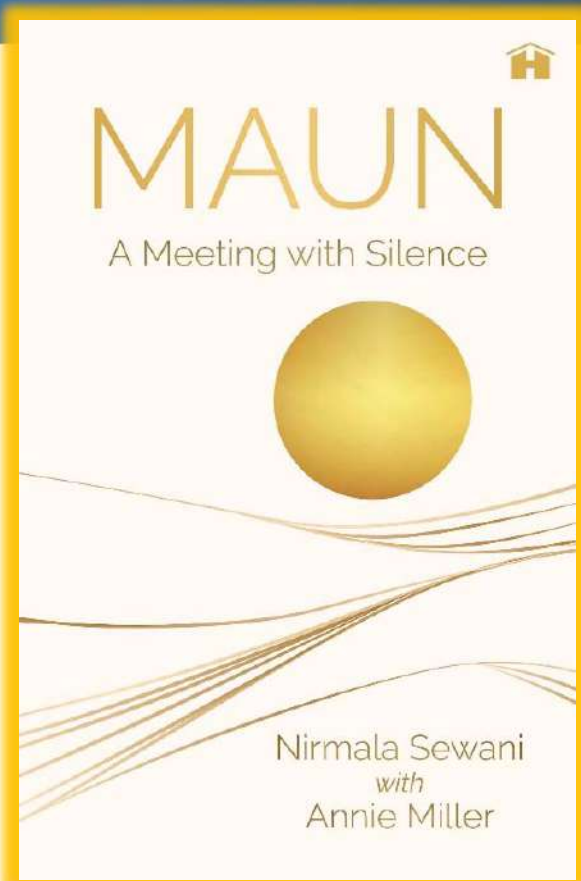
'In the sanctuary of silence, a penetrating stillness beckons, inviting us to traverse the sacred realms within. Silence is not merely the absence of sound; it is a canvas upon which revelations unfold, the spirit discovers its inherent wisdom and the divine whispers in gently painted echoes.'

Set in Rajasthan, India, **Maun** presents an intriguing sketch of a thirteen-year-old spirited Sindhi girl, Nirmala, who walks a less travelled path of silence and self-discovery, while also challenging myth, superstition, and hypocrisy on all platforms. Through candid anecdotes and intimate reflections, the memoir offers a more inclusive and sensitive approach to oneness, inviting the reader to witness a journey of profound insight into the recesses of deep silence.

In essence, **Maun** is a personal yet universally interconnected narrative that boldly reveals the transformative power of our thoughts, inspiring and guiding those who seek clarity, solace, and a renewed sense of purpose in life. It is an offering to embark upon an unforgettable voyage into the secrets of silence and discover the sublime magic that lies therewith.



A Master of Psychology, Sociology, and Metaphysical Studies, Nirmala Sewani also recently earned an honorary doctorate for advanced research in the occult sciences and Indian astrology. Conferred the Bharat Nirman award twice, among several other accolades, she has also made valuable contributions towards the preservation of traditional Indian philosophy focusing mainly on the intricacies of *Yajur Veda*. A major contributor to case studies (1995-2005) in the research on schizophrenia, genetics, and analytical psychology, Nirmala's experience, knowledge, and wisdom stem from a deep-rooted passion for the collective progression of humanity. She has counselled and guided people for over four decades and her uncanny ability to access the subtle worlds continues to attract many more. For Nirmala, magic lies in the voice of a person. She listens intently to reveal what lies behind the spoken word—thoughts, emotions, intentions, and the soul's blueprint. Nirmala lives a busy life in Jaipur, surrounded by family and friends, yet in her quiet moments, she pens her deepest reflections through her favourite form in poetry, the haiku. For more information, visit: www.nnirmalasewani.com.



ISBN:	9788119554270
Price:	₹ 399
Binding:	Paperback
Extent:	304 pages
Size:	Demy Format
Category	Biography/Inspiration

An artist, editor, translator and a mother, Annie Miller, is also a student of philosophy and myth. Born in the U.K., she now lives with her husband by the sea in south Ayrshire. When she is not writing, Annie loves hiking through the many trails of the Scottish Highlands or stippling for hours with a fine pen, creating pictures and portraits. She also loves reading biographies and her debut writing is an extension of her love for storytelling and sharing people's stories.

Rx for Resilience: A Physician's Perspective on Embracing the Present and Discovering Joy & Strength

Dr Saroj Dubey



Driven by a poignant incident that shattered the author's world, **Rx for Resilience** uncovers the extraordinary power of embracing life's darkest moments as catalysts for profound growth. In the heart of despair, the author finds an unshakeable source of resilience and joy.

Through thirteen illuminating chapters, the author candidly covers poignant territories and guides the reader to embrace life's unpredictability, stay in the present moment, navigate turbulent times, and tap into the magic of mindfulness and meditation. Immerse yourself in the exploration of emotions as pathways to serenity, and discover the key to your authentic self, a vast expanse that beckons beyond the confines of the self. Unravel the complexity of your thoughts, allowing your mind to flow freely and creatively.

Enriched with practical exercises, this book serves as a guiding light for those navigating tumultuous times, seeking solace, and yearning to live with more vibrancy and purpose. Whether you're facing unexpected challenges or treading the demanding corridors of high-pressure careers, **Rx for Resilience** offers a roadmap to joy, fortitude, self-discovery, and the gift of presence.

'It is just what the doctor ordered!'

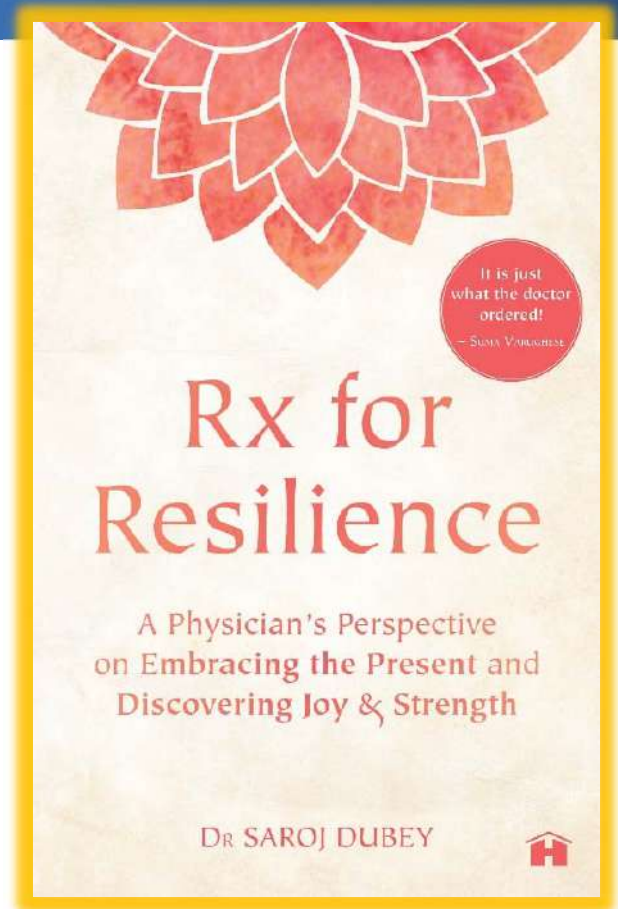
— Suma Varughese

Author, founder facilitator of The Zen of Good Writing Course, and former editor of *Life Positive* and *Society* magazines

'Dr Dubey beautifully shows the power of mindfulness in everyday life.'

— Alan Seale

Award-winning author, inspirational speaker, leadership and transformation coach, and founder and director of the Center for Transformational Presence



ISBN:	9788119554362
Price:	₹ 399
Binding:	Paperback
Extent:	240 pages
Size:	Demy Format
Category	Self-Help/Motivational & Inspirational



Dr Saroj Dubey is a TEDx speaker and a practising senior consultant gastroenterologist in Delhi NCR. Not only does he maintain a regular meditation practice, but he is also a dedicated mindfulness practitioner. He is deeply passionate about mindfulness and actively conducts classes to share its benefits with others. In addition to his medical pursuits, he is an avid reader with a particular interest in spiritual, motivational, and self-help literature. Beyond his academic and mindfulness interests, Dr Dubey indulges in hobbies such as sports, movies, and dance, which further contribute to his well-rounded life.

HIGHLIGHTS - HAY HOUSE



The Monks Who Laughed When the Bumblebee Stung Me: Discovering the Self through Chance Encounters

Sumaa Tekur



Jet-set and elevate your spirit with the adventures of a solo woman explorer's offbeat odyssey!

Embark on an exploration of our wonderful planet with Sumaa, an intrepid Indian solo traveller with an insatiable curiosity. Ride carefree on Cambodia's bamboo train, bite into Napoli pizza, hike up Sapa Valley's lush greenery, and sigh at the expanse of Russia's Lake Baikal. The landscapes unfold, transporting you to distant realms. Yet, it is the transformative encounters with strangers on the road that hold the irresistible allure in Sumaa's tales.

The Monks Who Laughed When the Bumblebee Stung Me defies the conventions of typical travel literature, offering generous peeks into the mind of a solo traveller who repeatedly challenges and then breaks patriarchal rules. Sumaa's narrative unveils both exotic vistas and short-term companions of the road that crack open the heart's deepest, secluded corners while holding out a slice of home.

A beacon of inspiration, this book urges you to transcend real and imaginary boundaries, embrace the path's unpredictability, and claim your space on this vast, lonely planet.

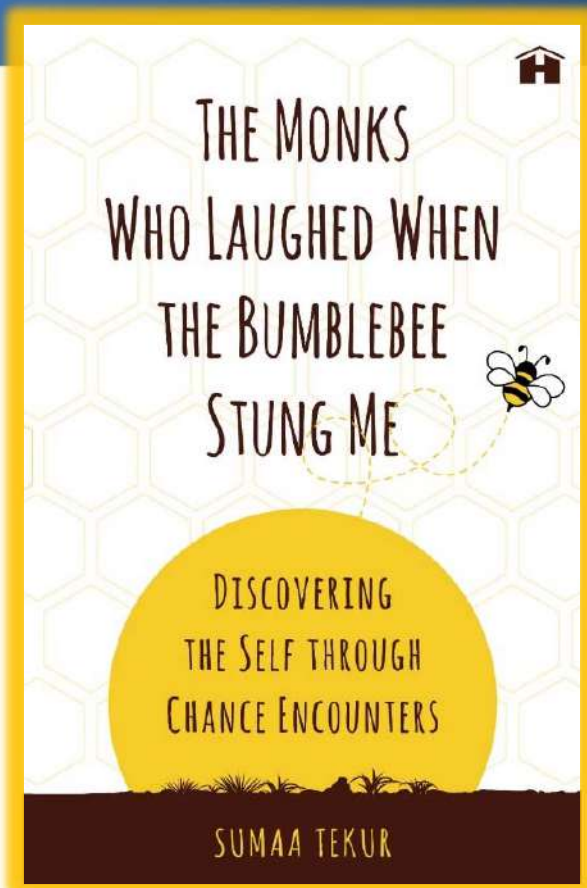
'The most motivational travel read since the *Lonely Planet* was invented.'

—Zac O'Yeah

Author of *A Walk Through Barygaza* and *Digesting India*

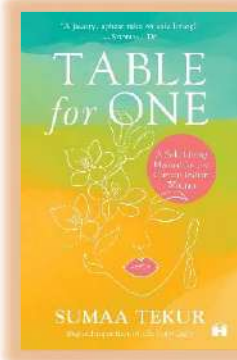
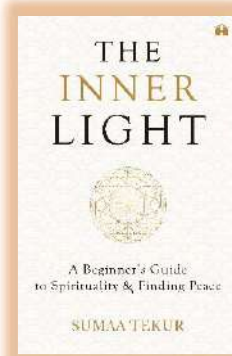


SUMAA TEKUR is a bestselling author and editor with stints in publications like *The Times of India*, *Deccan Herald*, *Femina*, and *DNA*. She holds two master's degrees in journalism and was awarded the Commonwealth Press Union Fellowship in 2005. Sumaa lives in Bengaluru with her books, paints and canvases, lamps, and drums. Her solitude is shared only with the mango tree next to her window, her stable, all-weather companion. This is her third book.



ISBN:	9788119554089
Price:	₹ 399
Binding:	Paperback
Extent:	300 pages
Size:	Demy Format
Category	Self-help /Personal Growth/Travel

Also available:



Teen Spirit: Sparking Connection with Your Teenager



Pragati Jalan Sureka

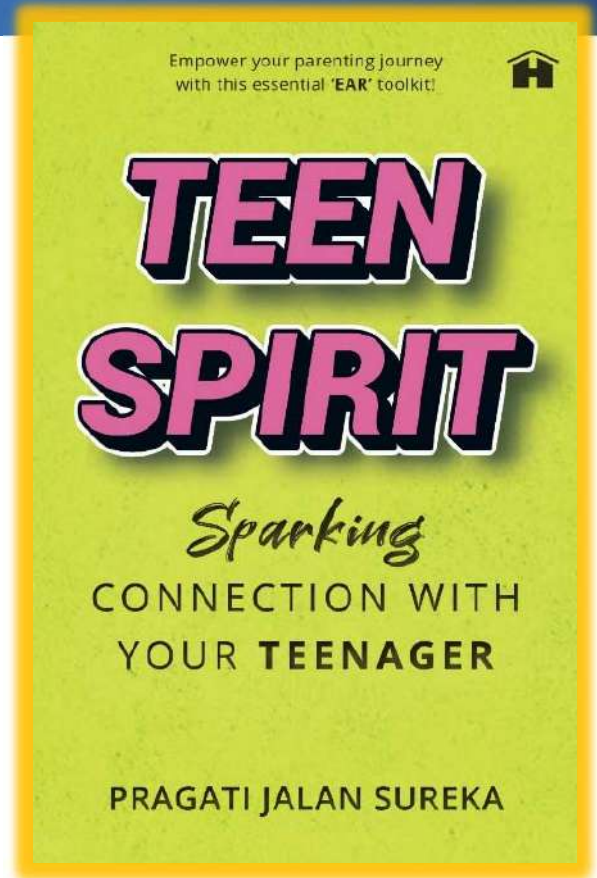
Are you a parent struggling to communicate with your teenager? Do you feel like you're doing everything wrong and don't know where to turn for help? If so, this book is perfect for you!

Inside, you'll find a treasure trove of useful and insightful tips for successfully navigating the tricky waters of parenting while keeping your sanity intact. From establishing a mutually supportive relationship with your child to gaining insight into your own beliefs and values, *Teen Spirit* has it all. By exploring the foundation of your personal beliefs and delving into important aspects of relationships, you'll gain the tools and knowledge you need to understand your emotions and foster a deeper connection with your teenager.

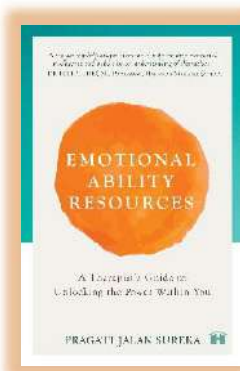
The emotional ability resources (EAR) framework mentioned in this book can help you create a positive home environment. You can improve your connection with your adolescent by using emotional intelligence and developing your emotional capacity. This can lead to a more harmonious atmosphere and new opportunities. It's the go-to manual for establishing a strong relationship with your teenager!



Pragati Jalan Sureka is a psychologist with over a decade of experience in psychotherapy, training, and preventive mental healthcare. She is also an author and TEDx speaker who has presented at the World Economic Forum in Switzerland. Her core expertise and passion lie in researching and developing practical tools for daily mental health and self-care as a PhD scholar on emotional well-being. Her innovative model of emotional well-being (EWB), called Emotional Ability Resources (EAR), was created and developed at a Harvard research programme and is a cost-effective, equitable, and sustainable approach to emotional wellness.



ISBN:	9788119554997
Price:	₹ 399
Binding:	Paperback
Extent:	240 pages
Size:	Demy Format
Category	Family & Relationships



Also available:

Supercharge Your Destiny: Unlock Your Inner Superpowers for a Transformed Life

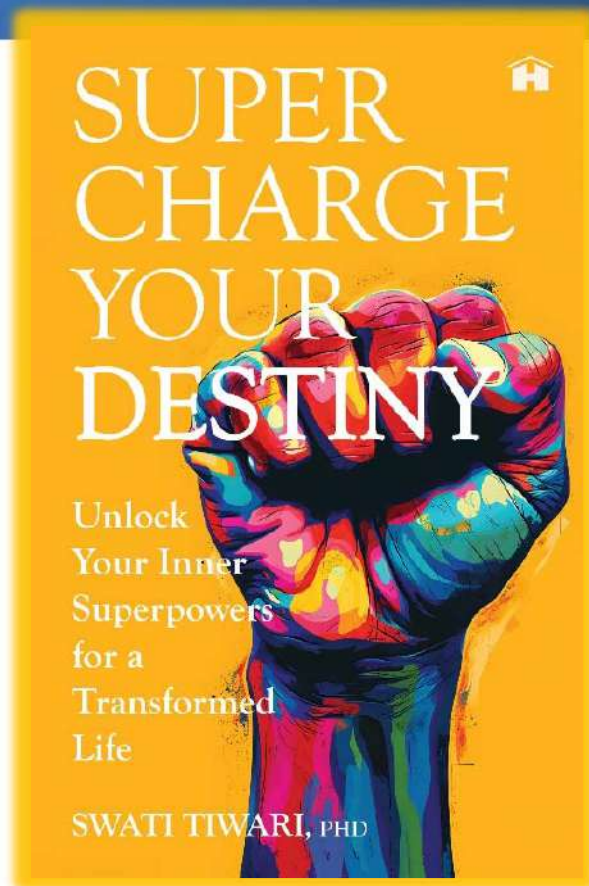


Swati Tiwari, PhD

Do you approach life with apprehension, unsure if you'll realise your full potential, accomplish your aspirations, and fulfil your dreams?

This book is crafted to cultivate self-improvement and wellness. Swati delineates practices and exercises aimed at achieving genuine success, enduring happiness, and a purposeful life. These include simple experiments like using your non-dominant hand to stimulate creativity, demonstrating love through actions, promoting active gratitude, and more. All of these practices can accelerate the process of self-improvement by tapping into and enhancing 40 latent strengths, termed as 'Superpowers'. By unlocking these superpowers, you'll transition from who you are to who you can be.

Supercharge Your Destiny is designed to facilitate your continuous evolution into a better version of yourself, offering a wealth of engaging narratives and self-reflective tools. Feel free to experiment with different approaches and identify those that resonate most with you. After all, you alone determine the extent of your possibilities!



ISBN:	9788196751210
Price:	₹ 399
Binding:	Paperback
Extent:	300 pages
Size:	Demy Format
Category:	Self-Help/Personal Growth/Success

Swati Tiwari, PhD, is a seasoned psychologist with over two decades of experience as a life coach and trainer. Throughout her career, she has been dedicated to helping individuals unlock their full potential and achieve their goals. She attributes her world view to her experiences travelling with her father, growing older with her husband, and raising two daughters. When not coaching, Swati enjoys cooking and hosting gatherings for her extended family and friends.

HIGHLIGHTS - HAY HOUSE



Far from Fine: A Transformative Journey from Autopilot to Intentional Living

Shwetha Sivaraman

LEAD

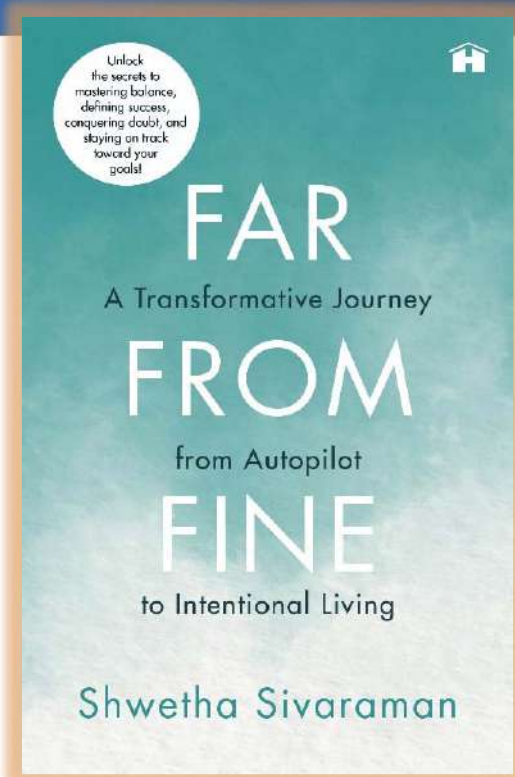
'We sleepwalk through our days as mere existence and call it life. But where is the life in our lives?'

In our fast-paced modern world, many of us find ourselves merely existing rather than truly living. We save our moments of joy and fulfilment for the weekends and vacations, while the rest of our days are consumed by the relentless demands of work, family, and other obligations. Due to this persistent struggle, anxiety, stress, and burnout have become all too common, leaving us feeling emotionally overwhelmed and disconnected from both ourselves and those around us.

Far from Fine is a groundbreaking compendium that serves as a wake-up call for those who are ready to stop settling for just survival and start thriving in every aspect of their lives. The book urges us to recognise the myriad ways in which we endure suffering, mistaking it for life itself, and envision a life beyond mere existence.

Through her own experiences and those of her clients, Shwetha provides actionable steps to shift from autopilot to intentional living. Drawing on practical wisdom and relatable anecdotes, she guides readers on a journey of self-awareness and empowerment, showing them how to reclaim agency over their lives and their sense of purpose and fulfilment, even amidst the chaos of modern life.

Whether you are feeling stuck in a rut or simply seeking greater meaning and purpose in your life, **Far from Fine** offers a roadmap to personal transformation and discovering your true potential. It is time to step off the hamster wheel of busyness and start living the life you truly deserve!



ISBN:	9788196751227
Price:	₹ 350
Binding:	Paperback
Extent:	192 pages
Size:	Demy Format
Category:	Self-Help/Personal Growth/Success



Shwetha Sivaraman is a corporate banker turned self-mastery coach, passionate about maximising life for herself and others. She founded 'Being Meraklis' in her quest to understand what it takes to live a good life and support others in the journey of becoming. Through podcasts, workshops, and coaching, she facilitates the journey from self-awareness to self-transformation, so high achievers can find both success and peace.

HIGHLIGHTS - HAY HOUSE



Breathe, Bend, Be: Exploring the Eight Limbs of Yoga for Holistic Harmony

LEAD

Shailaja Menon

In an era defined by constant noise, rapid change, and uncertainty at every step, yoga, with its array of meditative practices, emerges as a lifeline to tranquillity and balance. They equip us with essential tools for managing stress, nurturing mental resilience, and promoting overall well-being in our modern lives.

Breathe, Bend, Be takes us on an enigmatic exploration of the rich tapestry of yoga's eight limbs, unravelling their intricate and profound aspects. From the foundational elements of yoga postures and breath control to the depths of meditation techniques and mindfulness, this book delves into the essential building blocks that form the bedrock of physical, mental, and spiritual health.

The book enriches the reader's experience through its author, who combines the wisdom of an experienced practitioner with the compassion of a dedicated teacher. This unique blend allows for the breakdown of complex concepts into easy-to-understand principles and practical practices.

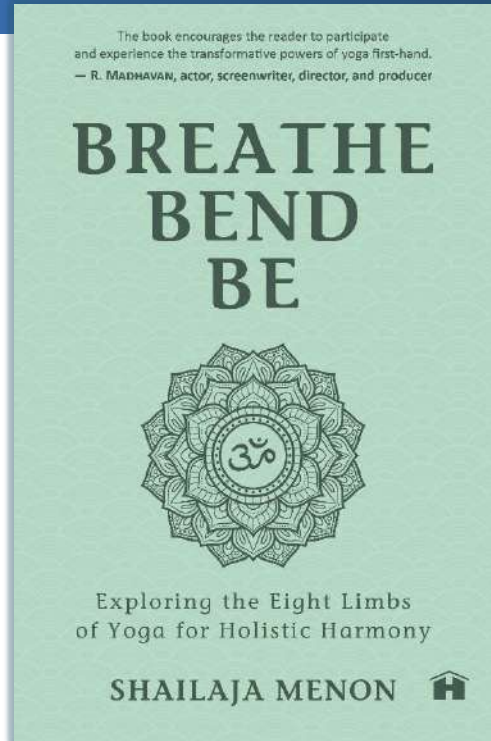
All in all, *Breathe, Bend, Be* is a comprehensive guide that will empower you to embrace the ancient teachings of yoga and embark on a profound path to lasting inner harmony and holistic well-being.

Yogashakti Shailaja Menon is a rare human being who is dedicated to spreading the wholesome message of yoga in an accessible and understandable manner. Her new book, *Breathe, Bend, Be*, is a classic example of her amazing clarity of mind and purity of heart that shines through each and every page. She has indeed distilled the infinite wisdom of our ancient rishis and served it in a palatable form to reach modern seekers. May this monumental effort of hers transform thousands of lives through the practice of dhyana, meditation that is indeed the heart of yoga itself.

— Yogacharya Dr Ananda Balayogi Bhavanani DSc (Yoga), Director and Professor Yoga Therapy, Institute of Salutogenesis and Complementary Medicine (ISCM), Sri Balaji Vidyapeeth, Pondicherry, India



Shailaja Menon is an author, certified 500-hr Manasa yoga teacher, and speaker. She grew up in Coimbatore, India, but has been based in Malaysia for the last twenty-six years. She has over twenty-four years of teaching experience and is the founder of 'Mat and Beyond Yoga Studio' in Malaysia. A sought-after speaker, she is regularly invited to present at educational institutions, corporate organisations, and international yoga events across Malaysia and India. A passionate advocate of mental wellness through yoga, she seeks to empower people through her books, classes, and talks.



ISBN:	9788119554515
Price:	₹ 399
Binding:	Paperback
Extent:	240 pages
Size:	Demy Format
Category	Body, Mind & Spirit / Yoga

HIGHLIGHTS - HAY HOUSE



The Dancing Leaf: Embracing the Timeless Wisdom of Tao Te Ching

Surbhi Kakar

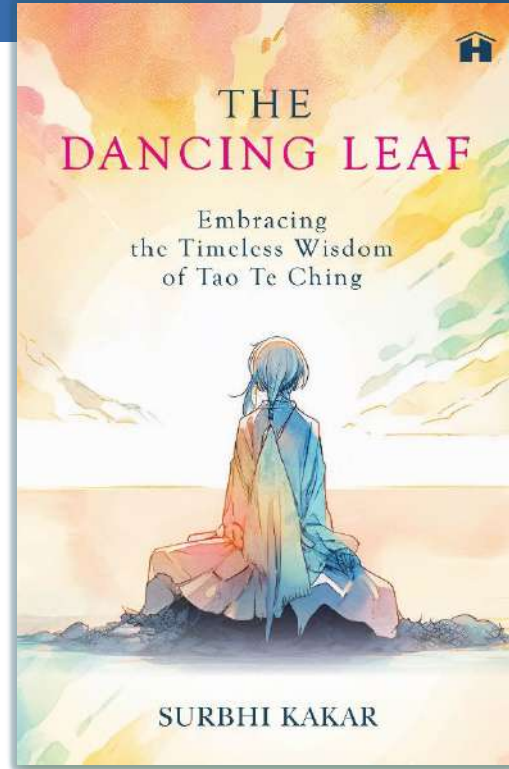
LEAD

Within the ancient verses of the Tao Te Ching lies a timeless wisdom that has guided generations for centuries. **The Dancing Leaf** delves deep into the profound teachings of this revered text, providing a deeper understanding of human nature and enduring universal principles.

Drawing from the rich tapestry of Lao Tzu's legacy, the book serves as a contemporary guide for those seeking to gain clarity on navigating the complexities of existence, cultivating inner peace, and embracing the interconnectedness of all things. Each chapter covers a facet of Tao and provides a practical and applicable roadmap for integrating these edifying insights into daily life.

The author skillfully intertwines these age-old verses with her own life experiences, creating a profound narrative that breathes life into ancient philosophies. With personal anecdotes and heartfelt introspection, she becomes both a guide and companion on a transformative journey.

All in all, **The Dancing Leaf** is not just a book; it's an invitation to embark on a transformative voyage of self-discovery and personal transformation.



ISBN:	9789394613959
Price:	₹ 350
Binding:	Paperback
Extent:	176 pages
Size:	Demy Format
Category	Religion / Self-help / Philosophy



Surbhi Kakar, originally from India, works as a data scientist based in the Netherlands. Prior to delving into the realm of data, she inspired and shaped young minds as an assistant professor. On the verge of securing her PhD in computer science, she has enriched various international journals and conferences with her insightful research work. Her interests are vast and varied and include addressing challenges within data science, solving research problems, reflecting on age-old scriptures and philosophy, singing, and cherishing quiet moments within nature. In her quest for inner balance, she is also on a journey to become a yoga teacher.

The Human Algorithm: Cyberpsychology for the Digital Age

LEAD

Dr Robin K. Mathew

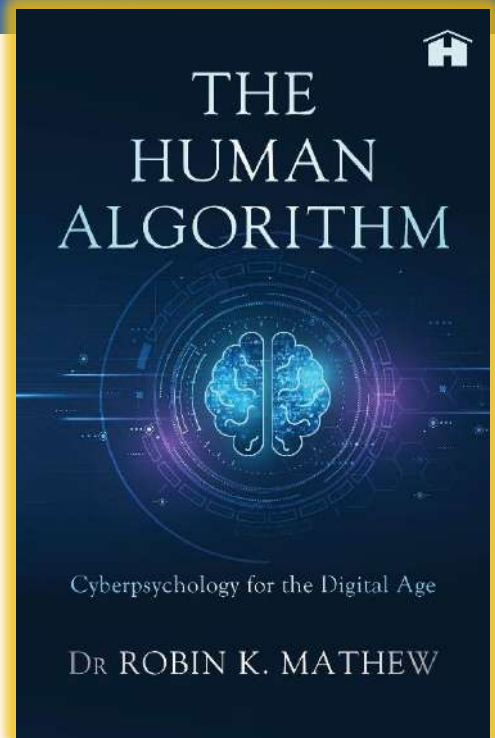
In today's hyperconnected world, our lives have become increasingly intertwined with the technology we interact with. While innovations like smartphones and the Internet have brought unprecedented convenience and connectivity, they have also introduced new risks and challenges.

In *The Human Algorithm*, Dr Robin K. Mathew takes readers on an eye-opening exploration of the complex digital landscape and our ever-evolving engagement with it. With chapters delving into smartphone addiction, the impact of technology on cognitive development, threats such as cyberbullying, online predators, and the dark web, this book shines a revelatory light on the often-overlooked aspects of our online existence. This comprehensive work also dedicates chapters to the internet's role in fuelling anxiety and hypochondria, the emergence of cyber dating and romance, and the potential of artificial intelligence (AI), among other crucial topics.

All in all, this richly researched and compellingly argued compendium will equip you with the knowledge and insights to navigate the digital age with awareness and resilience.



Dr Robin K. Mathew is a psychologist, author, and ethnographer with academic qualifications and professional experience in information technology, human resource management, psychology, and cyberpsychology. He has worked with prestigious organisations such as the University of Toronto, Best Buy, the Indian Institute of Management, ICFAI Business School, and the Royal Bank of Canada, among others. A prolific writer, Dr Mathew has contributed to various national and international media platforms and has authored several titles, each offering unique insights into diverse facets of human psychology and the human condition.



ISBN:	9788197328558
Price:	₹ 299
Binding:	Paperback
Extent:	192 pages
Size:	Demy Format
Category	Psychology / Psychology of Technology

HIGHLIGHTS - HAY HOUSE



Time to Come Home: Sowing the Seeds of Self-Love for Lasting Happiness



Damini Grover

Embark on a path of self-discovery and self-love . . .

Have you ever found yourself in a high-end luxury store, surrounded by opulent items that seemed beyond your reach? However, this feeling had nothing to do with affordability—it was deeper. It was about whether you truly deserved to embrace life's finer things, including prioritising your happiness. Do you ever wonder if self-love is a luxury reserved for others, a desire that always remains just out of grasp?

Time to Come Home deals with the struggles many of us face in embracing self-love, exploring the root causes of our reluctance, and experiencing the transformative power of self-compassion. Through personal anecdotes and professional insights, the book highlights the common misconceptions and deep-seated beliefs that hinder us from nurturing a loving relationship with ourselves.

With clarity and empathy, this book guides readers towards understanding and practising self-love. This journey isn't just about filling an emotional void; it's about recognising our worth and reclaiming agency over our happiness. Whether you are seeking to overcome self-doubt or simply cultivate a deeper sense of self-acceptance, this book serves as a compassionate companion.

Reviews/Advance praise:

'This book will guide you to why self-love is vital for your emotional health, harmonious relationships, and living a fulfilled life.' -- **Patricia Crane, PhD.**, President & Co-Founder of Heart Inspired Presentations, Heal Your Life Trainer, Speaker, and Bestselling Author of *Ordering from The Cosmic Kitchen*

'A must-read.' -- **Kavita Devgan**, Nutrition & Wellness Consultant, Speaker, and Bestselling Author of *Fix It with Food*



Damini Grover is a counselling psychologist, life coach, and founder of I'M Powered Centre for Counselling & Well-Being in Delhi, India. With a decade of experience in mental and emotional health, she uses an eclectic therapeutic approach to empower clients globally. Damini has received prestigious awards, including the Spiritual Leader Award (2020) and the Best Mental Health Solutions Provider (2022). Her articles have appeared in leading publications, such as *The Elephant Journal*, *The Statesman*, *The Guardian*, and *Deccan Chronicle*, reflecting her passion for personal growth and empowerment. Beyond her professional pursuits, Damini is an avid reader, writer, and dance enthusiast, inspiring others on their journey of self-discovery.



ISBN:	9788197222856
Price:	₹ 399
Binding:	Paperback
Extent:	280 pages
Size:	Demy Format
Category	Self-Help/Personal Growth/Self-Esteem

Ancient Practices for Mindful Living

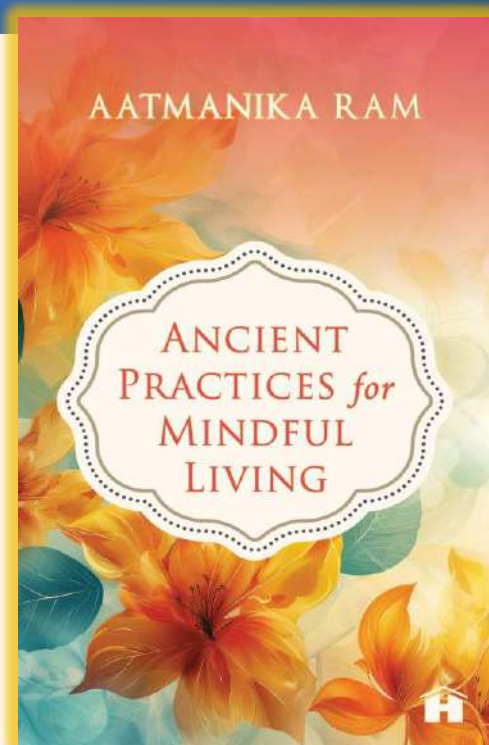
LEAD

Aatmanika Ram

In an era of increasing mental health concerns, this book offers a personalised approach to mindfulness, delving into its principles and dispelling misconceptions. Addressing the fast-paced lifestyles of millennials, the author presents practical techniques for incorporating awareness into daily routines and transforming mindfulness from a mere practice into a lifestyle.

This book equips individuals with a holistic approach to remaining authentic amidst challenges. It offers insights and resources for prioritising mental health with resilience and grit while giving suggestions to prioritise awareness of the vulnerabilities within us. From efficient cooking and clean eating to breathing exercises, money management, and relationship harmony, the book provides simple and practical tips that one can embrace in all facets of life.

In fine, *Ancient Practices for Mindful Living* highlights the potential of age-old tools to overcome modern challenges and foster well-being. This book will empower readers to slow down, focus on the small moments of joy, and cultivate a fulfilling existence.



ISBN:	9788197328510
Price:	₹ 399
Binding:	Paperback
Extent:	240 pages
Size:	Demy Format
Category	Body, Mind & Spirit/Mindfulness & Meditation



Aatmanika Ram is an author who has lived and worked in various countries across North America, Southeast Asia, the Middle East, and Europe. Her diverse cultural experiences and strong family values inspire her literary works. She holds a master's degree in food service management and dietetics and has worked in project management for several organisations such as IBM. Aatmanika values her relationships above all else, recognising the profound life lessons learnt through her roles as a daughter, wife, mother, and friend. She finds joy in experiences that promote personal growth and self-reflection.

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HIGHLIGHTS - HAY HOUSE



From Shiva to Schrödinger: Unravelling Cosmic Secrets with Trika Shaivism & Quantum Insights

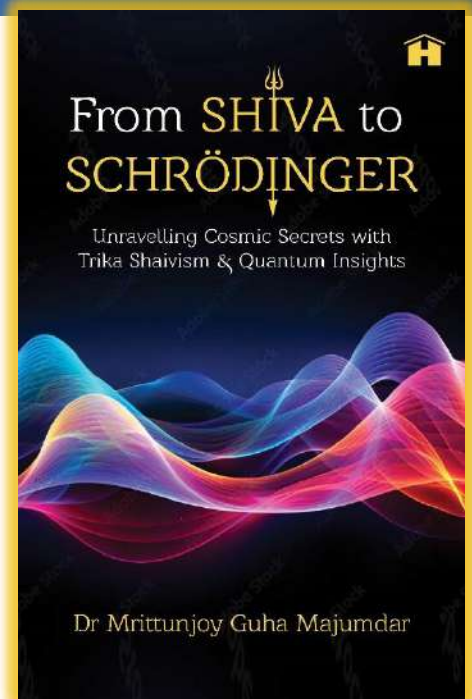
Dr Mrityunjoy Guha Majumdar

LEAD

From Shiva to Schrödinger offers a revelatory journey into the teachings of Trika Shaivism and their remarkable alignment with the discoveries of modern quantum physics. This thought-provoking book demonstrates how the profound insights of this ancient spiritual tradition predate and parallel the concepts emerging from the cutting-edge world of quantum mechanics.

With clarity and depth, the author illustrates how the Trika Shaivism philosophy anticipated many of the important discoveries that modern physicists are just beginning to comprehend. He delves into the heart of both ancient spirituality and contemporary science to showcase how concepts like non-duality, the interconnectedness of all existence, and the illusion of separation resonate powerfully with the latest scientific theories of entanglement, quantum superposition, and the observer effect.

All in all, *From Shiva to Schrödinger* is not just a bridge between ancient wisdom and contemporary insights; it is a beacon illuminating the path to a deeper understanding of our universe and ourselves. So, whether you are drawn to spiritual inquiry or scientific discovery, this book offers a transformative perspective that will enrich your contemporary quest for knowledge.



ISBN:	9789366113692
Price:	₹ 399
Binding:	Paperback
Extent:	240 pages
Size:	Demy Format
Category	Religion/Religion & Science

Dr Mrityunjoy Guha Majumdar is an assistant professor at UPES, Dehradun. He obtained his doctorate from the Cavendish Laboratory at the University of Cambridge and has held esteemed positions at Harvard University, the Indian Institute of Science (Bangalore), and with Nobel Laureate Prof. Brian Josephson at the University of Cambridge. Trained in artificial intelligence and machine learning at the MIT Schwarzmann School of Computing, Dr Majumdar is the national founder-convenor of Mandala, an initiative exploring intersections between Bharatiya Jñāna Pranali and modern science. He also established and hosts the Satya Samvad series, focusing on a wide array of civilisational and cultural topics.

HIGHLIGHTS - HAY HOUSE



Sanyaas in the City: The Urban Dweller's Guide to Inner Freedom



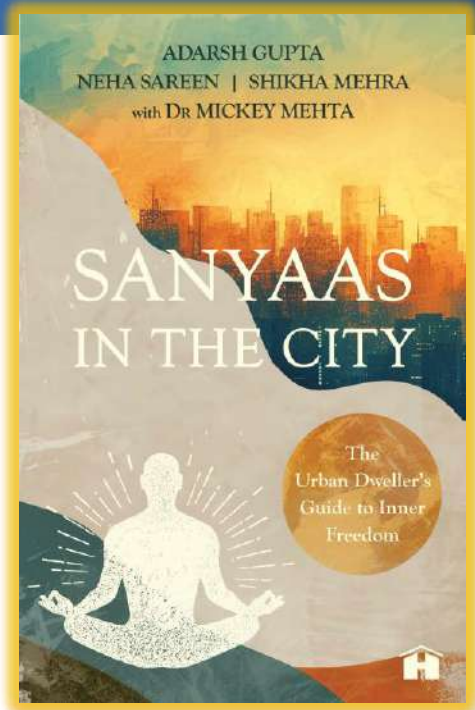
**Adarsh Gupta, Neha Sareen, and Shikha Mehra;
with Dr Mickey Mehta**

Urban life often leads to a departure from our true nature, causing pervasive physical, mental, and spiritual breakdowns, fuelling epidemic levels of stress and anxiety. *Sanyaas in the City* offers a path to self-discovery and divine awakening amid urban chaos, serving as a beacon for city dwellers seeking meaning and fulfilment.

This book unveils the essence of the Sanyaas way of life, helping readers integrate its principles into their hectic, modern-day settings with minimal disruption. Whether you are already practising yoga, meditation, or Ayurveda, or are new to these practices, this comprehensive guide provides the next logical steps to deeper self-understanding and growth.

Introducing the innovative Soul Mind approach, this book helps readers understand the benefits of thinking from the Soul Mind over the Body Mind, promoting a life driven by truth, consciousness, and bliss, and harnessing the power of self-love for inner transformation. It guides readers through a comprehensive framework of physical, mental, and spiritual tools to reconnect with their love centre.

The authors dream of making this a mass movement that can lead to global transformation by bringing soul-centredness to the lives of millions, mindlessly chasing the material dream. Written in an easily understandable and relatable manner, *Sanyaas in the City* is a practical guide for anyone yearning for a more meaningful, balanced, and peaceful life amidst the urban hustle.



ISBN:	9789366116792
Price:	₹ 399.00
Binding:	Paperback
Extent:	292 pages
Size:	Demy Format
Category	Body, Mind & Spirit/Inspiration & Personal Growth



Adarsh Gupta, an alumnus of the Delhi School of Economics, has had a distinguished career in the FMCG and media industries, working with global brands such as Cadbury Schweppes, Nestle, Times Music, and HMV Saregama. In 2015, he founded Brilliant Wellness, the largest media firm in the wellness genre, and co-founded Dominiche Productions, focusing on astrology and seniors' media.



Neha Sareen has excelled as a TV host, sports presenter, model, film journalist, and corporate emcee over the last eighteen years. She transitioned to content production, creating pop-spirituality shorts and co-hosting the chat show 'Mind Positive with Neha Sareen', which focuses on mental and emotional resilience.



Shikha Mehra transitioned from senior roles in the automobile and fintech sectors to become a full-time yoga educator and nutrition consultant. She has coached over 5,000 practitioners, contributes to Tata Play Fitness, and aims to inspire self-love through movement and mindful eating.



Dr Mickey Mehta is a leading holistic health guru in India with 44 years of experience and 53 years in yoga practice. As an author, he has

spoken at prestigious institutions like Harvard and is associated with prominent hospitals and organisations, including Jaslok Hospital and the Maharashtra State Police.