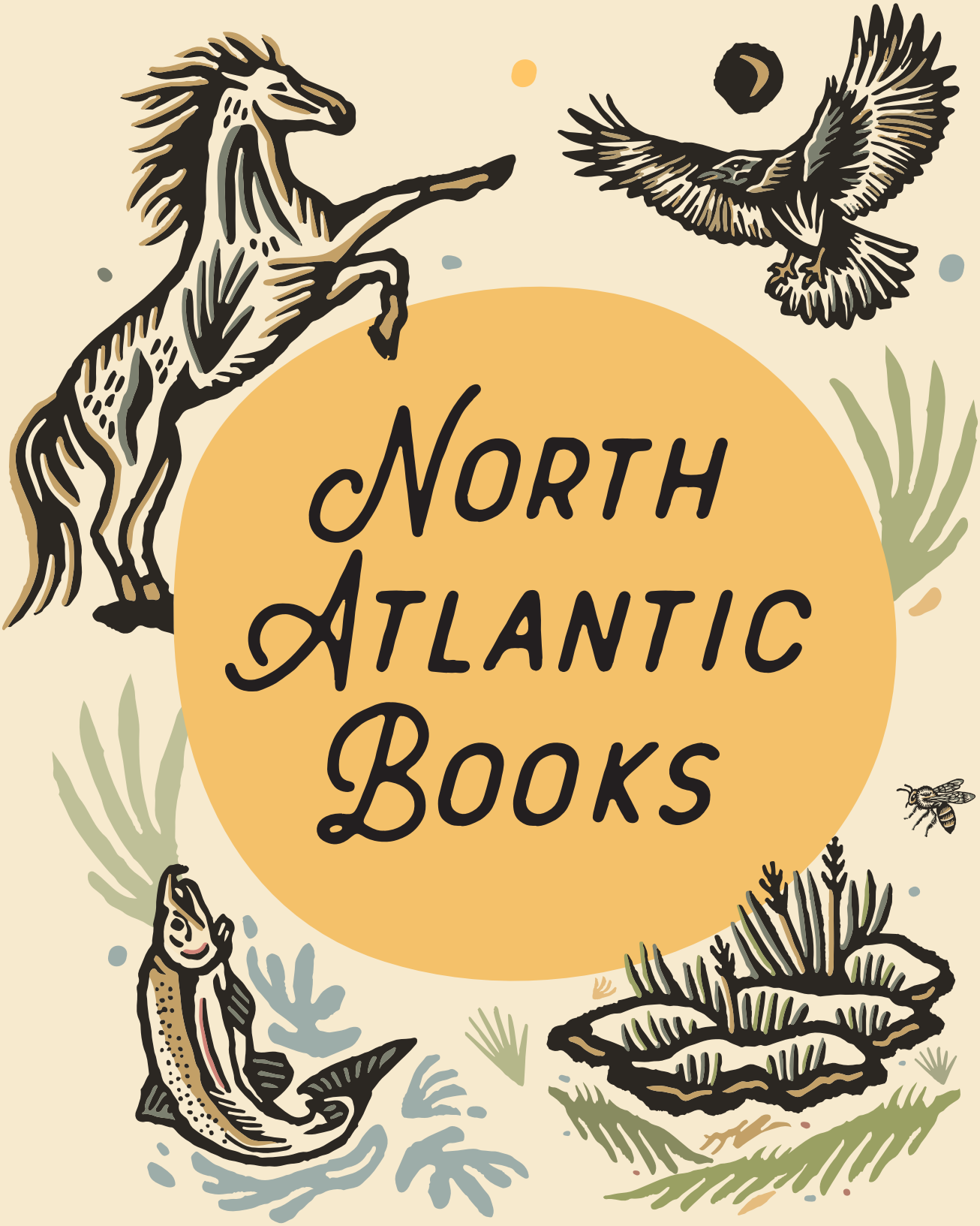

North Atlantic Books

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NEW TITLES — SPRING 2026

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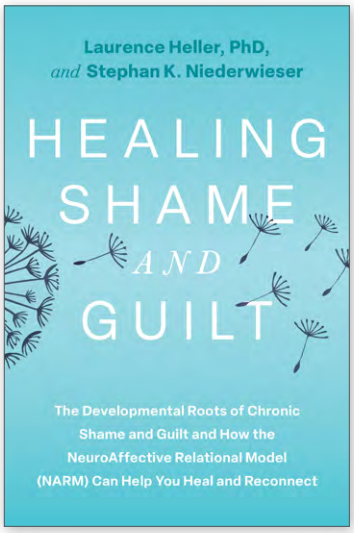
Self-Help

Healing Shame and Guilt

The Developmental Roots of Chronic Shame and Guilt and How the Neuroaffective Relational Model (NARM) Can Help You Heal and Reconnect

LAURENCE HELLER, PHD AND STEPHAN K. NIEDERWIESER



ON SALE 12-MAY-2026

ISBN: 979-8-88984-289-7

PAGE COUNT: 366

TRIM SIZE: 6" X 9"

4 IMAGES

WORLD RIGHTS EXCEPT GERMAN

An innovative, trauma-informed approach to resolving chronic shame and guilt for readers of *The Practical Guide for Healing Developmental Trauma* and therapists and clinicians

Shame and guilt are core emotions that can significantly limit our lives. In this book, therapists Laurence Heller, PhD, and Stephan K. Niederwieser provide practical tools for identifying and treating chronic shame using the NeuroAffective Relational Model (NARM). Part 1 of the book explains how guilt and shame are not actually emotions and how shame is learned in childhood and processed as we grow up. Part 2 of the book, designed for therapists and clinicians, provides an in-depth, practical guide for addressing chronic shame using the NARM approach. Originally designed for treating C-PTSD or developmental trauma, the NARM approach to overcoming chronic shame targets the roots and helps us truly shed shame, develop self-confidence, and find inner peace.

DR. LAURENCE HELLER is the creator of the NeuroAffective Relational Model (NARM®) and Founder of the NARM Training Institute. Dr. Heller has conducted NARM trainings and case consultations for thousands of therapists throughout the United States and Europe.

STEPHAN KONRAD NIEDERWIESER is a NARM Master Practitioner. He provides advanced seminars, individual and group supervision, and certifies future NARM Master Practitioners. Niederweisser has a private practice in Berlin, Germany and has written several books on healing from the effects of developmental trauma.

Learn more:
drlaurenceheller.com
narmtraining.com

ALSO BY LAURENCE HELLER

Healing Developmental Trauma (2012)

- 104.5K copies sold domestically all formats
- 15 languages licensed

The Practical Guide for Healing Developmental Trauma (2022)

- 29.9K copies sold domestically all formats
- 6 languages licensed

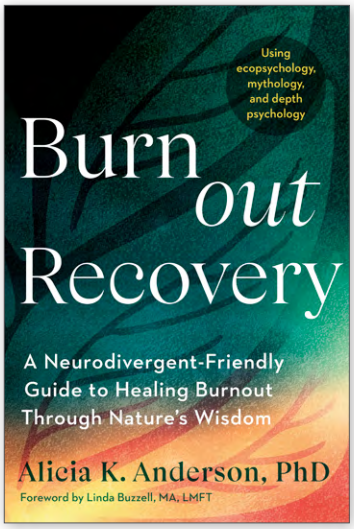
The Workbook for Healing Developmental Trauma (2025)

- 2.4K copies sold domestically all formats
- 1 language licensed

Burnout Recovery

A Neurodivergent-Friendly Guide to Healing Burnout Through Nature's Wisdom

ALICIA K. ANDERSON, PHD



ON SALE 24-MAR-2026
ISBN: 979-8-88984-3139
PAGE COUNT: 208
TRIM SIZE: 6" X 9"
1 BW IMAGE
WORLD RIGHTS

A neurodivergent-friendly and holistic self-help guide to identifying, recovering, and growing from the stress and burnout cycle

In this self-help guide, Alicia King Anderson argues that for many of us, burnout is not just a symptom of a stressful workplace. When reducing our workload slightly or taking a vacation doesn't seem to help, we need to consider the entire network of intersecting stresses in our life: physical, psychological, sensory, social, environmental, and political. This unique book addresses all kinds of burnout, including autistic and ADHD burnout, creative burnout, and professional burnouts. It introduces grief work as an essential part of burnout recovery and provides step-by-step guidance to identify where you are in the burnout cycle. Each chapter includes a variety of practical tools, including self-discovery exercises, activities, rituals, and journal prompts.

ALICIA KING ANDERSON has a Ph.D. in Mythological Studies and Depth Psychology from Pacifica Graduate Institute. She has presented at the American Folklore Society annual meeting, the London Arts-Based Research Center conference "The Art of Storytelling: Archetypes in Focus," and at the Progressive Connexions conference "Trauma, Shame, and Testimony." She offers workshops, 1:1 coaching, and on-demand online courses on achieving lasting burnout recovery.

Learn more:
aliciakinganderson.com

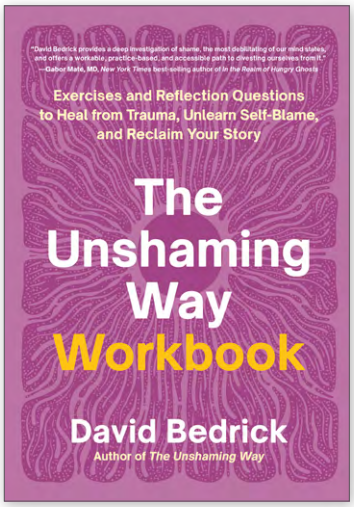
"Rather than simply diagnosing the problem, *Burnout Recovery* provides concrete exercises, rituals, and support strategies that acknowledge burnout as a systemic issue while empowering individual healing. This is essential reading for anyone seeking to heal from burnout or support others through it."

—FIONA WILKINSON, PsyD, behavioral psychologist, psychological therapist, and ADHD clinician

The Unshaming Way Workbook

Exercises and Reflection Questions to Heal from Trauma, Unlearn Self-Blame, and Reclaim Your Story

DAVID BEDRICK



ON SALE 17-MAR-2026
ISBN: 979-8-88984-077-0
PAGE COUNT: 160
TRIM SIZE: 7" X 10"
WORLD RIGHTS

A companion to the beloved bestseller *The Unshaming Way*—a step-by-step guide to free yourself from shame and trauma with practical prompts, personal reflections, and self-help exercises

Author, mental health expert, and professor David Bedrick has returned with a companion workbook with thoughtful questions and write-in exercises that walk us through the three keys to healing our shame: seeing, feeling, and believing. By going through guided reflections, Bedrick teaches us how to unburden ourselves of complex and childhood trauma. This book is for readers with experiences of shame or therapists, counselors, and healers working with clients who experience shame.

DAVID BEDRICK, JD, DIPL. PW, is a speaker, counselor, and attorney. He is the founder of the Santa Fe Institute for Shame-based Studies, where he offers facilitation training to deepen the skills and awareness of therapists, coaches, and healers as well as workshops for individuals to further their own personal development. He is a writer for *Psychology Today* and the author of three books including *Talking Back to Dr. Phil* and *You Can't Judge a Body by Its Cover.*

Learn more:
www.davidbedrick.com
IG @david.bedrick (58K followers)

> **And the key to healing from shame—to be able to say and to believe I matter, I am trustworthy, this happened to me, and to treat yourself accordingly, like the precious human being that you are—is to be witnessed with love.**
>
> **When you are seen, heard, and believed with love, compassion, and curiosity, shame falls away. And you can do this for yourself.**

ALSO BY THE AUTHOR

The Unshaming Way

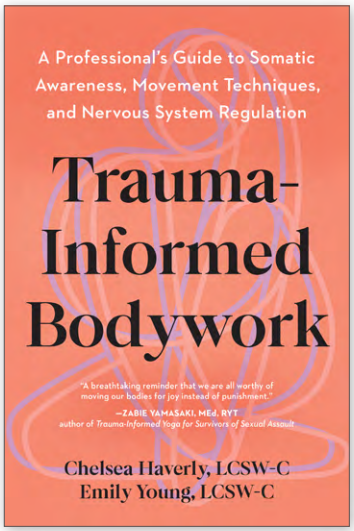
- 8.2K copies sold domestically all formats
- 8 languages licensed

Health & Healing

Trauma-Informed Bodywork

A Professional's Guide to Somatic Awareness, Movement Techniques, and Nervous System Regulation

CHELSEA HAVERLY, LCSW-C AND EMILY YOUNG, LCSW-C



ON SALE 31-MAR-2026
ISBN: 979-8-88984-317-7
PAGE COUNT: 224
TRIM SIZE: 6" X 9"
15 IMAGES
WORLD RIGHTS

A vital framework for understanding embodied trauma and helping clients heal—a trauma-informed guide for somatic practitioners, movement therapists, bodyworkers, and personal trainers

If trauma happens to the body, healing happens through the body. Guided by this principle, authors Chelsea Haverly and Emily Young explain how trauma is stored in the body and how this makes movement-based practices an essential tool for trauma recovery. They cover key concepts like complex trauma, vicarious trauma, body-related trauma, and nervous system regulation, including how these show up when working with clients. There is also a designated chapter that explores trauma-informed personal training principles and business frameworks. Each chapter includes exercises, reflection questions, and key takeaways.

> "We believe that healing trauma is a collective endeavor and has the power to create ripples of change that our world deeply needs. We are in times of stress, dysregulation, and chaos. Our bodies feel this. We believe that if you work with bodies, then you work with trauma; and if trauma happens to the body, healing happens through the body. Our intention is to provide you with tools for integrating somatic awareness, movement, and nervous system regulation into your practice. This framework is a toolbox for letting the body lead."

CHELSEA HAVERLY is a Licensed Clinical Social Worker (LCSW-C) and the creator/founder of Hope Ignited Training, an organization that provides training on trauma-informed practices. Haverly also works and co-owns Anchored Hope Therapy, a collaborative trauma-specific therapy practice in her community.

Learn more:
IG @the.embodiedtherapist
(20K followers)

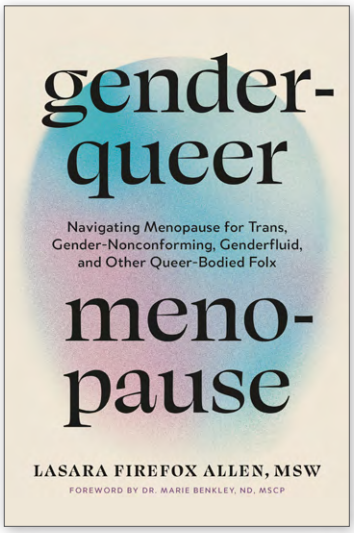
EMILY YOUNG is a Licensed Clinical Social Worker (LCSW-C) and a Certified Personal Trainer (NSCA-CPT). She is a co-creator and the lead presenter of the Trauma-Informed Personal Training (TI-PT) Certification program through Hope Ignited Training.

Learn more:
IG @theembodiedtrainer
(2.5K followers)

Genderqueer Menopause

Navigating Menopause for Trans, Gender-Nonconforming, Genderfluid, and Other Queer-Bodied Folx

LASARA FIREFOX ALLEN, MSW



ON SALE 13-JAN-2026
ISBN: 979-8-88984-279-8
PAGE COUNT: 256
TRIM SIZE: 6" X 9"
WORLD RIGHTS

A queer, gender-affirming guide to navigating menopause—prompts, tools, and expert wisdom for living well through menopause and beyond

Menopause can be a time of both grief and celebration for many of those in the trans, nonbinary, and genderqueer communities. *Genderqueer Menopause* is an empowering resource for those navigating symptoms and seeking gender-affirming care during the menopause transition. With prompts, tools, and expert wisdom, menopause doula and coach, and genderqueer educator Lasara Firefox Allen helps you enhance your awareness of menopause, manage symptoms like brain fog, and define your own menopause experience.

LASARA FIREFOX ALLEN, MSW, they/them/Mx, is a bestselling author, coach, and educator. They are a Menopause Doula, certified with The Menopause School, and a gender-affirming menopause coach. Firefox Allen graduated with a master's in social work (MSW) from Cal Poly Humboldt. They completed the San Francisco Sex Information (SFSI) Sex Educator Training in 2000 and have designed and presented safer sex and other sex+ workshops for more than three decades for various groups.

Learn more:
lasarafirefoxallen.substack.com
IG @lasara_firefox_allen
(3.6K followers)

"Lasara Allen has made a significant contribution to the conversation around menopause by specifically addressing the experiences of genderqueer and nonbinary individuals. Allen's work is crucial—it provides much-needed visibility and resources for this community, helping to deconstruct the gendered narratives around menopause. Allen not only offers practical information but also helps to normalize the experiences of genderqueer people during this life transition."

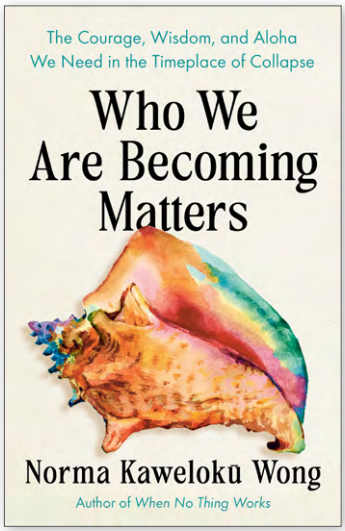
— DR. MARY CLAIRE HAVER, board-certified OBGYN and author of *The New York Times* bestseller *The New Menopause*

Spirituality

Who We Are Becoming Matters

The Courage, Wisdom, and Aloha We Need in a Timeplace of Collapse

NORMA KAWELOKU WONG



ON SALE 10-FEB-2026

ISBN: 979-8-88984-321-4

PAGE COUNT: 136

TRIM SIZE: 5-1/2" X 8-1/2"

WORLD RIGHTS EXCEPT OLELO HAWAI'I

Poetic and practical advice on who we are—and what we need to become—to move forward in togetherness and mutual responsibility in an age of uncertainty and climate chaos

Who We Are Becoming Matters invites readers into a deeper examination of how we grow, relate, and lead in times of uncertainty. Drawing on decades of Zen training, Indigenous Hawaiian knowledge, political strategy, and community practice, Wong explores the internal and collective shifts required to evolve with intention. Her teachings challenge us to release the logic of othering and splintering, to root ourselves in the mutual responsibilities of aloha and kuleana, and to step into the messy work asked of us in a timeplace of collapse.

> "What are we choosing into? To move beyond what we are comfortable about and what it is we know. To stretch into what we don't yet know to evolve and become the humans these times and this earth requires of us. To choose not to settle for what we know."

NORMA KAWELOKU WONG, a lifelong resident of Hawai'i, is a descendant of Native Hawaiians and Hakka Chinese immigrants. She has decades of experience in organizing, policy, strategy, and politics in Hawai'i, particularly in the area of Native Hawaiian issues, serving in the Hawaii State Legislature and as a policy lead and negotiator for Governor John Waihe'e, Hawai'i's first Native governor. Norma began her spiritual practice at the same time as her political life unfolded. She is a thought partner, a strategist, and a teacher.

Learn more:
www.normawong.com.

ALSO BY THE AUTHOR

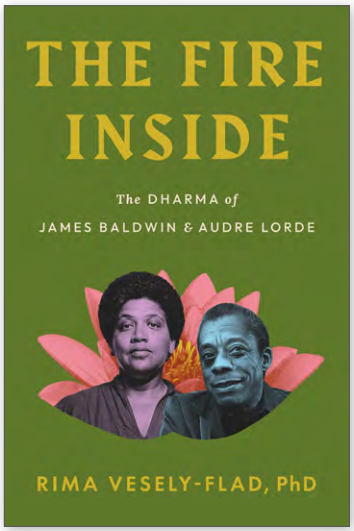
When No Thing Works

- 15.6K copies sold domestically all formats
- Translation rights available

The Fire Inside

The Dharma of James Baldwin and Audre Lorde

RIMA VESELY-FLAD, PHD



ON SALE 03-FEB-2026
ISBN: 979-8-88984-258-3
PAGE COUNT: 208
TRIM SIZE: 6" X 9"
WORLD RIGHTS

The Fire Inside **explores the writings of Audre Lorde and James Baldwin through a dharmic lens, revealing for the first time how two of America's greatest literary voices reflect and expand Buddhism's most timeless truths toward justice and liberation**

Dr. Rima Vesely-Flad dives deeply into a dharma of liberation as lived by Baldwin and Lorde, offering timely lessons to help us each meet this moment. She explores the writers' enduring legacies to show that liberation depends not only on organizing and mass movements, but the generative power of inner well-being, authenticity, art, and embodiment. This book offers space for emerging conversations within spiritual communities and centers Black, queer, radical thought. Each chapter shares how looking inward is the way forward and includes a prayer or meditation practice.

RIMA VESELY-FLAD, PHD is the founder of the Initiative for Black Buddhist Studies and the recipient of grants from the Fetzer Institute, the Henry J. Luce Foundation, the Fredrick P. Lenz Foundation, the Crossroads Program, and the US Department of State Fulbright program. She is a contributing writer for Lion's Roar and other publications and the author of two academic books.

Learn more:
www.blackbuddhiststudies.org

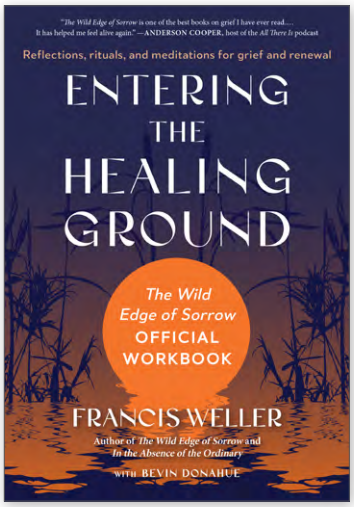
> "This book is a testament to the messages of freedom in Baldwin, Lorde, and the Buddha.
>
> If Black Radical writers have urged me to decolonize my mind, Buddhist teachings and practices have provided a salient, clear way to do it. But it is a cyclical process. We cannot only be focused on internal liberation. We are compelled to change oppressive conditions that lead to suffering, too."

Grief & Trauma

Entering the Healing Ground

The Wild Edge of Sorrow Official Workbook

FRANCIS WELLER WITH BEVIN DONAHUE



The official companion to *The Wild Edge of Sorrow*—reflection prompts, timely exercises, and rituals of renewal for moving with grief and loss

Chapter by chapter, Francis Weller walks readers through writing exercises, embodied practices, guided reflections, and rituals from *The Wild Edge of Sorrow*. The workbook is designed to be flexible: you can work section by section as you read the book or dip into standalone chapters that resonate with your own specific experiences. Weller invites you to cultivate a conversation with your grief, to understand your pains and losses in new and poignant ways, and he welcomes you into a deepened relationship with the anima mundi, the soul of the world.

ON SALE 24-FEB-2026

ISBN: 979-8-88984-331-3

PAGE COUNT: 96

TRIM SIZE: 7" X 10"

WORLD RIGHTS

> *We cannot possibly respond to the immense currents of grief alone.* Realizing we are part of an emergent community of soul activists helps us maintain our affection for this tender, struggling world.

FRANCIS WELLER is a psychotherapist, writer, and soul activist. He is a master of synthesizing diverse streams of thought from psychology, anthropology, mythology, alchemy, indigenous cultures, and poetic traditions. He has introduced the healing work of ritual to thousands of people. He founded and currently directs WisdomBridge. His writings have appeared in anthologies and journals exploring the confluence between psyche, nature, and culture, including The Sun magazine, the Utne Reader, Kosmos Journal, and Ruminate.

Learn more:
www.francisweller.net

ALSO BY THE AUTHOR

The Wild Edge of Sorrow

- 250K copies sold domestically all formats
- 10 languages licensed

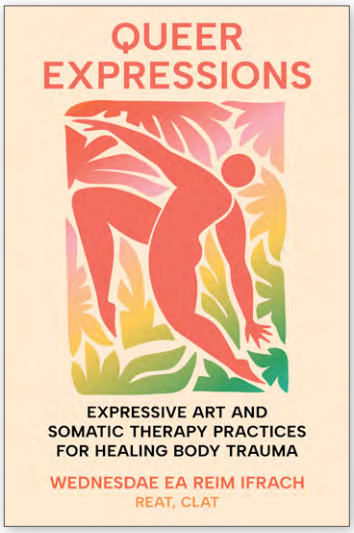
In the Absence of the Ordinary

- 75K copies sold domestically all formats
- 1 language licensed

Queer Expressions

Expressive Art and Somatic Therapy Practices for Healing Body Trauma

WEDNESDAE REIM IFRACH, REAT, CLAT



ON SALE 23-JUN-2026
ISBN: 979-8-88984-319-1
PAGE COUNT: 286
TRIM SIZE: 6" X 9"
WORLD RIGHTS

A creative, body-based guide to healing for queer, trans, and gender-expansive readers—somatic tools and expressive arts to feel safer in your body, rewrite your story, and sustain connection

Queer Expressions is a self-help guide to healing body trauma through embodiment and creativity. Whether you're navigating dysphoria, eating disorder recovery, chronic stress, or nervous system dysregulation, Wednesdae Reim Ifrach draws on somatic therapy and the arts such as gentle movement or breathwork and collage art or dance. They share grounded practices, client stories, and simple rituals to help you move from shut down or on high alert into steadier, more connected living. Warm and inclusive, *Queer Expressions* is usable on your own or with a therapist.

WEDNESDAE REIM IFRACH (REAT, ATR-BC, LPC) is a trans/non-binary art therapist and counselor. They co-own and operate Rainbow Recovery, offering clinical supervision, consultations, trainings, workshops, counseling, and art therapy services to clients in Connecticut and Pennsylvania. As a full-time professor at Moravian University, Wednesdae teaches mental health counseling, social work, and expressive art courses, inspiring future professionals. Over the past decade, they have led trainings and workshops for organizations such as the American Art Therapy Association, National Alliance for Eating Disorders, and Yale University, among others.

Learn more:
www.wednesdae.org
IG @queer.art_therapist
(4.3K followers)

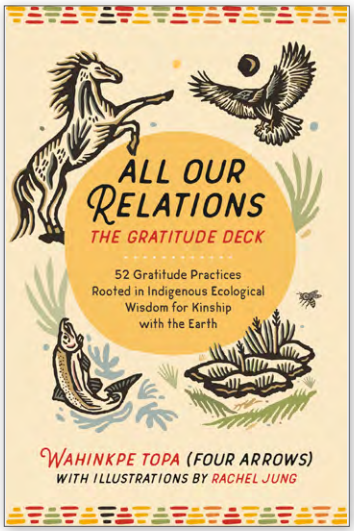
> "Queer communities have always known how to create alchemy from the raw material of our survival. The dance floor at a gay bar. The catwalk at a drag ball. The swell of voices chanting at a protest. These are not just sites of entertainment or politics; they are somatic laboratories, places where bodies learn new rhythms of safety and expression.
>
> These embodied practices are not separate from healing; they are healing, especially for bodies told they do not belong."

Body, Mind, Spirit

All Our Relations—The Gratitude Deck

52 Gratitude Practices Rooted in Indigenous Ecological Wisdom for Kinship with the Earth

WAHINKPE TOPA (FOUR ARROWS)



ON SALE 10-MAR-2026
ISBN: 979-8-88984-249-1
PAGE COUNT: 52
TRIM SIZE: 3-1/4" X 5"
52 COLOR IMAGES
WORLD RIGHTS

The first card deck designed for learning the importance of non-human sentient beings in maintaining ecological balance on Mother Earth

Author Four Arrows (Wahinkpe Topa) invites you to reconnect to your truest self and the more-than-human world and to move in kinship with the plants and animals that nourish and sustain all of life. This 52-card deck includes a folding booklet and woodblock-inspired plant and animal illustrations. It is a guidebook that offers teaching myths from 52 Indigenous Nations. Whether you're a spiritual seeker, nature lover, or mindfulness practitioner, this deck will root you in a sacred, healing awareness that has the power to bring new spiritual insights, daily wonders, and interconnected kinship to your life.

WAHINKPE TOPA (FOUR ARROWS), aka Don Trent Jacobs, Ph.D., Ed.D., is internationally respected for his research and publications about Indigenous worldview and education. Formerly Dean of Education at Oglala Lakota College, he is currently a professor with Antioch University. Selected as one of 27 "Visionaries in Education, he has authored many publications, including Restoring the Kinship Worldview.

Learn more:
www.fourarrowsbooks.com

RACHEL JUNG is a graphic designer/illustrator and the face behind Rayco Design. Her art is inspired by her greatest passions: the outdoor culture, adventure world, and of course, dogs.

ALSO BY WAHINKPE TOPA

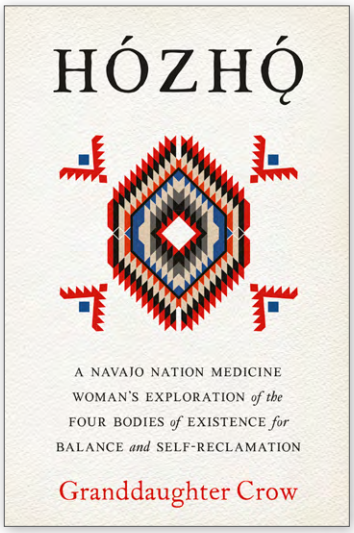
Restoring the Kinship Worldview

- 26.2K copies sold domestically all formats
- 1 language licensed

Hózhǫ́

A Navajo Nation Medicine Woman's Exploration of the Four Bodies of Existence for Balance and Self-Reclamation

GRANDDAUGHTER CROW



ON SALE 05-MAY-2026
ISBN: 979-8-88984-199-9
PAGE COUNT: 192
TRIM SIZE: 6" X 9"
WORLD RIGHTS

Discover the Four Bodies of Existence—reshape your self-knowledge, empower your story, and embody a happier, healthier life

Hózhǫ́ teaches us how to examine and then improve our inner narratives by listening more closely to our **Four Bodies of Existence**: our **physical bodies**, our **hearts**, our **brains**, and our **souls**. Granddaughter Crow teaches us to explore how each body shows up in our embodied experiences, works together, and operates on its own. Supplemented with journal prompts, reflections, and exercises, this work invites you into deeper awareness of your authentic story and offers a new path to self-discovery.

GRANDDAUGHTER CROW holds a doctorate in leadership. Internationally recognized as a medicine woman, she comes from a long line of spiritual leaders as a member of the Navajo Nation. She is an award-winning author with books translated into other languages. She is a bridge for wisdom and transformation between the Indigenous native worldview and modern Western worldview. More than that, she has dedicated her life to inspiring, encouraging, and empowering individuals to be their authentic selves.

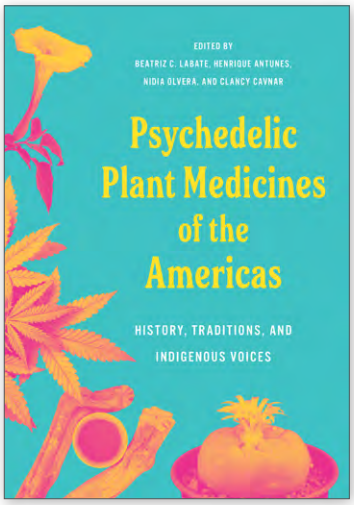
Learn more:
www.granddaughtercrow.com

> "There is a school of thought that we have four bodies of existence: the physical body, the emotional body, the mental body, and the spiritual body. As a medicine woman or Shaman, everything that I do is shaped by this school of thought. It is one of the ways that I see the world. The concept of the four bodies of existence is slightly different from thinking, "I am a spirit that experiences emotions and thoughts, housed within a physical body." *Instead, my worldview is that each of these parts of self has a body.*"

Psychedelic Plant Medicines of the Americas

History, Traditions, and Indigenous Voices

BIATRIZ C. LABATE, HENRIQUE ANTUNES, NIDIA OLVERA HERNANDEZ, AND CLANCY CAVNAR



ON SALE 26-MAY-2026
ISBN: 979-8-88984-243-9
PAGE COUNT: 440
TRIM SIZE: 7" X 10"
WORLD RIGHTS

An essential new anthology that reveals the cultural, medicinal, and spiritual traditions behind marijuana, mushrooms, ayahuasca, and other psychedelics, informed by both Western and Indigenous science

With 23 psychedelic-specific articles, this book includes interviews with Indigenous Latin American practitioners and a deep understanding of Western science. There are topics such as Psilocybin mushrooms' actual traditional use or Ayahuasca and peyote's roles in Native rituals, including many more psychotropic drugs. The anthology is a critical reminder, at a time when psychedelics continue to become more popular and accepted within Western society, that in many places these practices are central to the culture. Gaining a greater understanding of why people have used and continue to use these psychedelics is only growing more important. There's never been a better time to not only gain a greater understanding of yourself, but also a deeper, more rooted understanding of psychedelics.

DR. BIA LABATE is an anthropologist, educator, author, speaker, and activist. She has a PhD in Anthropology, and she is author, co-author and co-editor of twenty-eight books, one journal special edition and several peer-reviewed articles.

DR. HENRIQUE FERNANDES ANTUNES holds a Ph.D. in anthropology from the University of São Paulo (2019) and has been a visiting scholar at UC Berkeley. Currently, he is Research Coordinator at the Chacruna Institute. His research focuses on the global regulation of ayahuasca.

NIDIA A. OLVERA HERNÁNDEZ is a Mexican historian and anthropologist. She has a Ph.D. in modern and contemporary history at the Mora Institute in Mexico City. Currently she is a Postdoctoral Researcher at the Project "Poison, Medicine or Magic Potion? Shifting Perspectives on Drugs in Latin America (1820-2020)" at Radboud University, Netherlands.

CLANCY CAVNAR, PSY.D., is a clinical psychologist in San Francisco, Co-Founder of the Chacruna Institute for Psychedelic Plant Medicines, and a research associate with NEIP. She holds an MFA in Painting, a Master's in Counseling, and completed the Certificate in Psychedelic-Assisted Therapy at CIIS.

> "This book highlights the incredible biodiversity of the Americas through its exploration of a wide range of psychoactive plants, including marijuana, peyote, ayahuasca, coca, tobacco, jurema, psilocybin mushrooms, and toé (Brugmansia suaveolens). By focusing on specific psychoactive plants within their geographical and cultural contexts and beyond, this volume offers a cohesive and interdisciplinary analysis that draws on anthropology, sociology, history, and geography. Each chapter examines how these plants function as agents of cultural continuity and transformation, shedding light on their roles in rituals, healing practices, and identity formation."

Society & Culture

Antifascist Dad

Urgent Conversations with Young People in Chaotic Times

MATTHEW REMSKI

ON SALE 21-APR-2026
ISBN: 979-8-88984-329-0
PAGE COUNT: 296
TRIM SIZE: 6" X 9"
WORLD RIGHTS

A timely, bold, and necessary guide for parents who want to fight the rise of fascism and right-wing extremism—starting at home

With hit shows like *Adolescence*, we're being told that today's boys are not ok. The algorithm feeds manosphere content straight to their screens. Brofluencers sell alpha answers to complex problems. And far-right radicalization is at a fever pitch. But if there's a crisis among young people in 2026, it won't be solved by talking about them. We should be talking to them: about their needs, their fears, the world they're inheriting...and what they can do about it. Author Matthew Remski explores 12 urgent conversations for antifascist homes. He breaks down complex ideas to help families understand why the alt-right mirror world is so seductive to this generation of young people and strategies and tools to create safety, care, and community.

MATTHEW REMSKI is an author and freelance journalist, with bylines in *The Walrus*, *GEN* by Medium, *TIME*, the *Boston Globe*, and the *Globe and Mail*. He's a former yoga teacher whose research is informed by his past experiences as a member of two cults. He's published eight books of poetry, fiction, and nonfiction and has cohosted the *Conspirituality* podcast since 2020.

Learn more:
matthewremski.com/wordpress

ALSO BY THE AUTHOR

Surviving Modern Yoga

- 1.4K copies sold domestically all formats
- Translation rights available

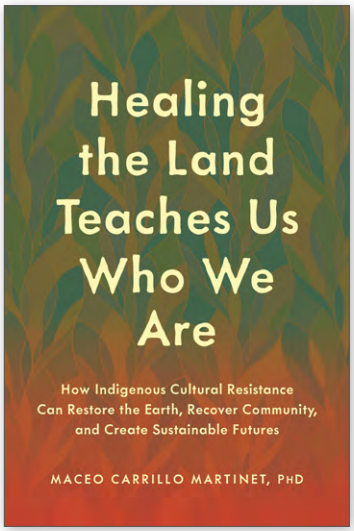
"This book is a parent's trusted companion through roiling political waters, and just in time. A skillful, urgent and loving intervention."

—Naomi Klein, author of *Doppelganger*

Healing The Land Teaches Us Who We Are

How Indigenous Cultural Resistance Can Restore the Earth, Recover Community, and Create Sustainable Futures

MACEO CARRILLO MARTINET, PHD



ON SALE 09-JUN-2026
ISBN: 979-8-88984-355-9
PAGE COUNT: 286
TRIM SIZE: 6" X 9"
10 BW IMAGES
WORLD RIGHTS

Rooted in Indigenous wisdom and a four-element framework, this book invites readers to rediscover the truth that caring for ourselves and caring for the living Earth are one and the same

Maceo Carrillo Martinet, PhD, builds on the work of Indigenous scholars like Robin Wall Kimmerer and Jessica Hernandez to share how not only are climate solutions still possible, they already exist, and they're being practiced by communities around the world. This book offers a framework rooted in reciprocity, resistance, and kinship with the living Earth and is built around four life-giving elements: **water, earth, fire,** and **air**. Combining the four elements, Martinet shows how enduring human and ecological systems are built upon the interconnectedness of collective action, cultural appreciation, and diverse, restorative relationships with the natural world.

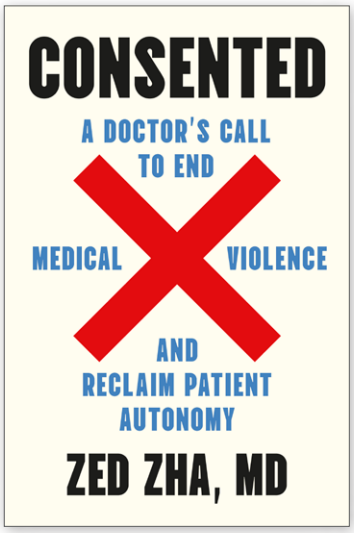
DR. MACEO CARRILLO MARTINET is an award-winning restoration ecologist and has been involved in co-creating, implementing, and collaborating on community-based restoration and education projects for the past two decades. Since 2008, Dr. Martinet has worked with the Partners for Fish and Wildlife Program which is dedicated to assisting private landowners, Tribes, Cities, and Counties ways to enhance and restore ecological health and biodiversity. His work as a restoration ecologist and planner has taken him across the U.S. southwest and overseas. He has been invited to serve on various advisory boards and study groups on water conservation, environmental education, and teaches a university class on watershed and community restoration.

> "Given the global scale of humanity's impact, the need for ecological restoration is massive and omnipresent. We would be hard pressed today to find a habitat on earth that hasn't experienced some deleterious impact of stress from human society. Heck, chemical toxins and caffeine are found even in the most remote places on the planet, where hardly any people are present. The world is chock-full of eroded and abandoned lands, bodies of water swirling with some toxic mixture of runoff and plastic. The same could be said for our bodies."

Consented

A Doctor's Call to End Medical Violence and Reclaim Patient Autonomy

ZED ZHA, MD



ON SALE 14-APR-2026
ISBN: 979-8-88984-296-5
PAGE COUNT: 296
TRIM SIZE: 6" X 9"
WORLD RIGHTS

For a diverse range of readers, a groundbreaking look at how the healthcare industry ignores patients' agency and perpetuates violence

Even the best and most caring doctors can fall prey to what Dr. Zha identifies as medical rape culture: a system of beliefs and practices that enable and normalize the violation of patients' autonomy. Dr. Zha explores how the history of medicine—from the invention of the speculum to eugenics—contributes to this system. With first-hand patient stories and her own personal journey, she identifies four key problems of consent within medical practice and offers a new vision of medical consent culture that embraces collectivity, accessibility, and compassion. *Consented* will validate anyone who has been dismissed, blamed, gaslit, or violated in the doctor's office and inspire those working in the healthcare system to push for change.

ZED ZHA, MD is a board-certified family physician, author, and medical historian. A graduate of the Geisel School of Medicine at Dartmouth, she trained at the Mayo Clinic and completed a fellowship in Underserved Dermatology. She is a fellow and faculty member of the AAFP and a frequent speaker at national conferences. Her research has been published widely, and her award-winning medical justice writings have appeared in several major outlets.

Learn more:
www.zedzha.com
IG @drzedzha (14K followers)

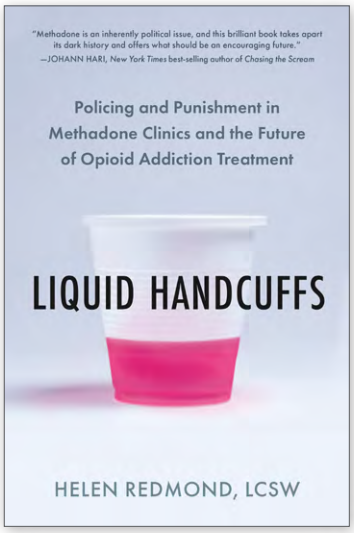
"[A]n unflinching review . . . examining everything from consent forms to pain management under the harshest fluorescent lights, highlighting the many ways we fail ourselves and our patients, despite our best efforts. Not even Dr. Zha herself is safe from her own criticism, as she vulnerably shares the lessons she learned from times she did not live up to her own standards. Where others might stop at describing the problem, Dr. Zha shares a vision of a different future, one in which both patients and physicians are far better served."

— ARGHAVAN SALLES, MD, PhD, bariatric surgeon, Special Advisor for DEI Programs in Stanford's Department of Medicine, and national leader in gender equity

Liquid Handcuffs

Policing and Punishment in Methadone Clinics and the Future of Opioid Addiction Treatment

HELEN REDMOND, LCSW



ON SALE 03-MAR-2026
ISBN: 979-8-88984-239-2
PAGE COUNT: 256
TRIM SIZE: 6" X 9"
WORLD RIGHTS

A hard-hitting exposé of how methadone clinics fail people in recovery and an urgent, unapologetic case for their abolition

Social worker and journalist Helen Redmond provides a detailed history of how methadone was first developed and why the current system for dispensing methadone arose in the U.S., tracing its entanglement with the prison system and the "War on Drugs" as well as private equity firms and tech companies. She details the numerous barriers to enter and remain in treatment and explores the nuances of resistance to methadone clinics within communities of color. Redmond persuasively makes the case for removing police agencies like the Drug Enforcement Administration from clinic administration and shows how a transition to provider-prescribed pharmacy pickup, along with other tools of harm reduction, would restore dignity to patients struggling with addiction and save thousands of lives.

HELEN REDMOND is a Harlem-based documentary filmmaker, journalist, and licensed clinical social worker. She has worked with people who use drugs for over two decades in medical, harm reduction-based housing, and community mental health settings. Redmond is a senior editor and a multimedia journalist at Filter and writes about drugs, with a focus on methadone, nicotine, and tobacco harm reduction. Her short videos appear on the website https://filtermag.org/author/helen-redmond. Redmond is an adjunct assistant professor at New York University's Silver School of Social Work.

"Helen Redmond fearlessly takes on the militarization of methadone clinics. Her searing analysis, which ends with a call to dramatically retool drug policy and uplift peer-led activist organizations, is crucial reading for those of us who work and live in health and social service systems."

— HELENA HANSEN, MD, PhD, professor at UCLA's David Geffen School of Medicine and coauthor of *Whiteout*

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