



HAY HOUSE PUBLISHERS NEW TITLES

JANUARY-JUNE 2025



Bestsellers



GOOD VIBES, GOOD LIFE

Vex King

978-1-78817-182-3

£12.99, Paperback

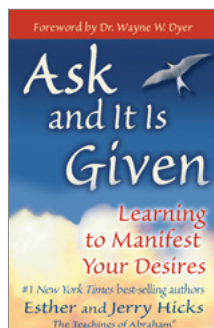


YOU CAN HEAL YOUR LIFE

Louise Hay

978-0-93761-101-2

£12.99, Paperback



ASK AND IT IS GIVEN

Esther and Jerry Hicks

978-1-4019-0459-3

£12.99, Paperback

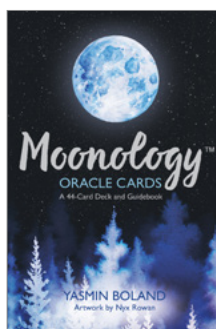


BECOMING SUPERNATURAL

Dr Joe Dispenza

978-1-78180-831-3

£15.99, Paperback



MOONOLOGY™ ORACLE CARDS

Yasmin Boland

978-1-78180-996-9

£17.99, Cards

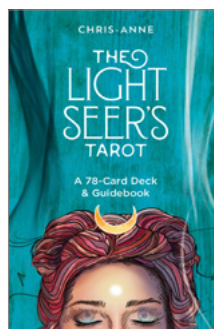


WORK YOUR LIGHT ORACLE CARDS

Rebecca Campbell

978-1-78180-995-2

£19.99, Cards



THE LIGHT SEER'S TAROT

Chris-Anne

978-1-4019-5803-9

£21.99, Cards



FAST LIKE A GIRL

Dr Mindy Pelz

978-1-4019-6992-9

£24.99, Hardback

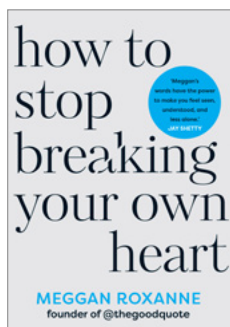


ANGELS AND ANCESTORS ORACLE CARDS

Kyle Gray

978-1-78817-001-7

£19.99, Cards



HOW TO STOP BREAKING YOUR OWN HEART

Meggan Roxanne

978-1-83782-084-9

£12.99, Paperback

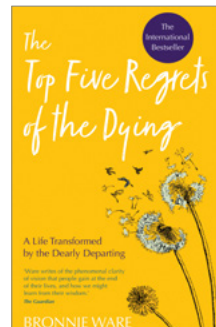


LETTING GO

Dr David R. Hawkins

978-1-4019-4501-5

£14.99, Paperback



THE TOP FIVE REGRETS OF THE DYING

Bronnie Ware

978-1-78817-342-1

£12.99, Paperback

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Introduction



At Hay House, we're proud to be trailblazers – creating books that change the way people think about their health, wellness, spirituality and potential as humans. Some of our authors, like Louise Hay herself, have impacted the lives of millions of people. Others have reached hundreds of thousands and some have profoundly touched a few thousand. It's not just about how many people we reach; we know how vital it is to publish diverse voices who connect to different groups of people with distinct life experiences. Making that impact – offering people positive ways forward – is what fires the team that Louise brought into being.

We're publishing some wonderful books from our bestselling authors this season that are going to change lives. *Pure Human*, the long-awaited new title by visionary author Gregg Braden, will explore the hidden truth of our divinity, power and destiny. Mel Robbins is releasing *The Let Them Theory*, which offers a ground-breaking life hack, and Kyle Gray's powerful new book *Angels Are with You Now* is going to help thousands of people open themselves up to the angelic realms. Oliver Niño is back with transformative energy practices in *Do This Before Bed*; Charlie Morley shows us what happens when we *Do the Shadow Work*; and Denise Linn explains how we can embrace *The Gift of Low Self-Esteem*.

We're introducing some amazing new leaders in our field to the Hay House list this season. Legendary healer Estelle Bingham has written

her incredible first book *Manifest Your True Essence*; dynamic teacher and app creator Mimi Bouchard teaches readers how to *Activate Your True Self*; and Marcus Fernandez shares his expert knowledge on natural health remedies in *Homeopathy at Home*. Sara Surani explores the things that make us come alive in her beautiful book *Songs of My Grandmother*; Ksenija Selivanova shows us the restorative power of face massage; and the wonderful Maggie Colette teaches us how to *Think Like a Boss*.

We're publishing some extraordinary books in the business arena, including *Predictable Profits* from visionary marketing genius Stu McLaren and *Success Is a Numbers Game* from Kyle Austin Young, who shows us how to play the odds.

These are just a selection of the fabulous books heading out into the world this season and, of course, there are stunning card decks from authors including Sophie Bashford, Athene Noctua, Abiola Abrams and John Holland. We hope this list fills you with inspiration and fire!

Blessings,

Michelle Pilley
MD and Publisher, Hay House UK

The Let Them Theory

The Life-Changing Hack That Millions of People Can't Stop Talking About

MEL ROBBINS

Photo Credit: Jenna Moloney



New York Times bestselling author Mel Robbins teaches readers a formula for resetting their lives, confidence and motivation, and achieving unimaginable breakthroughs.

Mel Robbins has built a global fan base of people who love her knack for distilling complex, science-backed topics and research into simple, memorable and actionable takeaways. This book offers a powerful formula for transforming your life.

In *The Let Them Theory*, Mel invites readers to incorporate seven science-backed habits, seven days a week, for one month, in order to achieve:

- energizing clarity
- confident commitment
- unshakeable courage
- powerful consistency
- deeper connection
- stronger community
- more control

'The unstoppable brilliant force that is Mel Robbins. She's one of the most impactful, inspiring, wise people I've ever met in my life.'

Steven Bartlett, host of *The Diary of a CEO* podcast

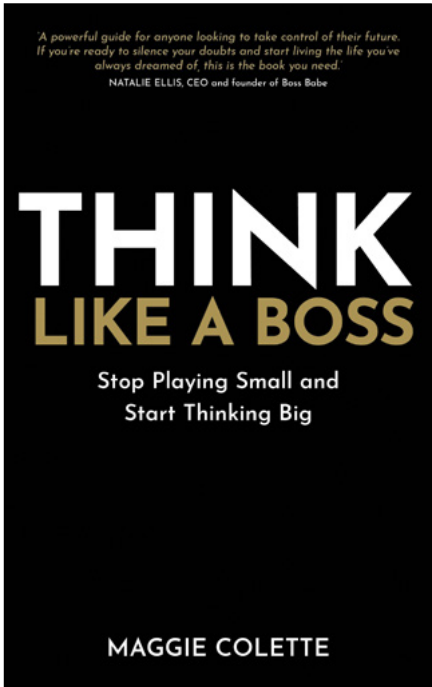
PRICE £21.99
ISBN 9781788176187
EBOOK ISBN 9781401971373
FORMAT 229 x 152mm, HB
RIGHTS BCW
PUBLICATION MONTH December 24

Mel Robbins is one of the most trusted voices in confidence and motivation. She is the internationally bestselling author of *The High 5 Habit* and *The 5 Second Rule* and host of the renowned *The Mel Robbins Podcast*. Her signature online courses have changed the lives of almost a million students worldwide.
www.melrobbins.com

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.

Maggie Colette wants readers to stop playing small and finally go after their most dearly held dreams. In *Think Like a Boss*, she shares the tools and strategies readers need to unleash their potential, no matter where they're starting from or what challenges they may face. This book will guide readers to:

- overcome resistance, ditch imposter syndrome and allow themselves to dream bigger
- develop self-discipline and improve their daily routine
- design their day to set them up for success
- surround themselves with people who lift them up
- approach challenges with creative thinking and lose their fear of failure
- learn how to achieve 'impossible' goals

'A powerful guide for anyone looking to take control of their future. If you're ready to silence your doubts and start living the life you've always dreamed of, this is the book you need.'

Natalie Ellis, CEO and founder of Boss Babe

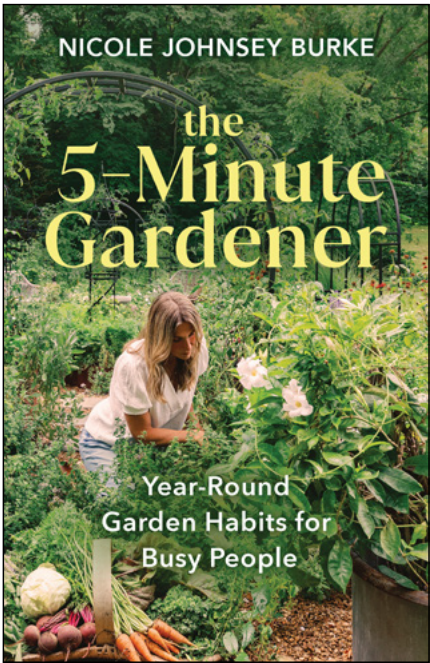
PRICE	£14.99
ISBN	9781837823109
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FORMAT	216 x 135mm, PB
RIGHTS	World
PUBLICATION MONTH	January

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

The 5-Minute Gardener

Year-Round Garden Habits for Busy People

NICOLE JOHNSEY BURKE



Whether you have a windowsill nursery or a garden full of flora, finding time for gardening can seem impossible. In this book, Nicole Johnsey Burke, founder of the garden tech company Gardenary, shows readers how spending just five minutes a day gardening can lead to a lush and thriving garden and a healthier you.

Readers will discover:

- time-efficient strategies
- seasonal gardening plans
- proven habit-building techniques
- the health and wellbeing benefits of nurturing a gardening routine

This book provides budding gardeners with a step-by-step approach that proves gardening doesn't have to be complex. Nicole equips readers with the know-how to make five minutes a day the basis for weekly, monthly and eventually year-round maintenance of their greenery.

'Nicole makes gardening approachable and fun no matter what colour your thumbs are.'

Myquillyn Smith, *New York Times* bestselling author of *Welcome Home*

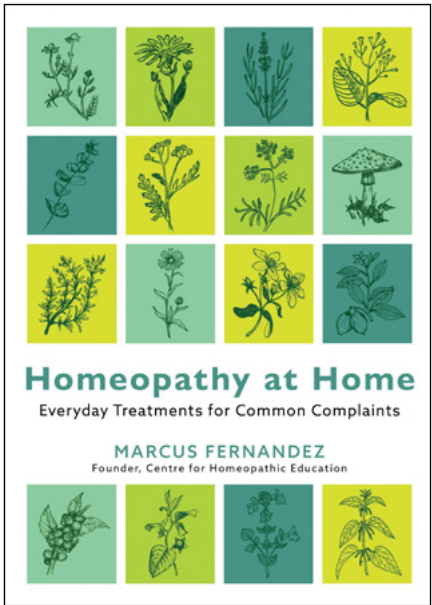
PRICE	£20.99
ISBN	9781401978785
EBOOK ISBN	9781401978792
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RIGHTS	World
PUBLICATION MONTH	January

Nicole Johnsey Burke is the founder of Gardenary, Inc, a garden tech company that supports the kitchen garden movement. She is the author of *Kitchen Garden Revival* and *Leaves, Roots & Fruit*. www.gardenary.com

Homeopathy at Home

Everyday Treatments for Common Complaints

MARCUS FERNANDEZ



A modern, practical guide to using homeopathy to treat common ailments from natural health advocate and founder of The Centre for Homeopathic Education, Marcus Fernandez.

This accessible guide offers a comprehensive A-Z of homeopathic remedies for a wide range of everyday health issues – from common colds, coughs, allergies and infections, to cuts, bruises, acne and PMS. It also provides useful substitutions, easily found in kitchen cupboards, allowing readers to build their own homeopathic first aid kit. By matching the characteristic symptoms of common complaints with the correct homeopathic treatment, readers will discover how they can unlock their body's incredible natural ability to heal.

Offering expert, actionable wisdom to help readers to take control of their health and wellbeing, with *Homeopathy at Home*, readers will have everything they need to address everyday health issues naturally and effectively.

Discover how to confidently and safely use homeopathic remedies as a complement to traditional medicine.

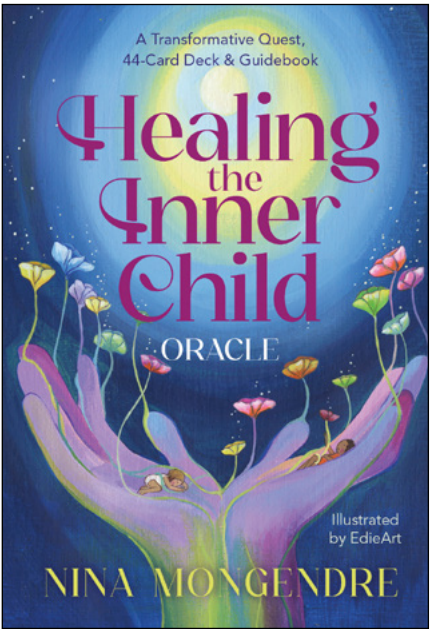
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RIGHTS World
PUBLICATION MONTH January

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 over 30 years.
www.marcus-fernandez.com

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. Featuring colourful, playful 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 the reader's guide to finding peace within.

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

The charming, eye-catching artwork is reminiscent of the joy of children's books. Combined with the deep meanings written in the guidebook, this deck makes the often difficult and daunting journey of healing from your past welcoming, accessible and approachable for everyone.

Heal your inner child and embark on a transformative journey to wholeness with this beautiful 44-card deck.



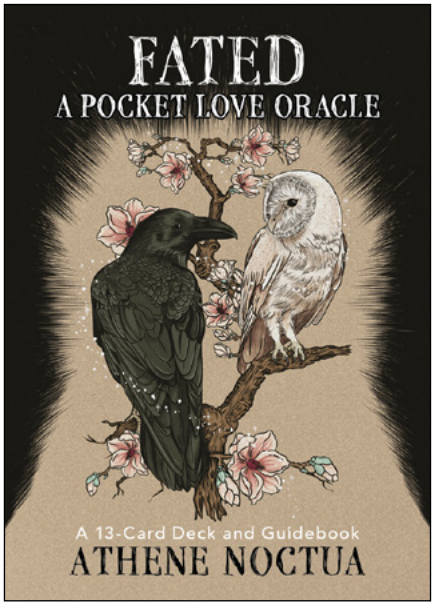
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ISBN 9781401976217
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RIGHTS World
PUBLICATION MONTH January

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

Fated: A Pocket Love Oracle

A 13-Card Deck and Guidebook

ATHENE NOCTUA



Discover guidance for all your relationship queries with this pocket-sized oracle – perfect for your on-the-go spiritual journey! *Fated: A Pocket Love Oracle* provides readers with quick and direct answers on love, relationships and all magical affairs of the heart.

This 13-card deck features Athene Noctua's gorgeous, mystical illustrations alongside straightforward answers to questions about love. These dazzling cards are perfect for daily divination practice or as a tool to focus energy during rituals and ceremonies, and will provide readers with guidance, truth and clarity in their love life.

This pocket oracle also 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.

A pocket-sized oracle for quick and direct answers on all matters of the heart!



PRICE £8.99
ISBN 9781401978594
FORMAT Cards
RIGHTS World
PUBLICATION MONTH January

Athene Noctua is an artist and oracle deck creator living on a canal boat in the United Kingdom. Her illustrations are inspired by feminism, diversity and representation.
www.athenearcana.com

The Witch's Guide to Animal Familiars

Spells, Rituals & Recipes for Making Magic with Animal Allies

MADAME PAMITA



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

In this comprehensive book, readers will:

- learn how to identify an animal familiar and invite them into their witchcraft practice
- find spells to attract, protect and bond with their familiar
- access methods to talk to their familiar and build psychic links to help them communicate with each other
- learn magical ways to calm their familiar and rituals to help their familiar transition at the end of life
- discover how to exchange spiritual energy with their familiar and even how to shapeshift into animal form

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

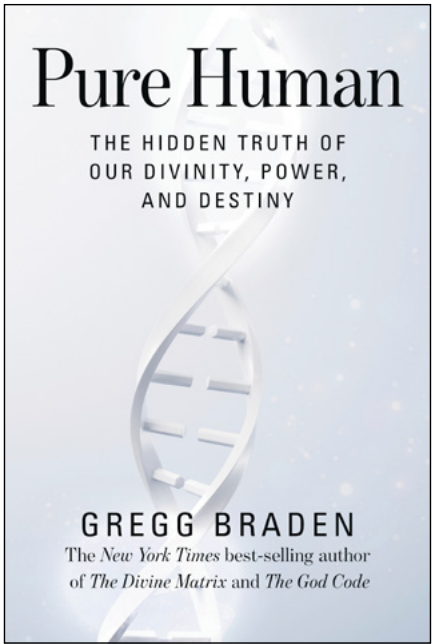
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PUBLICATION MONTH	January

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

Pure Human

The Hidden Truth of Our Divinity, Power and Destiny

GREGG BRADEN



Catapult beyond conventional thinking with this ground-breaking new book from award-winning scientist and five-time *New York Times* bestselling author Gregg Braden. In *Pure Human*, readers will discover evidence confirming that humans are an ancient and highly advanced 'soft technology' with the ability to:

- self-heal, self-regulate and rejuvenate every organ, each gland and all tissue in our bodies
- sense subtle forms of energy allowing us to access deep states of intuition on demand
- super-tune our cognition and memory
- communicate with other forms of life
- navigate the mysterious flow of time into the future as well as the past

Within each of us is the personal code to unlock our Pure Human technology of neural networks, cell membranes and emotional intelligence. This book shows readers how to supercharge their health, excel in everyday life and thrive in times of uncertainty.

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

Deepak Chopra

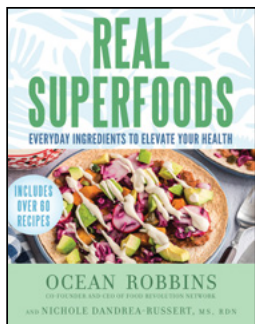
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RIGHTS	World
PUBLICATION MONTH	January

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

Real Superfoods

Everyday Ingredients to Elevate Your Health

OCEAN ROBBINS AND NICHOLE DANDREA-RUSSERT



Now in paperback! Complete with over 60 full-colour recipes, discover accessible, nutrient-dense and easy-to-prepare superfoods with this book of healthy, delicious and affordable plant-based recipes. For each superfood category, readers will discover:

- health-promoting superpowers
- accessible ingredients, including common supermarket groceries
- weekday-friendly cooking techniques
- mouthwatering, easy-to-make recipes for every part of their day

'This book is a joy to read. The recipes are wholesome, affordable and delectable.'

Susan Peirce Thompson, *New York Times* bestselling author of *Bright Line Eating*

PRICE £13.99
ISBN 9781401993221
EBOOK ISBN 9781401973377
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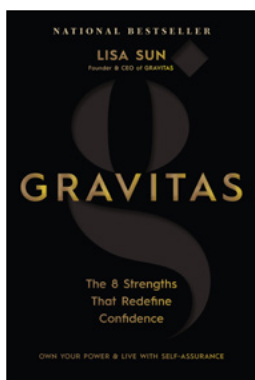
Ocean Robbins is co-founder and CEO of the million-member Food Revolution
www.foodrevolution.org

Nichole Dandrea-Russert is Food Revolution Network's lead dietitian and recipe developer.
www.purelyplanted.com

Gravitas

The 8 Strengths That Redefine Confidence

LISA SUN



The *USA Today* bestseller: now in paperback! In this thought-provoking and practical guide, Lisa Sun:

- redefines confidence as an inclusive construct that combines several innate strengths
- helps readers discover their 'confidence language' and tap into the source of their self-belief
- arms readers with the tools to flex their strengths and build their self-worth on their own terms

'Gravitas challenges the one-note version of confidence society has written for women and demonstrates that confidence comes in many forms.'

Mika Brzezinski, *New York Times* bestselling author of *Know Your Value*

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ISBN 9781837822959
EBOOK ISBN 9781401972547
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RIGHTS World English Language
PUBLICATION MONTH January

Lisa Sun is the founder and CEO of GRAVITAS, a company on a mission to catalyze confidence.
www.gravitasnewyork.com

Face Massage for Everyone

Restorative and Rejuvenating Facial Techniques for Glowing Skin and Self-Care

KSENIJA SELIVANOVA



Readers will learn how to unlock their inner glow and enhance their individual beauty with this illustrated guide to face massage from Ksenija Selivanova, the founder of *The Moments* YouTube channel.

Facial massage has many proven benefits, from aiding digestion to respiratory health. Ksenija explains the science behind lymphatic drainage and its impact on vitality, and provides step-by-step instructions for specialized massages to:

- release tension, reduce anxiety and aid restful sleep
- lessen the appearance of existing lines, prevent new ones, reduce puffiness and brighten the whole face
- improve concerns such as double chin, crow's feet, mouth lines, headaches and forehead tension, teeth grinding and jaw clenching

With easy-to-follow rejuvenating rituals that take from as little as two minutes, readers can integrate face massage self-care into their life to achieve a naturally beautiful complexion and let their inner radiance shine through, regardless of age or budget.

Discover facial massage and face yoga routines to transform your physical appearance and your inner wellbeing.

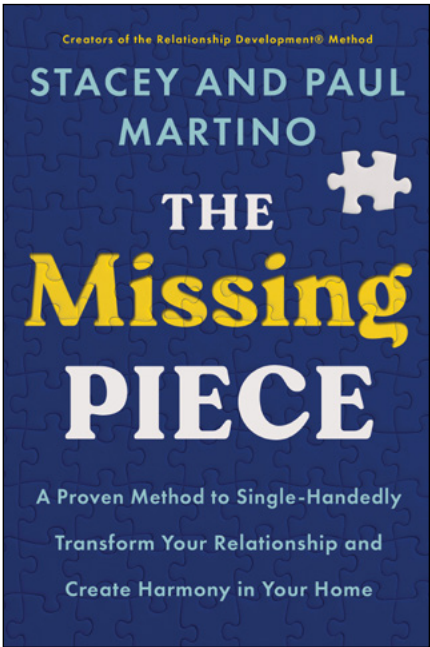
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Ksenija Selivanova is a London-based facialist and self-massage expert. She is the founder of @TheMomentsKS YouTube channel which has almost 250K subscribers. Ksenija has been commissioned by leading international skincare brands.
@the_moments

The Missing Piece

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

STACEY MARTINO AND PAUL MARTINO



After over 14 years of helping thousands of people save their marriages, relationship experts Stacey and Paul Martino are releasing their first book, sharing 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 and why couples' work is actually destructive. In *The Missing Piece*, readers will discover a simple, ground-breaking, one-person methodology to single-handedly bring harmony back to their home – even if their 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 readers 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 answers.

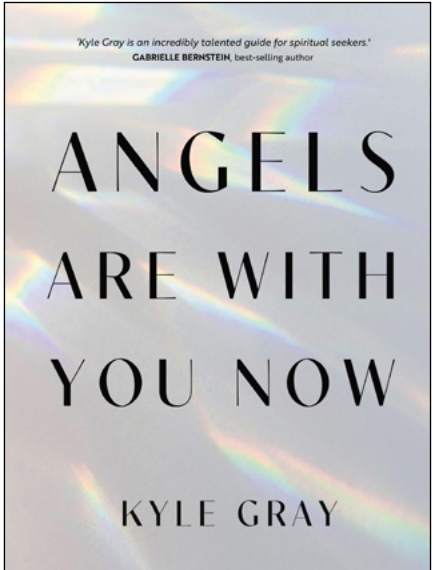
A norm-shattering method to single-handedly transform your relationship, create unshakeable love and unleash deeper passion.

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EBOOK ISBN 9781401993917
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Stacey Martino 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

Angels Are with You Now

KYLE GRAY



Bestselling author and world-renowned spiritual teacher Kyle Gray introduces new audiences to the angelic realm and encourages readers to call on the divine guidance of angels.

Filled with personal testimonies, practical guidelines and expert angel wisdom, *Angels Are with You Now* will teach readers how to recognize and communicate with angels for healing, growth and positive change. Readers will discover:

- who the angels are, moving beyond modern images of angels to understand their many faces and names
- angels through the ages, delving into ideas of angels across cultures and traditions
- the spiritual laws and four pillars of angel connection
- how to recognize messages and signs and identify new ways that angels are getting in touch

'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*

PRICE £12.99
ISBN 9781788178051
EBOOK ISBN 9781788178075
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PUBLICATION MONTH February

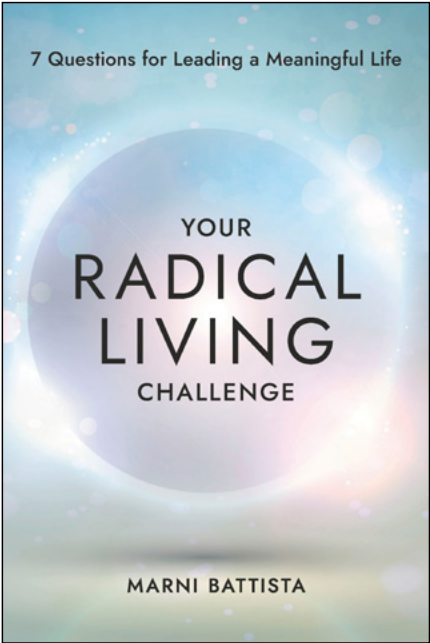
Kyle Gray is one of the UK's youngest, most sought-after angel experts. He is the author of seven books and the co-creator of eight oracle card decks and numerous audio meditations.
www.kylegray.co.uk

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

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.

Rooted in neuroscience, somatics and a whole-self approach to transformation, this book 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. Each question is illustrated by a personal story and Marni provides workbook-style exercises to help readers confront their fears, overcome resistance and define success on their own terms.

Delving into life, love, meaning and courage, *Your Radical Living Challenge* navigates conflicting emotions and aspirations, providing strategies to walk through life with authenticity, resilience and purpose.

A ground-breaking approach to personal transformation with insights from neuroscience, somatics and spirituality.

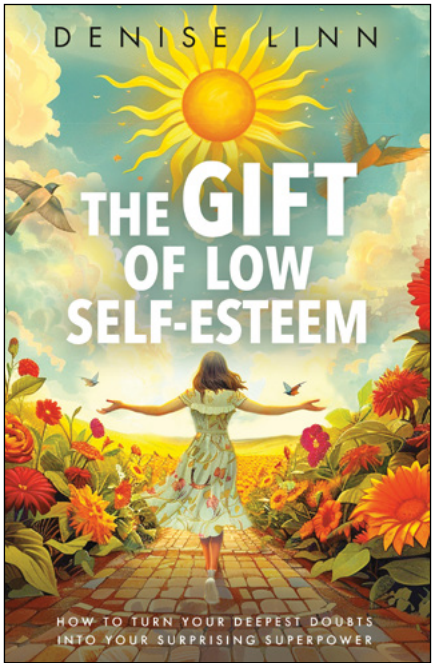
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PUBLICATION MONTH February

Marni Battista is an entrepreneur, author, podcast host, transformational coach, 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

The Gift of Low Self-Esteem

How to Turn Your Deepest Doubts into Your Surprising Superpower

DENISE LINN



Internationally acclaimed spiritual teacher Denise Linn explains that, contrary to popular opinion, low self-esteem is not a disadvantage, and shows readers how to unlock the gifts of this secret superpower. Candidly sharing her experience with self-worth, Denise reveals the insights she has gained on her journey to redefining her narrative and embracing herself for who she is.

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. In this book, readers will 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 Linn presents bold and visionary methods that create a powerful blueprint for a positive future.'

Deepak Chopra

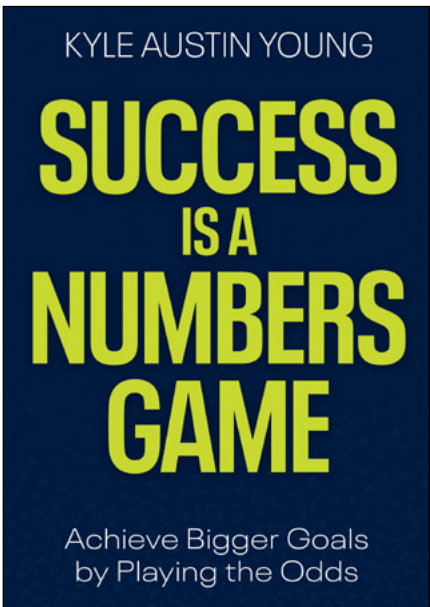
PRICE £14.99
ISBN 9781837822232
EBOOK ISBN 9781401977528
FORMAT 216 x 135mm, PB
RIGHTS World
PUBLICATION MONTH February

Denise Linn is an internationally renowned teacher in the field of self-development. She has written 19 books, which are available in 29 languages, including the bestseller *Sacred Space* and the award-winning *Feng Shui for the Soul*. Denise has appeared in numerous documentaries and television shows worldwide and is the founder of the Red Lotus Mystery School.
www.deniselinnseminars.com

Success Is a Numbers Game

Achieve Bigger Goals by Changing the Odds

KYLE AUSTIN YOUNG



Kyle Young is the marketing mastermind behind bestselling authors, tech-startup founders, real-estate moguls and award-winning psychologists. In *Success Is a Numbers Game*, Kyle busts conventional myths about the odds of success and shows readers how to use his revolutionary 'goal hacking' methodology to increase the odds in their favour.

Kyle's framework for stacking the odds shows readers how to deconstruct their goals into 'key events'. In this book, readers will learn how to:

- set up 'automatic advantages'
- effectively adjust their decision-making and relationships based on change
- use 'the rule of 60%' to avoid giving up
- fend off obstacles and reduce the chances of derailing events

Success Is a Numbers Game offers a clear, practical answer to the challenge of how to accomplish your biggest goals when the odds feel stacked against you.

A revolutionary framework that empowers readers to transform from someone who could succeed, into someone who mathematically should succeed.

PRICE £20.99
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EBOOK ISBN 9781401975432
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RIGHTS World English Language
PUBLICATION MONTH February

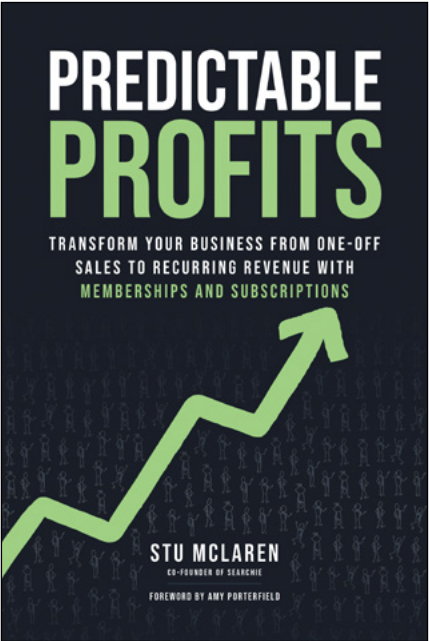
Kyle Austin Young is the founder of Growth Solutions and is a sought-after marketing and business strategy consultant for leaders. He has written for *Harvard Business Review*, *Fast Company*, *CNBC*, *Psychology Today*, *Forbes* and *Business Insider*.
www.kyleyoung.net

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

Predictable Profits

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

STU MCLAREN



In *Predictable Profits*, entrepreneur and membership expert Stu McLaren teaches readers how to create a recurring revenue stream.

Whether readers are launching a business for the first time or looking to transform their existing business, Stu McLaren, founder of Searchie and host of the *Marketing Your Business* podcast, is here to help them launch a membership site.

In *Predictable Profits*, readers will:

- learn who their audience is and how to attract them
- eliminate stress by creating predictability within their business
- discover what keeps members happy and coming back each month
- learn how to take control of their business and turn it into a source of recurring revenue

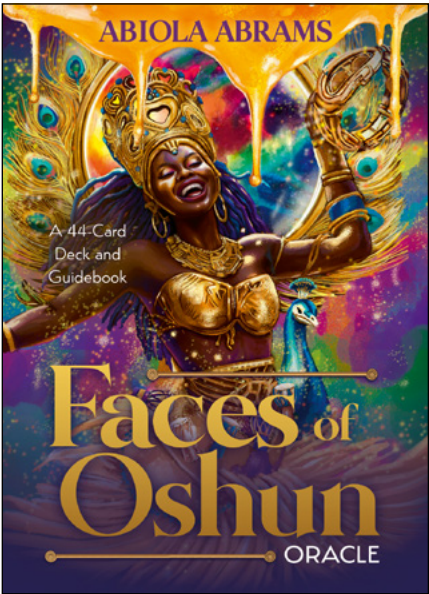
Learn to launch, grow and scale your membership business with Stu McLaren, founder of Searchie and host of the Marketing Your Business podcast.

PRICE £21.99
ISBN 9781401977788
EBOOK ISBN 9781401977795
FORMAT 229 x 152mm, HB
RIGHTS World
PUBLICATION MONTH February

Stu McLaren is the co-founder of Searchie and host of the *Marketing Your Business* podcast. He helps experts, authors, speakers, coaches, consultants and all types of business owners transform their knowledge, expertise and influence into recurring revenue by launching, growing and scaling membership businesses.
www.stu.me

Faces of Oshun Oracle

A 44-Card Deck and Guidebook
ABIOLA ABRAMS



Readers are invited to step into the enchanting world of Oshun – the Yoruba goddess of love, beauty and sweet waters – with this stunning deck from the creator of the bestselling *African Goddess Rising Oracle*.

The *Faces of Oshun Oracle* is a transformative tool that promises to elevate readers' understanding of love and inner beauty and awaken the divine feminine within. This oracle is more than just a set of cards; it's a mystical tool for enriching your life.

By using this deck, readers will gain profound insight into what they're doing well and where they might need help. 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, the *Faces of Oshun Oracle* will help readers heal and evolve.

Journey through the sweet waters and rich gold landscapes of Oshun's realm, where love and empowerment flows.



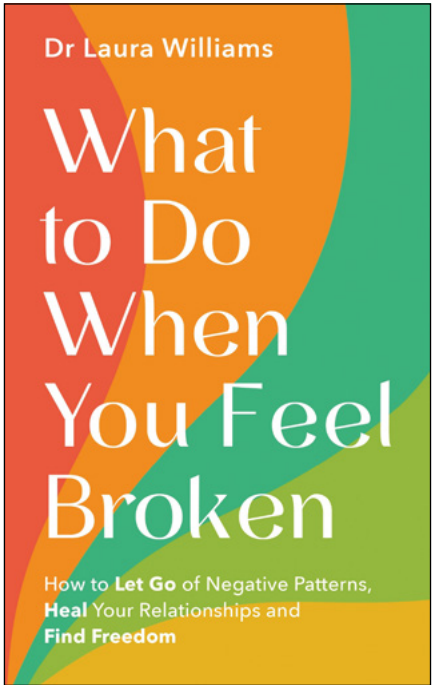
PRICE	£17.99
ISBN	9781401973063
FORMAT	Cards
RIGHTS	World
PUBLICATION MONTH	February

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

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.

In this book, Dr Williams takes readers on a journey of self-discovery. Her insights reveal how unhelpful psychological traits can persist from early conditioning, with many people having experienced some level of relational trauma. Dr Williams encourages healing by simplifying key psychological theories that explain to readers what drives behaviour and their unique psychological story.

Filled with exercises to help identify their 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 enable readers live with meaning, freedom and purpose.

'A wonderful guide that gives us the tools we need to grow from, and through, the difficult periods in our lives. A highly important and valuable book.'

Dr David R. Hamilton, author of *The Joy of Actually Giving a F*ck*

PRICE £14.99
ISBN 9781837822621
EBOOK ISBN 9781837822645
FORMAT 216 x 135mm, PB
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PUBLICATION MONTH February

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

Galactic Star Tarot

A 78-Card Deck and Guidebook

ALEXANDRA HANLY AND PAMELA CHEN



An out-of-this-world exploration of Starseeds – this modern tarot deck expands traditional symbolism to include spaceships, lasers, star codes and extraterrestrial beings.

Readers are invited to explore the deeper meanings of tarot with a little help from their Star Guides, an extensive array of Star Beings from diverse places across the Milky Way galaxy. Intricately detailed art takes readers from the desert of Area 51 on Earth to royal courts held upon starships and everywhere in between.

Activate the star magic within you, meet your Galactic Star Guides and unlock the mysteries of the cosmos!

PRICE	£21.99	Alexandra Hanly is a chief spiritual advisor and creator of the leading-edge Awakened Bliss Codes® energy technology.
ISBN	9781401975098	@alexandra_h_h
FORMAT	Cards	Pamela Chen is a mystical advisor, award-winning published author and bestselling deck creator.
RIGHTS	World	@pamelaunicorn
PUBLICATION MONTH	February	

The Psychic Tarot Pocket Oracle Cards

A 65-Card Deck and Guidebook

JOHN HOLLAND



This pocket-sized, portable version of John Holland's bestselling oracle deck combines tarot principles with psychic development techniques to strengthen the reader's intuition. Packaged in an elegant, compact tin, it's perfect for your on-the-go spiritual journey.

The 65 beautifully illustrated cards will create a powerful bridge between the reader's psychic abilities and the ancient knowledge and meanings of the tarot. It will help readers develop intuitive insights about all areas of their life, including love and relationships, business matters and career changes.

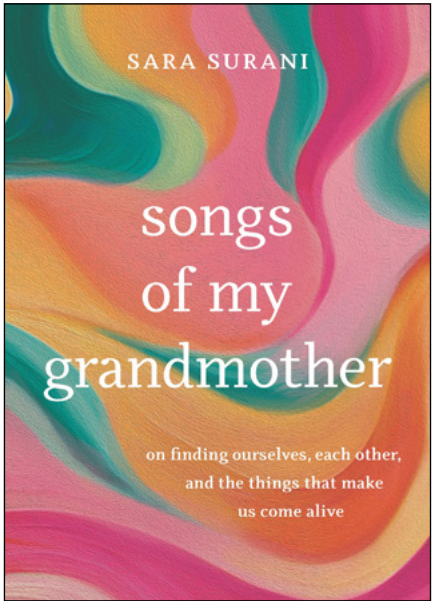
One of Hay House's top-selling decks now comes pocket-sized!

PRICE	£12.99	John Holland is an internationally renowned medium and spiritual teacher. He has been lecturing, teaching and reading for private clients for over 16 years.
ISBN	9781401993863	www.johnholland.com
FORMAT	Cards	
RIGHTS	World	
PUBLICATION MONTH	March	

Songs of My Grandmother

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

SARA SURANI



Songs of My Grandmother is 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. Sara Surani explores universal feelings through poetry, 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

Songs of My Grandmother will help readers to grow, celebrate their individuality, and – above all – realize that they're not alone on their journey. This book is about all that we share and conjures a deep sense of belonging – one that is needed now, more than ever.

A poetic memoir offering comfort, community and belonging through stories of love, loss, pain and rebirth.

PRICE	£12.99
ISBN	9781837822973
EBOOK ISBN	9781837823017
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RIGHTS	World
PUBLICATION MONTH	March

Sara Surani is co-founder of She is the Universe, a global movement for girls' empowerment. For the past few years, she has been working in remote communities in the Amazon jungle and is helping to start the first public holistic education school in Peru.
www.sheistheuniverse.org

Unbreakable

The Hidden Keys to Unlimited Energy, Disease Resistance and Longevity

ARI WHITTEN WITH ALEX LEAF



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

Ari Whitten, renowned functional health practitioner and founder of the Energy Blueprint, explains that the key to health, longevity and wellbeing isn't eliminating stress – but rather deliberately exposing your body to it to become stronger, more resilient and more energized.

In *Unbreakable*, Ari reveals the secret to slowing ageing and having a longer lifespan: hormesis. By exposing your body intentionally and systematically to the right hormetic stressors in the right amounts, you'll gift yourself the ability to live your fullest life. Brimming with the latest scientific research, this book will help readers understand:

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

Discover how to use stress to become stronger, more resilient and more energized.

PRICE £21.99
ISBN 9781401972615
EBOOK ISBN 9781401972622
FORMAT 229 x 152mm, HB
RIGHTS World
PUBLICATION MONTH March

Ari Whitten is the founder of the Energy Blueprint and the author of *Eat for Energy* and *The Ultimate Guide to Red Light Therapy*.
www.theenergyblueprint.com

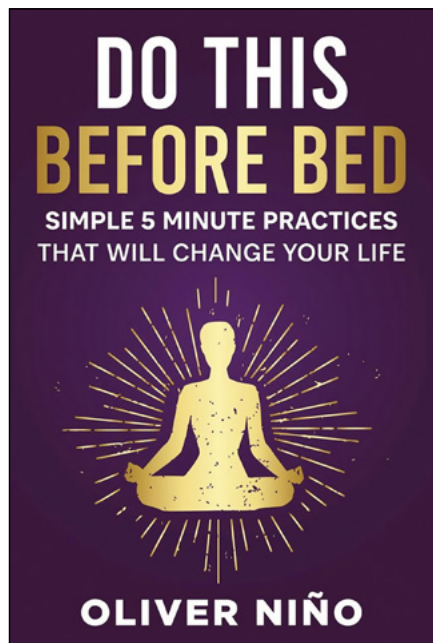
Alex Leaf is a nutritionist, content creator and research writer at the Energy Blueprint.
www.alexleaf.com

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

Do This Before Bed

Simple 5 Minute Practices That Will Change Your Life

OLIVER NIÑO



Transform your nightly routine into a gateway to abundance with practical guidance and spiritual insight for tangible, life-changing results. Drawing from two decades as an energy healer and spiritual activator, Oliver Niño offers a treasure trove of practices to elevate every aspect of the reader's life – starting with simple changes at bedtime.

The period right before you sleep is fruitful for co-creating with the universe. Whatever we focus on before we sleep sets the pace for our waking life. By capitalising on this crucial 'real estate', Oliver shows readers how they can set the stage for a life filled with love, joy, clarity, purpose and abundance.

In *Do This Before Bed*, readers will learn how to harness the untapped potential of their mind, emotions and energy before they drift off. Each simple yet effective practice – including visualizations, breathwork, light therapy, movement and journalling – is designed to seamlessly integrate into the reader's nightly ritual and catalyze profound identity shifts.

'Oliver is a gifted soul who has the ability to change someone's frequency by activating their true essence and voice.'

Anthony William, *New York Times* bestselling author of the *Medical Medium* book series

PRICE £18.99
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EBOOK ISBN 9781401980047
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Oliver Niño is an entrepreneur, author, energy healer and spiritual activation expert. He is also the co-founder of Authentic Living and creator of Geo Love Healing, an online company designed to help individuals master their energy, unblock themselves and become healers.

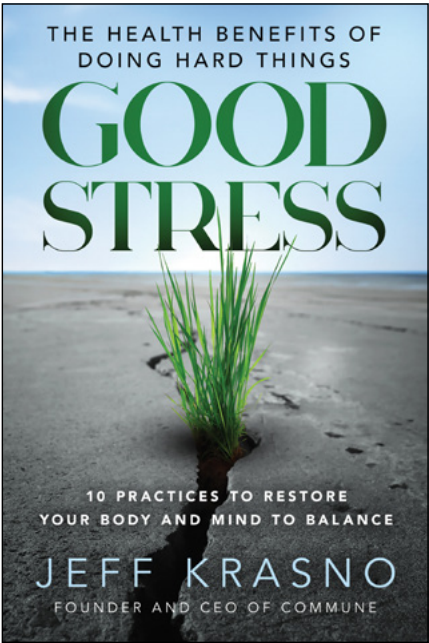
www.spiritualactivator.com

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

Good Stress

The Health Benefits of Doing Hard Things

JEFF KRASNO



Jeff Krasno, the founder and CEO of the global wellness platform Commune Media, explains how the comforts and conveniences of modern life undermine our biology and provides readers with a practical guide to reset their own health.

Chronic disease is the result of chronic ease: an endless abundance of calories, sedentary desk jobs, exposure to blue light and separation from nature. In *Good Stress*, Jeff shows readers how they can come back into balance, by thoughtfully subjecting their bodies and minds to the stressors they're naturally built for.

This book distils the hundreds of conversations that Jeff has had with acclaimed teachers and practitioners in mind-body wellness, including Gabor Maté, Mark Hyman, Marianne Williamson and Sharon Salzberg. Jeff gives readers wise and relatable guidance for 10 practices, including time-restricted eating, cold and heat exposure, light therapy, eating 'stressed plants' and more.

Ten protocols to counteract the 'chronic ease' that creates our modern epidemic of dis-ease.

PRICE	£21.99
ISBN	9781401993955
EBOOK ISBN	9781401993962
FORMAT	229 x 152mm, HB
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PUBLICATION MONTH	March

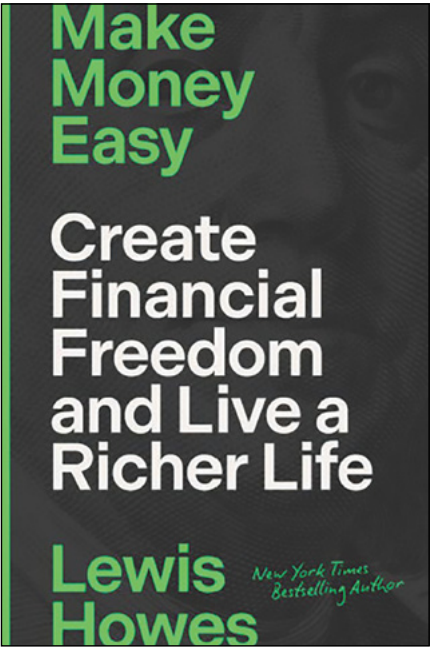
Jeff Krasno is the founder and CEO of the global wellness platform Commune Media. Jeff also hosts *The Commune Podcast*, interviewing a wide variety of luminaries from Deepak Chopra and Marianne Williamson to Matthew McConaughey. Jeff pens a weekly essay exploring spirituality, culture and politics that is distributed to over one million people.
www.jeffkrasno.com

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

Make Money Easy

Heal Your Relationship with Money and Create Financial Peace

LEWIS HOWES



Align your financial goals with your 'Meaningful Mission' to achieve lasting abundance and prosperity, with guidance from *New York Times* bestselling author Lewis Howes.

Leveraging insight gleaned from the many financial experts on his wildly popular *School of Greatness* podcast, the latest research around the psychology of money and his own journey to success, Lewis offers readers practical advice and mindset reframing techniques to make the peace and fulfilment they desire a day-to-day reality.

Readers will discover:

- the Financial Freedom Framework to challenge their money fears
- how to identify their money style
- seven money habits for financial peace and freedom
- how to connect their money mindset with their Meaningful Mission.

'Your limiting beliefs have held you back for far too long. Lewis Howes is here to help.'

Mel Robbins, international bestselling author of *The High 5 Habit*

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ISBN 9781401993931
EBOOK ISBN 9781401993948
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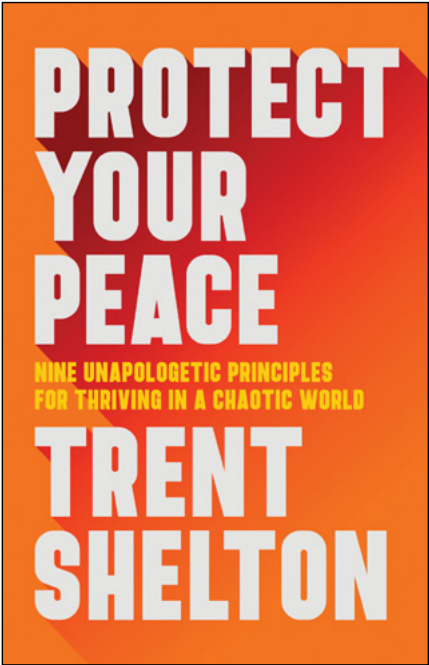
Lewis Howes is the *New York Times* bestselling author of *The Greatness Mindset* and *The School of Greatness*, as well as a keynote speaker. His podcast *The School of Greatness* is one of the top-100-ranked podcasts in the world. He was recognized as one of the top 100 entrepreneurs in the US under 30.
www.lewishowes.com

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

Protect Your Peace

Nine Unapologetic Principles for Thriving in a Chaotic World

TRENT SHELTON



Now in paperback – Trent Shelton, hailed as one of the most ground-breaking motivational speakers of our time, offers wisdom, practical strategies, personal stories and deep inspiration to help readers:

- protect their energy from the things that drain it
- protect their mind from the things that distract them
- protect their soul from the things that don't fulfil them

In *Protect Your Peace*, readers will find simple strategies for reconnecting with their inner strength, including appreciation, affection, accomplishment and activity – each one is a powerful source of energy that readers can use to reframe their life as a positive force for good. Trent shows readers accessible tools to set boundaries, hone their vision, disconnect from negativity and align with their true power and purpose.

'A voice that stands out, reaches into your soul and gives you the answers and the tools to overcome your challenges and achieve more.'

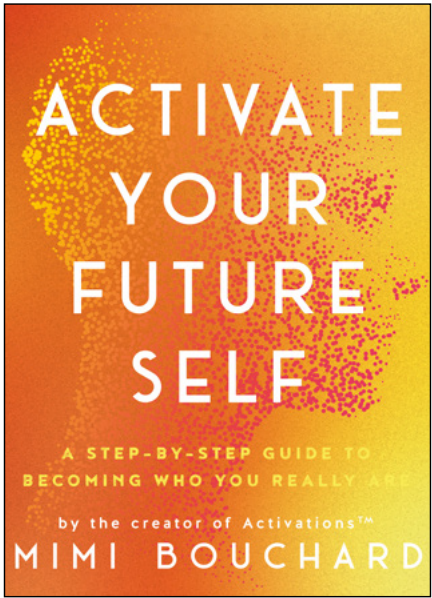
Dean Graziosi, *New York Times* bestselling author of *Millionaire Success Habits*

PRICE £14.99
ISBN 9781837823765
EBOOK ISBN 9781401973179
FORMAT 216 x 135mm, PB
RIGHTS World
PUBLICATION MONTH March

Trent Shelton is a former NFL player, motivational speaker and author of *The Greatest You: Face Reality, Release Negativity and Live Your Purpose*. Considered one of the most impactful speakers of this generation, he reaches over 60 million people weekly through hard-hitting videos and unprecedented engagement.
www.trentshelton.com

Activate Your Future Self

MIMI BOUCHARD



Activate Your Future Self draws on the science of clarity, resilience and adaptability to offer readers simple tools that will empower them to abandon perfectionism and transform their life.

Mimi Bouchard, founder and CEO of the revolutionary Superhuman app, introduces the Bounce Back Rate™ – a practical tool to help readers measure and improve the way they recover from setbacks and unlock a life of abundance.

Whether readers want to improve their relationships, overhaul their career, switch up their habits or stop repeating the same mistakes, *Activate Your Future Self* will help them get clear on what they want, make it a reality and keep it for good.

Simple but transformative, this book lays out a realistic path to getting everything you've ever wanted and maintaining the life of your dreams.

'Mimi's approach to manifesting the life you want is a breath of fresh air.'

Nicole Vignola, neuroscientist and author of *Rewire*

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ISBN 9781837823215
EBOOK ISBN 9781837823239
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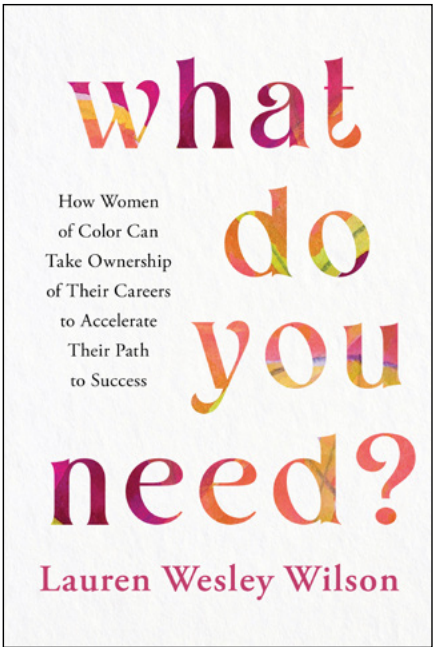
Mimi Bouchard is an entrepreneur, investor, podcaster and ex-TV personality. She is founder and CEO of the Superhuman meditation app, a seven-figure business with tens of thousands of paid subscribers, including high-profile devotees like Miranda Kerr and Lauryn Bosstick.
www.mimibouchard.com

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

What Do You Need?

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

LAUREN WESLEY WILSON



Now in paperback! Award-winning businesswoman Lauren Wesley Wilson uncovers the skills that women of colour need to know to reach executive leadership positions. In this book, readers will learn how to tackle imposter syndrome, build a network, establish their value and recognize the red flags when a job is a dead end.

Lauren explains how she has grappled with the question 'Do I belong here?' – a complicated one that women of colour repeatedly ask themselves. Through a decade of trial and error and many gutsy risks, Lauren learned how to take control of her career, accomplish her enormous goals and carve out a space for herself – one where she clearly belongs.

Containing stories from Lauren's own career, as well as tools, resources and practical strategies, *What Do You Need?* uncovers the secrets of how women of colour can accelerate their path to success.

Uncover the secrets and soft skills that women of colour need to know to reach executive leadership positions.

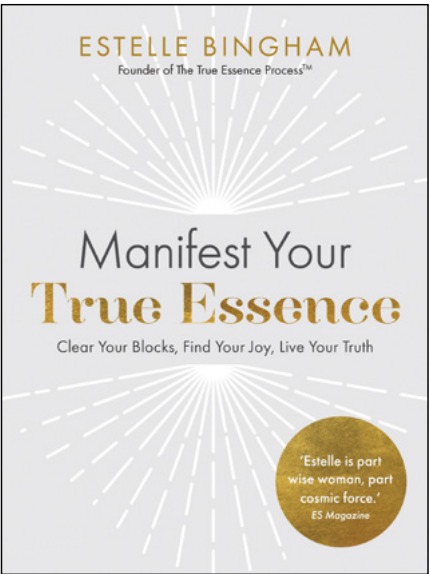
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RIGHTS World English Language
PUBLICATION MONTH April

Lauren Wesley Wilson is an award-winning businesswoman, marketer, media spokesperson and diversity and inclusion strategist. Lauren has been recognized by *PR Week's* 50 Most Powerful in PR, *Ad Age's* Women to Watch, *PR Week's* 40 under 40 Award, the Holmes Report Innovator 25, the PR Council's Diversity Champion Award, The Root 100 and New York Women in Communications.
www.laurenwesleywilson.com

Manifest Your True Essence

Clear Your Blocks, Find Your Joy, Live Your Truth

ESTELLE BINGHAM



This transformational book from highly acclaimed holistic healer and world-renowned coach Estelle Bingham shows readers how to reclaim their power to heal, stay connected to their purpose and manifest the heart-led life of their dreams.

Readers will discover Estelle's potent practices to tackle all the blocks to their desires and be guided through keys and rituals to help them come into true and perfect alignment with their Original Heart Energy. By working with Estelle's tried-and-tested True Essence Process™ and accessing their inner Master Healer, readers will become a direct conduit for flow, beauty and prosperity, and unlock codes to help them:

- transcend their deepest trauma
- rewire their subconscious
- nurture a deeper and more sacred connection to their source energy
- align with their core essence
- co-create their unique version of success and happiness

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

goop

PRICE	£14.99
ISBN	9781837820542
EBOOK ISBN	9781837820566
FORMAT	203 x 152mm, PB
RIGHTS	World
PUBLICATION MONTH	April

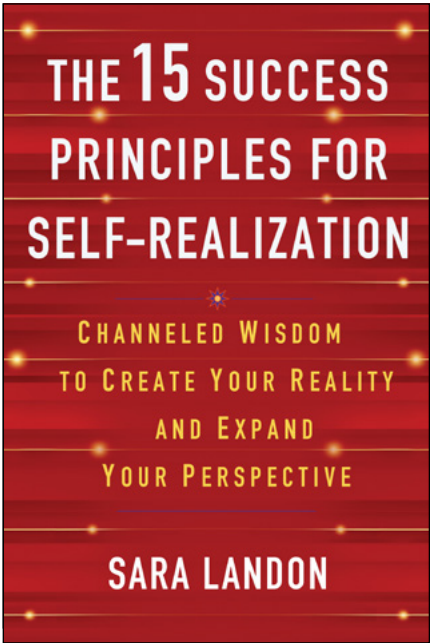
Estelle Bingham, also known as 'The Heart Whisperer', is a fourth-generation psychic, holistic therapist, healer and metaphysical teacher. She has been supporting others to find more love, connection and purpose in their lives for over 20 years. She is committed to helping others heal, express truth and embody their true joy and potential.
www.estellebingham.com

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

The 15 Success Principles for Self-Realization

Channeled Wisdom to Create Your Reality and Expand Your Perspective

SARA LANDON



From globally celebrated transformational leader and spiritual teacher Sara Landon, this transformative book invites readers to expand their perspective, become a creator of their own reality and express their true self with 15 foundational channeled teachings for complete self-realization.

Sara introduces essential steps for readers to follow on their journey of self-realization, based on core teachings from The Council – a group of ascended beings with an expanded view of our human reality.

Readers are gently guided through key concepts, like expanding perspective, being their own creator within their own creation of reality, experiencing life with ease and understanding that they are Source energy focused in human form.

Sara also shares how she lives the wisdom of The Council and channeled messages from The Council are peppered throughout the book.

'Sara is one of the great channelers of our times!'

Kevin Moore, host of *The Moore Show* and *They Call Us Channelers*

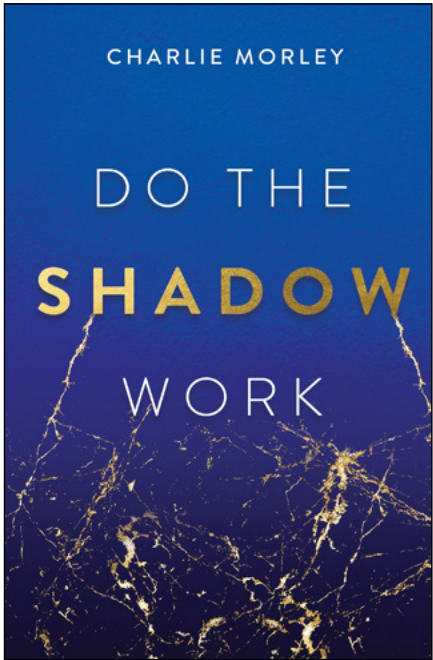
PRICE £13.99
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RIGHTS World
PUBLICATION MONTH April

Sara Landon is a globally celebrated transformational leader, visionary entrepreneur, spiritual advisor and channeller of The Council, a collective of ascended master beings with a higher level of consciousness and a grander perspective of the human experience.
resources.saralandon.com

Do the Shadow Work

And Find Lasting Self-Love and Acceptance

CHARLIE MORLEY



Bestselling author and shadow integration expert Charlie Morley shows readers how to reclaim and integrate their shadow self for healing and personal growth. Full of practical exercises, visualizations and meditations, *Do the Shadow Work* will take readers on a life-changing journey to befriend and embrace their shadow self and reach their highest potential.

To do the shadow work is to face all the parts of yourself you might not like. In this transformative guide, Charlie integrates ancient techniques with contemporary spiritual and psychological practices to show readers how to really look at who they are, embrace accountability and uncover the things they've hidden away or suppressed due to pain or trauma. Readers will discover:

- what shadow work is and isn't
- the different types of shadow, such as the golden shadow, the ancestral shadow and the sexual shadow
- the transformative advantages of shadow work, such as healing the inner child, moving through shame and finding self-love and acceptance

'Learning from Charlie felt like him taking me by the hand and guiding me on an exploration of my own mind.'

Vishen Lakhiani, *New York Times* bestselling author and founder of Mindvalley

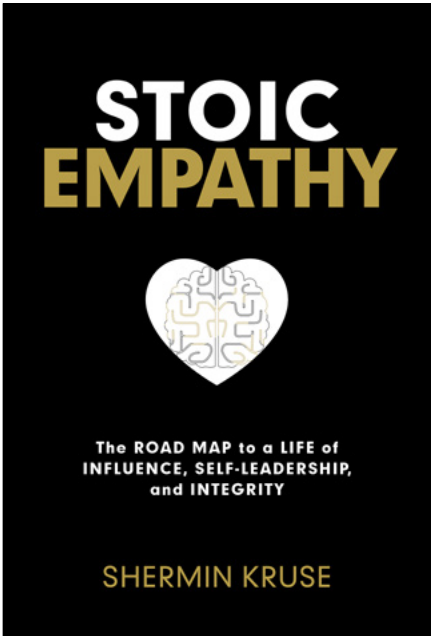
PRICE £12.99
ISBN 9781837823260
EBOOK ISBN 9781837823284
FORMAT 198 x 129mm, PB
RIGHTS World
PUBLICATION MONTH April

Charlie Morley is a bestselling author and lucid dreaming teacher who has 15 years of experience in the fields of sleep, dreams, shadow work and mindfulness.
www.charliemorley.com

Stoic Empathy

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

SHERMIN KRUSE



In this eye-opening book, professor Shermin Kruse offers readers a radical perspective shift – anchored in her compelling personal story and supported by cutting-edge research – to help them navigate challenges with power and principles.

We often think of empathy as *feeling* what someone else is feeling. But Shermin outlines a form based in cognition, not emotion – a way to understand the other person from a distance. She uses Stoic philosophy and modern science to outline the *how* of emotional regulation, giving readers the knowledge and discipline to:

- calmly assess the power dynamics of any situation
- understand and manage their emotions as well as those of others
- defuse danger and turn conflict into connection
- skillfully steer a challenging conversation towards the result they want

Correct power imbalances in your life with a science-backed practice combining the rigour of Stoic philosophy with the relational impact of empathy.

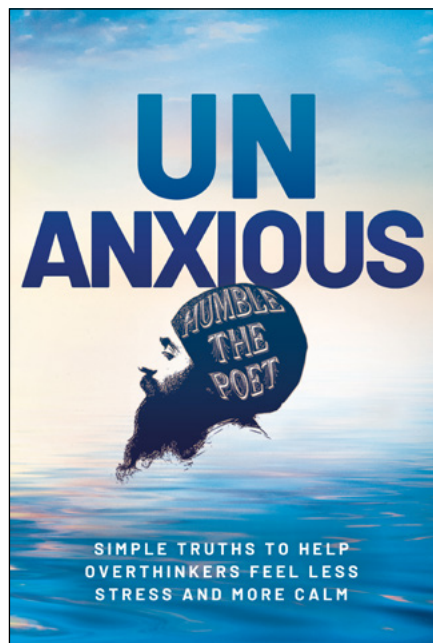
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RIGHTS World English Language
PUBLICATION MONTH April

Shermin Kruse is an award-winning idea curator, global change-maker, lawyer, professor, speaker and storyteller. She has nearly two decades of experience working in competitive strategy and game theory applications, advocacy, brand protection and augmentation, and dispute resolution.
www.sherminkruse.com

Unanxious

Simple Truths to Help Overthinkers Feel Less Stress and More Calm

HUMBLE THE POET



Learn to start living a life you love – no longer burdened by feelings of overwhelm, anxiety and burnout – through insightful stories, journal prompts and down-to-earth advice from artist and international bestselling author of *Unlearn*, Humble The Poet.

Unanxious encourages readers to face their own stressors and triggers head-on with research-backed techniques. Stories from Humble's recent lessons in facing fears by pushing his own boundaries – from ice baths, hot yoga and ayahuasca journeys to moving to a new city and forging meaningful connections with family and friends – inspire and empower readers to stop numbing and avoiding and start embracing discomfort and doing what they want to do.

With a beginner's mindset approach and a vulnerable sensibility, Humble walks alongside readers as they journey inward, learning from his mistakes and delivering words of wisdom less like a sage on a mountaintop and more like their most introspective friend.

'Humble the Poet offers refreshing and engaging simplicity for the ages.'

Gary John Bishop, *New York Times* bestselling author of *Unfu*k Yourself*

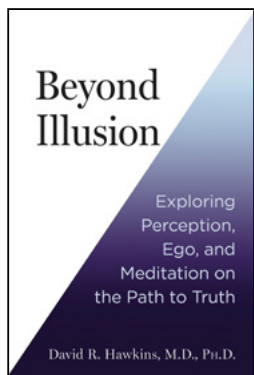
PRICE £20.99
ISBN 9781401980061
EBOOK ISBN 9781401980078
FORMAT 203 x 152mm, PPC
RIGHTS World English Language
PUBLICATION MONTH April

HUMBLE THE POET (aka Kanwer Singh) is a Canadian-born artist, rapper, spoken-word poet, international bestselling author and former elementary school teacher. He has more than one million social media followers and has been featured in major media including *BuzzFeed* and *Huffington Post*.
www.humblethepoet.com

Beyond Illusion

Exploring Perception, Ego and Meditation on the Path to Truth

DAVID R. HAWKINS



In this new book, derived from his popular Way to God lecture series, bestselling author and spiritual pioneer Dr David R. Hawkins offers readers insights into the illusory nature of existence and how to realize a state of higher consciousness. Readers will discover:

- how the ego functions in society
- how to obtain the benefits of meditation without going through formal renunciation
- the various ways to transcend the mind to become aware of the presence of God

Explore perception and illusion, how the truth becomes distorted, and the root of consciousness.

PRICE £13.99
ISBN 9781837822119
EBOOK ISBN 9781401977115
FORMAT 229 x 152mm, PB
RIGHTS World
PUBLICATION MONTH April

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

Food Babe Family

More Than 100 Recipes and Foolproof Strategies to Help Your Kids Fall in Love with Real Food

VANI HARI



Now in paperback – *New York Times* bestselling author Vani Hari carries her food revolution into the family kitchen with best practices for a lifetime of healthy eating.

Readers will discover all the tools and recipes they need to feed their children in a way that will set them up for a lifetime of healthy eating. Vani also includes tips to show readers how to navigate food in schools and day care centres, deal with 'picky eaters' and make mealtimes fun for kids, without processed foods.

'This is not your average cookbook. This is like having Vani by your side in the kitchen to help you feed your family delicious, healthy, real food.'

Gabby Bernstein, *New York Times* bestselling author of *The Universe Has Your Back*

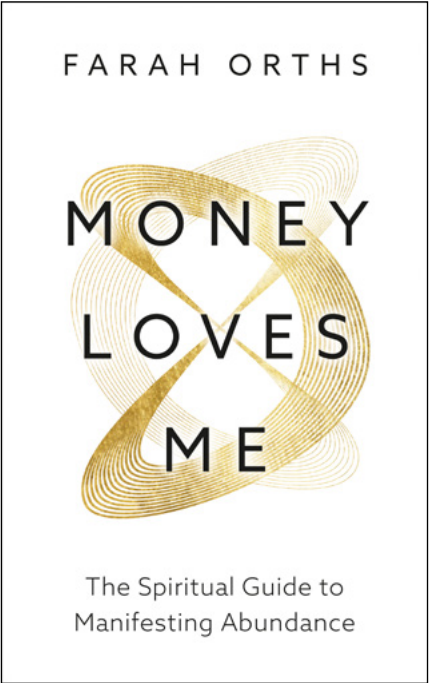
PRICE £20.99
ISBN 9781401976002
EBOOK ISBN 9781401974084
FORMAT 232 x 190mm, PB
RIGHTS World English Language
PUBLICATION MONTH April

Vani Hari is a revolutionary food activist, a *New York Times* bestselling author, co-founder of the organic food brand TruVani and was named one of the 'Most Influential People on the Internet' by *Time* magazine.
www.foodbabe.com

Money Loves Me

The Spiritual Guide to Manifesting Abundance

FARAH ORTHS



Money healing coach Farah Orths helps readers to release shame around money, manifest abundance and believe that money loves them.

In this transformative book, Farah offers a heart-led approach to help readers overcome financial blocks and embrace the limitless opportunities the universe provides. *Money Loves Me* will take them on a journey of self-discovery to find true acceptance and self-love.

Readers will learn to:

- release shame and heal generational trauma related to money
- transform their relationship with money and rediscover their self-worth
- heal deep wounds and unlock a life of radical abundance

You are worthy and capable of achieving a divine connection to money and wealth. Money wants to love you – are you ready to let it?

Transform your relationship with money, heal your money wounds and unlock an abundant life.

PRICE £12.99
ISBN 9781837822843
EBOOK ISBN 9781837822850
FORMAT 216 x 135mm, PB
RIGHTS World
PUBLICATION MONTH May

Farah Orths is a profound channel, spiritual guide and money healing coach. She offers workshops to heart-led people who want to transform their relationship with money and welcome more abundance into their lives.
@farahorths

Add a Zero

A 5-Step Guide to Freeing Yourself Financially and Creating a Life on Your Terms

ROSE HAN



YouTube money expert Rose Han went from being \$100K in debt to a self-made millionaire. Based on the lessons she learned along the way, in this book Rose shares a detailed road map for readers to take control of their money and achieve financial freedom.

Rose's actionable five-step method provides reader with practical tools to get out of debt and maximize their net worth. In *Add a Zero*, readers will discover:

- mindset shifts to gain confidence and take meaningful action
- the fundamentals of personal finance and creating their own personal finance statement
- investment strategies to make their money work for them
- how to generate income streams

Don't let fear hold you back. Now is the time to turn your goals into a reality – one zero at a time!

Overcome financial struggles and watch your net worth grow – one zero at a time.

PRICE £21.99
ISBN 9781401980122
EBOOK ISBN 9781401980139
FORMAT 216 x 135mm, HB
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PUBLICATION MONTH May

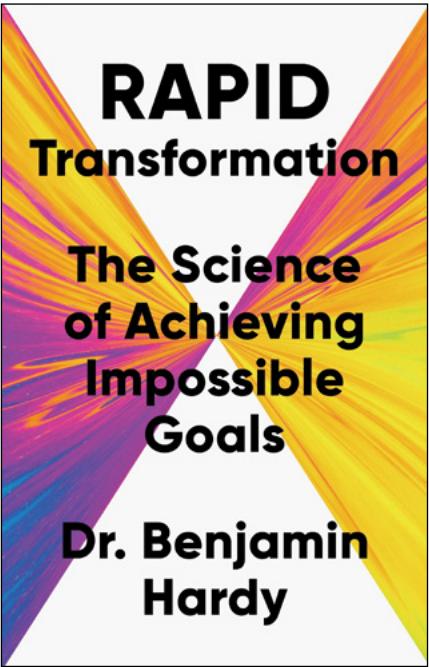
Rose Han is a money expert and YouTuber with over 800,000 subscribers. Her mission is to empower people with the mindset and financial know-how to create a life of total freedom.
www.rosehan.com

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

Rapid Transformation

The Science of Achieving Impossible Goals

DR BENJAMIN HARDY



In this transformative book, organizational psychologist Dr Benjamin Hardy explores time as distance travelled rather than elapsed duration, showing that our time controls our lives.

In *Rapid Transformation*, Dr Hardy explains how time can be stretched and manipulated and explores the physics concept of wormholes – where you can 'jump' from one place in spacetime to another, covering vast distances in a small amount of time.

What if we measured our entire lives as we measure light-years – as distance travelled rather than time elapsed? How would each day look, if rather than passing through 24 hours, we measured how far we moved that day? Twenty-four hours wouldn't mean anything.

This book is a must-read for anyone who strives to be more productive with their time and energy. *Rapid Transformation* shows readers how their understanding of time can affect their habits, their decision-making and their wellbeing.

'In an age when few people think deeply about life, Benjamin Hardy is the exception.'

Jeff Goins, bestselling author of *The Art of Work*

PRICE	£20.99
ISBN	9781401967635
EBOOK ISBN	9781401952280
FORMAT	216 x 135mm, HB
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PUBLICATION MONTH	May

Dr Benjamin Hardy is an organizational psychologist and author of eight books, including three with the legendary entrepreneurial coach Dan Sullivan. He has been featured in the *Harvard Business Review*, *Psychology Today* and *The New York Times*, among many others.
@drbenjaminhardy

Sisterhood of the Seers Oracle

A 44-Card Deck with Guidebook

ATHENA LAZ



Spirit is always guiding us towards love and this stunning deck is a reflection of that love mirrored back by the Sisterhood of Seers: a collective of energy that offers a map to wholeness and wellbeing.

In this oracle, bestselling author and expert on intuition, dreams and consciousness Athena Laz shows readers all the gateways that they can enter, giving them the opportunity to choose mindfully between paths.

Split into four stunning suits, the cards will show readers what they potentially didn't know or 'see' in the past, so that they can step out of repetitive patterns in the here and now. It will also show readers what will come to pass if they remain on their current course of action.

This is the true art of seership: working with what was, is and shall be.

A 44-card oracle deck to connect readers to their own inner guidance through activating 11 archetypal Seers.



PRICE	£17.99
ISBN	9781401977993
FORMAT	Cards
RIGHTS	World
PUBLICATION MONTH	May

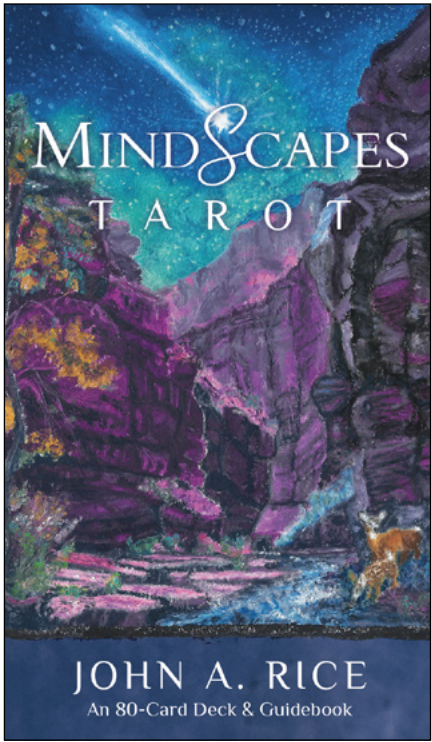
Athena Laz is an intuitive, spiritual mentor, lucid dream teacher and depth psychologist. Her bestselling books have been translated into more than 12 languages worldwide. Athena has helped thousands of people all over the world discover the depths of their psyches and spirit through the medium of dreams, symbols, metaphor and image.
www.athenalaz.com

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

Mindscapes Tarot

An 80-Card Deck and Guidebook

JOHN A. RICE



*Open a portal to a world
of inner exploration and dive
into a journey of self-discovery.*

Mindscapes Tarot is a vivid reimagining of the tarot, hand-drawn in oil pastel in the style of classical landscape paintings – each card a window to magical worlds and to our innermost selves. Drawing inspiration from psychology, mythology and colour theory, the stunning artwork in this unique tarot deck is healing, inspiring and vibrates with childlike whimsy and natural beauty.

As readers delve into the deck, they will be immersed in a realm where every stroke of colour whispers secrets of the subconscious. No matter their skill level, readers will be able to get clear answers and find authentic, creative solutions to their problems.

Readers are invited to allow each card to become a portal to a world of inner exploration, where the boundaries between myth and reality blur and the depths of the soul are illuminated. With beautiful artwork and profound symbolism, this deck is more than just a tool for divination – it's a catalyst for personal growth and transformation.



PRICE £21.99
ISBN 9781401976989
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RIGHTS World
PUBLICATION MONTH May

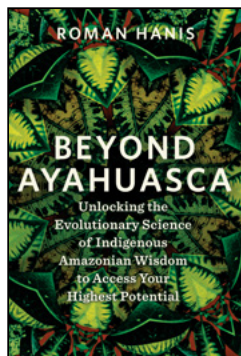
John A. Rice is an award-winning actor, writer and artist specializing in oil pastels. As one of the few artists working in this medium, his work has sold in more than 35 countries worldwide. It is John's mission to foster healing, introspection and creativity through otherworldly art — empowering the internal world so that we can enrich our outer world.

www.jarstudionyc.com

Beyond Ayahuasca

Unlocking the Evolutionary Science of Indigenous Amazonian Wisdom to Access Your Highest Potential

ROMAN HANIS



Beyond Ayahuasca empowers readers to transform their relationship to themselves – and the entire universe – through a series of tools and practices, questions for self-inquiry and guided contemplation, reminders to stay accountable throughout the innate spiritual journey and information about the evolutionary science of humanity.

This book offers a unique guide to Ayahuasca ceremonial traditions, allowing the reader to have a direct firsthand experience of going through a shamanic rite of passage and apprenticeship, and realizing one's fullest potential to live a life free of suffering.

A transformative step-by-step guide through the three main pillars of Amazonian indigenous teachings.

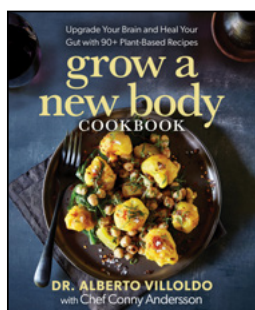
PRICE £14.99
ISBN 9781837823369
EBOOK ISBN 9781401979607
FORMAT 229 x 152mm, PB
RIGHTS World
PUBLICATION MONTH May

Roman Hanis has been working closely with the Indigenous Peruvian cultures in the Amazonian rainforest and Andean mountains for over 20 years. He is the co-founder of the Paititi Institute, which stewards 4,000 acres of land in the Mapacho Valley of the Peruvian Andes.
www.paititi-institute.org

Grow a New Body Cookbook

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

ALBERTO VILLOLDO AND CONNY ANDERSSON



Now in paperback – a cookbook rooted in shamanic wisdom, with over 90 plant-based recipes to help readers grow stronger, become healthier and reverse the loss of vitality associated with ageing.

Shamanic practitioner Alberto Villoldo explains why the way we eat today is wreaking such havoc on us – and how we can reverse the damage. Eating the foods recommended in this book will allow readers to forge a profound connection with nature and experience a renewed sense of purpose in life.

Discover delicious, nutrient-dense, plant-based recipes that will help you return to an ancient, shamanic way of eating.

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

Dr Alberto Villoldo is a psychologist and medical anthropologist and has studied the healing practices of the Amazon and the Andean shamans. www.thefourwinds.com

Conny Andersson is a celebrated chef who has worked throughout Asia, from the Kingdom of Bhutan to Vietnam.

Queer Devotion

Spirituality Beyond the Binary in Myth, Story and Practice

CHARLIE CLAIRE BURGESS

Photo Credit: Charlie Claire Burgess



A liberating exploration of the queer divine in deities and figures of myth and legend that opens pathways for LGBTQIA+ readers to revere the divinity within and create an affirming spiritual practice.

In *Queer Devotion*, Charlie Claire Burgess seeks to open pathways for LGBTQIA+ readers to connect with the divine. By revering and celebrating the queer divinity in existing gods, goddesses and goddaxes of mythology, Charlie shows readers how to resurrect the queer divine within themselves through explorations and queered retellings of their stories. Charlie explains how we can also queer the idea of divinity *itself*, illuminating queer threads in Arthurian legend, European folklore, Victorian monsters and witchcraft.

This book also offers exercises, reflection prompts and ritual suggestions for readers to build their own liberated, self-defined and self-directed queer devotional practice.

Build your own personal practice of liberated, self-defined and self-directed devotion.

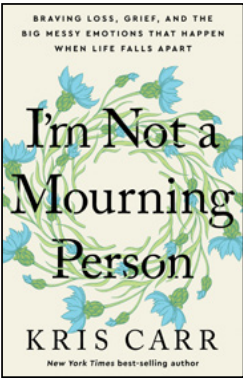
PRICE £16.99
ISBN 9781837822799
EBOOK ISBN 9781401978532
FORMAT 229 x 152mm, PB
RIGHTS World
PUBLICATION MONTH May

Charlie Claire Burgess (they/them) is a queer and trans-nonbinary tarot practitioner, writer, illustrator, deck creator and witch. They are the creator of *Fifth Spirit Tarot* and author of *Radical Tarot*.
www.thewordwitchtarot.com

I'm Not a Mourning Person

Braving Loss, Grief and the Big Messy Emotions That Happen When Life Falls Apart

KRIS CARR



Now in paperback – a transformational book about love, loss and all the life-changing insights we receive when we're brave enough to walk through the fire. *New York Times* bestselling author Kris Carr provides an essential guide to help readers process their emotions and remove the barriers that are stopping them from experiencing the fullest life imaginable.

When we face our grief, our emotions teach us how to be free – not free from pain, but free from the *fear* of pain and the block it creates to joyful, full living.

'Kris Carr's riveting journey started a revolution... She's an absolute game changer.'

Oprah Winfrey

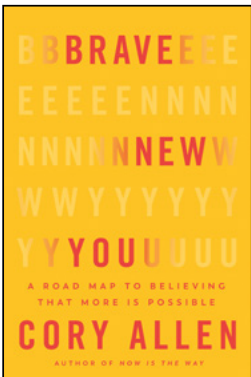
PRICE	£14.99
ISBN	9781837823499
EBOOK ISBN	9781401970079
FORMAT	216 x 135mm, PB
RIGHTS	World
PUBLICATION MONTH	May

Kris Carr is a multi-week *New York Times* bestselling author, speaker and wellness activist. She is the subject and director of the documentary *Crazy Sexy Cancer* and the author of the award-winning *Crazy Sexy* book series.
www.kriscarr.com

Brave New You

A Road Map to Believing That More Is Possible

CORY ALLEN



Now in paperback – Cory Allen provides a profoundly intuitive road map to take charge of your life. In *Brave New You*, readers will follow a highly intentional, vividly engaging path of proven teachings to turn their goals into reality.

Readers will discover the importance and power of mindset; how to release habits of negative thinking; ways to look at their life with fresh eyes; smart strategies to infuse their life with meaning and purpose; and a simple yet radical mindset shift that will change their definition of what's possible.

'Brave New You is full of practical tools to help anyone tap into their intuitive voice, build self-trust and create the life they want.'

Dr Nicole LePera, *New York Times* bestselling author of *How to Do the Work*

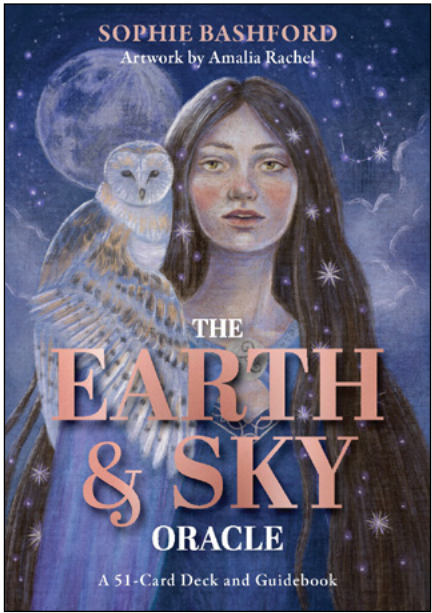
PRICE	£13.99
ISBN	9781837824328
EBOOK ISBN	9781401976576
FORMAT	229 x 152mm, PB
RIGHTS	World English Language
PUBLICATION MONTH	June

Cory Allen is an author, podcast host and influencer. Cory writes daily thoughts on mindfulness and mental clarity for his large Instagram following, reaching over a million people a week.
www.cory-allen.com

The Earth and Sky Oracle

A 51-Card Deck and Guidebook

SOPHIE BASHFORD



A 51-card deck and guidebook helping readers to connect with the universal, sacred energies of the Earth and sky, as embodied by ancient goddesses and gods from all over the globe.

This beautiful oracle will show readers how to harness ancient wisdom to heal, help them to consciously connect to their body and remind them that the sacred forces of creation live within us all. Readers will learn:

- why so many deities are linked to the sun, moon, stars and core elements of nature
- how this primordial wisdom can guide and inspire them along their life path
- the cultural and geographical origins of each goddess or god, and which aspect of Earth or sky they preside over
- spiritual and practical life guidance, a healing message and an invocation from each divine figure
- how the balancing of masculine and feminine energy in the Earth and sky links to the balancing of the energy between our lower and upper Chakras

'Sophie Bashford is a goddess and I've been enjoying her work for years.'

Yasmin Boland, bestselling author of *Moonology*™



PRICE £18.99
ISBN 9781788179546
FORMAT Cards
RIGHTS World
PUBLICATION MONTH June

Sophie Bashford is an author, intuitive practitioner and retreat creator. She supports people all over the world to awaken their soul memories of the goddess and sacred feminine energy through her workshops and retreats.
www.sophiebashford.com

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

The Atomic Element Healing Oracle

A 44-Card Deck & Guidebook

AMY LEIGH MERCREE



Unleash the power of the elements that make up everything in the universe – from our own bodies to the distant stars – with this high vibrational healing oracle from medical intuitive Amy Leigh Mercree.

This 44-card deck marries science and spirituality, harnessing the unique energies of the elements to elevate the reader's physical, emotional, mental and spiritual wellbeing. Each card is the personification or embodiment of an element, turning hard science into a deeply personal, transformative tool.

Whether readers seek guidance for simple day-to-day questions or profound life changes, the elemental archetypes will help them connect with the universal language of energy, empowering them to realign their body's frequency with optimum mental and physical health. More than just a divination tool, this deck opens a pathway to deeper understanding and connection with the world around us.

'Amy Leigh Mercree opens the doors to expansive possibilities and optimal alignment for full body, mind, emotional and spiritual health.'

Shannon Kaiser, bestselling author of *The Self-Love Experiment*



PRICE £17.99
ISBN 9781401977405
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RIGHTS World
PUBLICATION MONTH June

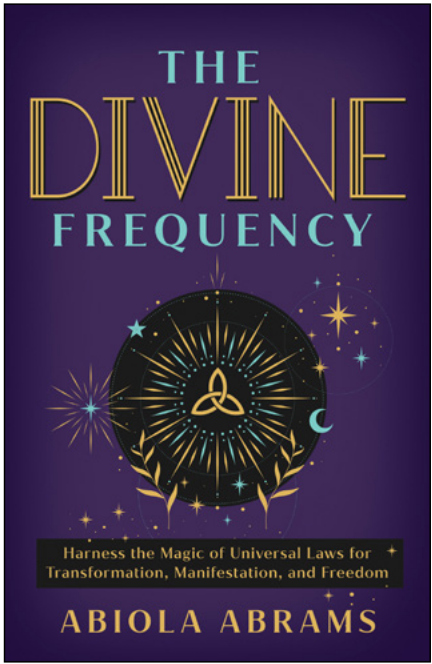
Amy Leigh Mercree is a holistic health expert, medical intuitive and author. Her work has been featured in *Glamour*, *Women's Health*, *Shape*, *Huffington Post*, *Soul & Spirit*, *Mind Body Green*, *Reader's Digest*, *The Oprah Magazine*, *Forbes*, *First for Women*, *Country Living*, *Bustle* and many more.
www.amyleighmercree.com

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

The Divine Frequency

Harness the Magic of Universal Laws for Transformation, Manifestation and Freedom

ABIOLA ABRAMS



In this book, award-winning author Abiola Abrams provides actionable and practical advice to help readers fine-tune their vibe, attract what they want and navigate obstacles with ease using Universal Laws – the universe’s most potent secrets. She also shares stories that prove how real people have harnessed these laws to transform their lives from mundane to miraculous.

The Divine Frequency is the frequency of God consciousness, the very essence of conscious creation. In this book, Abiola reveals how to use the Universal Laws to reach this frequency and manifest your desires.

Simple and accessible, every page shows readers how to sync up with the cosmic groove and unlock a life that’s brimming with joy, meaning and a whole lot of magic. *The Divine Frequency* strips away the mystique of the Universal Laws, serving them up in bite-size, actionable pieces that will fit right in to the reader’s daily life.

‘There is no greater hand to hold through your guided journey into the land of self-love and spiritual connection than Abiola’s, who will no doubt handle it with care.’

Charli Penn, *ESSENCE* magazine

PRICE	£14.99
ISBN	9781788179430
EBOOK ISBN	9781401972929
FORMAT	216 x 135mm, PB
RIGHTS	World
PUBLICATION MONTH	June

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

Reclaiming Your Inner Child

A Journey of Childhood and Ancestral Healing

NINA MONGENDRE

Photo Credit: Joanna Malecka Photography



Healer and neuro-emotional coach Nina Mongendre guides readers through a journey of releasing what doesn't belong to them and reclaiming what does: resiliency and joy.

How we treat our inner child reflects on every aspect of our lives. It is the foundation of our habits and of our self-worth. When we deny, reject or criticize our own innocence and vulnerability, we hinder our capacity for authenticity and connection.

We are stuck in a triangle of disempowerment in which only three roles are available: victim, villain and rescuer. This transformative book teaches readers how to step out of this triangle and become their own guide on an epic inner quest. Nina invites readers to write a new story, to finally meet their needs and take full responsibility for their lives.

Make peace with your past, release the burdens you carry from your ancestry and embrace the gifts of the present.

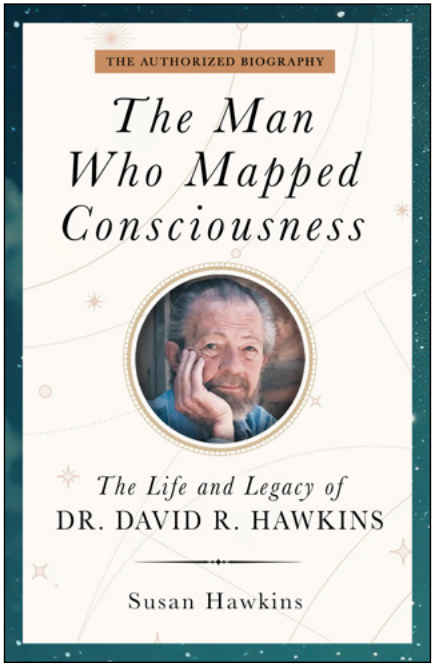
PRICE £12.99
ISBN 9781837821266
EBOOK ISBN 9781401976231
FORMAT 216 x 135m, PB
RIGHTS World
PUBLICATION MONTH June

Nina Mongendre is a healer trained in family constellations and inherited family trauma. She is also a certified neuro-emotional coach with the Center for Emotional Education and a certified shamanic energy medicine practitioner with the Four Winds Institute.
www.ninamongendre.com

The Man Who Mapped Consciousness

The Life and Legacy of Dr David R. Hawkins, The Authorized Biography

SUSAN HAWKINS



Dr David R. Hawkins was not only a brilliant thinker, but also a man of deep compassion and love, dedicated to the upliftment of all of humanity. His existence was a symphony of curiosity, discovery and transformation.

From his discoveries as a science-based psychiatrist to the confirmed reality of his own unique spiritual experiences, David gifted us with a treasure trove of insights into the human psyche and consciousness itself, that are as mind-blowing as they are soul-nourishing.

David handed us a road map to truth with his visionary Map of Consciousness® – an extremely useful guide in gaining profound insights into the nature of our existence and purpose on earth.

In this authorized biography of David's life, readers will discover the revelations that turned his world upside down and elevated the consciousness of anyone fortunate enough to encounter his work.

'I consider myself a student of David Hawkins and return to his books and work time and time again. His wisdom deeply resonates with my lived experiences.'

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

PRICE £14.99
ISBN 9781837823338
EBOOK ISBN 9781401979584
FORMAT 216 x 135mm, PB
RIGHTS World English Language
PUBLICATION MONTH June

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

The Good Goodbye

The Transformative Power of Conversation at the End of Life

MAUREEN P. KEELEY AND JULIE M. YINGLING



We will all face the death of a loved one and many, if not most people, in our culture will be hesitant and unprepared to say goodbye.

In *The Good Goodbye*, readers will learn how culture affects final conversations. They will discover examples from real people interviewed over many years, whose final conversations with loved ones included themes such as love, taking care of business, identity, spirituality and healing difficult relationships.

Readers will explore the positive outcomes of final conversations, both from the advice of children and the detailed stories of adults who were changed profoundly in their attitudes and life paths. They will also see that many people have experienced communication with their loved one after they passed.

Ultimately, *The Good Goodbye* will show readers how others overcame negativity to engage in their goodbyes and how they can improve their own preparedness to have final conversations.

Communication experts offer examples and expertise about end-of-life conversations to inspire and encourage readers to have their own.

PRICE £14.99
ISBN 9781837823529
EBOOK ISBN 9781401980160
FORMAT 229 x 152mm, PB
RIGHTS World
PUBLICATION MONTH June

Maureen P. Keeley, PhD is a professor at Texas State University and is considered one of the leading experts in family communication at the end of life. She is the co-author of *Final Conversations*.

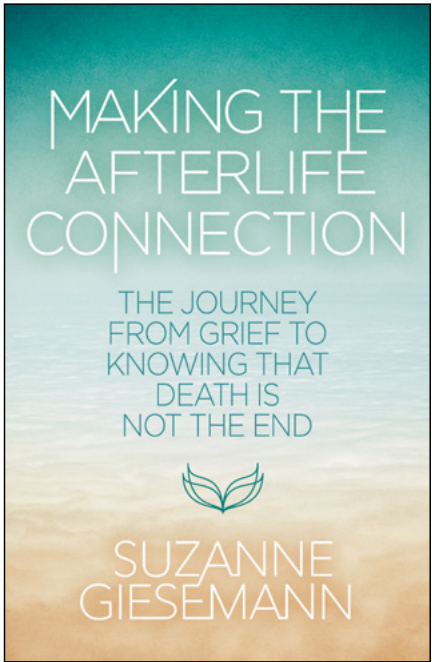
Julie M. Yingling, PhD is Professor Emerita of Communication at Humboldt State University. She is the author of *A Lifetime of Communication* and the co-author of *Communicating with Children* and *Final Conversations*.

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

Making the Afterlife Connection

The Journey from Grief to Knowing that Death Is Not the End

SUZANNE GIESEMANN



A profound exploration of mediumship, spirituality and the interconnectedness of all beings, with practical tools and personal stories to help readers connect with the spirit world and their own divine nature.

In *Making the Afterlife Connection*, gifted medium Suzanne Giesemann takes readers on a journey of spiritual awakening, to a life beyond physical existence. As a former Navy Commander, Suzanne's credibility and down-to-earth style make deep spiritual concepts accessible and engaging. She offers a grounded approach that blends her military background with her spiritual insights, and in doing so, she demystifies mediumship and provides a systematic method for readers to explore their own gifts.

This book is rich with compelling, true stories and practical exercises that help readers experience their own spiritual connections. By sharing her personal journey and the irrefutable evidence she has gathered, Giesemann helps readers understand that they are part of a larger, interconnected web of existence and that divine love is a powerful, healing force available to everyone.

'Suzanne Giesemann has captured the hearts of spiritual practitioners. She has an amazing gift of sharing complex spiritual topics.'

Sandra Ingerman, internationally renowned shamanic teacher and award-winning author

PRICE £14.99
ISBN 9781837824298
EBOOK ISBN 9781401995645
FORMAT 216 x 135mm, PB
RIGHTS World
PUBLICATION MONTH June

Suzanne Giesemann is a world-renowned spiritual teacher and medium. She is the author of *The Awakened Way* and the creator of The Awakened Way™ app, which offers daily inspirational messages to its 30K+ users. She also hosts the top-ranking *Messages of Hope* podcast and has been recognized on *Watkins Mind Body Spirit* magazine's list of '100 Most Spiritually Influential Living People'.
www.suzannegiesemann.com

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

Building Your Money Machine

How to Get Your Money to Work Harder for You Than You Did for It!

MEL H. ABRAHAM



Now in paperback – visionary financial expert Mel H. Abraham offers readers practical guidance on reclaiming financial control in this transformative wealth-building guide.

Part money philosophy, part mindset, part strategy and part tactical action, Mel's powerful frameworks will show readers how to demystify wealth creation; build the three pillars of their Money Machine; and optimize their earnings, transform them into assets and protect them from loss.

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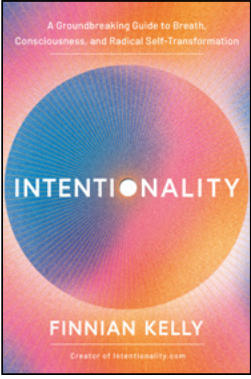
Amy Porterfield, *New York Times* bestselling author of *Two Weeks Notice*

PRICE	£15.99	Mel Abraham is the founder of the Affluence Blueprint™ and Thoughtpreneur Academy, author of <i>The Entrepreneur's Solution</i> and host of the podcast <i>The Affluent Entrepreneur Show</i> . www.melabraham.com
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Intentionality

A Groundbreaking Guide to Breath, Consciousness and Radical Self-Transformation

FINNIAN KELLY



Now in paperback! Discover the transformative power of intentionality – a feelings-first approach to living and leadership. Combining scientific and spiritual principles, Finnian Kelly leads readers through the principles of intentional living, breaking them down into actionable steps and targeted breathing exercises.

Through this process, readers will learn the core makeup of their emotional operating system; let go of social conditioning; master their built-in superpower of breath; recode their mind; and elevate their consciousness.

'Finnian is the perfect guide to transform your life and optimize your sense of purpose and fulfilment. Intentionality is a game changer.'

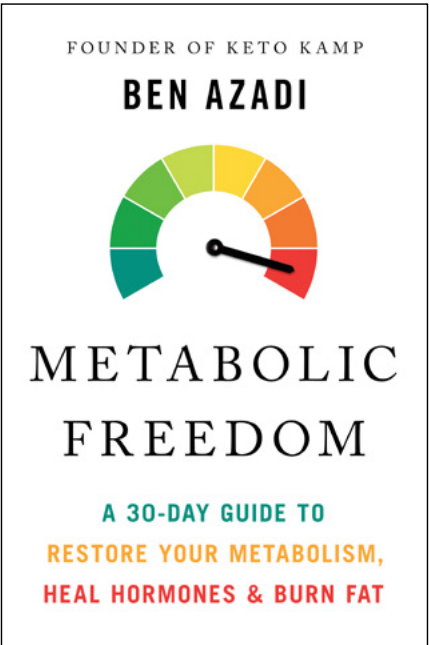
Colin O'Brady, *New York Times* bestselling author of *The Impossible First*

PRICE	£14.99	Finnian Kelly is a highly sought-after speaker, event facilitator and executive coach. He is also the creator and Chief Visionary Officer of Intentionality.com . www.intentionality.com
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Metabolic Freedom

A 30-Day Guide to Restore Your Metabolism, Heal Hormones & Burn Fat

BEN AZADI



Founder of Keto Kamp and health expert Ben Azadi provides a 30-day reset for readers to restore their metabolism and achieve metabolic freedom for good. With this book, readers will understand how their metabolism works and why it has become inefficient. They will discover all of the main factors that influence a free metabolism, including:

- the power of keto fasting
- improved sleep
- cutting-edge bio-hacks
- mindset shifts
- smart exercise routines
- specific food swaps

Metabolic Freedom also explores the way hormones affect these processes as they impact male and female bodies differently. All of these tools are combined at the end of the book for the reader to start implementing a clear roadmap to achieve metabolic freedom within 30 days by customizing their own plan.

‘No one is more tenacious and thoughtful at empowering people to step into their greatness.’

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

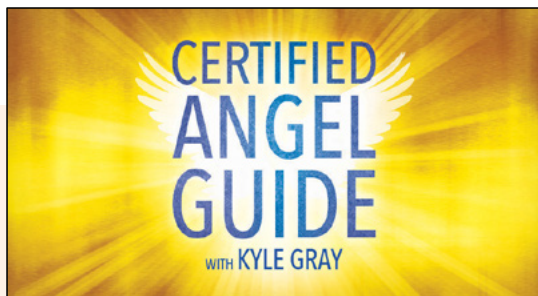
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Ben Azadi is the author of four bestselling books and the founder of Keto Kamp; a global brand bringing awareness to ancient healing strategies such as the keto diet and fasting. He is also the host of *The Metabolic Freedom Podcast*, which won Keto Podcast of The Year (2022) at The Metabolic Health Summit.
www.benazadi.com

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

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Certified Angel Guide – Kyle Gray

This certified course shares the tools, meditations and exercises needed to build a strong and loving connection with the angels, and lead an empowering and purpose-filled

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The Certified Card Reader Online Course

In this trailblazing course, eight world-renowned teachers, including Kyle Gray, Colette Baron-Reid and Radleigh Valentine, team up to share one of the most in-depth

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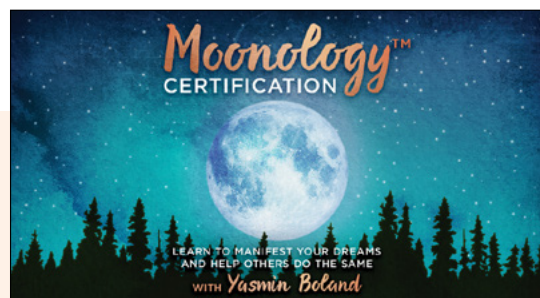
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The Fundamentals of Energy Healing

One of the most in-depth and comprehensive energy healing programmes in the world, this 11-lesson course shares the core principles, information, techniques and exercises of eight powerful energy healing modalities. Nine internationally renowned experts, including Anodea Judith, Donna Eden, David Feinstein and Dawson Church, explain how this ancient wisdom can nurture and inspire vitality, healing and balance naturally through working with the body's matrix of subtle energies.

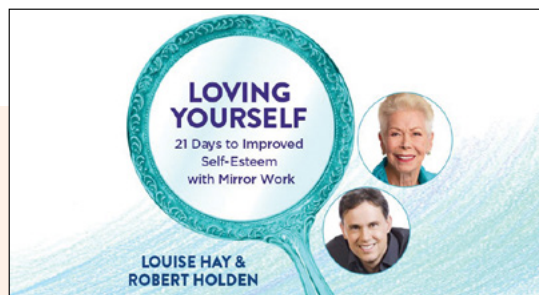


Moonology™ Certification – Yasmin Boland

This engaging course provides an in-depth guide to manifestation and transformation using the powerful energies of the Moon! Across 10 information-packed lessons, Moonology™ creator Yasmin Boland explores how to work with the phases, cycles and rhythms of the Moon using expert astrological wisdom, meditations, ceremonies and practices. She also explains how to teach these magical methods as a certified Moonologist™, so that those with this amazing knowledge can share the light of the Moon with others.

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Loving Yourself – Louise Hay & Robert Holden

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

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



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

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

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

Online Courses

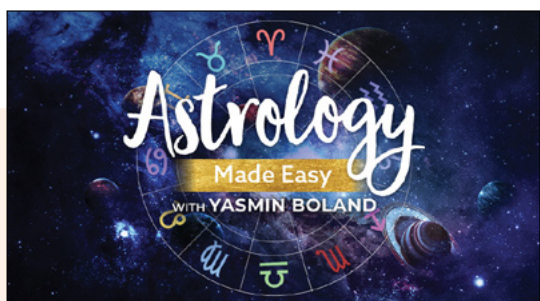
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Runes Made Easy – Richard Lister

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

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



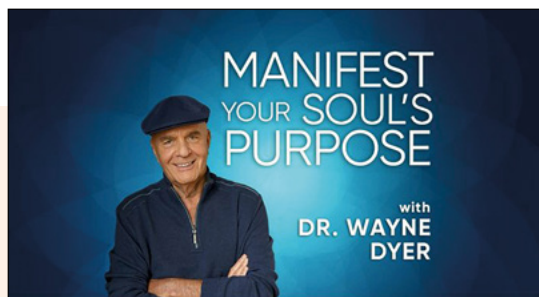
Astrology Made Easy – Yasmin Boland

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

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

Online Courses

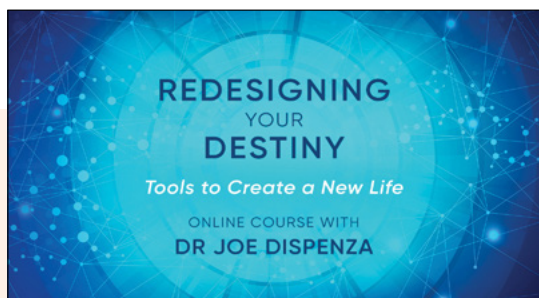
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Manifest Your Soul's Purpose – Dr Wayne W. Dyer

Across seven inspiring lessons, Wayne W. Dyer and special guests Anita Moorjani, Immaculée Ilibagiza and Scarlett Lewis guide viewers to

connect with the infinite intelligence of their impersonal self. This is their true Divine essence, and once connected, viewers will find the answers they seek as their life purpose unfolds naturally and easily. This experiential course is about escaping from the ego and coming from a place of love, so we can come to know the infinite impersonal self within.



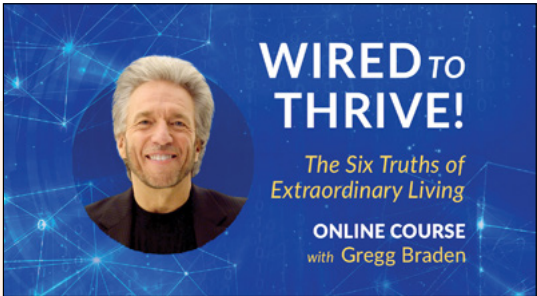
Redesigning Your Destiny – Dr Joe Dispenza

In this seven-lesson course, the *New York Times* bestselling author Dr Joe Dispenza opens his students' eyes to their innate

power to change *every single* aspect of their lives. Using science and first-hand examples of extraordinary transformation, Dr Joe explains the power of the quantum universe in a way that anyone can understand and helps viewers access an infinite number of dimensions – each containing a different potential reality. Once they're able to do this, viewers can choose *whichever reality they desire*.

Online Courses

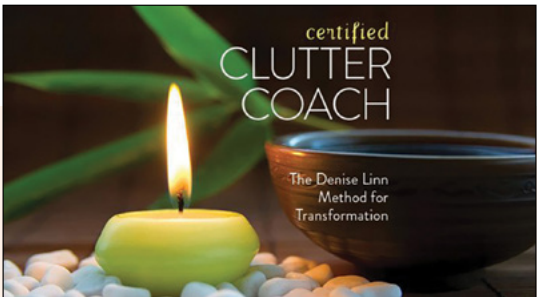
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Wired to Thrive! – Gregg Braden

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

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



Certified Clutter Coach – Denise Linn

This informative course outlines how to tap in to the magical powers of clutter clearing and explores how it can be a catalyst for healing, empowerment and freedom in every aspect

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

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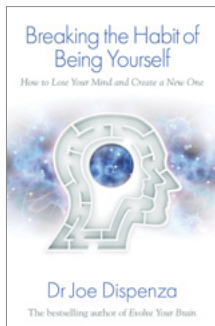
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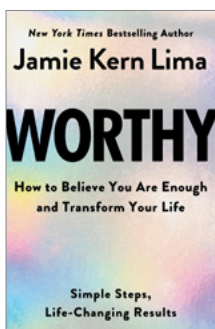
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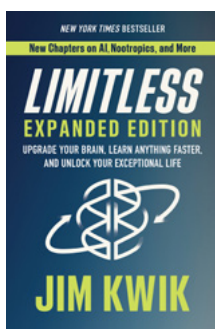
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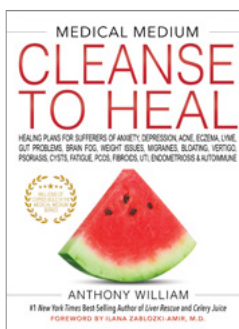
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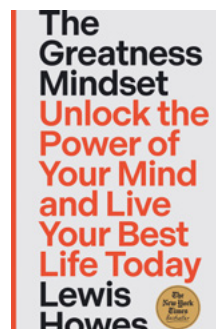
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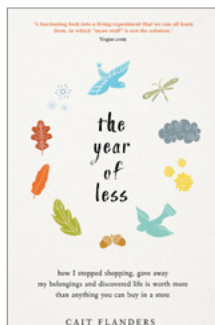
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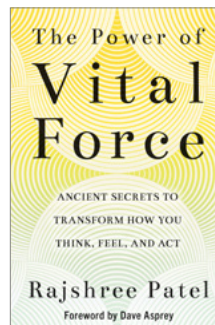
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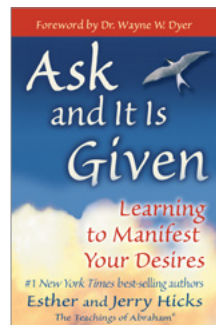
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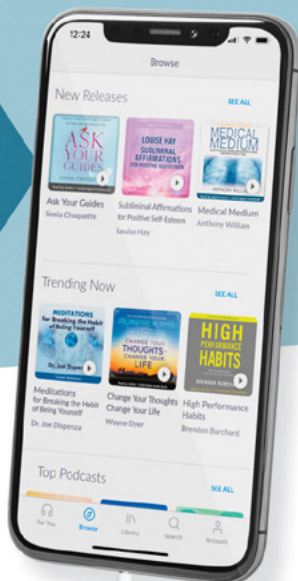
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