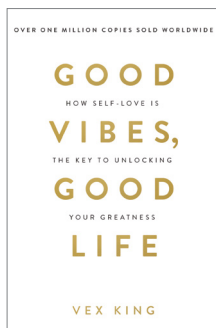




HAY HOUSE
PUBLISHERS
NEW TITLES
JULY-DECEMBER 2025

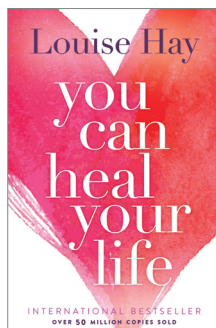
Bestsellers



GOOD VIBES, GOOD LIFE

Vex King

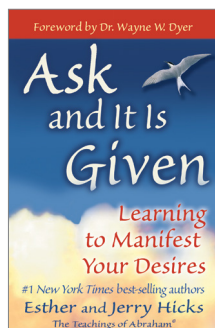
978-1-78817-182-3
£12.99, Paperback



YOU CAN HEAL YOUR LIFE

Louise Hay

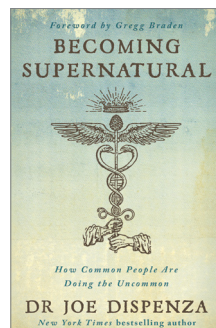
978-0-93761-101-2
£12.99, Paperback



ASK AND IT IS GIVEN

Esther and
Jerry Hicks

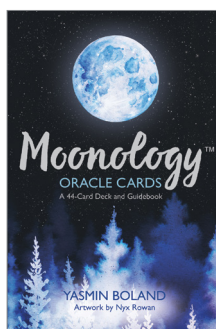
978-1-4019-0459-3
£12.99, Paperback



BECOMING SUPERNATURAL

Dr Joe Dispenza

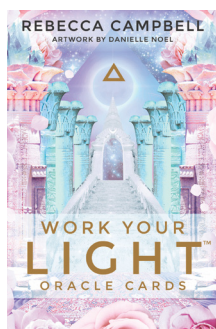
978-1-78180-831-3
£15.99, Paperback



MOONOLGY™ ORACLE CARDS

Yasmin Boland

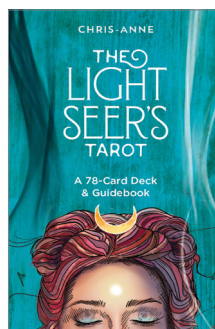
978-1-78180-996-9
£17.99, Cards



WORK YOUR LIGHT ORACLE CARDS

Rebecca Campbell

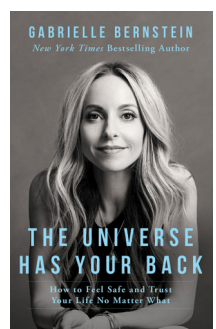
978-1-78180-995-2
£19.99, Cards



THE LIGHT SEER'S TAROT

Chris-Anne

978-1-4019-5803-9
£21.99, Cards



THE UNIVERSE HAS YOUR BACK

Gabrielle Bernstein

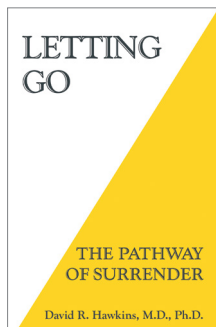
978-1-78180-425-4
£12.99, Paperback



FAST LIKE A GIRL

Dr Mindy Pelz

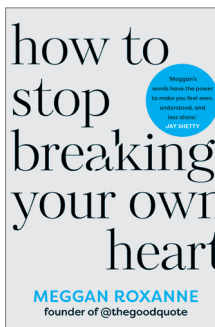
978-1-4019-6992-9
£24.99, Hardback



LETTING GO

Dr David R. Hawkins

978-1-4019-4501-5
£14.99, Paperback



HOW TO STOP BREAKING YOUR OWN HEART

Meggan Roxanne

978-1-83782-084-9
£12.99, Paperback



ANGELS AND ANCESTORS ORACLE CARDS

Kyle Gray

978-1-78817-001-7
£19.99, Cards

Introduction



Most people I've spoken with recently seem to be registering a sense of change and flux in the world around them. For some, this change is bringing feelings of fear and uncertainty. Others see these shifts as catalysts for positive transformation to follow. As I look at the range of books we're publishing in the autumn season, I see many titles offering practical strategies, deep wisdom, profound insights and inspirational guidance to help us adapt and thrive in these times.

We have books speaking to so many aspects of our experience. The wonderful Dr Mindy's new book *Age Like a Girl* helps women tune our bodies for ultimate wellbeing and *The Perimenopause Revolution*, from new Hay House author Dr Mariza Snyder, offers vital information to women about the natural changes that occur in the middle of our lives. In her ground-breaking book, exciting new author Isabella Mainwaring shares how to reclaim our health in a system that fails women in *The Power We Hold* and serpent goddess Dusa Wiseman takes us on a deep dive into the wild divine feminine in *Dear Cycle Breaker*.

Human, by visionary doctor and teacher Zach Bush, shows us how to move from crisis to a regenerative future and Ashmi Pathela's stunning new book, *Anchoring the Light*, explores the 'New Earth' way of living. Emma Johnston and Eleanor Mann share a new paradigm of parenting in *Reconnected Parenting* and mindset educator Case Kenny offers a fresh approach to relationships in *The Opposite of Settling*. Perception coach Jon Prince urges you to *Start Before You're Ready* and integrative life coach Xavier Dagba introduces a new framework for shadow work in *Scars of Gold*. Axel Schura shares his remarkable journey back from certain death in *What You've Been Missing*, helping us to look at the world in a whole new way.

We also have a brilliant range of new books on creativity, including *Lose Your Mind* from legendary actor Josh Pais, *Magic Maker* from highly regarded witch Pam Grossman and *Becoming an Artist* from renowned artist and social media star Scott Christian Sava.

We're excited to be publishing a range of books that challenge the way the business world operates. Boss Babe founder Natalie Ellis provides fantastic strategies to create a thriving business on your own terms in *The Freedom-Based Business Method*; Rose Han's *Add a Zero* offers a five-step guide to financial freedom; and Ingrid Stabb shows us how we can use the Enneagram to transform the workplace in her exciting new book *The 9 Points of Potential*.

Card decks are wonderful tools we can use to embrace and work with change, and we have some amazing new ones coming this season. Rebecca Campbell journeys into the sacred feminine with her stunning new card deck *The Inner Temple Oracle* and Sharon Blackie has co-created *The Fairy Tale Heroine Oracle* with celebrated artist Amanda Clark, guiding us on a wonderful journey deep into the psyche. Ari Wisner's powerful new *Find Your Own Way Oracle* will support anyone struggling to find their place in the world. We also have Emma Griffin's *The Witch's Way Home Oracle*, *The Shaman's Tarot* from Alberto Villoldo, *The Mayan Oracle* from Christine Hernandez, *The Tapping Solution's Daily Guidance* from Jessica Ortner and many more.

Wishing you hope and inspiration for the times ahead.

Michelle Pilley
MD and Publisher, Hay House UK

Contents

AUTHOR	TITLE	PAGE
Robert Holden	Know Yourself	6
Helen Ye Plehn	The Aura Colour Wheel	7
Alisha Das	Your Angelic Ancestry	8
Stefanie Caponi	Tarot for Manifestation	9
David R. Hawkins	Spiritual Power and Integrity	10
Mona Lisa Schulz	Mystical Molecules	10
Madi Murphy	In the Cosmic Zone	11
Jessica Ortner	The Tapping Solution's Daily Guidance	12
Ari Wisner	Find Your Own Way Oracle	13
John A. Rice	Mindscapes Tarot	14
Athena Laz	Sisterhood of the Seers Oracle	15
Yasmin Boland	Moonology™ Calendar 2026	16
Yasmin Boland	Moonology™ Diary 2026	16
Vex King	Good Vibes, Good Life Calendar 2026	17
Louise Hay	I Can Do It® 2026 Calendar	17
Susan Grau	Infinite Life, Infinite Lessons	18
Mandy Morris	The Promise	18
Felicity Warner	The Soul Midwives' Handbook (Revised Edition)	19
Ingrid Stabb	The 9 Points of Potential	20
Case Kenny	The Opposite of Settling	21
Xóchitl Kusikuy Ashe	The Sacred Mushroom Oracle	22
Rebecca Campbell	The Inner Temple Oracle	23
Xavier Dagba	Scars of Gold	24
Ashmi Pathela	Anchoring the Light	25
Eric Edmeades	The Wildfit Way	26
Jon Prince	Start Before You're Ready	27
Stefanos Sifandos	Tuned In and Turned On	28
Zach Bush	Human	29
Athena Laz	Women Who Dance in the Dark	30
Colette Baron-Reid with Anna Denning	The Art of Manifesting	31
Rose Han	Add A Zero	32
Josh Pais	Lose Your Mind	33
Kimberly Snyder	The Hidden Power of the Five Hearts	34
Dana Cohen and Colin Sapire	Fuel Up	34
Emma Johnston and Eleanor Mann	Reconnected Parenting	35
Sonia Choquette	Trust Your Vibes Oracle Cards	36
Sharon Blackie	The Fairy Tale Heroine Oracle	37

Russ Hudson and Catherine Bell	Creativity and the Enneagram	38
Pam Grossman	Magic Maker	39
Dr Mariza Snyder	The Perimenopause Revolution	40
Natalie Ellis	The Freedom-Based Business Method	41
Mia Magik	Witchual	42
Anna Runkle	Connectability	43
Maha Abouelenein	7 Rules of Self-Reliance	44
Nicole Johnsey Burke	Leaves, Roots & Fruit	44
Shawn Leonard	Walking with Your Spirit Totem Animals	45
Louise Hay	Power Thought Cards Pocket Deck	46
Emma Griffin	The Witch's Way Home Oracle	47
Alethea Crimmins	Have a Good Day on Purpose	48
Chris-Anne	Tarot for Light Seers	49
Sonia Choquette	Soul Mastery	50
Isabella Mainwaring	The Power We Hold	51
Ari Whitten with Alex Leaf	Unbreakable	52
Kyle Austin Young	Success Is a Numbers Game	53
Stacie Bloomfield	The Artist's Side Hustle	54
Scott Christian Sava	Becoming an Artist	55
Radleigh Valentine	Manifesting with the Angels Tarot	56
Yasmin Boland	The Dark Moon Oracle	57
Dusah Wiseman	Dear Cycle Breaker	58
Debbie Frank	Manifest with Astrology	59
Alberto Villoldo	Grow a New Brain	60
Dr Mindy Pelz	Age Like a Girl	61
Madame Pamita	The Familiar Magic Pocket Oracle	62
Laurie E. Smith	The Flow Habit	63
Christine Hernandez	The Mayan Oracle	64
Alberto Villoldo and Patricia Gift	The Shaman's Tarot	65
Online Courses		66
Contacts		72

Know Yourself

Realizing Your Full Potential Using the Wisdom of the Enneagram

ROBERT HOLDEN

Photo Credit: Jack Latimere



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

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

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

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

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

Russ Hudson, president of the Enneagram Institute

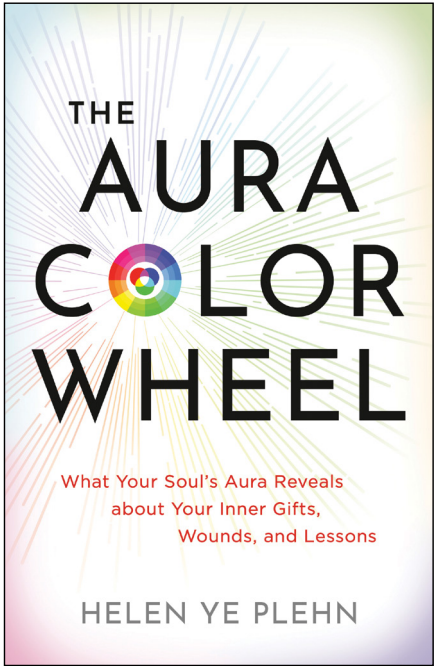
PRICE £15.99
ISBN 9781837824823
EBOOK ISBN 9781401997137
FORMAT 229 x 178mm, PB
RIGHTS World
PUBLICATION MONTH July

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

The Aura Colour Wheel

What Your Soul's Aura Reveals about Your Inner Gifts, Wounds and Lessons

HELEN YE PLEHN



From aura intuitive Helen Ye Plehn, *The Aura Colour Wheel* is here to help readers find joy and fulfilment by discovering and living their soul's true purpose. By taking the dynamic 20-question quiz and identifying which of the nine soul gift archetypes and 36 soul aura colours their soul aligns with, readers will be able to:

- access spiritual knowledge that will help them chart a new life path
- utilize their full, untapped potential
- use their newly discovered soul gifts as lessons
- heal their soul wounds
- get to know their soul as it grows alongside them

The Aura Colour Wheel presents comprehensive, dynamic results that can develop as soul lessons are learned. Readers can retake the quiz at any time, referencing different archetypes and aura colours as they continue to evolve. This powerful book offers readers the tools to access unique aspects of their soul and the ability to harness that knowledge for manifestation and healing.

'Helen is not your ordinary educator but a cosmic guide to personal transformation.'

Fabworld Today

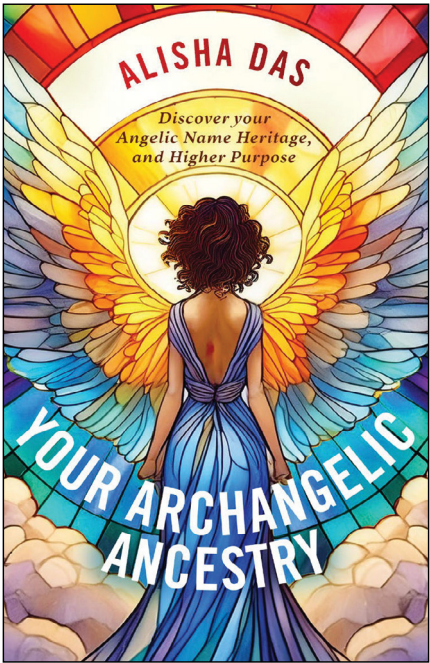
PRICE £14.99
ISBN 9781837824281
EBOOK ISBN 9781401995447
FORMAT 229 x 152mm, PB
RIGHTS World
PUBLICATION MONTH July

Helen Ye Plehn is an aura intuitive, angel channeller, certified crystal healer, third-generation Feng Shui Master, painter and spiritual teacher. She helps her clients to live with purpose, joy and fulfilment.
www.helencreatesbeauty.com

Your Angelic Ancestry

Discover Your Archangelic Name, Heritage and Higher Purpose

ALISHA DAS



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

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

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

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

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

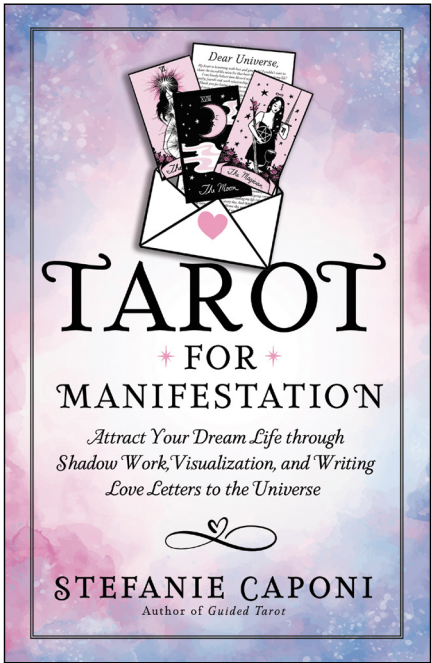
Dr Alisha Das is one of the world's experts on angels and is known for her rare gift of speaking the angelic language. She has facilitated more than 200 spiritual workshops over three decades and hosts *Live Your Life: The Alisha Das Radio Show*. She holds a doctorate in spiritual science, and two Master's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

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

Tarot for Manifestation

Attract Your Dream Life through Shadow Work, Visualization and Writing Love Letters to the Universe

STEFANIE CAPONI



Tarot expert and *Guided Tarot* author Stefanie Caponi sets out a road map to a more vibrant, fulfilling life with the help of the tarot. With a blend of practical advice, insightful guidance and spiritual wisdom, Stefanie demystifies manifestation and tarot, offering accessible techniques for readers of all levels – from curious beginners to seasoned tarot enthusiasts.

This book provides readers with step-by-step guidance on how to harness the energy of the universe to manifest their dreams. Through custom tarot spreads, creative exercises and chapters on shadow work, declutter magic (Stefanie's term for making space to draw in what you want) and taking aligned action, readers are empowered to create a life filled with magic, abundance and love.

Through simple, easy-to-do activities, Stefanie guides readers to ask detailed questions of the tarot, create intentions based on different cards and write desire lists and love letters to the universe.

A transformative guide that seamlessly combines manifestation, tarot and creative writing.

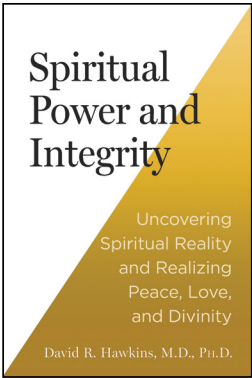
PRICE £15.99
ISBN 9781837824335
EBOOK ISBN 9781401995553
FORMAT 216 x 135mm, PB
RIGHTS World
PUBLICATION MONTH July

Stefanie Caponi is an astrologer, tarot reader, illustrator and author. She is a frequent tarot and astrology expert in the media and has appeared in *Well+Good*, *The Everygirl*, *Refinery29* and *Elite Daily*, among others.
www.moonvoidtarot.com

Spiritual Power and Integrity

Uncovering Spiritual Reality and Realizing Peace, Love and Divinity

DAVID R. HAWKINS



In this book, acclaimed teacher Dr David R. Hawkins explains how we can transcend lower levels of consciousness and experience the highest levels in the Map of Consciousness®.

Some of the many topics discussed include: transcending duality; asking 'Who am I?' vs. 'What am I?'; stillness, letting go, aligning with integrity and dissolving content into context; loving your animal nature; and the concept of 'happening' being illusory.

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

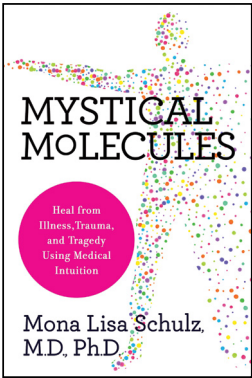
Vex King, *Sunday Times* bestselling author of *Good Vibes, Good Life*

PRICE	£12.99	Dr David R. Hawkins (1927–2012) was renowned as a
ISBN	9781837822126	pioneering researcher in the field of consciousness as
EBOOK ISBN	9781401977139	well as an author, lecturer, clinician, physician and scientist.
FORMAT	229 x 152mm, PB	www.veritaspub.com
RIGHTS	World English Language	
PUBLICATION MONTH	July	

Mystical Molecules

Heal from Illness, Trauma and Tragedy Using Medical Intuition

MONA LISA SCHULZ



An eye-opening account of how suffering in mind and body can transform individuals at the deepest biological level, *Mystical Molecules* offers a unique perspective on profound healing.

Using a series of examples of health traumas from her own life, the now late Dr Mona Lisa Schulz sets out a framework that walks readers through the processes of inner healing and transformation at five levels, which parallel the five chakras beyond the bounds of the physical body, each one moving them a step closer to illumination.

'If they gave Nobel Prizes in spirit, mind and body work, Dr Mona Lisa Schulz would be awarded one.'

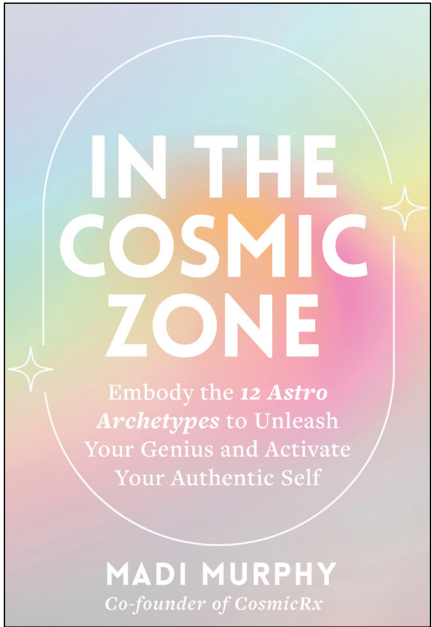
Naomi Judd, Grammy award-winning singer/songwriter, author and activist

PRICE	£14.99	Mona Lisa Schulz, MD, PhD (1960–2024) was a practicing
ISBN	9781788172110	medical intuitive for over three decades, as well as a
EBOOK ISBN	9781401956639	neuropsychiatrist and brain researcher.
FORMAT	229 x 152mm, PB	www.drmonalisa.com
RIGHTS	World	
PUBLICATION MONTH	July	

In the Cosmic Zone

Embody the 12 Astro Archetypes to Unleash Your Genius and Activate Your Authentic Self

MADI MURPHY



Madi Murphy, co-founder of CosmicRx, invites readers to step out of their comfort zone and into the cosmic zone to live an authentically aligned life. The cosmic zone is where everyday people flex their supernatural powers and embrace their highest potential. We can all access this zone through the 12 universal keys we were born with. Each chapter of this book is dedicated to one key, each based on astrological archetypes.

Madi reveals what's trapping you in the comfort zone and empowers readers with tools and rituals to dissolve these barriers and navigate challenges with resilience by embodying the essence of each universal key. From overcoming imposter syndrome to fighting for what's right, *In The Cosmic Zone* will take readers on a transformative journey and unlock their ability to:

- move from stagnation to empowered action
- shift from perfectionism to progress
- release shame and take back their power

Embark on a journey to unlock your highest potential, embody your authentic self and navigate life with clarity and cosmic alignment.

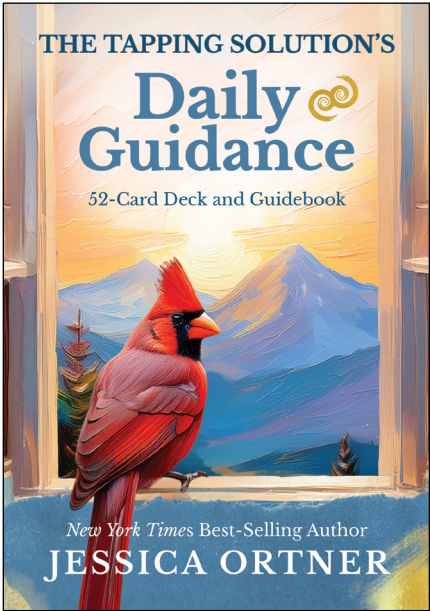
PRICE £15.99
ISBN 9781837824366
EBOOK ISBN 9781401995584
FORMAT 229 x 152mm, PB
RIGHTS World
PUBLICATION MONTH July

Madi Murphy is the co-founder of CosmicRX, a community helping millions of people learn the art of birth chart interpretation. She is quoted regularly in *Refinery29* and her work has featured in *Vogue*, *The New York Times*, *Oprah Magazine* and *Marie Claire*.
www.madi-murphy.com

The Tapping Solution's Daily Guidance

52-Card Deck and Guidebook

JESSICA ORTNER



Choose a card and get the message you need to hear, exactly when you need to hear it, with this easy-to-use deck from leading Tapping expert and co-founder of The Tapping Solution, Jessica Ortner.

This unique 52-card deck combines the power of uplifting affirmations, stunning imagery and power-packed Tapping meditations to guide the reader on a profound journey back to their wisest self. Affirmations alone are powerful but can sometimes be met with inner resistance. The practice of meridian point Tapping bypasses this resistance, allowing empowering messages to truly take root in your body, mind and spirit.

Each day, readers are invited to let their intuition guide them to the affirmation and image they need, before using the accompanying Tapping meditation to align their energy and fully embody the day's intentions. This deck offers emotional healing, daily inspiration and a simple yet profound path to clarity, calmness and confidence for beginners and experienced Tapping practitioners alike.

'Jessica Ortner is an experienced changemaker with wisdom beyond her years.'

Cheryl Richardson, *New York Times* bestselling author of *The Art of Extreme Self-Care*



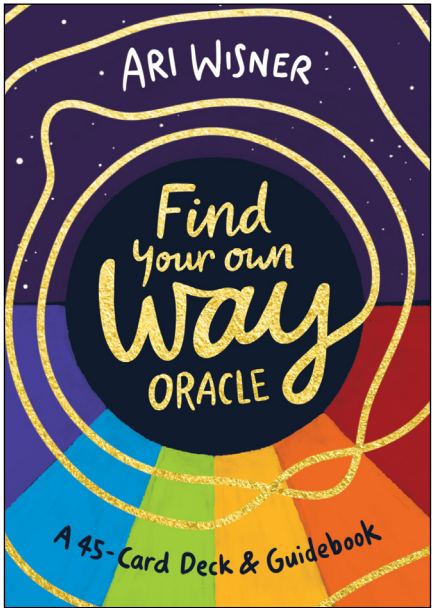
PRICE	£19.99
ISBN	9781401996680
FORMAT	Cards
RIGHTS	World
PUBLICATION MONTH	July

Jessica Ortner is a *New York Times* bestselling author and the co-founder of The Tapping Solution, a company dedicated to promoting the scientifically supported stress relief technique of EFT Tapping. Her books, *The Tapping Solution for Weight Loss and Body Confidence* and *The Tapping Solution to Create Lasting Change* have been translated into over 10 languages.
www.thetappingsolution.com

Find Your Own Way Oracle

A 45-Card Deck and Guidebook

ARI WISNER



Find Your Own Way Oracle is a guiding light for those seeking balance, inner joy and a purpose-driven life. This stunning deck will ground readers when they're feeling adrift, supporting them to accept the things they can't change and embrace the things they can.

Just as the branches of a mighty tree are mirrored by its roots, our journey of growth springs from our tether to the physical realm by staying grounded in what is. This 45-card deck will help readers to cultivate a connection with their higher spiritual self, whilst keeping their feet rooted in the present.

Each card focuses on the different ways readers can practise grounded freedom and self-expression and embrace their ever-evolving authenticity. The deck offers meditations, affirmations and empowerments to challenge fear and strengthen the connection between the spiritual and physical self. Written and created with vulnerability and love, *Find Your Own Way Oracle* offers healing and clarity and will guide readers to rediscover the love, wisdom and courage that lies within us all.

An inclusive card deck for anyone struggling to find their place in the world.



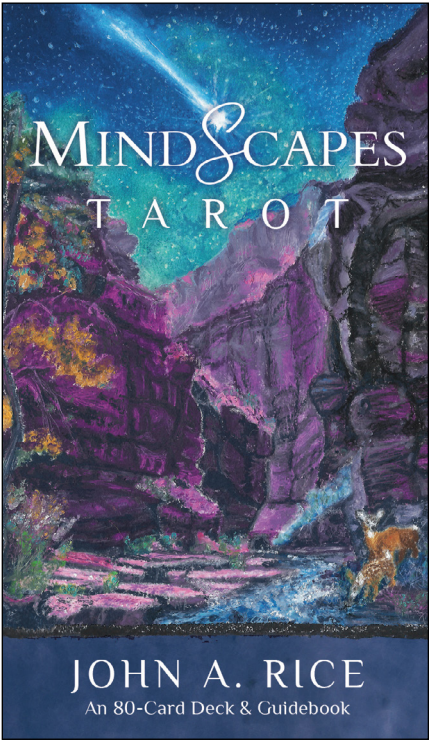
PRICE £17.99
ISBN 9781837822546
FORMAT Cards
RIGHTS World
PUBLICATION MONTH July

Ari Wisner (they/he) is a queer artist, graphic designer, illustrator and tarot deck creator based in South London. Through art and tarot decks, Ari aims to create tangible tools to aid reflection, prompt intuition and promote authentic, peaceful living.
@ari_wisner

Mindscapes Tarot

An 80-Card Deck & 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.



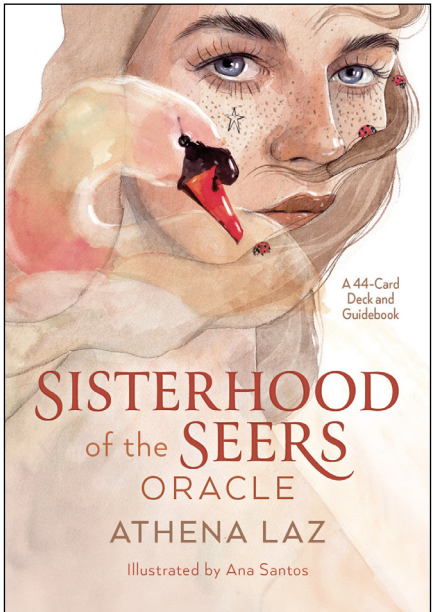
PRICE £21.99
ISBN 9781401976989
FORMAT Cards
RIGHTS World
PUBLICATION MONTH July

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's 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

Sisterhood of the Seers Oracle

A 44-Card Deck and 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 beautiful 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.

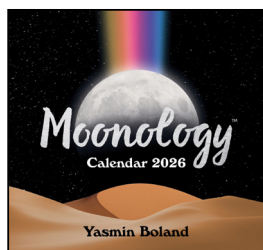


PRICE £17.99
ISBN 9781401977993
FORMAT Cards
RIGHTS World
PUBLICATION MONTH July

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

Moonology™ Calendar 2026

YASMIN BOLAND



Embrace the magical, transformative energy of the Moon to manifest happiness, fulfilment and abundance in 2026, with inspiring daily words of planetary wisdom from bestselling *Moonology*™ author Yasmin Boland.

This beautiful desk calendar will help readers to harness the Moon's powers to realize their full potential, embrace positive change and use the dramatic changing energies of 2026 to make it their best, most successful year yet!

'Yasmin is a masterful astrologer whose grasp of the celestial influences on the human soul is unsurpassed.'

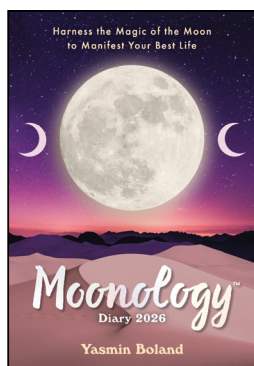
Sonia Choquette, *New York Times* bestselling author

PRICE £14.99
ISBN 9781837824465
FORMAT Calendar
RIGHTS World
PUBLICATION MONTH July

Yasmin Boland is a *Sunday Times* bestselling astrology and Moonology writer, author and oracle deck creator.
www.yasminboland.com

Moonology™ Diary 2026

YASMIN BOLAND



In the ever-changing cosmic landscape, 2026 is set to be a year of radical transformation unlike any other, as multiple outer planets make momentous transitions and planetary energies shift dramatically. This essential diary, which sells out every year, will teach readers how to channel lunar energies to:

- set and manifest their goals
- plan and predict changes in their life
- co-create their reality with the cosmos and invite magic into each week
- supercharge their career, finances, relationships and more

The sell-out Moonology™ diary for 2026, packed with tools and techniques for working with this year's unique lunar energies.

PRICE £12.99
ISBN 9781837823628
FORMAT 190 x 130mm, Flexiback
RIGHTS World
PUBLICATION MONTH July

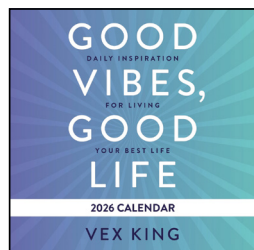
Yasmin Boland is a *Sunday Times* bestselling astrology and Moonology writer, author and oracle deck creator.
www.yasminboland.com

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

Good Vibes, Good Life Calendar 2026

Daily Inspiration for Living Your Best Life

VEX KING



Bring good vibes into 2026 with daily transformational messages and positive affirmations from #1 *Sunday Times* bestselling author and visionary self-love writer Vex King. This inspirational page-a-day calendar offers readers positive affirmations and actionable words of wisdom for every day of the year.

Readers are invited to infuse their home or workspace with motivation, positivity and healing and will be inspired to practice gratitude, release what no longer serves them and welcome amazing opportunities into their life.

'The Instagram self-help guru who's unlocked the key to happiness.'
Evening Standard

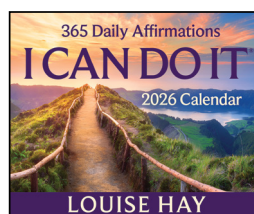
PRICE £14.99
ISBN 9781837824267
FORMAT Calendar
RIGHTS World
PUBLICATION MONTH July

Vex King is a mind coach and author of the #1 *Sunday Times* bestsellers *Good Vibes*, *Good Life* and *Healing is the New High*.
@vexking and www.vexking.com

I Can Do It® 2026 Calendar

365 Daily Affirmations

LOUISE HAY



Manifest abundance, love, peace, energy and more with daily positive thoughts and affirmations from beloved self-help author Louise Hay in this 2026 edition of her inspirational *I Can Do It®* page-a-day calendar.

This stunning calendar will help readers to cultivate an 'I can do it' attitude and see the Universe as the helpful and supportive place it is. Readers are invited to accept the gifts the Universe has in store and recognize the unlimited opportunities of every day.

'Louise Hay – the patron saint of affirmations.'
Woman & Home magazine

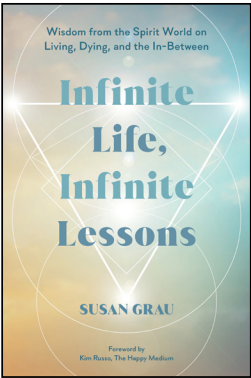
PRICE £12.99
ISBN 9781401971526
FORMAT Calendar
RIGHTS World
PUBLICATION MONTH July

Louise Hay, author of the international bestseller *You Can Heal Your Life*, was an inspirational teacher with more than 50 million books in print worldwide.
www.louisehay.com

Infinite Life, Infinite Lessons

Wisdom from the Spirit World on Living, Dying and the In-Between

SUSAN GRAU



Now in paperback – a compassionate, insightful guide into the often-misunderstood spirit realm, offering readers profound insights into their soul's journey, a deeper understanding of the afterlife and tools for connecting with angels, spirit guides and souls on the other side.

Whether readers are grappling with the loss of a loved one, seeking answers to life's mysteries or looking to deepen their spiritual awareness, *Infinite Life, Infinite Lessons* provides clarity, wisdom and solace to support them on their journey.

'This story emphasizes that life's toughest trials can reveal profound self-discoveries and a renewed sense of purpose. A must-read.'

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

PRICE	£13.99	Susan Grau is an internationally recognized intuitive medium, international speaker and grief coach. Susan is passionate about helping others make sense of their afterlife experiences and leverage their newfound connection to the spirit world.
ISBN	9781837824250	www.susangrau.com
EBOOK ISBN	9781401977245	
FORMAT	216 x 135mm, PB	
RIGHTS	World English Language	
PUBLICATION MONTH	July	

The Promise

Break Free from Limitation and Reclaim Your Inner Power

MANDY MORRIS



Now in paperback – noted manifestation coach Mandy Morris takes the reader on an enlightening, soulful adventure, where they will discover how to tap into the light, embrace their inner power, shift their perspective and change their life.

Mandy shares the seven universal principles for reconnecting to your divine story. These principles will help readers bounce back from adversity and provide a roadmap leading them back to the extraordinary truth of who they are: a divine being having a human experience.

'In a world that can sometimes be dark, Mandy's love, integrity and authenticity is a breath of fresh air.'

Nina Dobrev, actress, director and producer

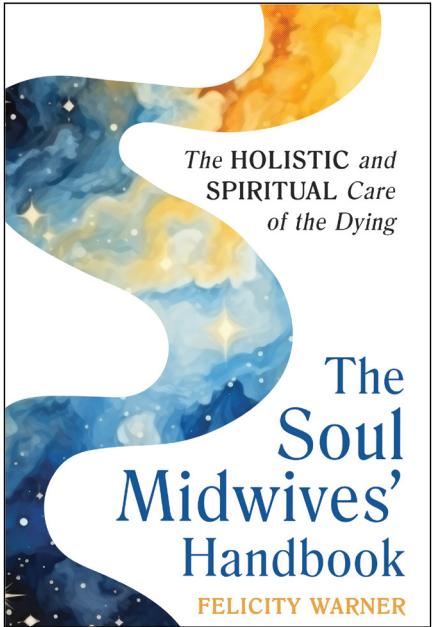
PRICE	£13.99	Mandy Morris is the founder of Authentic Living, an educational organisation with both online and in-person courses designed to help individuals rewire their mind, heart and energy for total abundance in all aspects of life.
ISBN	9781837823475	www.authenticliving.com
EBOOK ISBN	9781401975463	
FORMAT	216 x 135mm, PB	
RIGHTS	World	
PUBLICATION MONTH	August	

The Soul Midwives' Handbook

(Revised Edition)

The Holistic and Spiritual Care of the Dying

FELICITY WARNER



Revised and updated with new material, *The Soul Midwives' Handbook* offers a compassionate approach to accompanying the dying on their final journey, ensuring a transition filled with love, dignity and peace.

This essential guide blends ancient wisdom and forgotten traditions with contemporary holistic practices to redefine end-of-life care and ease the passage of the dying. Readers will discover practical advice for creating an end-of-life plan, helpful prompts for initiating difficult conversations and inspiration for legacy projects, such as recipe books, photo albums and audio recordings.

Readers will also explore spiritual end-of-life care, including techniques for soothing soul wounds; guided visualizations for easing pain; energy healing instruments, ceremonies, and rituals; and advice for holding vigils for people of different faiths. Ultimately, they'll learn how to create sacred, peaceful spaces to help the dying feel safe and comfortable in their final journey.

'In this moving book, Felicity has encapsulated the wisdom of the ages into practical examples of how to be with the dying.'

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

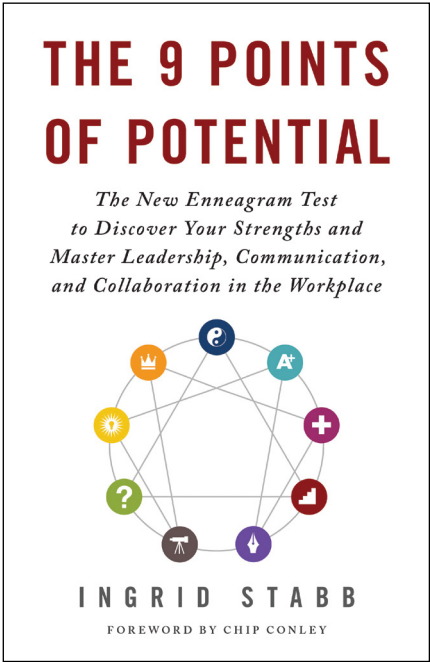
PRICE £14.99
ISBN 9781837824946
EBOOK ISBN 9781837824953
FORMAT 229 x 152mm, PB
RIGHTS World
PUBLICATION MONTH August

Felicity Warner, founder of the Soul Midwives' Movement, has trained many hundreds of people from all walks of life in her methods, which are now widely used in hospices across the world. Her pioneering work over the last 25 years has brought a new dimension to holistic and spiritual palliative care, both in the UK and abroad.
www.soulmidwives.co.uk

The 9 Points of Potential

The New Enneagram Test to Discover Your Strengths and Master Leadership, Communication and Collaboration in the Workplace

INGRID STABB



By examining our talents through a typology that looks at emotional intelligence, reasoning, excellence, diligence and bearing, Ingrid Stabb offers a unique way of using our strengths to succeed as business leaders and team players.

The 9 Points of Potential introduces a new Enneagram test that will help readers identify their greatest talents. It equips readers with strategies to use their strengths to their greatest output and benefit, all while harnessing the power of collaboration to achieve across-the-board success. This personality-based comprehensive model for high achievement will help readers to:

- utilize their skillset to manage their time and workload more effectively
- collaborate and communicate with colleagues with ease
- excel as a leader and team player

By knowing how to bring their best innate self to the table, both with their own traits and understanding the dynamics of others, readers will be able to navigate through any challenge and reach their highest goals.

A revolutionary take on the Enneagram test that shows you how to use your greatest strengths to succeed in the workplace.

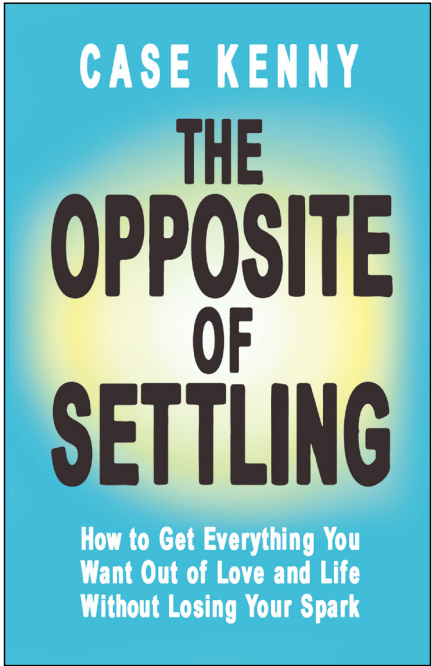
PRICE	£15.99
ISBN	9781837824274
EBOOK ISBN	9781401995416
FORMAT	229 x 152mm, PB
RIGHTS	World
PUBLICATION MONTH	August

Ingrid Stabb is a leading expert in strengths, collaboration and the Enneagram. She is the co-author of *The Career Within You* and has developed global collaboration solutions for companies such as Oracle and Great Place to Work®. Featured in *The New York Times* and *Psychology Today*, Ingrid leads mastermind and team building groups.
www.ingridstabb.com

The Opposite of Settling

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

CASE KENNY



Case Kenny, host of the popular *New Mindset, Who Dis?* podcast, helps readers build relationship skills to get more out of life with a partner – without having to settle.

The Opposite of Settling offers a hopeful exploration into finding a love that expands, rather than limits, your world. Case's concept of 'settling up' (the opposite of 'settling down') guides readers towards a connection that doesn't demand sacrifices of their dreams, independence or personality. Readers will learn how to:

- ensure their love life is as fulfilling as all their adventures
- amplify the life they've created with a partner who lifts them up instead of holding them back
- navigate the complexities of modern dating with confidence

Case's blend of practical mindfulness, evidence-based research and undiluted optimism will give readers the tools they need to build a relationship that empowers them to be independent, vibrant *and* in love.

Break free from tired dating rules and toxic habits – and achieve your relationship goals with a new kind of love!

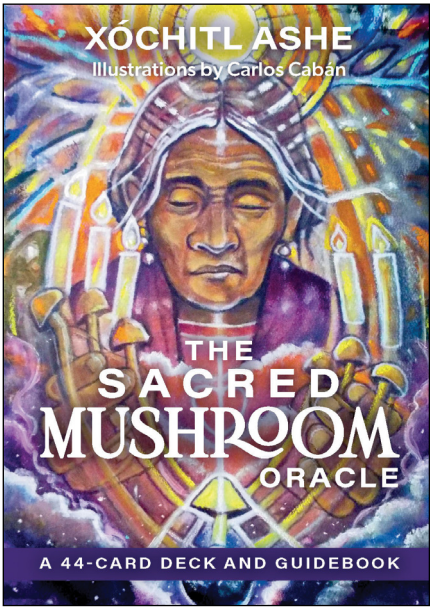
PRICE £20.99
ISBN 9781401995911
EBOOK ISBN 9781401995928
FORMAT 216 x 135mm, HB
RIGHTS World
PUBLICATION MONTH August

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

The Sacred Mushroom Oracle

A 44-Card Deck & Guidebook

XÓCHITL KUSIKUY ASHE



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

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

Brought to life through the highly detailed visionary paintings of Carlos Caban, the vibrant imagery and symbolism of this deck invites readers to connect intuitively to the earth, the ancestors and their innermost self.

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



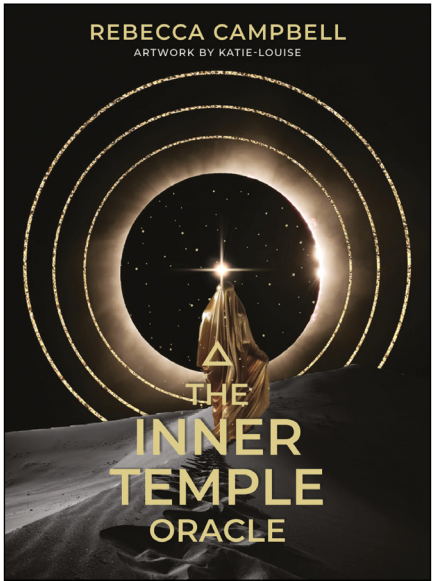
PRICE	£17.99
ISBN	9781401994327
FORMAT	Cards
RIGHTS	World
PUBLICATION MONTH	August

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

The Inner Temple Oracle

A 44-Card Deck and Guidebook

REBECCA CAMPBELL



This stunning new 44-card oracle from bestselling author Rebecca Campbell supports readers to strengthen their intuition, reconnect with their soul's wisdom and receive answers to their questions.

The Inner Temple Oracle will help readers to develop a deep connection to their inner knowing. As they work with its four unique suits, readers will receive clear guidance on the next grounded action they should take.

- Soul Inquiry cards help the reader hear the whispers of their soul.
- Chambers cards can provide healing and inspiration in specific situations.
- Polarities or 'Flipped' cards each offer two interpretations of a situation so readers can tune into their own truth.
- Activation cards activate energetic imprints within the reader, opening them up to expansive new possibilities.

'I'm a super-fan of Rebecca Campbell. She guides her readers to step into their power so they can live and lead at their highest potential.'

Gabby Bernstein, *New York Times* bestselling author



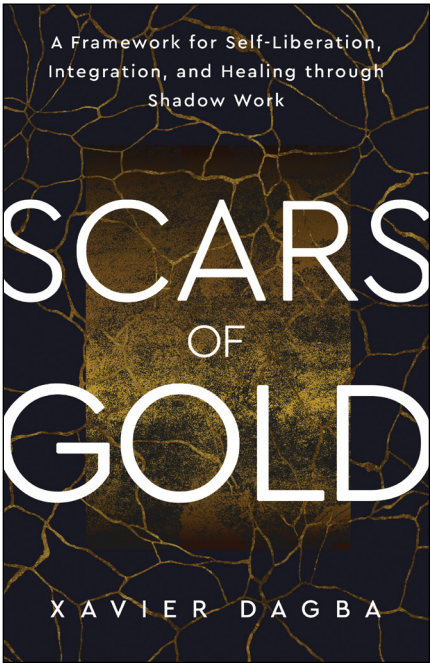
PRICE £18.99
ISBN 9781788173254
FORMAT Cards
RIGHTS World
PUBLICATION MONTH September

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

Scars of Gold

A Framework for Self-Liberation, Integration and Healing through Shadow Work

XAVIER DAGBA



In this book, integrative life coach and shadow work facilitator Xavier Dagba explores our relationship with the dark side of the human psyche, including wounds from the past, aspects of ourselves we've been conditioned to see as unlovable and, most importantly, our repressed brightness: the golden shadow.

Scars of Gold places shadow work into a well-crafted framework of personal transformation that meets the reader where they are and guides them towards a fuller and more integrated life. While other books on this topic may leave the reader lost in the vastness of the concept of shadow work, this book teaches readers how to integrate the practice into their lives.

Scars of Gold offers an archetypal exploration of the shadow that will allow the reader to understand their life with more grace. It explores resistance and self-sabotage under the lens of shadow integration and helps the reader to resolve the emotional conflicts and dissolve the hidden forces that keep them stuck.

A blueprint to reconcile with our shadow and dissolve the hidden forces that hinder our ability to thrive.

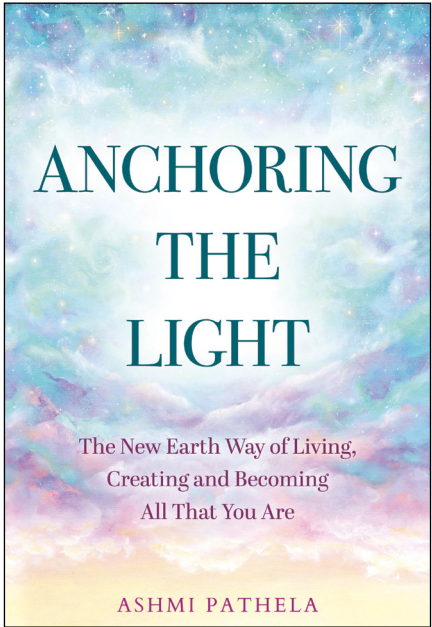
PRICE £14.99
ISBN 9781837824342
EBOOK ISBN 9781401995683
FORMAT 216 x 135mm, PB
RIGHTS World
PUBLICATION MONTH September

Xavier Dagba is an integrative life coach, shadow integration facilitator and psycho-spiritual guide. His programmes and coaching practice support spiritual seekers and thought leaders as they dissolve the hidden forces that keep them trapped in old patterns, unresolved emotional conflicts and self-sabotage, so that they can reclaim their repressed potential and brightness.
www.xavierdagba.com

Anchoring the Light

The New Earth Way of Living, Creating and Becoming All That You Are

ASHMI PATHELA



Anchoring the Light offers readers a road map for letting go of limited beliefs, expanding their consciousness and experiencing joy, freedom and lasting peace.

We're in the midst of the greatest shift in consciousness ever to take place on Earth. Billions of people are feeling disconnected from Source – and this is because we've forgotten who we truly are and why we're here.

This book is a guide for our ascension journey, and will support readers to:

- understand they don't just come from Source – they *are* Source
- remember that they are not limited, they are infinite
- let go of lifetimes of programming and fears that have kept them small
- receive codes for anchoring higher frequencies
- discover a new navigating system to shift out of their head and live fully from their heart

Follow the wisdom of your soul, allow your consciousness to expand and embrace a whole new way of being.

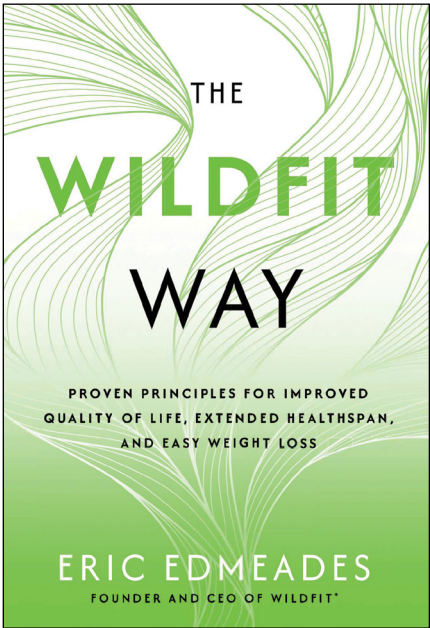
PRICE £16.99
ISBN 9781837822898
EBOOK ISBN 9781837822911
FORMAT 229 x 152mm, PB
RIGHTS World
PUBLICATION MONTH September

Ashmi Pathela is a writer, artist and visionary guide for this unprecedented ascension of consciousness on Earth. Her words, courses, ceremonies and workshops have touched the lives of hundreds of thousands of people all over the world. Ashmi is the author of *Awakening the Heart of Humanity*.
www.ashmipathela.com

The Wildfit Way

Proven Principles for Improved Quality of Life, Extended Healthspan and Easy Weight Loss

ERIC EDMEADES



Eric Edmeades, creator of the acclaimed WILDFIT® Challenge, shows us how ancient wisdom can address our modern health dilemmas and guides readers to a life rich with natural wellness by embracing the principles of personal rewilding. Through simple insights into how we can eat, move and live more like our ancestors, Eric invites us on a journey back to our roots for better, lasting health.

Wildfit goes beyond diet tips to tackle what Eric calls the 'Evolution Gap' – the mismatch between our bodies' needs and our current lifestyle, offering clear, actionable steps to bridge this gap. Eric breaks down complex concepts into practical advice, including tips on improving sleep, movement and managing stress, filling a much-needed gap in today's health advice.

This book is for anyone who's fed up with the endless cycle of dieting. It's for those who want to understand why they face health challenges and how to overcome them by adopting a lifestyle that's in tune with nature.

Drawing on the wisdom of ancestors, a path to enduring health grounded in the principles of evolutionary biology.

PRICE £14.99
ISBN 9781837821068
EBOOK ISBN 9781401975968
FORMAT 229 x 152mm, PB
RIGHTS World
PUBLICATION MONTH September

Eric Edmeades is a South African-born and Canada-raised entrepreneur and the creator of WILDFIT®, the highly effective health transformation coaching company that has now served over 50,000 clients in 130 countries. In 2018 Eric was awarded a medal by the Canadian senate for his work in empowering people to improve the quality of their lives.
www.ericedmeades.com

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

Start Before You're Ready

Stop Procrastinating, Overcome Fear and Take Control of Your Life

JON PRINCE



Former professional poker player and life coach Jon Prince guides readers through a transformative journey from fear and self-doubt to courage and confidence. This book provides the perspective shift and practical strategies readers need to overcome the barriers holding them back and keeping them stuck.

Jon's unique approach teaches that the only way to truly grow and achieve is to start – before you're ready. Readers will learn to:

- release the fear of failure and perfectionism
- shift from self-doubt to unstoppable confidence
- make faster, more powerful decisions
- embrace new opportunities and live with curiosity and excitement
- break free from old patterns and step into their authentic self

This book isn't about arriving at a destination of perfection. It's about developing the mindset to embrace action as a way of being – because confidence comes from doing, not waiting.

Break free from the waiting game, become an action-taker and step into the life you've always wanted.

PRICE £14.99
ISBN 9781837823376
EBOOK ISBN 9781837823390
FORMAT 216 x 135mm, PB
RIGHTS World
PUBLICATION MONTH September

Jon Prince is a former pro poker player turned fully accredited mindset coach and mentor, creator and podcaster. Jon is the founder of The Perception Coach where his mission is to help people reach their full potential and get what they really want in life. He also creates and shares original content with an audience of over 150,000 followers across Instagram and TikTok.
www.theperceptioncoach.com

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

Tuned In and Turned On

A Path to True Connection, Deep Healing and Lasting Love

STEFANOS SIFANDOS

Photo Credit: Kimberly Mufferi



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

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

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

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

PRICE £14.99
ISBN 9781837824861
EBOOK ISBN 9781401997298
FORMAT 229 x 152mm, PB
RIGHTS World English Language
PUBLICATION MONTH September

Stefanos Sifandos is a trained educator, behavioural scientist and relationships expert with over 15 years of experience in the personal development space. He is passionate about leading people closer to their highest potential and to each other. Stefanos' philosophy merges the best of Eastern and Western methodologies to promote spiritual balance and empower people in life and love.
www.stefanossifandos.com

Human

From Crisis to a Regenerative Future

ZACH BUSH

Photo Credit: Leia Vita



Through a scientific exploration of the microbiome – the ecosystem within us – and its profound connection to the health of the planet, world-renowned, multidisciplinary physician Dr Zach Bush challenges the destructive narratives that dominate our current understanding of the world. In *Human*, readers will discover:

- the truth that there aren't thousands of diseases out there – there is only *one* disease: stress at the cellular level, within our bodies and in our environment
- an action-orientated exploration of how we can heal at the cellular level to reclaim our connection to nature and unlock humanity's potential for regeneration
- practical solutions and lifestyle shifts that will help them become a catalyst for global regeneration

The same stress that threatens extinction also holds the key to transformation and rebirth. Now is the time to embrace your role as an agent of change, not just for yourself but for all humanity. With this call to action, readers can unlock a future of abundance and planetary renewal for generations to come.

A visionary exploration of the human experience and global health through the lens of the microbiome.

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

Zach Bush, MD, is a physician specializing in internal medicine, endocrinology and hospice care. He is an internationally recognized educator and thought leader on the microbiome as it relates to health, disease and food systems.
www.zachbushmd.com

Women Who Dance in the Dark

Awaken Your Inner Seer through Myths, Dreams and Stories

ATHENA LAZ



Intuition and dream expert Athena Laz offers an exploration of the largely untapped Medial Woman archetype through signs, dreams, myth and story. Through the lens of this archetype, Athena guides readers on an inward journey to reconnect with their soul's regenerative powers and reclaim aspects of themselves that may have been lost or overshadowed.

Sister seer to the Wild Woman, the Medial Woman is the oracle within us; a conduit to the spirit world who beckons us to an inner journey of intuition. By tapping into the Medial Woman's wisdom – embodied in symbols like the rainbow bridge and mythic figures like Iris – you can bridge the gap between your ego and soul, intellect and intuition, to achieve a more balanced and harmonious existence.

With engaging stories and practical exercises, readers will learn to harness their innate medial abilities, improve their relationship with the spirit world and navigate life's challenges with greater ease. Ultimately, *Women Who Dance in the Dark* serves as a call to embrace this sacred archetype to restore balance and wellbeing in a world marked by division and extremity.

'Athena's message speaks to a new generation of seekers, for whom decoding their unique inner worlds is the most important and rewarding work of all.'

Ruby Warrington, author of *Material Girl, Mystical World*

PRICE £14.99
ISBN 9781837823345
EBOOK ISBN 9781401979553
FORMAT 216 x 135mm, PB
RIGHTS World
PUBLICATION MONTH September

Athena Laz is a bestselling author, psychologist and expert in the field of intuition, dreams, consciousness and spirituality. She has helped thousands of people worldwide to discover the depths of their psyches and spirit through the medium of dreams, symbols, metaphor and image.
www.athenalaz.com

The Art of Manifesting

A Meditative Drawing Practice to Rewire Your Brain and Create Your Reality

COLETTE BARON-REID WITH ANNA DENNING

Photo Credit: Olive Photography



Discover the intersection between creativity and manifestation, backed by neuroscience, in this inspiring new art form that allows you to claim the life you deserve as you co-create with the Universe.

The Art of Manifesting Method™, created by Colette Baron-Reid and Anna Denning, harnesses the incredible power of art to rewire your brain, break old patterns and align your mindset and behaviors with your aspirations.

With the Seven Steps of Manifestation outlined in this book, readers will learn to actively carve out new neural pathways by repeatedly engaging in meaningful, intentional thoughts and actions – going beyond superficial positivity to create a deep, authentic shift in their mindset and behaviour. This gentle, seven-week guide allows readers to thoroughly understand and connect with each step through guided drawings (including example illustrations) as well as supportive practices like meditation and journaling.

'Colette Baron-Reid is an electric soul with undeniable gifts that light up the world.'

Kyle Gray, bestselling author of *Raise Your Vibration*

PRICE £15.99
ISBN 9781837825134
EBOOK ISBN 9781401997861
FORMAT 229 x 178mm, PB
RIGHTS World
PUBLICATION MONTH September

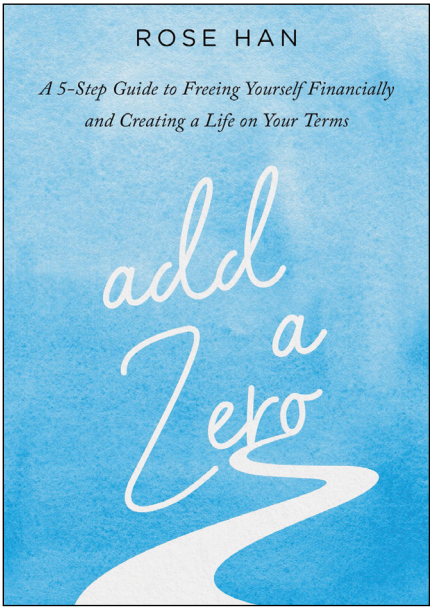
Colette Baron-Reid is an internationally respected spiritual intuitive, psychic medium, educator and oracle expert. Her bestselling books and oracle cards have been published worldwide in 27 languages.
www.colettebaronreid.com

Anna Denning is an artist, NeuroGraphica® instructor and aesthetic coach, NeuroArt trainer and the Director and Senior Supervisor at Psychology of Creativity Institute for the English Instructor Course.
www.neurographica.online

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 the 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
RIGHTS World
PUBLICATION MONTH September

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.

Lose Your Mind

The Path to Creative Invincibility

JOSH PAIS

Photo Credit: Kevin Scanlon



Actor, teacher and coach Josh Pais shows readers how to turn their fear into their biggest asset and convert nervousness and anxiety into creative fuel. Josh is the founder of Committed Impulse, a training that began as an innovative and rigorous approach to acting and has evolved into a secret weapon for entrepreneurs, artists, public speakers and tens of thousands of people from all professions. These creators have learned how to step out of the limiting paradigm of the mind and embrace a level of aliveness and spontaneity they never knew possible.

In this book, readers will discover:

- four proven tools to get out of their head, embrace presence and become unstoppable
- how to unshackle chronic tension, shed body armour and reboot their nervous system
- how to access their impulses to supercharge their creativity and transform stage fright into spontaneity
- how to move through the world as their most authentic self and have a blast doing it

'Committed Impulse has allowed me to consistently be more present, ignited my spontaneity and helped me tap into a power I was not even aware was inside me.'

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

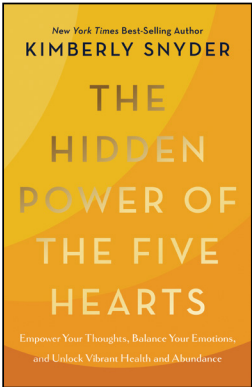
PRICE £20.99
ISBN 9781401997205
EBOOK ISBN 9781401997212
FORMAT 229 x 152mm, HB
RIGHTS World
PUBLICATION MONTH September

Josh Pais has appeared in over 100 movies and TV shows. He's the founder of Committed Impulse, a programme which offers high performance training for actors, artists, entrepreneurs and people in all professions who want to have full access to their potential and their playfulness. Josh has helped thousands of people to access their spontaneity, truth, presence and creativity. www.committedimpulse.com

The Hidden Power of the Five Hearts

Empower Your Thoughts, Balance Your Emotions and Unlock Vibrant Health and Abundance

KIMBERLY SNYDER



Now in paperback – *New York Times* bestselling author Kimberly Snyder shares her modern take on ancient teachings to help readers unlock the secrets of their heart's true potential and reclaim their personal power, energy and vitality. Through practical exercises, meditations and journalling prompts, readers will discover how to access their heart intelligence and infuse their life with a synergizing power that will pave the way to their best performance, higher health, incredible relationships and the ability to find better solutions throughout their day.

'Kimberly's philosophy reveals that the mental, emotional and spiritual aspects of you, your diet and health are one.'

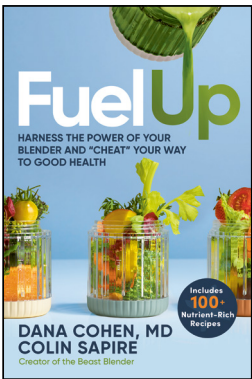
Deepak Chopra

PRICE	£13.99	Kimberly Snyder is a spiritual guide, meditation teacher, nutritionist, holistic wellness expert and three-time <i>New York Times</i> bestselling author. Kimberly hosts the top-rated <i>Feel Good</i> podcast and is the founder of Solluna®.
ISBN	9781837824762	@_kimberlysnnyder and www.mysolluna.com
EBOOK ISBN	9781401977276	
FORMAT	216 x 135mm, PB	
RIGHTS	World	
PUBLICATION MONTH	September	

Fuel Up

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

DANA COHEN AND COLIN SAPIRE



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

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

Alberto Villoldo, author of *Grow A New Body*

PRICE	£14.99	Dana G. Cohen, MD, is a nationally renowned internal and integrative medicine specialist.
ISBN	9781837824779	Colin Sapiro is the founder and CEO of Beast Health, maker of the well-known Beast blender.
EBOOK ISBN	9781401977351	www.thebeast.com
FORMAT	229 x 152mm, PB	
RIGHTS	World	
PUBLICATION MONTH	September	

Reconnected Parenting

A New Paradigm of Parenting

EMMA JOHNSTON AND ELEANOR MANN



Emma Johnston and Eleanor Mann, founders of The Reconnected programme and parenting community, have helped thousands of parents to create moments of true presence, joy and connection with their children. This book shows parents how to reconnect with their true, authentic centre, so they can create a family life of ease, consciousness and enjoyment.

Reconnected Parenting is a guide to help parents react to stressful situations in better, healthier ways. Emma and Eleanor take readers on a journey through the science behind the nervous system and explain how this is holistically linked to connecting to our truest and spiritual selves.

This book shows how understanding the nervous system and using our breath to rewire our reactions from our body up creates deep, lasting change. In the moments that count, readers will discover how to respond to difficult and stressful parenting situations in the way they really want to.

Discover a modern, intuitive and value-aligned approach to parenting.

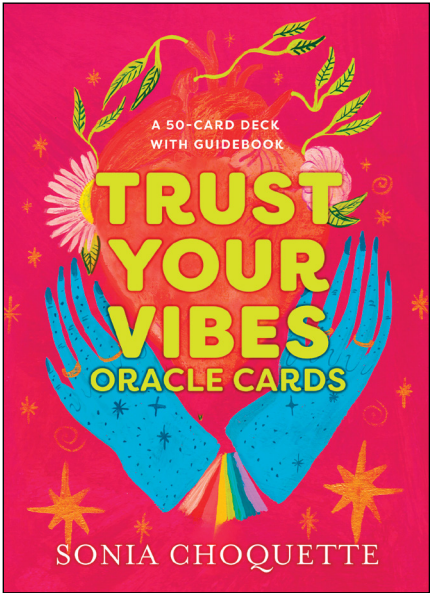
PRICE £14.99
ISBN 9781837824809
EBOOK ISBN 9781401996987
FORMAT 216 x 135mm, PB
RIGHTS World
PUBLICATION MONTH September

Emma Johnston is a breathwork practitioner and yoga teacher. **Eleanor Mann** is a registered counsellor, breathworker and play therapist. Together, they are the founders of The Reconnected – a new paradigm of parenting and a community of families that are changing the course of their children's future, co-regulating more effectively and forming new patterns in their homes.
www.thereconnected.com

Trust Your Vibes Oracle Cards

A 50-Card Deck with Guidebook

SONIA CHOQUETTE



New York Times bestselling author and spiritual teacher Sonia Choquette presents a fresh vision for her popular *Trust Your Vibes Oracle Cards*. In this exciting new edition of the classic card deck, featuring all-new artwork, Sonia helps readers activate and strengthen their intuition.

Your intuition supports your creativity, helps heal your emotional wounds, brings you peace of mind and shows you how to live more harmoniously. Fully enjoying your life and being able to access the innate sense of security, confidence and courage you deserve all comes down to trusting your vibes.

Each of the 50 cards in this stunning repackage, redesigned with bold new artwork, offers specific intuitive tools and methods to improve the reader's connection to their inner vision and power. By using these cards and the accompanying guidebook for daily inspiration, readers will learn to trust their vibes and experience the ease and flow of six-sensory living.

'I love Sonia, She's a beautiful, sweet soul with a Divine connection.'

Louise Hay



PRICE £18.99
ISBN 9781401975715
FORMAT Cards
RIGHTS World
PUBLICATION MONTH September

Sonia Choquette is celebrated worldwide as an author, spiritual teacher and intuitive guide. She has spent over 45 years helping others lead confident, authentic lives with intuition as their guiding light. Sonia is the author of 27 internationally bestselling books. Her work has been published in over 40 countries and translated into 37 languages.
www.soniachoquette.com

The Fairy Tale Heroine Oracle

A 48-Card Deck and Guidebook

SHARON BLACKIE



Sharon Blackie – bestselling author of *If Women Rose Rooted*, psychologist and internationally recognized teacher in the field of mythic imagination – has explored the power of fairy tales for over two decades. In this transformative deck, she distils this knowledge into 48 cards that unlock the archetypal power of these tales. The deck is divided into four suits, each of which represents a critical aspect of the heroine's journey:

- Tasks cards represent the work that must be undertaken by the heroine to grow and reach her goal.
- Places cards depict the magical locations through which the heroine will have to pass – and in which she'll be tested – during her journey.
- Guides cards characterize the allies and antagonists she'll meet along the way.
- Tools cards portray the objects that empower the heroine to fulfil her destiny.

'[Sharon] knows her archetypes, knows her Jung, knows her fairytales and knows her neuroscience.'

Sunday Times



PRICE £19.99
ISBN 9781837822355
FORMAT Cards
RIGHTS World
PUBLICATION MONTH September

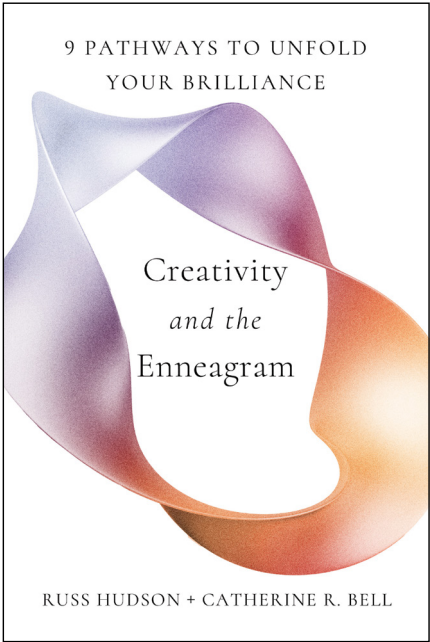
Dr Sharon Blackie is an award-winning and internationally bestselling author, and a psychologist with a background in mythology and folklore. Her work is focused on reimagining women's stories, and on the relevance of myths and fairy tales to the personal, cultural and environmental issues we face today.

www.sharonblackie.net

Creativity and the Enneagram

9 Pathways to Unfold Your Brilliance

RUSS HUDSON AND CATHERINE R. BELL



In this inspiring guide, Russ Hudson – one of the Enneagram’s original developers and most renowned teachers – teams up with Catherine Bell – an expert in organizational culture and team dynamics – to show readers how they can access all nine Enneagram energies to tap into their own creativity as never before.

In this book, readers will discover:

- the energetic characteristics of the nine Enneagram types
- the creative essence each Enneagram type represents
- the lessons each point offers for the creative process, as well as its deeper wisdom for personal and spiritual growth
- practical techniques to help them embody and work with each energy
- the magic that happens when all nine energy points are ignited within us, opening up vast possibilities to create and problem-solve

Unlock your creativity with an exciting new set of keys – the nine Enneagram energy types.

PRICE	£14.99
ISBN	9781837824854
EBOOK ISBN	9781401997236
FORMAT	229 x 178mm, PB
RIGHTS	World
PUBLICATION MONTH	October

Russ Hudson is the co-founder of the Enneagram Institute as well as a Founding Director and former Vice-President of the International Enneagram Association. He is one of the top teachers and developers of the Enneagram personality typology in the world today.
www.russhudson.com

Catherine R. Bell is an award-winning Profit 500 Founder, successful entrepreneur, business leader and bestselling business author.
www.awakenedcompany.com

Magic Maker

The Enchanted Path to Creativity

PAM GROSSMAN

Photo Credit: Frances F. Denny



Discover the specific ways that magic has been embraced by creative visionaries throughout history, from renowned witch and bestselling author of *Waking the Witch*, Pam Grossman. Creative people often speak of being channels for inspiration, while others refer to communing with their muse. For many, this is more than mere metaphor, as artists throughout history have employed magical techniques to tap into their creativity, express powerful messages and make contact with the sacred.

This book is a groundbreaking exploration of the powerful intersection between creativity and magic. Unlike any other book on creativity, *Magic Maker* is the first to delve into how magic has been embraced by visionary creators and offers readers practical methods for incorporating it into their own creative process.

Whether through spellcasting, trancework or spirit communication, Grossman makes a compelling case for why magic deserves serious artistic consideration – inviting creators of all kinds to take an enchanted approach to their craft.

'Wise, relatable and real, Pam Grossman is the witch we need for our times.'

Ami McKay, author of *The Witches of New York*

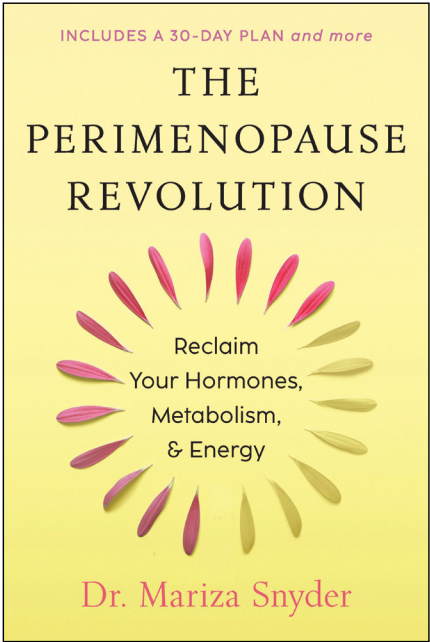
PRICE £16.99
ISBN 9781837822720
EBOOK ISBN 9781837822737
FORMAT 229 x 152mm, PB
RIGHTS BCW
PUBLICATION MONTH October

Pam Grossman is a writer, curator and teacher of magical practice and history. She's the host of the internationally beloved podcast *The Witch Wave* and the bestselling author of *Waking the Witch: Reflections on Women, Magic and Power* and *What Is A Witch*. She's also co-editor and co-author of the *WITCHCRAFT* volume of *Taschen's Library of Esoterica* series.
www.pamgrossman.com

The Perimenopause Revolution

Reclaim Your Hormones, Metabolism and Energy

DR MARIZA SNYDER



Unlock the secrets to thriving through perimenopause and menopause with functional practitioner, hormone expert and host of the top-rated *Energized* podcast, Dr Mariza Snyder. Perimenopause, or the period when your ovaries start producing less hormones as your body transitions to menopause, is the most critical time to focus on your long-term health. This book offers readers a road map to holistic healing, providing them with all the tools and wisdom they need to gracefully navigate their body's progression through this crucial time. *The Perimenopause Revolution* includes:

- a 30-day Midlife Reset Programme that will show readers how to optimize their blood sugar and metabolism, lose stubborn weight, gain energy and balance hormones
- practical guidance on recognizing and managing common symptoms like fatigue, hot flashes and anxiety – as well as when hormone-replacement therapy (HRT) may be beneficial
- mind-body practices for reducing stress, improving sleep and enhancing overall wellbeing

'Dr Mariza is smart, honest and committed to creating powerful, natural solutions for women who don't want to take synthetic hormones.'

Kellyann Petrucci, *New York Times* bestselling author of *Dr. Kellyann's Bone Broth Diet*

PRICE	£22.99
ISBN	9781401997403
EBOOK ISBN	9781401997410
FORMAT	229 x 152mm, HB
RIGHTS	World English Language
PUBLICATION MONTH	October

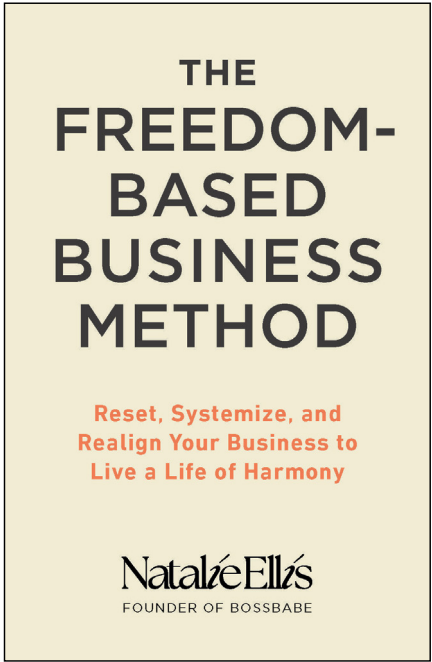
Dr Mariza Snyder is a functional practitioner, women's hormone expert and the bestselling author of eight books. She's also the host of the top-rated *Energized* podcast, which is designed to empower women to become the CEO of their health and has over 10 million downloads.
www.drmariza.com

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

The Freedom-Based Business Method

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

NATALIE ELLIS



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

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

Whether you're starting from scratch or looking to break free from burnout, *The Freedom-Based Business Method* will guide you to create a thriving business so you can achieve financial fulfillment and live life on your own terms.

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

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

PRICE £21.99
ISBN 9781401997373
EBOOK ISBN 9781401997380
FORMAT 216 x 135mm, HB
RIGHTS World
PUBLICATION MONTH October

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

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

Witchual

MIA MAGIK



A transformative guide to crafting personalized rituals, spells and practices that will bring readers into a deeper relationship with their own magik and the wisdom of nature.

Grounded in the power of the elements – Earth, Air, Fire and Water – this book invites readers to reconnect with the ancient power of ritual, honour their intuition and infuse intention into every aspect of their lives. From daily routines to profound rites of passage, *Witchual* shows how the sacred art of ritual can be a tool for healing, self-discovery and meaningful transformation.

At its core, *Witchual* is a journey back to our roots – a return to the interconnectedness of nature, spirit and the collective wisdom of humanity. It celebrates the art of self-crafted witchcraft, encouraging readers to embrace their personal power and create rituals that are uniquely their own. Whether you're seeking to heal emotional wounds, manifest abundance or deepen your connection to the divine, *Witchual* provides the tools to step into your highest self and co-create a world filled with purpose and harmony.

'Living the essence of her teachings, Mia is the voice for Mother Nature.'

Sah D'Simone, bestselling author of *Spiritually Sassy*

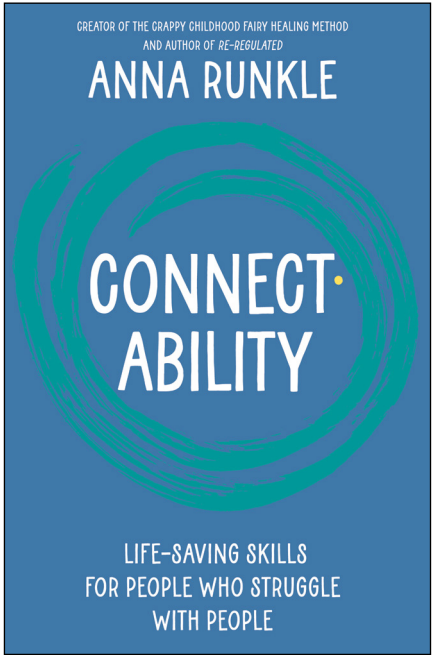
PRICE £13.99
ISBN 9781837820672
EBOOK ISBN 9781401975029
FORMAT 216 x 135mm, PB
RIGHTS World
PUBLICATION MONTH October

Mia Magik is the headmistress and founder of Witch School, an online school of Magikal Artistry. She has empowered thousands of people to realize, utilize and reconnect with their infinite spiritual abilities through leading acclaimed retreats in Scotland, Ireland, France and California.
www.miamagik.com

Connectability

Gentle Steps to Heal Trauma-Driven Isolation, Find Your People and Build the Connected Life You've Always Needed

ANNA RUNKLE



Anna Runkle, creator of the Crappy Childhood Fairy healing method and YouTube channel, shows readers the keys to connecting with others and succeeding in relationships. Growing up with trauma in the family often results in feelings of isolation and loneliness in adulthood.

Step-by-step, Anna offers practical strategies for healing trauma-driven isolation and developing the social skills needed to connect, thrive and feel truly seen. Through personal anecdotes, prompts for self-reflection and daily connection plans, Anna guides readers to:

- overcome triggers that make them want to isolate
- identify the role dysregulation plays in damaging connection
- learn to trust their instincts, recognize red flags and set boundaries
- master the art of small talk and active listening

'Anna is truly one of the chain-breakers, those special people who refuse to pass on generational trauma, and empathetically model to the rest of us how we can do it, too.'

Emma McAdam, founder of Therapy in a Nutshell

PRICE	£20.99
ISBN	9781401979218
EBOOK ISBN	9781401979225
FORMAT	229 x 152mm, HB
RIGHTS	World
PUBLICATION MONTH	October

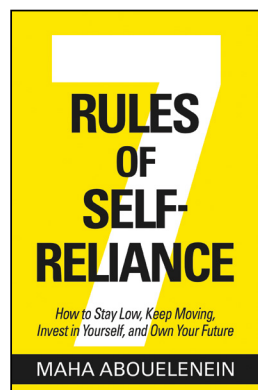
Anna Runkle helps people worldwide to heal trauma symptoms and change their lives. Over 900,000 people subscribe to her YouTube channel, blog, courses and coaching programmes, where she teaches the principles and techniques she has used to recover from her own Childhood PTSD.
www.crappychildhoodfairy.com

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

7 Rules of Self-Reliance

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

MAHA ABOUELENEIN



Now in paperback! Highly sought-after strategic communications consultant Maha Abouelenein shows readers how to take more ownership and thrive in the post-pandemic world of work.

Readers will learn how to become more successful and achieve their goals through Maha's seven rules of self-reliance. This book will show readers the importance of self-reliance, and help them create bigger and better opportunities to live a joyful and fulfilling life.

'A profound exploration into the essence of creating one's destiny with conscious intention and deep self-awareness.'

Deepak Chopra

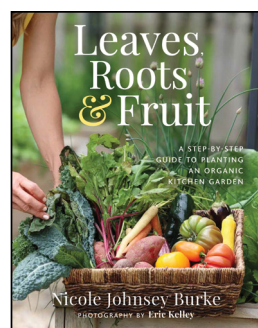
PRICE £13.99
ISBN 9781837824786
EBOOK ISBN 9781401978679
FORMAT 216 x 135mm, PB
RIGHTS World
PUBLICATION MONTH October

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

Leaves, Roots & Fruit

A Step-by-Step Guide to Planting an Organic Kitchen Garden

NICOLE JOHNSEY BURKE



Now in paperback, Nicole Johnsey Burke, the creator of Gardenary, teaches readers to eat what they sow in this beginner's guide to creating an edible garden from scratch. *Leaves, Roots & Fruit* is an expert guide for growing your own fresh, organic food every day of the year, no matter where you grow. Nicole's clear instructions for setup, care and harvest are complete with insightful tips for every level of gardener. More than just providing the how-to, Nicole gives readers the know-how for a practical and intuitive gardening system.

'Full of details that could give anyone a strong foundation to become a lifelong gardener.'

Jen Hansard, bestselling author of *Simple Green Smoothies*

PRICE £17.00
ISBN 9781401978754
EBOOK ISBN 9781401969110
FORMAT 229 x 178mm, PB
RIGHTS World
PUBLICATION MONTH October

Nicole Johnsey Burke is the founder of Gardenary Inc and Rooted Garden Inc, and the author of *Kitchen Garden Revival*. Her work has been featured in *Southern Living*, *USA Today*, *Self*, *Modern Farmer*, *Health* and the Garden Club of America.
www.gardenary.com

Walking with Your Spirit Totem Animals

Discovering the Four Animals that Guide You Through Life

SHAWN LEONARD

Photo Credit: Cooke Photography



In this book, Mi'kmaq medium and host of *Spirit Talker* Shawn Leonard invites readers on a profound journey into the mystical world of animal totems. His insightful book reveals how to assemble your unique team of spirit animal totems to be your personal guides through life.

We're deeply connected to the animal nation, and through the four stages of life – childhood, youth, adulthood and elderhood – there are four sacred animal totems that support us energetically using their sacred medicine. Shawn intertwines personal anecdotes with spiritual teachings, illustrating how these animal guides have appeared in his own life and provided wisdom at each stage.

The book includes reflections on the connection between pets and their spiritual roles, messages revealed through animal dreams and encounters with the animal nation in the astral realm. It also provides practical tools, such as prayers and meditations, to help readers connect with their own animal totems.

'Shawn Leonard has a unique ability to see beyond what most of us are capable of seeing, and his willingness to share that with the world is a blessing to us all.'

Serena Dyer, author of *The Knowing*

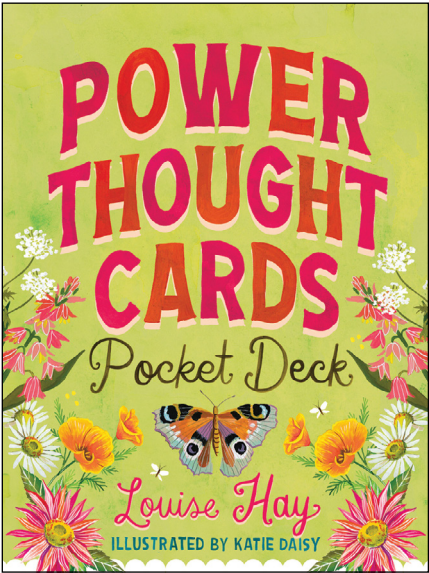
PRICE £14.99
ISBN 9781837824878
EBOOK ISBN 9781401997267
FORMAT 216 x 135mm, PB
RIGHTS World
PUBLICATION MONTH October

Shawn Leonard is a heart-centred Mi'kmaq psychic medium and the star and host of APTN TV's show *Spirit Talker*. Taking an authentic approach to the spirit world in his readings, live shows and media appearances, Shawn imparts enormous wisdom and knowledge of the spirit world and spirit communication.
www.shawn-leonard.com

Power Thought Cards Pocket Deck

A 64-Card Affirmation Deck

LOUISE HAY



This classic deck from beloved self-help teacher and *New York Times* bestselling author Louise Hay now comes pocket-sized! Repackaged in a beautiful tin box and featuring all new artwork, this deck includes 64 empowering affirmation cards with positive thoughts for creating health, abundance, joy, peace and wellness.

Each beautifully illustrated card contains a powerful and inspiring affirmation on one side and a visualization on the other for readers to meditate on and unlock their inner strength and potential. Readers are invited to pick a different card each morning and watch their day unfold effortlessly and powerfully. Example power thought affirmations include:

- I am willing to release old, negative beliefs.
- I trust the process of life.
- Loving others is easy when I love and accept myself.
- I trust the process of life to bring me my highest good.

'Louise Hay writes to your soul – where all healing begins.'

Dr Wayne W. Dyer



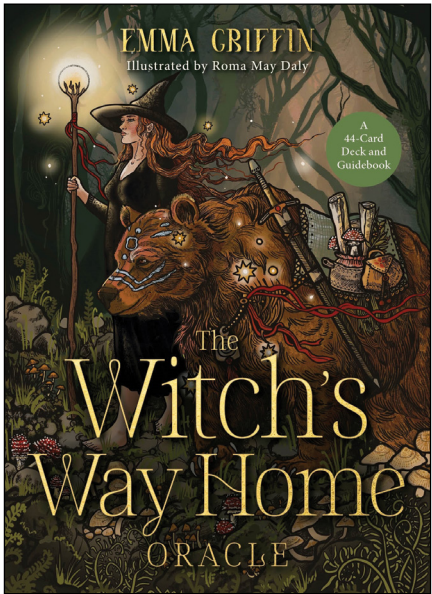
PRICE	£12.99
ISBN	9781401994112
FORMAT	Cards
RIGHTS	World
PUBLICATION MONTH	October

Louise Hay was an inspirational teacher with more than 50 million books in print worldwide. For over 30 years, she helped people discover their full potential for personal growth and self-healing. www.louisehay.com

The Witch's Way Home Oracle

A 44-Card Deck and Guidebook

EMMA GRIFFIN



The Witch's Way Home Oracle is a sacred tool to help you return home to yourself, allowing your soul to access the profound magic and wisdom that resides both within and all around you. Serving as a companion and guide to deepen your magical practice, awaken your intuition and illuminate your path forward, each card holds a key to unlocking the wisdom of your soul and the energy of the universe. The deck is divided into four suits, each aligning with different phases of the reader's journey:

- **Starting on Your Path:** These cards help the reader to set their intentions.
- **Uncover the Magic of the Natural World:** These cards invite the reader to explore the wisdom and energy of the earth.
- **Seeking Guidance from Higher Dimensions:** These cards act as a bridge between the physical world and the higher dimensions.
- **Step into Your Power:** These cards help the reader to embrace their unique gifts, claim their power, stand in their truth and awaken the witch within.

'Emma is the epitome of a modern witch. I am inspired by her work and her light!'

Kyle Gray, bestselling author of *Angel Prayers*



PRICE £17.99
ISBN 9781837821402
FORMAT Cards
RIGHTS World
PUBLICATION MONTH October

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

Have a Good Day on Purpose

52 Affirmation Cards from Ya' Hype Girl

ALETHEA CRIMMINS



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

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

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

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

PRICE £22.99
ISBN 9781401998134
FORMAT Cards
RIGHTS World
PUBLICATION MONTH October

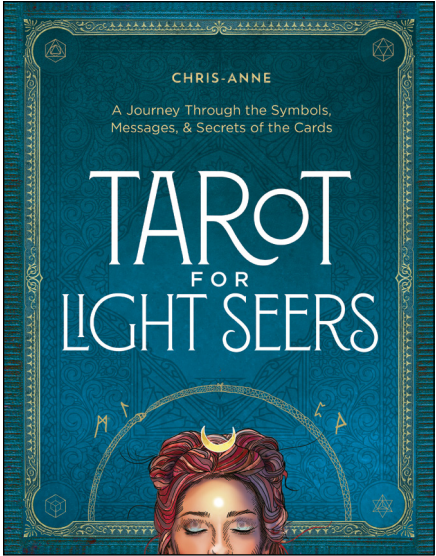
Alethea Crimmins, known globally as the 'Positivity Queen', is a motivational speaker, coach, positivity influencer and host of the *Pimpin' Positivity with Alethea Crimmins* podcast. Alethea brings her uplifting message of self-love, empowerment and resilience to a growing following of over 2 million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

<https://iamalethea.com>

Tarot for Light Seers

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

CHRIS-ANNE



This book, now in paperback, is an expansion of *The Light Seer's Tarot* guidebook – a bestselling deck which has shipped nearly 250K copies since late 2019 – into an in-depth tarot-readers' guide filled with detailed messages, interpretations, keywords, prompts and spreads in a playful, bright, four-colour format.

Taking a deep dive into the symbolism woven through the illustrations on each card and pointing out the traditional Rider–Waite–Smith imagery that inspired the contemporary artwork, *Tarot for Light Seers* features a breakdown of the symbolism on each card and shares the traditional card art for comparison.

Readers are invited to explore this collection of dreams, archetypes and stories as they walk the path of darkness and sunshine, living the lessons and channelling the messages of the Light Seer. The relatable, contemporary characters will allow readers to easily and intuitively translate the message of the cards.

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

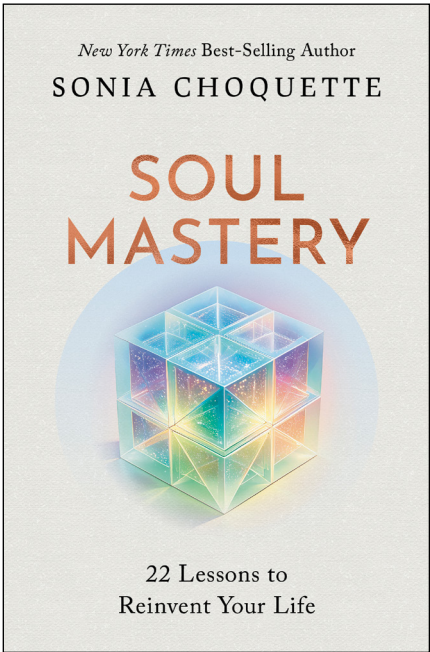
PRICE £20.99
ISBN 9781401996611
EBOOK ISBN 9781401978730
FORMAT 229 x 178mm, PB
RIGHTS World
PUBLICATION MONTH October

Chris-Anne is a deck creator, artist and magic-maker, as well as a marketing strategist. She offers unique courses for creators that combine marketing and branding with manifestation and intuition. She successfully kickstarted three independent card decks – *The Light Seer's Tarot*, *The Muse Tarot* and *The Sacred Creators Oracle* – followed by *The Tarot of Curious Creatures*, all now available through Hay House.
www.chris-anne.com

Soul Mastery

22 Lessons to Reinvent Your Life

SONIA CHOQUETTE



In *Soul Mastery*, bestselling author, world-renowned teacher and intuitive guide Sonia Choquette shares the 22 divine laws of creation she was taught as a child by her master spiritual teacher, Dr Tully.

Sonia has lived by and taught these divine laws for over 50 years, and she compares the process of integrating these principles to learning the steps to a beautiful dance. Once you know the movements, they're recorded in your muscle memory and your dance with the universe begins. By mastering these laws, readers will unlock the mystery of manifestation and enter a higher vibrational frequency with confidence and ease.

In *Soul Mastery*, Sonia outlines the 22 divine laws, demonstrates how they are applied and shares anecdotes from her life and success stories from her students, showing how quickly your life can change once you understand and apply these principles.

'Sonia is the most authentic, skilled guide and teacher in the world of intuitive ability I've ever encountered.'

Dr Wayne Dyer

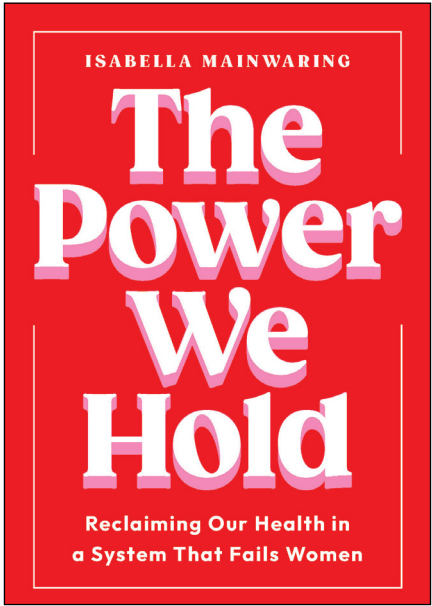
PRICE £14.99
ISBN 9781837822461
EBOOK ISBN 9781401977825
FORMAT 229 x 152mm, PB
RIGHTS World
PUBLICATION MONTH November

Sonia Choquette is a celebrated worldwide as an author, spiritual teacher and intuitive guide. She has spent over 45 years helping others lead confident, authentic lives with intuition as their guiding light. Sonia is the author of 27 internationally bestselling books. Her work has been published in over 40 countries and translated into 37 languages.
www.soniachoquette.com

The Power We Hold

Reclaiming Our Health in a System That Fails Women

ISABELLA MAINWARING



In this transformative book from hormone health coach and trauma recovery counsellor Isabella Mainwaring, readers will dive into the heart of women's health and discover how to step confidently into their full feminine potential. Isabella's goal is not only for readers to improve how they feel day-to-day, but also to help them reconnect to their unique version of feminine success and power.

This isn't just about wellness – it's about taking radical responsibility for your health and reclaiming your agency from the patriarchal systems that often suppress feminine vitality. The book looks into the forgotten history of women as healers, teachers and leaders before offering an accessible step-by-step guide to tackling hormonal issues – such as high cortisol, inflammation, bloating – using Isabella's root-cause approach and her unique ThetaSomatics™ technique.

Whether in their family, community, workplace or out in the world, this book empowers readers to step into their rightful place in the lineage of feminine wisdom and strength. It's time to embrace your future as a leader, embodying vibrant health, resilience and feminine power.

Revitalize your body, reclaim agency over your own health and embrace the superpowers of your biology.

PRICE £16.99
ISBN 9781837824649
EBOOK ISBN 9781837824670
FORMAT 229 x 152mm, PB
RIGHTS World
PUBLICATION MONTH November

Isabella Mainwaring is a hormone health coach, trauma and PTSD recovery counsellor, breathwork coach, podcast host and content creator. Isabella uses her ThetaSomatics™ therapeutic approach to help women all over the world trigger their body's innate capacity for healing through her programmes, 1:1 coaching and masterclasses.
www.isabellamainwaring.com

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

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 hermetic 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 November

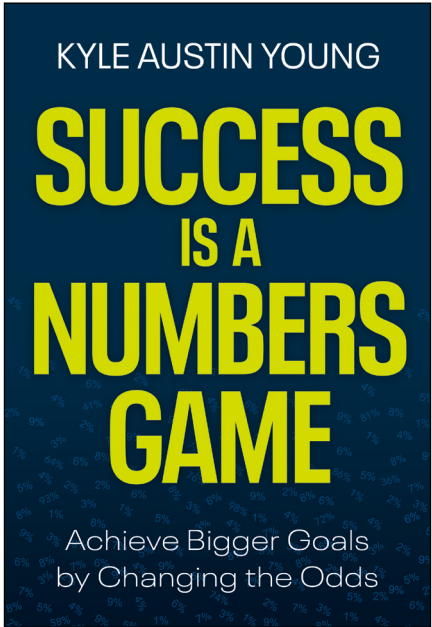
Ari Whitten is the founder of the Energy Blueprint and the author of *Eat for Energy* and *The Ultimate Guide to Red Light Therapy*.
www.theenergyblueprint.com

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

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
ISBN 9781401975425
EBOOK ISBN 9781401975432
FORMAT 229 x 152mm, PB
RIGHTS World English Language
PUBLICATION MONTH November

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 Artist's Side Hustle

A Road Map for Creating a Sustainable Stream of Income with Just 5 Hours a Week

STACIE BLOOMFIELD



Stacie Bloomfield, founder of artistic-side-hustle-turned-multimillion-dollar-company Ginger, shows readers how to turn doing what they love into a sustainable, thriving business.

Whether you want to start or maintain a creative side hustle or grow your business into something larger, Stacie provides all the wisdom and tools you need to know. In this book, readers will discover:

- 13 ways to monetize art and the secret to business growth in the art world
- the four essential components of an art portfolio
- a comprehensive road map for generating consistent side income as an artist
- how to use just 5 hours a week to create your art business

With *The Artist's Side Hustle*, readers will rediscover their unique voice, learn how to generate income from their art and gain the confidence they need to showcase their creativity to the world.

Turn your creative passion into sustainable income in just five hours a week!

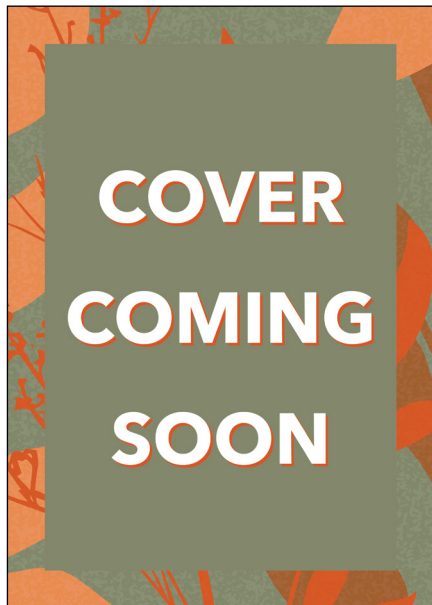
PRICE £15.99
ISBN 9781837824885
EBOOK ISBN 9781401997328
FORMAT 229 x 152mm, PB
RIGHTS World
PUBLICATION MONTH November

Stacie Bloomfield is an author, illustrator, entrepreneur and the founder of side-hustle-turned-multimillion-dollar-business Ginger. She runs courses to teach and equip creatives to have thriving careers as artists.
www.staciebloomfield.com

Becoming an Artist

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

SCOTT CHRISTIAN SAVA



Scott Christian Sava, renowned artist and social media star, delivers a refreshingly honest guide to navigating the emotional and creative complexities of being an artist. Scott encourages artists of all levels to embrace imperfection, experiment with different styles, push through self-doubt and just start making art, no matter the obstacles.

This book is filled with practical advice for the emotional struggles all creatives share – imposter syndrome, creative block, perfectionism and fear of failure – while encouraging artists to get out of their own way and rediscover the joy in creating. Featuring over 50 original black-and-white drawings, *Becoming an Artist* offers readers a comforting reminder that the messy, frustrating process of making art is what makes it meaningful.

Whether you're a seasoned artist or a total beginner, this book serves as both a companion and a guide, helping you turn blank pages into worlds of possibility.

Embrace failure, overcome self-doubt and rediscover the joy of creating art.

PRICE £20.99
ISBN 9781401996932
EBOOK ISBN 9781401996949
FORMAT 203 x 152mm, HB
RIGHTS World
PUBLICATION MONTH November

Scott Christian Sava is an animator, illustrator, director, writer, producer and part-time Hobbit! Over the last twenty years, Scott's work has brought some of the world's most beloved characters to life in film, television, comics and games. Scott's unique talents and vision have been called upon by Disney, Universal Studios, Nickelodeon and more.
www.ssavaart.com

Manifesting with the Angels Tarot

A 78-Card Deck and Guidebook

RADLEIGH VALENTINE

Photo Credit: Kristin Klier



Manifest with all of heaven on your side with this stunning new tarot deck from internationally renowned spiritual intuitive Radleigh Valentine.

This 78-card deck combines the traditional elements of tarot with the power of the angels to deepen the reader's understanding and control over the manifestation energies of the soul, heart, mind and body.

Angels are at the centre of this deck and they offer guidance, support and protection every step of the way. By working with these cards, readers can draw divine energy into the everyday and manifest the magical life they are meant for.

Each card in *Manifesting with the Angels Tarot* draws on the rich symbology of tarot, then connects it to one of the four key pathways of manifestation – soul, heart, mind and body – guided by the loving presence of angels. Whether you're seeking clarity, abundance, healing or spiritual growth, this deck helps you channel those intentions.

Align yourself with the divine energy of the Universe to manifest your dreams!



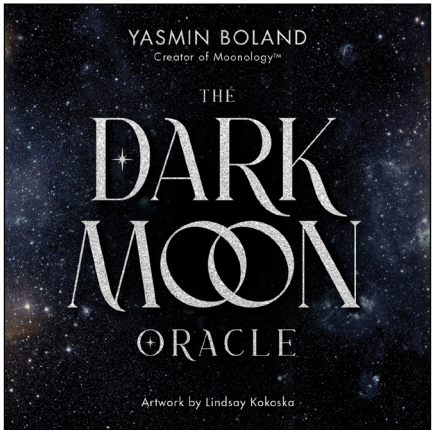
PRICE £21.99
ISBN 9781401968229
FORMAT Cards
RIGHTS World
PUBLICATION MONTH November

Radleigh Valentine is an internationally renowned speaker, author, spiritual intuitive and radio-show host. He has studied tarot for more than 20 years and teaches workshops around the US. He is also the creator of *RadScopes*, weekly horoscopes with an enchanting twist of tarot.
www.radleighvalentine.com

The Dark Moon Oracle

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

YASMIN BOLAND



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

The Dark Moon takes place during the final stage of the lunar cycle, just before the New Moon. It's a time for diving deep into your shadow, cleansing emotional debris and experiencing healing. It's also a time for stillness and rest, as you prepare to set new intentions with the upcoming New Moon. Containing 48 stunning circular cards, this powerful deck is divided into four suits:

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

'Yasmin has been an internationally successful spiritual guide for the past two decades.'

Daily Mail



PRICE £18.99
ISBN 9781837822584
FORMAT Cards
RIGHTS World
PUBLICATION MONTH November

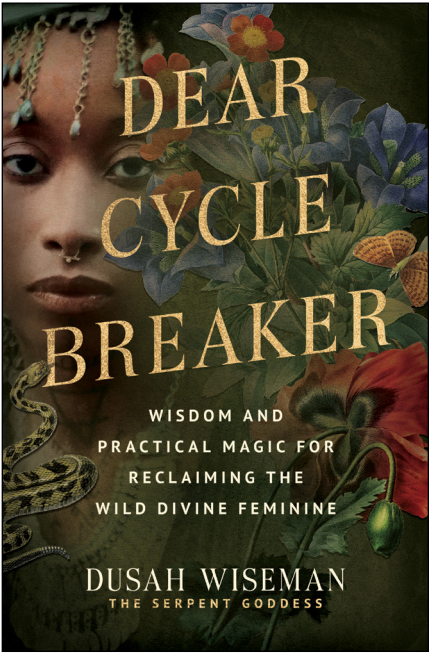
Yasmin Boland is a *Sunday Times* bestselling astrology and Moonology writer, author and oracle deck creator. She writes for *Red*, *Closer* and *Good Health*, and her horoscopes, astrology and New Age columns are read by millions of people each week.
www.yasminboland.com

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

Dear Cycle Breaker

Wisdom and Practical Magic for Reclaiming the Wild Divine Feminine

DUSAH WISEMAN



Transformational rituals, practices and channelled messages for readers who are ready to unmask their power, heal through the divine feminine and make the everyday sacred.

In *Dear Cycle Breaker*, Dusah Wiseman supports readers to journey deep within their shadows to unlock the potent medicine of combining their light and dark, reclaim their inner magic and access the true potential of their wild, wise and whole self. As Dusah says, 'This book is a beacon that will resurrect the Goddess who has been playing small for reasons that span previous lifetimes. It will empower the Queen who is finally ready to claim her legacy.'

Readers are invited to peel back their past experiences and traumas to reveal their true greatness and become a walking embodiment of love, magic, compassion and power. This book guides readers to shed their masks and embark on a journey back to their highest self and a deep connection with Source.

Reconnect with the divine feminine and tap into the ancient wisdom of the powerful women who came before.

PRICE £14.99
ISBN 9781837824359
EBOOK ISBN 9781401995614
FORMAT 216 x 135mm, PB
RIGHTS World
PUBLICATION MONTH December

Dusah Wiseman, also known as **Serpent Goddess**, fell in love with shamanic practices as a child. She has trained with Indigenous elders and industry leaders, and her medicine bag includes yoga, pranayama, meditation, qigong, herbalism, music and somatic healing through a trauma-informed lens.
www.theserpentgoddess.com

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

Manifest with Astrology

How Your Birth Chart Is the Secret to Your Unique Manifesting Superpower

DEBBIE FRANK



Harness the power of astrology to channel your cosmic destiny and manifest the life you came here for. *Manifest with Astrology* reveals how each zodiac sign and celestial body holds powerful codes designed to support your life's journey. With practical information on how to manifest with astrology, exercises and journal prompts, readers will learn how to:

- harness their sun sign using affirmations and visualizations to align with their destiny and supercharge their manifestations
- uncover their astro-patterns and life lessons to break through blocks and turn challenges into opportunities for personal growth and transformation
- use daily practices to check in with their vibration, stay in their magnetic centre and attract abundance.
- shift from daily gratitude to experiencing daily joy, increasing their ability to manifest with ease
- embrace the cosmic forces and surrender to the universe, letting gratitude fuel their manifesting power

'There is no greater solace in our challenging times than to consult the Queen of the Cosmos, Debbie Frank, who seems to know where our lives are going even if we don't.'

Tina Brown CBE, award-winning journalist, editor and author

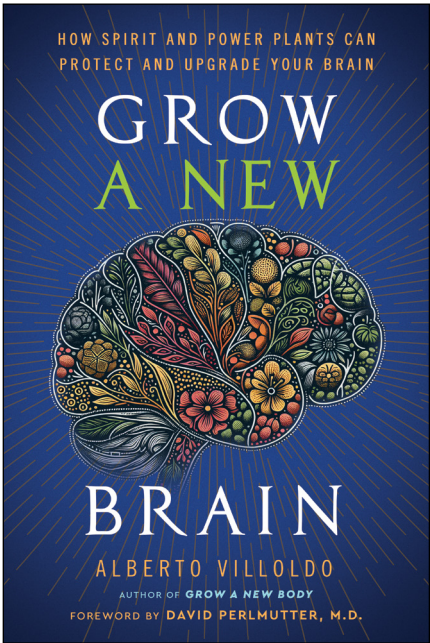
PRICE £14.99
ISBN 9781837824410
EBOOK ISBN 9781837824441
FORMAT 210 x 150mm, PB
RIGHTS World
PUBLICATION MONTH December

Debbie Frank is a world-renowned Master Astrologer with decades of experience in sharing, teaching and providing life-healing to her personal clients, celebrities, CEOs and royalty (she was Princess Diana's personal astrologer from 1989 onwards). Debbie has also written horoscopes and columns for some of the UK's biggest publications including the *Daily Mail* online, *Sunday Express*, *Hello*, *Instyle*, *Sunday Mirror* and *Daily Mirror*.
www.debbiefrank.com

Grow a New Brain

How Spirit and Power Plants Can Protect and Upgrade Your Brain

ALBERTO VILLOLDO



Growing older is inevitable, but ageing can be prevented, and even reversed. In *Grow a New Brain*, modern shamanic practitioner Alberto Villoldo reveals research and introduces protocols for readers to improve their brain function.

A healthy brain is the foundation for a healthier and more fulfilling life. Alberto combines ancient and modern science to help the reader support their body to eliminate old senescent cells, detoxify their brain and body, reduce inflammation and more.

Readers will learn how to:

- turn their kitchen into a shaman's laboratory to make their own probiotics that repair the gut and balance the brain
- reverse damage to the brain caused by free radicals and restore mitochondria function
- increase the growth of brain cells that support neuroplasticity

'A revolutionary guide to upgrading your brain so you can change your mind to create joy and extraordinary health.'

Dr Mark Hyman, #1 *New York Times* bestselling author of *Young Forever*

PRICE £14.99
ISBN 9781837824793
EBOOK ISBN 9781401973193
FORMAT 229 x 152mm, PB
RIGHTS World
PUBLICATION MONTH December

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

Age Like a Girl

Why the Brain Changes That Happen After 40 Set You Up for Your Best Life Yet

DR MINDY PELZ

Photo Credit: Brittany Rojo



In *Age Like a Girl*, Dr Mindy reveals how the brain changes that occur after the age of 40 can help women evolve into their most vibrant, powerful, authentic selves. Rather than resisting menopause, this book encourages women to embrace it as a transformative phase and offers tools to help them thrive through this transition.

In this practical guide, readers will discover:

- how to sync their body's rhythms, alternate their fuel sources and prioritize restorative rest
- the concept of a 'brain remodel' post-menopause, to shed old habits and embrace new ways of thinking and living
- how hormonal shifts that lead to significant changes in mood, cognition and energy also present an opportunity for personal reinvention
- actionable strategies to shift from cultural narratives of anti-ageing to an empowering, pro-ageing mindset

'At a time when all of us are looking for ways to improve our health and vitality, Dr Mindy Pelz offers great advice.'

Marianne Williamson, *New York Times* bestselling author

PRICE £21.99
ISBN 9781401975562
EBOOK ISBN 9781401975579
FORMAT 229 x 152mm, HB
RIGHTS World
PUBLICATION MONTH December

Dr Mindy Pelz is a bestselling author, keynote speaker and nutrition and functional health expert who has spent more than two decades helping thousands of people successfully reclaim their health. She's a recognized leader in the alternative health field and a pioneer in the fasting movement.
www.drmindypelz.com

The Familiar Magic Pocket Oracle

A 44-Card Deck & Guidebook

MADAME PAMITA

Photo Credit: Chris Strother



Connect with the plants and animals who want to be your friends and magical allies with *The Familiar Magic Pocket Oracle*. Each card features an animal and plant with a special relationship, along with a message for the reader related to their energetic vibration.

Use these cards to gain insight into the past, the future and yourself. Readers will receive loving guidance for the twists and turns of life while developing their intuition, enhancing their magical practice. With this stunning, pocket-sized oracle deck, readers will:

- discover the plants and animals that want to start a familiar relationship with them
- tap into their psychic abilities and open up a two-way conversation with their familiars
- learn about the history and magical energy of each plant and animal
- receive messages for the witch, the animal familiar and the plant familiar with each card
- turn affirmations into magical incantations for their day

'Madame Pamita is the real deal.'

Mat Aurn, author of *Psychic Witch*

PRICE	£10.99
ISBN	9781401980634
FORMAT	Cards
RIGHTS	World
PUBLICATION MONTH	December

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

The Flow Habit

4 Simple Steps to Peace, Purpose & Everyday Miracles

LAURIE E. SMITH

Photo Credit: Laurie Bell Bishop



An easy-to-read guidebook to how flow – that feeling we get when we're so into what we're doing that we lose track of time – can change our lives. *The Flow Habit* is filled with simple tips and exercises for readers to experience the life-changing magic of flow.

Intuitive coach Laurie Smith shows us how simply spending a few minutes each day doing activities that truly bring us joy can dramatically change our lives. When we're in flow, the volume of our inner critic turns way down. We stop worrying about what other people think. Instead, we feel a sense of calm, confidence and purpose.

In *The Flow Habit*, readers will discover how to reconnect with who they really are and find fun ways to share their unique gifts with the world. The more we experience flow, the more flow becomes a habit, and the better our overall lives tend to flow, too. In flow, we often have experiences far more wonderful than anything we could have ever imagined.

Uncover your unique formula for flow, rekindle your spark and follow where your soul is calling you to go.

PRICE £14.99
ISBN 9781837824892
EBOOK ISBN 9781401997366
FORMAT 216 x 135mm, PB
RIGHTS World
PUBLICATION MONTH December

Laurie Smith is an inspirational author, keynote speaker and intuitive coach. She specializes in developing customized coaching programmes and meditative journeys designed to help clients transform their lives, hear their inner voice and follow their creative callings.
www.lauriesmith.com

The Mayan Oracle

A 44-Card Deck and Guidebook

CHRISTINE HERNANDEZ

Photo Credit: Kris Cazneri



A 44-card deck that reveals the mysteries of the Mayan Calendar, giving readers insight and access to the wisdom and guidance of ancient Maya ancestors.

Born from Mayan spirituality and guided by the wisdom of the Chol Q'ij, the Mayan Sacred Calendar, *The Mayan Oracle* serves as a bridge to connect with the guidance of the ancestors. As a cacao practitioner and Mayan Spiritual Guide initiate with lineages from Guatemala and Mexico, author Christine Hernandez demystifies the complexities of the Mayan calendar and introduces cards on Mayan Deities, like Hunab Ku (The One God) and aspects of Mayan culture, like Quetzal (God of Air), Copal and Jade.

This deck also doubles as a practical tool for daily use as a Mayan Calendar. In the Mayan cosmo-vision, each day consists of a Nahuale and corresponding number, so each card does, too. This way, readers can pull a card or perform an immersive spread, easily discern the energy of the day and align themselves accordingly.

Invite the profound insights of the Maya into your life for divination or self-discovery.



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

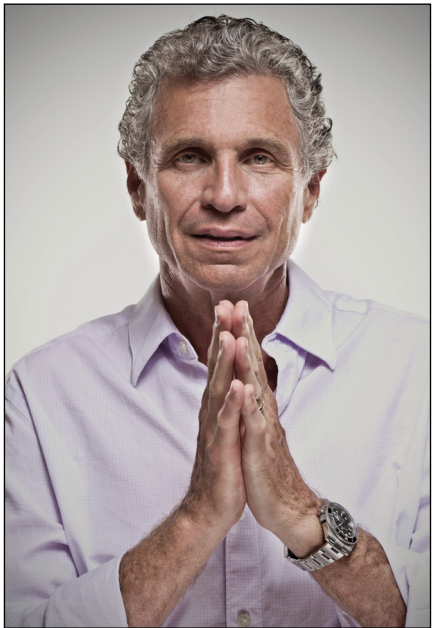
Christine Hernandez is an author and cacao ceremonialist. She promotes the power of cacao through her programmes and the Maltiyox (Gratitude) Method. Christine has directly supported the creation and development of Indigenous cacao farms and women's collectives in Guatemala, where her father immigrated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

The Shaman's Tarot

A 78-Card Deck and Guidebook

ALBERTO VILLOLDO AND PATRICIA GIFT

Photo Credit: Esteban Folatre



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

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

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



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

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

Online Courses

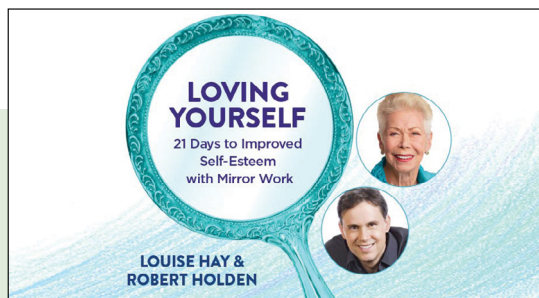
Hay House's wonderful programme of online courses and lectures are a fantastic way for readers to immerse themselves in the knowledge and ideas of our incredible authors. They can be watched at the viewer's own pace and in the comfort of their home. Visit www.hayhouse.co.uk/online-courses for more information.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



The Certified Card Reader Online Course

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

card-reading programmes in the world. Over the course of nine comprehensive lessons, they explore the ins and outs of oracle and tarot card reading, from the basics of divination and intuition, to numerous powerful card spreads, to specifics on working with clients and creating a professional practice.



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.

Online Courses

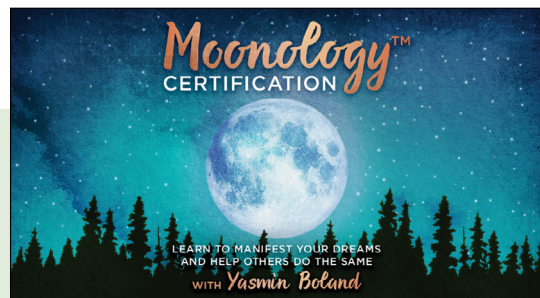
Many of our online courses are also available as part of a Heal Your Life+ Unlimited Video subscription. Visit <https://experience.healyourlifeplus.com/unlimited-video-subscription-m/> to find out more.



The Ultimate Energy Healing Masterclass

This in-depth and comprehensive nine-lesson energy healing course shows viewers exactly how to work with energy to heal the body, create daily balance and take their health to

the next level. Eight internationally renowned experts, including Anodea Judith, Donna Eden, David Feinstein and Dawson Church, explore six unique energy healing modalities – including Reiki, EFT and Chakra Healing – along with dozens of powerful energy healing techniques to restore and rebalance the body's energies from head to toe.



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.

Online Courses



Connecting with the Angels Made Easy – Kyle Gray

Over six lessons with world-renowned angel expert Kyle Gray, viewers will discover how to tune in to and open up their spiritual centres

so they can get to know the angels at a soul level. Full of fascinating real-life accounts of angelic intervention and with practical exercises throughout – including prayers, visualisations and yoga – this accessible course will enable viewers to strengthen their spiritual practice and develop a deep connection to the angelic realms.



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.

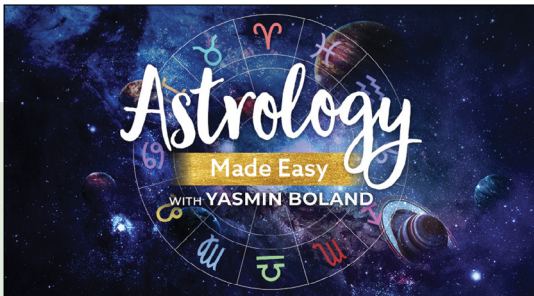
Online Courses



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.

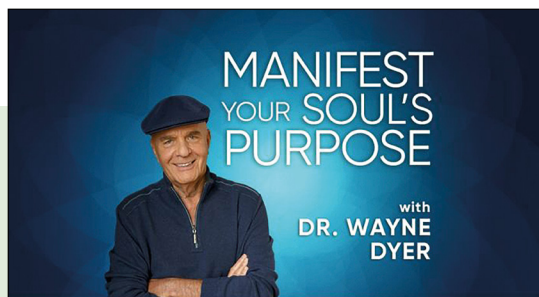


Astrology Made Easy – Yasmin Boland

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.

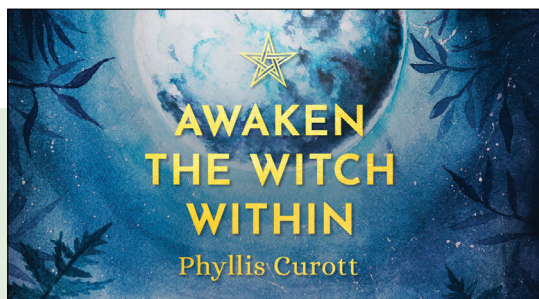
Online Courses



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.

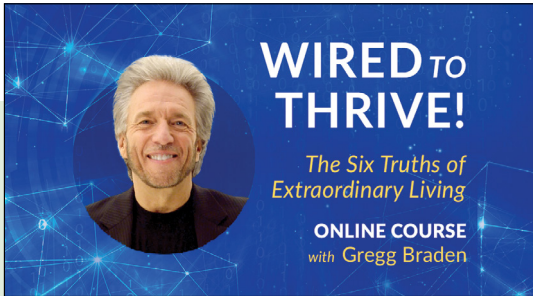


Awaken the Witch Within – Phyllis Curott

In this spellbinding course, Wiccan priestess and bestselling author Phyllis Curott teaches the earthly wisdom and sacred tools needed to

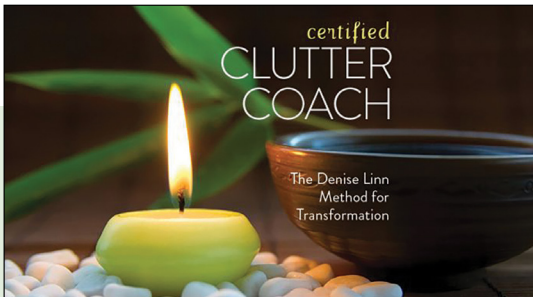
cultivate the joyful, powerful practice of witchcraft, unleash magic from within and manifest a life of balance, harmony and fulfilment. Over eight transformative lessons, Phyllis shares how to awaken the inner witch, work with powerful spells and ancient practices, and connect with the natural world for guidance, direction and healing.

Online Courses



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.

Contacts

UK OFFICE

HAY HOUSE PUBLISHERS

1st Floor, Crawford Corner
91-93 Baker Street
London W1U 6QQ
T: +44 (0)20 3927 7290
E: info@hayhouse.co.uk
W: www.hayhouse.co.uk

Orders for individual titles can
be placed on the above numbers.
Debit and credit cards accepted.

RIGHTS CONTACTS

Alexandra Gruebler

T: +44 (0)20 3927 7325
E: alexandragruebler@hayhouse.co.uk

PUBLICITY CONTACTS

Jo Burgess

T: +44 (0)7930 953266
E: joburgess@hayhouse.co.uk

Katherine O'Brien

T: +44 (0)20 3927 7311
M: +44 (0)7930 953228
E: katherineobrien@hayhouse.co.uk

SALES CONTACT

For new accounts and account queries:

Ellen Buckley

T: +44 (0)20 3675 2459
M: +44 (0)7944 363775
E: ellenbuckley@hayhouse.co.uk

ORDERS

All UK trade orders should be sent to:

Hachette UK Distribution

Milton Rd, Didcot
OX11 7HH
T: +44 (0)1235 749555
E: hukdcustomerservices@hachette.co.uk

UK TRADE SALES REPRESENTATIVES

SCOTLAND, NORTHERN ENGLAND, WELSH BORDERS AND NORTH WALES

Halen Lemberger

M: +44 (0)7901 916164
E: halen@compassips.co.uk

EAST ANGLIA AND EAST MIDLANDS

Richard Lyle

M: +44 (0)7901 916170
E: richard@compassips.co.uk

CENTRAL/SOUTHERN ENGLAND AND SOUTH WALES

Sarah Hodgen

M: +44 (0)7824 513720
E: sarah@compassips.co.uk

LONDON AND HOME COUNTIES

Les Phipps

M: +44 (0)7771 788745
E: les@compassips.co.uk

LONDON AND SOUTH EAST ENGLAND

James Wickham

M: +44 (0)7813 108048
E: james@compassips.co.uk

DEVON & CORNWALL

Lee Morgan

M: +44 (0)7901 916158
E: lee@compassips.co.uk

IRELAND

Brookside Publishing Services

Michael Darcy

M: + 353 86 225 2380
E: michael.darcy@brookside.ie

AFRICAN ORDERS

(excluding South Africa, Botswana,
Lesotho, Swaziland and Namibia)

Anita Zih-de Haan

T: +31 10 415 4250

E: anita.zih@azabs.nl

SOUTH AFRICAN ORDERS

(including South Africa, Botswana,
Lesotho, Swaziland and Namibia)

Distributed by **Penguin Random House**

South Africa

W: www.penguinrandomhouse.co.za

E: queries@penguinrandomhouse.co.za

GERMANY, SWITZERLAND, AUSTRIA

Gabriele Kern

T: +49 69 510694

E: Gabriele.Kern@publishersservices.de

BENELUX, FRANCE, EASTERN EUROPE

Michael Geoghegan

T: +44 (0)20 7435 1662

E: michaelgeoghegan05@gmail.com

SCANDINAVIA

Angell Eurosales

Gill Angell

E: gill@angelleurosales.com

Stewart Siddall

E: stewart@angelleurosales.com

GREECE, MALTA, TURKEY, NORTH AFRICA, MIDDLE EAST & CENTRAL ASIA

(including Azerbaijan, Georgia,
Kazakhstan, Uzbekistan)

Ward International (Book Export) Ltd

Henry Ward

T: +420 725 707 698

E: henry@wibx.co.uk

W: www.wirs.co

Richard Ward

E: richard@wibx.co.uk

THAILAND, CAMBODIA, VIETNAM, HONG KONG, CHINA, SOUTH KOREA, JAPAN, TAIWAN, INDONESIA, SINGAPORE, MALAYSIA

Ashton International Marketing Services

Julian Ashton

E: jashton@ashtoninternational.com

SPAIN, PORTUGAL AND GIBRALTAR

Padovani Books

Jenny Padovani

T: +34 637 027 587

E: jenny@padovanibooks.com

ITALY

Padovani Books

Penny Padovani

T: +39 345 353 6837

E: penny@padovanibooks.com

HAY HOUSE INTERNATIONAL OFFICES

USA

Hay House LLC

T: +1 760 431 7695

F: (800) 650 5115

E: info@hayhouse.com

W: www.hayhouse.com

AUSTRALIA

Hay House Australia Publishing Pty Ltd

T: +61 (2) 9669 4299

E: info@hayhouse.com.au

W: www.hayhouse.com.au

INDIA

Hay House India

T: +91 (11) 4176 1620

E: contact@hayhouse.co.in

W: www.hayhouse.co.in

MEDITATE. VISUALIZE. LEARN.

With the **Empower You**
Unlimited Audio *Mobile App*

Unlimited access to
the entire Hay House
audio library!

You'll get:

- 600+ inspiring and life-changing **audiobooks**
- 1,000+ ad-free **guided meditations** for sleep, healing, relaxation, spiritual connection, and more
- Hundreds of audios **under 20 minutes** to easily fit into your day
- **Exclusive content only** for subscribers
- No credits, **no limits**

★★★★★ **Life changing.**
“My fav app on my entire phone,
hands down! – Gigi”



TRY FOR FREE!

Go to: hayhouse.co.uk/listen-free



**New audios
added
every week!**

Scan me with

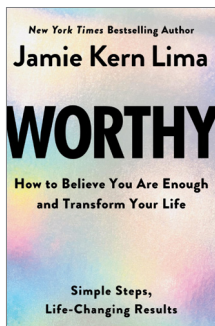


your phone camera!

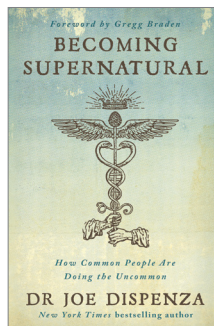
Ebook Bestsellers



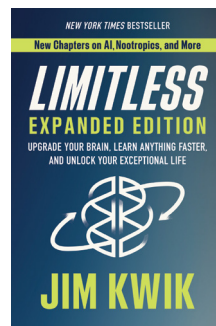
FAST LIKE A GIRL
Dr Mindy Pelz
978-1-4019-6993-6



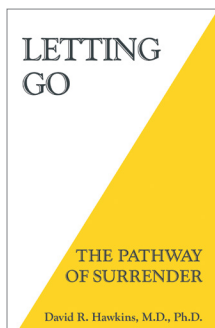
WORTHY
Jamie Kern Lima
978-1-4019-7761-0



BECOMING SUPERNATURAL
Dr Joe Dispenza
978-1-4019-5310-2



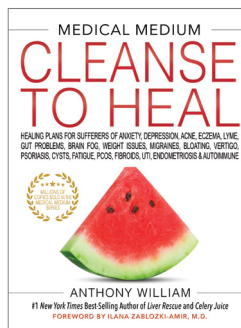
LIMITLESS EXPANDED EDITION
Jim Kwik
978-1-4019-6877-9



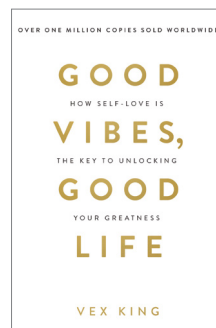
LETTING GO
Dr David R. Hawkins
978-1-4019-4553-4



10X IS EASIER THAN 2X
Dan Sullivan,
Dr Benjamin Hardy
978-1-4019-6996-7



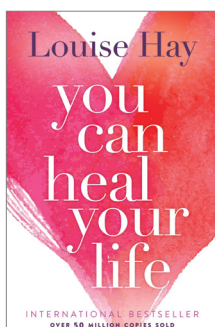
MEDICAL MEDIUM CLEANSE TO HEAL
Anthony William
978-1-4019-5846-6



GOOD VIBES, GOOD LIFE
Vex King
978-1-78817-183-0



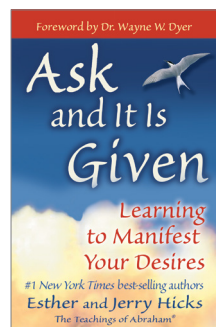
THE TOP FIVE REGRETS OF THE DYING
Bronnie Ware
978-1-4019-5601-1



YOU CAN HEAL YOUR LIFE
Louise Hay
978-1-4019-3576-4



DOTCOM SECRETS
Rajshree Patel
978-1-4019-6060-5



ASK AND IT IS GIVEN
Esther and
Jerry Hicks
978-1-4019-1927-6

**'I open my consciousness to the
expansion of life. There is plenty of
space for me to grow and change.'**

LOUISE HAY

