

sounds true

WAKING UP THE WORLD

FRANKFURT BOOK FAIR 2024 | RIGHTS GUIDE

Sounds True was founded in 1985 by Tami Simon with a clear mission: to disseminate spiritual wisdom. Since starting out as a project with one woman and her tape recorder, we have grown into a multimedia publishing company with more than 3,000 titles featuring some of the leading teachers and visionaries of our time, and an ever-expanding family of customers from across the world. From bestselling authors to new voices in spiritual wisdom, our products represent a variety of popular topics, including meditation, mindfulness, yoga, shamanism, psychology, health, and healing, along with a line of children's books.

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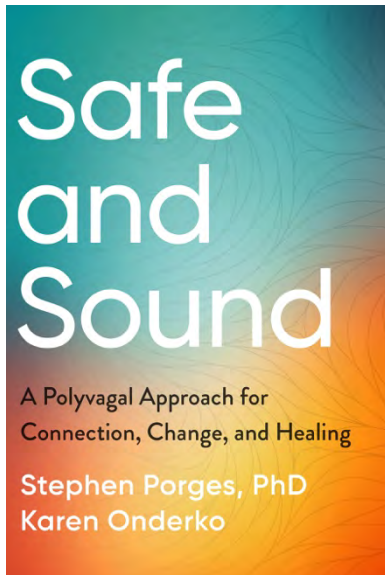
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APRIL 2025

Paperback | 288 pp | \$19.99
 Psychology / Interpersonal
 Relations
 Territory: World

Rights sold:

English UK | Penguin Random
 House
 German | G.P. Probst
 Spanish | Eleftheria

Safe and Sound

A Polyvagal Approach for Connection, Change, and Healing

Stephen Porges, PhD & Karen Onderko

A groundbreaking protocol from Polyvagal Theory pioneer Dr. Stephen Porges, highlighting real-life stories of transformation and healing.

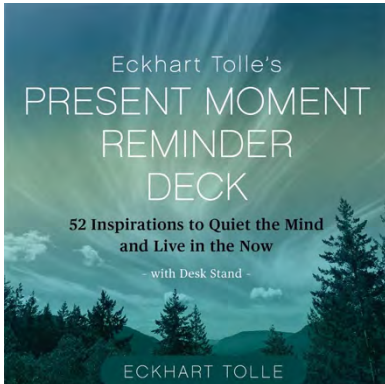
The nervous system impacts daily well-being, to your benefit or detriment. Understanding how may be the key to better supporting the challenges that have been holding you back. The Safe and Sound Protocol (SSP) is a groundbreaking listening therapy based in Polyvagal Theory (PVT), which looks at the role the autonomic nervous system and vagus nerve play in regulating health and behavior. Resetting the nervous system to its homeostatic state with SSP is the lock, waiting to be opened.

Porges and Onderko offer a glimpse into this innovative approach, highlighting not only the origin of SSP and its best practices, but also real-life stories of transformation and healing. The book showcases clinical evidence demonstrating SSP's impact on emotional dysregulation, social engagement difficulty, and even auditory sensitivity, providing a comprehensive understanding of its therapeutic potential. Case studies and stories cover a range of topics, including depression, perfectionism, addiction, COVID recovery, navigating gender identity, living with Parkinson's disease, autism, ADHD, dyslexia, and more.

Illustrating the incredible range of application and how autonomic regulation can lead to significant improvements—from stress and anxiety to grief and trauma—*Safe and Sound* demonstrates how SSP can promote a state of safety and calm, facilitating the foundation for long-awaited healing.

Stephen Porges, PhD, is author of *The Polyvagal Theory* and creator of SSP. He is professor of psychiatry at the University of North Carolina and Distinguished University Scientist at Indiana University, where he is founding director of the Traumatic Stress Research Consortium. For more, visit stephenporges.com.

Karen Onderko was director of research and education for Integrated Listening Systems and Unyte and is a founding board member of the Polyvagal Institute.



AUGUST 2025

Card Deck | 52 Cards | \$24.99

Body, Mind & Spirit /

Inspiration & Personal Growth

Territory: World

Eckhart Tolle's Present Moment Reminder Deck

52 Inspirations to Quiet the Mind and Live in the Now

Eckhart Tolle

A 52-card deck from bestselling author Eckhart Tolle, offering daily inspiration to connect with the peace of living in the present moment.

Are you feeling overwhelmed by daily life, caught in thoughts of planning for tomorrow or worrying about the troubles trailing you from your past? It's time to find stillness, come back to the Now, and acknowledge the freedom of Presence. "The only thing that is ultimately real about your life's journey is the step that you are taking at this moment," states bestselling author and visionary spiritual teacher Eckhart Tolle. "This step is all there ever is. Say yes to it. Allow it. Be with it."

In a world off-balance, the awareness-shifting Present Moment Reminders in this deck are needed now more than ever to help us re-center ourselves in Being. Eckhart Tolle's writings and life-changing public events have touched millions, garnering fans including Oprah, the Dalai Lama, and Deepak Chopra. His bestsellers *The Power of Now* and *A New Earth* are widely regarded as being among the most transformational books of our time.

In this new beautifully designed 52-card deck featuring quotes and photography from Eckhart Tolle himself, you'll find profound yet simple daily inspiration to help you connect with the serenity that arises from living in the moment. Easily displayed with its companion desk stand for visual presence, and encouraging you through themes of relationships, happiness, surrender, challenges, and more, Tolle guides you, as he has for millions before you, to *be here now*.

Eckhart Tolle is widely recognized as one of the most inspiring and visionary spiritual teachers in the world today. With his international bestsellers *The Power of Now* and *A New Earth*—translated into more than 50 languages—he has introduced millions to the joy and freedom of living life in the present moment. For more, see eckharttolle.com.



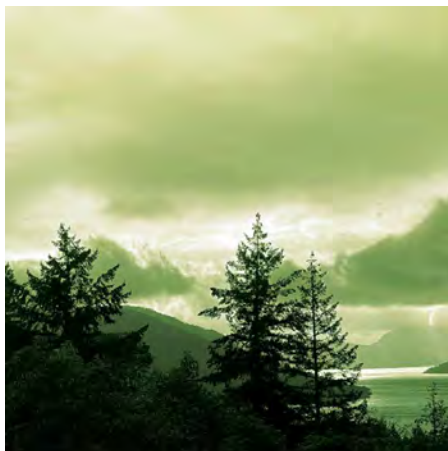
"As soon as you honor
the present moment,
unhappiness and struggle
dissolve, and life begins
to flow with joy and ease."

—Eckhart Tolle



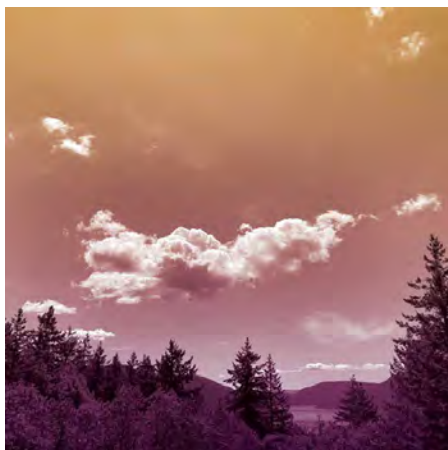
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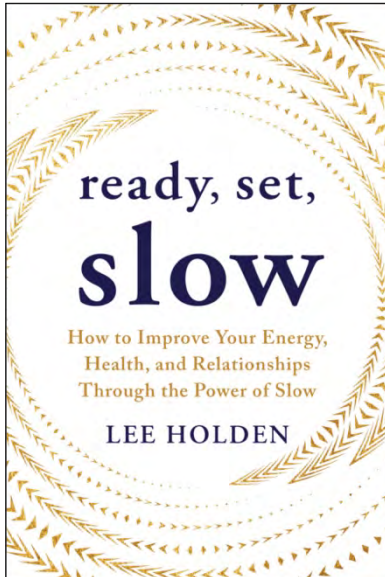
"As soon as you honor
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"As soon as you honor
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—Eckhart Tolle



JANUARY 2025

Paperback | 240 pp | \$19.99

Self-Help / Emotions

Territory: World

Rights sold:

English UK | Penguin Random House

Ready, Set, Slow

How to Improve Your Energy, Health, and Relationships Through the Power of Slow

Lee Holden

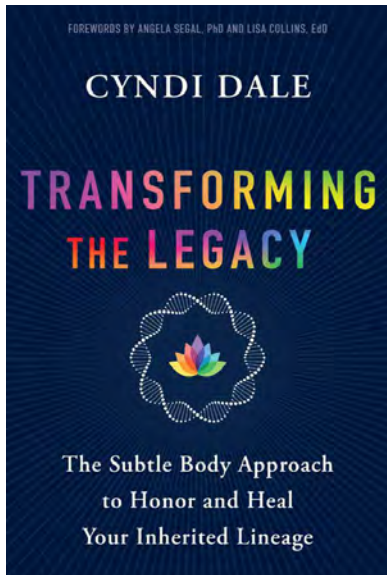
A transformative journey filled with wisdom and practices on the power of slowing down for spiritual balance and peace amid modern chaos.

In the face of burnout, lack of passion, and endless to-do lists, what if to achieve more you need to do less? “There’s too much at stake not to slow down,” shares Qi Gong master Lee Holden. “By slowing down, you will gain time, energy, focus, and clarity.” The idea that slowing down can lead to more productivity may sound too good to be true, but research confirms it does this and more—if only we can figure out a way to apply it in our everyday lives.

In this transformative guide, Holden shares The Slow Method, principles of slow mind, body, and relationships drawn from the philosophical wisdom of Eastern meditation, martial arts, and philosophies, and merged with Western science. The resulting practices offer ways for accessing the magical benefits of slowing down to create lasting change in your life and the lives of those you love.

Whether you’re practicing primal shaking or gratitude meditation for the mind; vagal breathing, optimal digestion acupuncture, or in-the-moment nature methods for body; or heartfelt self-connection, conscious communication, or sexual reflexology for relationships, you’re learning the power of slow. With small, incremental changes, you’ll develop a comprehensive understanding of how to slow down and increasingly embrace life’s rhythms along the way as you cultivate and absorb the life-giving energy that we’re all in dire need of.

Lee Holden is an internationally celebrated Qi Gong master recognized by the International Qi Gong Association. He is the author of *7 Minutes of Magic* and a beloved television personality who has been aired in over 50 million households in the US alone. Lee is a licensed Chinese medical doctor and acupuncturist and the cofounder of the Santa Cruz Integrative Medicine and Chi Center. He lives in Santa Cruz, California, with his four daughters. For more, visit holdenqigong.com.



FEBRUARY 2025

Paperback | 320 pp | \$20.99

Body, Mind & Spirit /
Inspiration & Personal
Growth

Territory: World

Rights sold:

German | Penguin

Random House

Hungarian | Édesvíz

Transforming the Legacy

The Subtle Body Approach to Honor and Heal Your
Inherited Lineage

Cyndi Dale

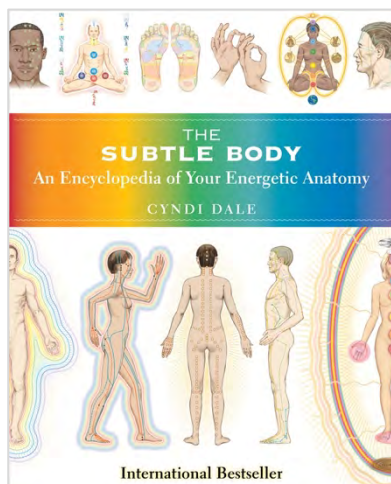
A unique subtle body approach to heal issues caused by ancestral lineage and inherited patterns, for personal and legacy transformation.

Many of us feel stuck in the past from time to time, but what if your past is impacting your present in significant ways? The truth is, the past has made our present, and your inherited traits—those acquired through biological means and your soul—determine much of who you are. Some of those patterns and programs might be supportive of your true self. But others? Not so much. The good news is that you can change your inheritance through an easy-to-access mechanism: the subtle body.

The bestselling author of the Subtle Body series, Cyndi Dale, presents a unique and powerful approach for transforming soul-based and lineage-ancestry issues through three main structures of the energetic anatomy—your chakras, meridians/nadis, and auric fields. Through accessible practices, you'll learn to address your genealogical and soul history through these structures, shifting from stuckness to the freedom of “becoming your own best ancestor”—the self who can sort through history and establish future pathways of love and good health.

Sometimes to move forward, we must first move back. Discover the underlying energy that's inherent in you. Get grounded in your lineage, connect to your experiences across time, and access and heal your history. It's time to alter what has been in order to stand entirely in the present, reconnect with your true self, and create your best path forward.

Cyndi Dale is an internationally renowned author, speaker, healer, and business consultant. She's authored more than thirty books. For more, visit cyndidale.com.



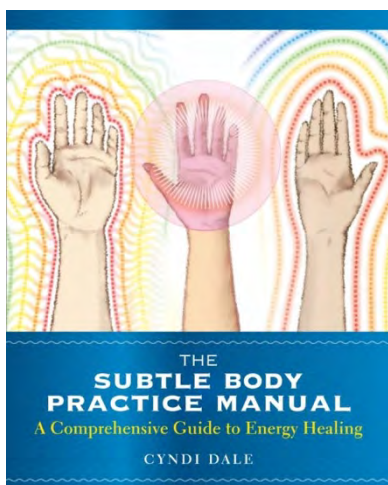
The Subtle Body: An Encyclopedia of Your Energetic Anatomy

Paperback | 516 pp | \$44.99 | February 2009

Body, Mind & Spirit / Healing / Energy

Territory: World | **Rights sold:** Arabic, Bulgarian, Chinese Traditional, Dutch, English Audio, French, German, Italian, Polish, Portuguese (Brazil), Russian, Spanish, Vietnamese

Welcome to the first comprehensive encyclopedia of the human energetic anatomy. Here is a reference that no personal or professional health-care library should be without—an in-depth, illustrated guide to the invisible energies of the spirit, psyche, and consciousness that influence every aspect of our well-being.



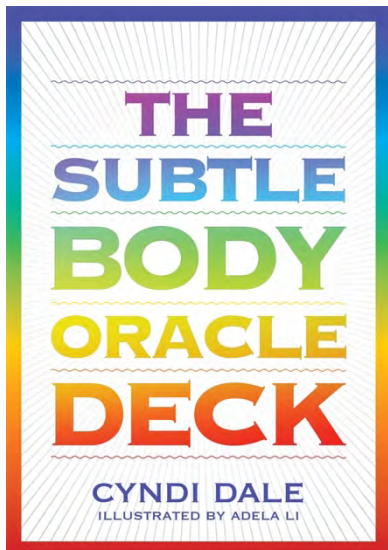
The Subtle Body Practice Manual: A Comprehensive Guide to Energy Healing

Paperback | 366 pp | \$29.99 | August 2013

Body, Mind & Spirit / Healing / Energy

Territory: World | **Rights sold:** Chinese Traditional, French, German, Italian, Portuguese (Brazil)

This is a practical instruction manual for putting energy healing into action. Filled with lucid information, step-by-step guidance, diagrams, and key insights, here is an expansive how-to manual that covers practices from a vast range of holistic healing and energy medicine traditions.



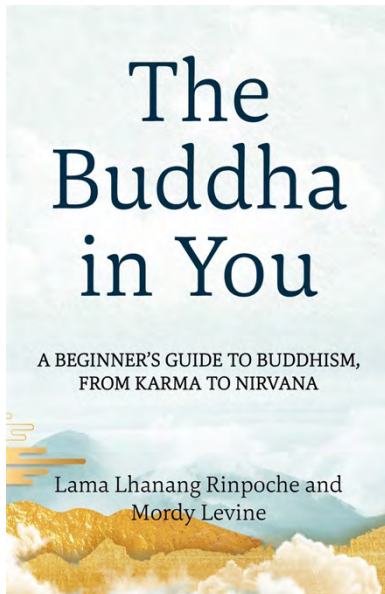
The Subtle Body Oracle Deck and Guidebook

Card Deck | 52 cards & 104 pp booklet | \$24.99 | August 2023

Body, Mind & Spirit / Inspiration & Personal Growth

Territory: World | **Rights sold:** Bulgarian, French, German, Portuguese (Brazil), Portuguese (Portugal), Russian

Cyndi Dale provides an invaluable resource for accessing the power of your intuition and subtle body whenever you desire. She combines beautifully illustrated cards and an information-packed guidebook into a powerful tool kit for accessing your “inner oracle”—the spark of the divine that is uniquely yours. Here is high-vibration guidance for tapping into your energy body for the insight, vitality, and creative power that is your birthright.



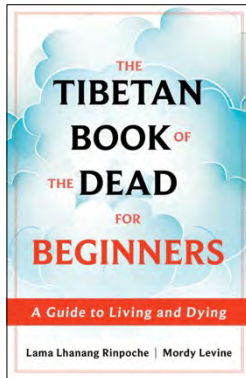
MAY 2025

Paperback | 176 pp | \$18.99

Religion / Buddhism

Territory: World

Also by these authors:



Rights sold:

Bulgarian | Iztok-Zapad

Croatian | Planetopija

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Hungarian | Alexandra

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Polish | Czarna Owca

Portuguese (Brazil) |

Pensamento-Cultrix

Russian | Eksmo

Slovak | Ultimo

Spanish | Planeta

The Buddha in You

A Beginner's Guide to Buddhism, from Karma to Nirvana

Lama Lhanang Rinpoche & Mordy Levine

Explore core Buddhist teachings, as well as practice through reflections and meditations, in this concise and inviting introduction.

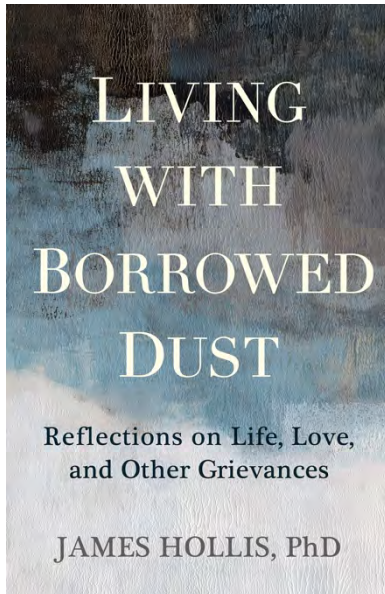
Ideal for anyone who is Buddhist-curious, *The Buddha in You* offers an accessible introduction to the key teachings of Buddhism. But Buddhism is so much more than its teachings—it's also a lived experience. Through simple reflections, practices, or meditations in every short chapter, *The Buddha in You* invites you to begin to try the teachings in your own life, whether you want to be Buddhist or not. These teachings can help cultivate more calm, joy, and gratitude, even amidst life's challenges.

Authors Lama Lhanang Rinpoche, born and raised in Tibet and now teaching in the United States and internationally, and meditation teacher Mordy Levine have introduced countless people to Buddhism and meditation. This book answers the key questions people ask them, including what really is karma? How do I meditate? Is reincarnation real? Do I have to believe everything the Buddha taught? What are the differences between the various schools of Buddhism? Do Buddhists have to be vegetarian? And many more.

The Buddha in You invites you to explore both Buddhist teachings and your own inner landscape. As Lama Lhanang writes, "Enjoy this moment with wisdom, compassion, and kindness... we all have the chance to be a Buddha one day."

Venerable Lama Lhanang Rinpoche is a teacher of Vajrayana Buddhism of the Nyingma lineage of Tibetan Buddhism. Born in Tibet, he currently directs the Jigme Lingpa Center in San Diego and teaches throughout the United States and internationally. With Mordy Levine, he is the coauthor of *The Tibetan Book of the Dead for Beginners*.

Mordy Levine is president of the Jigme Lingpa Center and creator of the Meditation Pro series that has taught meditation to more than 250,000 people.



MARCH 2025

Paperback | 184 pp | \$18.99

Psychology / Movements
/ Jungian

Territory: World

Living with Borrowed Dust

Reflections on Life, Love, and Other Grievances

James Hollis, PhD

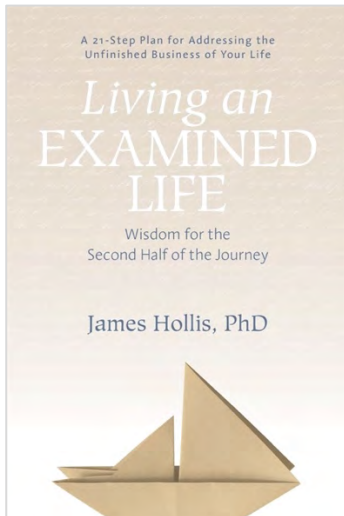
A collection of essays from Jungian psychoanalyst Dr. James Hollis exploring and celebrating evolving questions on life's mysterious journey.

Life can often feel like a distraction, dividing us not only from others but also from ourselves. Yet even within the cacophony of life, deep down you can intuit your own soul, that part of you that knows you better than you know yourself, and that offers moments of solace.

Our disconnect from this inner source of guidance leads to self-doubt, but bestselling author and Jungian analyst James Hollis provides a reminder that we carry within what we're so anxiously looking for from a crazed world. "Behind the noise and beneath the surface, something in the soul of each of us cries out," says Hollis. "While we may be distracted from this summons, the soul keeps asking that we pay attention." These summons come to us through symptoms, dreams, and restless nights. Here, Hollis reveals tools we can utilize to engage in a conversation with the soul.

In this collection of essays, Hollis helps us to reflect deeply on questions that explore and celebrate life's challenges in our evolving world, including how happiness is attained, how to approach our dreams, the divided soul of America, our fear and fascination with death, and the conflict between good and evil. Using analytic psychology as a vehicle for the recovery of a spiritual life in a secular age, you'll find inspiration for reconnecting with deep wisdom, bringing renewed purpose and dignity to this mysterious journey called life.

James Hollis, PhD, is a Jungian analyst practicing in Washington, DC, and the author of more than nineteen books, including *The Eden Project*, *What Matters Most*, and *Living an Examined Life*. Hailing from several Jungian institutes and societies, Hollis aids both readers and clients through the complexities of modern life.



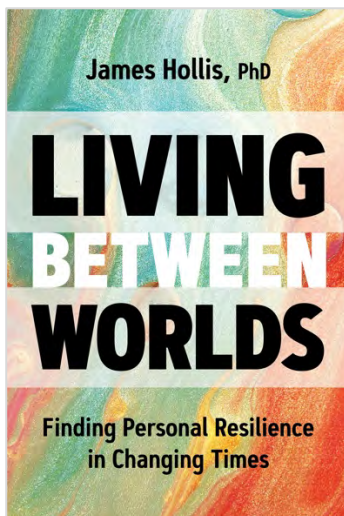
Living an Examined Life: Wisdom for the Second Half of the Journey

Paperback | 144 pp | \$17.99 | February 2018

Body, Mind & Spirit / Spiritualism

Territory: World | **Rights sold:** Arabic, Bulgarian, Chinese Simplified, Czech, Korean, Romanian, Russian

Dr. James Hollis presents a set of 21 powerful topics of self-inquiry created to energize you on your journey to reclaim personal authority, authenticity, and integrity. In this eloquent and compelling guide, he invites you to reclaim your soul's purpose, exorcise the ghosts of your past, choose meaning over happiness, construct a mature spirituality, and seize permission to be who you really are.



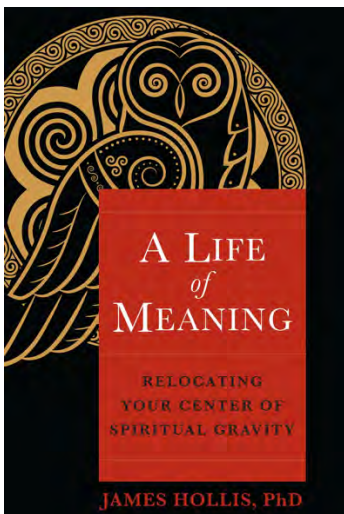
Living Between Worlds: Finding Personal Resilience in Changing Times

Hardcover | 184 pp | \$22.99 | June 2020

Psychology / Movements / Jungian

Territory: World | **Rights sold:** Bulgarian, Korean, Latvian, Russian

Dr. James Hollis broadens his lens to encompass the relationship between our inner struggles and the rapidly shifting realities of modern human existence. This is not a journey that will yield easy answers or pat reassurances. Yet by invoking the guidance of depth psychology, classical literature, philosophy, and myth, you will gain access to resources of purpose, courage, and hope that transcend time and circumstance.



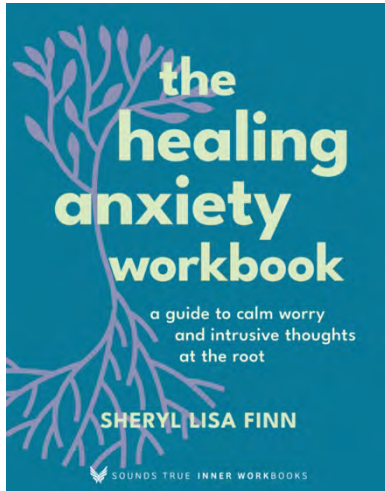
A Life of Meaning: Relocating Your Center of Spiritual Gravity

Paperback | 184 pp | \$18.99 | July 2023

Psychology / Movements / Jungian

Territory: World | **Rights sold:** Arabic, Bulgarian, Chinese Simplified, Hungarian, Latvian, Romanian, Russian

We all have to discover our own sense of meaning. No one else can do it for us. In *A Life of Meaning*, Dr. James Hollis offers no easy answers or feel-good certainties—instead, he shares his most valuable questions and reflections to help you find the courage, persistence, and inspiration to navigate your own odyssey. “It’s humbling work, this process of getting our lives back,” he teaches. “Yet I submit to you that’s worth the price of the ticket, for in the journey our lives become ever more luminous.”



MARCH 2025

Paperback | 224 pp | \$22.99

Self-Help / Anxieties &
Phobias

Territory: World

The Healing Anxiety Workbook

A Guide to Calm Worry and Intrusive Thoughts at the Root

Sheryl Lisa Finn

An interactive approach to find relief from worry, fear, perfectionism, and intrusive thoughts through working with your mind, body, and spirit.

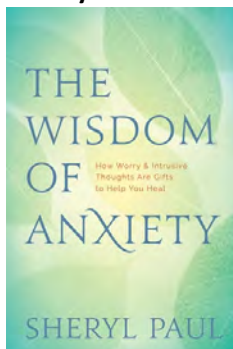
Anxiety doesn't just live in your mind—it impacts your body, your relationships, and even your spiritual or creative life. To truly find relief from anxiety, we can't just work with our thoughts (though, of course, those are important), we need to work with our whole system. *The Healing Anxiety Workbook* offers a practical invitation to do just this.

“Anxiety is a messenger signaling that there are places within that need our attention,” writes Sheryl Lisa Finn. This workbook helps us identify the places that need our attention and treat them with tenderness and care. Focused on helping build connection with ourselves, others, and our world, the workbook helps us find the root of our anxiety—and relief. Practices include writing reflections, movement, guided meditations (available as audio downloads), creating your own rituals, working with your lineage and ancestors, and more.

This workbook, part of the Sounds True Inner Workbooks series, shares the kind of practices and exercises her clients and followers love, designed to help you connect more deeply with yourself, develop a lasting sense of self-trust, and live with more acceptance, even in a tumultuous world.

Sheryl Lisa Finn, MA, has guided thousands of people worldwide through her private practice, bestselling books, online courses, and website. She is the author of several books, including *The Wisdom of Anxiety* (published as Sheryl Paul). For more, see conscious-transitions.com.

Also by this author:



Rights sold:

Chinese Simplified | CMP

Chinese Traditional | China

Times Dutch | AnkhHermes

English UK | Octopus

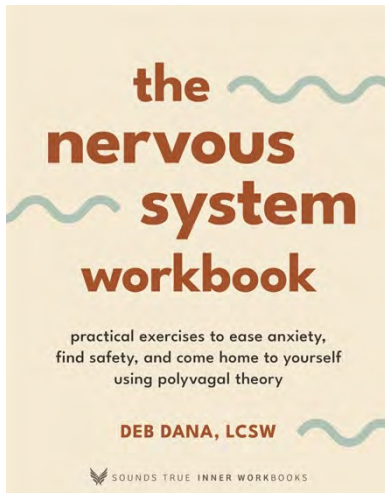
English Audio | Tantor

Estonian | Pilgrim

German | Narayana

Romanian | Curtea Veche

Russian | Eksmo



The Nervous System Workbook: Practical Exercises to Ease Anxiety, Find Safety, and Come Home to Yourself Using Polyvagal Theory

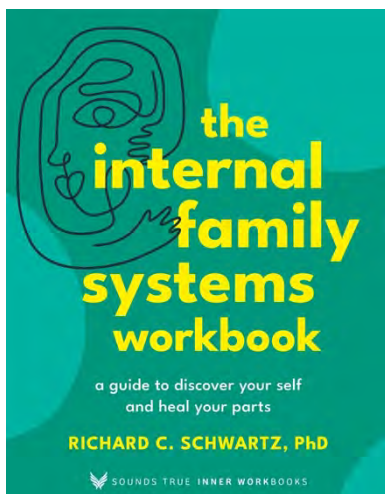
Paperback | 192 pp | \$22.99 | November 2024

Self-Help / Personal Growth

Territory: World | **Rights sold:** Chinese Simplified, Dutch, English UK, French, German

In recent years, Polyvagal Theory has produced incredibly effective new tools for regulating our neurobiology. With *The Nervous System Workbook*, leading Polyvagal expert Deb Dana presents a highly interactive guide for befriending your nervous system and cultivating a sense of safety and well-being. Beginning with a layperson-friendly overview of Polyvagal Theory, Dana guides you through exercises, practices, and reflections to help you understand, soothe, and train your system—so you can live with less reactivity and more ease. A variety of exercises supports readers of different learning styles.

Deb Dana, LCSW, is a founding member of the Polyvagal Institute and lectures internationally. She is the author of several books, including *Anchored*, which has been translated into 20 languages. For more, visit rhythmofregulation.com.



The Internal Family Systems Workbook: A Guide to Discover Your Self and Heal Your Parts

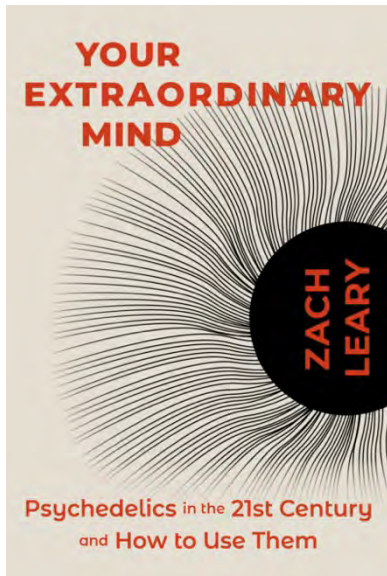
Paperback | 240 pp | \$22.99 | December 2024

Self-Help / Personal Growth

Territory: World | **Rights sold:** Chinese Simplified, Dutch, English UK, French, German, Korean, Romanian, Russian

The breakthrough insight of the Internal Family Systems (IFS) model is that each of us is not a single personality. Rather, we carry in us a “family” of distinct inner parts that hold our many hurts and inner conflicts. With *The Internal Family Systems Workbook*, Dr. Richard Schwartz presents an invaluable practice-oriented tool created to enhance both self-care and therapeutic application of IFS. Opening with a beginner-friendly overview of IFS, Dr. Schwartz offers more than 50 practices, exercises, and meditations to help understand the parts that make up your system, extend compassion and healing to each, and uncover your core Self that is the source of your deepest wisdom.

Richard C. Schwartz, PhD, is the creator of Internal Family Systems. He is on the faculty of Harvard Medical School and is the author of numerous books, including *No Bad Parts*. His books have been translated into 25 languages. For more, visit ifs-institute.com.



APRIL 2025

Paperback | 272 pp | \$19.99
 Health & Fitness / Alternative
 Therapies
 Territory: World

Your Extraordinary Mind

Psychedelics in the 21st Century and How to Use Them

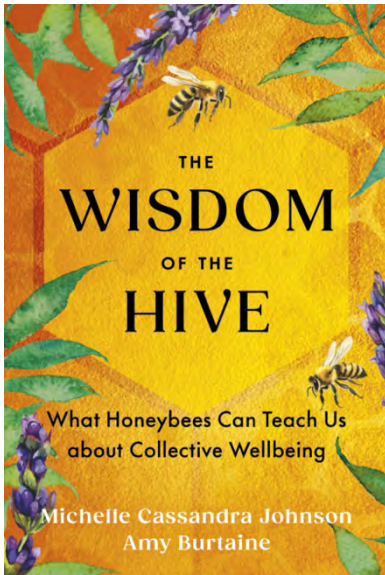
Zach Leary

A dynamic deep dive into the ever-changing world of psychedelics by Zach Leary, longtime psychedelic advocate and cultural figure.

More than 30 million people in the United States have used psychedelics—and the number is rapidly rising as practices like psychedelic-assisted therapy grow in popularity and an increasing number of places legalize or decriminalize these substances. But even as interest skyrockets, most people have little idea how to use psychedelics safely, let alone integrate these profound experiences into their daily lives. In *Your Extraordinary Mind*, psychedelic researcher and advocate Zach Leary offers a necessary overview of psychedelics today—what they are and how to use them safely, particularly LSD, psilocybin, MDMA, and ayahuasca—and crucially, how to integrate mind- and spirit-altering experiences into the rest of our lives.

Leary, the son of psychedelic pioneer Timothy Leary, has a unique perspective on not only where psychedelics have been but also where they're going. He offers context on both the cultural history and present, while acknowledging and honoring the Indigenous roots of many of these traditions. In addition to instructions for intention, use, and integration, Leary addresses topics like healing trauma, psychological and spiritual experiences, questions of legalization, and how psychedelics relate to and can help people heal from addiction. *Your Extraordinary Mind* offers wisdom on psychedelics that is both practical and profound.

Zach Leary has been in the center of the psychedelic movement for more than 30 years, with a front-row seat for the modern renaissance while having firsthand knowledge of the historical legacy. As a session facilitator, integration coach, and seeker of all things mystical, Zach also teaches psychedelic studies. Zach hosts the *MAPS Podcast* with the Multidisciplinary Association for Psychedelic Studies and is a facilitator at Illuminating Heroes, serving veterans and first responders.



MAY 2025

Paperback | 256 pp | \$19.99

Nature / Essays

Territory: World

The Wisdom of the Hive

What Honeybees Can Teach Us about Collective Wellbeing

Michelle Cassandra Johnson & Amy Burtaine

Potent and timely lessons on healing and connection—both individually and collectively—through the wisdom and magic of honeybees.

We've all heard the refrain to save the bees, but what if the bees can save *us*?

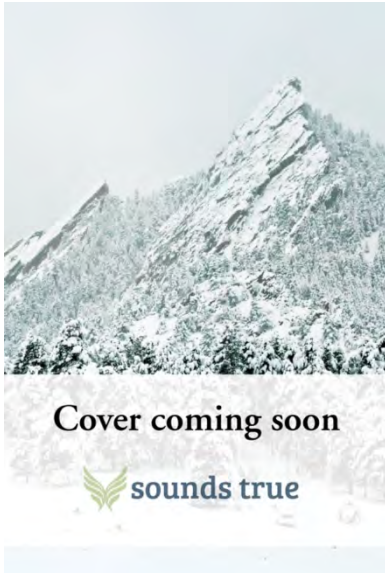
Beloved equity educators, authors, and beekeepers Michelle Cassandra Johnson and Amy Burtaine invite us to contemplate this question deeply. By looking at bees as teachers, the authors draw us into an examination of our relationship with each other and the world at large. Honeybees illustrate communal interdependence, attunement to nature, coexistence with darkness, and so much more—lessons worthy of emulating within our own human world.

In times marked by turmoil and uncertainty, honeybees offer a powerful example of how to turn toward each other, to deeply commit to creating conditions for survival of all beings, and to build a future where all can thrive. As Michelle and Amy write, “We won’t survive unless we remember our interconnectedness to all beings and change our ways of being—how we are to ourselves, one another, and the planet.”

Weaving their expertise in nature-based shamanistic practices, beekeeping, Buddhism, and spirituality, the authors guide us through stories, meditations, reflection questions, and nature-based practices to help us bring the wisdom of the hive to our own lives and bodies. With each chapter, we learn more about the life of a honeybee, our own life, and our relationship to the collective as a part of an ever-changing ecosystem.

Michelle Cassandra Johnson is an author, activist, spiritual teacher, racial equity consultant, and intuitive healer. She teaches workshops and leads retreats and transformative experiences nationwide. She is the author of *Skill in Action* and more.

Amy Burtaine is a leadership coach and racial equity trainer. Her trainings for meaningful social change include work with Google, the DNC, and the ACLU. With Robin DiAngelo, she is the coauthor of *The Facilitator's Guide for White Affinity Groups*.



AUGUST 2025

Paperback | 256 pp | \$19.99

Nature / Essays

Territory: World

Heartwood

Remembering Our Kinship with the Earth Through the Healing Wisdom of Trees

Lindsay Branham, PhD

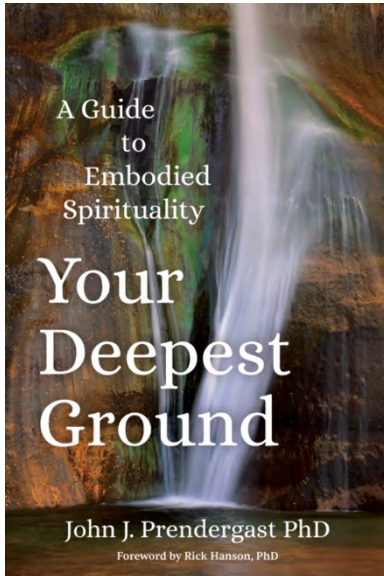
An eco-doula invites us to enter a deep relationship with nature, especially trees, to unlock the keys to embodied joy and holistic health.

Amid the intersecting chronic health and climate crises, there's an unexpected teacher who can help. Taking the form of friend, the trees are speaking, calling us to remember our connection to everything. Their invitation whispers, asking: What if your healing and my own are connected? Thankfully, we can learn to hear them. Are you ready to listen?

Go on a healing journey from stranger to kin with the trees. Here, eco-doula and environmental psychologist Lindsay Branham explores the vital truth that an embodied, sacred relationship with the Earth is the medicine we all need. "The Earth is always waiting for us to remember," Branham teaches. With expansive tenderness, she weaves stories of the landscape, tales from the underworld of her own chronic illness, and groundbreaking insights from her scientific research on body awareness, to share her communion with our more-than-human family.

Presented as a lyrical constellation of story, ecological wisdom, scientific discovery, and spiritual insight, Branham invites us to shed the delusion of separation from our bodies and nature, experience an intimate relationship with trees, and find out what gifts are ours to offer the Earth in return. With the soulful and rousing cry of a planet in peril, *Heartwood* offers support for finding your center of gravity amid a world in free fall, meeting you exactly where you need it most.

Lindsay Branham, PhD, is an Emmy-nominated film director, eco-doula, and environmental psychologist focused on embodied and erotic ecology. For two decades, she led collaborative film-based interventions to address human rights and ecological crises. She holds a PhD from the University of Cambridge, has published widely in academic journals, and has been featured by the *New York Times*, BBC, CNN, and *National Geographic*. She lives in Los Angeles, California. For more, visit lindsaybranham.com.



MARCH 2025

Paperback | 208 pp | \$19.99
 Body, Mind & Spirit /
 Mindfulness & Meditation
 Territory: World

Your Deepest Ground

A Guide to Embodied Spirituality

John J. Prendergast, PhD

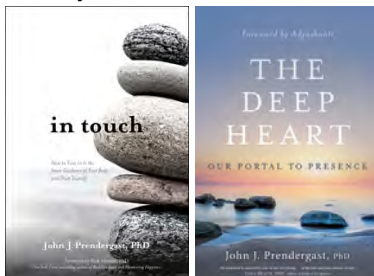
A guide to connecting with your deepest ground—a rootedness that supports authentic psychological healing and embodied spirituality.

In John J. Prendergast’s decades of experience as a psychotherapist and spiritual teacher, the area of the body that’s most difficult for many people to connect with, given our experiences with trauma and survival fear, is our physical and energetic ground. This area in the lower belly and at the base of the spine corresponds with the root chakra in the Indian subtle body tradition, the lower dan tien in Taoism, and the hara in Japanese martial arts. While most spiritual traditions focus on opening the mind and the heart, they tend to avoid or undervalue the opening of the ground. Prendergast notes, “It remains largely unconscious and deeply defended.” However, with the correct understanding and quality of attention, we can consciously open our multidimensional ground and, as a result, experience a felt-sense of inner safety and stability that supports the full flowering of inner peace, freedom, and loving awareness—a truly embodied spirituality.

Your Deepest Ground invites readers to take a deep dive into their personal, archetypal, and universal ground, and to see through the false ground of their early conditioning and limited identity. Using authentic anecdotes and conversations drawn from his teaching, and accompanied by refined sensing and inquiry practices, Prendergast guides the reader in a unique groundbreaking and ground-opening exploration.

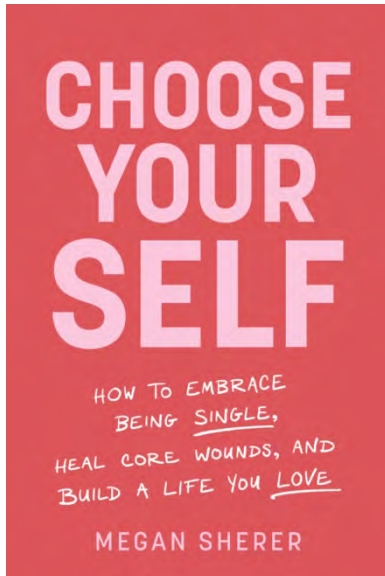
John J. Prendergast, PhD, is a spiritual teacher, author, retired psychotherapist, and retired adjunct professor of psychology who has taught at Esalen and Kripalu and online. He studied for many years with the sage Dr. Jean Klein as well as with the spiritual teacher Adyashanti. He is the author of the books *In Touch* and *The Deep Heart*. For more, please visit listeningfromsilence.com.

Also by this author:



Rights sold:

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- 2) English Audio | Tantor



MAY 2025

Paperback | 288 pp | \$20.99
 Self-Help / Personal Growth /
 Happiness
 Territory: World

Choose Your Self

How to Embrace Being Single, Heal Core Wounds, and Build a Life You Love

Megan Sherer

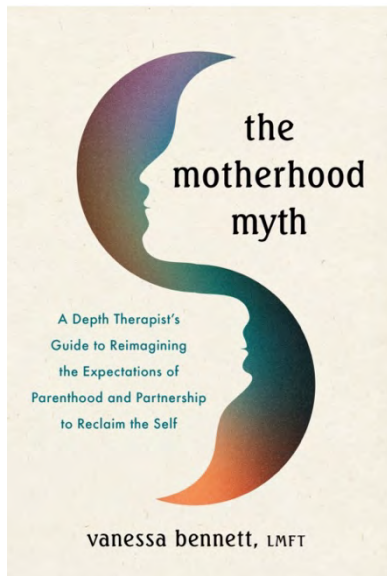
A holistic therapist's guide for women struggling with dating, to help heal and end harmful patterns and nurture relationship with self.

As a society, we relate to singlehood as a phase that should be rushed and remedied by finding a partner, rather than relating to it as our most potent opportunity for growth. But the truth is that if the priority is on being chosen over being the one to choose, women are more likely to keep ending up with the wrong partner. It's time to break these old patterns and embrace single life with compassion. "One of the great advantages of spending time intentionally single," shares expert coach and therapist Megan Sherer, "is having time to self-reflect, to learn from your past, and to experiment with new ways of being. Key word: intentionally."

Sherer teaches how to fall in love with your own life and be unwilling to waver in the pursuit of a relationship as strong as the one you build within yourself. Using personal story as well as potent reflection prompts, somatic exercises, and self-care practices, she shepherds you through the process of moving beyond personal obstacles to new levels of self-awareness in order to build a rock-solid foundation for your relationship with self.

It's time to move from the disempowered experience of loneliness to an empowered version of singlehood—one filled with joy, adventure, play, passion, and all the other things that you thought you had to wait for the perfect person to experience. You are that person, and that time is now.

Megan Sherer is a licensed holistic therapist and relationship mentor whose mission is to help others connect to their most authentic expression of love. She teaches women how to prioritize self-care to build confidence, healthy relationships, and a strong sense of purpose. She hosts the *Well, Then* podcast and founded the nonprofit organization Be More and self-guided therapy app The Self Care Space. She lives in Washington and travels to lead women's retreats. For more, visit megansherer.com.



AUGUST 2025

Paperback | 320 pp | \$20.99

Self-Help / Personal Growth

Territory: World

The Motherhood Myth

A Depth Therapist's Guide to Reimagining the Expectations of Parenthood and Partnership to Reclaim the Self

Vanessa Bennett

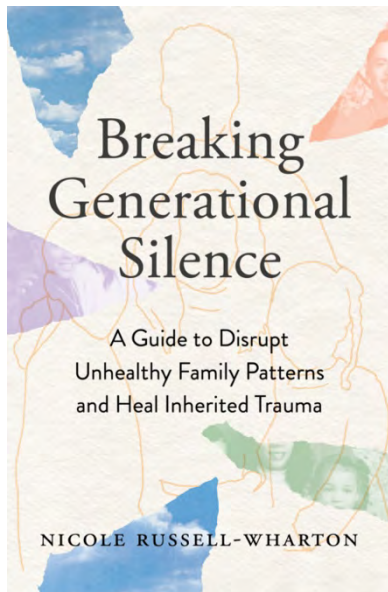
A depth psychotherapist helps you discover your lost Self in motherhood by reimagining this transition and your place in the collective.

All mothers experience a massive identity shift, but as a culture, we've lost touch with the myths, stories, and ancestral knowledge that once guided us through this ego explosion. As a depth psychotherapist and new mother, Vanessa Bennett has spent countless hours with female clients, couples, and herself experiencing the struggle and dissolution of Self that comes through the initiation into motherhood. By applying the principles of depth psychology, she's found the key to disrupting the "getting through" mentality of motherhood.

Depth psychology explores the human psyche's need to understand its place in the collective and create a differentiated sense of Self, and it's through this lens that *The Motherhood Myth* helps us reclaim our sovereignty and find the larger purpose of parenting and partnership. "By reacquainting ourselves with myths and feminine forces like Demeter and Baba Yaga, those whose traits and stories empower and guide us to understand and reclaim aspects of ourselves that we have lost touch with, lay dormant, or have been purposely cut off by society, we can finally navigate and integrate this tumultuous transition," says Bennett.

Throughout this guide, Bennett offers practical tools to help us discover and embody an unshakable sense of Self. She also provides skills and scripts to increase capacity for conflict, vulnerability, and discomfort.

Vanessa Bennett, LMFT, is a licensed depth psychotherapist, clinical entrepreneur, and mental health content creator. She is the coauthor of the successful relationship book *It's Not Me, It's You* with her partner, John Kim. Vanessa leads soul-based retreats and creates and facilitates curricula and workshops for nonprofit and corporate trainings, events, and conferences. She cohosts the popular *Cheaper Than Therapy* podcast. A native New Yorker, she now lives in Los Angeles.



FEBRUARY 2025

Paperback | 272 pp | \$20.99

Self-Help / Post-Traumatic

Stress Disorder (PTSD)

Territory: World

Breaking Generational Silence

A Guide to Disrupt Unhealthy Family Patterns and Heal Inherited Trauma

Nicole Russell-Wharton

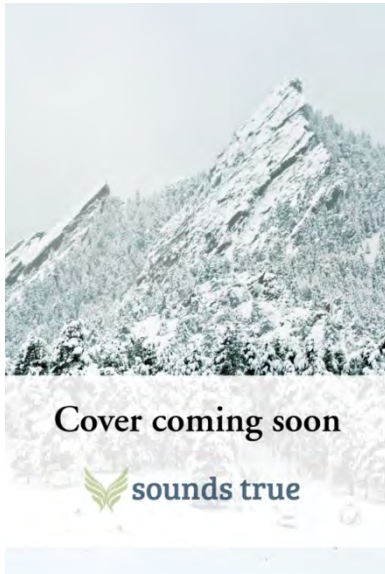
From regarded mental health expert Nicole Russell-Wharton, a guide to disrupt unhealthy patterns and heal from inherited trauma so you can finally break the cycle of silence for generations to come.

It took a near-death experience for mental health expert Nicole Russell-Wharton to realize that after 35 years, she didn't know the body she was living in. After being diagnosed with a rare genetic condition that others in her family had, Nicole couldn't understand how everyone remained silent. "I've suffered through many things in silence over the years," says Nicole. "It wasn't until I started collecting data on generational issues like poverty and trauma that I had this awakening: our healing challenges are rooted in our families' silence and psychological pathology."

It's the silence that's harming us.

Generational silence is a term applied to families who have experienced suppressed thoughts or repressed emotions for at least two generations. In this book, Nicole speaks from her Black experience about how slavery left an intergenerational impact on her family. Generational silence addresses the cycle and impact of generational issues like substance abuse, religion, racism, education inequality, and parenting. Each chapter brings the readers closer to the root of silence in their own lives, so they can finally break the cycle for generations to come. Filled with personal stories, research, and practical tools and exercises, this book will help readers begin to break the cycle of suffering, find the courage to face their own family challenges, and become their own best advocates.

Nicole Russell-Wharton is a certified trauma-informed healing instructor. She's the cofounder and executive director of Precious Dreams Foundation, which advocates for mental health and the well-being of children. She is also CEO of Pitch House Productions, her consulting agency dedicated to educating corporations on best practices for serving vulnerable populations. Nicole is the author of *Everything a Band-Aid Can't Fix* and *My Busy, Busy Brain*. She lives in New York City.



AUGUST 2025

Paperback | 384 pp | \$21.99

Social Science / Customs &
Traditions

Territory: World

To Mother Culture

Redeeming the Lost Rites of Matrimony, Patrimony,
and Ceremony

Stephen Jenkinson

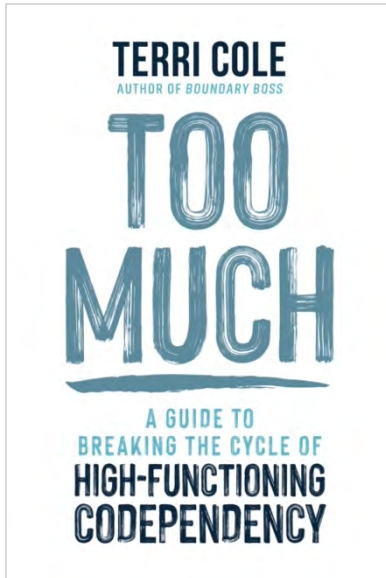
**A reclamation of cultural tradition in the ritual of
matrimony for our ceremonially illiterate time.**

In a time when communal rituals and cultural ceremonies fail, longtime scholar, storyteller, and ceremonialist Stephen Jenkinson asks what it means to lose cultural inheritance. In examining matrimony and its ritual twin, patrimony, *To Mother Culture* contemplates culture-making, building and preserving cultural memory, and the ache of living in a world bereft of meaning and connection. There is a real and palpable consequence to turning away from public ceremony—and not just for the celebrants.

“Matrimony and patrimony are village rites, a communal affirmation of the village’s ways of going on, sometimes not quite knowing how to,” shares Jenkinson. “The village needs and deserves a rite of public recognition of the seismic change in its life that matrimony means to make.” Privatizing love, turning matrimony into a social institution barren of almost all substance, and flattening rituals into convenient events that fit into the routine of modern living erodes our connections and commitment to community and compromises our use as citizens of a troubled time. The way forward, then, is to learn and reclaim our cultural ceremonies and their meaning.

Through witty stories, insightful history, and meditative questions, *To Mother Culture* invites us to contemplate the significance of matrimony, ceremony, and cultural articulation—and how to redeem them for future generations.

Stephen Jenkinson, MTS, MSW, is a cultural worker, teacher, author, and ceremonialist. He is the creator and principal instructor of the Orphan Wisdom School, founded in 2010. He has master’s degrees from Harvard University (theology) and the University of Toronto (social work). He’s the author of *Come of Age*, the award-winning *Die Wise*, *Money and the Soul’s Desires*, and *Reckoning* (with Kimberly Ann Johnson). For more, visit orphanwisdom.com.



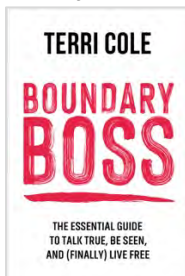
OCTOBER 2024

Hardcover | 272 pp | \$28.99
Self-Help / Personal Growth
Territory: World

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Hungarian, Indonesian, Korean,
Polish, Portuguese, Romanian,
Russian, Serbian, Slovenian,
Spanish, Turkish, Vietnamese

Too Much

A Guide to Breaking the Cycle of High-Functioning Codependency

Terri Cole, MSW, LCSW

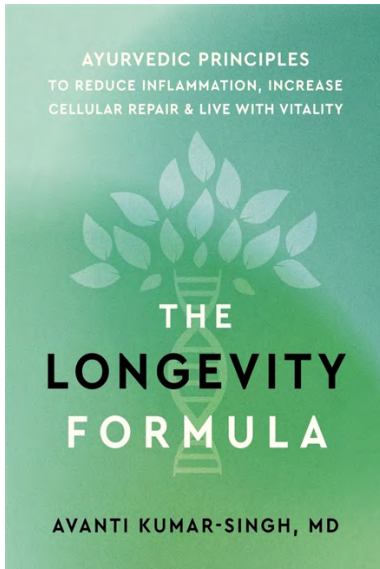
An insightful and empowering new take on codependent behavior, revealing the underlying reasons we struggle with over-giving and overdoing.

When you hear the word “codependent,” you might think of the traditional enabler framework involving a hapless victim and their selfless rescuer. Psychotherapist and boundary expert Terri Cole certainly did. But after years in her therapy practice, she realized that many of her clients were presenting codependent behaviors that fell outside of the classic model. Terri calls this new paradigm “high-functioning codependency” (HFC).

The ironic truth with high-functioning codependency is that the more capable you are, the more your behavior doesn’t actually seem codependent. “As HFCs, our desire to feel at peace often drives us to chronic over-functioning and overinvestment with the loved ones in our lives,” says Terri. “Even with those we don’t love... or sometimes with folks we barely know.” Here, Terri breaks down the characteristics of high-functioning codependency—including how to identify one’s “HFC blueprint”—so you can get more clarity around what’s going on under the surface of your behavior and take steps toward better boundaries, self-care, and integrity.

You’ll walk away with a clear understanding of how you relate to others and the world... with a newfound inner peace. With the teachings and tools in *Too Much*, now you can break the cycle of overdoing and over-giving and start living a more authentic and joyful life.

Terri Cole, MSW, LCSW, is a licensed psychotherapist and global relationship and empowerment expert. For over two decades, she has worked with a diverse group of clients, from stay-at-home moms to celebrities to Fortune 500 CEOs. Gifted at making complex psychological concepts accessible and actionable so clients and students achieve sustainable change, she inspires millions of people through her blog, social media, signature courses, and popular podcast, *The Terri Cole Show*. See terricole.com.



DECEMBER 17, 2024

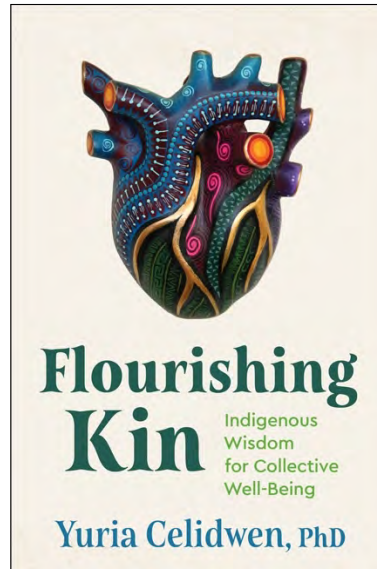
Paperback | 240 pp | \$19.99

Body, Mind & Spirit / General

Territory: World | Rights sold: Chinese Traditional, Dutch, German, Portuguese (Brazil), Spanish, Turkish

During her career as an emergency room doctor, Dr. Avanti Kumar-Singh experienced a health crisis that Western medicine failed to address. In her search for answers, she was led back to Ayurveda, the ancient healing tradition of her South Asian roots. In *The Longevity Formula*, Dr. Avanti distills her expertise with Ayurveda into easy-to-follow steps to help increase cellular repair and decrease inflammation—the foundation of the longevity formula. With this fundamental principle, she shows us how to adjust our daily living to support our health through protocols for nutrition, routines, and yoga. Filled with simple practices, *The Longevity Formula* builds gradual and sustainable habits, encouraging us to redefine wellness and create a harmonious lifestyle.

Avanti Kumar-Singh, MD, is an internationally recognized Ayurveda practitioner, a certified yoga therapist, and a former ER doctor.



NOVEMBER 19, 2024

Paperback | 256 pp | \$19.99

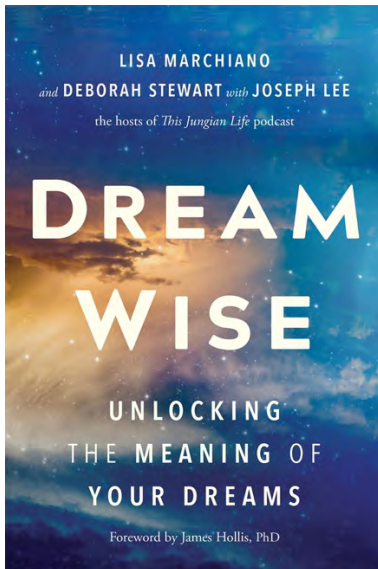
Self-Help / Personal Growth / Happiness

Territory: World | Rights sold: French

How do we cultivate happiness? When facing the monumental challenges of our world, it can feel natural to tune out the bad news and focus on our mental health.

While recognizing the gains made by Western positive psychology, mindfulness, and neuroscience, Dr. Yuria Celidwen's research shows the tremendous benefit of integrating Indigenous approaches into our approach to well-being. In *Flourishing Kin*, she identifies seven key principles found in Indigenous cultures worldwide that embrace virtue, ethical living, and spirituality. Each principle reveals how we can overcome isolation and despair, nourish healthy relationships with our communities and environment, and build strong foundations of well-being that elevate our life choices.

Yuria Celidwen, PhD, (Indigenous Nahua and Maya) lives in New York City. For more, visit yuriacelidwen.com.

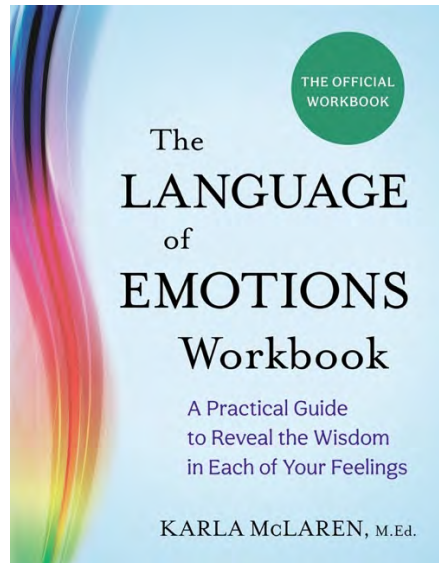


NOVEMBER 12, 2024

Hardcover | 352 pp | \$29.99
 Psychology / Movements / Jungian
**Territory: World | Rights sold: Chinese
 Traditional, Dutch, Russian, Spanish**

With *Dream Wise*, the hosts of the widely respected podcast *This Jungian Life* present an unprecedented resource, translating C. G. Jung's brilliant insights into a practical, self-guided method for excavating the hidden wisdom of your dreams. The authors identify ten keys for diving into the rich territory of your dreamworld—offering guidance for effective journaling, understanding archetypes, exploring the shadow, and much more. As you progress through each chapter, these experienced analysts share their most effective insights and practices to help you improve your dream recall, become fluent in your psyche's symbolic language, and harness the extraordinary intelligence of your dreams to inform and transform your waking life.

Lisa Marchiano, Deborah Stewart, and Joseph Lee are all in private practice as Jungian analysts. They are the hosts of the podcast *This Jungian Life*. Learn more about them and their dreamwork at thisjungianlife.com.

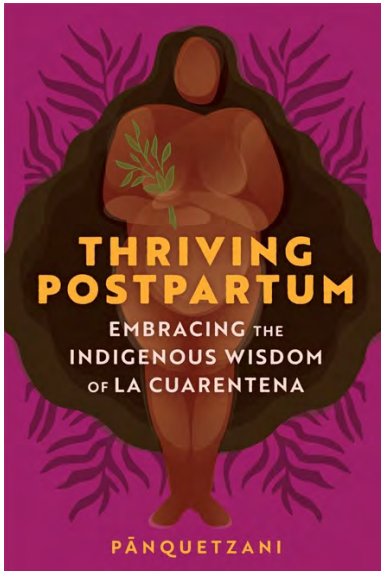


DECEMBER 10, 2024

Paperback | 192 pp | \$22.99
 Self-Help / Personal Growth
**Territory: World | Rights sold: Chinese
 Traditional**

Understanding our emotions can be hard! Many of us have never been taught how to work with our emotions, other than trying to avoid them when they're unpleasant for us or others. This engaging workbook distills the key points of empathy researcher Karla McLaren's beloved book *The Language of Emotions* (translated into 12 languages worldwide) into short, accessible exercises. You'll learn empathic mindfulness practices to connect with your feelings and build better boundaries, including: Getting Grounded and Focused, Defining Your Boundary, Conscious Complaining, Burning Contracts, Rejuvenation, and more. Here is an essential treasury of insights and practices to deepen your emotional awareness and intelligence in every aspect of your life.

Karla McLaren, M.Ed., is an award-winning author, social science researcher, and empathy innovator. Karla is the author of *The Language of Emotions*, among several other books. Learn more at karlamclaren.com.

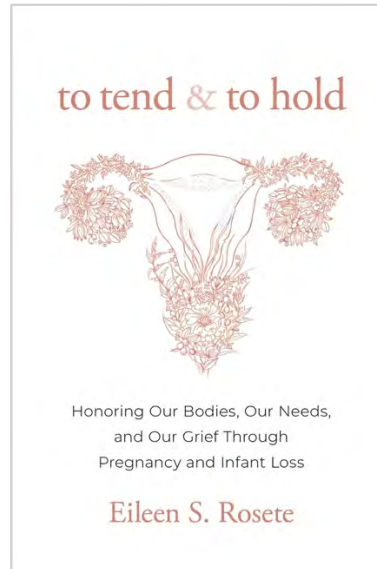


SEPTEMBER 24, 2024

Paperback | 256 pp | \$19.99
 Health & Fitness / Women's Health
Territory: World excluding Spanish

Pānquetzani, a leading expert in Indigenous health care for women, shares the sacred ritual of la cuarentena (or quarantine) that honors, nurtures, and empowers a birthing person's transition into their new life. She teaches this 40-day journey as a spiritual rite of passage, one that has endured colonization and supported women in Mesoamerican and Mexican communities. You'll find everything you need—including ancestral recipes for lactation and replenishing; prayers and somatic practices for physical, emotional, and sexual recovery; and much more. Through traditional stories and practical guidance, she helps you engage your support network, become your own best advocate, and lay a healthy foundation for the years to come.

Pānquetzani comes from a matriarchal family of folk healers from the valley of Mexico (Tenochtitlan, Texcoco, and Tlaxcala), La Comarca Lagunera (Durango and Coahuila), and Zacatecas. She lives in California. For more, visit indigemama.com.

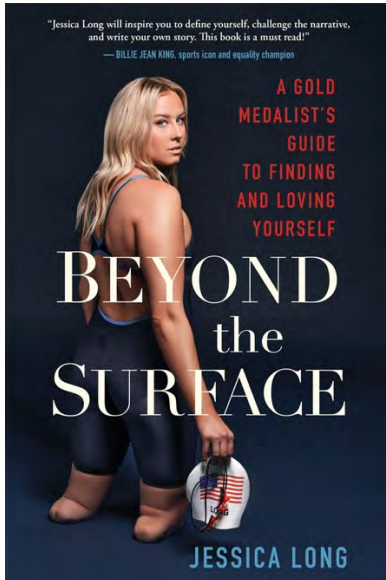


OCTOBER 22, 2024

Hardcover | 280 pp | \$28.99
 Family & Relationships / Miscarriage & Loss
Territory: World

Pregnancy loss. Infant loss. Womb loss. Each of these heartbreaking moments is as valid as any other, yet these experiences and the individuals who endure them remain largely unrecognized and unsupported. *To Tend and To Hold* honors survivors and the depth of what they've gone through with a reverence that has, until now, been missing. Woven with threads of wisdom from a trusted collective of health and healing arts practitioners, comforting stories, nourishing postpartum recipes, and grounding embodiment practices, *To Tend and To Hold* is a heartfelt, holistic source of solace for all who bear loss.

Eileen Santos Rosete holds a master of science in marriage and family therapy from Northwestern University and is certified as a DONA International postpartum doula, yoga teacher, and grief educator. Her brand, Our Sacred Women®, is known for its elevated offerings that help women feel seen, held, and honored.



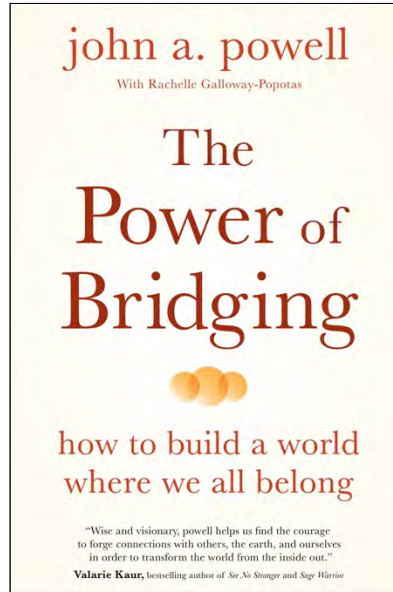
OCTOBER 1, 2024

Hardcover | 184 pp | \$25.99

Self-Help / Motivational & Inspirational
Territory: World | Rights sold: Chinese Traditional

Jessica Long is one of the most inspirational figures of our time. From having both legs amputated as a toddler, she has gone on to become one of the most decorated athletes in history. With *Beyond the Surface*, Jessica offers an intimate exploration of the hard-won lessons she learned on her extraordinary journey. In each chapter, she reveals the resources and support that allowed her to overcome hardship—and translates them into practices and reflections to help you create a bedrock of self-acceptance that you can rely on even through the most difficult times.

Jessica Long was born with congenital defects in her lower legs requiring double amputation, and placed for adoption at 13 months old. Supported by the love of her family, she has become a world champion swimmer with 30 Paralympic Medals and the author of *The Mermaid with No Tail*. She lives in Baltimore, Maryland, with her husband and their dog, Goose. For more, visit jessicalong.com.



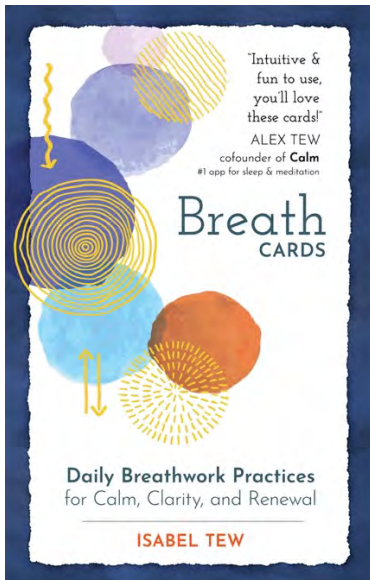
DECEMBER 3, 2024

Paperback | 240 pp | \$19.99

Social Science / Discrimination
Territory: World

With increasing political and social fragmentation, many of us don't know how to move past our differences. Now civil rights scholar John A. Powell presents an actionable path through "bridging" that helps us communicate, coexist, and imagine a new story for our shared future where we all belong. With inimitable warmth and vision, Powell offers a framework for building cohesion and solidarity between disparate beliefs and groups. He shares personal reflections as well as practices to help you begin bridging wherever you are—in your community, friendships, family, workplace, and even with those whom you might never have imagined you could find common ground.

John A. Powell is an internationally respected expert in the areas of civil rights, racial identity, fair housing, poverty, and democracy. He is director of the Othering and Belonging Institute at UC Berkeley. He is the author of *Racing to Justice* and coauthor of *Belonging without Othering*.

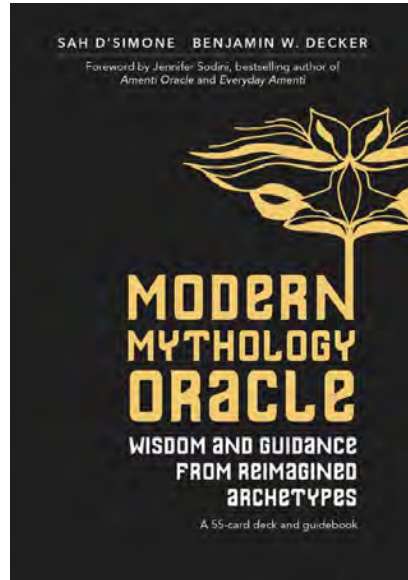


OCTOBER 29, 2024

Card Deck | 63 cards + 75 pp guidebook |
\$24.99 | Health & Fitness / Healing
Territory: World | Rights sold: French

Breathwork's numerous benefits are well documented—including improved sleep, physical fitness, self-awareness, immune response and healing, emotional regulation, and much more. With *Breath Cards*, this expert teacher shares a first-of-its-kind resource for exploring the many varieties of breathwork. Intuitive and easy to use, each card clearly describes a complete breathing technique, with hand-drawn illustrations and rich, concise guidance. The cards are organized in four color-coded categories—Calm, Energize, Release, and Wild—enabling you to easily personalize your own energetic dynamics. Cards are also labeled as Foundation, Intermediate, and Master.

Isabel Tew is a yoga and breathwork instructor with over 15 years of experience. She teaches in London and is the head of learning at Embody Evolution School of Breathwork. Isabel has been featured in publications including *YOGA Magazine* and *OM Yoga & Lifestyle*. For more visit isabeltew.com.

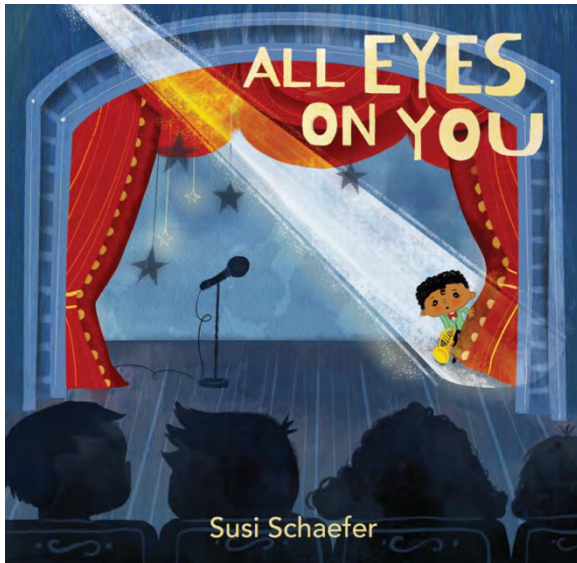


SEPTEMBER 24, 2024

Card Deck | 55 cards + 149 pp guidebook |
\$24.99 | Body, Mind & Spirit / Inspiration &
Personal Growth | **Territory: World**

Bestselling authors and spiritual teachers Sah D'Simone and Benjamin W. Decker will take you on a journey through the world of mythology with a contemporary twist. With this beautiful hand-illustrated deck and accompanying guidebook, you'll encounter a diverse cast of archetypes, each reimagined through an original myth that expresses eternal wisdom for our time, sorted into five houses: Realms, Gods, Goddesses, Angels, and Mystical Creatures. These archetypes serve as mirrors to reflect the many facets of your personality and guide you toward deeper self-awareness and personal growth—offering a framework for exploring the depths of your psyche and the transcendent, miraculous, limitless power of the spiritual realms.

Sah D'Simone is the bestselling author of *Spiritually Sassy* and *Spiritually, We*. For more, visit sahdsimone.com. **Benjamin W. Decker** is a world-renowned meditation teacher, spiritual advisor, bestselling author, and host of *The Modern Spirituality Show*.



FEBRUARY 2025

Hardcover

\$18.99

32 pages

10 x 9.75 inches

ISBN: 9781649632807

Children's | Ages 4-8

Rights: World

All Eyes on You

Susi Schaefer

Kids can freeze up when all eyes are on them, but there are strategies to move through performance anxiety with humor and success.

In this illustrated picture book, children are excited to appear in school plays, sporting events, and concerts. But when their moment in front of the crowd comes, they can freeze up, panic, forget their moves, or flub their lines.

All Eyes on You offers children tools and solutions for dealing with the stress of being in the spotlight, all with a healthy dose of humor. Whether it's taking a deep breath and focusing on being present, or imagining the audience in their underwear, *All Eyes on You* shows kids they can move through performance anxiety into a positive experience of connecting with others and learning to shine.

Susi Schaefer trained as a classical stained-glass painter in Austria before moving to the United States and studying graphic design. She is the illustrator of *Zoo Zen* and *Good Morning, I Love You, Violet!*, as well as the author and illustrator of other picture books for children. Susi lives in Southern California with her family. For more, visit susischaefers.com.

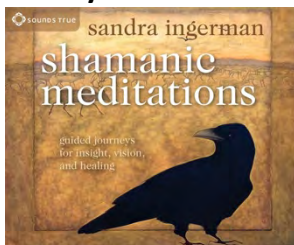




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Sandra Ingerman, MA, is a licensed therapist and shamanic practitioner who has been teaching shamanism for more than 40 years. She teaches workshops internationally. She is the author of several books. For more, visit sandraingerman.com.

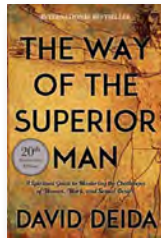
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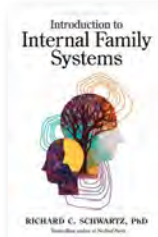
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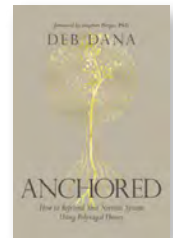
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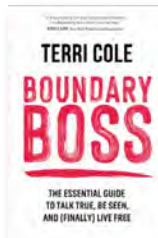
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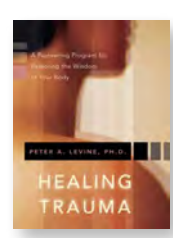
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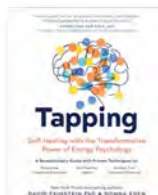
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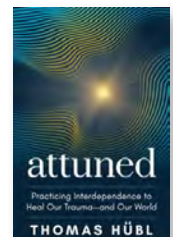
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