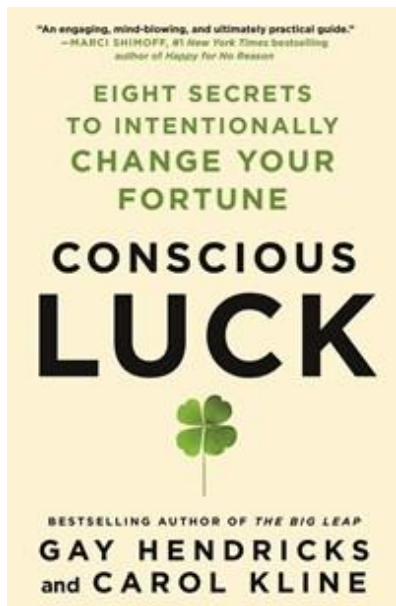




ST. MARTIN'S
ESSENTIALS



St. Martin's Essentials
9781250888839
Pub Date: 5/9/2023
\$18.00/\$24.00 Can.
Trade Paperback

192 Pages
Self-Help / Personal Growth
SEL027000

Conscious Luck

Eight Secrets to Intentionally Change Your Fortune

Gay Hendricks, PH.D., Carol Kline

Change your luck and build the life you want

Summary

Change Your Luck and Live a Charmed Life!

What if you could create your own luck? What if living a charmed life—being lucky in love, lucky in money, lucky in your chosen work—was within your control? The good news is that it's all entirely possible...when you know how!

In *Conscious Luck*, *New York Times* bestselling authors Gay Hendricks and Carol Kline share eight Secrets that will allow you to intentionally change your fortune. Instead of hoping and wishing that luck will come your way, let *Conscious Luck* show you how to seize control of your destiny and create the dazzling life of your dreams.

This powerful step-by-step program, which includes practical techniques, inspiring true stories, and the authors' personal journeys, will lead you to greater freedom and abundance. The Secrets—four core shifts and four daily practices—teach you how to:

- plant the seeds of luck in your own psyche
- remove unlucky programming (including lifting "curses")
- move at your Essence Pace
- practice Radical Gratitude, and much more.

Based on decades of the authors' trailblazing work, this unique and highly effective toolkit offers a powerful way to transform your life.

Contributor Bio

GAY HENDRICKS, PhD, has served for more than forty years as one of the major contributors to the fields of relationship transformation and body-mind therapies. He is a *New York Times* bestselling author and his books include *Conscious Loving* and *The Big Leap*.

CAROL KLINE has devoted her career to teaching, writing, and speaking about consciousness and personal growth. She is a #1 *New York Times* bestselling author and her books include *Happy for No Reason* and *Love for No Reason*.

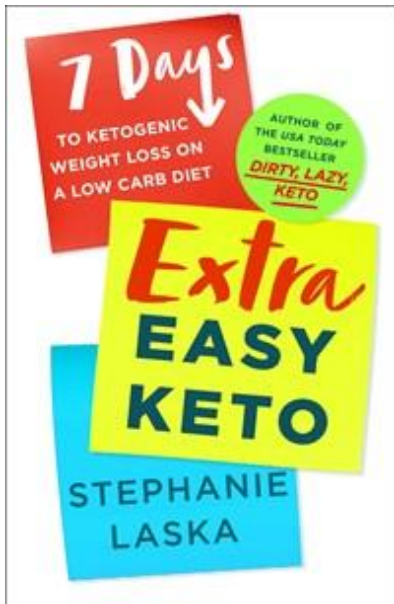
Quotes

"*Conscious Luck* is a toolkit for writing your own happy ending."—**Debbie Macomber, #1 *New York Times* bestselling author**

"The secrets in *Conscious Luck* will accelerate your journey from where you are to where you want to be."

— **Jack Canfield, coauthor of the #1 *New York Times* bestselling *Chicken Soup for the Soul*® series**

"This is an engaging, mind-blowing, and ultimately practical guide to creating more luck in your life. I highly recommend it!"— **Marci Shimoff, #1 *New York Times* bestselling author, *Happy for No Reason***



Extra Easy Keto

7 Days to Ketogenic Weight Loss on a Low-Carb Diet

Stephanie Laska

A simplified 7-Day keto kickstart that is EXTRA EASY to follow!

Summary

If you want to lose weight on a keto-ish diet (while having a life), this is the book for you. There are no complex math equations or "ridonculous" ketogenic rules to follow – think simple, stress-free! Whether you want to start a keto diet fresh or need help getting over a weight loss hump, *USA Today* bestselling author Stephanie Laska is here to help you begin in an *Extra Easy Keto* way.

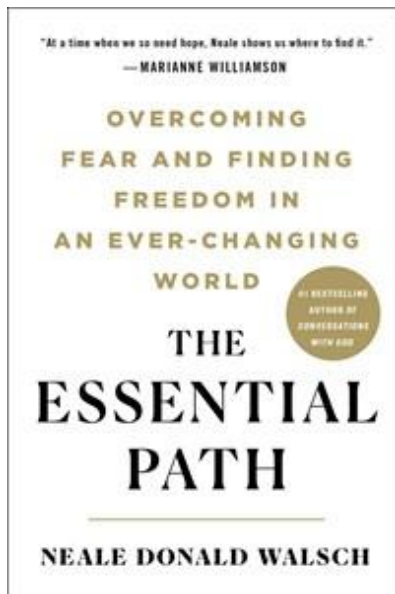
Over 7-days, Stephanie will lay out a workable plan in bite-sized pieces. *Extra Easy Keto* is doable for everyone! You can have your (sugar-free) cake and eat it too. From cheesy casseroles to low-carb cheesecakes, fat-fueled, keto-friendly foods satisfy hunger, facilitate weight loss, and *taste great*.

Contributor Bio

STEPHANIE LASKA is one of the few keto authors who has successfully lost half of her body weight and maintained that weight loss for six years and counting. With the hope of making health and fitness less intimidating, Stephanie blogs about "all things keto" on her popular website, www.DirtyLazyKeto.com. She volunteers as a race Ambassador and writer for the San Francisco Marathon and NUUN® Hydration. Stephanie holds a Master's Degree in Education from the University of California, Santa Barbara.

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Health & Fitness / Diet & Nutrition
HEA006000



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Trade Paperback

128 Pages
Religion / Spirituality
REL062000

The Essential Path

Overcoming Fear and Finding Freedom in an Ever-Changing World

Neale Donald Walsch

Bestselling author Neale Donald Walsch explores the alienation that defines our society and explains how humanity's Daring Decision is the answer

Summary

"Deep inside you know Who You Truly Are. We all do...We're all just one decision away from The Essential Path. It's a path that could change a world that deeply yearns for a new direction."

Our modern era is plagued by increasing alienation—we are seeing an “us against them” world. Everywhere we turn, we find ourselves divided from each other as never before across political, economic, social, and spiritual lines. We are turning *against* each other, rather than *to* each other, just when we need each other the most.

Bestselling author of *Conversations with God* Neale Donald Walsch offers a radical solution to the growing problem of humanity’s alienation. He invites us to question our basic assumptions about ourselves, about each other, about life and how it works, and about God, and to rethink the very definition of humanity. *The Essential Path* challenges every human to make a Daring Decision—to look at who we are and how we can choose to be, in a planet-altering new way.

With insight and spiritual perceptivity, Walsch peers into the heart of a broken, divided society, prompting us to ask the critical questions that have the power to transform our world. This might just be the most important book you ever read.

Contributor Bio

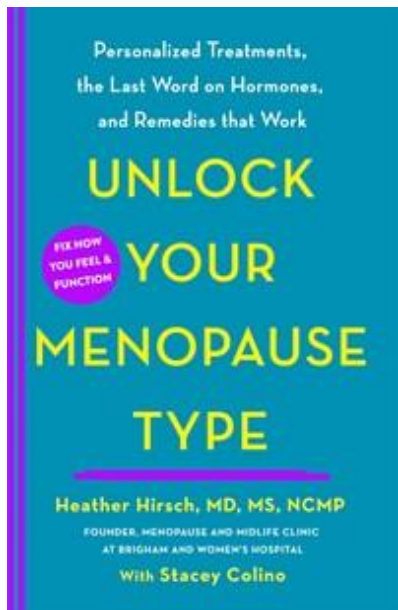
NEALE DONAD WALSCH is a modern day spiritual messenger whose words continue to touch the world in profound ways. After a transformative spiritual experience, Neale wrote the best-selling *Conversations with God* series, which went on to be translated into 37 languages. He continues to write, lecture, and share his message today.

Quotes

"At a time when we so need hope, Neale shows us where to find it."— **Marianne Williamson**

"An answer to our challenging times. Read it immediately—and you will soar with conviction. You just may make the bravest decision you’ve ever made."—**Tama Kieves, best-selling author of *Thriving Through Uncertainty***

"This essential volume shows us the path forward through our alienation, fear, and division."—**HeatherAsh Amara, author of *The Warrior Heart Practice***



St. Martin's Essentials
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\$28.00/\$37.00 Can.
Hardcover with dust jacket

384 Pages
Health & Fitness / Menopause
HEA051000

Unlock Your Menopause Type

Personalized Treatments, the Last Word on Hormones, and Remedies that Work

Heather Hirsch, MD, MS, NCMP, Stacey Colino

A get-a-grip guide to taming the tumult of menopause from a dynamic M.D. whose recognition of types is at the core of her work at the Menopause and Midlife Clinic at Brigham and Women's Hospital.

Summary

Given that millions of women have entered menopause each year since the dawn of time, it's crazy that menopause still feels like uncharted territory for the women who are going through it. Dr. Heather Hirsch is committed to changing that. *Unlocking Your Menopause Type* helps women cut through the informational noise and learn how to manage their symptoms most effectively by identifying their personal Menopause Type(s).

This is not a one-size fits all solution. *Unlocking Your Menopause Type* features a helpful quiz to identify women's individual Menopause Type(s) such as:

- Premature
- Sudden
- Full-Throttle
- Mind-Altering
- Seemingly Never-ending
- Silent

Each type gets a full prescription for exercises, diet and strategies to regain mental focus and make menopause a regulation part of maturity rather than a rollercoaster ride of unexpected symptoms and discomfort.

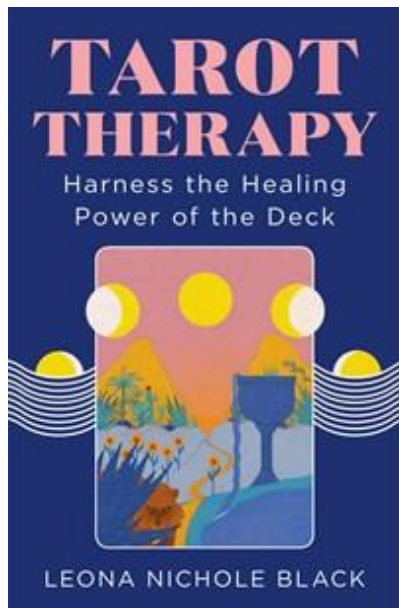
The book also includes:

- The last word on whether to replace declining hormones (the answer is custom-built)
- What to do if you're a combination of types
- How to get on top of (as it were) changes in your sex life
- Crowd-sourced tips and tricks from Dr. Hirsch's friend group and patients

Dr. Hirsch addresses the physical and emotional challenges of menopause and provides solutions from her years of practice. With knowledge, priorities, and a plan, you can feel great through midlife and beyond.

Contributor Bio

HEATHER HIRSCH, M.D. MS, NCMP, is the Chief of Clinical Quality at Midi Health, building the first virtual clinic designed to meet the unique needs of women in midlife. Dr. Hirsch founded the Menopause & Midlife clinic at the Brigham and Women's Hospital and also served on the faculty at Harvard Medical School. Dr. Hirsch is board-certified in Internal Medicine and completed advanced fellowship training in Women's Health at the Cleveland Clinic. Her specialty practice focuses on menopausal hormone therapy, perimenopause, breast cancer survivorship, sexual dysfunction, bone health, and other conditions common to women in midlife. She is an active contributing member of the North American Menopause Society, and the International Society for the Study of Women's Sexual Health.



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256 Pages
Body, Mind & Spirit / Divination
OCC024000

Tarot Therapy

Harness the Healing Power of the Deck

Leona Nichole Black

Learn how to use the wisdom of tarot to bring connection and purpose to your life.

Tarot Therapy is a practical toolkit for understanding your life more fully through the wisdom of the tarot. Tarot therapist, Leona Nichole Black, guides readers through every aspect of daily life—from love and relationships with others, to careers and social impact—using the major arcana as a source of inspiration and guidance. The process is intuitive and immersive, a unique and powerful way of finding mental clarity, processing life experiences, and giving voice and language to your emotions.

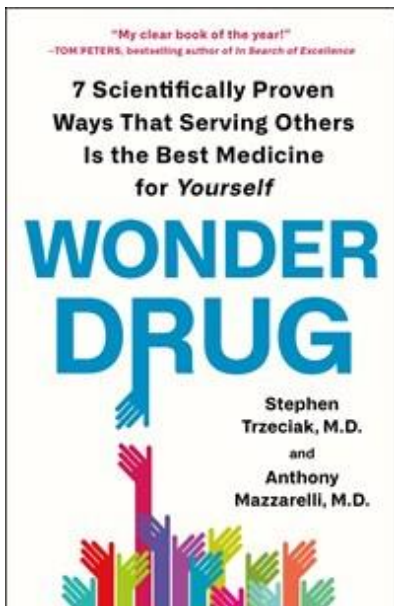
Throughout *Tarot Therapy* you'll find personalized prompts, meditations, and tarot spreads that will empower you to:

- Read the map of your life's journey
- Hear the wisdom of your inner voice
- Take time to heal and grow
- Make life-changing decisions
- Reveal your talents to the world

Tarot Therapy is a reflective guide that will help you deepen and strengthen your most important relationship—the one you have with yourself.

Contributor Bio

LEONA NICHOLE BLACK is a passionate educator, well-being advocate, and empathic Tarot Therapist. She is the author of *Tarot Therapy* and specializes in Tarot and Cultural Studies, engaging popular cultural motifs to explore ways esoteric knowledge can be used to find routes to purposeful living. Leona has been serving as a Tarot Therapist for over three years.



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336 Pages
Self-Help / Personal Growth
SEL016000

Wonder Drug

7 Scientifically Proven Ways That Serving Others Is the Best Medicine for Yourself

Stephen Trzeciak, M.D., Anthony Mazzarelli, M.D.

A pair of doctors team up to illuminate, via neuroscience and wonderful stories from their clinical practice, why focusing on others—and pitching into the world in general—is a secret superpower.

Summary

If a doctor's prescription could bring you a longer life, better health, more energy, less burnout, less depression and anxiety, more happiness and fulfillment, personal and professional success (including higher income), and no harmful side effects . . . would you take it?

In *Wonder Drug*, physician scientists Stephen Trzeciak, M.D., and Anthony Mazzarelli, M.D., illuminate how serving others—and pitching in to the world in general—is the evidence-based way to live your life. Kinder people not only live longer, they also live better.

The stories in this book will convince and inspire you to make simple changes. You don't need a total life upheaval, just a purposeful shift in mindset. The best way to well-being and finding your true fulfillment is this: scan your orbit for the people around you in need of help, and go fill that need, as often as you can.

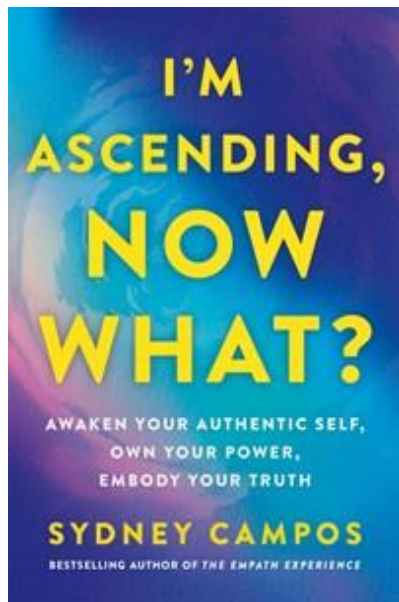
Contributor Bio

STEPHEN TRZECIAK, MD, MPH is a physician scientist, professor and chair of medicine at Cooper Medical School and chief of medicine at Cooper University Health Care in Camden, NJ. He is a practicing intensivist and NIH-funded clinical researcher with more than 100 publications.

ANTHONY MAZZARELLI, MD, JD, MBE is an emergency medicine physician and co-president of Cooper University Health Care, as well as the associate dean of clinical affairs for Cooper Medical School of Rowan University.

Quotes

"*Wonder Drug* contains a vital message for you and me, and copies should be handed out at graduation from every professional school. Trzeciak and Mazzarelli's new offering is my clear book of the year for 2022." — **Tom Peters, bestselling author of *In Search of Excellence***



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400 Pages
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 SEL016000

I'm Ascending, Now What?

Awaken Your Authentic Self, Own Your Power, Embody Your Truth

Sydney Campos

Re-discover who you truly are and live authentically

Summary

Why is it so hard to be ourselves? Why do we so often live our lives enthralled by the expectations and demands of others? And do we even know who our true selves actually are? In *I'm Ascending Now What?*, Sydney Campos offers a revolutionary new guide for everyone looking to access their own authentic truth and embody their higher self.

Filled with powerful practices, enlightening stories, and approachable wisdom, *I'm Ascending, Now What?* guides readers through stages of ascension and awakening. From Befriending Your Body to Expressing Your Authenticity, each step will help readers claim their own experience of embodiment and create lasting transformation.

The author of *The Empath Experience*, Campos is known for her transformational coaching and visionary mentoring, making her the perfect guide for those ready to begin a new journey of self-discovery. Campos writes with humor and compassion, sharing glimpses of her own story and walking alongside readers as a quick-witted, light-hearted companion on their path to awakening, alignment, and acceptance.

Contributor Bio

SYDNEY CAMPOS is a Visionary, Energy Healer, Business Strategy Expert and Best-Selling Author of *The Empath Experience*. She is the Co-Founder and Chief Strategy Officer of ASCEND and host of the Visionary Souls Podcast. Whether leading marketing strategy for conscious companies, hosting transformational retreats, or training Akashic Facilitators– Sydney illuminates bridges into new dimensions. She has been featured in *Forbes*, *MindBodyGreen*, *Refinery29*, *Bustle*, and *New York Magazine*.

HOW TO PROSPER IN
GOOD TIMES AND BAD

SIMPLE SUCCESS

INCLUDES THE ORIGINAL,
FULL TEXTS OF CLASSIC WORKS BY:

Florence Scovel Shinn · Emmet Fox
Napoleon Hill · Peter B. Kyne · Arnold Bennett
Joseph Murphy · Elbert Hubbard

St. Martin's Essentials
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Pub Date: 6/27/2023
\$16.00
Trade Paperback

384 Pages
Body, Mind & Spirit / New Thought
OCC014000

Simple Success

How to Prosper in Good Times and Bad

Arnold Bennett, Elbert Hubbard, Emmet Fox, Florence Scovel Shinn, Joseph Murphy, Napoleon Hill, Peter B. Kyne

Overcome any obstacle and build the life you've dreamed of

Summary

Life is never simple. There are brilliant highs and bitter lows for everyone, but *Simple Success* is your guide to navigating both with courage and wisdom. This collection of time-honored books will help you build a life you love no matter what comes your way. Whether you're negotiating financial struggles and career setbacks or looking to seize your potential the proven wisdom and advice in *Simple Success* can help you find a path towards happiness.

This volume features six powerful works, including:

The Game of Life and How to Play It by Florence Scovel Shinn

Let Ambition Be Your Master and other works by Napoleon Hill

The Golden Key by Emmet Fox

How to Attract Money by Joseph Murphy

How to Live on 24 Hours a Day by Arnold Bennett

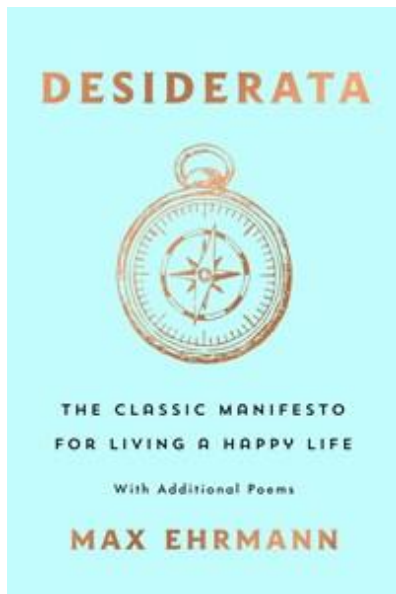
The Go-Getter: A Story That Tells You How to Be One by Peter B. Kyne

A Message to Garcia by Elbert Hubbard

These books have changed the lives of millions of readers—now it's your turn!

Contributor Bio

Simple Success features writing from ARNOLD BENNETT, FLORENCE SCOVEL SHINN, PETER B. KYNE, EMMET FOX, ELBERT HUBBARD, JOSEPH MURPHY, and NAPOLEON HILL.



Desiderata: The Classic Manifesto for Living a Happy Life, with Additional Poems

With Additional Poems

Max Ehrmann

A pocket-size edition of the beloved inspirational poem

Summary

Written by Max Ehrmann in 1927, *Desiderata* is one of the most loved poetic works of the 20th century, inspiring readers to nurture peace and contentment and walk through times of chaos with wisdom. In Latin the title means “things to be desired” and the prose poem offers us a simple, profound vision of what a good life might be.

The ideas of at the heart of *Desiderata*—to listen to the words of others, to resist cynicism, to keep peace in the depths of your soul—are universal and powerful. These timeless lines of poetry offer a balm to the maelstrom of modern life and a voice of calm in restless times.

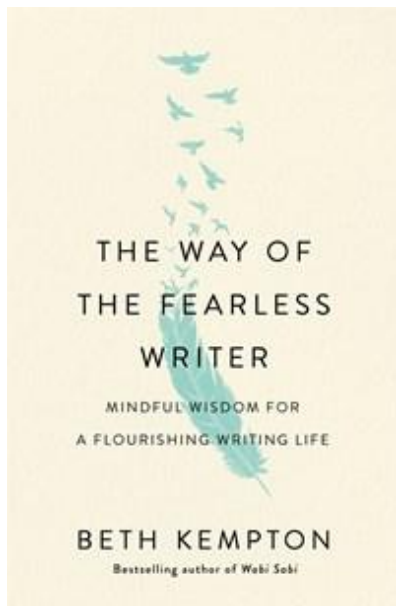
This edition of *Desiderata* is part of the Essential Pocket Classics series, which publishes beautiful, small editions of beloved classics. In addition to *Desiderata*, the book includes a thoughtful selection of Ehrmann's other poetry.

Contributor Bio

MAX EHRMANN was a writer, poet, and attorney. He is best known for his poem *Desiderata*, written in 1927, but he wrote on a variety of spiritual themes.

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64 Pages
Poetry / Subjects & Themes
POE003000



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\$19.00/\$25.00 Can.
Trade Paperback

272 Pages
Language Arts & Disciplines
/ Writing
LAN005000

The Way of the Fearless Writer

Mindful Wisdom for a Flourishing Writing Life

Beth Kempton

A mindful approach to the writing life, based on Buddhist thought

Summary

In a radical departure from standard advice about creative success, effort, critique, and competition, *The Way of the Fearless Writer* will show you that there is another way to thrive—a writing path of ease, trust, wonder, and joy.

You are invited to embark on a sacred writing journey. Along the way, author Beth Kempton will teach you how to free your mind so your body can create, transform your relationship to fear, write anytime, anywhere, and share your words with confidence. Being a fearless writer has little to do with validation and accolades. Rather it is about ritual, commitment, developing an acute awareness of beauty, dancing with inspiration, listening to the world outside yourself and going deep within. *The Way of the Fearless Writer* is your guide to this creative, transformational journey.

This is not just a book about how to write better. It's a book about how to live better, with your heart as your compass and writing as your guide. Offering rare insight into the writing life and a host of fresh and original writing exercises, *The Way of the Fearless Writer* will reveal your true potential, and open your eyes to writing as a direct connection to life itself.

Contributor Bio

Beth Kempton is an award-winning entrepreneur and the bestselling author of *Wabi Sabi* and, most recently, *The Way of the Fearless Writer*. Beth's books have been translated into 25 languages, chosen as an Apple USA 'must listen' audiobook on iTunes, and recommended in *TIME Magazine*, *British Vogue*, *The Telegraph*, *Sunday Times Style* and *Psychologies Magazine* among others. Beth has two degrees in Japanese and has spent many years living and working in Japan.

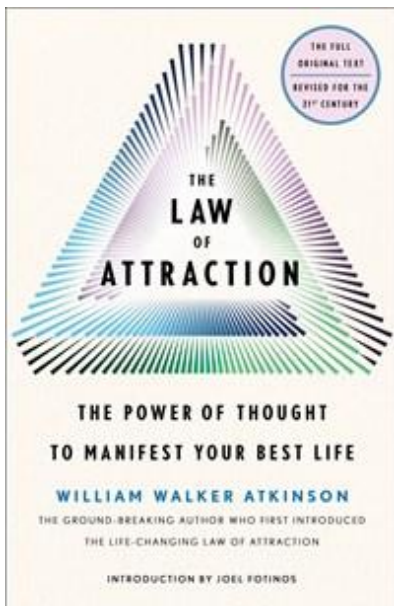
Quotes

Praise for *Wabi Sabi*:

"Beth Kempton tells it as it is, and how we need it to be. More than ever we need books like this."

—**Jessica Seaton, Co-author of *Toast* and author of *Gather, Cook, Feast***

"A truly transformative read"—***Sunday Times Style***



St. Martin's Essentials
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Trade Paperback

128 Pages
Self-Help / Personal Growth
SEL027000

The Law of Attraction

The Power of Thought to Manifest Your Best Life

William Walker Atkinson

The original guide to manifesting!

Summary

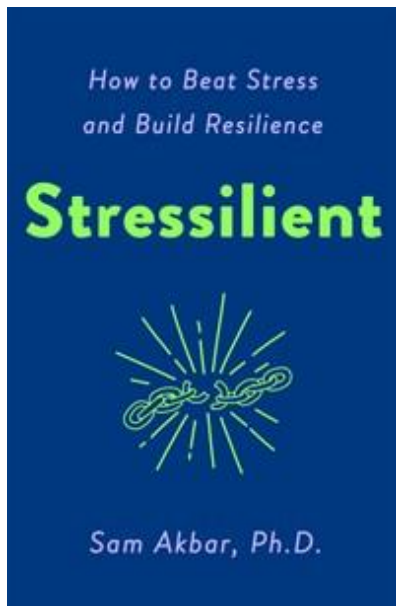
In this timeless classic, William Walker Atkinson introduces the paradigm shifting concept of The Law of Attraction. This "one great law" governs the universe and the world we experience. It simply states that whatever the focus of our thoughts and expectations, whatever we desire or fear, is exactly the thing that we receive. In *The Law of Attraction* Atkinson shows readers how to harness this radical power to create a life of abundance and happiness.

The simple choice to replace a negative thought with a positive one is a small thing, but it can be the beginning of a new life, new freedom, and new abundance.

Long before others were writing on the subject, Atkinson was the first to develop a complete understanding of the Law of Attraction. First published under the title *Thought Vibration*, this new edition of the book has been fully revised and updated for modern readers and features a new introduction by Joel Fotinos. Rediscover Atkinson's pioneering insights in *The Law of Attraction* and transform your life!

Contributor Bio

WILLIAM WALKER ATKINSON (1862 – 1932) was a noted occultist and pioneer of the New Thought Movement. He wrote extensively throughout his lifetime, often using various pseudonyms. He is widely credited with writing *The Kybalion* and was the founder of the Yogi Publication Society.



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Trade Paperback

176 Pages
Self-Help / Self-Management
SEL024000

Stressilient

How to Beat Stress and Build Resilience

Sam Akbar, PhD

Smart, easy explanations and practical suggestions dispensed in a fresh, assured voice on a topic of large and growing concern.

Summary

Stress. It's everywhere these days: a cry for help, the answer to why illnesses pop up (or won't go away), an issue for students and workers, and a culprit when it comes to everything from car accidents to weight gain. Stress is one of those problems most of us are left to figure out and solve by ourselves (a warm bath with scented candle only goes so far).

Akbar walks worried readers through how to calm themselves by:

- understanding how your brain is wired and why its natural genius at problem-solving doesn't help when it comes to stress
- creating space between you and your thoughts
- repeating worrisome words to sap them of meaning
- defusing "thought bombs"
- learning to avoid the CAGE (Control, Avoid, Get rid of, Eliminate) when it comes to feelings and training yourself to stop trying to shut down real pain
- scanning and labelling feelings
- the power of urge surfing
- accessing your own wisdom

There are tried-and-true techniques here, but many more fresh ways to consider the problem of stress. And every one of them is real-world: this book acknowledges that we all have responsibilities, that our time likely isn't our own, and that the goal is to reduce stress rather than eliminate it altogether.

Dr. Akbar's wise and experienced voice in this short and calming book will make readers relax into her content.

Contributor Bio

SAM AKBAR, Ph.D., is a London-based psychologist who specializes in patients who have survived serious trauma (war, torture, sexual violence). She also trains psychologists, who in turn have treated trauma victims around the world, including in trauma hot spots, such as refugee camps in Iraq. She's an Oxford University graduate whose doctorate in Clinical Psychology is from University College London.



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Trade Paperback

320 Pages
Biography & Autobiography
/ Personal Memoirs
BIO026000

Floor Sample

A Creative Memoir

Julia Cameron

A memoir from the Queen of Creativity, Julia Cameron

Summary

Julia Cameron has transformed the creative lives of millions, showing them that creativity is their uniquely human birthright. But long before the tools of *The Artist's Way* changed the conversation around creativity, Julia developed and used them in her own life.

Floor Sample is the story behind an artistic life—telling the story of Julia's time in New York as a writer for *Rolling Stone*, her marriage to Martin Scorsese, and her painful struggle with alcohol, which ultimately led her to recovery and the methods that would form the backbone of *The Artist's Way*.

The life Julia shares in her memoir is tempestuous, flitting restlessly across the country, falling in and out of love, wrestling with alcohol and mental health, but through all of it, always, her art was a fixed point and north star. Featuring a brand new prologue from the author, *Floor Sample* is honest and unapologetic, a glimpse into the heart and mind behind *The Artist's Way*.

Contributor Bio

Hailed by the New York Times as "The Queen of Change," JULIA CAMERON is credited with starting a movement in 1992 that has brought creativity into the mainstream conversation—in the arts, in business, and in everyday life. She is the best-selling author of more than forty books, fiction and nonfiction; a poet, songwriter, filmmaker and playwright. Commonly referred to as "The Godmother" or "High Priestess" of creativity, her tools are based in practice, not theory.

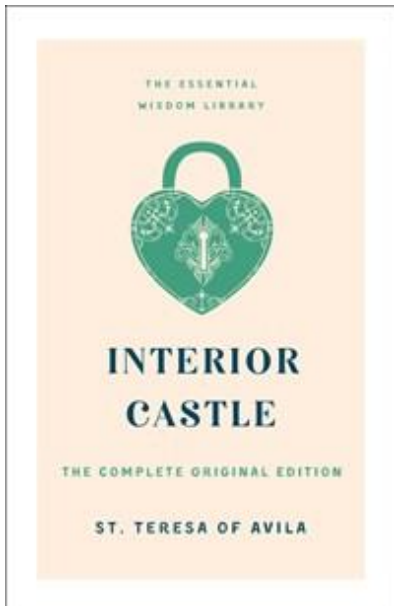
Quotes

Praise for Julia Cameron and *The Artist's Way*:

"The Queen of Change"— ***The New York Times***

"Without *The Artist's Way*, there would have been no *Eat, Pray, Love*." —**Elizabeth Gilbert**

"If you have always wanted to pursue a creative dream, have always wanted to play and create with words or paints, this book will gently get you started and help you learn all kinds of paying-attention techniques; and that, after all, is what being an artist is all about. It's about learning to pay attention." —**Anne Lamott**



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Trade Paperback

336 Pages
Religion / Christianity
REL010000

Interior Castle

The Complete Original Edition

St. Teresa of Avila, Jon M. Sweeney

An essential work of Christian mysticism

Summary

St. Teresa of Avila was one of the greatest Christian mystics, and dedicated her life to understanding how the soul can ascend to union with God. *Interior Castle* is her greatest work and a powerful guide for all seeking to explore prayer as an act of mystical, divine union.

Interior Castle was inspired by a vision wherein she saw a crystalline castle with God at the heart. The book is framed around the seven mansions that made up this castle, each one a stage of the journey of faith, ending with ultimate communion with God. St. Teresa's writings have inspired and guided generations of readers as they seek to develop a deeper understanding of divinity through mystical experience with God.

Interior Castle is the latest title in the Essential Wisdom Library, a series of books that seeks to bring spiritual wisdom—both modern and ancient—to today's readers. This new edition of the pivotal spiritual classic is a must read for seekers and believers alike.

Contributor Bio

ST. TERESA OF AVILA was a Carmelite nun, mystic, and religious reformer who lived in 16th century Spain. She is best known for her mystical writings and visions, her profound insights on prayer, and her work to reform the Carmelite order. She was canonized 40 years after her death and was made the first female Doctor of the Church in 1970.