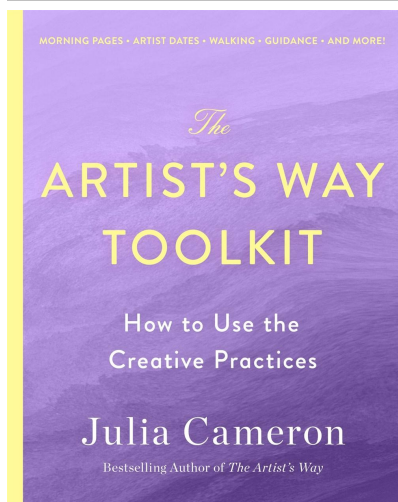




ST. MARTIN'S
ESSENTIALS



St. Martin's Essentials
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Trade Paperback

128 Pages
Self-Help / Creativity
SEL009000

7.5 in H | 6 in W | 1 in T | 1 lb Wt

The Artist's Way Toolkit

How to Use the Creative Practices

Julia Cameron

Experience the essential Artist's Way philosophy in this practical, accessible collection of tools from "the Queen of Change" (*New York Times*) author Julia Cameron.

Summary

Dive into the genius behind *The Artist's Way* with exclusive, never-before-published Q&A's, instruction manuals, and an Artist's Way glossary. In this streamlined edition, Julia Cameron lays out the essential foundation of her Artist's Way philosophy for anyone looking to get to the heart of her practice and begin immediately applying it to their own creative processes.

Distilling the Artist's Way philosophy into a precise and accessible collection of ready-to-use tools, *The Four Essential Tools* is the perfect entry point for aspiring artists looking to hone their craft and reinvigorate their creativity. For those new to the Artist's Way or for those who have been following it for years, *The Four Essential Tools* offers refreshed and updated insight into Julia's creative program that has already inspired more than five million readers.

Contributor Bio

Hailed by the *New York Times* as "The Queen of Change," JULIA CAMERON started a movement in 1992 that has brought creativity into the mainstream conversation. She is the bestselling author of more than forty books, fiction and nonfiction; a poet, songwriter, filmmaker and playwright. Commonly referred to as "The Godmother" of creativity, her tools are based in practice, not theory. *The Artist's Way* has sold over five million copies and been translated into forty languages to date.

Quotes

Praise for *Living the Artist's Way*

"Cameron's lovely prose is grounded in a keen awareness of her inner and outer worlds....Artists and others looking to tap into their intuition will find plenty of wisdom here." —*Publishers Weekly*

Praise for *The Listening Path*

"...the potential rewards are boundless."—*Vogue*

"Longtime creativity expert Cameron turns to the essential art of listening. Cameron writes beautifully and sincerely.... A much-needed primer on opening ourselves to listening to others at a time when that is so badly needed."—*Booklist* Starred Review

HOW TO BE ENOUGH



SELF-ACCEPTANCE
for SELF-CRITICS
and PERFECTIONISTS

ELLEN HENDRIKSEN, Ph.D.

AUTHOR OF *HOW TO BE YOURSELF*

How to Be Enough

Self-Acceptance for Self-Critics and Perfectionists

Ellen Hendriksen

A clinical psychologist explains the causes of perfectionist behavior and how to combat them.

Summary

Many people consider themselves perfectionists, but what exactly is it? It's not an official psychological diagnosis, but perfectionism can vary from mildly inconvenient to downright paralyzing. Perfectionism can originate from within, or as a reaction to a demanding environment. It's commonly thought of as the tendency to demand of oneself a level of performance higher than what is required by the situation. Many perfectionists find they have two gears: *overdrive* or *park*. *Overdrive* can cause you to clean every inch of your house, only to collapse unable to cook dinner and then call yourself lazy. *Park* can be procrastinating on a project until the very last minute because you can't face your own dauntingly high standards.

The problem with perfectionism is that it is not a recipe for long term success: Perfectionists tend to burn out, and more so as they get older. Here to help is clinical psychologist, and author of *How to Be Yourself*, Ellen Hendriksen, who says "we can learn to be good to ourselves even when we're wired to be hard on ourselves." She proposes seven shifts that will move us away from this state to one that is more flexible and forgiving. These shifts include from self criticism to kindness, from control to authenticity, and from procrastination to productivity.

Written in a personal, compassionate voice, Hendriksen lays out a clear and empowering guide to navigate through our own worst inner critic.

Contributor Bio

ELLEN HENDRIKSEN is a clinical psychologist at Boston University's Center for Anxiety and Related Disorders. She is the author of *How to Be Yourself: Quiet Your Inner Critic and Rise Above Social Anxiety*. Her work has been featured in *The New York Times*, *The Washington Post*, BBC News, *New York Magazine*, *The Guardian*, *Harvard Business Review*, *Scientific American*, and *Psychology Today*, among others. She lives in the Boston area with her family.

Quotes

Praise for *How to Be Yourself*

The best-written, clearest, and most helpful description of why we become anxious socially and what to do about it...a must-read." —**David Barlow, Ph.D., Founder of Boston University's Center for Anxiety and Related Disorders**

"Hendriksen had some great advice, which has helped me think about how to get over [social anxiety]. e to brag about yourself." —**The Cut**

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black & white illustrations; case

stamping die

Self-Help / Personal Growth

SEL031000

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Wt



book design
forthcoming

Your Name Is Not Anxious

A Very Personal Guide to Putting Anxiety in Its Place

Stephanie Dowrick

A deeply personal guide to putting anxiety in its place by award-winning author and psychotherapist Dr. Stephanie Dowrick

Summary

Anxiety is *the most treatable* of all our psychological challenges. Yet more and more of us are anxious, and familiar treatments can feel impossible to access or plainly inadequate.

With a radical whole-self, whole-body approach, and the courage to tell her own story, Dr. Stephanie Dowrick puts knowledge and power back where it belongs: in your hands. Based on a rare depth of research and insight, *Your Name Is Not Anxious* offers an informed, compassionate perspective to help readers facing the loss of confidence and resilience that comes with chronic or acute anxiety.

Using the power of story and the latest research, readers will learn to:

- Calm the body
- Quiet the mind
- End self-blame and helplessness
- Radically reduce stress
- Understand the power of mind-body-brain links

Even in the most difficult circumstances, immediate change is possible. Dr. Dowrick's commitment, wisdom, and honesty shows you how.

Contributor Bio

STEPHANIE DOWRICK, PhD, D.Min, has won major US awards for three of her books: *Choosing Happiness*, *Creative Journal Writing*, and *Heaven on Earth*. A former leading publisher and psychotherapist, her bestsellers also include *Intimacy & Solitude*, *Forgiveness and Other Acts of Love*, and *The Universal Heart*. She has written fiction for adults and children, and is known for her public speaking and workshops. Stephanie was born in Aotearoa, spent sixteen years in Europe where she co-founded The Women's Press in London. She now lives in Australia. www.stephaniedowrick.com

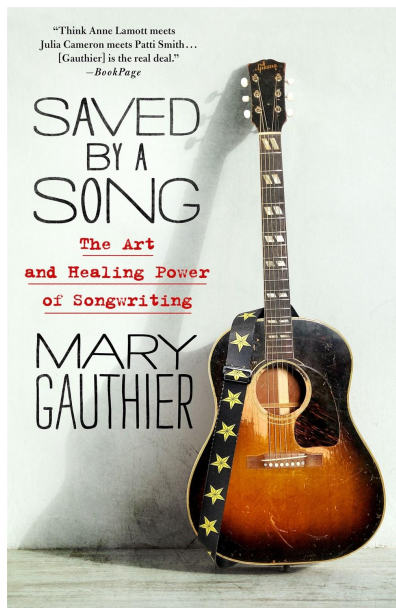
Quotes

"Stephanie Dowrick's unique book, through her rich experience and diverse training and expertise, covers all dimensions and layers. The blend of psychotherapeutic depth, spirituality and practical common sense is rare. Dr Dowrick has made an array of connected insights accessible to us all." —Patrick McGorry AO, Professor of Youth Mental Health, University of Melbourne

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SEL036000

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Wt



St. Martin's Essentials
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Trade Paperback

256 Pages
Biography & Autobiography
/ Music
BIO004000

8.3 in H | 5.4 in W | 1 in T | 1 lb
Wt

Saved by a Song

The Art and Healing Power of Songwriting

Mary Gauthier

From the Grammy-nominated folk singer and songwriter, "a treatise on making art." (*Bust*)

Summary

Mary Gauthier was twelve years old when she was given her Aunt Jenny's old guitar and taught herself to play with a Mel Bay basic guitar workbook. Songs became lifelines to her, and she longed to write her own, one day.

Then, for a decade, while struggling with addiction, Gauthier put her dream away. Not until she got sober and went to an open mic with a friend did she realize that she not only still wanted to write songs, she needed to. Today, Gauthier is a decorated musical artist, with numerous awards and recognition for her songwriting, including a Grammy nomination.

In *Saved by a Song*, Mary Gauthier pulls the curtain back on the artistry of songwriting. Part memoir, part philosophy of art, part nuts and bolts of songwriting, her book celebrates the redemptive power of song to inspire and bring seemingly different kinds of people together.

Contributor Bio

The Associated Press named **MARY GAUTHIER** one of the best songwriters of her generation. Her most recent release, *Rifles & Rosary Beads*, was nominated for a Grammy award for Best Folk Album, and Record of the Year by the Americana Music Association. Her songs have been recorded by dozens of artists, including Blake Shelton, Tim McGraw, Bettye Lavette, Kathy Mattea, Amy Helm and Candi Staton. *Saved by a Song* is her first book. She lives in Nashville.

Quotes

"Gauthier has moved on from being the patient to being the healer using her craft to help others... fascinating." —*Houston Press*

"A songwriter who dares to confront the dark places in her soul... Goes deep" —*The Advocate*

"Reads like an intensely personal diary that's also full of songwriting inspiration and tips." —*Boston Globe*

"Compelling... Gauthier has never been the kind of writer to shy away from difficult subjects...It's no surprise that her book expresses the same level of candor." —*Nashville Scene*

COVER TO BE REVEALED



St. Martin's Essentials
9781250291752
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\$32.00/\$42.00 Can.
Hardcover with dust jacket

320 Pages
black & white photos, case
stamping die
True Crime / Murder
TRU002010

9.3 in H | 6.1 in W | 1 in T | 1 lb
Wt

Chasing Evil

Shocking Crimes, Supernatural Forces, and an FBI Agent's Search for Hope and Justice

Robert Hilland, John Edward

How a skeptical FBI agent reached out to a famous psychic for help on a baffling case – and the twenty-five-year crime-solving journey that followed

Summary

In the summer of 1998, FBI agent Bob Hilland reluctantly picked up the phone to call the famous psychic John Edward. Bob didn't expect much from the call, but he was working on an unsolvable cold case and had nowhere else to turn.

What Bob never imagined was that the call would lead to a shattering of all his preconceived notions, a huge break in the cold case, and an unlikely crime-solving partnership that spanned twenty-five years.

As Bob and John took on more cases together, they slowly learned how to rely on each other and trust their skills, ultimately finding not only justice for the crimes they solved, but resolution and healing in their own lives.

Centering on the investigation of the gruesome John Smith murders that rocked the nation, *Chasing Evil* is a heart-stopping story of murder, justice, and finding help in unexpected places.

Contributor Bio

BOB HILLAND is a former FBI Special Agent who worked a number of high-profile cases including the John Smith murders.

JOHN EDWARD is a psychic medium, lecturer, and *New York Times* bestselling author.



book design
forthcoming

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Health & Fitness / Alternative
Therapies
HEA032000
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Wt

Microdosing

For Health, Healing, and Enhanced Performance

PhD James Fadiman, Jordan Gruber

One of the original researchers into the medical benefits of psychedelics and his co-writer team up in a lively yet exhaustive book that answers *every* question about microdosing

Summary

Microdosing is not just trending; it's taken off. It's the classic healthful and helpful self-medication technique, which is why everyone who is considering microdosing—or hasn't quite gotten the hang of it—needs a single authoritative source.

Why people microdose:

- To take the edge off anxiety
- To relieve pain without opiates
- For enhanced focus and mental acuity
- To help get off chemical anti-depressants, and eventually to replace those anti-depressants
- To sleep longer, more soundly, less stressfully
- Not necessarily to open the "doors of perception", but to become more aware, no notice one's surroundings and retain those impressions

Just three of the 337 important, researched nuggets readers will learn:

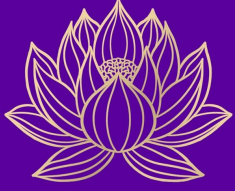
- The importance of cycling on and off the microdosing substance; no one should microdose every day
- How to tell if the substance, and the dose, of what you're taking is what you believe it to be
- If you're intoxicated, you're not microdosing

Contributor Bio

JAMES FADIMAN was introduced to psychedelics by Ram Dass six decades ago as a student at Harvard. Fifteen years ago, he began compiling thousands of stories from microdosers who used his protocol and now has the largest qualitative database on microdosing in the world. He's been the godfather to anyone interested in the field, from Michael Pollan to novelist Ayelet Waldman.

JORDAN GRUBER is the co-author of numerous non-fiction books, including, with Fadiman, *Your Symphony of Selves*.

SAYINGS OF THE BUDDHA



THE CLASSIC GUIDE
TO HIS TEACHINGS

F. MAX MÜLLER

Sayings of the Buddha

The Classic Guide to His Teachings

F. Max Müller

The essential collection of wisdom from the Buddha

Summary

Immerse yourself in the wisdom of the Buddha with the newest volume in the Essential Pocket Classic Series, *The Sayings of the Buddha*. This beautifully designed, pocket-sized volume reintroduces readers to the timeless sayings of one of history's best known and most beloved figures.

The verses cover a range of topics from spiritual living to meditation to moral philosophy. Both simple and profound, the words of the Buddha have survived through the centuries to light a path to spiritual enlightenment for the modern reader.

Compiling the Buddha's most vital and inspiring quotes, *The Sayings of the Buddha* is an essential text for anyone seeking to incorporate Buddhist wisdom into their lives.

Contributor Bio

MAX MULLER was a German-born philologist. He studied and worked in the United Kingdom for the majority of his life and became one of the foremost western academic scholars interested in India and comparative religions.

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Religion / Buddhism
REL007030

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COVER TO BE REVEALED



Your Unconscious Is Showing

Change and Control Your Life Using The 12 Steps of Consciousness

Dr. Courtney Tracy

A groundbreaking guide showing us how being "out of control" (and admitting it) is the first step to living a truly better, more meaningful life.

Summary

Raise your hand if you've ever wanted to "self-improve" but, for some reason, you just can't follow through. Turns out, the issue isn't a lack of willpower. For centuries, we've been fed a common perspective: Explore your subconscious mind, heal your trauma, fit into your society, and happiness will follow, right? Wrong. Dr. Courtney Tracy, also known as "The Truth Doctor," disrupts this outdated narrative through digestible scientific research, shockingly honest personal stories, and compassionate-yet-direct advice. Feeling out of control and helpless isn't a flaw but a universal truth of our existence. Instead of trying to change how we work as human beings (spoiler alert: you can't,) we need to embrace and make peace with our unconscious, making it work for and alongside us instead of against.

Half psychology textbook written by your best friend (who's also a therapist), half comprehensive guide brimming with actionable insights for engaging with our unconscious positively and productively, *Your Unconscious Is Showing* is here to help us accept what we can't control, courageously change what we can, and wisely know the difference.

Contributor Bio

DR. COURTNEY TRACY, also known as "The Truth Doctor," is a perspective-shifting psychotherapist, who is one of the first to publicly disclose her own mental disorders. A multi-hyphenate healthcare entrepreneur and award-winning content creator, Dr. Courtney has founded five mental health companies and her work has garnered more than 100 million views. She lives in Orange County, CA. Learn more at thetruthdoctor.com or by following @the.truth.doctor on socials.

Quotes

Praise for Dr. Courtney Tracy

"We're really into how honest Dr. Tracy is about her own experiences." -*Cosmopolitan*

"Therapy Guru...A beacon of light." -*Los Angeles Times Today*

"Raw, real, and completely approachable." -*Nutritious Life*

"TikTok's Favorite Therapist" -NBC

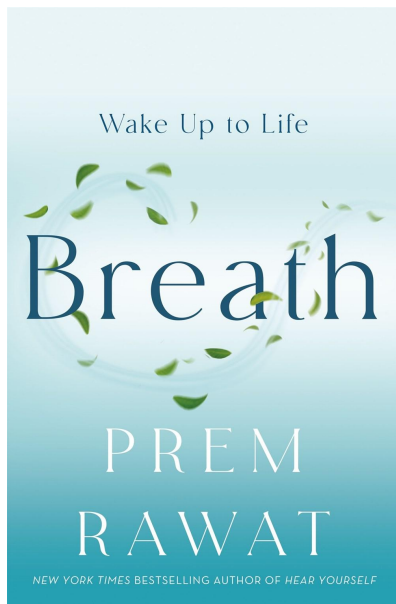
"Thank you, Dr. Courtney, for changing the way we think about mental health." -Andy Cohen

"Recovered addict Dr Courtney Tracy isn't exaggerating when she says she wants to go against the traditional model of therapy." -*The Standard UK*

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320 Pages
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SEL031000

8.3 in H | 5.4 in W | 1 in T | 1 lb
Wt



Breath

Wake Up to Life

Prem Rawat

Bring peace into your present moment through the power of breath with Global Peace Ambassador Prem Rawat

Summary

Breath – it marks the beginning and end of life, it is the one thing shared by all human beings, and yet it is one of the most overlooked aspects of the human experience. What we take for granted actually forms the basis of our shared reality. Each breath we take signals triumph over death, our defiant presence in the world, our dedication to persisting.

Global Peace Ambassador and *New York Times* bestselling author Prem Rawat asks us to pause and take a moment to revel in our breath, to wake up to this miracle of shared human experience. Only when we do so can we open ourselves to the possibility of peace—both inner and outer.

Filled with intricate line drawings and flowing prose, *Breath* is a beautiful guide to finding harmony in each moment. Immerse yourself in the simple but profound power of breath to bring peace to your life.

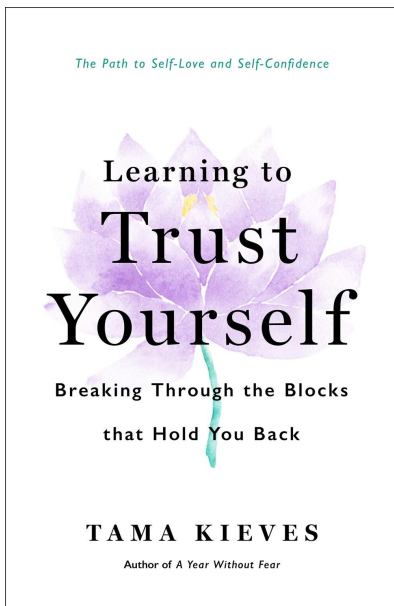
Contributor Bio

For more than 55 years, *New York Times* bestselling author and Global Peace Ambassador PREM RAWAT has shared his enduring message of peace with people all over the world – regardless of their nationality, religion, or lifestyle – a message that personal peace is not only possible, but a human birthright. With great commitment, wisdom and wit, he has reached hundreds of millions of people in more than 100 countries.

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160 Pages
black and white sketches by the author
Self-Help / Motivational & Inspirational
SEL021000

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Trade Paperback

256 Pages
Self-Help / Personal Growth
SEL023000

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Wt

Learning to Trust Yourself

Breaking Through the Blocks That Hold You Back

Tama Kieves

A powerful guide to self-reliance, for anyone ready to unlock their inner genius and start living their most exceptional life

Summary

In a world riddled with conflict and doubt, trusting yourself can feel harder than ever – and self-trust is the foundation of happiness, self-confidence, and success.

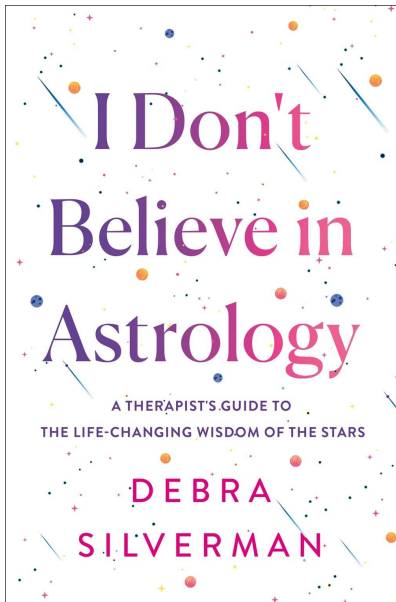
If you have ever talked yourself out of something before you even tried it, let someone convince you that a goal is impossible, or dismissed a feeling or intuition – then this book is for you. This book is for everyone whose own self-doubt is their biggest enemy.

Bestselling author and leading-edge inspirational coach Tama Kieves shows readers that we have so much more to offer than we think; we can turn roadblocks into breakthroughs simply by practicing self-reliance until it becomes the best habit of our lifetimes. When we begin to trust our inner voice, we unlock our highest selves and access our inner genius.

Pick up *Learning to Trust Yourself* and accept Tama's challenge: stop writing yourself off, dare to trust yourself, and become unshakable.

Contributor Bio

TAMA KIEVES, an honors graduate of Harvard Law School, left her practice to write and help others create their most extraordinary lives. She is the bestselling author of four books. Featured in *USA TODAY*, *ABC News*, *Oprah Radio* and more, she is a sought-after speaker and visionary career/success coach, who has helped thousands worldwide discover and thrive in their life and work. She teaches regularly at premier holistic venues and has presented at TEDx. TamaKieves.com



I Don't Believe in Astrology

A Therapist's Guide to the Life-Changing Wisdom of the Stars

Debra Silverman

An accessible guide to the life-changing benefits of astrology by renowned psychotherapist and astrologer, Debra Silverman.

Summary

In a chaotic, confusing, and divisive world, Debra Silverman introduces astrology as the medicine for accepting our human nature—its idiosyncrasies and dilemmas. Through an application of both therapy and astrology, this breakthrough guide equips readers with the tools that release self-judgement, inner criticism, negativity, and misunderstanding. Every sign struggles with psychological issues. Understanding the unique topics relative to your sign, it's no surprise you are quirky. Learning how to accept who you are and love yourself unconditionally through the lens of astrology is at the heart of this book.

Debra Silverman teaches you how to step away from the struggle of your ego and see yourself with the calm objectivity of your soul. You will learn how to love what you see—not just your best qualities but everything about you. She shows you how to aim for the high road of your personality. Most of all, you will cultivate compassion or all the other signs in the zodiac. Learn the meaning of the sun, moon, rising sign, Mercury, and Saturn. Using Debra's method, combining the wisdom of astrology and psychology, readers will remember the truth of their soul's expression, seen through the eyes of self-love.

Contributor Bio

DEBRA SILVERMAN holds a Bachelor's degree in Psychology & Dance from York University and a Master's in Clinical Psychology. At the age of 20, she met an astrologer who changed her world forever. Debra is known for her honest and direct style, plus her fun, non-traditional way of communicating. Her goal is to connect with you on a deep level to heal your wounds while making you laugh, so you can fully accept who you are.

Quotes

Praise for *The Missing Element*

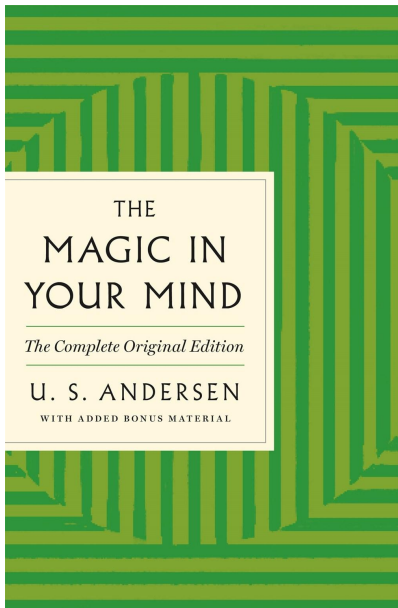
"The book is based on stories of people, and the system of the 4 elements appeals to my sense of logic" – Sting

"I am honored to have shared my tale of fire in Debra's book . She used my story to be an example that spirit can heal, that addiction can be overcome. Elemental wisdom is a powerful means to changing your life. Read on and find out which element you are and watch the wisdom unfold." -Colette Baron-Reid, author of *The Enchanted Map Oracle Cards*

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368 Pages
art throughout
Body, Mind & Spirit / Astrology
OCC002000

9.3 in H | 6.1 in W | 1 in T | 1 lb
Wt



The Magic in Your Mind

The Complete and Original Edition with Added Bonus Material

U. S. Andersen

Turn your thoughts and dreams into reality with U.S. Andersen's beloved self-help classic

Summary

Andersen's philosophy is simple: anything that you can visualize, you can achieve. By harnessing the power of visualization, or what Andersen calls "the image power of the mind," you can take control of your reality, assure success, and become the master of your own fate.

The Magic in Your Mind offers an accessible, easy-to-follow mental training program to teach readers how to create inner convictions that will lead to outer realities. Whether in the realm of health, finances, family, career, or romantic relationships, the power of mental imagery is life-changing.

The Magic in Your Mind is part of the GPS (Good, Practical Simple) Guides to Life series, which aims to introduce a new audience of readers to the life-changing writings of past generations. This new edition also includes bonus material by the author.

Contributor Bio

US ANDERSEN was an American football player and author. He published self-help books and short stories during the 1950s and 60s. He is best known for his book *Three Magic Words*, and his short story "Turn Ever So Quickly" was featured in *The Best American Short Stories of 1963*.

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Business & Economics / Personal
Success
BUS107000

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Wt