



ST. MARTIN'S
ESSENTIALS

A 6-WEEK COURSE—EXPERIENCING THE ARTIST'S WAY

Living the ARTIST'S WAY

An Intuitive Path
to Greater Creativity

JULIA CAMERON

Bestselling Author of *The Artist's Way*

Living the Artist's Way

An Intuitive Path to Greater Creativity

Julia Cameron

A new Artist's Way program that teaches readers how to seek and accept guidance, from "the Queen of Change" (*New York Times*) author Julia Cameron.

Summary

In the thirty years following the publication of *The Artist's Way*, Julia Cameron relied on an essential tool to help her through every juncture in life: writing for guidance. Now, in *Living the Artist's Way*, Cameron finally shares this method with the world as the fourth main Artist's Way tool.

Over the course of six weeks, readers learn how to look for answers within themselves, and trust the guidance they receive.

Revealing a more personal and vulnerable side, Cameron describes how she developed confidence in her own guidance and began using it not only to bolster her art, but to make sense of the world. This handbook to seeking and accepting guidance will help readers follow Cameron's path, becoming creatively unblocked, happier, and more productive.

Many who try guidance for the first time ask Julia, "What if it's just my imagination?" This book asks, "What if it's not?"

Welcome to the creative act of writing for guidance.

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 *Write for Life*

"Luminous... *Write for Life* is the gust of wind you've been waiting for." —Mirabai Starr, Author of *Wild Mercy* & *Caravan of No Despair*

"[A] boon to those struggling to get started. Aspiring writers will appreciate the solid advice."—*Publisher's Weekly*

St. Martin's Essentials
9781250897589
Pub Date: 1/9/2024
\$20.00/\$27.00 Can.
Trade Paperback

208 Pages
case stamping die
Self-Help / Creativity
SEL009000

9.1 in H | 7.4 in W | 1 in T | 1 lb
Wt

MANIFEST

IN ACTION

ROXIE NAFOUSI

Manifest in Action

Unlock Your Limitless Potential

Roxie Nafousi

The life-changing, seven-step guide to manifesting from self-development coach and internationally bestselling author Roxie Nafousi

Summary

It's possible to change your life, and *Forbes'* "queen of manifesting" Roxie Nafousi is here to show you how to do it. In Roxie's newest book, *Manifest in Action*, readers learn exactly how to unlock their limitless potential, create lasting, transformative change, and turn dreams into reality.

Providing practical techniques to expand readers' understanding of each of the seven steps to manifestation, *Manifest in Action* demonstrates how to harness your potential and confidently step into your power. Each chapter is filled with simple and inspiring exercises designed to cultivate self-awareness, reflection, and growth, empowering readers to manifest the change they want to see in their lives.

Described as "the face of manifesting" by *The Times* and "the voice manifestation needs" by Jay Shetty, Roxie Nafousi can help any reader find their way to empowerment and success in just seven simple steps.

Contributor Bio

Hailed as "the manifesting queen" by *Forbes*, ROXIE NAFOUSI is a self-development coach, inspirational speaker, manifesting expert and bestselling author. She found global success with her debut book, *Manifest*, and her much-anticipated follow-up, *Manifest: Dive Deeper*, debuted straight into the UK bestseller charts. Roxie hosts corporate workshops across the globe for the world's largest companies including Google, Meta, and Rothschild, as well as her own workshops and webinars.

Quotes

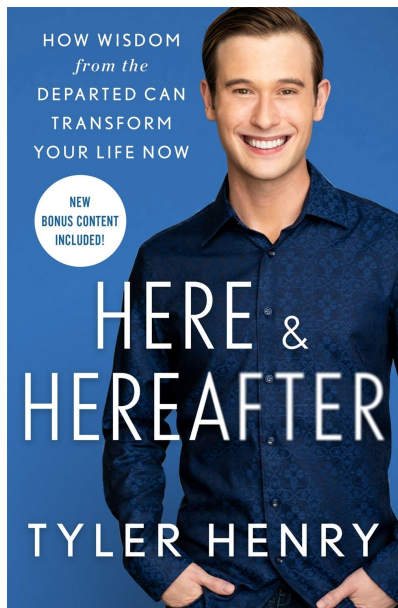
"An empowering and clear read, filled with helpful exercises, the book explores everything from your inner child to daily rituals, stepping outside your comfort zone and how to stop caring about what people think." —*Vogue*

"Manifesting expert Roxie Nafousi is back . . . This deeper dive into the principles and practice of manifestation seeks to expand your understanding of the seven steps on a journey to lasting transformative change" —*Sunday Times*

St. Martin's Essentials
9781250340177
Pub Date: 1/2/2024
\$24.00/\$32.00 Can.
Hardcover Paper over boards

240 Pages
case stamping die
Self-Help / Personal Growth
SEL027000

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



St. Martin's Essentials
9781250796790
Pub Date: 1/30/2024
\$19.00/\$25.00 Can.
Trade Paperback

320 Pages
Body, Mind & Spirit / Inspiration &
Personal Growth
OCC019000

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

Here & Hereafter

How Wisdom from the Deceased Can Transform Your Life Now

Tyler Henry

Now in trade paperback, the ultimate self-help guide detailing the insights the departed have communicated about how to live our best, most meaningful lives.

Summary

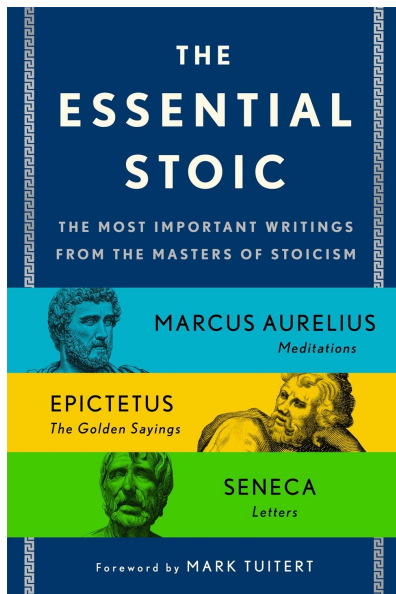
What if we had access to spiritual knowledge that could help us recognize and pursue our true life potential? What if you were told that you have the capability to transform your life and make it infinitely better, by paying attention to what those who have lived and died have come to understand about the meaning of life itself?

As one of the world's most accomplished mediums, Tyler Henry has had thousands of communications with those who've already gone through humanity's final frontier: physical death. The life lessons he's learned from those conversations have been truly transformative.

There is no doubt that by listening and learning from the dead, following their guidance, and paying attention to what they might have done differently, we can get more fulfillment and purpose from our own lives. This book will shed light on the most powerful understandings Tyler has gained from modern day mediumship—and explain how those understandings can help regular people.

Contributor Bio

TYLER HENRY has become one of the world's most trusted and sought-after mediums. His ability to deliver specific details from the other side with a unique, loving demeanor allows him to bring messages of hope, healing and closure to those in need. Tyler is the star of the new Netflix break-out hit series *Life After Death with Tyler Henry* and the E! Network TV series, *Hollywood Medium with Tyler Henry*, and travels across the country with his Live Show Tour giving live readings to sold out 2,000 seat audiences. Tyler lives in Los Angeles.



St. Martin's Essentials
 9781250325358
 Pub Date: 1/23/2024
 \$20.00
 Trade Paperback

384 Pages
 Philosophy / Ethics & Moral
 Philosophy
 PHI005000

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

The Essential Stoic

The Most Important Writings from the Masters of Stoicism

Epictetus, Marcus Aurelius, Seneca

The essential writings from the three pillars of Stoicism.

Summary

Bringing together the essential writings of the three most influential Stoic philosophers, *The Essential Stoic* is an accessible and instructive guide to living a better life through the teachings of Stoicism, and includes an insightful introduction from Mark Tuitert, bestselling author of *The Stoic Mindset*.

Distilling the wisdom of the three Stoic masters, this volume contains the three most widely-read volumes of Stoic philosophy in history. Readers will get a comprehensive, 360-degree view of Stoicism, from Epictetus' ethics to Marcus Aurelius' reflections to Seneca's aphorisms.

Hailed as one of Rome's "last good emperors," Marcus Aurelius reflects on living wisely, calmly, and virtuously in a chaotic world. Epictetus describes the need to rationally accept the world around us and live with uncompromising virtue. Seneca provides quick, accessible Stoic wisdom in a series of letters to his friend Lucilius.

The philosophers' combined wisdom shows readers how to live their best lives, staying calm and rational in the face of hardship, remaining true to their own code of ethics, and accepting the world on its own terms.

Contributor Bio

MARCUS AURELIUS was born in 121 AD. He is believed to have been a bookish young boy who studied with a number of Stoic philosophers. He had a reputation for virtue from a young age and was adopted into the imperial family. This led to him becoming Emperor of Rome, a post he held from 161 until his death in 180.

EPICTETUS was born into slavery in ancient Greece in 50 AD. He founded his own school of philosophy and became one of the foundational thinkers of Stoic philosophy. His discourses were transcribed and shared by his student Arrian, and his work has influenced countless readers over the centuries, from Marcus Aurelius to Tom Wolfe.

SENECA was born in 1 BCE in Cordoba and educated in Rome, where he became an advisor for Emperor Nero and had a dramatic political career. However, he is best known for his contributions to Stoic philosophy, and his works played a central role in the renewed interest in Stoicism during the Renaissance.

How to Raise an Intuitive Eater

WITH A
FOREWORD BY
ELYSE RESCH,
MS, RDN, SEDRD-S,
FAND

RAISING THE NEXT GENERATION
WITH FOOD AND
BODY CONFIDENCE

Sumner Brooks, MPH, RDN

and Ameer Sevenson, MPP-D, RDN

How to Raise an Intuitive Eater

Raising the Next Generation with Food and Body Confidence

Sumner Brooks, Ameer Sevenson, Elyse Resch, M.S., R.D., F.A.D.A.

With the wisdom of Intuitive Eating, a manifesto for parents to help them reject diet culture and raise the next generation to have a healthy relationship with food and their bodies.

Summary

Kids are born intuitive eaters. Well-meaning parents, influenced by the diet culture surrounding them, are concerned about how to feed their children. Nearly everyone is talking about what to do about the "childhood obesity epidemic". Meanwhile, every proposed solution for feeding kids to promote health and prevent weight-related health concerns doesn't mention the importance of a healthy relationship with food. The consequences can be disastrous and are indistinguishable from the predictable and well-researched impact that dieting has on adults. Weight cycling, low self-esteem, deviations from normal growth, and eating disorders are just some of the negative health effects children can experience from the fear-based approach to food and eating that has become the norm in our culture.

Sumner Brooks and Ameer Sevenson believe that parents want the best for their kids. They want them to grow up to be competent, healthy eaters, living their best lives in the bodies they were born to have. Intuitive Eating is more talked about than ever, and the time is now for parents to truly understand what it means to raise an intuitive eater. With a compassionate and relatable voice, *How to Raise an Intuitive Eater* is the only book of its kind to teach parents what they need to know to improve health, happiness, and wellbeing for the littlest among us.

Contributor Bio

SUMNER BROOKS is a licensed registered dietitian nutritionist based in Oregon who has spent over 13 years working in the field of nutrition and eating disorders. She is also the founder of the online training platform Eating Disorder Registered Dietitians and Professionals (EDRD Pro). **AMEE SEVERSON** is a Registered Dietitian in the Washington State (CD). Ameer specializes in eating disorder recovery and healing and focuses on gender-inclusive and LGBTQ+ affirming care.

Quotes

"This is what parents need to teach their kids -- and themselves -- especially those who want their kids to be confident, healthy adults."—*Good Morning America*

"Parents looking to get their kids' eating habits off to a positive start will find this a useful resource."—*Publishers Weekly*

"This informative resource offers compassionate help for parents attempting to build a healthy relationship with food, for both themselves and their children."—*Library Journal*

St. Martin's Essentials

9781250786623

Pub Date: 1/2/2024

\$20.00/\$27.00 Can.

Trade Paperback

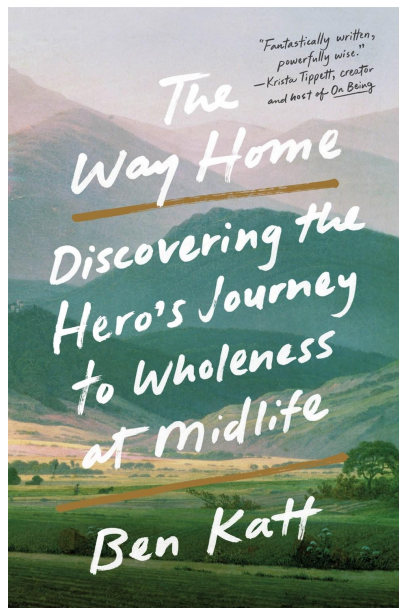
384 Pages

Health & Fitness / Diet & Nutrition

HEA048000

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

Wt



St. Martin's Essentials
9781250910448
Pub Date: 2/20/2024
\$19.00/\$25.00 Can.
Trade Paperback

288 Pages
Body, Mind & Spirit / Inspiration &
Personal Growth
OCC019000

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

The Way Home

Discovering the Hero's Journey to Wholeness at Midlife

Ben Katt

A guidebook for those at midlife struggling to find themselves, deftly applying Joseph Campbell's *Hero's Journey* to the modern reader's quest for wholeness.

Summary

Those reaching midlife are often bombarded by messages from society telling them who they should be and what their life should look like. While chasing the three-headed monster (achievement, perfection, and the approval of others), author Ben Katt realized that he had lost himself along the way. *The Way Home* is a book for those at midlife struggling to find their way back to themselves.

Katt distills Joseph Campbell's *Hero's Journey* into an accessible, ten-step program to help readers move beyond their limitations, find fulfillment, and make the greatest possible contribution to their community and world. Anyone – ordinary, extraordinary, or somewhere in between – can embark upon the Hero's Journey, leaving the familiar, falling into the unknown, and ultimately rising to wholeness.

Bringing together personal experience, spiritual wisdom, and well-known mythologies, *The Way Home* serves as a practical guidebook to inspire and equip people in the second half of life, helping them move from isolation to belonging, from security to surrender, from conformity to wildness. Katt employs a number of tools and rituals to guide readers along the path back to themselves, including solitude, dreamwork, fasting, and meditation.

This book serves as a reminder to those at a transition point in their life that the most important task is to stay connected with their own heart.

Contributor Bio

Ben Katt is a meditation teacher and life transformation coach who has been leading, innovating, and inspiring at the intersection of spirituality, community, and social healing for almost twenty years. Previously, he led The On Being Project's work in supporting religious and spiritual leaders in the work of social healing. He holds a Master of Divinity degree and was an ordained minister for over a decade. Ben is an expert at adapting ancient personal development wisdom and tools for modern contexts to help people reconnect with their hearts and reclaim their purpose so they can be more creative, impactful, and fulfilled in life and work. Ben lives with his family in Milwaukee, Wisconsin.

Quotes

"A fantastically written, powerfully wise offering from Ben Katt to his generation, especially to men of his generation – and thus a gift to our world of pain and promise." —**Krista Tippett**, award-winning broadcaster and *New York Times* bestselling author

"*The Way Home* is moving, thoughtful, and a heart-centered gift for those who are embarking on their own hero's journey. In other words, it's a guide for the journey that each of us must undertake." —**Jerry Colonna**, author of *Reboot* and *Reunion: Leadership and the Longing to Belong*

TIMEBOXING



MARC ZAO-SANDERS

St. Martin's Essentials
 9781250340153
 Pub Date: 2/27/2024
 \$16.00/\$22.00 Can.
 Trade Paperback

176 Pages
 Self-Help / Self-Management
 SEL035000

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

Timeboxing

The Power of Doing One Thing at a Time

Marc Zao-Sanders

The gloriously simple practice of choosing one thing to do, when to do it, and getting it done.

Summary

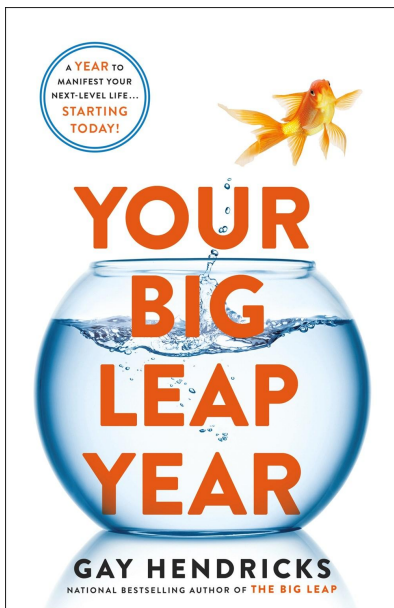
Every day, a billion knowledge workers wake up, gravitate towards a pixelated screen and process information for eight hours or more, facing an endless and bewildering array of work and life choices. We're confronted with countless always-on options; untimely, unsolicited notifications; and a constant competition for our attention. This depletes our faculty for choosing the right things to do, leading millions to become perplexed, frazzled, anxious, or depressed.

Timeboxing by Marc Zao-Sanders is a comprehensive guide to carefully and intentionally selecting what to do, specifying start and finish times, focusing solely on that single activity, and getting it done to an acceptable standard within that timeframe. This is *the* fundamental, transcendent time-management practice; countless luminaries, from Carl Jung and Albert Einstein to Bill Gates and Steve Jobs, have employed some form of it in their daily lives. Zao-Sanders provides an informative and accessible look at every aspect of this revolutionary method— how to do it consistently, and how to do it well.

Timeboxing offers guidance on what you can, should, and will do at any given moment. This pragmatic and life-changing practice of intentional daily activity has been proven to yield what almost every human being wants most: a chosen, cherished life.

Contributor Bio

MARC ZAO-SANDERS is the CEO and co-founder of filtered.com, a learning tech company. He regularly writes about algorithms, learning and productivity in *Scientific American*, *Harvard Business Review* and *MIT Sloan Management Review*. He has followed the practice of timeboxing for over ten years. He lives in London.



St. Martin's Essentials
9781250292797
Pub Date: 2/13/2024
\$20.00/\$27.00 Can.
Trade Paperback

432 Pages
Self-Help / Personal Growth
SEL027000

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

Your Big Leap Year

A Year to Manifest Your Next-Level Life...Starting Today!

Gay Hendricks, PH.D.

A 366-day guidebook to maximizing wealth, love, and creativity from *New York Times* bestselling author Gay Hendricks.

Summary

What if a year from now you could be experiencing more happiness, health and wealth? Learn how to take the big leap – one little leap a day.

Gay Hendricks' bestselling book *The Big Leap: Conquer Your Hidden Fear and Take Life to the Next Level* has sold over 350,000 copies since its original publication. That book outlined the idea of going beyond the reader's happiness ceiling, and into experiencing the joys of life in ever-growing ways. Now comes Hendricks' companion book, *Your Big Leap Year*, which breaks the larger goals explored in Hendricks' bestseller into smaller daily steps, helping readers move into immediate action and stop delaying their dreams. This 366-day (to accommodate leap years!) guidebook takes readers on a journey to leave good behind in pursuit of extraordinary.

For everyone who wants to break through their self-imposed limits and reach new degrees of success in any area of life, *Your Big Leap Year* is the perfect book to empower readers to live their greatest lives, at last!

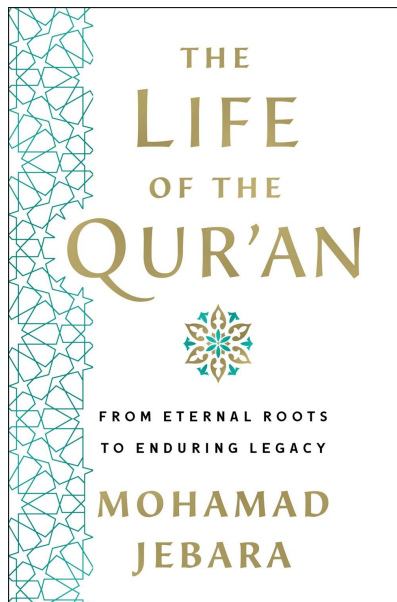
Contributor Bio

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*.

Quotes

Praise for *The Big Leap*

"Gay Hendricks is a great role model for true success. He enjoys abundance and a deep connection with his own spiritual essence, and at the same time has lived for three decades in a thriving marriage. Now, he shows us how to do it for ourselves." — Mark Victor Hansen, co-author of *Cracking the Millionaire Code*



St. Martin's Essentials
9781250282361
Pub Date: 2/27/2024
\$30.00/\$40.00 Can.
Hardcover with dust jacket

304 Pages
case stamping die
Religion / Islam
REL037010

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

The Life of the Qur'an

From Eternal Roots to Enduring Legacy

Mohamad Jebara

Based on extensive scholarship, an innovative biography of the central text of Islam

Summary

Over a billion copies of the Qur`an exist—yet it remains an enigma. Its classical Arabic language resists simple translation, and its non-linear style of abstract musings defies categorization. Moreover, those who champion its sanctity and compete to claim its mantle offer widely diverging interpretations of its core message—at times with explosive results.

While viewed in retrospect as the grand scripture of triumphant empires, the Qur`an unfolded over 22 years amidst intense persecution, suffering, and loneliness. *The Life of the Qur`an* recounts this vivid drama as a biography examining the book's obscured heritage, complex revelation, and contested legacy. The Qur`an re-emerges with clarity as a dynamic life force that seeks to inspire human beings to unleash their dormant potential despite often-overwhelming odds—in order to transform themselves and the world.

Contributor Bio

Mohamad Jebara is a scriptural philologist and prominent exegetist known for his eloquent oratory style as well as his efforts to bridge cultural and religious divides. A semanticist and historian of Semitic cultures, he has served as Chief Imam as well as headmaster of several Qur`anic and Arabic language academies. He has lectured to diverse audiences around the world and briefed senior policy makers. A respected voice in Islamic scholarship, Jebara advocates for positive social change.

Quotes

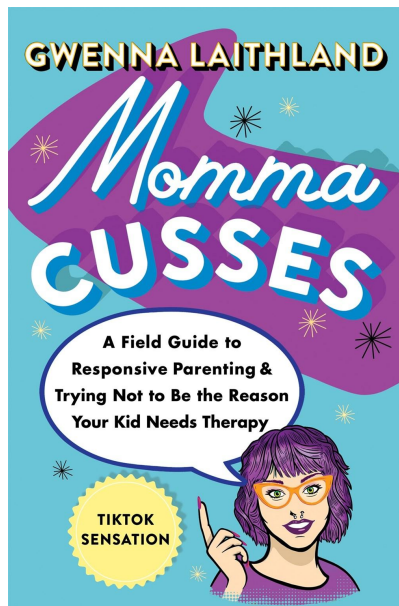
"An eloquent and engaging statement of faith." —**Dr. Juan Cole, University of Michigan, author of *Muhammad***

"Accessible and captivating."—**Dr. Craig Considine, author of *The Humanity of Muhammad***

"A spiritually nourishing, visually captivating, and lyrically appealing work that is a delight to read." —**Dr. Daisy Khan, Women's Islamic Initiative in Spirituality and Equality**

"A well-researched masterpiece." —**His Eminence Dr. Mahmoud Akkam, Grand Mufti of Aleppo**

"For both Muslims and non-Muslims."—**Mustafa Akyol, author of *Reopening Muslim Minds***



Momma Cusses

A Field Guide to Responsive Parenting & Trying Not to Be the Reason Your Kid Needs Therapy

Gwenna Laithland

A humorous field guide to responsive parenting and trying not to be the reason your kid needs therapy, by MAJOR TikTok star Gwenna Laithland.

Summary

We all know that parenting is hard. The only perfect parent is one that has imaginary children. When we receive our little bundles of joy (and terror) the reality kicks in. Suddenly, we are in charge of a fragile creature who is completely dependent on us, like for everything. What comes next is a lot of fumbling, contradictory advice, guilt, and confusion.

There are lots of experts out there who will tell you they have the magic recipe to raising perfect humans. Gwenna Laithland is *not* one of them. She's one of us. Frustrated, overwhelmed and exhausted. Her relatable representation of parenthood validates the experience.

In *Momma Cusses*, Gwenna uses her signature style of snark and sarcasm to explain her interpretation of what she calls responsive parenting and outline the intentional steps she takes to raise her kids. It is an accessible resource that focuses not just on one way to help kids grow up to be happy, healthy, and stable but helps readers gain a better understanding of the role and work of a parent.

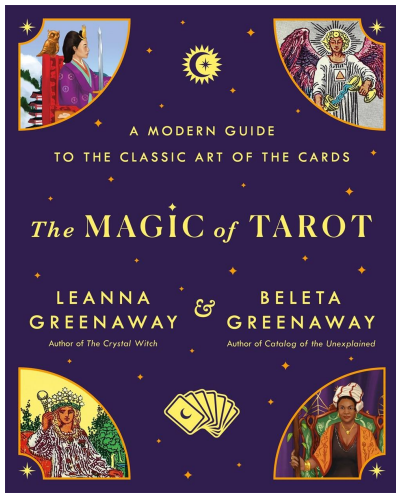
Contributor Bio

GWENNA LAITHLAND was born and raised in Oklahoma. Gwenna got her start as a writer at the age of 18. She branched out into content marketing soon after and has worked with museums, professional sports teams, accounting firms, and universities to help refine their content. She started Momma Cusses in 2019 first as a e-zine and shifting toward a social media focus in 2020. She still lives in Oklahoma with her husband and all three kids.

St. Martin's Essentials
9781250882660
Pub Date: 3/5/2024
\$20.00/\$27.00 Can.
Trade Paperback

256 Pages
Includes 5 black-and-white
illustrations throughout
Family & Relationships / Parenting
FAM032000

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



The Magic of Tarot

A Modern Guide to the Classic Art of the Cards

Leanna Greenaway

A comprehensive guide to using Tarot to create a magical life – with both classic and modern decks.

Summary

From traditional to modern, from magical to mundane, this card-reading handbook is a one stop shop for anyone interested in the ancient art of Tarot card reading. Tarot experts Leanna and Beleta Greenaway tackle romance, marriage, health, careers, safety, children, and much more, as well as situational knowledge for those interested in taking on Tarot as a profession.

In *The Magic of Tarot*, readers will discover: the history and origins of the Tarot, how Tarot is moving with the times, tips on unleashing the power of the cards, housing and cleansing your decks, various card layouts for different situations, as well as full descriptions and explanations of each of the 22 Major Arcana cards, and 56 Minor Arcana cards.

The Magic of Tarot also adds illustrations of each card (right way and reversed) from two powerful Tarot decks – the modern One World deck and the traditional Rider Waite deck. Thoughtfully guiding readers through each card, the Greenaways compare the modern and traditional decks, establishing Tarot’s relevance to today’s world while retaining the mystery of the traditional interpretations. With a section dedicated to magic, readers also learn how to enhance the magic of Tarot through the use of crystals, pendulums, affirmations, and spirit guide communication.

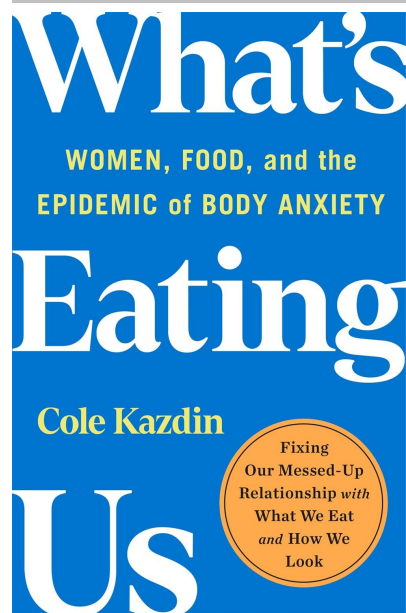
Perfect for beginners and experienced card readers alike, *The Magic of Tarot* will take your card-reading skills to the next level to create a magical life.

Contributor Bio

LEANNA and BELETA GREENAWAY are a mother-daughter duo with over seventy years of combined Tarot experience. Both have been professional readers and teachers. Beleta learned Tarot from her grandmother, and passed her knowledge to her daughter. Leanna maintained a witchy column for 16 years for *Take a Break’s Fate and Fortune Magazine*, and co-wrote several books with Shawn Robbins, which together sold over 150,000 copies worldwide. Beleta and Leanna Greenaway currently live in Newton Abbot, UK.

St. Martin's Essentials
9781250902733
Pub Date: 3/19/2024
\$19.00/\$25.00 Can.
Trade Paperback

368 Pages
Includes black-and-white
illustrations throughout
Body, Mind & Spirit / Divination
OCC024000
9.1 in H | 7.4 in W | 1 in T | 1 lb
Wt



St. Martin's Essentials
9781250858573
Pub Date: 3/12/2024
\$19.00/\$25.00 Can.
Trade Paperback

272 Pages
Health & Fitness / Women's
Health
HEA024000
9.3 in H | 6.1 in W | 1 in T | 1 lb
Wt

What's Eating Us

Women, Food, and the Epidemic of Body Anxiety

Cole Kazdin

Blending personal narrative and investigative reporting, an Emmy-award winning journalist reveals that disordered eating is an epidemic crisis killing millions of women.

Summary

Women of all ages struggle with disordered eating, preoccupation with food, and body anxiety. Journalist Cole Kazdin was one such woman, and she set out to discover why her own full recovery from an eating disorder felt so impossible. Interviewing women across the country as well as the world's most renowned researchers, she discovered that most people with eating disorders *never* receive treatment--the fact that she did made her one of the lucky ones.

Kazdin takes us to the doorstep of the diet industry and research community, exposing the flawed systems that claim to be helping us, and revealing disordered eating for the crisis that it is: a mental illness with the second highest mortality rate (after opioid-related deaths) that no one wants to talk about. Along the way, she identifies new treatments not yet available to the general public, grass roots movements to correct racial disparities in care, and strategies for navigating true health while still living in a dysfunctional world.

What would it feel like to be free? To feel gorgeous in your body, not ruminate about food, feel ease at meals, exercise with no regard for calories-burned? To never making a disparaging comment about your body again, even silently to yourself. Who can help us with this? We can.

What's Eating Us is an urgent battle cry coupled with stories and strategies about what works and how to finally heal—for real.

Contributor Bio

COLE KAZDIN is a writer, performer and four-time Emmy Award winning television journalist. Her work has been featured in *The New York Times*, *Los Angeles Times*, *Los Angeles Magazine*, *The Daily Beast*, *Cosmopolitan*, *NPR*, and more. Cole is a graduate of Northwestern University and Columbia University Graduate School of Journalism. She lives in Los Angeles.

Quotes

"Reading *What's Eating Us* is like sitting down with one of your best friends, who also happens to be an incredible journalist. Through her own personal story, told with humor, vulnerability combined with unflinching reporting, Cole Kazdin reveals shocking truths about the woefully neglected eating disorder epidemic gripping our county, and has done much of the heavy lifting for anyone in search of real, tangible information and hope. A must read for women, no matter what their relationship is with food and their bodies." --**Jennifer Grey, *New York Times* bestselling author of *Out of the Corner: A Memoir***

"Part research, part memoir, *What's Eating Us* is a dynamic exploration into the world of eating disorders. Cole's journalistic background lays the foundation for so much of the data and research on the subject, while being cleverly woven into her own personal narrative. With a refreshing voice of honesty, compassion, sarcasm and wit, Cole goes on a quest demanding answers to why so many folks struggle with their relationships with their bodies and sets out to find the pathways to liberation." --**Amanda Crew, *HBO's Silicon Valley***

"As much a personal story as an examination of body anxiety...Kazdin's painful honesty is leavened with humor and irony." --**Kirkus (starred review)**

"Personal and illuminating, subjective yet relatable...With empathy and understanding, Kazdin offers the reader everything they need to better understand this difficult topic."

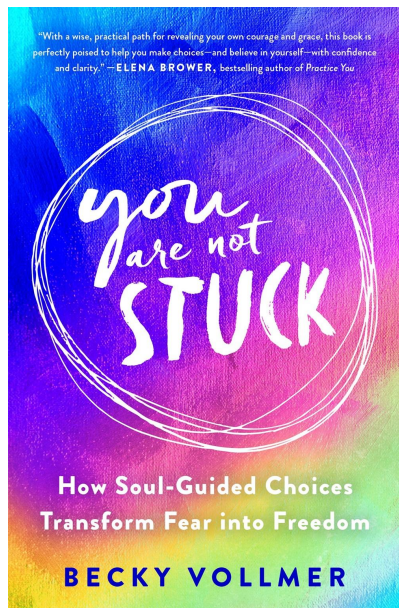
--**BookPage**

"With disarming honesty and sparkling wit, Kazdin shares her own history with disordered eating...*What's Eating Us* is a vital contribution [and] a must-read."

--**Christie Tate, *New York Times* bestselling author of *Group***

"For anyone who has ever struggled with body image, for those who have ever wanted to change anything about their appearance, for anyone who has ever wondered what it would be like to eat a plate of food and not feel guilty, this book is for you."

--**Brattleboro Reformer**



St. Martin's Essentials
9781250864383
Pub Date: 3/26/2024
\$19.00/\$25.00 Can.
Trade Paperback

240 Pages
Self-Help / Personal Growth
SEL016000

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

You Are Not Stuck

How Soul-Guided Choices Transform Fear into Freedom

Becky Vollmer

A blend of straight talk, humor, and clear steps for action to help change-seekers reset their priorities, drown out the naysaying voices in their heads, and make bold choices.

Summary

We all feel stuck sometimes: in our jobs, our relationships, our habits, or when the life we're living simply doesn't add up to the one we want. We feel stuck when it seems like we don't have options, or when we don't trust or allow ourselves to make the changes we so deeply long to make.

Speaker and yoga teacher Becky Vollmer believes that, when we feel paralyzed by our fears, the answer isn't just courage—it's choice. Because we all have choices, we just have to be brave enough to make them.

You Are Not Stuck is the key to breaking the cycle of fear and making bold choices for real change. If what you seek is a tried-and-true process of empowerment that unlocks the true north already inside you, look no further. This book is a unique blend of permission and spirituality that will help you excavate your divine inner badass, close the gap between intention and action, and develop a strategic path forward that's as unique as your thumbprint.

Through warm and straightforward wisdom, a modern and approachable take on ancient yoga philosophy, a series of practical and insightful grounding exercises, and a healthy dose of laugh-out-loud humor, you'll learn how to make soul-guided choices in support of the life you've desired all along.

Contributor Bio

BECKY VOLLMER is a speaker, yoga teacher, and creator of *You Are Not Stuck*, a global community on social media that is several hundred thousand strong. She teaches online courses about empowerment and choice, and leads sold-out programs that combine movement, breathwork, self-exploration, and action planning across the country. She also is a leading voice in the sobriety and recovery community. Becky lives in St. Louis, Missouri,.

Quotes

"This book is perfectly poised to help you make choices—and believe in yourself—with confidence and clarity." —Elena Brower, bestselling author of *Practice You*

"Becky Vollmer holds out a hand—an insightful, grace-filled, relentlessly human hand—to turn your fear into fuel for bold choices." —Jennifer Pastiloff, author of *On Being Human*

"Energizing and important." —Scott Stabile, author of *Big Love*

"It's difficult to imagine anyone for whom this wisdom wouldn't be helpful."
—Spirituality & Practice



Liberated Love

Release Codependent Patterns and Create the Love You Desire

Mark Groves, Kylie McBeath

How to identify relationship patterns that keep you stuck so you can create *true* intimacy, in an environment that fosters and celebrates mutual strength and liberation, from the real-life couple behind "Create the Love."

Summary

Mark Groves and Kylie McBeath's *Create the Love* has introduced a new generation of relationship seekers to the concepts of codependence and attachment theory. Groves and McBeath go thoroughly and deeply into how and why all humans experience one of the three attachment styles—anxious, avoidant, or secure—in all their relationships. The primary need for *Liberated Love* readers will be for their romantic relationships, but Groves and McBeath show how one's attachment style carries over to every relationship with other human beings.

In *Liberated Love*, readers will learn:

- Their original relationship blueprint and discover how it informs their current relationships
- To be aware of defenses, survival strategies and coping mechanisms that keep us disconnected from our true selves and susceptible to inferior, co-dependent relationships
- How to practice somatic exercises that increase the capacity to feel and heal
- How to date like a Boundaries Badass
- How to have conversations about relationships without turning them into "relationship conversations"
- How to start and maintain relationships that allow you to express your true self, and be both safe and truly loved

Groves and McBeath are avatars of the energy of positive philosophy, both individually and as a couple. Their fans are eager to spend time and money on their seminars, workbooks and consultation packages—and will be even more eager to have this guidance between covers.

Contributor Bio

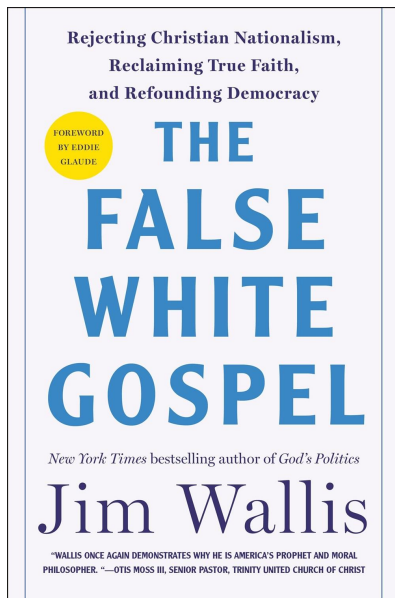
MARK GROVES is a Human Connection Specialist, founder of Create the Love and Mine'd and host of the Mark Groves Podcast. Mark's work bridges the academic and the human, inviting people to explore the good, the bad, the downright ugly, and the beautiful sides of connection.

KYLIE MCBEATH, also known as @beingisbeautiful to her 130K Instagram followers, shares daily guidance and teachings on relationships, spirituality, and embodied liberation. She is also a Certified Health Coach; a founding expert on the emotional wellness app, Mine'd; a Co-Founder & CEO of education platform and community Zura Health; the host of *The Journey Home* podcast.

St. Martin's Essentials
9781250908957
Pub Date: 4/16/2024
\$30.00/\$40.00 Can.
Hardcover with dust jacket

304 Pages
case stamping die
Self-Help / Codependency
SEL008000

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



The False White Gospel

Rejecting Christian Nationalism, Reclaiming True Faith, and Refounding Democracy

Jim Wallis

A major new work by the *New York Times* bestselling author, arguing that the answer to bad religion is true faith that will help re-found democracy

Summary

It is time says Jim Wallis, to call out genuine faith—specifically the “Christian” in White Christian Nationalism—inviting all who can be persuaded to reject and help dismantle a false gospel that propagates white supremacy and autocracy. We need—to raise up the faith of all of us, and help those who are oblivious, stuck, and captive to the ideology and idolatry of White Christian Nationalism that is leading us to such great danger. Wallis turns our attention to six iconic texts at the heart of what genuine biblical faith means and what Jesus, in the gospels, has called us to do. It is time to ask anew: do we believe these teachings or not?

This book isn’t only for Christians but for all faith traditions, and even those with no faith at all. When we see a civic promotion of fear, hate, and violence for the trajectory of our politics, we need a civic faith of love, healing, and hope to defeat it. And that must involve all of us—religious or not. Learning to practice a politics of neighbor love will be central to the future of democracy in America. And more than ever, the words of Jesus ring, “You will know the truth, and the truth will set you free.”

Contributor Bio

Jim Wallis is Georgetown University’s inaugural holder of the Archbishop Desmond Tutu Chair in Faith and Justice, and the Director of its new Center on Faith and Justice. He served on President Obama’s first White House Advisory Council on Faith-based and Neighborhood Partnerships, and is the author of multiple *New York Times* bestselling books, including *God’s Politics*. In 2022 and 2023, *Washingtonian* magazine named Wallis one of the 500 most influential people shaping policy in DC.

Quotes

“Using religion to bless hate is the supreme blasphemy. If you don't believe that, read this book. If you do, urge others to read the book.” —**Garry Wills, author, *What the Gospels Meant***

“A must read.”—**Otis Moss III, senior pastor, Trinity United Church of Christ, Chicago**

“Urgent.”— **Rev. James Martin, SJ, bestselling author of *Jesus***

“Read this book...” —**The Most Rev. Michael B. Curry, Presiding Bishop of The Episcopal Church**

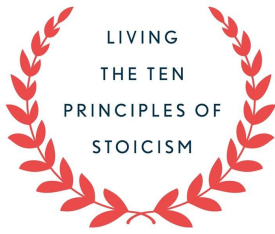
“I am comforted and inspired by this book.” —**Rabbi Jonah Dov Pesner, SVP, Union for Reform Judaism**

St. Martin's Essentials
9781250291899
Pub Date: 4/2/2024
\$30.00/\$40.00 Can.
Hardcover with dust jacket

304 Pages
Religion / Christianity
REL070000

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

"RELATABLE AND INSPIRING... UNIQUE AND ENGAGING."
— Donald Robertson, author of *How to Think Like a Roman Emperor*



THE STOIC MINDSET

MARK TUITERT

St. Martin's Essentials
9781250325273
Pub Date: 4/9/2024
\$22.00/\$29.00 Can.
Hardcover Paper over boards

144 Pages
printed ends
Philosophy / History & Surveys
PHI002000

7.1 in H | 5.1 in W | 1 in T | 1 lb
Wt

The Stoic Mindset

Living the 10 Principles of Stoicism

Mark Tuitert

A ten-step guide to reaching your peak potential through the wisdom of Stoic philosophy by entrepreneur and Olympic champion speed skater Mark Tuitert.

Summary

For twenty years, Mark Tuitert has used the principles of Stoic philosophy to become a gold-medal winning Olympic champion athlete, successful entrepreneur, as well as to deal with the challenges in his professional and private life. Now, in the internationally-bestselling book *THE STOIC MINDSET*, Mark lays out the ten practical lessons through which everyone, in any situation, can develop a Stoic mindset.

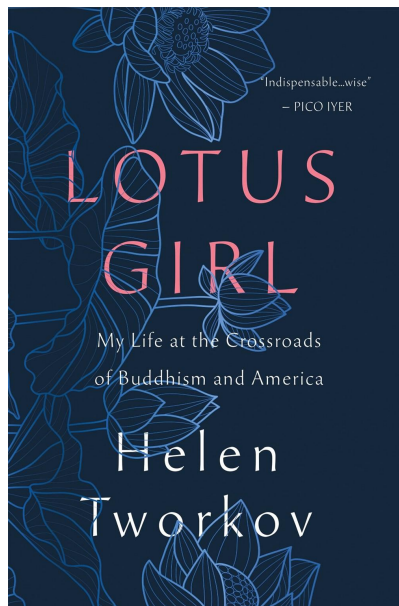
Applying the teachings of Stoic masters including Marcus Aurelius, Seneca, and Epictetus to the twenty-first century, Tuitert empowers readers to discover how Stoicism can change their lives and help them reach their full potential. With a gift for breaking down difficult concepts into practical applications, Tuitert distills thousands of years of Stoic philosophy into ten short principles, with an action item at the end of each chapter to help readers actualize theories. One step at a time, readers become trained in the art of facing and ultimately finding fulfillment in a chaotic and unpredictable world.

Contributor Bio

MARK TUITERT won the gold medal in speed skating in the 1500-meter event at the 2010 Vancouver Winter Olympics. After retiring from competitive speed skating, Mark established himself as a bestselling author, successful entrepreneur, podcast host, motivational speaker, and representative for some of the largest organizations in the world. He has been featured on TED TALK, and also serves as an on-air speed skating pundit for Dutch Broadcaster NOS. Mark is a husband and a father of two.

Quotes

"In *The Stoic Mindset*, Mark brings Stoicism to life with anecdotes from his own life and Olympic sports career, making the ancient philosophy relatable and inspiring for all readers. Get ready to be motivated to live a more Stoic life with this unique and engaging book." — **Donald Robertson**, author of *How to Think Like a Roman Emperor*



St. Martin's Essentials
9781250321558
Pub Date: 4/16/2024
\$29.00/\$39.00 Can.
Hardcover with dust jacket

336 Pages
case stamping die
Biography & Autobiography
/ Personal Memoirs
BIO026000

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

Lotus Girl

My Life at the Crossroads of Buddhism and America

Helen Tworikov

A literary memoir detailing the development of Buddhism in America from one of the movement's central figures

Summary

From the woman who helped introduce Buddhism to the West and founded *Tricycle* magazine comes a brilliant memoir of forging one's own path that Pico Iyer calls "unflinching" and "indispensable."

The daughter of an artist, Helen Tworikov grew up in the heady climate of the New York School of Abstract Expressionism; yet from an early age, she questioned the value of Western cultural norms. At the age of twenty-two, she set off for Japan, then traveled through Cambodia, India, and eventually to Tibetan refugee camps in Nepal.

Set against the arresting cultural backdrop of the sixties and their legacy, this intimate self-portrait depicts Tworikov's search for a true home as she interacts with renowned artists and spiritual luminaries including the Dalai Lama, Pema Chödrön, Joseph Goldstein, Bernie Glassman, Charles Mingus, Elizabeth Murray, and Richard Serra.

Interweaving experience, research, and revelation, Helen Tworikov explores the relationship between Buddhist wisdom and American values, presenting a wholly unique look at the developing landscape of Buddhism in the West. *Lotus Girl* offers insight not only into Tworikov's own search for the truth, but into the ways each of us can better understand and transform ourselves.

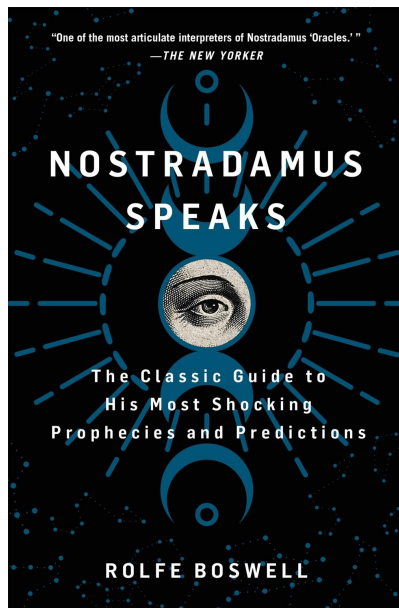
Contributor Bio

HELEN TWORIKOV is founding editor of *Tricycle: The Buddhist Review*, the first independent Buddhist magazine, and author of *Zen in America: Profiles of Five Teachers*. She first encountered Buddhism in Asia in the 1960s and has studied in both the Zen and Tibetan traditions. A student of the Tibetan master Yongey Mingyur Rinpoche, she assisted him in the writing of *In Love With The World* and *Turning Confusion into Clarity*. She divides her time between New York and Nova Scotia.

Quotes

"Other books have told us, engagingly, of how West began to meet East in the 1960s and beyond. But none I have read cuts through every illusion and projection with the warmth, the clarity, the unflinching self awareness of Helen Tworikov's indispensable memoir. She takes us, exhilaratingly, to Kyoto, Saigon and Kathmandu and she offers us fond, indelible portraits of some of the seminal figures of our time. But the great gift of *Lotus Girl* is to share with every reader a wise, undeluded, deeply searching enquiry into mind and how we can start to transform it."

—**Pico Iyer**, bestselling author and journalist



St. Martin's Essentials
9781250325280
Pub Date: 4/2/2024
\$20.00
Trade Paperback

384 Pages
Body, Mind & Spirit / Prophecy
OCC020000

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

Nostradamus Speaks

The Classic Guide to His Most Shocking Prophecies and Predictions

Rolfe Boswell

The classic translation and interpretation of Nostradamus' most shocking prophecies, both those fulfilled and those still to come true.

Summary

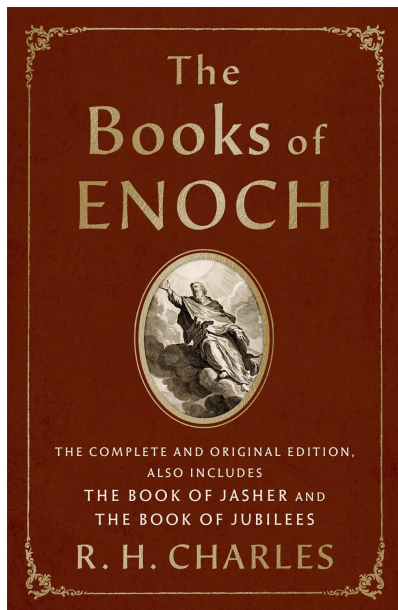
People have been transfixed by French astrologer and physician Nostradamus for five hundred years, since he began making prophecies in the sixteenth century. In his 1941 book, *Nostradamus Speaks*, Rolfe Boswell translated and interpreted Nostradamus' most shocking prophecies. Many of these predictions would come true within the five years following that original publication. Many of those prophecies, however, have yet to be fulfilled. Could modern events be the fulfillment of these centuries-old predictions?

Repackaged with a new introduction by publisher and teacher Joel Fotinos to appeal to a modern audience, *Nostradamus Speaks* is the ultimate guide to one of history's most mysterious and insightful figures.

Contributor Bio

ROLFE BOSWELL was a copyeditor of the Sun and one of the foremost translators and interpreters of Nostradamus' prophecies. Boswell allegedly added specificity to Nostradamus' predictions by taking measurements of the Great Pyramid at Giza.

NOSTRADAMUS was a sixteenth century French astronomer and physician. In 1555, he published *Centuries*, a book of prophecies that are still widely read and highly debated to this day.



St. Martin's Essentials
 9781250325297
 Pub Date: 4/9/2024
 \$30.00
 Trade Paperback

256 Pages
 Body, Mind & Spirit / Ancient
 Mysteries & Controversial
 Knowledge
 OCC031000

9.1 in H | 7.4 in W | 1 in T | 1 lb
 Wt

The Books of Enoch

The Complete and Original Edition, also includes The Book of Jasher and The Book of Jubilees

R. H. Charles

A collection of three key "lost" books of the bible, offering insight into the origins of early Christianity.

Summary

In the early days of the Christian faith there were many writings, only some of which became part of the canonical Bible. But what of the other books, known as apocryphal texts...which of those are worth reading? One of the most influential and well-known of these apocryphal texts is The Books of Enoch, a collection of three ancient Hebrew texts that contain teachings about angels, demons, the great flood, as well as mystical prophecies.

This collection also includes two other important apocryphal books. The Book of Jasher, meaning "upright" or "righteous" describes the world's creation up until Moses' death and is referenced throughout the Hebrew bible. The Book of Jubilees is an ancient Jewish religious text that offers a retelling of the books of Genesis and Exodus.

Compiled together for modern readers, these three apocryphal texts offer insight into the origins of early Christianity. Readers will discover new details, narratives, and perspectives that will interest, and even challenge, modern readers. Together, these books provide a historical framework for readers interested in expanding their knowledge of biblical heritage.

Contributor Bio

Born in 1855, R. H. CHARLES was an Irish scholar and theologian best known for his translations of apocryphal texts.