



ST. MARTIN'S
ESSENTIALS



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St. Martin's Essentials
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Self-Help / Anxieties & Phobias
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Anxiety Rx

A Revolutionary New Prescription for Anxiety Relief—from the Doctor Who Created It

Russell Kennedy

From physician and neuroscientist Russell Kennedy comes an award-winning book that offers a revolutionary, life-changing approach to healing anxiety.

Summary

After years of trying different therapies for his crippling anxiety without success, Dr. Russell Kennedy had an epiphany: anxiety does not start in the brain.

Anxiety starts in the body, where trauma is stored and physical and emotional perception begin. **Alarm bells** originating in the body are what trigger those **anxious thoughts** that we call anxiety, and Russ realized that true healing starts only when we learn not to conflate the two. He understood that existing therapies focused only on the mind would never get to the root of the problem—at best, they could help manage symptoms, but they'd never truly heal anxiety.

Wanting to make a difference for the millions who suffer from anxiety disorder, Russ created *Anxiety Rx*, a book that blends his personal story with medical science, neuroscience, and developmental psychology. Readers learn how to sever the connection between the somatic alarm and the flood of anxious thoughts—in the process they begin to heal old trauma and gain a sense of control previously unknown.

Russ offers techniques not only for our thinking minds, but for our feeling bodies, changing not just our mindset, but our “body-set.” Unraveling the intricate relationship between anxiety, the body, and the mind, *Anxiety Rx* offers a profound path toward healing and growth.

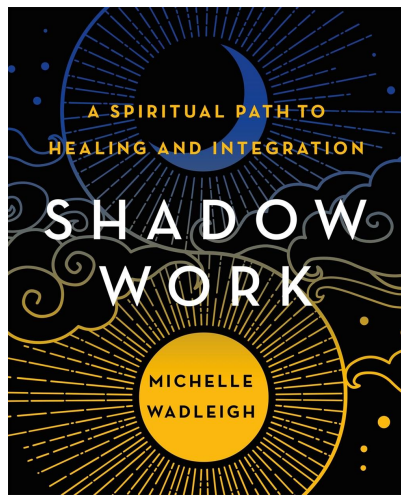
Contributor Bio

RUSSELL KENNEDY, MD is a physician, neuroscientist, certified yoga and meditation teacher, and a professional stand-up comedian. He specializes in non-traditional treatments for anxiety disorders and he himself is a chronic worrier in recovery. He is married to Somatic Trauma Therapist Cynthia Solylo-Kennedy and is father to two step-sons, one daughter, two grandkids, and two Labradoodles. His hobbies are playing acoustic, electric, and classical guitar, golf, and hypochondriasis.

Quotes

"This deeply insightful and ultimately practical book gives the reader a new and natural prescription to healing, using an approach Dr. Kennedy has used in himself and countless patients....*Anxiety Rx* is unlike any book on anxiety and a must-read for anyone who suffers from chronic worry." **-Dr. Nicole LePera**, *New York Times* bestselling author and social media phenomenon The Holistic Psychologist

"[Dr. Kennedy] is a game changer on this content and the topic of anxiety." **-Mel Robbins**, *New York Times* bestselling author and podcaster



Shadow Work

A Spiritual Path to Healing and Integration

Michelle Wadleigh

An interactive guidebook to confronting and healing the shadows in your life.

Summary

Confront your shadows with Rev. Dr. Michelle Wadleigh's newest book, *Shadow Work: A Spiritual Path to Healing and Integration*.

Readers will learn to recognize their inner darkness and embrace the lessons that their shadows can teach them, ultimately turning these shadows into superpowers. Journaling spaces and exercises will help readers live Michelle's lessons, and the book closes with a set of ongoing practices to allow readers to carry the book's wisdom through the rest of their lives.

Based on her own experiences with early childhood trauma, *Shadow Work* is the culmination of Michelle's hard-earned knowledge of self-love and forgiveness to achieve a life filled with creativity, love, and abundance. For anyone ready to explore and embrace the darkest parts of themselves, *Shadow Work* offers an easy-to-follow path to transcendence, self-compassion, and healing.

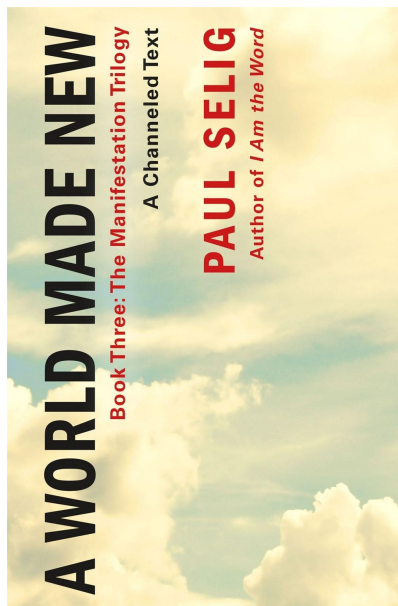
Contributor Bio

REV DR MICHELLE WADLEIGH is a coach, teacher, speaker, workshop, and retreat facilitator. She is the founder and director of the Planned Happiness Institute and the Center for Spiritual Living North Jersey. Michelle co-hosts a podcast called Divine Interventions. She has spent years developing her courses in Forgiveness and Shadow Work, and is the author of several books: *Forgiveness: A Path, A Promise, A Way of Life*; *Prosperous Me*; and *40 Days to Freedom: A Lenten Practice for the Modern Mind*.

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288 Pages
Body, Mind & Spirit / Channeling &
Mediumship
OCC003000

8.3 in H | 5.4 in W | 1 in T | 1 lb
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A World Made New: A Channeled Text (Book Three of the Manifestation Trilogy)

Paul Selig

A culmination of the Guides' teachings to date, offering transformational wisdom of what our world could look like.

Summary

In this powerful completion to the *Manifestation* trilogy, renowned channel Paul Selig offers an exciting vision of what a world could look like. Channeling the otherworldly Guides, *A World Made New* offers a hopeful glimpse into a possible future.

This book marks the natural conclusion of Selig's four trilogies to date, and can be considered a companion to Selig's bestseller, *I Am the Word*. Bringing together the wisdom of these twelve books, *A World Made New* bookends the Guides' current teachings.

Filled with transformational wisdom, *A World Made New* is a challenging and deeply insightful book perfect for readers who still hope to find fulfillment and possibility in a world of their own making.

Contributor Bio

PAUL SELIG is one of the foremost contributors to the field of channeled literature, after a spiritual experience in 1987 left him clairvoyant. He attended New York University and earned a master's from Yale. He is the author of *Beyond the Known: Realization* and the *Mastery Trilogy*. He offers channeled workshops internationally, serves on the faculty of the Esalen Institute, maintains a private practice as an intuitive in Hawaii, and conducts frequent livestream seminars.

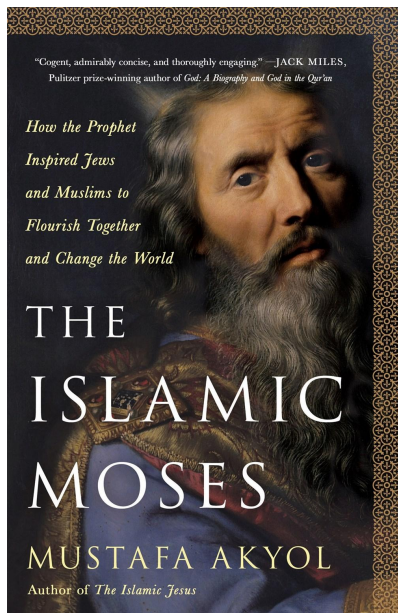
Quotes

Praise for *The Book of Innocence: Book Two of the Manifestation Trilogy*

"Incredible...Absolutely impeccable...one of the most important perspectives we can hold to guide us in this time." —Aubrey Marcus, *New York Times* bestselling author

Praise for Paul Selig

"Authentic straightforward truth straight from the source field" —Deepak Chopra



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The Islamic Moses

How the Prophet Inspired Jews and Muslims to Flourish Together and Change the World

Mustafa Akyol

A theological and historical exploration of the connection between Islam and Judaism through the single most-mentioned character in the Quran: Moses.

Summary

There is one human mentioned in the Quran more than any other: Moses. Why is it that the Jewish prophet dominates the Islamic scripture? Because he is the role model for Muhammad, Islam's own prophet. Because Islam, just like Christianity, is deeply intertwined with Judaism — although surprisingly little attention has been given to this fascinating connection between the two religions.

Author and journalist Mustafa Akyol takes readers on a theological and historical walk through that much-neglected side of the Abrahamic triangle: the Judeo-Islamic tradition. Using Moses' presence in the Quran as a jumping-off point, Akyol explores the first historical encounter between Muslims and Jews, the creative symbiosis and mutual enrichment that occurred between the two belief systems in medieval times, and the modern emergence, development, and perception of the two religions.

At a time of bitter conflict in the Middle East, *The Islamic Moses* dives into the older, deeper, and often unexpectedly brighter story of Jews and Muslims. Readers of any background will be surprised by the common historical and theological ground that exists between the two religions, and will come away with a better understanding of both.

Contributor Bio

MUSTAFA AKYOL is a senior fellow on Islam at the Cato Institute and a senior lecturer at Boston College. He was a contributing opinion writer for *The New York Times*. His earlier books, *Reopening Muslim Minds*, *The Islamic Jesus*, and *Islam without Extremes* have been praised by *The New York Times*, *The Wall Street Journal*, and *Financial Times*. *Islam without Extremes* was long-listed for the 2012 Lionel Gelber Prize literary prize, while being banned in Malaysia for challenging the "religion police."

Quotes

"Moses is the name that recurs most often in the Qur'an, and the Qur'an was just the beginning. Mustafa Akyol surprises again and yet again with one documented instance after another of affinity or alliance between Jews and Muslims over the centuries.

Cogent, admirably concise, and thoroughly engaging. —Jack Miles, author of *God in the Qur'an*



book design
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Deconstructing

Leaving Church, Finding Faith

Karla Kamstra

A gentle, wise guide for Christians deconstructing their beliefs and struggling with the role of faith in their life.

Summary

As a “good Christian,” Karla Kamstra attended church every Sunday, listened to the pastor, and committed to functions and activities. But no amount of participation could shake her growing sense of spiritual unrest. As time went on, she realized that she was doing Christianity on autopilot—going through the motions, but spiritually checked out.

She finally understood that the rules of the church were keeping God inside a too-small box, and it was time to let "Him" out. And so Karla embarked upon her sacred journey of deconstruction: healing her religious trauma and reclaiming her spirituality.

Now, Rev Karla shares her journey in this wise, gentle guide to help anyone struggling with the role of faith in their lives. Readers are called to demolish the oppressive, patriarchal structure upon which their faith has been built, repair what experiences with dysfunctional and destructive religion may have done to them, and restore their hearts and souls. *Deconstructing* will lead readers from silent obedience to sacred empowerment, from religious dogma to spiritual freedom, from toxic theology to authentic faith. For anyone chafing against the confines of church doctrine—it's time to release God from the rules.

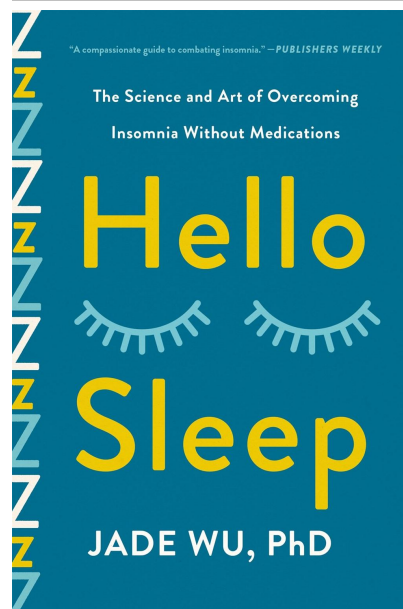
Contributor Bio

An ordained interfaith minister and spiritual mentor, REV KARLA shines a light for those struggling with religious trauma or questioning their religious heritage. With a massive social media following, Rev Karla explores deconstructing Christianity, healing religious trauma, and the spiritual-but-not-religious path. Rev Karla is a passionate advocate for social justice and teaches people how spirituality is more of a reflection of our kindness and compassion than our focus on the afterlife.

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illustrations throughout
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Hello Sleep

The Science and Art of Overcoming Insomnia Without Medications

Jade Wu

A practical and compassionate guide to having a better relationship with sleep and overcoming insomnia from an experienced expert in behavioral sleep medicine

Summary

For many people who have trouble sleeping, each night is an anxious odyssey where getting a good night's sleep feels like a battle to win rather than a basic biologic process. *Hello Sleep* is a guide for people with insomnia to help them shift their relationship with sleep, so that it stops being a battle and starts being enjoyable and natural again.

A practical, self-guided tour through evidence-based interventions for chronic insomnia, *Hello Sleep* includes cognitive behavioral therapy for insomnia (CBT-I), phototherapy, chronotherapy, mindfulness-based approaches, and medication tapering. Jade Wu, a behavioral sleep medicine specialist and researcher, provides in-depth but down-to-earth scientific explanations of how sleep and insomnia work; anecdotes about real patients' experiences with overcoming insomnia; rationale for why the evidence-based interventions help; and tips for how to problem-solve common pitfalls, along with tailored recommendations for special circumstances (e.g., pregnancy/postpartum, menopause, chronic pain, depression, older adults etc.).

Hello Sleep is not a rigid set of rules or a one-size-fits-all approach. Wu believes this can make things worse for those with insomnia issues, making what was once easy and intuitive into something effortful and elusive. Instead, *Hello Sleep* treats insomniacs with respect, by giving them knowledge and empowering them to trust themselves and their own sleep.

Contributor Bio

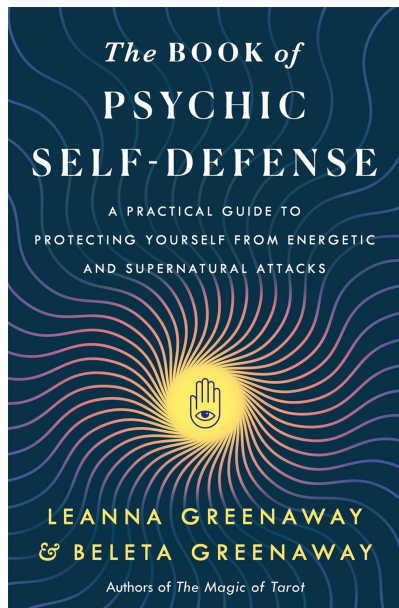
JADE WU, PhD, DBSM, is a Board-certified behavioral sleep medicine specialist and researcher at Duke University School of Medicine. A frequent guest on platforms like *NPR* and *ABC*, with work featured in *The New York Times* and *HuffPost*. She formerly hosted the *Savvy Psychologist* podcast.

Quotes

"Wu writes with insight, compassion, and humor."—**Jennifer Mundt, PhD, DBSM, Director of Behavioral Sleep Medicine at Northwestern Medicine, Assistant Professor of Neurology**

"Insomnia can be fixed, and the steps are here in the pages that follow."—**W. Chris Winter, MD, author of *The Sleep Solution* and *The Rested Child***

"A book full of answers to those burning sleep questions [and] a practical plan that will rekindle your love for sleep."—**Jason C. Ong, PhD, DBSM, Behavioral Sleep Medicine Director at Nox Health, Adjunct Associate Professor of Neurology at Feinberg School of Medicine**



The Book of Psychic Self-Defense

A Practical Guide to Protecting Yourself from Energetic and Supernatural Attacks

Leanna Greenaway

A comprehensive guide to the vital practice of psychic self-defense.

Summary

Have you ever entered a room and immediately felt the negative energy? Worried that an ex or person from your past is wishing you ill? Noticed that the others in a meeting don't seem particularly friendly toward you? In *The Book of Psychic Self-Defense*, psychic self-defense experts Leanna and Beleta Greenaway offer their wisdom to help readers to protect themselves from energetic and other supernatural attacks.

With easily accessible and ready-to-use advice, *The Book of Psychic Self-Defense* is a comprehensive guide to the vital practice of self-defense, covering everything from ghosts and demons to the evil eye to curses and black magic.

For readers both new and experienced in psychic self-defense, *The Book of Psychic Self-Defense* will take your skills to the next level to create a safe and protected psychic life.

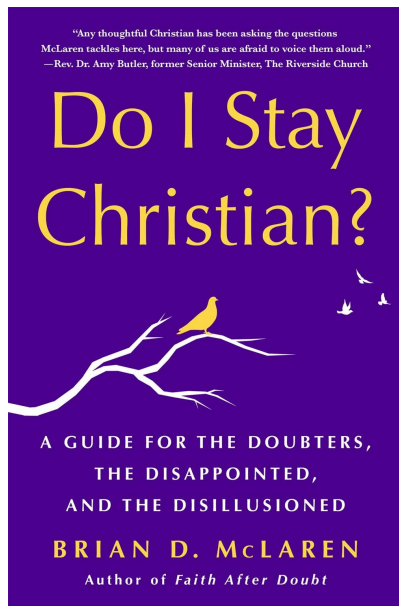
Contributor Bio

LEANNA and BELETA GREENAWAY are a mother-daughter duo with over seventy years of combined experience in the supernatural and psychic arts. Beleta learned from her grandmother, and passed her knowledge to her daughter Leanna. Leanna maintained a witchy column for sixteen years for *Take a Break's Fate and Fortune Magazine*. She then 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.

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Do I Stay Christian?

A Guide for the Doubters, the Disappointed, and the Disillusioned

Brian D. McLaren

Dubbed "a heroic gate-crasher" by *New York Times* bestselling author Glennon Doyle, Brian McLaren explores reasons to leave or stay within the church and if so, how...

Summary

Do I Stay Christian? addresses in public the powerful question that surprising numbers of people—including pastors, priests, and other religious leaders—are asking in private. Picking up where *Faith After Doubt* leaves off, *Do I Stay Christian?* is not McLaren's attempt to persuade Christians to dig in their heels or run for the exit. Instead, he combines his own experience with that of thousands of people who have confided in him over the years to help readers make a responsible, honest, ethical decision about their religious identity.

There is a way to say both yes and no to the question of staying Christian, McLaren says, by shifting the focus from whether we stay Christian to how we stay human. If *Do I Stay Christian?* is the question you're asking—or if it's a question that someone you love is asking—this is the book you've been waiting for.

Contributor Bio

A former college English teacher, **BRIAN D. MCLAREN** was a pastor for twenty-four years. Now he's an author, activist, public theologian, and frequent guest lecturer for gatherings in the U.S. and internationally. His work has been covered in *TIME Magazine*, *Newsweek*, *USA Today*, *The New York Times*, *Washington Post*, *CNN*, and many other media outlets. The author of more than 15 books, he is a faculty member of The Living School at the Center for Action and Contemplation. McLaren lives in Florida.

Quotes

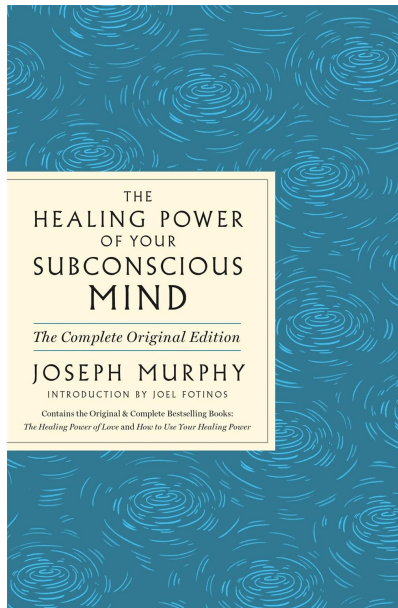
***Publishers Weekly*, Best Books of 2022, Religion**

"[A] gloves-off critique... solidifies McLaren's place as one of the more thoughtful interrogators of modern Christianity." ?***Publishers Weekly* (Starred Review)**

"Valuable."? ***National Catholic Reporter***

"Gives me a map for...a Christianity that's bigger, wiser, and more powerful than I dared to dream." ?**Jana Riess, author of *Flunking Sainthood***

"McLaren is a wonderful story-teller... and a kind soul articulating urgent and critical questions for the Church."? **Rev. Dr. Jacqui Lewis, author of *Fierce Love***



The Healing Power of Your Subconscious Mind

A Powerful Guide to Heal Your Life

Joseph Murphy

Unlock your inner healing powers with bestselling author of *The Power of Your Subconscious Mind*, Dr. Joseph Murphy.

Summary

One of the leading figures in the human potential movement, Dr. Joseph Murphy has been inspiring readers of all generations since the publication of his runaway bestseller, *The Power of Your Subconscious Mind*, which has sold millions of copies to date. Now, in *The Healing Power of Your Subconscious Mind*, readers will discover two of Joseph Murphy's most popular books on the topic of health, healing, and living a vibrant life. Combining *The Healing Power of Love* and *How to Use Your Healing Power*, this essential volume will inspire anyone looking to heal their lives through their own mental powers.

This exclusive edition is part of the Essentials GPS Guide to Life series, and contains a faithful reproduction of the original and complete texts, as well as an introduction by the publisher.

Contributor Bio

DR. JOSEPH MURPHY was major figure in the human potential movement, the spiritual heir to writers like James Allen, Dale Carnegie, Napoleon Hill, and Norman Vincent Peale and a precursor and inspirer of contemporary motivational writers and speakers like Tony Robbins, Zig Ziglar and Earl Nightingale. He was one of the best selling authors in the mid-twentieth century. His book *The Power of the Subconscious Mind* has sold millions of copies and has been translated into seventeen languages.

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How to Stop
Half-Truths, Deception,
and Storytelling
from Ruining Your Life

surrounded by liars



thomas erikson
Bestselling Author of *Surrounded by Idiots*

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Surrounded by Liars

How to Stop Half-Truths, Deception, and Storytelling from Ruining Your Life

Thomas Erikson

Protect yourself against lies and deception with bestselling author Thomas Erikson's proven behavioral science methods.

Summary

Do you ever have the feeling that your friend isn't telling you the whole story? Or that your colleague's answer doesn't quite add up? Whether in your personal or social life, professional life, or on the news or media, sorting the lies from the truth can be exhausting and make you feel constantly on edge. In the latest installment of the *Surrounded by Idiots* series, Thomas Erikson shows you how to identify and deal with the liars in your life. With the help of the simple, four-color behavioral model made famous in *Surrounded by Idiots*, readers will learn to protect themselves against deception and insincerity.

Filled with sophisticated wisdom and Erikson's trademark humor, *Surrounded by Liars* arms readers with the practical knowledge needed to feel confident in their ability to discern the truth and live a calmer, more reliable life.

Contributor Bio

THOMAS ERIKSON is a Swedish behavioral expert, active lecturer, and bestselling author. For more than twenty years he has been traveling all over Europe delivering lectures and seminars to executives and managers at a wide range of companies, including IKEA, Coca Cola, Microsoft, and Volvo.

Surrounded by Idiots has been a Swedish runaway bestseller since it was first published in 2014. It has sold over 3 million copies worldwide and been translated into 42 languages.

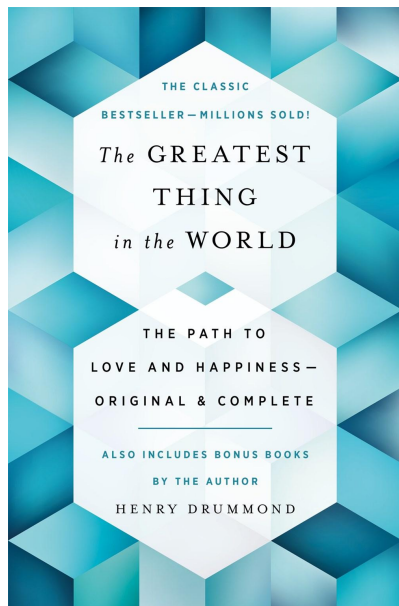
Quotes

Praise for *Surrounded by Idiots*

"Readers will be delighted. Most everyone can benefit from this book, especially those in the workplace. In addition, parents, educators, and students will find these insights valuable." —*Booklist*, Starred Review

Praise for *Surrounded by Narcissists*

"Outstanding...Erickson impresses with his trademark facility for making research-based discussions accessible and entertaining, and readers will appreciate the insightful guidance. This is another home run from Erikson." —*Publishers Weekly*, Starred Review



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The Greatest Thing in the World

The Path to Love and Happiness—Original and Complete Also Includes Bonus Books by the Author

Henry Drummond

Discover the role of love in the Bible and in your own life!

Summary

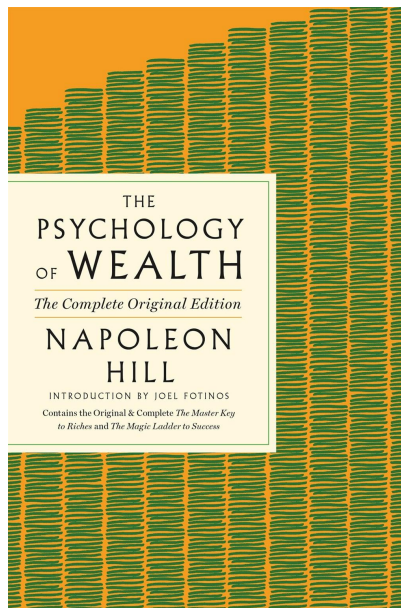
A Scottish evangelist and writer, Henry Drummond wrote a little sermon on love in 1874 that went on to sell thousands of copies and fascinate readers all over the world. Filled with thoughtful quotations and interpretations from the Bible, *The Greatest Thing in the World* is an insightful meditation on the role of love as the ultimate source of Christianity. Readers will be moved to reflect upon the way love appears in their own daily and spiritual lives.

Henry Drummond has inspired generation upon generation with his wisdom—to this day, *The Greatest Thing in the World* is a balm for hearts everywhere, used for everything from wedding ceremonies to comforting those who grieve. Accept Drummond's gentle wisdom into your heart, and discover for yourself what the greatest thing in the world truly is.

This essential edition contains a faithful reproduction of the original and complete text, and includes bonus material by the author and an introduction by the publisher.

Contributor Bio

HENRY DRUMMOND was a Scottish evangelist and writer. He was born in 1851 and died in 1897.



The Psychology of Wealth

The Practical Guide to Prosperity and Success

Napoleon Hill, Joel Fatinos

A guidebook to success, featuring Napoleon Hill's two most popular books on the subject of prosperity and abundance.

Summary

Napoleon Hill's life-changing philosophy has inspired generations of readers, and his self-help titles have sold millions of copies around the world. Combining two of Napoleon Hill's most popular books on the topics of prosperity and abundance—*The Master Key to Riches* and *The Magic Ladder to Success*—this essential volume will inspire anyone looking to create success in their life, and is perfect for businesspeople, entrepreneurs, students, and creatives. *The Psychology of Wealth* offers a revolutionary path to self-empowerment and fulfillment, helping readers create the reality they desire and find success in every area of life.

This exclusive edition is part of the Essentials GPS Guide to Life series, and contains a faithful reproduction of the original and complete texts, as well as an introduction by the publisher.

Contributor Bio

NAPOLÉON HILL was born in 1883 in a one-room cabin on the Pound River in Wise County, Virginia. He is the author of the motivational classics *The Laws of Success* and *Think and Grow Rich*. Hill passed away in November 1970 after a long and successful career writing, teaching, and lecturing about the principles of success. His lifework continues under the direction of the Napoleon Hill Foundation.

Quotes

Praise for Napoleon Hill:

"During the past twenty-five years I have been blessed with more good fortune than any individual deserves but I shudder to think where I'd be today, or what I'd be doing if I had not been exposed to Napoleon Hill's philosophy. It changed my life." —Og Mandino, *The Greatest Salesman in the World*

"I read it [*Think and Grow Rich*] every two or three years to keep my drive going." —Daymond John, Founder and CEO of FUBU apparel and Co-Star of ABC TV's *Shark Tank*

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