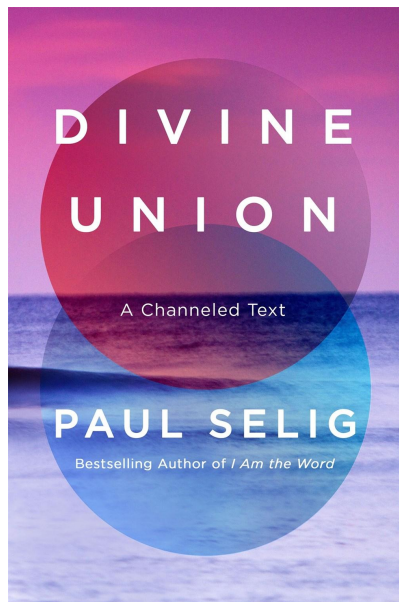




ST. MARTIN'S
ESSENTIALS



St. Martin's Essentials
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272 Pages
 Body, Mind & Spirit / Channeling &
 Mediumship
 OCC003000

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

A Channeled Text

Paul Selig

Move beyond separation and fear into a state of divine union, with renowned channel Paul Selig

Summary

I am in union with the Source of all things. This may be the Guides' most important teaching to date, and Paul Selig channels this crucial message in his newest book, *Divine Union*. A standalone book to highlight the importance of the concept, *Divine Union* teaches readers to move beyond their inherited and clung-to ideas of separation in favor of unity, cohesion, and peace.

Though it may seem inevitable that humans will build walls between one another and fear those who appear different from ourselves, the Guides promise a future in which true connection and union is achieved. Once we realize that all humans are beings through which the Divine flows, fear-based separation will crumble, clearing the way for a better world.

The Guides' message is nothing short of revolutionary: humanity is at a time of reckoning, and we must face ourselves and our creations in order to recognize the shared divinity within us all.

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.



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forthcoming

St. Martin's Essentials
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320 Pages
Self-Help / Communication &
Social Skills
SEL040000

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

Surrounded by Narcissists

How to Effectively Recognize, Avoid, and Defend Yourself Against Toxic People (and Not Lose Your Mind) [The Surrounded by Idiots Series]

Thomas Erikson

Learn to deal with toxic, narcissistic behavior

Summary

Are the narcissists in your life making you miserable? Are you worn out by their constant demands for attention, their absolute conviction they are right (even when they're clearly not), their determination to do whatever they want (regardless of the impact), and their baffling need to control everyone and everything around them?

In this thought-provoking, sanity-saving book, Thomas Erikson helps you understand what makes narcissists tick and, crucially, how to handle them without wearing yourself out in the process. With the help of the simple, four-color behavioral model made famous in *Surrounded by Idiots*, Erikson provides all the tools you need to manage not just the narcissists around you but everyday narcissistic behaviors as well.

Engaging and practical, *Surrounded by Narcissists* will help you free yourself from the thrall of others' toxic agendas so you can pursue a happier, more fulfilling and successful life.

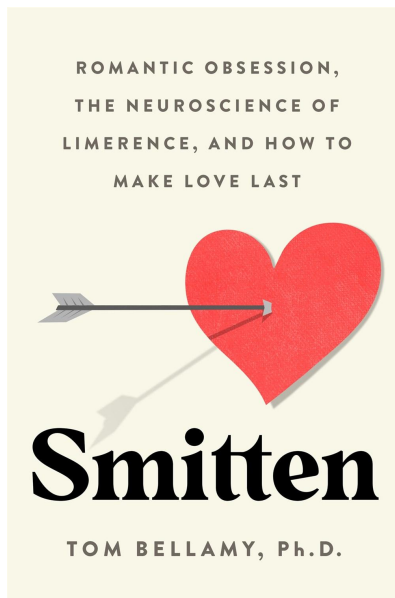
Contributor Bio

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

"Outstanding...Erikson 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



St. Martin's Essentials
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288 Pages
Psychology / Interpersonal
Relations
PSY017000

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

Smitten

Romantic Obsession, the Neuroscience of Limerence, and How to Make Love Last

Tom Bellamy, Ph.D.

A groundbreaking exploration of the psychology of infatuation, how to recognize it, and how to move beyond it towards a healthier experience of love.

Summary

"Butterflies" in the stomach, intrusive thoughts, fantasies about imaginary scenarios, mood swings from euphoria to despair... aren't these all the familiar hallmarks of new love? Not quite. These are characteristics of the psychological state of "limerence," also known as obsessive, passionate or addictive love that can become unhealthy.

Millions of people experience limerence at some point in their life, and in this book, neuroscientist Dr Tom Bellamy explores advances in neuroscience since the term was coined in the 1970s, and sheds light on this little-understood element of the human experience. Discover:

- what drives limerence
- how to recognize limerence in yourself and others
- how to manage the phases of addiction to another person
- how to move past it to sustain longer, more fulfilling relationships.

With supportive advice about next steps, this book will help readers struggling with unwanted feelings to find emotional equilibrium. Rooted in neuroscience, this book offers practical guidance for those experiencing obsessive love and seeking emotional balance.

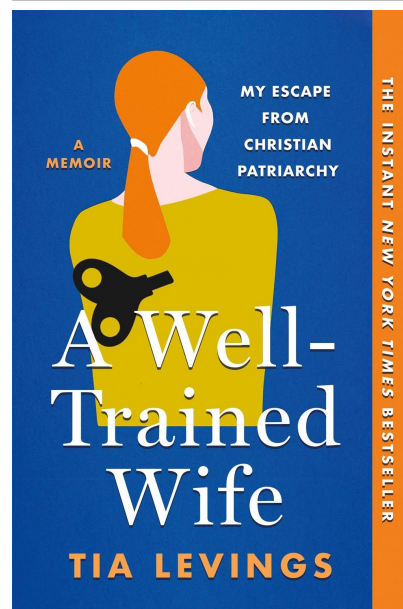
Contributor Bio

Dr. Tom Bellamy, PhD is a neuroscientist and Associate Professor at the University of Nottingham. He has published over forty scientific papers, abstracts and book chapters on esoteric aspects of neurophysiology. He runs the popular blog, "Living with Limerance," and lives in the UK.

Quotes

"A wise and generous life raft for anyone lost in a crush." —**Natasha Lunn, author of *Conversations on Love***

"As someone who has studied and written about the science of love, I find Dr Bellamy's *Smitten* to be a masterful exploration of limerence – one of love's most intense and mysterious manifestations. His unique integration of neuroscientific expertise with deep empathy for the limerent experience creates an invaluable resource for both professionals and those seeking to understand their own overwhelming romantic feelings." —**Dr. Liat Yakir, author of *A Brief History of Love***



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304 Pages
Biography & Autobiography
/ Women
BIO022000

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Wt

A Well-Trained Wife

My Escape from Christian Patriarchy

Tia Levings

The powerful *NYT* bestseller is now in paperback.

"Today it hit me when he hit me, blood shaking in my brain. Maybe there wasn't a savior coming. Maybe it was up to me to save me."

Summary

Recruited into the fundamentalist Quiverfull movement as a young wife, Tia Levings learned that being a good Christian meant following a list of additional life principles—a series of secret, special rules to obey. Being a godly and submissive wife in Christian Patriarchy included strict discipline, isolation, and an alternative lifestyle that appeared wholesome to outsiders. Women were to be silent, "keepers of the home."

Tia knew that to their neighbors her family was strange, but she also couldn't risk exposing their secret lifestyle to police, doctors, teachers, or anyone outside of their church. Christians were called in scripture to be "in the world, not of it." So, she hid in plain sight as years of abuse and pain followed. When Tia realized she was the only one who could protect her children from becoming the next generation of patriarchal men and submissive women, she began to resist and question how they lived. But in the patriarchy, a woman with opinions is in danger, and eventually, Tia faced an urgent and extreme choice: stay and face dire consequences, or flee with her children.

Told in a beautiful and honest voice, *A Well-Trained Wife* is an unforgettable and timely memoir about a woman's race to save herself and her family and details the ways that extreme views can manifest in a marriage.

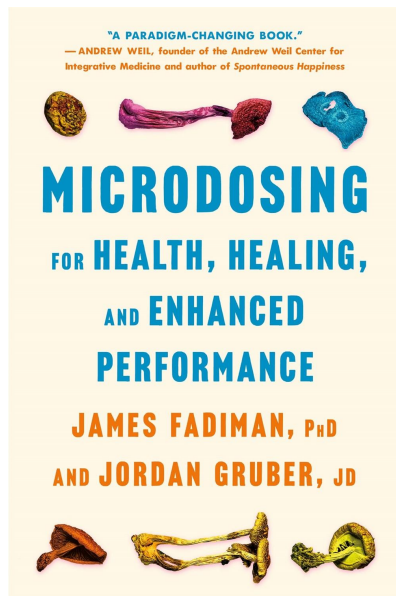
Contributor Bio

TIA LEVINGS writes about the realities of Christian fundamentalism, evangelical patriarchy, and religious trauma. She is also a podcaster, speaker, and Content Strategist. Find her on social media @TiaLevingsWriter. Based in Jacksonville, Florida, she is mom to four incredible adults and loves to travel, hike, paint, and daydream. *A Well-Trained Wife* is her first book.

Quotes

"With unflinching honesty and relentless self-reflection, Levings' debut memoir is a portrait in courage." - Julie Bogart, author of *The Brave Learner* and *Raising Critical Thinkers*

"In this brave memoir on domestic violence within Christian patriarchy, Tia Levings vulnerably shares her story of survival. With devastating detail, she reveals the many shades of abuse that happen within the world of evangelicalism, a world that was supposed to protect her. The many women who have walked this path from oppression to freedom will find solidarity in these pages." —Cait West, author of *Rift*



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Therapies
HEA032000

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Wt

Microdosing for Health, Healing, and Enhanced Performance

James Fadiman, PhD, Jordan Gruber, JD

The first comprehensive book on microdosing, using new research and extensive reports from individuals to describe the possibilities of the practice.

Summary

Microdosing is proving to be a safe and powerful approach to a wide range of health conditions and enhanced performance. Partly responsible for modern microdosing's development and current popularity, the authors answer hundreds of questions, blending extensive research with detailed personal accounts from contributors worldwide. The book also contains wide-ranging microdosing history, research, and science.

People have microdosed successfully:

- to alleviate symptoms of depression, ADHD, chronic pain, and long COVID
- for enhanced focus, mental acuity, and physical abilities (including sports)
- to help taper off pharmaceuticals, especially antidepressants and stimulants
- to improve food habits, sleep, and relationships
- to become more aware of personal habit patterns, others' feelings, and natural surroundings
- to reduce stress and anxiety
- to help over 30 specific health concerns

This book does not provide medical or legal advice. Readers should speak to their doctor before engaging in any course of microdosing.

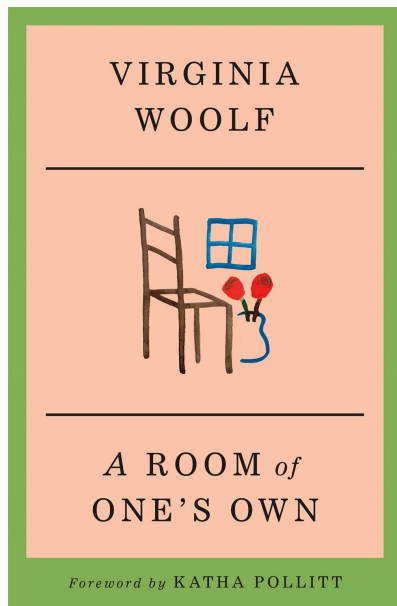
Contributor Bio

JAMES FADIMAN was introduced to psychedelics by Ram Dass six decades ago. 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*.

Quotes

"I consider this a paradigm-changing book. If the reports included here continue to replicate, then inexpensive, take-at-home, tiny doses of psychedelics may become a new option for people with treatment-resistant depression, chronic pain, ADHD, and a host of other conditions. The cases and data presented in these pages suggest that strengthening the body's capacity for healing with these remarkably safe and mostly natural substances is a realistic, researchable, and exciting alternative." - Andrew Weil, founder of the Andrew Weil Center for Integrative Medicine, Author of *Spontaneous Happiness* and *8 Weeks to Optimum Health*



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Literary Criticism / Women
Authors
LIT004290

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

A Room of One's Own

Virginia Woolf, Katha Pollitt

Virginia Woolf's beloved classic, with a new foreword

Summary

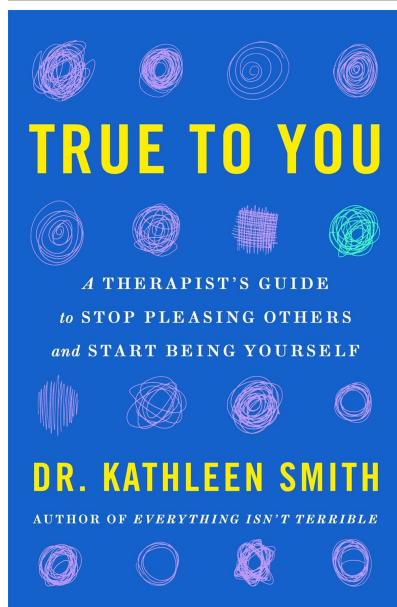
A Room of One's Own is an American classic that has been inspiring readers since its initial publication in 1929. Based on two lectures that Woolf delivered at the University of Cambridge, this collection of extended essays highlights the importance of education and independence for aspiring writers. Woolf calls for the inclusion of more female voices in the literary canon, and outlines the steps needed for more women to gain access to writing careers.

Still relevant to this day, readers of all kinds will take inspiration from Woolf's commitment to creating inclusion in the creative space, and her dedication to creating art despite those who would deny her.

With a new foreword by a modern author, readers will gain insight into the ways that Virginia Woolfe's teachings still influence modern creatives.

Contributor Bio

Virginia Woolf (1882-1941) was an influential British writer known for her innovative storytelling and exploration of human consciousness. Her novels, including *Mrs. Dalloway* and *To the Lighthouse*, challenged traditional narrative structures and delved into themes of identity, time, and perception. A member of the Bloomsbury Group, she was also a strong advocate for women's creative and intellectual independence, famously expressed in *A Room of One's Own*.



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288 Pages
Self-Help / Personal Growth
SEL016000

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Wt

True to You

A Therapist's Guide to Stop Pleasing Others and Start Being Yourself

Kathleen Smith

Helping readers overcome people pleasing and burnout by building a sense of their authentic self.

Summary

When's the last time you felt as composed as you portray to your boss, family and friends? If there's a discord between the two, you're not alone. Humans are master pretenders—we often seem stronger, calmer and more mature than we really are, while the truth is we're full of doubts and self-criticism that leave us totally hollow and burnt out.

True to You is a relatable self-help guide for people who want to learn to live less focused on others' reactions and more confidently by their own principles. Readers will learn how to:

- Interrupt relationship patterns that keep you stuck.
- Rely less on praise and approval from others.
- Develop a solid sense of self in anxious times.
- Build more authentic and rewarding relationships.

Dr. Smith uses examples from the lives of her therapy clients to explain how we borrow confidence, calmness, and beliefs from our relationships and offers actionable steps and exercises for building a life with your own best-thinking. With a healthy dose of humor, she unpacks the science of our social nature, explaining why we try so hard to be what others want us to be and how we can start living from the inside out. By learning how to be more responsible for yourself, rather than over-responsible for everyone else, you can find the freedom to develop richer relationships, pursue what's important to you, and feel steadier in this very anxious world.

Contributor Bio

Dr. Kathleen Smith is a licensed therapist and mental health writer who lives in Washington, DC. An associate faculty member of the Bowen Center for the Study of the Family, she teaches Bowen family systems theory to leaders around the globe. Dr. Smith is the author of *Everything Isn't Terrible* and a popular newsletter. She has been interviewed by *The New York Times* and *The Washington Post*, and her essays have appeared in *Slate*, *Salon*, *New York Magazine*, *Psychology Today*, and more.

Quotes

"A beautiful blend of storytelling, science and practical tools...Smith uses her expertise to introduce true boundary setting tools to build (and rebuild) our relationships to others and ourselves."

- Eve Rodsky, *NYT* Bestselling Author

"*True to You* is the book you want when you're ready to figure out how to change relationship patterns that aren't working. I learned so much, I might just flip back to page one and start it again!" - Mary Laura Philpott, author

COVER TO BE REVEALED



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Body, Mind & Spirit / Mindfulness
& Meditation

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

The Way to Self-Mastery

Shi Heng Yi

Bring clarity, strength, and purpose to your modern life through the ancient wisdom of Shaolin.

Summary

What do you imagine when you think of Shaolin? Ferociously strong warriors flying through the air?

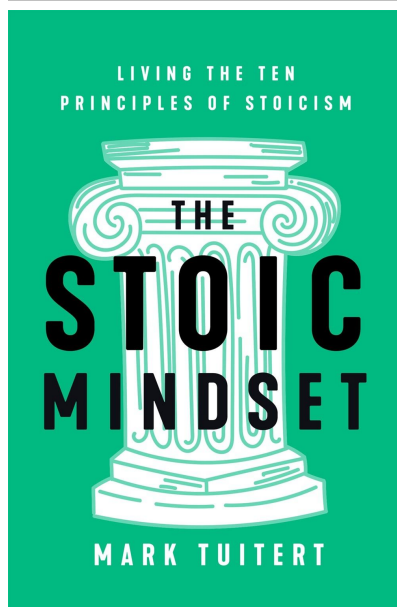
Shaolin is more than just a martial art—it is a way of life. Rooted in Zen and Taoist philosophy, its ancient wisdom teaches us how to unite mind and body, cultivate resilience, and develop an equanimous perspective amongst a chaotic world.

In the international bestseller *Shaolin Spirit*, renowned teacher and founder of the Shaolin Temple Europe Shi Heng Yi reveals profound insights to human development paired with twelve personal core practices to foster essential transformation of body and mind. From improving sleep and mental clarity to building strength, flexibility, and focus, these time-honored techniques offer a practical and personal way to self-mastery.

Blending profound philosophy with practical guidance, *Shaolin Spirit* is an invitation to step into the discipline, determination, and power of the Shaolin way—no matter where you are in life.

Contributor Bio

SHI HENG YI is the founder of the Shaolin Temple Europe, a Buddhist community in Germany, where he is responsible for the physical and mental training of visitors, master students and disciples of the Shaolin Order. His teaching methods and YouTube videos have earned him a large international online following.



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Philosophy / History & Surveys
PHI002000

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Wt

The Stoic Mindset

Living the Ten 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.

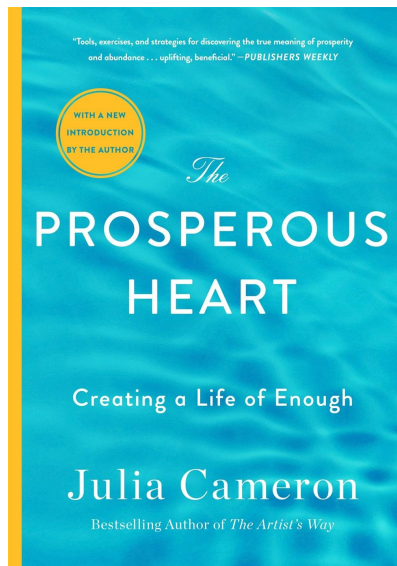
Applying the teachings of Stoic masters including Marcus Aurelius, Seneca, and Epictetus to the twenty-first century, Tuitert empowers readers to discover how Stoicism can change their lives and help them reach their full potential. With a gift for breaking down difficult concepts into practical applications, 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*



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Trade Paperback

208 Pages
Self-Help / Motivational &
Inspirational
SEL021000

9.1 in H | 7.4 in W | 0.6 in T | 1 lb
Wt

The Prosperous Heart

Creating a Life of Enough

Julia Cameron

Create a sense of security and abundance in your life today by applying Julia Cameron's bestselling *Artist's Way* techniques to the topic of prosperity.

Summary

In this dynamic creative-renewal program, *New York Times* bestselling author Julia Cameron presents a ten-week program for using your creative heart and soul to lead you to prosperity in all the areas of your life. With inspiring new daily tools and strategies that follow in the footsteps of Cameron's groundbreaking *Artist's Way*, this book guides readers in developing a life that is as full and as satisfying as they ever thought possible.

Drawing on her decades of experience working with artists as an expert on the creative process, Cameron shines a clear light on the path to forging a direct relationship between the passion that ignites our creative work and the more practical aspects of living our lives (for example, how one can keep a roof over their head without losing track of their soul!) In this wise volume, Cameron gives readers the courage and permission to live their lives as they create their art: purposely and fully.

Contributor Bio

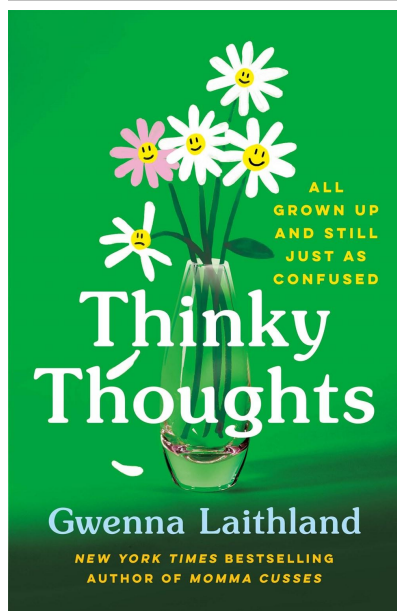
Hailed by the *New York Times* as "The Queen of Change," JULIA CAMERON started a movement in 1992 that has brought creativity into the mainstream conversation. She is the bestselling author of more than forty books, fiction and nonfiction; a poet, songwriter, filmmaker and playwright. Commonly referred 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

2013 Nautilus Books for a Better World Gold winner as Best Inner Prosperity/Right Livelihood Book

"Inspiring stories of how money affects people's lives accompany tools, exercises, and strategies for discovering the true meaning of prosperity and abundance in this uplifting and beneficial guide." —*Publishers Weekly*

"Cameron has written a book addressed to our times, offering advice on how to begin to fulfill one's dreams in times of recession or austerity." —*Library Journal*



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Humor / Form
HUM003000

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Wt

Thinky Thoughts

All Grown Up and Still Just as Confused

Gwenna Laithland

Gwenna Laithland is back with her signature voice in this book of essays on being a parent, a millennial, and beyond.

Summary

Before I was a mom who cusses, I was a millennial. Before I was that, I was just a kid with a brain that moved too fast. I've spent more time than I'm proud of getting lost in my Thinky Thoughts. They go a little something like this:

How has my childhood shaped my motherhood? I might have lost my phone again. Is it that big a deal if the kids call me cringe? I haven't left the house today. Is it a problem that I don't leave the house for days? Why does my daughter hate rollercoasters but love adzuki beans? Cranberry bog spiders. What if they rearrange the grocery store again?

Now, someone has let me write down all these Thinky Thoughts I get lost in. Thinky Thoughts is a collection of memories, experiences, brain doodles, observations, failed plans, realized dreams, and tangents that are important to follow. From raising a child who is nothing and somehow everything like you to the harrowing journey of realizing your kids found the glitter to the lessons egg salad can offer. I had to think all those thoughts. No reason to let them all go to waste.

This collection is one millennial mom's exploration of how to balance being a parent with being a complete person without being the reason your kids need therapy.

Contributor Bio

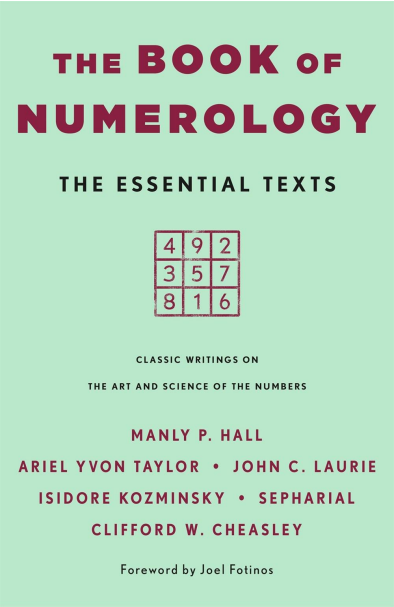
GWENNA LAITHLAND is a mom, a millennial, a wife, an avid reader, and a bestselling author. Living in Oklahoma with her husband, three kids, and two dogs, she enjoys avoiding people entirely and hiding in her very green office writing books, stories, newsletters, and intentionally bad poems. Find her online as Momma Cusses or at gwennalaithland.com.

Quotes

Praise for *Momma Cusses*:

"The humor lands and the guidance on setting boundaries, helping children identify their needs, and letting them fail safely is a boon. This will be a balm for weary parents." --*Publishers Weekly*

"Side splittingly funny and relatable. A rollicking read for overwhelmed parents...to learn how to regulate themselves to be responsive, not reactive to their children." --*Library Journal*, starred



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Body, Mind & Spirit / Numerology
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Wt

The Book of Numerology

The Essential Texts

Ariel Yvon Taylor
Unlock the hidden power of numbers with this essential collection of classic numerology texts.

Summary

Decode the ancient wisdom of numbers with *The Book of Numerology*, a curated collection of seminal works that delve into the profound influence of numerology on our lives. This anthology brings together six classic texts:

- Numerology Made Plain* by Ariel Yvon Taylor
- The Science of Numerology Through the Law of Vibration* by John C. Laurie
- Numbers: Their Meaning and Magic* by Isidore Kozminsky
- Numerology: Its Practical Application to Life* by Clifford W. Cheasley
- excerpts from *The Manual of Occultism* by Sepharial
- excerpts from *The Secret Teachings of All Ages* by Manly P. Hall

Each work offers unique insights into the mystical relationship between numbers and the human experience, from foundational principles to practical applications. Whether you're a novice seeking to understand the basics or an experienced practitioner aiming to deepen your knowledge, this compendium serves as an essential resource.

Explore how numerical patterns can reveal hidden truths about personality, destiny, and the universe itself. Embark on a journey through time-honored traditions and discover how the power of numbers can illuminate your path to self-discovery and personal growth.

Contributor Bio

The Book of Numerology contains texts by Manly P. Hall, Ariel Yvon Taylor, John C. Laurie, Isidore Kozminsky, Clifford W. Cheasley, and Sepharial, all of whom made important contributions to the field of numerology, including practical guides, esoteric interpretations, and philosophical explorations of numbers. From Hall's mystical insights to Sepharial's pioneering work in astrology and numerology, this collection brings together a wealth of knowledge.