



ST. MARTIN'S
ESSENTIALS

surrounded by idiots



The Four Types of Human Behavior
and How to Effectively Communicate
with Each in Business (and in Life)

thomas erikson
International Bestselling Author

OVER
10 MILLION
SOLD

FULLY REVISED AND EXPANDED

Surrounded by Idiots Revised & Expanded Edition

The Four Types of Human Behavior and How to Effectively Communicate with Each in Business (and in Life)

Thomas Erikson

A fully revised and expanded edition of Thomas Erikson's runaway bestseller, *Surrounded by Idiots*

Summary

Master the four basic behavior types and change the way you communicate!

Do you ever think you're the only one making any sense? Or tried to reason with your partner with disastrous results? Do long, rambling answers drive you crazy?

You are not alone. After a disastrous meeting with a highly successful entrepreneur, who was genuinely convinced he was 'surrounded by idiots,' communication expert and bestselling author Thomas Erikson dedicated himself to understanding how people function and why we often struggle to connect with certain personality types.

Erikson's simple yet ground-breaking techniques will help you understand yourself better, hone communication and social skills, handle conflict with confidence, improve dynamics with your boss and team, and get the best out of the people you deal with and manage.

At a moment in time when understanding one another is more important than ever, Thomas Erikson revisits his most popular title, offering an updated and expanded edition that will make you a master of communication.

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.

Quotes

"A useful guide to communicating with the uncommunicable ... clearly, dynamically presented and easy to grasp."—*Publishers Weekly*

"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

St. Martin's Essentials

9781250420459

Pub Date: 8/26/2025

\$20.00/\$28.00 Can.

Trade Paperback

352 Pages

Business & Economics / Business
Communication

BUS007000

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

Wt

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St. Martin's Essentials

9781250398949

Pub Date: 8/26/2025

\$32.00/\$42.00 Can.

Hardcover with dust jacket

352 Pages

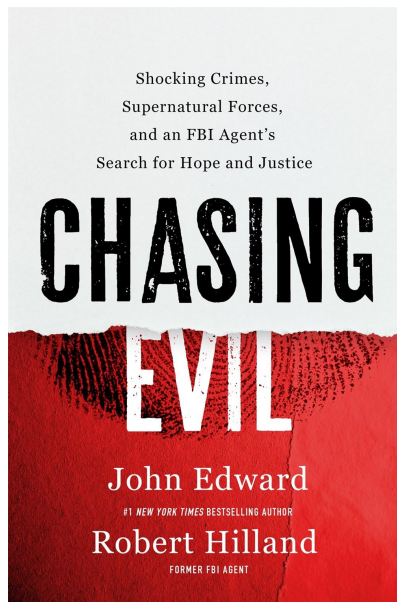
Business & Economics / Business

Communication

BUS007000

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

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St. Martin's Essentials
9781250291752
Pub Date: 9/2/2025
\$32.00/\$42.00 Can.
Hardcover with dust jacket

368 Pages
black & white photos
True Crime / Murder
TRU002010

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

Chasing Evil

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

Robert Hilland, John Edward

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

Summary

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

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

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

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

Contributor Bio

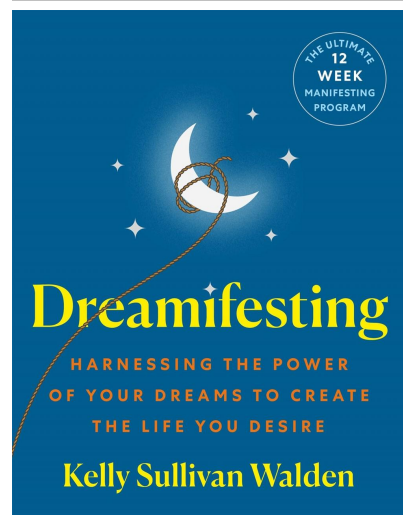
BOB HILLAND is a former FBI Special Agent who worked a number of high-profile cases including the John Smith murders.

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

Quotes

"An amazing story [...] Stranger than fiction, but all true. A secret relationship that was even secret from the FBI. You won't want to put this book down." -John Miller, *CNN* Chief Law Enforcement Analyst, former NYPD Deputy Commissioner

"Storytelling at its best. [...] As a lover of true crime, I was on the edge of my seat for all 300 plus pages. I read this in one sitting!" -Lisa Pulitzer, *New York Times* bestselling author



St. Martin's Essentials
9781250391155
Pub Date: 9/16/2025
\$19.00/\$25.00 Can.
Trade Paperback

256 Pages
Body, Mind & Spirit / Dreams
OCC006000

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

Dreamifesting

Harnessing the Power of Your Dreams to Create the Life You Desire

Kelly Sullivan Walden

Turn your dream life into reality—through the power of your dreams!

Summary

It's time to wake up to the life of your dreams.

Dreamifesting is a revolutionary approach to manifesting that goes beyond visualizations and affirmations to unlock the hidden power of the subconscious mind that can turn dreams into reality.

Through decades of research, dream expert and author Kelly Sullivan Walden noticed that when you pay attention to the wisdom and guidance of your nighttime dreams, you bridge the gap between the conscious and unconscious to create a whole-brained, whole-soul experience.

Combining the motivational manifestation techniques and metaphysical spirituality with straightforward instructions, DREAMIFESTING offers a 12-week program to teach readers how to steer the dreaming mind to do the heavy lifting of realizing their dream life.

Using this revolutionary method, readers will learn to:

- Program their subconscious mind to accept, as natural, the target of their desires
- Bridge the power of their dreams into the practical reality of their daily lives.
- Turn deep-seated, limiting beliefs into limitless possibilities.
- Harness the power of the subconscious, dreaming mind to reveal resources previously undetected by their conscious mind.

Discover your authentic, soulful desires and create a life inspired by your wildest dreams, filled with the passion and purpose to become the best version of yourself.

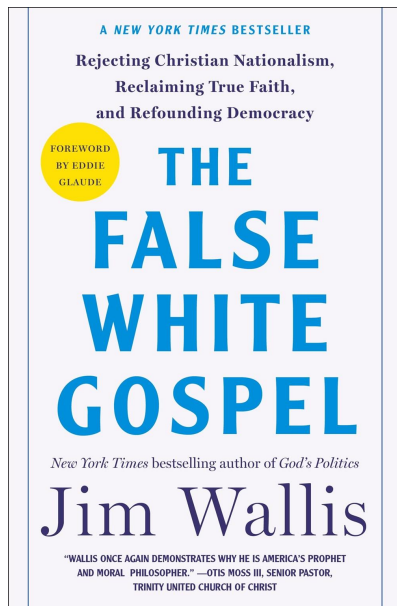
Contributor Bio

KELLY SULLIVAN WALDEN (aka Doctor Dream) is an award-winning, international bestselling author of ten books and seven oracle card decks. Her fascination began at age five, with tandem dream experiences with her younger sister. She grew up to become a certified clinical hypnotherapist, earning a doctorate in spiritual counseling. Her joy in life is empowering her clients (stay-at-home moms, celebrities, and industry leaders) to awaken through the power of their dreams.

Quotes

"This woman is truly dreamy." -Ricki Lake, television host and actress

"[Kelly's] dream interpretations are amazing!" -Loni Love, comedian and host of *The Real TV*



St. Martin's Essentials
9781250291912
Pub Date: 9/23/2025
\$19.00/\$25.00 Can.
Trade Paperback

304 Pages
Religion / Christianity
REL070000

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

The False White Gospel

Rejecting Christian Nationalism, Reclaiming True Faith, and Refounding Democracy

Jim Wallis, Eddie Glaude

A *New York Times* bestseller, 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. 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*. Wallis was the co-founder of *Sojourners*, is the father of two sons, Luke and Jack, and is married to Rev. Joy Carroll.

Quotes

“[An] ardent manifesto...” —***Publishers Weekly***

“Timely.” —***Kirkus Reviews***

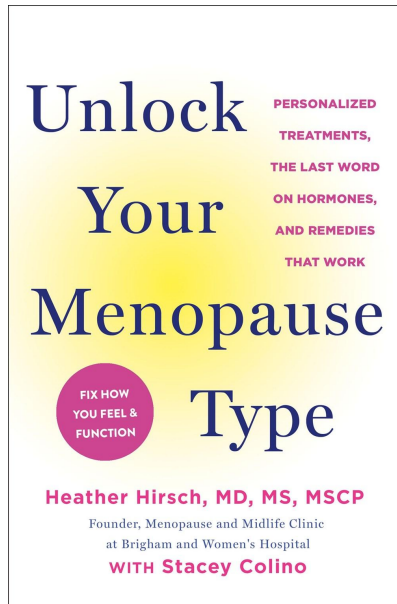
“Wallis once again demonstrates why he is America’s prophet and moral philosopher.” —**Otis Moss III**

“An altar call.” —**CNN**

“Everyone who claims to be 'Christian' or else claims to be upset by 'Christianity' needs to read this book.”—**Margaret E. Atwood**

“Wallis calls us all to fight the love battle to save the soul of America.” —**From the Foreword by Eddie S. Glaude, Jr.**

“A balm and an irritant...” —**Bono**



St. Martin's Essentials
 9781250405579
 Pub Date: 9/30/2025
 \$20.00/\$27.00 Can.
 Trade Paperback
 384 Pages
 Health & Fitness / Menopause
 HEA051000
 8.3 in H | 5.4 in W | 1 in T | 1 lb
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Unlock Your Menopause Type

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

Heather Hirsch, MD, MS, NCMP, Stacey Colino

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

Summary

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

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

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

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

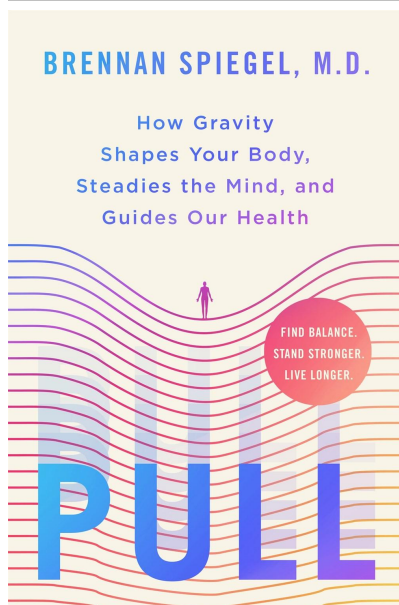
The book also includes:

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

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

Contributor Bio

HEATHER HIRSCH, M.D. MS, MSCP, is the founder of the Menopause & Midlife clinic at the Brigham and Women's Hospital and also served on the faculty at Harvard Medical School. She is an active member and contributing member of the North American Menopause Society and the International Society for the Study of Women's Sexual Health. Dr. Hirsch lives with her husband and family in Rochester, New York.



St. Martin's Essentials
9781250371386
Pub Date: 10/7/2025
\$30.00/\$40.00 Can.
Hardcover with dust jacket

336 Pages
Health & Fitness / Longevity
HEA049000

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

Pull

How Gravity Shapes Your Body, Steadies the Mind, and Guides Our Health

Brennan Spiegel

An extraordinary book about the hidden force that strains every fiber of our bodies, with takeaways about how to harness that force for a positive impact on health, mood and stamina

Summary

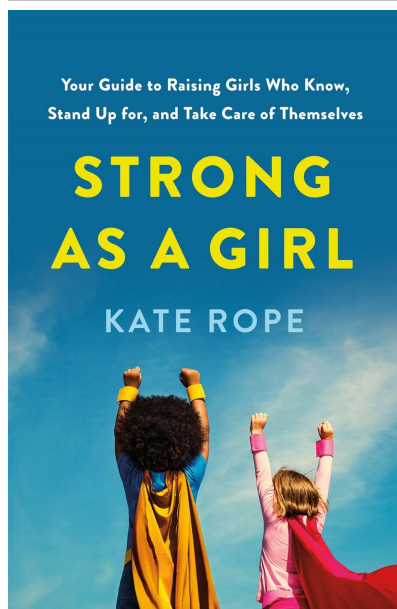
As long as life has existed on Earth, gravity has shaped our world. Gravity dictated how we were built, the mechanisms that allow us to stand upright, to pump blood to our extremities, to support our capacious brains. But to what extent does gravity also shape our sensations, emotions, and overall well-being? And how can we take this force of nature into account for better health?

In PULL, Brennan Spiegel, M.D. presents a groundbreaking exploration of how gravity influences conditions of body and mind that have puzzled medical professionals for centuries. Why do people with depression literally feel like they're being dragged to the ground? Why do you get that butterfly feeling in your stomach when going down a roller coaster? Why do you get it when you are "falling" in love? How do gut microbes help us fight gravity? And most importantly, how can we change our relationship with gravity for the better? To get there, Spiegel proposes the concept of "gravity resilience," a fresh perspective on traditional interventions like weight loss, exercise, diet, and meditation. Rather than just lifestyle choices, these treatments share something profound and unexpected in common: they all enhance our resilience to gravity.

Rooted in hard science, buttressed by compelling storytelling, and punctuated with actionable strategies to boost your own gravity resilience, PULL is an eye-opening, life-changing book.

Contributor Bio

Brennan Spiegel, M.D., is director of Health Services Research for Cedars-Sinai, professor of medicine and public health at UCLA, and the George and Dorothy Gourrich Chair in Digital Health Ethics. He directs the Cedars-Sinai Center for Outcomes Research and Education, which investigates how digital health technologies, including wearable biosensors, smartphone apps, virtual reality headsets and social media can strengthen doctor-patient bonds and improve outcomes. He lives in Los Angeles.



St. Martin's Essentials
9781250904775
Pub Date: 10/14/2025
\$20.00/\$27.00 Can.
Trade Paperback

336 Pages
Family & Relationships / Parenting
FAM032000

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

Strong As a Girl

Your Guide to Raising Girls Who Know, Stand Up for, and Take Care of Themselves

Kate Rope

Expert advice for parents and caregivers to raise strong girls from the get-go, building a foundation in the formative elementary years that will set them up to thrive

Summary

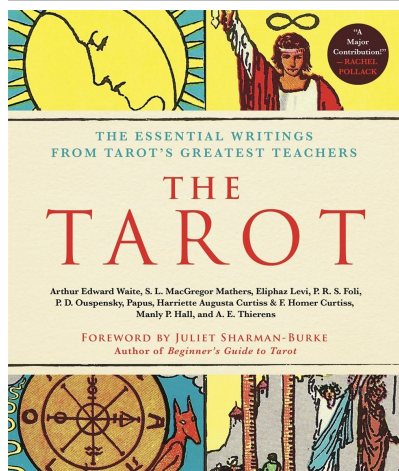
Author of *Strong As a Mother* Kate Rope brings grace and humor in a new, non-judgmental guide to tackling the most important topics in the modern lives of elementary-age girls. *Strong as a Girl* is a compassionate, expertly-sourced guide for parents and caregivers on how to build a strong foundation in the early years and to truly see and support your girl for who she is and wants to be.

Strong as a Girl features the voices of girls of all different identities, backgrounds, and life experiences alongside insight from experts in areas such as child development, puberty and sex ed, mental health, educational achievement, sexual abuse and assault prevention, body image, eating disorders, and self-compassion (for girls and the people raising them). Whatever your challenges or hopes for your girl, you will find ideas and solutions in actionable steps, simple activities, and easy-to-implement scripts and conversation starters.

Rope keeps the to-dos to a minimum, focuses on the most impactful things you can do, offers extensive compassion for the inevitable mistakes we all make, and includes resources for caregivers. *Strong as a Girl* is an easy-to-read, one-stop-shop that empowers parents and caregivers to set their girls on the road to a strong future, so that they—and their girls—will feel confident entering the more turbulent waters of middle school, the teen years and beyond.

Contributor Bio

KATE ROPE is an award-winning journalist and author whose work has appeared in many publications, including *The New York Times* and *The Washington Post*. She is the author of *Strong as a Mother* and co-executive producer and co-author of the Audible original "Soldiers of Science." Kate was senior editorial director of the suicide prevention nonprofit The Jed Foundation and a staff member of many national and international publications including Health.com, *LIFE* magazine, and *The Bangkok Post*.



St. Martin's Essentials
9781250404275
Pub Date: 10/28/2025
\$25.00/\$33.00 Can.
Trade Paperback

976 Pages
Body, Mind & Spirit / Divination
OCC024000
10 in H | 8.5 in W | 1 in T | 1 lb
Wt

The Tarot: A Collection of Secret Wisdom from Tarot's Mystical Origins

The Essential Writings from Tarot's Greatest Teachers

F. Homer Curtiss, Harriette Augusta Curtiss, Manly P. Hall, A. E. Thierens, Papus, S. L. MacGregor Mathers, Arthur Edward Waite, Eliphas Levi, P. D. Ouspensky, P. R. S. Folli
The definitive collection of rare, secret, and arcane tarot knowledge

Summary

The Tarot: The Essential Writings from Tarot's Greatest Teachers is the ultimate guide to the mysteries and lost knowledge of the tarot. This single volume includes more than ten selections from foundational tarot books, all from the 19th and 20th century. Many of these critical texts have been forgotten, fallen out of print, or are impossible to acquire. *The Tarot* reintroduces these books to the modern-day reader, unlocking the invisible power of the tarot for a new generation of card readers.

The *Tarot* includes the following complete books:

The Tarot by S. L. MacGregor Mathers
The Magical Ritual of the Sanctum Regnum by Eliphas Levi
Fortune Telling by Cards by P. R. S. Folli
The Pictorial Key to the Tarot by Arthur Edward Waite
The Symbolism of the Tarot by P.D. Ouspensky
The Tarot of the Bohemians by Papus
The Key to the Universe by Harriette Augusta Curtiss & F. Homer
The Key of Destiny by Harriette Augusta Curtiss & F. Homer
The General Book of the Tarot by A.E. Thierens

The Tarot also includes additional selections from Manly P. Hall and others. Featuring over 400 original black-and-white illustrations throughout the book, *The Tarot* is a gorgeous gift and an irresistible invitation to both seasoned readers and beginners to explore the esoteric wisdom of the cards.

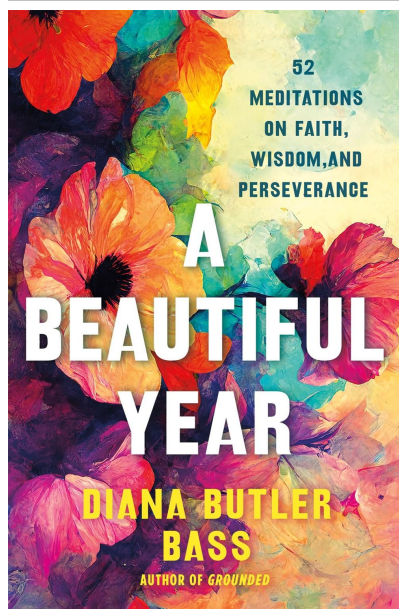
Contributor Bio

The book includes works by: S. L. MACGREGOR MATHERS, ELIPHAZ LEVI, ARTHUR EDWARD WAITE, P. R. S. FOLI, P.D. OUSPENSKY, PAPUS, HARRIETTE AUGUSTA CURTISS & F. HOMER, MANLY P. HALL, and A.E. THIERENS.

Quotes

"St. Martin's Essentials has done both the world of Tarot and the world of occult history a great service in bringing together this wide-ranging abundance of source material. [...] This is a major contribution." —Rachel Pollack, bestselling author of *Seventy-Eight Degrees of Wisdom*

"I don't know any tarot enthusiast who won't want this book. Even beginners will be entranced by the wealth of knowledge and guidance offered in *The Tarot*." —*New Spirit Journal*



St. Martin's Essentials
9781250409881
Pub Date: 11/4/2025
\$28.00/\$37.00 Can.
Hardcover with dust jacket

256 Pages
Self-Help / Spiritual
SEL032000

8.3 in H | 5.4 in W | 1 in T | 1 lb
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A Beautiful Year

52 Meditations on Faith, Wisdom, and Perseverance

Diana Butler Bass

One of America's most trusted theologians offers spiritual inspiration for every week of the year

Summary

A Beautiful Year: 52 Meditations on Faith, Wisdom, and Perseverance offers an essay for every week in the seasons of the Christian year: From Advent and Christmas to Lent and Easter through the entire calendar.

Other than its major holidays, many people are not familiar with the rhythms of the church year, an ancient spiritual cycle of time. Yet all religions have such calendars — and they shape our understanding of faith. In the West, we live in tension with the secular calendar (mostly an inheritance from the Roman Empire) and the Christian liturgical calendar, a cycle of sacred stories that compose a larger narrative of love, hospitality, mercy, justice, and gratitude. Bass reclaims and presents fresh perspectives for every biblical text in the church year; from musing on *A Wrinkle in Time* in Advent, to remembering her father's old-fashioned blue Christmas decorations, and offering a revolutionary reading of the Last Supper.

With fresh insights on familiar stories, these essays surprise and inspire, challenge and comfort, and will be savored year after year. Beautifully designed, the book is also a perfect gift.

Contributor Bio

Diana Butler Bass, Ph.D. (Duke University) is an award-winning author of eleven books, a speaker, preacher, and a trusted commentator on religion and contemporary spirituality. Her bylines include *The New York Times*, the *Washington Post*, *USA Today*, *CNN Opinion*, *On Being*, and *Readers Digest*. She has appeared on CBS, CNN, PBS, NPR, and other global news outlets. She currently writes *The Cottage*, one of the most widely-read Substack newsletters. She lives in Alexandria, Virginia.

Quotes

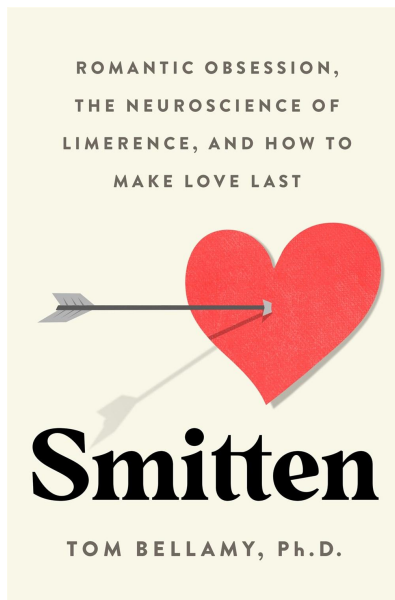
Praise for Diana Butler Bass

"A brilliant scholar and a wonderful storyteller."—Anne Lamott, *New York Times* Bestselling Author

"Bass has been synonymous with innovative, thought provoking, spiritually grounded and accessible writing." —Paul Brandeis Raushenbush, President, Interfaith Alliance

"One of the most thoughtful, insightful voices to emerge among us."—Marianne Williamson, *New York Times* Bestselling Author

"Bass is a powerhouse." —The Most Rev. Michael B. Curry, author of *Love is the Way*



St. Martin's Essentials
 9781250392671
 Pub Date: 11/4/2025
 \$30.00/\$40.00 Can.
 Hardcover with dust jacket

272 Pages
 Psychology / Interpersonal
 Relations
 PSY017000

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

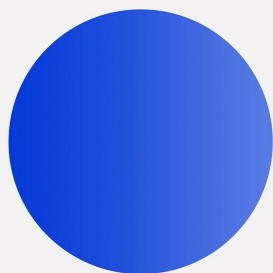
- what drives limerence
- how to recognize limerence in yourself and others
- how to manage the phases of addiction to another person
- how to move past it to sustain longer, more fulfilling relationships.

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.

MAGNETIC



ROCHELLE
FOX

THE SECRET
TO MANIFESTING
HEALTH, WEALTH,
LOVE AND HAPPINESS

St. Martin's Essentials
9781250401618
Pub Date: 11/4/2025
\$19.00/\$25.00 Can.
Trade Paperback

368 Pages
Self-Help / Motivational &
Inspirational
SEL021000

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

The Life-Changing Power of the Subconscious

Rochelle Fox

Train your mind to become a magnet for abundance and success in every area of your life

Summary

Your mind is a magnet—and you are the one who controls it. You are a walking magnet, constantly drawing things into your reality. But what if the things you attract don't reflect your desires?

In *Magnetic*, meditation teacher and personal growth coach Rochelle Fox guides readers through the secrets of magnetism, equipping them with the ultimate law of attraction toolkit for mastering their subconscious mind and directing their attention and energy toward turning their dream life into reality—starting now.

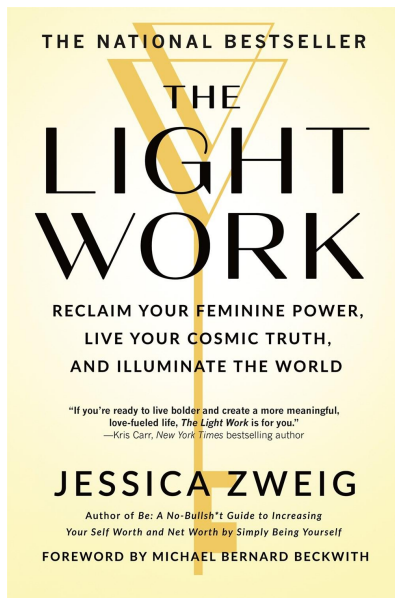
Readers will learn to tap into the three pillars of magnetism:

- **Mindset** to calm the chaos of your past
- **Meditation** to make room for new in the present
- **Manifesting** to curate the future of your dreams—and elevate your life

Take the important first step toward your dream life by diving into Rochelle's revolutionary methods—after all, it's you who decides what happens next, and the universe acts on it.

Contributor Bio

ROCHELLE FOX (@rochelle_fox) is a meditation teacher and founder of Mindspo online meditation and personal growth school (@mindspo), which she created in 2016 to share her practical tools and guidance on how to use meditation to take charge of your mental health and change your story. Rochelle also founded manifestation and meditation app Manifestie (@manifestie.app) to make creating your reality, manifesting from the presence and taking charge of your life possible for anyone.



St. Martin's Essentials
9781250395177
Pub Date: 11/4/2025
\$19.00/\$25.00 Can.
Trade Paperback

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

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

The Light Work

Reclaim Your Feminine Power, Live Your Cosmic Truth, and Illuminate the World

Jessica Zweig

A spiritual and practical guidebook to self-empowerment from bestselling author and entrepreneur Jessica Zweig

Summary

Unlock your infinite potential in every area of your life and become your own inspiration.

Using the concept of Light as a tool for personal and spiritual growth, bestselling author and entrepreneur Jessica Zweig challenges readers to hit the proverbial "light switch" and illuminate their own lives. Rooted in the Pleadian teachings of Light as "Information," "Truth," and "Love," Jessica's philosophy teaches readers to name, claim, and reframe their inner darkness in order to unlock their infinite potential and remember who they truly are.

Jessica Zweig is the founder of a multimillion-dollar business, a bestselling author, and a social media phenomenon—but her path was not an easy one. *The Light Work* distills the highly-evolved spiritual concepts she learned along the way into practical applications, delivered with Jessica's signature straight-talk. How to's, exercises, and journal prompts interweave with Jessica's powerful personal story to create a guidebook to a more inclusive, loving, and Light-filled life.

Within these pages lies radical self-empowerment, because—as Jessica says—when you can claim all parts of yourself (your dark and your light, your power and your shame, your sh*t and your shine), you become... unstoppable. You become the Lightworker.

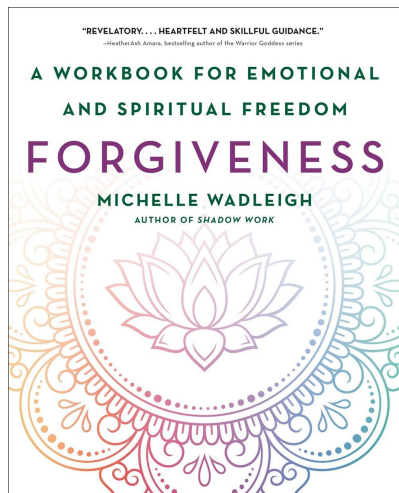
Contributor Bio

JESSICA ZWEIG is an entrepreneur and spiritual teacher, described as the "voice of her time" by Marianne Williamson and one of the "10 Entrepreneurs to Follow" by the Chicago Tribune. Zweig is the CEO and founder of SimplyBe., a personal branding company, the author of the bestselling book *Be*, and the host of top-ranked podcast *Simply Be*. Zweig hosts spiritual retreats and speaks on both national and international stages. Zweig currently lives in Nashville with her husband and two dogs.

Quotes

"Jessica Zweig dives deep into the darkness and returns with rays of light." -Marianne Williamson

"If you're a burnt out female entrepreneur looking to reignite the light inside your soul again, look no further. This book feels like it's been written by my best friend who loves me dearly, and confides her deepest thoughts, experiences and tales through raw, honest and magnetic storytelling. A must-read." -Rebecca Minkoff



St. Martin's Essentials
9781250404213
Pub Date: 11/11/2025
\$21.00/\$28.00 Can.
Trade Paperback

176 Pages
Body, Mind & Spirit / Inspiration &
Personal Growth
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9.1 in H | 7.4 in W | 1 in T | 1 lb
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Forgiveness

A Workbook for Emotional and Spiritual Freedom

Michelle Wadleigh

Develop and strengthen your “forgiveness muscle” with Rev. Dr. Michelle Wadleigh’s proven practices and exercises

Summary

In this revolutionary guide to self-acceptance and empowerment, Rev. Dr. Michelle Wadleigh writes, “Forgiveness saved my life.” Now, she invites readers to follow her down this hard-won path to freedom and wholeness.

During her years of spiritual and metaphysical research, Michelle realized that without forgiveness we are doomed to repeat our mistakes and remain in a loop of pain and suffering. It’s only when we learn to wipe the slate clean that we can rise above the limitations of our past.

Forgiveness leads readers through a gentle series of practices and exercises to build the “forgiveness muscle.” Exercise this muscle properly, and readers will discover the bounty of freedom and self-love that has been waiting for them all along.

Contributor Bio

REV DR MICHELLE WADLEIGH is a coach, teacher, speaker, workshop, and retreat facilitator. She founded the Planned Happiness Institute and the Center for Spiritual Living N.J. Michelle is a guest on numerous podcasts and travels North America offering workshops and retreats. She has spent years developing her courses in Forgiveness and Shadow Work and is the author of several books: *Shadow Work*; *Prosperous Me*; and *40 Days to Freedom: A Lenten Practice for the Modern Mind*.

Quotes

Praise for *Forgiveness*:

“In working and practicing forgiveness with Michelle [...] I became a more whole and freer version of myself. The work she outlines in this book helped usher in a new way of being me.” -from the foreword by Rev. Jude Denning

Praise for *Shadow Work*:

"A lucid guide to healing...Seekers will be eager to embark on this spiritual yet practical path to greater self-awareness." —*Publishers Weekly*

COVER TO BE REVEALED



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9781250395337
Pub Date: 11/25/2025
\$20.00/\$27.00 Can.
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208 Pages
Self-Help / Motivational &
Inspirational
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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

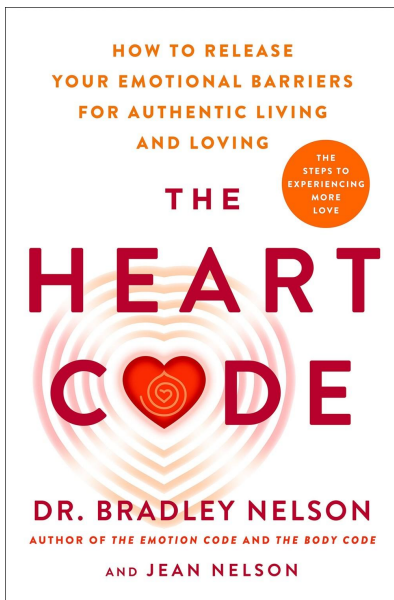
Hailed by the *New York Times* as "The Queen of Change," JULIA CAMERON started a movement in 1992 that has brought creativity into the mainstream conversation. She is the bestselling author of more than forty books, fiction and nonfiction; a poet, songwriter, filmmaker and playwright. Commonly referred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



St. Martin's Essentials
9781250347435
Pub Date: 12/2/2025
\$30.00/\$40.00 Can.
Hardcover with dust jacket

352 Pages
Body, Mind & Spirit / Healing
OCC011010
9.3 in H | 6.1 in W | 1 in T | 1 lb
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The Heart Code

How to Release Your Emotional Barriers for Authentic Living and Loving

Dr. Bradley Nelson

Use Dr. Bradley Nelson's bestselling *Body Code* techniques to remove the emotional walls around your heart

Summary

Honing in on the central concept of his runaway bestseller, *The Emotion Code*, Dr. Nelson presents an expanded, deeper look at Heart-Walls in his next book, *The Heart Code*. All of us, Dr. Nelson realized, have walls around our hearts—emotional barriers that prevent us from fulfilling our potential and finding our true purpose.

Based on the tens of thousands of stories that readers and patients shared with Dr. Nelson, *The Heart Code* offers an in-depth exploration into the mechanisms of Heart-Walls and practical guidance toward ultimately breaking down these barriers around our hearts. Readers will gain the tools necessary to identify and release these emotional walls that prevent us from experiencing true fulfillment in every aspect of our lives: physical, emotional, spiritual, financial, and romantic.

With a compassionate, empowering, and prescriptive approach, *The Heart Code* takes readers on a journey of self-discovery and healing, helping unlock the full potential of your heart and live life with greater authenticity, joy, and abundance.

Contributor Bio

Veteran holistic physician Dr. BRADLEY NELSON (D.C., ret.) is one of the world's foremost experts on natural methods of achieving wellness. He is the creator of the Emotion Code, the Body Code and the Belief Code, and is the CEO of Discover Healing, a holistic education platform that provides training and certifies practitioners worldwide. For more information and a free Emotion Code Starter Kit, visit EmotionCodeGift.com.

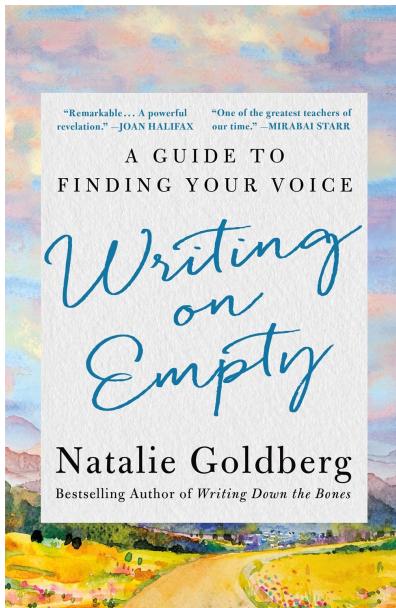
Quotes

Praise for *The Emotion Code*:

"*The Emotion Code* has already changed many lives around the world, and it is my hope that millions more will be led to use this simple tool to heal themselves and their loved ones."—Tony Robbins

Praise for *The Body Code*:

"A brilliant, comprehensive, easily understandable system for achieving profound healing results, quickly, effectively, and most importantly, safely. " —Kris Ferraro, *author of Energy Healing and Manifesting*



St. Martin's Essentials
9781250342560
Pub Date: 12/9/2025
\$20.00/\$27.00 Can.
Trade Paperback

176 Pages
Self-Help / Creativity
SEL009000

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Writing on Empty

A Guide to Finding Your Voice

Natalie Goldberg

Bestselling author and teacher Natalie Goldberg shares her inspiring personal journey out of a devastating period of writer's block and back into a life of growth, creativity, and healing.

Summary

Bestselling author and teacher Natalie Goldberg has been writing for the past fifty years. But at the beginning of the pandemic, she suddenly wasn't able to write anymore. Her imaginative wellspring had dried up, and she was forced to ask herself: what do I do when what has always worked for me doesn't work anymore?

In this beautifully written, inspiring personal account, Natalie shares her harrowing journey out of creative paralysis and back onto the page. When all of her tried and true methods – meditation, sitting still, writing practice – stopped working, she had to take drastic action. She got into her car and left New Mexico in search of a new inventive source. In her journey through the western states, she visited famous literary sites, searching for the spark that would reignite her ability to write.

And, next to Hemingway's grave, she found it. "Get going," he seemed to say to her, and she did. Now, Natalie shares her story of traveling through literary and personal memory to clarify her way forward, struggling to make sense of her difficult relationships with parents and teachers, and digging into her long-held grief. Ultimately, she discovers how to write through the emptiness in order to fill up the world with compassion, healing, and renewed liveliness.

For anyone struggling to reconnect with their own creative source, *Writing on Empty* is a gentle and instructive guidebook back to remembering what truly matters.

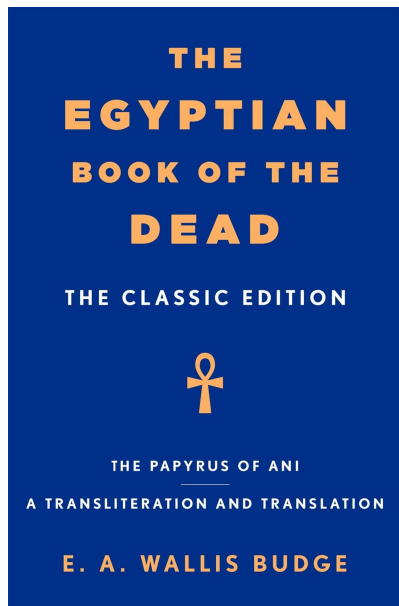
Contributor Bio

NATALIE GOLDBERG is a poet, teacher, writer, and painter. A student of Zen Buddhism for 24 years, she trained intensively with Katagiri Roshi for 12 years, and is ordained in the Order of Interbeing with Thich Nhat Hanh. Natalie Goldberg teaches writing workshops nationally based on the methods presented in *Writing Down the Bones*. Her other books include *Wild Mind*; *Long Quiet Highway*; *Banana Rose*; and *Living Color*.

Quotes

"*Writing on Empty* reveals a life richly led—it invites the reader within us all to explore and expand their particular human experience." —Julia Cameron, *New York Times* bestselling author of *The Artist's Way*

"A refreshingly honest look at the struggles of the creative mind. Writers waiting for the muse to strike will find comfort and plenty of useful tips." —*Publishers Weekly*



St. Martin's Essentials
9781250384300
Pub Date: 12/16/2025
\$19.00/\$25.00 Can.
Trade Paperback

240 Pages
History / Ancient
HIS002030

8.3 in H | 5.4 in W | 1 in T | 1 lb
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The Egyptian Book of the Dead

The Classic Edition

E. A. Wallis Budge

A translation and transliteration of the most important and authoritative funerary text from Ancient Egypt

Summary

At the turn of the twentieth century, a representative of the British Museum traveled to Egypt and heard stories of an incredible scroll hidden in an ancient tomb. When Dr. Wallis Budge finally found the scroll, he described it as “the largest roll of papyrus [he] had ever seen...and in a perfect state of preservation.”

Dr. Wallis Budge learned that this scroll was The Papyrus of Ani, one of the most important funerary texts in Ancient Egypt. With instructions on how to care for the body and soul so that one reaches the afterlife safely, protective spells and magic, and other sacred funerary rights, this text offers incredible insight into Ancient Egyptian customs and beliefs.

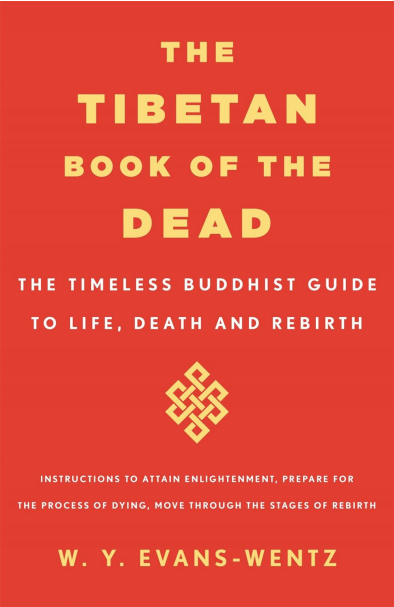
This edition of *The Egyptian Book of the Dead* includes:

- A robust introduction from Doctor Wallis Budge
- Faithful reproductions of each hieroglyph
- A side-by-side transliteration and translation

For anyone interested in history, religion, ancient knowledge, or simply the subject of living and dying well, *The Egyptian Book of the Dead* is an essential exploration.

Contributor Bio

SIR ERNEST ALFRED THOMPSON WALLIS BUDGE (1857-1934) was a British Egyptologist and philologist. In 1888, he was working as a buyer for the British Museum in Egypt when he first came across the original source material for *The Egyptian Book of the Dead*. He published many works on the ancient Near East.



St. Martin's Essentials
9781250395597
Pub Date: 12/16/2025
\$19.00
Trade Paperback

240 Pages
Religion / Buddhism
REL007050

8.3 in H | 5.4 in W | 1 in T | 1 lb
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The Tibetan Book of the Dead

The Timeless Buddhist Guide to Life, Death and Rebirth

W. Y. Evans-Wentz
Attain enlightenment, prepare for the process of dying, and move through the stages of rebirth

Summary

Written by an ancient Buddhist teacher in the eighth century, the Tibetan Book of the Dead offers instructions on how to attain enlightenment, prepare for the process of dying, and move through the stages of rebirth. Translated from the Tibetan by American anthropologist W. Y. Evans-Wentz in 1927, this text offers remarkable insight into the ancient Buddhist teachings.

For anyone interested in religion, spirituality, ancient texts and history, or simply the art of conscious living and dying, *The Tibetan Book of the Dead* is an essential collection of wisdom.

Contributor Bio

WALTER YEELING EVANS-WENTZ (1878-1965) was an American writer, anthropologist, and student of Tibetan Buddhism. He played a key role in sharing Tibetan Buddhist teachings with the West, and in 1972, he published one of the earliest English translations of *The Tibetan Book of the Dead*.