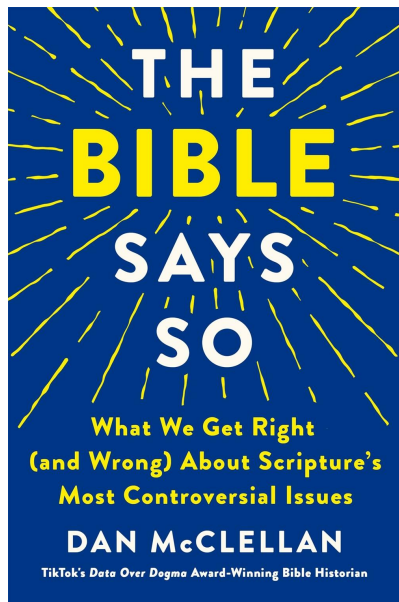




ST. MARTIN'S
ESSENTIALS



St. Martin's Essentials
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Hardcover with dust jacket

320 Pages
Religion / Biblical Criticism &
Interpretation
REL006080
9.3 in H | 6.1 in W | 1 in T | 1 lb
Wt

The Bible Says So

What We Get Right (and Wrong) About Scripture's Most Controversial Issues

Dan McClellan

Bible scholar and popular TikTok Dan McClellan confronts misconceptions about the Bible.

Summary

The Bible is the world's most influential book, but do we really know what it says? Every day across social media and in homes, businesses, and public spaces, people try to cut debate short by claiming that "the Bible says so!" However, they commonly disagree about what it actually does and doesn't say, particularly when it comes to socially significant issues. For instance, does the Bible say we should be on the lookout for an antichrist associated with the number 666? Does it say women shouldn't wear revealing clothing? Does it say it's okay to hit your kids?

In *The Bible Say So*, Dan McClellan leverages his popular "data over dogma" approach, and his years of experience in the academy and on social media, to lay out in clear and accessible ways what the data indicate the Bible does and doesn't say about issues ranging from homosexuality, abortion, and slavery to monotheism, inspiration, and even God's wife. Smart, accessible, and informative, *The Bible Says So* is an invaluable resource for our fractious times.

Contributor Bio

Dan McClellan is an award-winning public scholar of the Bible. He has over one million followers on social media, and tens of thousands more tune in to his online classes and his Data Over Dogma Podcast. Dan received his PhD from the University of Exeter. He previously worked as an adjunct instructor of ancient scripture at Brigham Young University and as a scripture translation supervisor for The Church of Jesus Christ of Latter-day Saints.

Quotes

"An essential guide." —**Rev Karla Kamstra, author of *Deconstructing***

"McClellan has turned me into a Bible-lover..." —**Rob Paulsen, American voice actor**

"McClellan tells it like it really is." —**Francesca Stavrakopoulou, Professor of Hebrew Bible & Ancient Religion, University of Exeter**

"Sure to become a classic." —**Liz Bucar, Professor of Religion, Northeastern University, author of *Stealing My Religion***

"McClellan...blows our minds." —**Jerry Saltz, senior art critic, *New York Magazine*, winner of the 2018 Pulitzer Prize for Criticism**



St. Martin's Essentials
9781250908971
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Trade Paperback

272 Pages
Self-Help / Codependency
SEL008000

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

Liberated Love

Release Codependent Patterns and Create the Love You Desire

Mark Groves, Kylie McBeath

How to identify anxious attachment, banish it, and create true intimacy, in an environment of mutual strength, from the real-life couple behind "Create the Love"

Summary

It's time for a new template — one rooted in choice, truth, safety, and respect. To get us there, Mark Groves and Kylie McBeath, champions of positive philosophy, provide us a roadmap, one they walked themselves, to step out of protection mode and into connection mode.

Groves and McBeath's work—through their Create the Love seminars, workbooks, and consultation programs—have educated a new generation of relationship seekers on the best ways to practice and cultivate love. In *Liberated Love*, you'll explore your original relationship blueprint and learn how it informs your current relationships (spoiler alert: it's often a pretty direct line), and discover how limitation can be the key to finding freedom and experiencing full, fully-realized love with another person.

Equipped with real-life situations and stories, exercises, rituals, and tools that lead to productive self-examination, Groves and McBeath illuminate how to be aware of our most instinctual defenses, survival strategies, and coping mechanisms, how to have conversations about relationships without turning them into "relationship conversations," and how to date in a way that protects your heart as you open it up to new possibilities.

In these pages, in a format you'll want to turn to again and again, you'll learn how to begin and maintain relationships that allow true self-expression—to feel safe and to feel real, involving, sustaining love.

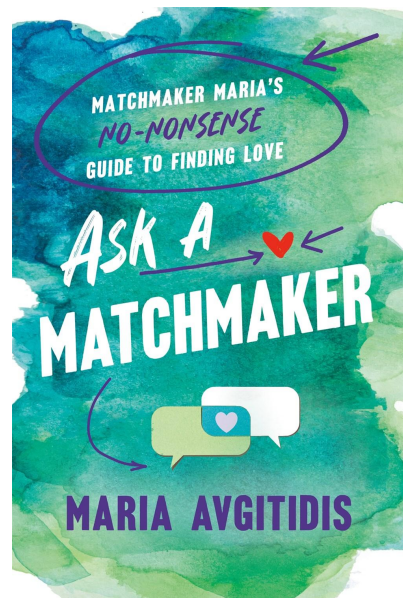
Contributor Bio

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

KYLIE MCBEATH, also known as @beingisbeautiful, shares daily guidance and teachings on relationships, spirituality, and embodied liberation. She is a Certified Health Coach; a co-founder of the education platform and community Zura Health; and the host of The Journey Home podcast.

Quotes

"Encyclopedic in theory and research and studded with practical gems from their practice. . . [*Liberated Love* is for] all couples, both those on their way to commitment and to those who have long struggled to [find] . . . joyful and lasting love." - Harville Hendrix, Ph.D., *New York Times* bestselling author of *Getting the Love You Want*



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336 Pages
Family & Relationships / Dating
FAM051000
8.3 in H | 5.4 in W | 1 in T | 1 lb
Wt

Ask a Matchmaker

Matchmaker Maria's No-Nonsense Guide to Finding Love

Author Maria Avgitidis

From renowned, fourth-generation matchmaker, Matchmaker Maria, comes a fresh, modern update to dating books that meets anyone navigating the world of relationships where they are.

Summary

We've all heard the complaints and struggles of dating in today's world, where apps reign over real-life interactions and in-person meetups are routinely preceded by days of awkward messaging. Although it's hard to let go of the dream of a romcom-worthy meet cute, interfacing with the seemingly infinite number of promising dating apps is unavoidable – but swiping through those endless profiles can make a search for “The One” feel increasingly futile, not to mention the onslaught of questions that come up once you do enter a relationship.

Maria Avgitidis, or Matchmaker Maria, is a fourth-generation, award-winning matchmaker, whose content is relatable, eye-opening, and revelatory. *Ask a Matchmaker* will fill the gap between outdated dating books and people looking for love in today's ever evolving dating landscape. Presented with unflinching honesty, humor, and clarity, *Ask a Matchmaker* equips the reader to diagnose their own relationship dilemmas and address them accordingly.

Whether you're single and floundering in a sea of dating apps or in a relationship and want to keep the spark alive, Maria is the voice of reason you're seeking and this book is the guide you need.

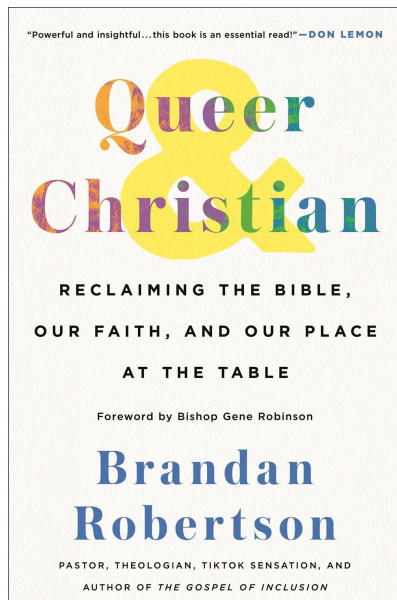
Contributor Bio

MARIA AVGITIDIS is the CEO of Agape Match, an award-winning matchmaking service based out of New York City, and the host of the podcast, *Ask a Matchmaker*. For over a decade, she has successfully combined four generations of family matchmaking tradition with modern relationship psychology to ensure her professional clientele are introduced to their ultimate match. Better known as “Matchmaker Maria,” she has been featured on CBS Mornings and in *The New York Times*.

Quotes

"In an age when anybody can spout dating tips online, Avgitidis stands out...her blunt, no-nonsense advice seems to actually work." –Hannah Orenstein for *Bustle*

"As NYC singles scramble to refresh their profiles and get back out there, one matchmaker has become the go-to for dating app success...Matchmaker Maria Avgitidis is the queen of dating app profile critiques on TikTok." –Lambeth Hochwald for *New York Post*



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Religion / Christian Living
REL012070

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Wt

Queer & Christian

Reclaiming the Bible, Our Faith, and Our Place at the Table

Brandon Robertson

Celebrate queer faith and take your rightful place at God's table with Brandon Robertson, the "TikTok Pastor," Biblical scholar, and social activist

Summary

For too long, the Bible has been weaponized to exclude LGBTQ+ individuals, despite Jesus' radical message of inclusion. In *Queer & Christian*, renowned Biblical scholar and TikTok pastor Brandon Robertson envisions a faith where all are unequivocally embraced.

Ostracized at school, Brandon thought he had finally found his community when he joined the local church. But he soon realized that they were as intolerant as his peers at school had been—if not more so. After agonizing years of repressing his true identity, he discovered that God's table had always had a place for him. Jesus' love knows no bounds, embracing everyone unconditionally.

Queer & Christian is a joyful celebration of queer faith and an unyielding reclamation of the Bible. Dive into pages that offer:

- Compelling, evidence-based counterarguments to the "clobber verses" often used to condemn queerness
- Celebrations of queer saints within the Bible—more numerous than you might believe!
- Responses to commonly asked questions by queer folks and allies who're feeling lost within the Christian faith

Brandon Robertson stands as a beacon of love, hope, and unwavering support for anyone ready to reclaim their faith from the clutches of intolerance.

Contributor Bio

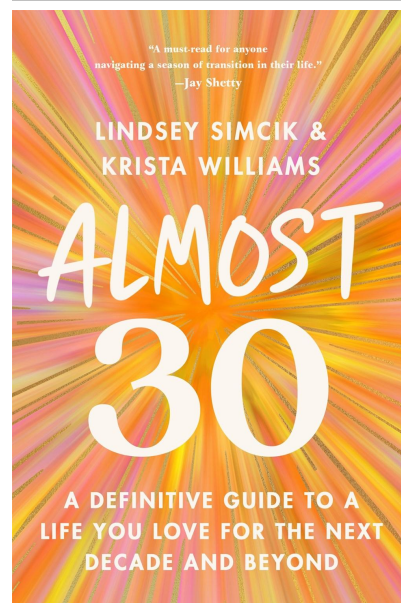
Rev. Brandon Robertson is an author, activist, and theologian known as the "TikTok Pastor." He hosts the *Faith For the Rest of Us* podcast and has authored or contributed to 23 books, including the INDIES Book of the Year finalist *True Inclusion*. His work appears in *TIME*, *The Huffington Post*, and *The Washington Post*. Named in *Rolling Stone's* 2021 "Hot List," he speaks at venues like The White House and Westminster Abbey and is a champion for LGBTQ+ rights. He is pursuing a PhD at Drew University.

Quotes

"*Queer and Christian* reclaims for queer Christians the prerogative to do what all Christians before them have done: read the Bible in ways that make it powerful, useful, and meaningful to them." -Dr. Dan McClellan, TikTok Scholar and Author

"A validating and life-saving guide" -Rev. Karla Kamstra, Author of *Deconstruction* and TikTok's RevKarla

"The intellectually honest, nuanced, and heartfelt antidote to the lazy bumper sticker theology of 'God Said It, I Believe It, That Settles It.'" -Flamy Grant, Award Winning Singer, Songwriter, and Drag Queen



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352 Pages

Self-Help / Personal Growth

SEL031000

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

Almost 30

A Definitive Guide to a Life You Love for the Next Decade and Beyond

Lindsey Simcik, Krista Williams

Turn your tumultuous twenties and thirties into empowering decades to celebrate, with this inspiring and fun book by the hosts of the #1 critically acclaimed podcast *Almost 30*.

Summary

From lost, to a life you love.

For most people, the promise of turning 30 feels more agonizing than exciting. Surrounded by pressures to have it all figured out, a lot of us feel that what we do, who we're in a relationship with, where we live, and how we treat ourselves is no longer aligned. But while you might feel like you want to crawl into a hole and keep doing what you've been doing for fear of the unknown, there is a powerful part of you that won't allow that to happen. And this book is here to show you the way.

In *Almost 30*, Lindsey Simcik and Krista Williams—creators of the #1, critically acclaimed wellness podcast and global community *Almost 30*—help you navigate any season of transition in your life. In an approachable tone that feels like hearing from your best friend, Lindsey and Krista share expert insights, research, practices, and tools to dismantle the expectations turning 30 places on us, and comprehensively guide you through waves of change in your body, your relationship, and your career. Filled with relatable and powerful anecdotes from Krista and Lindsey's own lives, thought exercises, meditations, journaling prompts, and sage advice from expert podcast guests, *Almost 30* is the perennial go-to book for every woman—whether you're in your twenties, thirties, or beyond.

Contributor Bio

LINDSEY SIMCIK is a creative entrepreneur and media personality who co-founded and co-hosts the critically acclaimed *Almost 30* and *Morning Microdose* podcasts. Inspired by her experiences as a new mom to her son, Maverick, Lindsey launched the New Mom on The Block brand.

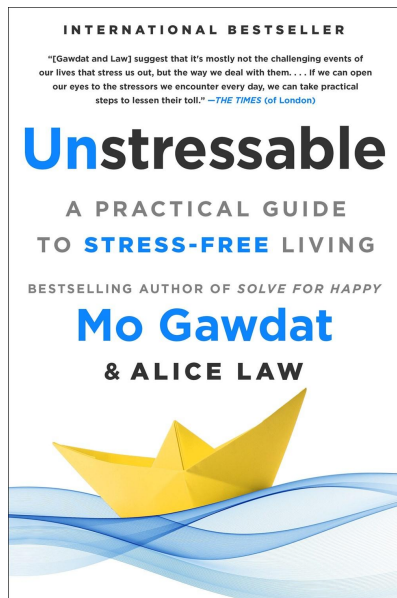
KRISTA WILLIAMS is Co-Founder of Almost 30, global community and brand. Krista leads global luxury wellness retreats and popular courses, speaks on stages all over the world, and is the visionary for Modern Tarot.

Quotes

"A must read for anyone navigating a season of transition in their life." -Jay Shetty

"A comprehensive yet approachable roadmap to finding your passions, your people, and ultimately, yourself in your late 20s and beyond." -Gabby Bernstein

"If you're feeling a bit lost or at a crossroads, this book helps you rediscover your passions, forge deep connections, and strut into your next chapter like a boss." -Jenna Kutcher



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Trade Paperback

368 Pages
Self-Help / Self-Management
SEL024000

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

Unstressable

A Practical Guide to Stress-Free Living

Mo Gawdat, Egypt, Alice Law

What if you could stop stress before you feel it?

Summary

Mo Gawdat is an engineer. What most of us see as insurmountable problems he sees as systems overloads to tackle and solve. *Unstressable* breaks stress into inputs and effects, classifying human stressors as: stress to the mind, stress to emotions, stress to the body, and stress to the soul. Once classified, Gawdat and co-author Alice Law show readers how stress can be predicted—and once predicted, prevented.

Unstressable illuminates for readers how most of us deal with the unpleasant, anxiety-producing and even miserable or tragic events in our lives: stress is *always* a by-product, leading directly to inability to cope, health problems and cratered confidence. Gawdat and Law guide readers to both heart centred and science-based solutions. They'll train readers to:

- Develop habits and attitudes of listening and learning that limit stress
- Learn the language of de-stressing mind, emotions, body and soul
- Release self-criticism, insomnia, and lethargy
- Increase energy, focus and confidence

Unstressable is a handbook for those who understand that stress isn't what happens to you; it's how you handle what happens to you. It's a practical and rounded approach to an ever increasing modern day problem.

Contributor Bio

MO GAWDAT is the former Chief Business Officer at Google X, bestselling author of *Solve for Happy*, and host of the podcast *Slow Mo*. For more than a decade he has researched happiness and conversed with thousands of people in over one hundred countries.

ALICE LAW is a Stress Management Consultant, speaker and host of the podcast *Unstressable with Alice Law*. She has worked with private clients and large organisations to help them to manage stress and reach their greatest potential.

Invisible No More

EMBRACING YOUR ROAD to
RECOVERY from LONG COVID and
OTHER COMPLEX CHRONIC ILLNESSES

ILENE SUE RUHOY, MD, PhD

St. Martin's Essentials

9781250910912

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\$30.00/\$40.00 Can.

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336 Pages

Self-Help

SEL000000

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

Invisible No More

Embracing Your Road to Recovery from Long Covid and Other Complex Chronic Illnesses

Ilene Sue Ruhoy, MD, PhD

From a neurologist who diagnosed her own brain tumor, *Invisible No More* empowers patients with chronic and complex illnesses to take their health into their own hands.

Summary

While COVID-19 has brought increased attention to chronic and complex illnesses, these conditions have impacted millions worldwide, long before the pandemic. COVID was not the first exposure to cause long-term disease and disability, nor will it be the last.

In *Invisible No More*, Dr. Ilene Ruhoy aims to empower the long-term patients of chronic and complex diseases. She discusses her experience as a patient herself, and how that experience played a role in her evolution as a neurologist, toxicologist, and integrative physician to work with people across the globe in treating their chronic symptoms and disabling disease, all while amplifying their own voices. Dr. Ruhoy also offers a practical guide with sections on nutrition, breathing, supplements and more. With a focus on healing and empowerment, *Invisible No More* will answer patients' most pressing questions.

Contributor Bio

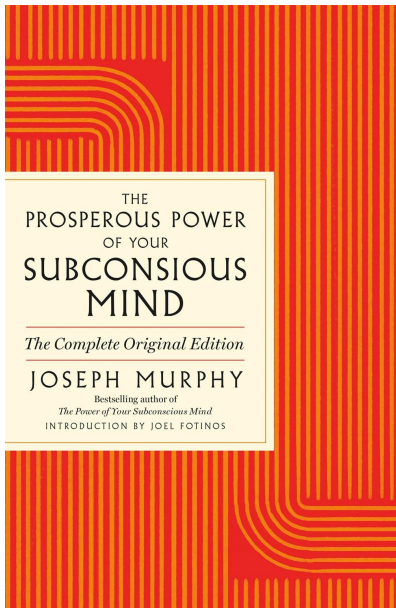
DR. ILENE RUHOY is a neurologist and environmental toxicologist who specializes in chronic and complex illness. She graduated from the University of Pittsburgh School of Medicine, completed her residency in neurology at the University of Washington, and earned a PhD in Environmental Toxicology at the University of Nevada. In addition to her private practice in Seattle, WA, Dr. Ruhoy serves as a Medical Director, co-editor, and speaker on the role of connective tissue in neurological disease.

Quotes

"*Invisible No More* is a compassionate look and practical guide for anyone suffering with chronic illness." — Ryland Engelhart, co-founder of Kiss The Ground

"Through her courage and never-ending search for answers, Dr. Ruhoy's book empowers you...to take control of your illness and treatment." —Vivian Kominos, MD; Integrative Cardiologist

"This book will be essential reading to long COVID sufferers and those who care for them." —John McBurney, MD; Neurologist



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Trade Paperback

288 Pages
Self-Help / Personal Growth
SEL027000

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

The Prosperous Power of Your Subconscious Mind

Contains Complete and Original Material from the Bestselling Author of The Power of Your Subconscious Mind

Joseph Murphy

Apply Joseph Murphy's teachings to the pursuit of prosperity and success for life-changing results.

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 Prosperous Power of Your Subconscious Mind*, readers will discover Joseph Murphy's revolutionary insights on the topics of wealth and prosperity.

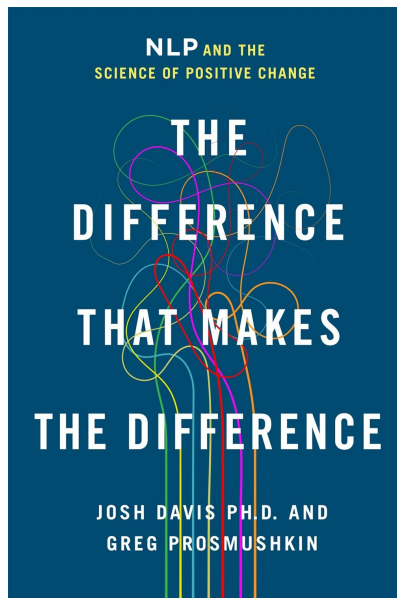
This essential volume includes:

- Riches Are Your Rights
- How to Attract Money
- Believe in Yourself
- key techniques from* The Power of Your Subconscious Mind

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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Trade Paperback

336 Pages
Self-Help / Neuro-Linguistic
Programming (NLP)
SEL037000

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

The Difference that Makes the Difference

NLP and the Science of Positive Change

Josh Davis, Greg Prosmushkin

Take control of your life and create profound change today using the science of NLP

Summary

Neurolinguistic Programming is a process for understanding what makes people tick. When we understand how people think, feel, and act in key situations, we have the raw material with which to make change happen, often quickly and profoundly.

In the 1970s, NLP was developed for and by psychotherapists and linguists. When a young lawyer named Greg Prosmushkin discovered NLP, he realized that those concepts—how to communicate with confidence, model excellence, and influence your own and others' thoughts, feelings, and behaviors—were valuable outside a therapy context. He used what he learned to make huge breakthroughs in his trials and succeed as an entrepreneur. When he met Josh Davis, a PhD who studied psychology and neuroscience and NLP expert, they realized that they needed to make NLP available to everyone.

The Difference that Makes the Difference is a result of their breakthrough, and in this book, readers learn to:

- Read situations and people
- Build self-confidence and rapport
- Speak so that people truly hear you
- Control your mental and emotional state

It's time to move past simply waiting and wishing for your life to be different—dive into the science behind change to make a real impact in your life, right now.

Contributor Bio

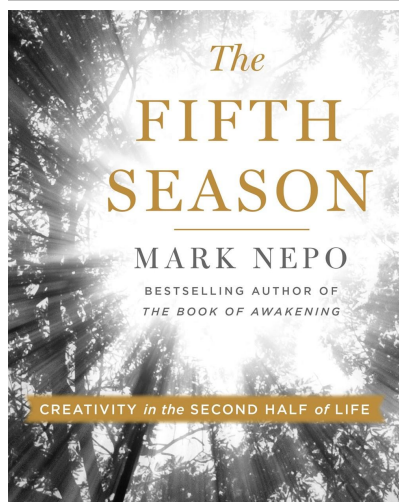
JOSH DAVIS, PHD is an internationally bestselling author and certified Trainer and Master Practitioner at the NLP Center of New York, where he has been teaching NLP for over a decade. He earned his PhD in psychology and neuroscience at Columbia University.

GREG PROSMUSHKIN is a highly successful personal injury trial lawyer and entrepreneur with a diverse range of business ventures. His discovery and use of NLP have been key factors in his success.

Quotes

"A transformative guide that brings the principles of NLP into a clear, actionable format, empowering readers to create meaningful changes in their lives." —Dr. Bradley Nelson, bestselling author of *The Emotion Code*

"An outstanding job of presenting the fundamentals of NLP. [...] Great for anyone interested in exploring how to create positive change in themselves and others." —Robert Dilts, author and NLP leader



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Trade Paperback

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

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

The Fifth Season

Creativity in the Second Half of Life

Mark Nepo

Now in his seventies, poet and philosopher Mark Nepo explores the rhythms of aging in the second half of life.

Summary

As the years go by, the question for each of us becomes more and more real: What does it mean to age? Despite the limitations that come as the body wears down, Mark Nepo believes that there are many gifts to inhabit by aging. So much is gained and so much is shed along the way.

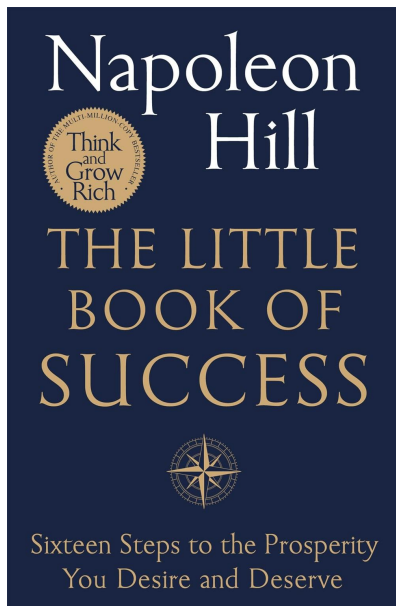
As Mark began to reflect on the gifts and challenges of this process we're all immersed in, he realized, more than ever, that we are called to live a creative life as we age. We are led to what the Chinese call "the fifth season"—that moment in late summer when the glare of the sun fades so that we can see clearly the true colors around us.

The Fifth Season offers Mark's wise and gentle insights on growing older, helping readers identify the second half of life as a turning point, a time of integration and transformation that guides us in making sense of our experiences. All seasons lead to this season; all experiences lead to this understanding of experience.

In truth, Mark writes, we each must face living and dying from the inside of the one life we are given. But we can share the journey, which is the purpose of this book, to be a companion in your effort to enter the fifth season of your life.

Contributor Bio

MARK NEPO is a #1 *New York Times* bestselling author. His books – including *The Book of Awakening*, *The One Life We're Given*, and *Drinking From the River of Light* - have been translated into more than twenty languages. Mark has appeared several times with Oprah Winfrey on her *Super Soul Sunday* program. In 2015, he was given a Life-Achievement Award by AgeNation. In 2016, he was named by *Watkins: Mind Body Spirit* as one of the 100 Most Spiritually Influential Living People.



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208 Pages
Self-Help / Personal Growth
SEL027000

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

The Little Book of Success

Sixteen Steps to the Prosperity You Desire and Deserve

Napoleon Hill

Napoleon Hill's life-changing principles in a single volume

Summary

The writings and wisdom of Napoleon Hill have transformed millions of lives, making him one of the most influential writers on personal success and an incomparable bestseller. His invaluable classic, *Think and Grow Rich*, has guided more people to becoming millionaires and billionaires than any other book in history.

The Little Book of Success presents a curated collection of some of Napoleon Hill's most significant teachings in one complete volume. Drawing on one of Hill's longest and most comprehensive works, *The Law of Success*, the book consists of Hill's teachings presented in an accessible bite-sized format. *The Little Book of Success* is ideal for both readers who are new to Hill's work and looking for an essential primer and for devoted followers who want to revisit his most impactful work.

This beautiful edition is the perfect gift for Father's Day, young professionals, graduates, and many more. *The Little Book of Success* is an essential volume for everyone looking to build a prosperous life, both personally and professionally.

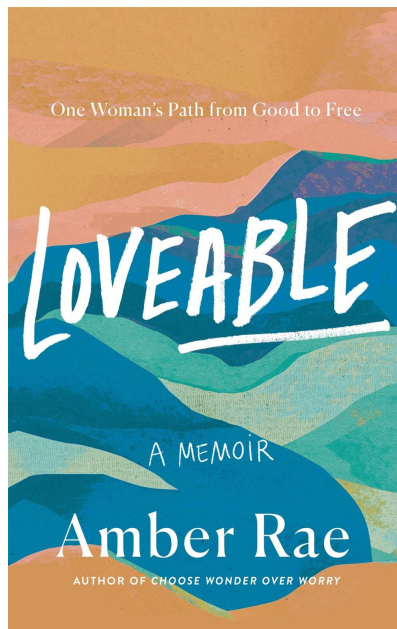
Contributor Bio

NAPOLEON 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*



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224 Pages
Biography & Autobiography
/ Memoirs
BIO026000

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

Loveable

One Woman's Path from Good to Free

Amber Rae

Join bestselling author Amber Rae on the unexpected, heart-healing journey of a woman learning to trust herself

Summary

In her most deeply personal and moving book yet, bestselling author Amber Rae details her heartbreaking but ultimately crucial transformation from "good girl" to "true, wise self."

As a child, Amber was taught that she was not lovable. So, as she grew up, she did her best to hide her unlovable self. With partners, she tried to appear perfect, to be perfect. She focused on controlling and maintaining appearances, putting on a show for her family and friends, and for herself.

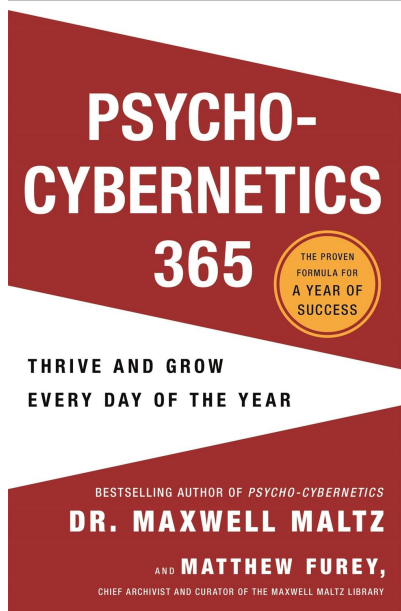
But ultimately, everything she had worked to construct fell apart – unhappy in her marriage and guided by an inner voice that wondered if life really had to be this way, Amber realized she needed a change.

Amber reclaimed the unlovable little girl, and learned to love herself. Embodying her truest, wisest self, she moved from prioritizing the status quo to accepting discomfort, from manic control to intentional surrender, from stifling her inner voice to letting it take the lead.

In *Loveable*, Amber shares the details of this incredible transformation, letting readers into her mental and emotional state during her most difficult year of change, and providing a roadmap for anyone with that little voice in the back of their head wondering if things couldn't be better.

Contributor Bio

AMBER RAE (@heyamberrae) is a bestselling author and speaker best known for books *Choose Wonder Over Worry* and *The Answers Are Within You*. She's also the creator of The Feelings Journal, a tool that transforms the way you engage with your emotions. Her writing and illustrations reach 9M people per month, and her work has been featured in publications such as *The New York Times*, *NY Mag*, *TODAY*, *SELF*, *Fortune*, *Forbes*, and *Entrepreneur*. As a keynote speaker and teacher, Amber has worked with companies such as Kate Spade, Meta, Microsoft, and TED. Amber lives in Los Angeles with her husband John.



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Trade Paperback

416 Pages
Self-Help / Motivational &
Inspirational
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Psycho-Cybernetics 365

Thrive and Grow Every Day of the Year

Maxwell Maltz, M.D., F.I.C.S., Matt Furey

The ultimate 365-day guide to the life-changing principles of Psycho-Cybernetics

Summary

In 1960, Dr. Maxwell Maltz introduced to the world his revolutionary theory of psycho-cybernetics: by taking control of your own thoughts, you can achieve greater peace of mind, success, and happiness. Since then, Dr. Maltz's works have changed the lives of more than thirty million readers.

Psycho-Cybernetics 365 is an updated and expanded version of Dr. Maltz's bestselling 1975 classic, *Thoughts to Live By*. Featuring brilliant commentary by Matt Furey, a Maltz scholar and president of the Psycho-Cybernetics Foundation, these life-changing concepts are more accessible than ever. Readers will benefit from Dr. Maltz's timeless wisdom paired with Furey's expert view on how to apply these concepts to everyday modern life.

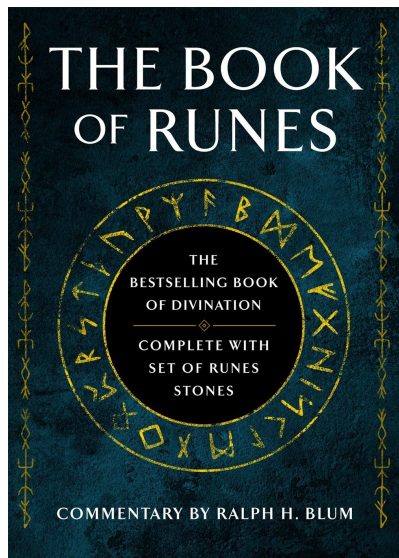
This inspiring set of daily meditations is essential for any reader looking to take control and live their most fulfilled life through the power of their own mind.

Contributor Bio

MAXWELL MALTZ was one of the most important and renowned authors in the field of psychology. His books include *Psycho-Cybernetics*, *Creative Living for Today*, *The Magic Power of Self-Image Psychology*, and the bestseller *Dr. Pygmalion*. He was also an internationally renowned professor and lecturer.

Quotes

"Before the mind can work efficiently, we must develop our perception of the outcomes we expect to reach. Maxwell Maltz calls this Psycho-Cybernetics; when the mind has a defined target it can focus and direct and refocus and redirect until it reaches its intended goal." —Tony Robbins (from *Unlimited Power*)



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The Book of Runes

The Bestselling Book of Divination, complete with set of Runes Stones

Ralph H. Blum

Ralph H. Blum's bestselling new age classic

Summary

The Book of Runes is something very special: a part of the ancient past and, perhaps, a part of your future...

Based on a tradition over one thousand years old, the Runes are seen by many as a contemporary Oracle and collectively, have established themselves as a remarkable aid in practical decision making.

A huge success with over **900,000** copies sold, since its original publication in 1983, *The Book of Runes* has proved to be a modern classic, making the Runes one of the most profoundly useful self-help tools of the new century.

This new edition includes a drawstring pouch of Runes so that readers can begin learning, practicing, and divining--right away!

Contributor Bio

RALPH H. BLUM was a writer and cultural anthropologist who worked with the Runes as a tool for self-counseling since 1977. He is the author of the successful Runes series, including *The Book of Runes*, *The Healing Runes*, and *The Serenity Runes*.

Quotes

"What a wonderful thing to have done--midwife the rebirth of an ancient oracle." -R. Buckminster Fuller

"It's high time someone treated the Runes as part of living, Western shamanism. We still need our shamans, after all, and you don't have to make an appointment to see your Runes." -Margaret Meade