

ULTIMATE Mind, Body and Spirit CATALOGUE

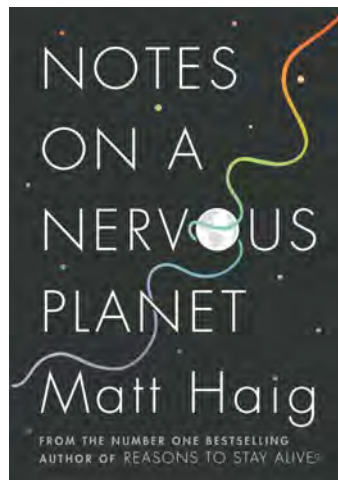
Winter 2019



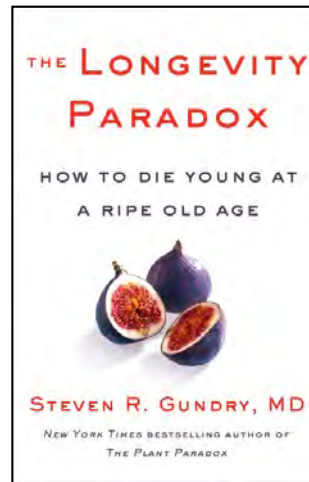
New for 2019



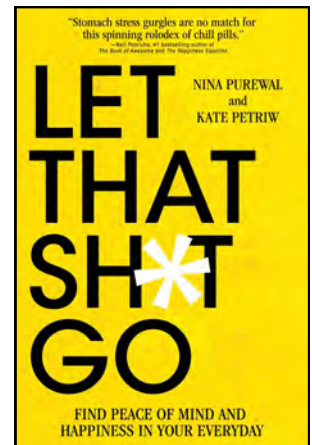
Girl, Stop Apologizing
Rachel Hollis
 HC 9781400209606
 \$28.50 | 02/06/2018



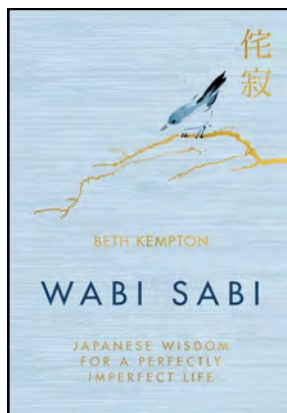
Notes on a Nervous Planet
Matt Haig
 PB 9781443455893
 \$22.99 | 01/08/2019



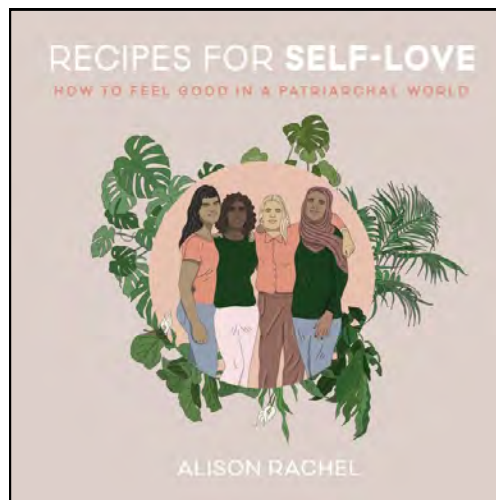
The Longevity Paradox
Dr. Steve R Gundry, M.D.
 HC 9780062843395
 \$35.99 | 03/19/2019



Let The Sh*t Go
Nina Purewal, Kate Petriw
 PB 9781443457675
 \$22.99 | 01/15/2019



Wabi Sabi
Beth Kempton
 PB 9780062905154
 \$24.99 | 12/31/2018



Recipes for Self-Love
Alison Rachel
 HC 9780062863997
 \$21.99 | 04/16/2019



Tone It Up: Balanced and Beautiful
Katrina Scott & Karena Dawn
 HC 9780062843487
 \$34.99 | 07/24/2018

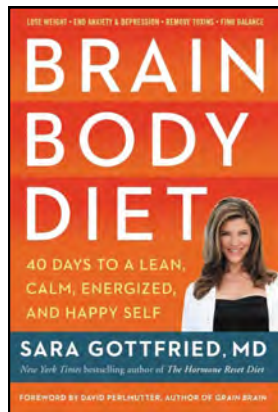
HarperCollins Canada Ltd.

P: (416) 975-9334 F: (416) 975-5223

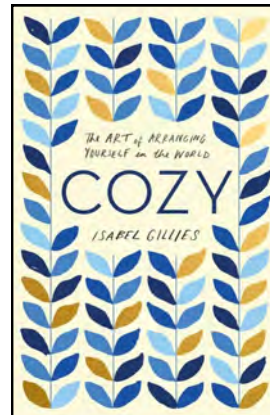
New for 2019



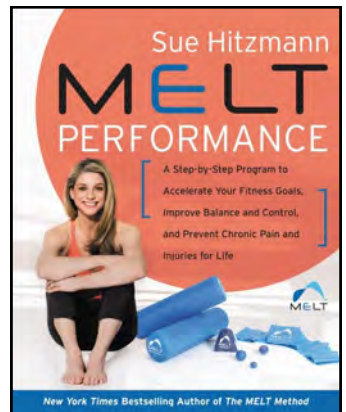
HausMagick
Erica Feldmann
 HC 9780062906151
 \$31.99 | 03/12/2019



Brain Body Diet
Sara Gottfried, M.D.
 HC 9780062655950
 \$35.99 | 03/05/2019



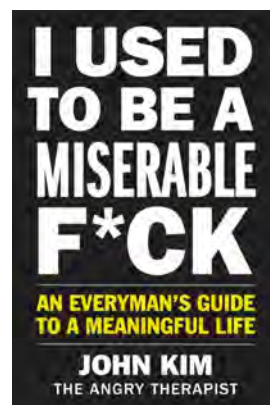
Cozy
Isabel Gillies
 HC 9780062654151
 \$28.50 | 02/12/2019



MELT Performance
Sue Hitzmann
 HC 9780062882424
 \$35.99 | 04/23/2019



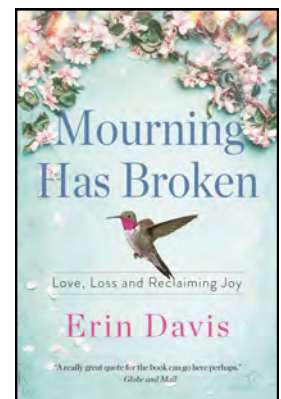
41 Reason I'm Staying In
Hallie Heald
 HC 9780062749895
 \$21.00 | 01/29/2019



I Used to Be a Miserable F*ck
John Kim
 HC 9780062856340
 \$31.00 | 01/29/2019



Morning
Allan Jenkins
 HC 9780008264345
 \$24.99 | 05/08/2018
 PB 9780008264376
 \$17.99 | 04/03/2019



Take Control of Your Life
J. Paul Nadeau
 PB 9781443456210
 \$21.99 | 05/22/2018

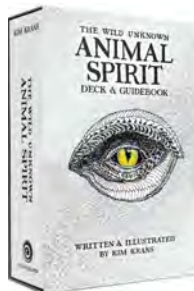
HarperCollins Canada Ltd.

P: (416) 975-9334 F: (416) 975-5223

Must-Haves



The Wild Unknown Journal
Kim Krans
HC 9780062871374
\$26.99 | 09/04/2018



Wild Unknown Animal Spirit Deck and Guidebook
Kim Krans
HC 9780062742865
\$49.99 | 03/27/2018



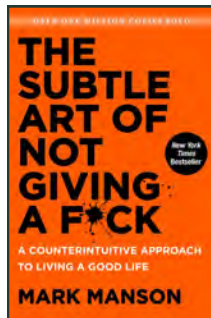
The Wild Unknown Tarot Deck and Guidebook
Kim Krans
HC 9780062466594
\$49.99 | 11/08/2016



Just Sit
Rachel Carson
HC 9780062672865
\$26.99 | 12/26/2017



Unfu*k Yourself
Gary John Bishop
HC 9780062803832
\$24.99 | 08/01/2017



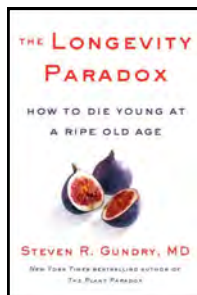
The Subtle Art of Not Giving a F*ck
Mark Manson
PB 9780062641540
\$21.99 | 09/13/2016



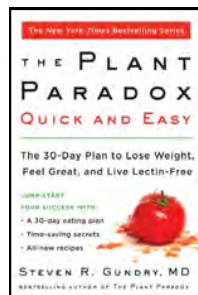
Girl, Wash Your Face
Rachel Hollis
HC 9781400201655
\$28.50 | 02/06/2018



Girl, Stop Apologizing
Rachel Hollis
HC 9781400209606
\$28.50 | 02/06/2018



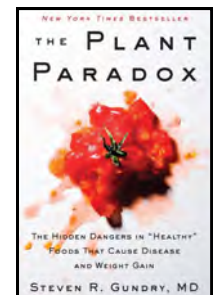
The Longevity Paradox
Dr. Steven Gundry, M.D.
HC 9780062843395
\$35.99 | 03/19/2019



The Plant Paradox Quick and Easy
Dr. Steven Gundry, M.D.
PB 9780062911995
\$23.99 | 01/08/2019



The Plant Paradox Cookbook
Dr. Steven Gundry, M.D.
HC 9780062843371
\$41.00 | 04/10/2018

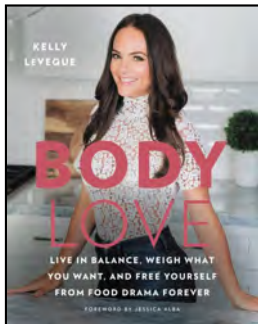


The Plant Paradox
Dr. Steven Gundry, M.D.
HC 9780062427137
\$36.99 | 04/25/2017

HarperCollins Canada Ltd.

P: (416) 975-9334 F: (416) 975-5223

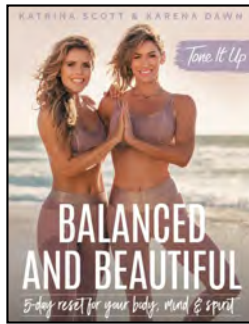
Must-Haves



Body Love
Kelly LeVeque
PB 9780062569158
\$21.99 | 01/08/2019



First, We Make the Beast Beautiful
Sarah Wilson
PB 9780062844347
\$24.99 | 08/24/2018



Tone It Up: Balanced and Beautiful
Katrina Scott & Karena Dawn
HC 9780062843487
\$34.99 | 07/24/2018



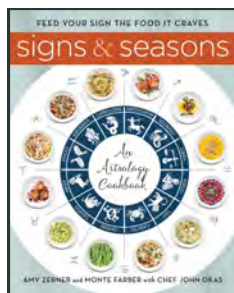
Sit Down, Be Quiet
Michael James Wong
PB 9780008249656
\$21.99 | 04/24/2018



Pantsdrunk: Kalsarikanni
Miska Rantanen
HC 9780062855893
\$24.99 | 06/05/2018



My Lovely Wife in the Psych Ward: A Memoir
Mark Lukach
PB 9780062698391
\$21.99 | 05/07/2017



Signs and Seasons: An Astrology Cookbook
M. Farber & A. Zerner
PB 9780062461346
\$41.00 | 05/02/2017



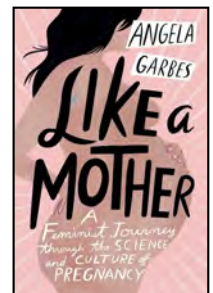
Becoming Cliterate
Dr. Laurie Mintz
HC 9780062484383
\$33.50 | 05/09/2017



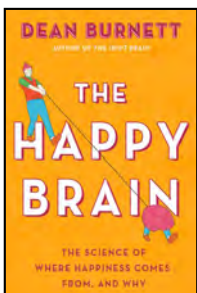
The Happy Medium
Kim Russo
PB 9780062456267
\$19.99 | 4/26/2017



Your Soul Purpose
Kim Russo
HC 9780062854858
\$31.99 | 4/02/2019



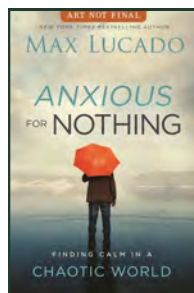
Like a Mother
Angela Garbes
HC 9780062662941
\$31.00 | 05/29/2018



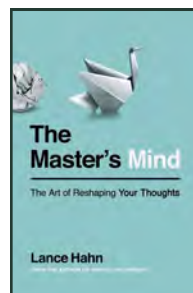
The Happy Brain
Dean Burnett
PB 9781443456302
\$22.99 | 05/29/2018



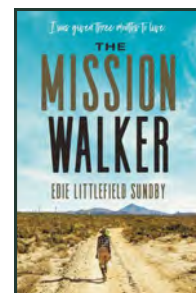
Your Personal Horoscope 2018
Joseph Polansky
PB 9780008217754
\$17.99 | 6/28/2017



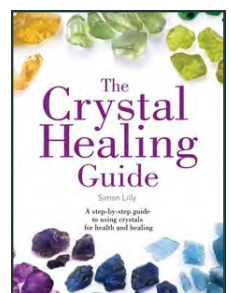
Anxious for Nothing
Max Lucado
PB 9780718098940
\$19.99 | 9/5/2017



The Master's Mind
Lance Hahn
PB 9780718035433
\$21.00 | 9/19/2017



The Mission Walker
Edie Littlefield Sundby
HC 9780718093501
\$31.00 | 7/25/2017

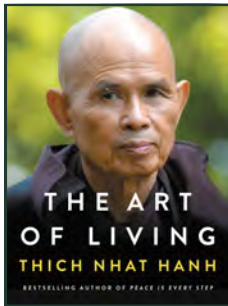


The Crystal Healing Guide
Simon Lilly
PB 9780008221799
\$19.99 | 9/12/2017

HarperCollins Canada Ltd.

P: (416) 975-9334 F: (416) 975-5223

Must-Haves



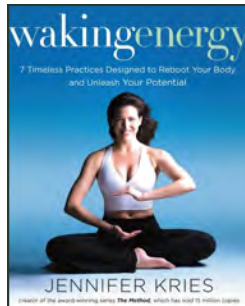
The Art of Living
Thich Nhat Hanh

HC 978006243 4661
\$31.99 | 6/6/2017



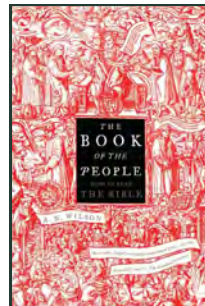
Greetings from Utopia Park
Claire Hoffman

PB 978006233 8853
\$21.00 | 6/6/2017



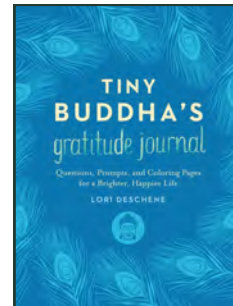
Waking Energy
Jennifer Kries

HC 978006236 0090
\$36.99 | 6/6/2017



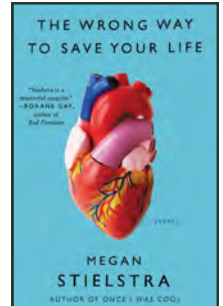
The Book of the People
A.N. Wilson

PB 978006243 3473
\$19.99 | 6/13/2017



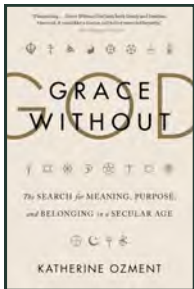
Tiny Buddha's Gratitude Journal
Lori Deschene

HC 978006268 1263
\$21.99 | 6/13/2017



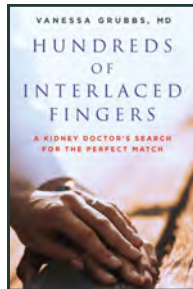
The Wrong Way to Save Your Life
Megan Stielstra

PB 978006242 9209
\$19.99 | 8/1/2017



Grace Without God
Katherine Ozment

PB 978006230 5138
\$19.99 | 6/13/2017



Hundreds of Interlaced Fingers
Vanessa Grubbs, M.D.

HC 978006241 8173
\$31.99 | 6/13/2017



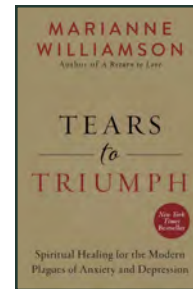
How to Deal: Tarot for Everyday Life
Sami Main, Marisa da la Pena

PB 978006268 2406
\$19.99 | 5/01/2018



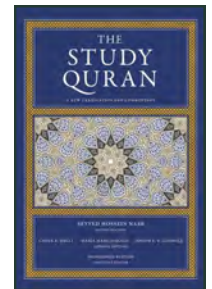
Modern Tarot
Michelle Tea

PB 978006268 2406
\$28.50 | 6/13/2017



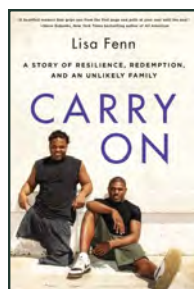
Tears to Triumph
Marianne Williamson

PB 978006220 5452
\$19.99 | 5/23/2017



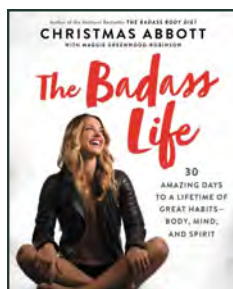
The Study Quran
Seyyed Hossein Nasr

PB 978006112 5874
\$67.99 | 8/1/2017



Carry On
Lisa Fenn

PB 978006242 7847
\$19.99 | 8/8/2017



The Badass Life
Christmas Abbott

HC 978006264 5197
\$35.99 | 5/23/2017



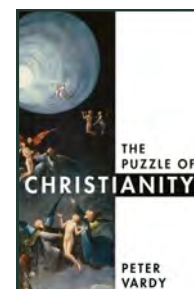
Plot 29: A Memoir
Allan Jenkins

HC 978000812 1969
\$29.99 | 6/6/2017



The Tree Climber's Guide
Jack Cooke

PB 978000815 7609
\$17.99 | 6/20/2017



The Puzzle of Christianity
Peter Vardy

PB 978000820 4242
\$18.99 | 6/13/2017



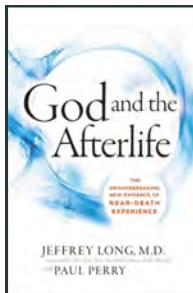
The Wood for the Trees
Richard Fortey

PB 978000810 4696
\$18.99 | 6/20/2017

HarperCollins Canada Ltd.

P: (416) 975-9334 F: (416) 975-5223

Must-Haves

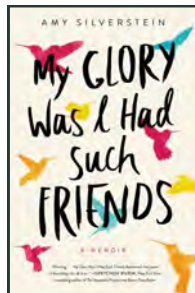


God and the Afterlife

Jeffrey Long, M.D.

PB 9780062279552

\$19.99 | 6/27/2017

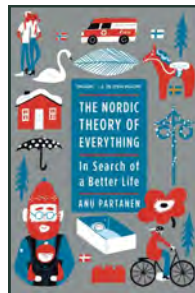


My Glory Was I Had Such Good Friends

Amy Silverstein

HC 9780062457462

\$33.50 | 6/27/2017

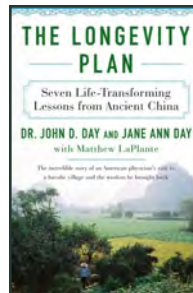


The Nordic Theory of Everything

Anu Partanen

PB 9780062316554

\$21.00 | 6/27/2017

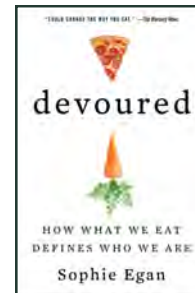


The Longevity Plan

Dr. John D. Day and Jane Ann Day

HC 9780062319814

\$31.99 | 7/4/2017

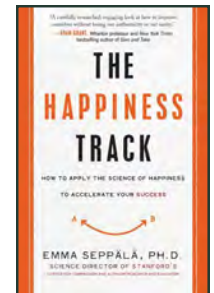


Devoured

Sophie Egan

PB 9780062390998

\$21.00 | 7/25/2017

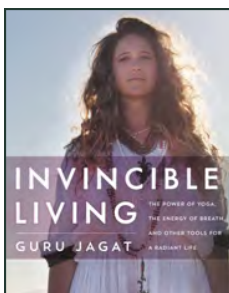


The Happiness Track

Emma Seppälä

PB 9780062344014

\$19.99 | 01/31/2017

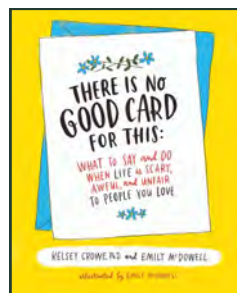


Invincible Living

Guru Jagat

HC 9780062414984

\$34.99 | 01/10/2017

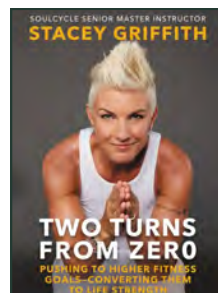


There's No Good Card for This

Dr. Kelsey Crowe

HC 9780062469991

\$31.99 | 01/17/2017

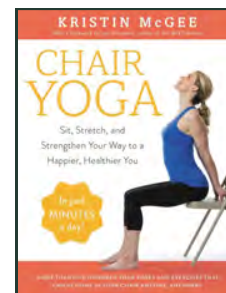


Two Turns from Zero

Stacey Griffith

HC 9780062496843

\$34.99 | 03/07/2017

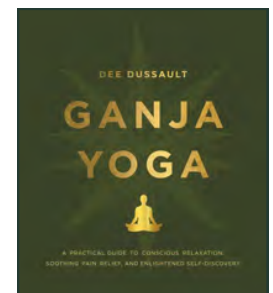


Chair Yoga

Kristin McGee

PB 9780062486448

\$23.99 | 01/17/2017

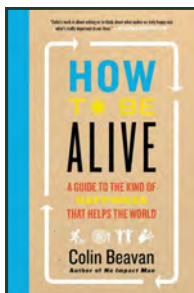


Ganja Yoga

Dee Dussault

HC 9780062656841

\$24.99 | 04/18/2017



How to Be Alive

Colin Beavan

PB 9780062236715

\$18.50 | 01/31/2017

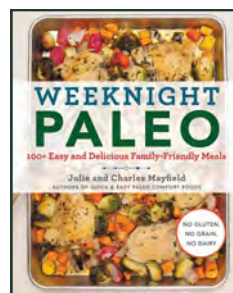


Spiritual Graffiti

MC Yogi

HC 9780062572530

\$31.99 | 06/13/2017

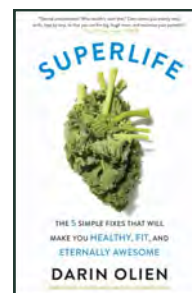


Weeknight Paleo

Julie Mayfield

PB 9780062419651

\$36.99 | 02/21/2017

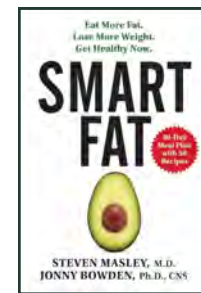


SuperLife

Darin Olien

PB 9780062297198

\$19.99 | 01/03/2017



Smart Fat

Steven Masley, MD

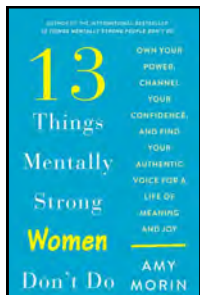
PB 9780062392329

\$19.99 | 01/03/2017

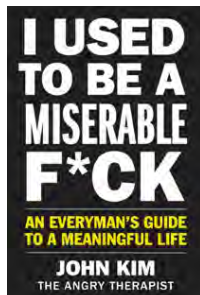
HarperCollins Canada Ltd.

P: (416) 975-9334 F: (416) 975-5223

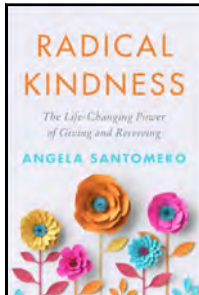
Happiness & Motivation



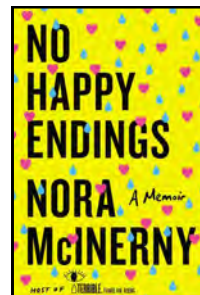
13 Things Mentally Strong Women Don't Do
Amy Morin
HC 9780062847621
\$33.50 | 12/31/2018



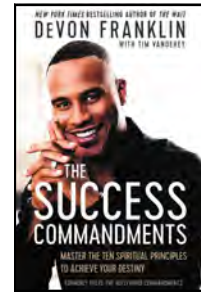
I Used to Be a Miserable F*ck
John Kim
HC 9780062856340
\$31.00 | 01/29/2019



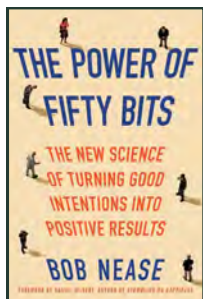
Radical Kindness
Angela Santomero,
Deepak Chopra
HC 9780062913364
\$26.99 | 03/05/2019



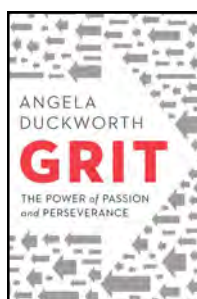
No Happy Endings
DeVon Franklin
HC 9780062792402
\$33.50 | 03/26/2019



The Success Commandments
DeVon Franklin
PB 9780062684271
\$19.99 | 04/02/2019



The Power of Fifty Bits
Bob Nease
HC 9780062407450
\$36.99 | 01/19/2016



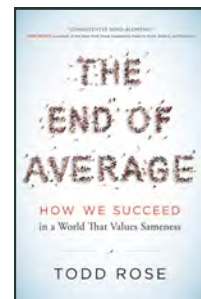
Grit
Angela Duckworth
HC 9781443442312
\$29.99 | 05/03/2016



Abundance Now
Lisa Nichols
PB 9780062412218
\$19.99 | 12/27/2016



Mind Gym
Sebastian Bailey
PB 9780062331458
\$19.99 | 01/19/2016



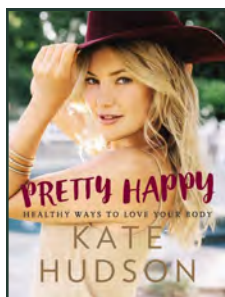
The End of Average
Todd Rose
HC 9781443437134
\$29.99 | 01/19/2016



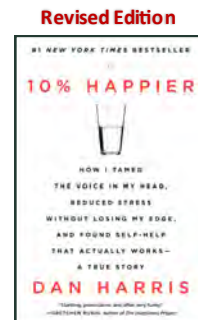
Do Big Small Things
Bruce Poon Tip
HC 9781443446945
\$29.99 | 10/27/2016



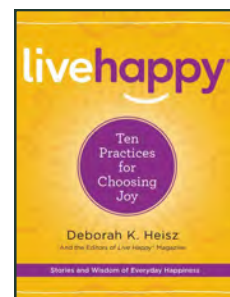
The Happiness Project
Gretchen Rubin
PB 9780062414854
\$19.99 | 12/29/2015



Pretty Happy
Kate Hudson
HC 9780062434234
\$33.50 | 02/16/2016



10% Happier, Revised Edition
Dan Harris
PB 9780062917607
\$21.00 | 04/16/2019

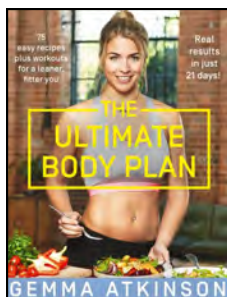


Live Happy
Deborah K Heisz
HC 9780062442291
\$31.99 | 03/15/2016

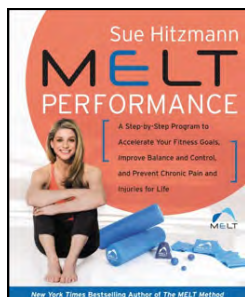
HarperCollins Canada Ltd.

P: (416) 975-9334 F: (416) 975-5223

Health & Fitness



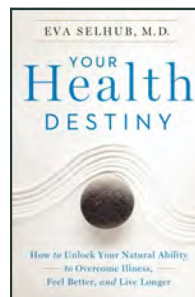
The Ultimate Body Plan
Gemma Atkinson
PB 9780008309299
\$29.99 | 02/12/2019



MELT Performance
Sue Hitzmann
HC 9780062882424
\$35.99 | 04/23/2019



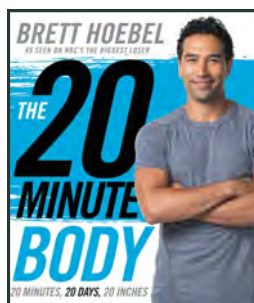
The Longevity Book
Cameron Diaz
HC 9780062375186
\$34.99 | 04/05/2016



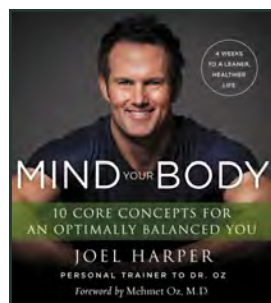
Your Health Destiny
Eva Selhub
HC 9780062327789
\$33.50 | 04/07/2015



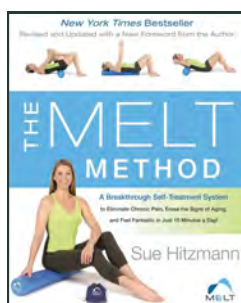
Strong is the New Beautiful
Lindsey Vonn
HC 9780062400581
\$34.99 | 10/04/2016



The 20 Minute Body
Brett Hoebel
HC 9780062316783
\$34.99 | 03/24/2015



Mind Your Body
Joel Harper
PB 9780062348210
\$19.99 | 03/01/2016



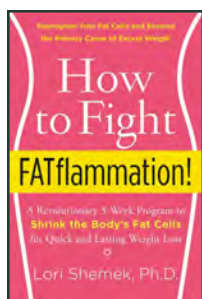
The Melt Method
Sue Hitzmann
PB 9780062065360
\$23.99 | 09/27/2016



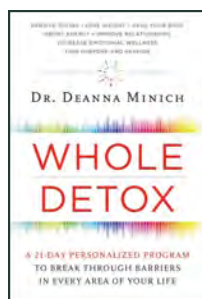
Shut Up and Run
Robin Arzon
HC 9780062445681
\$31.00 | 06/21/2016



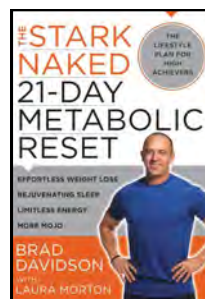
Your Ultimate Body Transformation Plan
Nick Mitchell
PB 9780008147914
\$32.99 | 02/23/2016



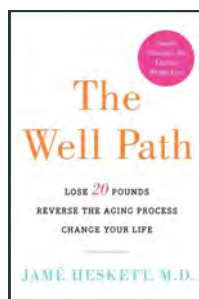
How to Fight FATflammation
Lori Shemek, Ph.D.
PB 9780062347541
\$19.99 | 04/26/2016



Whole Detox
Deanna Minich
HC 9780062426796
\$34.99 | 03/08/2016



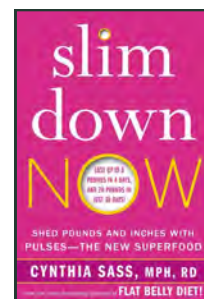
The Stark Naked 21-Day Metabolic Reset
Brad Davidson
HC 9780062369215
\$31.99 | 12/29/2015



The Well Path
Jame Heskett
HC 9780062415530
\$34.99 | 03/08/2016



The Belly Burn Plan
Traci D. Mitchell
PB 9780062429803
\$21.00 | 01/05/2016

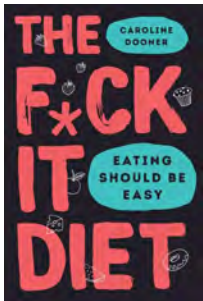


Slim Down Now
Cynthia Sass
PB 9780062311849
\$19.99 | 03/08/2016

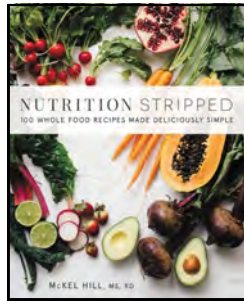
HarperCollins Canada Ltd.

P: (416) 975-9334 F: (416) 975-5223

Diet & Cooking



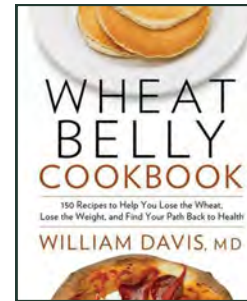
The F*ck It Diet
McKel Hill
PB 9780062419927
\$29.99 | 08/23/2016



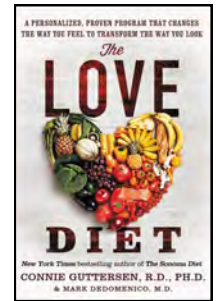
Nutrition Stripped
McKel Hill
PB 9780062419927
\$29.99 | 08/23/2016



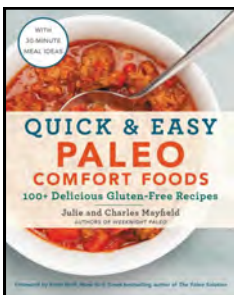
Wheat Belly Total Health
William Davis
PB 9781443435840
\$19.99 | 09/13/2016



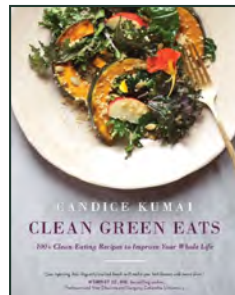
Wheat Belly Cookbook
William Davis
PB 9781443416337
\$24.99 | 06/23/2015



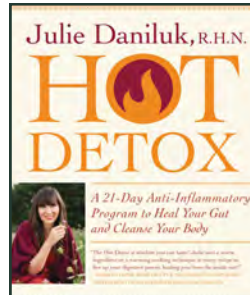
The Love Diet
Dr. Connie Guttersen
HC 9780062303059
\$31.99 | 05/03/2016



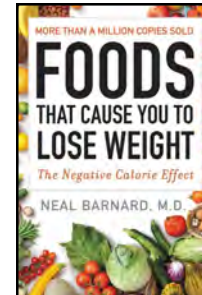
Quick & Easy Paleo Comfort Foods
Julie Mayfield
PB 9780062562203
\$31.99 | 06/23/2015



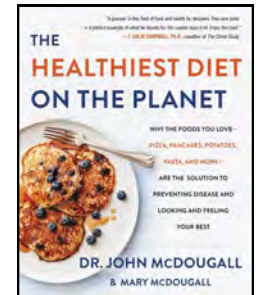
Clean Green Eats
Candice Kumai
HC 9780062388735
\$34.99 | 06/23/2015



Hot Detox
Julie Daniluk
PB 9781443450676
\$29.99 | 12/27/2016



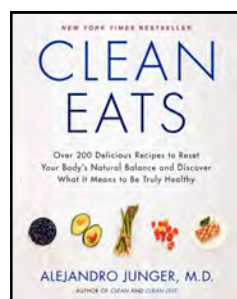
Foods that Cause You to Lose Weight
Neal Barnard
PB 9780062570369
\$21.00 | 07/26/2016



The Healthiest Diet on the Planet
Dr. John McDougall
HC 9780062426765
\$34.99 | 09/27/2016



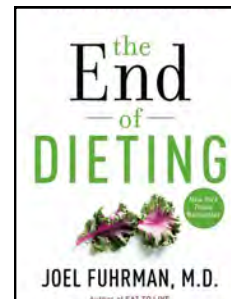
The Grain-Free Family Table
Carrie Vitt
HC 9780062308153
\$36.99 | 11/18/2014



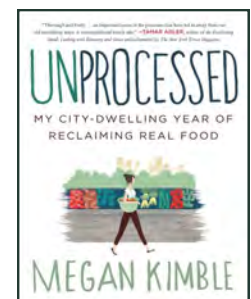
Clean Eats
Alejandro Junger
HC 9780062327819
\$36.99 | 04/29/2014



The Natural Makeover Diet
Dr. Joey Shulman
PB 9781443427982
\$19.99 | 09/08/2014



The End of Dieting
Joel Fuhrman
HC 9780062249326
\$33.50 | 03/25/2014

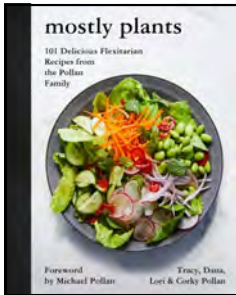


Unprocessed
Megan Kimble
PB 9780062382467
\$19.99 | 06/23/2015

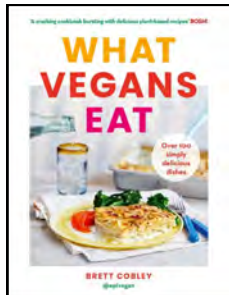
HarperCollins Canada Ltd.

P: (416) 975-9334 F: (416) 975-5223

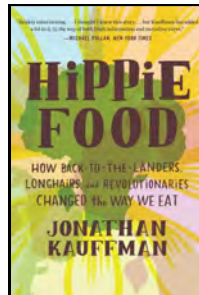
Green Living



Mostly Plants
The Pollan Family
HC 9780062821386
\$36.99 | 04/16/2019



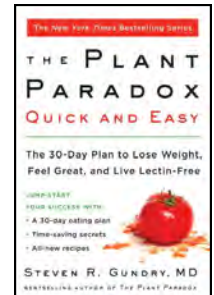
What Vegans Eat
Brett Cobley
HC 9780008320799
\$34.99 | 02/12/2019



Hippie Food
Jonathan Kauffman
HC 9780062437303
\$33.50 | 01/23/2018
PB 9780062437310
\$21.00 | 12/26/2018

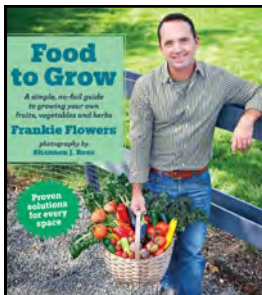


The Plant Paradox Cookbook
Dr. Steven R. Gundry, M.D.
HC 9780062843371
\$41.00 | 04/10/2018



The Plant Paradox Quick and Easy
Dr. Steven R. Gundry, M.D.
PB 9780062911995
\$23.99 | 01/08/2019

Low Price Edition



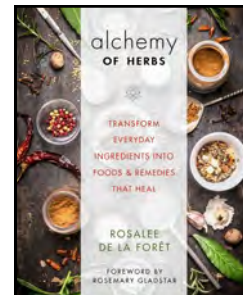
Food to Grow
Frankie Flowers, Shannon Ross
PB 9781443456364
\$19.99 | 02/20/2018



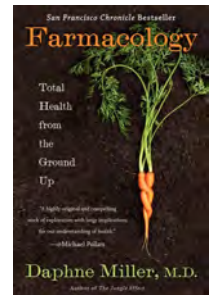
Root to Leaf
Steven Satterfield
HC 9780062283696
\$56.00 | 03/03/2015



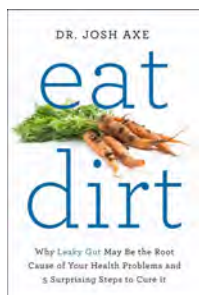
A Girl and Her Greens
April Bloomfield
HC 9780062225887
\$43.50 | 04/21/2015



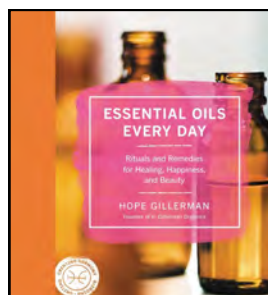
Alchemy of Herbs
Rosalee De La Foret
PB 9781401950064
\$33.99 | 03/04/2017



Farmacology
Daphne Miller
PB 9780062103154
\$21.00 | 03/15/2016



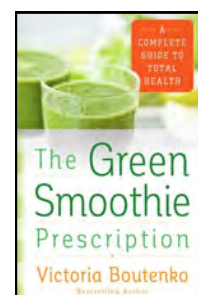
Eat Dirt
Josh Axe
HC 9780062433640
\$34.99 | 03/29/2016



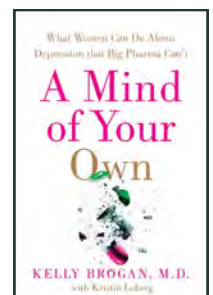
Essential Oils Everyday
Hope Gillerman
HC 9780062440167
\$31.99 | 05/31/2016



The Complete Essential Oils Sourcebook
Julia Lawless
PB 9780007950898
\$26.99 | 03/01/2016



The Green Smoothie Prescription
Victoria Boutenko
PB 9780062336545
\$19.99 | 05/03/2016

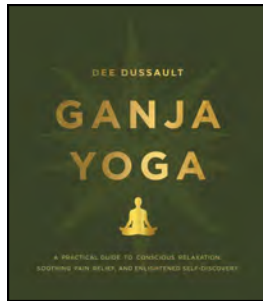


A Mind of Your Own
Kelly Brogan, MD
HC 9780062405579
\$33.50 | 03/15/2016

HarperCollins Canada Ltd.

P: (416) 975-9334 F: (416) 975-5223

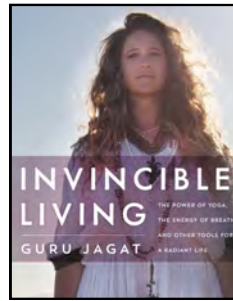
Yoga



Ganja Yoga
Dee Dussault, Georgia Bardi
HC 978006265 6841
\$24.99 | 04/18/2017



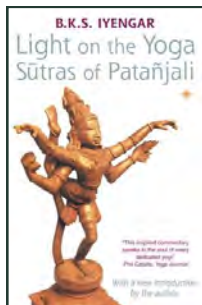
Chair Yoga
Kristin McGee
PB 978006248 6448
\$23.99 | 01/17/2017



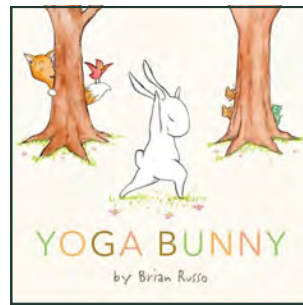
Invincible Living
Guru Jagat
HC 978006241 4984
\$34.99 | 01/10/2017



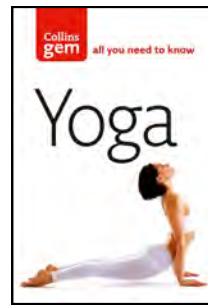
Do Your Om Thing
Rebecca Pacheco
PB 978006227 3383
\$21.00 | 09/06/2016



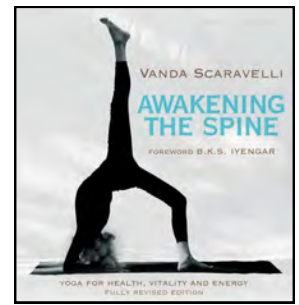
Light on the Yoga Sūtras of Patañjali
B.K.S. Iyengar
PB 978000714 5164
\$24.99 | 10/21/2002



Yoga Bunny
Brian Russo
HC 978006242 9520
\$21.99 | 06/12/2016



Collins Gem—Yoga
Patricia A. Ralston,
Caroline Smart
PB 978000719 6845
\$10.99 | 04/04/2005



Awakening the Spine
Vanda Scaravelli
PB 978006242 8462
\$31.00 | 01/12/2015



Light on Yoga
B.K.S. Iyengar
PB 978000710 7001
\$26.99 | 05/28/2001



The Tree of Yoga
B.K.S. Iyengar
PB 978000792 1270
\$15.99 | 01/29/2013



Light on Pranayama
B.K.S. Iyengar
PB 978000792 1287
\$15.99 | 01/15/2013



Core of the Yoga Sūtras
B.K.S. Iyengar
PB 978000792 1263
\$24.99 | 01/29/2013

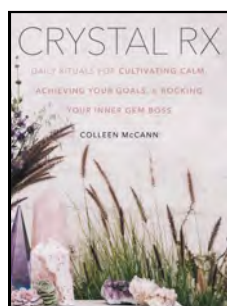
HarperCollins Canada Ltd.

P: (416) 975-9334 F: (416) 975-5223

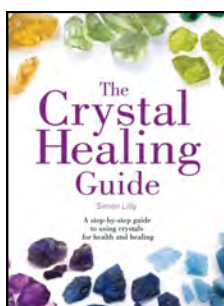
Spirituality



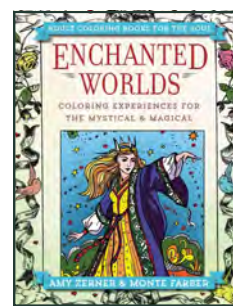
HausMagick
Erica Feldmann
HC 9780062906151
\$31.99 | 03/12/2019



Crystal Rx
Colleen McCann
HC 9780062844446
\$31.99 | 11/06/2018



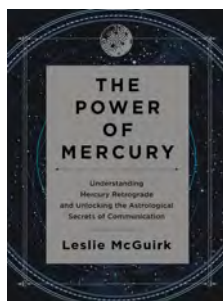
The Crystal Healing Guide
Simon Lilly
PB 9780008221799
\$19.99 | 09/12/2017



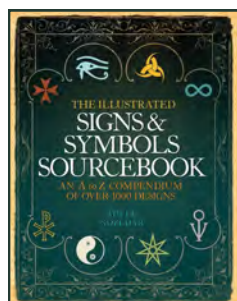
Enchanted Worlds
Monte Farber
PB 9780062564849
\$12.50 | 11/01/2016



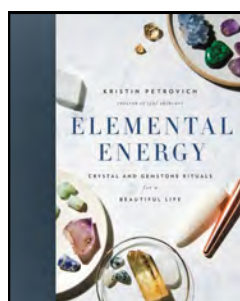
The Enchanted Tarot
Monte Farber
PB 9780062564832
\$12.50 | 11/01/2016



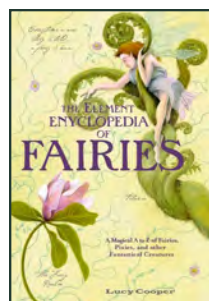
The Power of Mercury
Leslie McGuirk
HC 9780062434937
\$28.50 | 09/13/2016



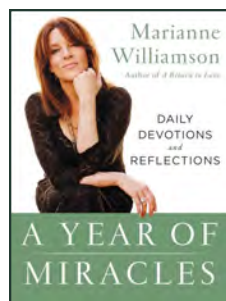
The Illustrated Signs & Symbols Sourcebook
Adele Noze dar
PB 9780007951314
\$44.99 | 01/14/2016



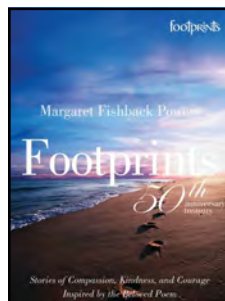
Elemental Energy
Kristin Petrovich
HC 9780062428790
\$36.99 | 12/06/2016



The Element Encyclopedia of Fairies
Lucy Cooper
PB 9780007935116
\$19.99 | 09/23/2014



A Year of Miracles
Marianne Williamson
PB 9780062205513
\$21.00 | 12/29/2015



Footprints: 50th Anniversary
Margaret Fishback Powers
PB 9781443422352
\$13.99 | 5/24/2016



The Wild Unknown Tarot Deck and Guidebook
Kim Krans
HC 9780062466594
\$49.99 | 10/18/16

HarperCollins Canada Ltd.

P: (416) 975-9334 F: (416) 975-5223



To place an order, please contact:

Rhysa Luke

Sales Representative, Gift and Special Markets

Rhysa.Luke@HarperCollins.com

HarperCollinsCanadaLtd

Phone: 416-975-9334

Fax: 416-975-5223

A person with long brown hair is sitting on a pink tufted sofa, reading a large blue book. Their hands are visible holding the book open, and their face is obscured by the book. They are wearing a yellow long-sleeved shirt and blue jeans.

**Please note: Prices and dates are subject to change without notice.
The suggested prices are in Canadian dollars and do not include GST.
All resellers are free to establish their own prices.
Consumer prices are suggestions only and do not necessarily reflect
the prices at which the books will be sold.**