

# MIND BODY SPIRIT



SUMMER/FALL 2020



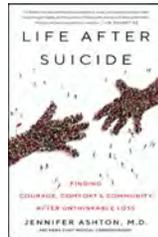


### Getting to Center

Marlee Grace

Picking up where *How to Not Always Be Working* left off, *Getting to Center* is an empathetic offering to those who are looking for a roadmap for finding their way back to equilibrium. This book meditates on endings, grief and joy, e...

9780062969774  
Pub Date: 10/27/20  
\$21.99 CAD  
Paperback



### Life After Suicide

Jennifer Ashton, M.D.

Jennifer Ashton, M.D., has witnessed firsthand the impact of a loved one's suicide. When her ex-husband killed himself soon after their divorce, her world—and that of her children—was shattered. Though she held a very public posit...

9780062906045  
Pub Date: 9/15/20  
\$21.00 CAD  
Paperback



### The Lost Art of Dying

L.S. Dugdale

As a specialist in both medical ethics and the treatment of older patients, Dr. Lydia Dugdale knows a great deal about the end of life. Far too many of us die poorly, she argues. Our culture has overly medicalized death: dying is ...

9780062932631  
Pub Date: 7/7/20  
\$34.99 CAD  
Hardcover



### Be Your Own Best Friend

Chessie King

**This book is a celebration of...**  
**Your best friend**  
**Your cheerleader**  
**Your soulmate**  
**YOU**

Let these pages be a constant reminder that you are absolutely spectacular, just the way you are – every part of you, inside and out.

Pull up a comfy sea...

9780008377397  
Pub Date: 8/4/20  
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Hardcover



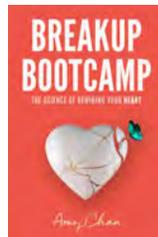
### Under the Open Skies

Markus Torgeby, Frida Torgeby

*"I believe in sleeping outdoors, surrounded by tall fir trees, darkness and cold. Lying on my back and looking up at the stars, watching my breath form thin clouds."*

*Under the Open Skies* is one man's perspective-shifting, immersive...

9780063019867  
Pub Date: 11/17/20  
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Hardcover

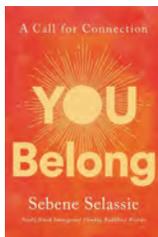


### Breakup Bootcamp

Amy Chan

Amy Chan hit rock bottom when she discovered that her boyfriend cheated on her. Although she was angry and broken-hearted, Chan soon came to realize that the breakup was the shakeup she needed to redirect her life. Instead of desc...

9780062914743  
Pub Date: 12/1/20  
\$23.99 CAD  
Paperback



### You Belong

Sebene Selassie

When you feel you truly belong, you are finally free to be exactly yourself in every moment—no matter where you are or in what circumstance—allowing you to experience the peace, confidence, and contentment that are your birthright...

9780062940650  
Pub Date: 8/25/20  
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Hardcover

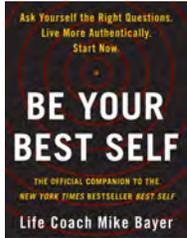


### Break the Good Girl Myth

Majo Molfino

In her work as a women's leadership expert and life coach, Majo Molfino found that many of her clients—ambitious, hard-working, high-achieving women—were victims of self-sabotaging tendencies. From birth, women have been condition...

9780062894052  
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Hardcover

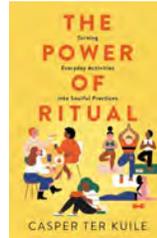


## Be Your Best Self

Mike Bayer

In *Best Self*, Mike Bayer, known to his fans and followers as Coach Mike, empowered his readers to embrace authenticity, break through obstacles, and discover the freedom to be their best selves. By working through each of the Seve...

9780063001596  
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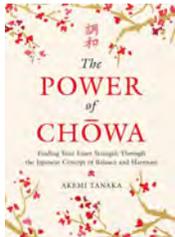


## The Power of Ritual

Casper ter Kuile

"After half a decade of research and hundreds of conversations with people around the country, I am convinced we are in the midst of a paradigm shift. That what used to hold us in community no longer works, and that the spiritual ...

9780062881816  
Pub Date: 6/23/20  
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Hardcover



## The Power of Chōwa

Akemi Tanaka

The Japanese wisdom of *chōwa* (pronounced like power) offers a fresh approach to being, showing us how to create space and symmetry at work, at home, and in our relationships. *Chōwa* is an ancient philosophy and set of practices tha...

9780063007482  
Pub Date: 6/16/20  
\$24.99 CAD  
Hardcover



## Yeah, No. Not Happening.

Karen Karbo

The author of the acclaimed, bestselling *In Praise of Difficult Women* delivers a hilarious feminist manifesto that encourages us to reject "self-improvement" and instead learn to appreciate and flaunt our complex, and flawed, huma...

9780063004221  
Pub Date: 5/19/20  
\$23.99 CAD  
Paperback

## The Little Book of Big Lies

Tina Lifford

Completely change how you think and live—let Tina Lifford teach you how to turn shame into self-acceptance, self-rejection into self-love, blame into freedom, and old hurt into power.

Tina Lifford learned how to navigate the hurt, ...

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Pub Date: 11/17/20  
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Paperback

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## Untitled Marci Ien

Marci Ien

Joel Ien, Marci Ien's father and a celebrated teacher and professor, always started the school year by putting two numbers, say 1905 and 1942, separated by a dash, on the chalkboard. Then he would ask his students, "What do you th...

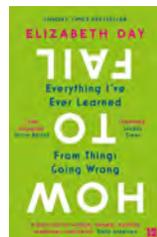
9781443460088  
Pub Date: 10/27/20  
\$29.99 CAD  
Hardcover

## Wise As Fu\*k

Gary John Bishop

In *Unfu\*k Yourself*, Gary John Bishop taught millions of readers how to silence the negative, self-sabotaging voice in their head in order to thrive. In *Wise As Fu\*k*, he redefines what it means to be wise and shows how to tackle pr...

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Pub Date: 10/13/20  
\$28.50 CAD  
Hardcover



## How to Fail

Elizabeth Day

Inspired by her hugely popular podcast, *How To Fail* is Elizabeth Day's brilliantly funny, painfully honest and insightful celebration of things going wrong.

This is a book for anyone who has ever failed. Which means it's a book for...

9780008327354  
Pub Date: 6/9/20  
\$18.99 CAD  
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### After

Nikki Gemmell

Nikki Gemmell's world changed forever in October 2015 when the body of her elderly mother was found and it became clear she had decided to end her own life. After the immediate shock and devastation came the guilt and the horror, ...

9781460753064  
Pub Date: 4/9/19  
\$19.99 CAD  
B-format Paperback



### Why Can't We All Just Get Along

Iain Dale

**Why Can't We All Just Get Along is part-memoir, part-polemic about the state of public discourse in Britain and the world today.**

In an increasingly divided society, Iain examines why we've all become so disrespectful and intolerant...

9780008379124  
Pub Date: 9/29/20  
\$24.99 CAD  
Hardcover



### Sitting Pretty

Rebekah Taussig

Rebekah Taussig has been paralyzed for as long as she can remember but didn't begin to unpack it until she was in her mid-twenties working on a PhD in disability studies. She began writing mini-essays about what it means to live a...

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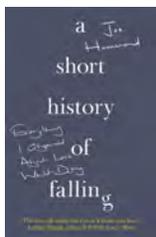


### One by One by One

Aaron Berkowitz

Dr. Aaron Berkowitz, a well-meaning Harvard Medical School neurologist, became a doctor to build bridges between a very rich world and a very poor one. But his idealism was tested when he traveled to Haiti to treat some of the wor...

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Pub Date: 6/2/20  
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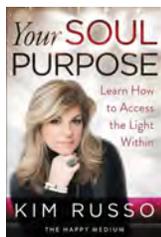


### A Short History of Falling

Joe Hammond

We keep an old shoebox, Gill and I, nestled in a drawer in our room. It's filled with thirty-three birthday cards for our two young sons: one for every year I'll miss until they're twenty-one. I wrote them because, since the end o...

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Pub Date: 5/5/20  
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Hardcover

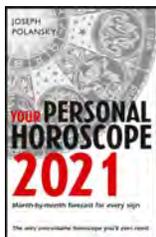


### Your Soul Purpose

Kim Russo

In this fascinating how-to guide, world-renowned medium Kim Russo, "The Happy Medium," presents key principles and practices to allow you to truly understand what you are meant to be doing on this earth. *Your Soul Purpose* helps yo...

9780062854865  
Pub Date: 4/28/20  
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Paperback



### Your Personal Horoscope 2021

Joseph Polansky

Your essential guide to love, life and career success in 2021.

This popular, complete one-volume guide contains all you need to know about your personal horoscope for the year 2021. Be prepared for the forthcoming year with monthly...

9780008366308  
Pub Date: 11/24/20  
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B-format Paperback



### You Were Born for This

Chani Nicholas

Your weekly horoscope is merely one crumb of astrology's cake. In her first book *You Were Born For This*, Chani shows how your birth chart—a snapshot of the sky at the moment you took your first breath—reveals your unique talents, ...

9780063043770  
Pub Date: 12/29/20  
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Paperback



### Good Mourning

Theresa Caputo

Life on earth comes with losses that often go unrecognized, unacknowledged, and un-mourned. This invisible pain causes deeper emotional damage—devastation that Theresa Caputo has witnessed in many of her clients. Though they are ...

9780063014565  
Pub Date: 10/6/20  
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Hardcover

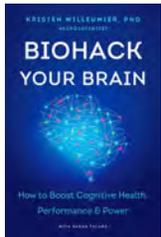


### Our Tarot

Sarah Shipman

A groundbreaking blend of history, feminism, and the mystical arts, *Our Tarot* is a unique, specially designed tarot deck with cards that feature an intricate collage portrait of dozens of powerful women who have helped shape histo...

9780062909855  
Pub Date: 9/29/20  
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Hardcover

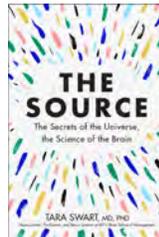


### Biohack Your Brain

Kristen Willemier

Your brain is the most essential organ in your body. The brain and spinal cord are intimately connected to every bodily system and organ, so when it is balanced everything in your body and mind will function more efficiently. It...

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Pub Date: 12/29/20  
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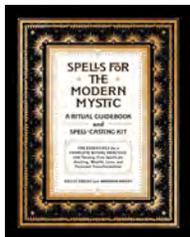
### The Source

Dr. Tara Swart

Visualize. Believe. Manifest. Achieve.

For far too long the ancient philosophies of visualization and manifestation have been shrouded in skepticism and suspicion. However, as esteemed neuroscientist, trained psychiatrist and senio...

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Pub Date: 11/17/20  
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### Spells for the Modern Mystic

Kelley Knight, Brandon Knight

Looking to boost your self-empowerment and personal protection? Would you like to enhance your personal transformation and optimize the energy of the spaces in which you live and work? *Spells for the Modern Mystic* holds the key to...

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Pub Date: 9/29/20  
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### Daily Magic

Judika Illes

We all could use a little magic in our daily lives. But while the year is filled with mystical dates, we don't always know when and how to celebrate them. By knowing and preparing for these special days we can use their inherent p...

9780062876829  
Pub Date: 9/15/20  
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Hardcover



### Rumi: Hidden Music

Maryam Mafi, Azima Melita Kolin

A breathtaking new collection of translations of poems by Rumi, one of the world's most loved mystical teachers and bestselling poets. Beautifully packaged and illustrated with paintings and Persian calligraphy, this is an ideal g...

9780008387167  
Pub Date: 9/1/20  
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B-format Paperback



### Witch, Please

Vix Maxwell

**A modern mystic's practical guide to life, love and creating a fulfilling existence.**

**Find your own way, find your magic, and find yourself in the process**

From turning your home into a sacred sanctuary and manifesting magical relatio...

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Pub Date: 10/13/20  
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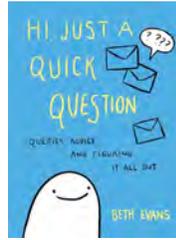


## The Big SHE-Bang

Marisa Acocella

For centuries, history has been "written about a bunch of men by a bunch of men." In *The Big SHE-Bang*, Marisa Acocella challenges our understanding of humanity's past with her own Big Book. In this gloriously vibrant, clever and h...

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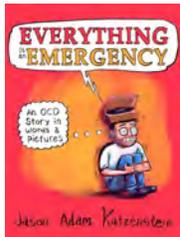


## Hi, Just a Quick Question

Beth Evans

With 250 never-before-seen comics, *Hi, Just a Quick Question* is the follow-up to Beth Evans' wildly popular *I Really Didn't Think This Through*. Written in a fun Q&A style format, Beth tackles 50 "How do I" style questions with her...

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Pub Date: 8/25/20  
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## Everything Is an Emergency

Jason Adam Katzenstein

Shaking hands, second dates, using the public restroom... For most people, these are ordinary routines of daily life. But for Jason Katzenstein, these mundane events are a cause for alarm. In short: his brain is broken. But his brain...

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Pub Date: 6/30/20  
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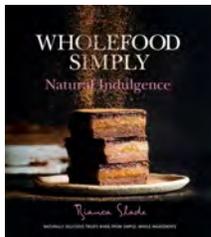


## Apotheke

Christopher Tierney, Erica Brod

With its 1800s-Parisian-absinthe-den vibe combined with an air of opium-den secrecy, *Apothéke* is a unique urban apothecary that provides a multi-sensory experience for its clientele. Talented botany-minded mixologists, dressed in...

9780062995247  
Pub Date: 11/3/20  
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## Wholefood Simply: Natural Indulgence

Bianca Slade

**The ultimate cookbook for anyone who wants to feed their family delicious treats that are oh so natural!**

Bianca Slade of the blog *Wholefood Simply* has a passion - to recreate traditional desserts, treats, snacks and sweets to suit ...

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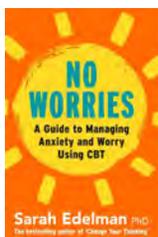


## Beach Fit: From the health and fitness expert who's helped thousands of women eat well, lose weight and get healthy

Kim Beach

As a busy mum running a business, Kim Beach understands how difficult it can be to squeeze health and fitness into an over-stuffed schedule, so she's developed solutions that will work for everyone. Kim's promise is that the long...

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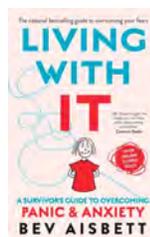


## No Worries: A Guide to Releasing Anxiety and Worry Using CBT

Sarah Edelman

Anxiety and worry rob us of the ability to think clearly, enjoy life and function effectively at home, at work and in social situations. One in five Australians have an anxiety disorder at some point in their lives, and many more ...

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## Living With It: A Survivor's Guide to Overcoming Panic and Anxiety

Bev Aisbett

Panic attacks - approximately 5% of the population will experience them at some time or another. The dread of having an attack - they seemingly come out of nowhere - transforms the ordinary world of everyday life into a nightmare ...

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### I Am Beauty

Riku Campo

The first makeup guide to celebrate and support women forty and over, *I Am Beauty* is Riku Campo's labor of love. Riku has worked with some of the most beautiful and recognized faces in the world, like Cindy Crawford, Gwyneth Paltrow...

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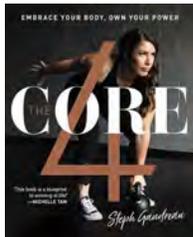


### The Dry Challenge

Hilary Sheinbaum

For many people, the holidays bring too much fun, too much food, and too much booze. January can be the perfect time to embrace the new you—and it all starts with taking a break from the bottle . . . but this challenge isn't limit...

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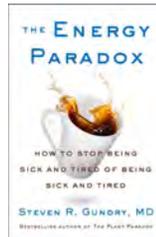


### The Core 4

Stephanie Gaudreau

"By refusing to let your weight measure your worth. By nourishing your body. By letting your intuition guide you. By taking your power back. . . . I guarantee you'll start feeling energetic, active, confident, strong, resilient, a...

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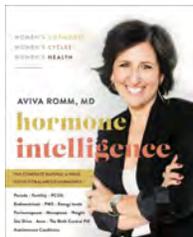


### The Energy Paradox

Dr. Steven R. Gundry, MD

In his bestselling books, *The Plant Paradox* and *The Longevity Paradox*, Dr. Steven R. Gundry offered game-changing perspectives on our wellbeing. In *The Energy Paradox*, Dr. Gundry expands upon his previous discussions of gut, micro...

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### Hormone Intelligence

Aviva Romm, M.D.

We are in the midst of a global health crisis. Thirty percent of women are suffering from PMS, PCOS, endometriosis, infertility, insulin resistance, thyroid problems, uterine fibroids, and breast cancer. Tens of millions of women ...

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### CLEAN 7

Alejandro Junger

It doesn't matter where you live, how old you are, or what symptoms you suffer from: in only seven days, you can change the course of your health forever. Introducing the most results-driven detoxification program on the planet, C...

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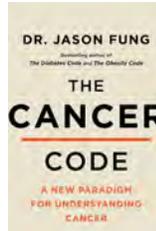
### CLEAN 7 \ El Método Clean 7 (Spanish Ed)

Alejandro Junger, Yalimal Vidal

It doesn't matter where you live, how old you are, or what symptoms you suffer from: in only 7 days, you can change the course of your health forever.

The culmination of over thirty years of research, education, and practice, Dr. A...

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### The Cancer Code

Jason Fung, M.D.

Our knowledge of cancer is slowly undergoing a revolution, allowing for the development of more effective treatments. For the first time ever, the death rate from cancer is showing a steady decline . . . but there is still a long ...

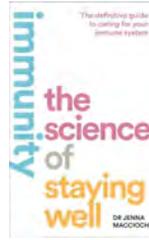
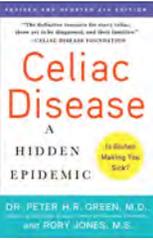
9780062894007  
Pub Date: 11/10/20  
\$34.99 CAD  
Hardcover

## Celiac Disease (Updated 4th Edition)

Peter H.R. Green, M.D., Rory Jones

*Celiac Disease: A Hidden Epidemic* is an indispensable guidebook for anyone with celiac disease as well as those on a gluten-free diet with gluten intolerance or sensitivity. Since the last edition in 2016, scientific advances have...

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Pub Date: 12/1/20  
\$23.99 CAD  
Paperback



9780008370268  
Pub Date: 5/12/20  
\$23.99 CAD  
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## Immunity

Dr Jenna Macciochi

**Start strengthening your immunity for good.**

In this ground-breaking book, expert immunologist Dr Jenna Macciochi unravels the new science around immunity.

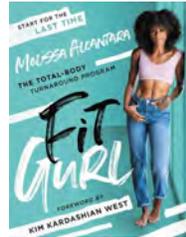
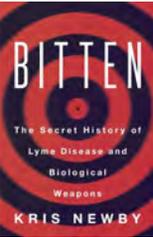
*Immunity* decodes exactly what it takes to be well in the modern day and reveals...

## Bitten

Kris Newby

While vacationing on Martha's Vineyard, Kris Newby was bitten by an unseen tick. That one bite changed her life forever, pulling her into the abyss of a devastating illness that took ten doctors to diagnose and years to recover fr...

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Pub Date: 6/30/20  
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9780062959485  
Pub Date: 5/5/20  
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Hardcover

## Fit Gurl

Melissa Alcantara

In her early-thirties, with two kids, a soda and processed-food addiction, and no expensive gym membership, Melissa Alcantara had enough. She realized her daily hour at the gym was reflected in every part of life, from her product...

## Clean Mind, Clean Body

Tara Stiles

Most of us are constantly plugged in and stressed out—tethered to our phones and e-mail, overworked and inactive at our desk jobs, and out of touch with what our bodies and our brains really need. *Clean Mind, Clean Body* is your re...

9780062947314  
Pub Date: 12/29/20  
\$31.00 CAD  
Hardcover



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9780062885463  
Pub Date: 12/29/20  
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## The Self-Care Solution

Jennifer Ashton, M.D.

Dr. Jennifer Ashton is at the top of her field as an ob-gyn and news correspondent. But even at the top there's still room to improve, and with *The Self-Care Solution*, she spends her life one month at a time, using her own experie...

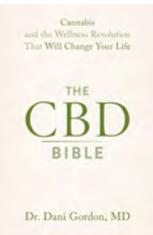
## The CBD Bible

Dr. Dani Gordon

**Safe, practical advice on how to effectively use CBD from a leading Canadian doctor and international authority on cannabis wellness**

For over a decade, Dr. Dani Gordon has been researching and integrating cannabis into her medical...

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Pub Date: 8/18/20  
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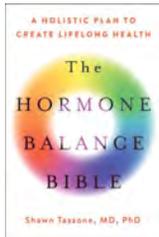
9781443461399  
Pub Date: 3/31/20  
\$22.99 CAD  
Trade Paperback

## The Rebel Mama's Handbook for (Cool) Moms

Aleks Jassem, Nikita Stanley

If you're a mom (or mom-to-be) who wants to raise decent human beings, maintain your pre-baby identity, and not lose your sh\*t along the way, congrats: you've just found the parenting book of your dreams.

*The Rebel Mama's Handbook ...*



## The Hormone Balance Bible

Shawn Tassone, MD, PhD.

Every woman deserves to feel her best.

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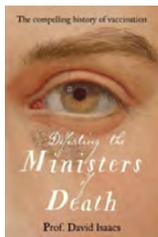


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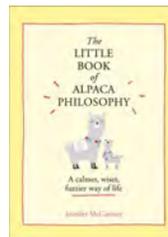


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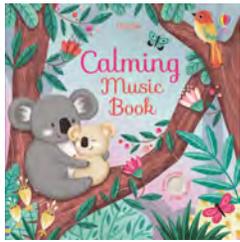


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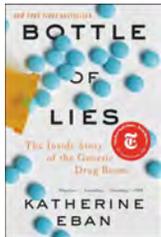


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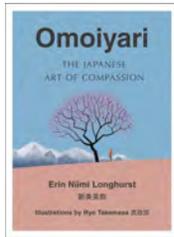
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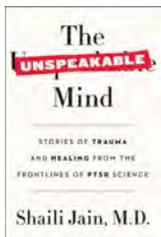
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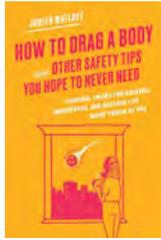
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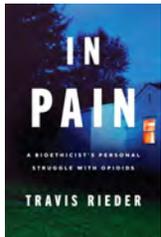
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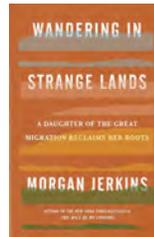


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