Discover how Tapping can help you release your negative beliefs about money and open the door to more wealth than you ever imagined.
Emotional Freedom Technique (EFT), also known as Tapping, has become a popular tool for realizing goals, as evidenced by the recent New York Times bestseller The Tapping Solution by Nick Ortner. For many of us, one of our main aspirations is to flourish in our careers and, by extension, in our finances. Yet limiting beliefs and fears keep people stuck in their current financial states. EFT uses the fingertips to tap on acupuncture points while emotionally tuning in to negative attitudes and past experiences, allowing people to transform their thoughts and feelings. Margaret M. Lynch teaches people how to harness the power of Tapping to identify and clear the blocks to prosperity.

MARGARET M. LYNCH is a success coach and a leading expert in Tapping. Unlike many well-known mind/body practitioners, Lynch’s foundation is in business. She’s had eighteen-plus years of management and executive sales experience at Fortune 500 companies.

DAYLLE DEANNA SCHWARTZ is an author, speaker, self-empowerment counselor, and music business consultant.
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Praise for **DRAWING ON THE RIGHT SIDE OF THE BRAIN**

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—Los Angeles Times

**T**ranslated into more than seventeen languages, *Drawing on the Right Side of the Brain* is an international bestseller. This starter kit contains Edwards’s two essential books—*Drawing on the Right Side of the Brain* and the indispensable companion book *Drawing on the Right Side of the Brain* Workbook. Whether you are just beginning to draw or you are drawing as a professional artist, as an artist-in-training, or as a hobby, this groundbreaking program will deepen your artistic perception, give you greater confidence in your ability, and offer a new way of appreciating and perceiving the world around you.

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A former professor of art at California State University, Long Beach, **Betty Edwards** received her doctorate from UCLA in art, education, and the psychology of perception. Dr. Edwards has been profiled on *Today* and in *Time*, the *Los Angeles Times*, *Reader’s Digest*, and other publications. She lives in La Jolla, California.
THERE IS A GOD!
1001 Heartwarming (and Hilarious) Reasons to Believe

RICHARD SMITH AND
MAUREEN McELHERON

1001 reminders for the faithful—and for doubters, too.
A few reasons to believe. . .

- A dry basement after the storm
- The selfless missionaries who volunteer to give your dog a bath
- Friends who help you move in exchange for a six-pack
- A gallery event with palatable wine

“Here is a God!” Who hasn’t uttered these words in response to life’s true miracles? A glorious sunset. Watching your toddler take her first wobbly steps. And that supreme blessing: a hospital gown that closes all the way. In this book, New York Times—bestselling author Richard Smith and Maureen McElheron identify 1001 miracles that prove that there is in fact a God, including:

- Watching your little girl struggle with an ice-cream cone that appears bigger than she is
- Observing fireflies on a June night
- Knowing that your ability to explain the difference between hollandaise sauce and béchamel impresses the hell out of your date

There Is a God! will remind you of all the many things that make life wonderful.

Richard Smith is a New York Times—bestselling author whose books include The Dieter’s Guide to Weight Loss During Sex and Your Cat’s Just Not That into You.

Maureen McElheron composes the words and music for animated films, including the Academy Award–nominated Your Face, as well as 12 Tiny Christmas Tales for Cartoon Network.
WHOLE HEALTH
An East-West Approach to Balancing Body, Mind, and Spirit
MARK MINCOLLA, Ph.D.

Be the healthiest you’ve ever been, and possess more vitality and energy, with the Whole Health Healing System!
“An abundance of life energy makes for a healthy living being. Healthy living beings reflect vitality. The difference between life and death is vibration. The difference between levels of vitality is vibration.”

—Mark Mincolla

In Whole Health, Dr. Mark Mincolla outlines the Whole Health Healing System, his unique healing system based on more than thirty years’ experience as a medical practitioner. This system integrates elements of classical Chinese medicine, personalized nutrition, and extrasensory energy medicine, while inspiring, empowering, and teaching its patients and students how to attain balance in body, mind, and spirit. One of the principal aims of this time-tested healing system is to impart to readers that everything is energy, and that by learning to balance their vital energies with the proper corresponding food energies, they can prevent the onset of many inflammatory symptoms associated with common ailments.

MARK MINCOLLA, PH.D., is a natural-health-care practitioner who has transformed thousands of lives over the past thirty years. Mincolla has integrated ancient Chinese energy techniques with cutting-edge nutritional science in what has become his innovative Electromagnetic Muscle Testing system (EMT). He lives and maintains a personal practice in Cohasset, Massachusetts.
No, it is not all in your head: Life is stressful, and some lives more so than others. Yet people react to the same situations differently, and recognizing the difference between what we can control and what we can’t is crucial for stress management—and it is an awakening in and of itself. This practical book is designed to bring the benefits of mindfulness meditation practice to stress reduction. Unlike other stress-reduction books, Buddha’s Book of Peace also helps you develop the positive values of a calm and constructive attitude. It takes you from stress—where many of us find ourselves—to well-being.

JOSEPH EMET trained with Zen master Thich Nhat Hanh at Plum Village in France, and was made a Dharma teacher in Thich Nhat Hanh’s tradition. He has a doctorate in music from Boston University and is the author of Buddha’s Book of Sleep. The founder of the Mindfulness Meditation Centre in Montreal, Emet lives in Pointe-Claire, Canada.
Why do we sabotage our own best intentions? How can we eliminate procrastination from our lives for good? Based on current psychological research and supplemented with clear strategies for change, this concise guide will help readers finally break free from self-destructive ideas and habits, and move into freedom and accomplishment. With numerous practical tips for change, Solving the Procrastination Puzzle brings clarity and scientific studies—and a touch of humor!—to the quest for successfully achieving your goals. This accessible guide is perfect for entrepreneurs, parents, students, and anyone who wants to get unstuck, stop delaying, and start living their most inspired life.

Timothy A. Pychyl, Ph.D., is an associate professor of psychology at Carleton University in Ottawa. Researching and writing about procrastination since 1995, Pychyl has garnered an international reputation for his scholarship and a global audience for his iProcrastinate podcasts and his popular Don’t Delay blog with Psychology Today.
THE BOOK OF KNOWING AND WORTH
A Channeled Text

PAUL SELIG
Author of I Am the Word and The Book of Love and Creation

The third in Paul Selig’s popular “I Am the Word” channeled literature series, this extraordinary psychological-spiritual guide addresses how to overcome low self-worth and claim our true purpose as individuals.

Praise for Paul Selig

“Generosity and compassion flow from Paul. His gifts help me find deeper connections to myself and to the world. His guidance is powerfully freeing, and, to me, indispensable.”
—Joan Larkin

“In a world of would-be psychics making great claims for themselves with little evidence to back them up, Paul Selig is the real thing.”
—Rachel Pollack, author of 78 Degrees of Wisdom: A Book of Tarot

In his third channeled text, Paul Selig—acclaimed author of I Am the Word and The Book of Love and Creation—brings us his most practical message yet.

Informing us that “you decide what you are worth,” Selig’s spiritual guides take readers through a program to understand our own inherent worth, and beat the fears that drain our in-born spiritual knowing.

Selig reveals that true understanding of our life’s purpose can be found through “service”—the practice of the thing that you most love. Readers can discover their own form of service through this powerful mantra: “I know who I am, I know what I am, I know how I serve.”

PAUL SELIG is a writer, teacher, and medium. A 1987 spiritual experience left him clairvoyant, and he maintains a private intuitive practice in New York City. Selig directs the Master of Fine Arts in Creative Writing Program at Goddard College and teaches in the MFA program at New York University.
A FRIENDLY UNIVERSE
Sayings to Inspire and Challenge You
BYRON KATIE

Internationally acclaimed bestselling author Byron Katie presents inspiring sayings in this beautiful work, which features illustrations by award-winning artist Hans Wilhelm.

In this vibrant book of inspiring and challenging wisdom, Byron Katie offers powerful aphorisms that can change the lives of readers forever. These delightful “Katieisms” are presented along with full-color, full-page illustrations from celebrated and award-winning artist Hans Wilhelm. This uplifting book will brighten the lives of readers who are searching for inner harmony and an end to suffering.

BYRON KATIE
experienced what she calls “waking up to reality” in 1986, and since then she has introduced The Work, her method of self-inquiry, to millions of people at public events and in prisons, hospitals, churches, V. A. centers, corporations, universities, and schools. Participants at her nine-day School for The Work and twenty-eight-day residential Turnaround House report profound experiences and lasting transformations. “Katie’s events are riveting to watch,” the Times of London reported. Eckhart Tolle calls The Work “a great blessing for our planet.” And Time magazine named Katie a “spiritual innovator for the new millennium.” Her three bestselling books are Loving What Is, I Need Your Love–Is That True?, and A Thousand Names for Joy.

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Now Tarcher is proud to offer this book as part of its Inspiration Cards series, featuring sixty-four beautifully designed cards containing insights that, in the author’s own words, “will help people meet their days and inhabit their lives.”

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Penelope Quest

Practicing Reiki is not simply about healing others—it is also about healing yourself and growing spiritually. Master Reiki practitioner Penelope Quest has been helping others heal physically and emotionally with Reiki for more than fifteen years, both via her practice and through her books, including Reiki for Life and The Basics of Reiki. Now her restorative and inspiring advice has been distilled into this beautiful card deck.

The Now Habit Motivation Cards
Neil Fiore, Ph.D.

In his perennial seller The Now Habit, author Neil Fiore provided the first comprehensive strategy to help readers overcome the causes of procrastination and eliminate its deleterious effects. His techniques can help any busy person get more done more quickly, without the anxiety and stress brought on by failure to meet the workplace’s pressing deadlines.

The Now Habit Motivation Cards offer essential pieces of wisdom and inspiration from Fiore’s successful program, helping anyone—from busy professionals to college students—conquer the common and disabling habit of procrastination.
What is the purpose of life on earth? In An Unknown World, philosopher Jacob Needleman frames man’s role on the planet in a completely new and fresh way, moving beyond the usual environmental concerns to reveal how the care and maintenance of a world is something vital and basic to our existence as authentic human beings.
POWER OF YOU
How to Live Your Authentic, Exciting, Joy-Filled Life Now!
CHRIS MICHAELS, D.D.

Practical, motivating, and inspiring ways to unleash your potential—from one of today’s most exciting spiritual teachers!

Excerpt from THE POWER OF YOU

“There’s something you came here to do on earth, something significant and powerful. You are alive at this time in history because the world has desperate need of your talent, gift or perspective. You have something to say that’s never been said. You have something to do that’s never been done, or something to write that’s never been written. There’s a power that resides within you awaiting your discovery. It is rising up and calling on you to pay attention. And it will not let you rest or be happy until you make use of it and realize your dreams.”

You are a masterpiece. You have everything you need right now to create your life exactly as you want it to be.

Successful people will often say that when they’re at their peak performance level, they feel a sense of some other presence with them—something beyond themselves. That other presence seems bigger than their own talent or personality.

The Power of You guides readers in discovering the other presence that resides within all of us. As an author and a spiritual director Chris Michaels shows, once we are able to tap into this presence, we can use it to help improve every aspect of our lives.

CHRIS MICHAELS, D.D., is a national speaker and author. He is the founder and spiritual director for the Center for Spiritual Living in Kansas City, Missouri, and has helped thousands of people understand the spiritual principles that govern our lives. Michaels is a leading authority on the new spirituality movement.
THE 10-STEP STRESS SOLUTION
Live More, Relax More, Re-energize

NEIL SHAH

A simple, straightforward guide to managing the daily stress in your life.

Too busy to get everything done? Lie awake at night worrying and fretting? It is all too easy to feel out of control in the modern world. With so many demands on your time, you can feel overstretched and overburdened. However, there are easy ways to gain control and banish your worries for good.

This accessible book from Neil Shah of the Stress Management Society offers a simple ten-step plan with practical solutions for regaining control of your life. Find out how to:

- Manage your time—at work and at home
- Improve your concentration and motivation
- Regain your balance and lift your mood
- Get a good night’s sleep and stop worrying

NEIL SHAH is the founder and director of the Stress Management Society and is an international authority on stress-management and well-being issues. He has helped thousands of people tackle stress through one-on-one coaching and workshops, and he travels all over the world to teach his unique stress-management techniques.
PAINTING YOUR WAY OUT OF A CORNER
The Art of Getting Unstuck
BARBARA DIANE BARRY

In the tradition of The Artist’s Way, an exciting program that introduces painting as a jumping-off point for realizing one’s full creative potential in all areas of life.

Based on author Barbara Diane Barry’s popular course Art for Self-Discovery and supported by research in psychology and the science of brain function, Painting Your Way Out of a Corner guides readers through the process of overcoming blocks and expressing themselves freely in painting. Through a series of exercises that emphasize improvisation and risk-taking, readers will learn how to quiet their inner critics and strengthen their creativity. The more we learn to play and accept whatever appears on the page, the more we are able to try new things in life. Readers will be inspired by Barry’s delightful full-color paintings featured throughout the book.

BARBARA DIANE BARRY is an artist and art teacher in New York City. Under the educational outreach program at Symphony Space, she teaches in public schools throughout the city. Barry is the creator of Art for Self-Discovery, a studio art program for adults and children.

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Why do some people seem to have all the luck? According to writer and economist A. H. Z. Carr, there’s much more to luck than just the random caprices of fate—“luck” is an accessible mind-set that anyone can achieve.

The difference between “chance” and “luck,” says Carr, lies in our mental attitude. Carr teaches readers how to develop their character and adjust their mind-set to pick out the opportunities for happiness and success that are available to us all, but which most unthinkingly pass by.

This is no volume of superstition—this is a real guide for people who want to tap into the opportunities for a better life that surrounds us.

A. H. Z. Carr (1902–1971) was a consulting economist for several major corporations, an economic adviser to the Roosevelt presidency, and a consultant to the Truman presidency. Carr authored several books, and his writing appeared in Harper’s, The Saturday Evening Post, and Reader’s Digest.
FAIL FAST, FAIL OFTEN
How Losing Can Help You Win
RYAN BABINEAUX, Ph.D.
AND JOHN KRUMBOLTZ, Ph.D.

What if your biggest mistake is that you never make mistakes?

Ryan Babineaux and John Krumboltz, psychologists, career counselors, and creators of the popular Stanford University course “Fail Fast, Fail Often,” have come to a compelling conclusion: Happy and successful people tend to spend less time planning and more time acting. They get out into the world, try new things, and make mistakes, and in doing so, they benefit from unexpected experiences and opportunities. Drawing on the authors’ research in human development and innovation, Fail Fast, Fail Often shows readers how to allow their enthusiasm to guide them, to act boldly, and to leverage their strengths—even if they are terrified of failure.

RYAN BABINEAUX, Ph.D. received his doctorate from Stanford University in educational psychology and his M.Ed. from Harvard University in psychology and human development.

JOHN KRUMBOLTZ, Ph.D. is a professor of education and psychology at Stanford University. He coauthored Luck Is No Accident: Making the Most of Happenstance in Your Life and Career.

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This collection of storytelling secrets from top genre writers—including winners of Nebula, Hugo, Edgar, and Bram Stoker awards—is essential for any writer looking to take a leap beyond the ordinary.

Laurie Lamson is a writer, filmmaker, and book editor. She coedited NOW WRITE! Screenwriting and NOW WRITE! Mysteries.
Do you ever feel that your words produce the exact opposite effect of what you were hoping for—escalating tensions rather than solving problems? The author of Emotional Bullshit Carl Alasko has found that with the right guidance, anyone can learn effective communication skills. In Say This, Not That, Alasko presents readers with simple instructions for what to say . . . and what not to say. Accompanying each pair of statements is a brief discussion of what makes one so negative and destructive, and the other inviting of the kind of discussion needed. This book is the ultimate resource for anyone who longs to consistently say the right thing at the right time.

CARL ALASKO, Ph.D., has been a psychotherapist specializing in couples and families for thirty years. Author of Emotional Bullshit, he writes a weekly advice column “On Relationships” for the Monterey County Herald. He lives in Monterey, California, with his wife and son.
What if the data being gathered about you online and by your smartphone could help you become more social, positive, and happy? It can, and this book will show you how.
“It’s not just about improving well-being around the world. Havens has political ambitions for his project too. . . . The aim here is to help policy makers or anyone else see why the holistic measure of well-being could help guide their decisions with greater context than the GDP.”

—Business Insider

“It’s an ambitious idea, but I know that the data will help us run the city as much as it will help residents find resources that they might not know about otherwise.”

—Joe Curtatone, mayor of Somerville, Massachusetts

In *Hacking Happiness*, John C. Havens introduces you to your “quantified self”—the data about your daily activities that is being gathered by your smartphone and by companies such as Google, Yahoo!, and Amazon as you interact online. He then explores how you can use this data, just as companies use “Big Data” to inform their decisions, to identify trends in your life and thereby make smarter choices.

An issues book that will arm you with the tools to better understand yourself, this timely work takes the trepidation out of the technological renaissance and illustrates how the fruits of this information age can improve your well-being.

**“The H(app)athon app will launch the same day as the book.”**

**JOHN C. HAVENS**—tech expert, contributing writer for Mashable.com, and founder of the H(app)athon Project—is a stage and film actor turned business consultant and writer. He lives with his family in New Jersey.
BORN TO RECEIVE
Seven Powerful Steps Women Can Take Today to Reclaim Their Half of the Universe

AMANDA OWEN

Discover the seven secrets women can use to get ahead in the world!

This book from consultant-coach Amanda Owen (author of The Power of Receiving) presents self-improvement strategies for women and a radically different approach to helping them achieve their goals, reduce stress, and create better health and happiness by using the power that already exists within them. Born to Receive offers women seven effective, practical steps that they can integrate easily into their daily lives, and includes inspiring examples of women who have changed their lives for the better by tapping into their receptive power. With exercises, special tips, and resources throughout, this book provides life-changing advice with a simple message: It’s okay to receive!

AMANDA OWEN

is a consultant-coach in the areas of spirituality, empowerment, and self-improvement, and has created the transformative Receive and Manifest workshops. Her research over the last twenty years into the nature of receptivity, along with her studies in quantum theory and Buddhism, led her to develop a system that helps people create the lives they want.
ALEISTER CROWLEY
Magick, Rock and Roll, and the Most Wicked Man in the World
GARY LACHMAN

This definitive work on the occult’s “great beast” traces the arc of his controversial life and influence on rock-and-roll giants, from the Rolling Stones to Led Zeppelin to Black Sabbath.

Praise for Gary Lachman

“Gary Lachman has become an increasingly prolific engine of literate, well-written, and clear-headed books about esoteric history and ‘occulture.’
—Erik Davis, author of TechGnosis

“Thinking outside the box, Lachman challenges many contemporary theories by reinserting a sense of the spiritual back into the discussion.”
—Deborah Bigelow, Library Journal on Emotional Bullshit

When Aleister Crowley died in 1947, he was not an obvious contender for the most enduring pop-culture figure of the next century.

But twenty years later, Crowley’s name and image were everywhere. The Beatles put him on the cover of Sgt. Pepper’s Lonely Hearts Club Band. The Rolling Stones were briefly serious devotees.

Today, his visage hangs in goth clubs, occult temples, and college dorm rooms, and his methods of ceremonial magick animate the passions of myriad occultists and spiritual seekers.

Aleister Crowley is more than just a biography of this compelling, controversial, and divisive figure—it’s also a portrait of his unparalleled influence on modern pop culture.

GARY LACHMAN is one of today’s most respected writers on esoteric and occult themes. His books—including Swedenborg, Jung the Mystic, and Rudolf Steiner—have received international acclaim. A founding member of Blondie, Lachman has been inducted into the Rock and Roll Hall of Fame. He lives in London.
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