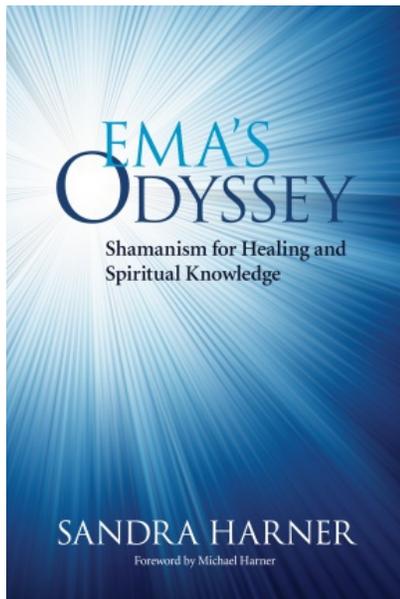


PHOTO BY SEAN GOLD



NORTH ATLANTIC BOOKS
NEW TITLES

JANUARY–JUNE 2014



ON SALE 1/7/2014
NORTH ATLANTIC BOOKS
TRADE PAPERBACK

978-1-58394-663-3
\$34.95/\$39.95 Can.

BISAC 1: Body, Mind & Spirit - Shamanism
BISAC 2: Body, Mind & Spirit - Angels & Spirit Guides
BISAC 3: Body, Mind & Spirit - Mental & Spiritual Healing
Page Count: 544 **Trim Size:** 6 x 9
Carton Count: 16

Marketing and Publicity

- Outreach to print media in new age/shamanism (e.g., Shaman's Drum, Journal of Shamanic Practice, Sacred Hoop, Shamanism Magazine, Indie Shaman, Sacred Fire)
- Online outreach in new age/shamanism (e.g., Shaman Portal, New Realities, Merlian News, Kinetics)
- Outreach to radio/video media in new age/shamanism (e.g., Thinking Allowed TV, Beyond the Ordinary, In the Spirit Radio, The Zany Mystic, Church of Mabus, Why Shamanism Now?)
- Online outreach in alternative/counterculture media (e.g., New Realities, Reality Sandwich, Disinfo, Alternet, Alternative News)
- Promotion on Shamanism.org
- Publicity requests and author interview requests for print, online, broadcast media will be actively fulfilled
- Digital previews available on Google Book Search, Amazon Search Inside, and Barnes & Noble See Inside
- Promotion on NAB Communities, Facebook, and Twitter, featuring excerpts and links to reviews
- Announcement on the Recent Releases page of the North Atlantic Books website

Ema's Odyssey Shamanism for Healing and Spiritual Knowledge



Sandra Harner

This enchanting, poetic recording of one woman's experiences while in a shamanic state of consciousness is a must-read for students and practitioners of shamanism, and will have broad appeal for spiritual and New Age readers interested in personal growth, self-discovery, and self-healing.

Follow the fantastic shamanic journeys of Ema as she explores otherworldly realms, encountering spirit animals and other teachers who provide her with life-changing guidance and healing. From 1999 to 2011, Ema ventures on a total of 64 journeys, each one chronicled in this book, thanks to taped recordings of her simultaneous narration. In addition to serving as an invaluable resource for students and practitioners of shamanism, psychology, and alternative modalities of therapy, *Ema's Odyssey* enchants us with its lyrical poetry and unique wisdom, and inspires us with its demonstration of courage, curiosity, persistence, and humility. Perhaps most importantly, we come away with the added assurance that we are not alone, that there are oft-untapped resources we all can access, given the tools and trust in our own experience.

- **AUTHORITATIVE:** Sandra Harner cofounded the Foundation for Shamanic Studies (FSS) and served as director of the Shamanism and Health Project and codirector of the Shamanic Knowledge Conservatory.
- **LARGE FANBASE:** Hundreds of thousands have studied with FSS or its graduates, and its website averages 60,000 hits per month. The foundation's mailing list has 50,000 recipients in the United States, 5,000 in Canada, and 10,000 in other countries.
- **NAME RECOGNITION:** The author's husband and collaborator, Michael Harner, is widely recognized as the world's leading expert on shamanism.
- **THE FOUNDATION FOR SHAMANIC STUDIES:** www.shamanism.org

About the Author/Illustrator

Author Residence: Mill Valley, California

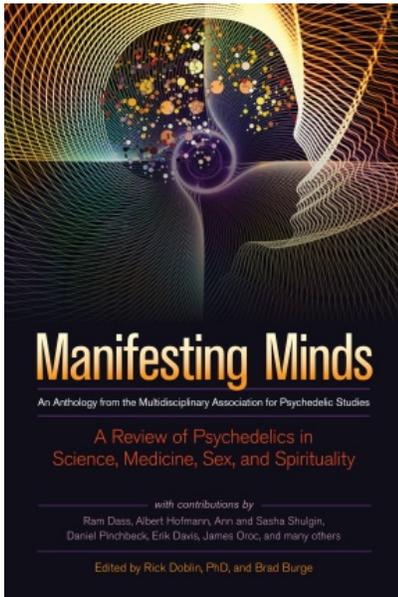
Author Hometown: Cairo, Egypt

SANDRA HARNER, PhD, cofounded the Foundation for Shamanic Studies (FSS) in the late 1970s with her husband, Michael Harner, and has taught at U.C. Berkeley, California College of Arts and Crafts, and the State University of New York at Purchase. She has been actively involved in the FSS since its inception and is director of the Shamanism and Health Project and codirector of the Shamanic Knowledge Conservatory. Harner is a licensed psychologist and maintains a clinical practice specializing in health psychology and existential-humanistic psychotherapy. Her current focus of research is the intersection of shamanism and psychology.

Rights

Territories:	Return indicator: Full copies only	Reprint:
Audio:	Book Club:	1st Serial:
British:	Translation:	Special Markets:
Restriction: World	Agency:	Agent:

Comp Titles	ISBN	On sale	Publisher	Price
Unlikely Peace Chchumaquic/Prechtel, Mar...	978-1-58394-360-1	1/12	North Atlantic Books	\$24.95/\$28.95 Can.
Awakening to the Spirit World/Ingeman...	9781591797500	02/2010	Sounds True	\$19.95
Be Your Own Shaman/King, Deborah/HC	9781401930783	01/2011	Hay House	\$22.95
Illumination: The Shaman's Way of Healin...	9781401923280	03/2010	Hay House	\$24.95
Psychedelic Shamanism/Dekorner, Jim/TR	978-1-55643-999-5	7/11	North Atlantic Books	\$19.95/\$22.95 Can.



ON SALE 1/7/2014
EVOLVER EDITIONS
TRADE PAPERBACK

978-1-58394-726-5
\$19.95/\$22.95 Can.

BISAC 1: Body, Mind & Spirit - Entheogens & Visionary Substances
BISAC 2: History - Social History
BISAC 3: Body, Mind & Spirit - Shamanism
Page Count: 304 **Trim Size:** 6 x 9
Carton Count: 20

Marketing and Publicity

- Outreach to trade magazines: PW, Library Journal, Booklist, Kirkus
- Outreach to print and online media in spirituality and alternative medicine (e.g., Spirituality & Health, New Realities, Reality Sandwich)
- Outreach to progressive print outlets (e.g., NY Times, High Times, The Progressive, Mental Floss, Mother Jones, Utne Reader)
- Online outreach to websites, blogs, and forums that focus on progressive news (e.g., Alter Net, Elephant Journal, Salon, New Consciousness Review)
- Radio outreach to shows and podcasts in progressive news and pop culture (e.g., NPR, Disinfo, New Consciousness Review Radio, Gary Null Show)
- Promotion to Multidisciplinary Association for Psychedelic Studies (MAPS) network of over 35K+
- Digital previews available on Google Book Search, Amazon Search Inside, and Barnes & Noble See Inside
- Promotion on NAB Communities, Facebook, and Twitter, featuring excerpts and links to reviews
- Announcement on the Recent Releases page of the North Atlantic Books website

Manifesting Minds

A Review of Psychedelics in Science, Medicine, Sex, and Spirituality



Rick Doblin, Ph.D., and Brad Burge

This anthology of essays and research on the physical, emotional, creative, and spiritual benefits of psychedelics and marijuana will appeal to educated readers with personal experience and interest in psychedelics, science, and empirical research, as well as professionals in the realms of alternative therapies, neuroscience, pharmacology, spirituality, and art.

Featuring essays and interviews with Timothy Leary, Aldous Huxley, Ram Dass, Albert Hofmann, Alexander (Sasha) Shulgin, Daniel Pinchbeck, Tim Robbins, Arne Naess, and electronic musician Simon Posford, as well as groundbreaking research and personal accounts, this one-of-a-kind anthology is a "best of" collection of articles and essays published by the Multidisciplinary Association for Psychedelic Studies (MAPS). Topics include the healing use of marijuana and psychedelics—including MDMA, ibogaine, LSD, and ayahuasca—for PTSD, anxiety, depression, and drug addiction, as well as positive effects of these substances in the realm of the arts, family, spirituality, ecology, and technology.

- **STRONG OUTREACH:** Maps.org gets 60,000 unique hits per month and has a mailing list of 3,700 (700 international). They have 24,000 email subscribers, 935 YouTube subscribers, 35,000 Facebook likes, and 5,700 Twitter followers. In addition to holding their own conferences (at which 1,000+ attendees is average), they make regular appearances at scheduled events each year, with an estimated 25,000 annual impressions.
- **BEST AND BRIGHTEST:** Includes essays by and interviews with well-known thinkers and creators such as Daniel Pinchbeck, Ram Dass, Timothy Leary, Aldous Huxley, Albert Hofmann, Tim Robbins, Arne Naess, and electronic musician Simon Posford.
- **RESURGENCE OF INTEREST:** With recent changes in drug legislation and recent findings on treating PTSD and other maladies with marijuana and psychedelics, there is a new wave of popular interest in these still taboo subjects.

About the Author/Illustrator

Author Residence: Santa Cruz, CA

Author Hometown: Santa Cruz, CA

RICK DOBLIN, PhD, is the founder and executive director of Multidisciplinary Association for Psychedelic Studies (MAPS), a nonprofit research and educational organization that develops medical, legal, and cultural contexts for people to benefit from the careful uses of psychedelics and marijuana. Its current research programs include MDMA-assisted psychotherapy and medical marijuana for PTSD, ibogaine and ayahuasca therapy for drug addiction, and LSD-assisted psychotherapy for anxiety associated with advanced-stage illness. MAPS also hosts international conferences and events that bring together researchers and students from all over the world. **BRAD BURGE** is director of communications and marketing for the Multidisciplinary Association for Psychedelic Studies (MAPS). His graduate work focused on the political, scientific, and cultural changes required to make illicit drugs into legitimate medicines. In 2009, he presented his work on the history of the distinction between the recreational and medical use of drugs at the Critical Legal Studies conference at the University of Leicester in the UK.

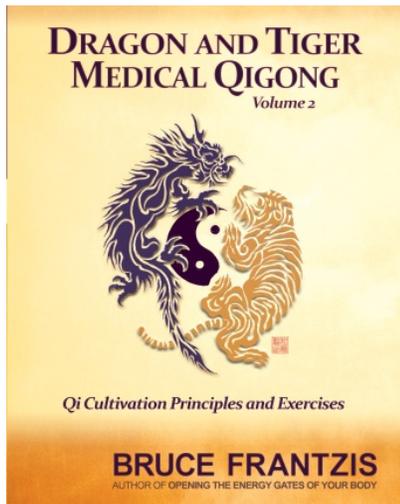
Rights

Territories:
Audio:
British:
Restriction: World

Return indicator: Full copies only
Book Club:
Translation:
Agency:

Reprint:
1st Serial:
Special Markets:
Agent:

Comp Titles	ISBN	On sale	Publisher	Price
Psychedelic Shamanism/Dekorne, Jim/TR	978-1-55643-999-5	7/11	North Atlantic Books	\$19.95/\$22.95 Can.
Exploring The Edge Realms/Pinchbeck, Dan...	978-1-58394-488-2	9/12	EVOLVER EDITIONS	\$18.95/\$22.50 Can.
Marijuana Gateway to Health/Werner, Clin...	9780983426189	09/2011	Dachstar Press	\$15.95/\$18.95 Can.
The Psychedelic Explorer's Guide/Fadiman...	9781594774027	05/2011	Park Street Press	\$18.95/\$22.50 Can.
LSD: Doorway to the Numinous/Grof, Stani...	9781594772825	02/2009	Park Street Press	\$18.95/\$22.50 Can.
The Harvard Psychedelic Club/Lattin, Don...	9780061655944	01/2011	HarperOne	\$14.99/\$17.99 Can.
Entheogens and the Future of Religion/Fo...	9781594774386	01/2012	Park Street Press	\$16.95/\$19.95 Can.



Dragon and Tiger Medical Qigong, Volume 2 Qi Cultivation Principles and Exercises



Bruce Frantzis

This accessible system of holistic health will appeal to a wide range of audiences: therapeutic and medical professionals, meditators, yoga practitioners and athletes, martial artists, and anyone seeking improved overall health or a means to alleviate injury, stress, or illness.

Dragon and Tiger medical qigong is a 1,500-year-old self-healing exercise that strengthens the immune system and mitigates the effects of chronic illness. Grounded in the ancient traditions of Taoism and Buddhism, it is known for its powerful ability to prevent and heal cancer. The method is based on Chinese medicine's system of acupuncture meridians. *Dragon and Tiger Medical Qigong, Volume 1* taught students the physical movements. Volume 2 teaches students how to take their practice to the next level and more effectively reap the health benefits for which this qigong practice is renowned:

- Releases stagnant chi that cannot move freely due to physical, emotional, or psychic blockages of energy.
- Increases the speed, strength, and evenness of the circulation of chi, blood, and other fluids, balancing the body's energy.
- Quickly raises the energy levels of the body to boost its natural healing capacities.
- **UNIQUE AUTHORITY:** The first known Westerner to hold authentic lineages in qigong, bagua, tai chi, hsing-i, and Taoist meditation, Frantzis presents profound Eastern teachings in an easy, conversational style for the Western reader.
- **READYMADE AUDIENCE:** An established author with a large following of students, Frantzis has sold over 90,000 copies of his titles to date.
- **ONLINE FOLLOWING:** Frantzis has 3,700 friends on Facebook; 6,200 followers on Twitter; the EnergyArtsVideos YouTube channel has 1,600 subscribers and 830,000 views.
- **NEXT LEVEL OF A POWERFUL TECHNIQUE:** *Dragon and Tiger Medical Qigong, Volume 1* taught students the physical movements of the exercise; this second volume focuses on strengthening the flow of qi, thus making the practice more effective.

"Frantzis' insight into the heart of these ancient meditation techniques makes the understanding of these precious teachings easily accessible to the mind of the Western seeker." --Chogyal Namkhai Norbu, author of *The Crystal and the Way of Light*

About the Author/Illustrator

Author Residence: Fairfax, CA

Author Hometown: New York, NY

BRUCE FRANTZIS is the author of ten books, including *Tao of Letting Go*, *Opening the Energy Gates of Your Body*, *The Power of Internal Martial Arts and Chi*, and *Taoist Sexual Meditation*. He contributes regularly to magazines such as *Men's Health*, *Empty Vessel*, *Inside King Fu*, and *Natural Health*. Frantzis has served as an advisor to Harvard University's Qi Research Group and in 2010 received an award for lifetime achievement from the National Qigong Association.

Rights

Territories:
Audio:
British:
Restriction: World

Return indicator: Full copies only
Book Club:
Translation:
Agency:

Reprint:
1st Serial:
Special Markets:
Agent:

Hist/Prev Titles	ISBN	On sale	Publisher	Price
Opening Energy Gates Body/Frantzis, Bruc...	9781583941461	12/05	Blue Snake Books	\$21.95/\$27.50 Can.
Power Internal Martial Arts/Frantzis/TR	978-1-58394-190-4	8/07	Blue Snake Books	\$27.95/\$34.95 Can.
The Chi Revolution/Frantzis/TR	978-1-58394-193-5	1/08	Blue Snake Books	\$19.95/\$24.95 Can.
Tao Of Letting Go/Frantzis/TR	978-1-55643-808-0	7/09	North Atlantic Books	\$19.95/\$24.95 Can.
Bagua And Tai Chi/Frantzis/TR	978-1-58394-359-5	1/12	Blue Snake Books	\$19.95/\$23.95 Can.
Comp Titles	ISBN	On sale	Publisher	Price
Dragon Tiger Medical Qigong/Frantzis/TR	978-1-55643-921-6	11/10	North Atlantic Books	\$23.95/\$26.95 Can.
Energy Medicine/Eden & Feinstein/TR	9781585426508	09/2008	Tarcher	\$17.95
8 Weeks to Optimum Health/Weil/TR	978-0-345-49802-1	08/2007	Ballantine Books	\$16.00

ON SALE 1/14/2014

NORTH ATLANTIC BOOKS
TRADE PAPERBACK

978-1-58394-661-9
\$23.95/\$26.95 Can.

BISAC 1: Body, Mind & Spirit - Healing - Energy (Chi Kung, Reiki, Polarity)

BISAC 2: Health & Fitness - Healing

BISAC 3: Health & Fitness - Alternative Therapies

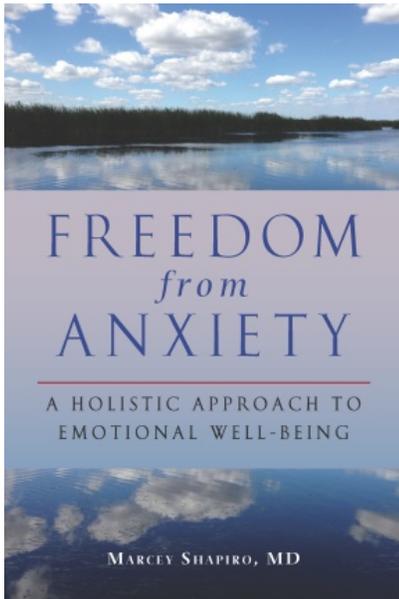
Page Count: 250 **Trim Size:** 9-1/4 x 7-3/8

Carton Count: 32

Illustrations: 50+ B&W ILLUS.; 10 B&W PHOTOS

Marketing and Publicity

- Outreach to print media in qigong and martial arts (e.g., Qi Journal, Qi Magazine, Qigong Magazine, Journal of Qigong and Taiji Culture, Inside Kung-Fu Magazine, Kung-Fu Magazine, Tai Chi Chuan, Combat & Healing, Tai Chi)
- Online outreach to websites, blogs, forums and Facebook groups in martial arts (e.g., Tai Chi Daily, IkigaiWay, Be Not Afraid of the Rain, Dojo Rat)
- Publicity requests and author interview requests for print, online, broadcast media will be actively fulfilled
- Digital previews available on Google Book Search, Amazon Search Inside, and Barnes & Noble See Inside
- Promotion on NAB Communities, Facebook, and Twitter, featuring excerpts and links to reviews



ON SALE 1/14/2014
NORTH ATLANTIC BOOKS
TRADE PAPERBACK

978-1-58394-675-6
\$19.95/\$22.95 Can.

BISAC 1: Self-Help - Anxieties & Phobias
BISAC 2: Health & Fitness - Alternative Therapies
BISAC 3: Health & Fitness - Healing
Page Count: 360 **Trim Size:** 6 x 9
Carton Count: 18
Illustrations: 1 B&W ILLUSTRATION

Marketing and Publicity

- Outreach to print media in health, lifestyle, self help (e.g., Health, Shape, Experience Life, Psychology Today)
- Online outreach to websites, blogs, and forums that focus on health, lifestyle, self help (e.g., Everyday Health, Life Positive, Self Growth, Reality Sandwich, WellSphere)
- Radio outreach to West Coast Live, New Dimensions, Your Own Health and Fitness
- Coordinated social media campaign through author's website (marceyshapiro.com)
- Promotion of author events, excerpts, and giveaways to Facebook groups in anxiety and stress
- Digital previews available on Google Book Search, Amazon Search Inside, and Barnes & Noble See Inside
- Promotion on NAB Communities, Facebook, and Twitter, featuring excerpts, author podcast, and links to reviews

Freedom from Anxiety A Holistic Approach to Emotional Well-Being



Marcey Shapiro, M.D.

This practical and personal hands-on guide will appeal to anxiety sufferers seeking new treatment techniques that focus on a mind-body-spirit approach as well as health care practitioners who want to learn more effective methods for helping their patients and clients alleviate this common syndrome.

Based on Dr. Marcey Shapiro's decades of clinical experience and research, this book presents hundreds of safe, practical, and effective tools and techniques to alleviate anxiety, an epidemic that affects nearly 20 percent of Americans. Dr. Shapiro shares how her personal struggle with this widespread syndrome led her to discover that there is not one treatment program that works for everyone and provides a wide range of empowering and integrative methods that will help readers find real and transformative relief: dietary changes, visualizations, breathing techniques, nutritional supplements, herbs, homeopathy, bodywork, aromatherapy, flower essences, acupuncture, and more commonplace Western techniques such as medication and therapy, when appropriate. Having successfully helped herself and numerous patients bring ease and peace of mind back into their lives, Shapiro offers a nondogmatic approach and a spiritual path to self-awareness and self-acceptance for the millions who suffer from the heartache and despair caused by anxiety.

- **RELEVANT SUBJECT MATTER:** According to the National Institute of Mental Health, 18% of Americans are currently afflicted with an anxiety disorder, making it the most common mental illness in the U.S.
- **INCREASED POPULARITY OF MIND-BODY TECHNIQUES:** According to the 2007 National Health Interview Survey, several mind-body approaches ranked among the top 10 CAM (complementary and alternative medicine) practices reported by adults: 12.7% used deep-breathing exercises, 9.4% practiced meditation, and 6.1% practiced yoga.
- **EXPERT AUTHOR:** Dr. Shapiro has been practicing and teaching complementary and alternative medicine to students and professionals for more than twenty years.
- **FLEXIBILITY OF OPTIONS:** Book offers a diverse array of both alternative and traditional treatment choices, many of them free or very low cost, to help anxiety sufferers achieve immediate relief as well as long term healing.
- **ACCESSIBLE APPROACH:** Author shares engaging anecdotes about her personal struggles with anxiety and her experience of healing as well as stories and examples from her clinical practice.

About the Author/Illustrator

Author Residence: Richmond, CA

Author Hometown: Chicago, IL

MARCEY SHAPIRO, MD, is a family physician with extensive training and experience in many areas of natural medicine including Western and Chinese herbal medicine, acupuncture, flower essences, homeopathy, breathing techniques, nutritional therapies, Scenar®, and hands-on modalities such as Ortho-Bionomy® and Biodynamic Osteopathy. She works with patients to address the many facets of illness/imbalance--biophysical, psychological, and spiritual--and creates realistic treatment plans that incorporate a variety of modalities.

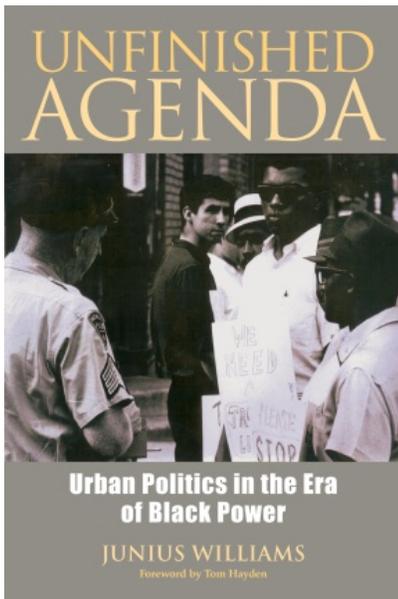
Rights

Territories:
Audio:
British:
Restriction: World

Return indicator: Full copies only
Book Club:
Translation:
Agency:

Reprint:
1st Serial:
Special Markets:
Agent:

Hist/Prev Titles	ISBN	On sale	Publisher	Price
Transforming Nature Of Health/Shapiro, Ma...	978-1-58394-361-8	2/12	North Atlantic Books	\$17.95/\$21.50 Can.
Comp Titles	ISBN	On sale	Publisher	Price
Overcoming Trauma Through Yoga/Emerson,...	978-1-55643-969-8	4/11	North Atlantic Books	\$19.95/\$22.95 Can.
In An Unspoken Voice/Levine, Peter A. Ph...	978-1-55643-943-8	9/10	North Atlantic Books	\$21.95/\$24.95 Can.
Yoga for Emotional Balance/Forbes, Bo/TR	978-1-59030-760-1	03/2011	Shambhala	\$19.95
Mindful Way Through Anxiety/Orsillo, S./...	9781606234648	01/2011	Guilford Press	\$16.95
10 Best Anxiety Mngt. Techniques/Wehrenb...	9780393705560	08.2008	W. W. Norton	\$19.95
When Panic Attacks/Burns, David/TR	978-0-7679-2083-4	06/2007	Three Rivers Press	\$15.99
Understanding The Messages/Barral, Jean-...	978-1-55643-679-6	11/07	North Atlantic Books	\$18.95/\$24.95 Can.



ON SALE 1/14/2014
 NORTH ATLANTIC BOOKS
 TRADE PAPERBACK

978-1-58394-722-7
\$18.95/\$21.95 Can.

BISAC 1: Political Science - Civil Rights
BISAC 2: Social Science - African-American Studies
BISAC 3: Biography & Autobiography - Political
Page Count: 432 **Trim Size:** 6 x 9
Carton Count: 16
Illustrations: 22 B&W PHOTOS

Marketing and Publicity

- Outreach to mainstream print publications in news (e.g., TIME, New York Times, Washington Post, Wall Street Journal, The Atlantic)
- Outreach to print publications in African American news (e.g., Jet, Ebony, Essence, Black Enterprise, Uptown)
- Outreach to print media in activism (e.g., Mother Jones, Yes!, Utne, Adbusters)
- Outreach to online mainstream media in news (e.g., Slate, Salon, Gawker, Huffington Post, Politico)
- Outreach to online media in activism (e.g., Upworthy, Truthout, Truthism)
- Outreach to mainstream broadcast media in news (e.g., The Daily Show, Democracy Now!, The Leonard Lopate Show, The Cycle)
- Outreach to broadcast media in African American news (e.g., Smiley & West Show, The Power, Totally Biased with W. Kamau Bell)
- Digital previews available on Google Book Search, Amazon Search Inside, and Barnes & Noble See Inside
- Black History Month promotion on NABCommunities.com with a book trailer, excerpts, podcast & webinar
- Promotion on North Atlantic Books Facebook, Twitter, & Pinterest, including news updates & featured quotes
- Promotion on author's academic and professional listing pages including Harvard & Rutgers
- Promotion on author's blog at <http://juniuswilliams.wordpress.com>

Unfinished Agenda Urban Politics in the Era of Black Power



Junius Williams

An inside look at the Black Power Movement that emerged during the Civil Rights Movement of the sixties, this autobiography teaches grass-roots politics and inspires organizing for real change in the Age of Obama, and will appeal to readers of black history, Occupy Wallstreet organizers, and armchair political advocates.

Based on notes, interviews, and articles from the 1950s to present day, Junius Williams's inspiring autobiography describes his journey from young black boy facing prejudice in the 1950s segregated South to his climb to community and political power as a black lawyer in the 1970s and 80s. *Unfinished Agenda* chronicles the turbulent times during the Civil Rights Movement and Williams's participation every step of the way including his experiences on the front lines of racial riots, such as the historic riot in Montgomery, Alabama with Martin Luther King. Williams speaks of his many opportunities and experiences--beginning with his education at Amherst College and Yale Law School, his travel to Uganda and Kenya, and working in Harlem. His passion for fighting racism ultimately led Williams to many years of service in politics in Newark, New Jersey as a community organizer, advocate, and leader.

- **TIMELY TOPIC:** Those interested in the Occupy Wall Street Movement grass-roots effort will find much in common in this book's detail of the author's community organizing efforts during the 60s, 70s, and beyond.
- **OBAMA FOCUS:** With Obama's second term, the world is anxiously watching and waiting to see what changes will actually be made. Williams offers closely-studied analysis and great insights into Obama's years-in-the-making historical campaign and presidency.
- **INSIDER INFORMATION:** For anyone interested in politics and, in particular, black power and community organizing, this book offers a rare insider's view from one man determined to make a difference in his community.

About the Author/Illustrator

Author Residence: Newark, New Jersey

Author Hometown: Richmond, Virginia

Listed among *Ebony's* "100 Most Influential Blacks in America," JUNIUS W. WILLIAMS is a prominent attorney, educator, and advocate who is responsible for developing 2,000 housing units and many community centers in Newark, New Jersey. A graduate of Amherst and Yale, he was elected the youngest President of the National Bar Association in 1978 and is currently Director of the Abbott Leadership Institute at Rutgers University.

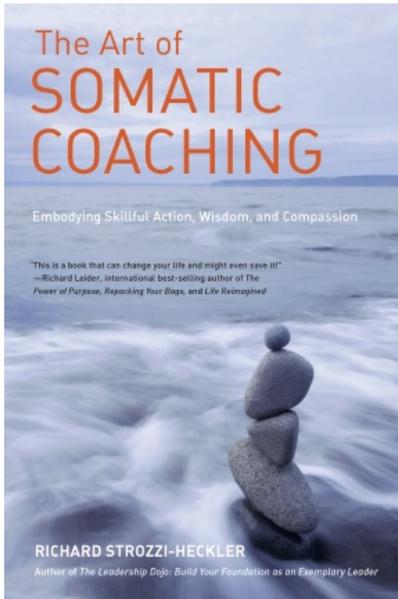
Rights

Territories:
Audio:
British:
Restriction: World

Return indicator: Full copies only
Book Club:
Translation:
Agency:

Reprint:
1st Serial:
Special Markets:
Agent:

Comp Titles	ISBN	On sale	Publisher	Price
Extraordinary, Ordinary People/Rice, Con...	978-0-307-88847-1	10/2011	Three Rivers Press	\$15.00
The Black History of the White/Lusane, C...	9780872865327	01/2011	City Lights Publishers	\$19.95
In Search Of The Warrior/Strozzi-Heckler...	978-1-58394-202-4	11/07	Blue Snake Books	\$19.95/\$25.95 Can.
Freedom In Bondage/Rinpoche, Adeu/TR	978-962-7341-66-6	9/11	North Atlantic Books	\$18.95/\$21.50 Can.



ON SALE 2/11/2014
NORTH ATLANTIC BOOKS
TRADE PAPERBACK

978-1-58394-673-2
\$18.95/\$21.95 Can.

BISAC 1: Health & Fitness - Alternative Therapies
BISAC 2: Self Help - Success
BISAC 3: Body, Mind & Spirit - Mental & Spiritual Healing
Page Count: 192 **Trim Size:** 6 x 9
Carton Count: 32

Marketing and Publicity

- Outreach to mainstream print media (e.g., Time, CNN, US News & World Report)
- Outreach to print media in business, lifestyle, self help (e.g., Inc., Fast Company, Real Simple, Redbook, Entrepreneur, Somatic Psychology Today, Whole Life Times)
- Promotion in Somatics Magazine
- Online outreach to websites, blogs, and forums in business, lifestyle, self help (e.g., Huffington Post, Health, The Undercover Recruiter, Life Particle)
- Radio outreach to Shrink Rap Radio, High Velocity, Empower Radio
- Coordinated social media campaign through author's website (strozziinstitute.com), Facebook network, YouTube channel
- Promotion of author events, excerpts, and giveaways to Facebook groups in executive and personal coaching
- Digital previews available on Google Book Search, Amazon Search Inside, and Barnes & Noble See Inside
- Promotion on NAB Communities, Facebook, and Twitter, featuring excerpts, author webinar, and links to reviews

The Art of Somatic Coaching Embodying Skillful Action, Wisdom, and Compassion



Richard Strozzi-Heckler

The first book of its kind designed for leaders, teams, and organizations as well for individuals interested in personal development, *The Art of Somatic Coaching* introduces the principles and practices of body-oriented coaching--a dynamic way to increase the capacity for skillful action.

The Art of Somatic Coaching is an innovative guide to body-based coaching--utilizing the body as the starting point to help individuals, teams, and organizations embody their full potential. Through body awareness practices, bodywork, and the development of perceptive skills, somatic coaches can shift their own way of being and offer the same transformative tools to their clients. Richard Strozzi-Heckler, PhD, author, nationally known consultant, and founder of the Strozzi Institute, introduces the methodology and core principles of his embodied learning approach that he has introduced to thousands of individuals and business leaders worldwide.

- **INTERNATIONALLY RECOGNIZED COACH:** Named as one of the Top 50 Executive Coaches in the top-selling book *The Art and Practice of Leadership Coaching*, Richard Strozzi-Heckler, PhD, is a nationally known, speaker, coach, and consultant on leadership and mastery, and the practical applications of Somatics (the unity of language, action, emotions, and meaning).
- **BROAD MARKET:** An essential resource for people in leadership roles--coaches, managers, teachers, and trainers, as well as readers in therapeutic fields including counselors, therapists, yoga teachers, body therapists, and healthcare providers.
- **POPULAR CAREER:** The field of coaching has grown exponentially with at least 30,000 people worldwide providing services that include life coaching, business coaching, and career coaching as well as one of the fastest growing niches--executive coaching.

About the Author/Illustrator

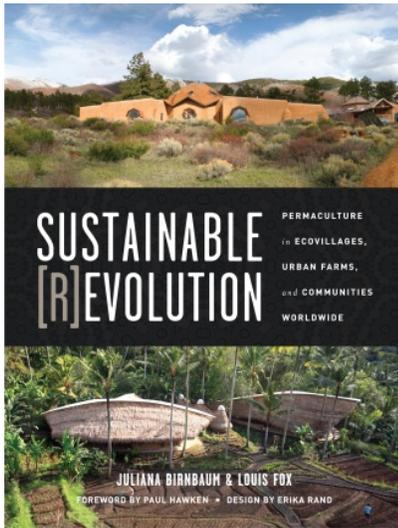
Author Residence: Petaluma, California

Author Hometown: Spokane, Washington

Named one of the top fifty executive coaches worldwide in the landmark resource *The Art and Practice of Leadership Coaching*, RICHARD STROZZI-HECKLER, PhD, an internationally known speaker, coach, and consultant on leadership and mastery, is the president of the Strozzi Institute, which offers consulting and coaching services to individuals and companies on five continents. Over the past forty years he has coached thousands of individuals from Fortune 500 companies, NGOs, technology start-ups, nonprofits, the U.S. government, and the military.

Rights

Territories:	Return indicator: Full copies only	Reprint:		
Audio:	Book Club:	1st Serial:		
British:	Translation:	Special Markets:		
Restriction: World	Agency:	Agent:		
Hist/Prev Titles	ISBN	On sale	Publisher	Price
In Search Warrior Spirit/Strozzi-Heckler...	9781556434259	1/03	North Atlantic Books	\$18.95/\$23.50 Can.
The Leadership Dojo/Strozzi-Heckler, Ric...	978-1-58394-201-7	9/07	Frog Books	\$24.95/\$32.00 Can.
The Anatomy Of Change/Strozzi-Heckler, R...	9781556431470	1/97	North Atlantic Books	\$15.95/\$21.00 Can.
In Search Of The Warrior/Strozzi-Heckler...	978-1-58394-202-4	11/07	Blue Snake Books	\$19.95/\$25.95 Can.
Comp Titles	ISBN	On sale	Publisher	Price
Awakening Somatic Intelligence/Kaparo, R...	978-1-58394-417-2	5/12	North Atlantic Books	\$21.95/\$25.95 Can.
Core Awareness, Revised/Koch, Liz/TR	978-1-58394-501-8	9/12	North Atlantic Books	\$18.95/\$22.50 Can.
Somatics/ Hanna, Thomas/TR	9780738209579	08/2004	Da Capo Press	\$17.95
Supercouch/Neill, Michael	9781401927042	03/2010	Hay House	\$14.95



ON SALE 2/25/2014
NORTH ATLANTIC BOOKS
TRADE PAPERBACK

978-1-58394-648-0
\$34.95/\$39.95 Can.

BISAC 1: House & Home - Sustainable Living
BISAC 2: Gardening - Organic
BISAC 3: Travel - Special Interest - Ecotourism
Page Count: 368 **Trim Size:** 7 x 9-1/4
Carton Count: 14
Illustrations: 350 COLOR PHOTOS AND ILLUS.

Marketing and Publicity

- Outreach to print media in sustainability/gardening (e.g., Orion, Living Green, Sustainable Living, Earth Island Journal, Gardening, Better Homes & Gardens)
- Outreach to print media in activism (Yes!, Ode, The Nation, American Independent, The Progressive)
- Online outreach in sustainability (Treehugger, Elephant Journal, Inhabitat, The Eco-friendly Family, Daily Green)
- Online outreach in activism (Change.org, Urban Habitat, Care2, Alternet)
- Outreach to radio news/talk radio (e.g., Living on Earth, Soulful Green Living, Holiday Matinee, Mother Earth News Radio)
- Outreach to TV news/talk shows (e.g., Big Ideas for a Small Planet, Young Turks, Democracy Now!, Global Spirit, Eco-Tech)
- Digital previews available on Google Book Search, Amazon Search Inside, and Barnes & Noble See Inside
- Promotion on NABCommunities.com featuring photo galleries, giveaways, author articles, NAB Communities podcast interview, and author webinar
- Promotion on North Atlantic Books Facebook, Twitter, and Pinterest profiles with giveaways, news updates, and quotes
- Promotion on authors website at Cultureofpermaculture.org

Sustainable Revolution

Permaculture in Ecovillages, Urban Farms, and Communities Worldwide



Edited by Juliana Birnbaum and Louis Fox

***Sustainable Revolution* will provoke, delight, and inspire people all over the world who follow the organic farming and permaculture movement, and will appeal to urban gardeners, farmers, seed-saving collectives, and anyone interested in food security and the future of the planet.**

Illustrated throughout with full-color photos, this book provides an international global perspective on the state of organic permaculture with profiles from successful farms and ecovillages all over the world.

GLOBAL PERSPECTIVE: This book profiles 60 communities in different countries and climate zones around the world, showing what is happening in permaculture at the local level; the overview shows what is happening globally.

GROWING INTEREST IN PERMACULTURE: In 2012 subscriptions to *Permaculture* magazine increased by 40 percent; permaculture has gained major momentum and is becoming part of mainstream consciousness.

COHOUSING, ECOVILLAGES, AND INTENTIONAL COMMUNITIES: The economic downturn, along with increased understanding about climate change, has prompted more and more people to look for smart, alternative approaches to living sustainably on a finite planet and reducing their ecological footprint.

About the Author/Illustrator

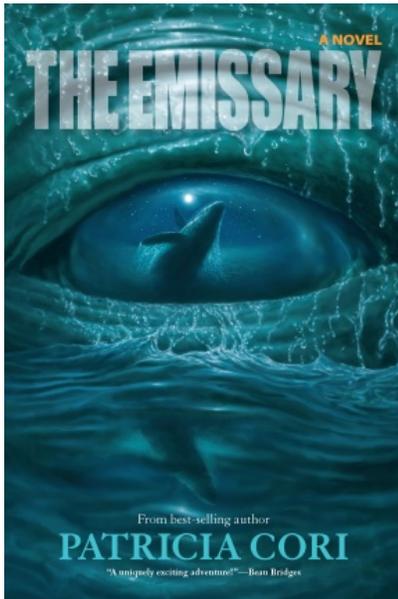
Author Residence: New York, New York

Author Hometown: San Geronimo, California

Trained as a cultural anthropologist and skilled in four languages, JULIANA BIRNBAUM FOX has lived and worked in the U.S., Europe, Japan, Nepal, Costa Rica, and Brazil. In 2005 she founded Voices in Solidarity, an initiative that partnered with Ashaninka indigenous tribal leaders from the Brazilian Amazon to support the development of a community-led environmental educational center. LOUIS FOX is a storyteller, strategist, and filmmaker who, since cofounding Free Range Studios in 1999, has created some of the most successful online "cause-marketing" campaigns of all time. His work for clients like Amnesty International, The Organic Trade Association, Patagonia, and Greenpeace has been featured in *The New York Times*, *USA Today*, *The Washington Post*, CNN, FOX News, NPR, *The Colbert Report*, and in *Fast Company Magazine*, which named him one of the 50 most influential social innovators of 2007. Internationally considered a leader in viral online advocacy campaigns, he has directed over 100 short films; his most successful projects, *The Meatrix* (2003), *Grocery Store Wars* (2005), and *The Story of Stuff* (2007), have been viewed by more than 60 million people and have garnered top honors at dozens of international film and media festivals.

Rights

Territories:	Return indicator:	Full copies only	Reprint:	
Audio:	Book Club:		1st Serial:	
British:	Translation:		Special Markets:	
Restriction:	Agency:		Agent:	
World				
Comp Titles	ISBN	On sale	Publisher	Price
Earthwise Herbal/Wood, Matthew/TR	978-1-55643-692-5	6/08	North Atlantic Books	\$32.95/\$37.95 Can.
Earthwise Herbal, V2/Wood, Matthew/TR	978-1-55643-779-3	4/09	North Atlantic Books	\$29.95/\$34.00 Can.
Unlikely Peace Cuchumaquic/Prechtel, Mar...	978-1-58394-360-1	1/12	North Atlantic Books	\$24.95/\$28.95 Can.
Culture And Horticulture/Storl, Wolf D./...	978-1-58394-550-6	2/13	North Atlantic Books	\$21.95/\$25.95 Can.



ON SALE 3/4/2014
NORTH ATLANTIC BOOKS
TRADE PAPERBACK

978-1-58394-706-7
\$17.95/\$21.50 Can.

BISAC 1: Fiction - Fantasy - Paranormal
BISAC 2: Fiction - Science Fiction - Action & Adventure
BISAC 3: Fiction - Visionary & Metaphysical
Page Count: 288 **Trim Size:** 6 x 9
Carton Count: 32

Marketing and Publicity

- Outreach to trade magazines: PW, Shelf Awareness, Library Journal, Kirkus
- Outreach to print media in new age/spirituality (e.g., New Dawn, Watkins Mind Body Spirit, Nexus, In Light Times)
- Online outreach in new age/spirituality (e.g., Merlian News, Kinetics, Starseeds.net, Spiritual Lightworkers)
- Outreach to new age broadcast media (e.g., Coast to Coast AM, Thinking Allowed TV, Beyond the Ordinary, Exopolitics, In the Spirit Radio)
- E-galleys available to press and book trade on Edelweiss
- Digital previews available on Google Book Search, Amazon Search Inside, and Barnes & Noble See Inside
- Promotion on NABCommunities.com, Facebook, Twitter, and Pinterest, featuring sneak previews/excerpts, author webinar, and giveaways
- Giveaways on Goodreads and participation in Amazon Vine program
- Promotion on author's websites, Sirianrevelations.net and Sirianstarseedtarot.com
- Promotion on author's weekly radio program, Beyond the Matrix (BBSRadio.com)

The Emissary

A Novel



Patricia Cori

This powerful and captivating novel will appeal to readers who enjoy fantasy, science fiction, adventure, and the supernatural as well as those who believe in the afterlife, animal communication, and saving the whales and other endangered species from extinction.

Within minutes of one another, three bone-chilling events take place around the globe. In Los Angeles, hundreds of blackbirds drop out of the sky, zapped to their death, mid-flight; in Maine, miles of beach are covered in tens of thousands of dead fish; in New Zealand, 150 whales and dolphins lie dead or dying on the beach. Jamie Hastings, a renowned psychic researcher and telepath, forges a deep soul connection with the dying whales that leads to her troubled journey at sea as a consultant for USOIL, a Texas based oil company that's drilling in the most pristine waters of the Pacific Northwest, looking for oil--or so it seems. A bizarre unfolding of events aboard ship sparks the unraveling of a truly evil plan of a secret government that is intent upon silencing the music of the oceans and destroying all life on the planet. The question is: Is there still time for Jamie to stop it?

- **PROMINENT, ACTIVE AUTHOR:** Cori is an active figure in the New Age/channeling arena and is regularly invited to be a keynote speaker at prestigious conferences and events all over the world.
- **ESTABLISHED AUDIENCE:** Cori has a large and loyal fan base: she sends a bi-monthly newsletter and regular updates to her substantial international mailing list of 6,500; sirianrevelations.net, one of several websites she has, had 4.5 million hits in 2012.
- **PLOT FOCUSES ON TIMELY SUBJECT:** According to Rosalind Peterson, California President and Cofounder of the Agriculture Defense Coalition (ADC), the environmental impacts of the U.S. Navy sonar-testing program include the estimated annihilation of 13 million sea mammals, including cetaceans such as dolphins and whales.
- **MOVIE OPTION:** The screenplay version, also written by the author, is currently under consideration by several producers for development into a major motion picture.
- **NONPROFIT TIE-IN:** Cori is founder, president, and CEO of Save Earth's Oceans, Inc., (saveearthsceans.org), a nonprofit organization dedicated to restoring the balance of our fragile ocean ecosystems and saving the whales and dolphins from whaling, slaughter, and exploitation.

About the Author/Illustrator

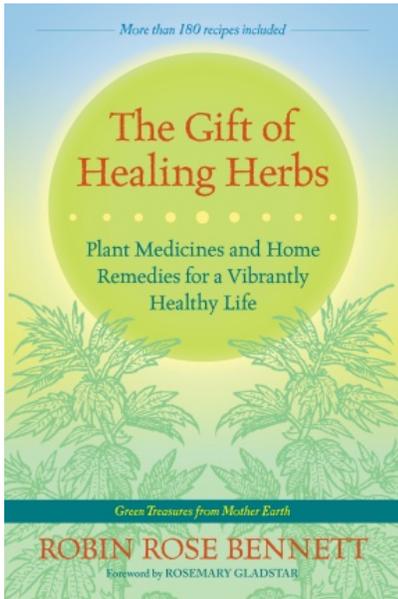
Author Residence: Rome, Italy

Author Hometown: San Jose, CA

PATRICIA CORI is an internationally acclaimed author, spiritual leader, and international figure in the New Thought movement. She hosts the popular radio show *Beyond the Matrix* on bbsradio and has been interviewed on hundreds of talk radio and TV programs, including CNN and Coast to Coast FM syndicated radio. In 2012 she founded the global nonprofit association Save Earth's Oceans, Inc., dedicated to restoring the balance of our fragile ocean ecosystems and saving the whales and dolphins from whaling, slaughter, and exploitation. For more information, visit her website.

Rights

Territories:	Return indicator: Full copies only		Reprint:	
Audio:	Book Club:		1st Serial:	
British:	Translation:		Special Markets:	
Restriction: World	Agency:		Agent:	
Hist/Prev Titles	ISBN	On sale	Publisher	Price
Sirian Starseed Tarot/Cori, Patricia/NT	978-1-58394-536-0	9/12	North Atlantic Books	\$29.95/\$35.00 Can.
Before We Leave You/Cori, Patricia/TR	978-1-55643-894-3	4/11	North Atlantic Books	\$18.95/\$21.50 Can.
Beyond The Matrix/Cori, Patricia/TR	978-1-55643-893-6	5/10	North Atlantic Books	\$18.95/\$22.50 Can.
No More Secrets, No More Lies/Cori, Patr...	978-1-55643-738-0	2/08	North Atlantic Books	\$16.95/\$20.00 Can.
Comp Titles	ISBN	On sale	Publisher	Price
The City & The City/Mieville, China /TR	978-0-345-49752-9	04/2010	Del Ray	\$15.00
Year of the Flood/Atwood, Margaret/TR	978-0-307-45547-5	07/2010	Anchor	\$15.00
The Forever War/Haldeman, Joe/TR	9780312536633	02/2009	St. Martin's Griffin	\$14.95
The Great Bay/Pendell, Dale/HC	978-1-55643-895-0	7/10	North Atlantic Books	\$21.95/\$25.50 Can.



ON SALE 3/11/2014
NORTH ATLANTIC BOOKS
TRADE PAPERBACK

978-1-58394-762-3
\$24.95/\$28.95 Can.

BISAC 1: Health & Fitness - Herbal Medications
BISAC 2: Body, Mind & Spirit - Mental & Spiritual Healing
BISAC 3: Cooking - Natural Foods
Page Count: 592 **Trim Size:** 6 x 9
Carton Count: 24
Illustrations: 22 B&W ILLUSTRATIONS

Marketing and Publicity

- Outreach to print media in holistic health and herbalism (e.g., Natural Health, Whole Living, Herb Companion, Herbalgram, American Herb Association Quarterly)
- Online outreach to websites, blogs, and forums in holistic health and herbalism (e.g., Deepest Health, The Herbal Pharmacist, HealthyNewAge.com)
- E-galleys available to press and book trade on Edelweiss
- Digital previews available on Google Book Search, Amazon Search Inside, and Barnes & Noble See Inside
- Promotion on NAB Communities, Facebook, Twitter, Pinterest, featuring excerpts, author interview, and links to reviews
- Promotion on the author's website (robinrosebennett.com) and Facebook network of over 1,800

The Gift of Healing Herbs Plant Medicines and Home Remedies for a Vibrantly Healthy Life



Robin Rose Bennett; Foreword by Rosemary Gladstar

Written by a well-respected herbalist, this book offers readers who want to take charge of their health an immersion into a myriad ways to use herbal medicines to care for themselves and others on physical, emotional, and spiritual levels. Clear, empowering information, more than 180 recipes, engaging stories, simple meditations and personal rituals will appeal to anyone interested in natural medicines as well as herbalists, naturopaths, plantspeople, Wiccans, and natural healers.

The Gift of Healing Herbs guides and inspires readers to explore more than 180 herbal remedies and home recipes for health, whether they simply want to know how to disinfect a wound without using chemical antibiotics or they wish to delve into the meaning and mystery of health and healing. Author Robin Rose Bennett encourages readers to discover the personal, symbolic story that always lies underneath manifestations of illness.

- **HUNDREDS OF RECIPES:** Step-by-step instructions for herbal teas and other preparations to tonify and cleanse all the physiological systems of the body, as well as advice on cooking everyday meals incorporating health-enhancing herbs and home remedies.
- **TREMENDOUSLY WELL RESPECTED AUTHOR:** In the herbal community, Robin Rose Bennett is second to none when it comes to combining a deeply spiritual outlook with decades of clinical experience and a practical understanding of the complex pharmacology of herbs.
- **SPIRITUAL INSIGHTS:** Offers spiritual and physical insights into the connections between our body systems and the elements, Earth, Air, Fire and Water. Also provides spiritual rituals, meditations, and simple practices to help the reader explore and experience the interconnection of all things in the web of life.

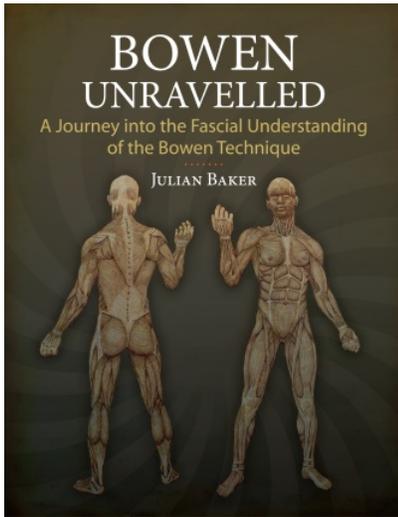
About the Author/Illustrator

Author Residence: Hewitt, New Jersey

ROBIN ROSE BENNETT is a compassionate, empowering herbalist and spiritual teacher. The focus of her healing work is to share the generosity of the earth and the magic, mystery, and beauty of the web of life. Since 1986 she has taught at schools, clinics, progressive and holistic organizations, herbal conferences, and is a repeat guest lecturer at Albert Einstein College of Medicine, St John's Hospital, Montefiore Teaching Hospital, Beth Israel's Nursing program, and Brown University Medical School. She is a faculty member of the New York Open Center and author of two meditation CDs. Bennett has a private consultation practice in New Jersey, offered on a sliding-scale, and an herbalist-in-residence teaching practice at a family medical practice in Bronx, NY. She is a long-time member of United Plant Savers and the Northeast Herbal Association. Robin writes regularly for *Plant Healer* Magazine and is proud to be a founding member and on the board of directors of SustainableWestMilford.org. Hundreds of apprentices have graduated from her 3-year, in-depth apprenticeship programs over the past 25 years and thousands of students have benefitted from her regular classes as well as her free classes that she regularly offers in her town as a community service.

Rights

Territories:	Return indicator:	Full copies only	Reprint:	
Audio:	Book Club:		1st Serial:	
British:	Translation:		Special Markets:	
Restriction: World	Agency:		Agent:	
Comp Titles	ISBN	On sale	Publisher	Price
Earthwise Herbal/Wood, Matthew/TR	978-1-55643-692-5	6/08	North Atlantic Books	\$32.95/\$37.95 Can.
Earthwise Herbal, V2/Wood, Matthew/TR	978-1-55643-779-3	4/09	North Atlantic Books	\$29.95/\$34.00 Can.
Herbal Lore Of Wise Women/Stori, Wolf D....	978-1-58394-358-8	1/12	North Atlantic Books	\$27.95/\$33.00 Can.
Healing With Whole Foods/Pitchford, Paul...	9781556434303	11/02	North Atlantic Books	\$35.00/\$43.95 Can.



ON SALE 3/18/2014
 NORTH ATLANTIC BOOKS
 TRADE PAPERBACK

978-1-58394-765-4
\$29.95/\$35.00 Can.
History: Lotus Publishing TR:
03/2013

BISAC 1: Health & Fitness - Alternative Therapies
BISAC 2: Health & Fitness - Massage & Reflexotherapy
BISAC 3: Medical - Allied Health Services - Massage Therapy
Page Count: 168 **Trim Size:** 8-3/8 x 10-7/8
Carton Count: 22
Illustrations: 130 COLOR PHOTOS & ILLUS.

Marketing and Publicity

- Outreach to print and online media in anatomy, fitness, alternative health, bodywork (Massage & Bodywork, DancelInsider.com, Advance for Physical Therapy and Rehab Medicine, NewLifeMag)
- Publicity requests and author interview requests for print, online, broadcast media will be actively fulfilled.
- E-galleys available to press and book trade on Edelweiss
- Digital previews available on Google Book Search, Amazon Search Inside, and Barnes & Noble See Inside
- Promotion on NAB Communities, Facebook, Twitter, Pinterest, featuring excerpts and links to reviews
- Announcement on the Recent Releases page of the North Atlantic Books website

Bowen Unravelling A Journey into the Fascial Understanding of the Bowen Technique



Julian Baker

This book is designed for Bowen technique therapists and any bodywork practitioners interested in using a gentle, noninvasive pain-relief therapy.

The Bowen technique, named after its originator Tom Bowen, has been growing in popularity since it was first taught in the 1980s. Known for its gentle rolling motions and intentional pauses between moves, the technique has been shown to bring extraordinary results with very little pressure on the part of the therapist. Yet until now, little has been known of the actual workings of this technique. Tom Bowen himself called it simply a "gift from God" and treated thousands of people without trying to understand the processes that drove his results. This book fills in the gap in scientific understanding by explaining in anatomical terms what happens during a Bowen technique treatment. Each move is analyzed in depth, with an emphasis on the role of fascia and connective tissue. More than 100 full-color images, including photographs of human dissections, graphically illustrate the book.

- **AUTHORITY IN THE FIELD:** Author Julian Baker is the founder of the European College of Bowen Studies and is the developer of the modular system of Bowen training in use by most Bowen schools around the world today.
- **FOCUS ON FASCIA:** Graphically illustrated with photographs of human cadaver dissections, this book explains the workings of myofascia and connective tissue, a hot topic within the bodywork community. There is a growing awareness in the bodywork community of how manipulation of these tissues can have profound effects on the structure and function of the musculoskeletal system.
- **FILLS IN A GAP:** Grounded in anatomy, this book addresses the complex biomechanics behind a miraculous-seeming bodywork technique that has until now eluded explanation.

About the Author/Illustrator

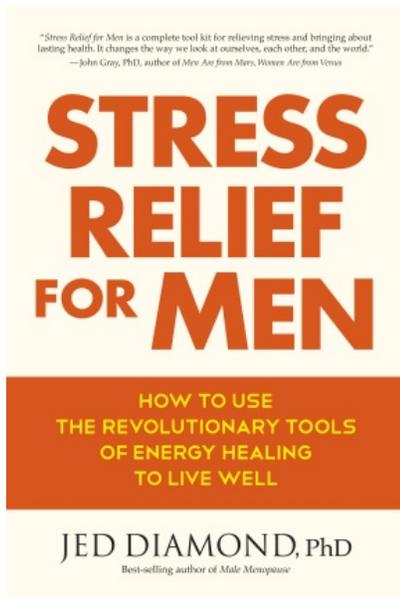
Author Residence: Bath, UK

Author Hometown: London, UK

JULIAN BAKER has been studying the Bowen technique for more than 25 years and is one of the world's leading Bowen therapists. In 1998, he founded the European College of Bowen Studies; he developed the teaching and modular system of Bowen training in use by most Bowen schools around the world today. Since 2005, Baker has been involved in connective tissue dissection in a quest to comprehend the complexity of human movement and function.

Rights

Territories:	Return indicator: Full copies only	Reprint:		
Audio:	Book Club:	1st Serial:		
British:	Translation:	Special Markets:		
Restriction: World except UK	Agency:	Agent:		
Other Editions	ISBN	OS	Publisher	Price
Trade Paper	9781905367405			
Hist/Prev Titles	ISBN	On sale	Publisher	Price
The Bowen Technique/Baker/TR	9781903333068	01/2002	Corpus Publishing	\$16.00
Comp Titles	ISBN	On sale	Publisher	Price
Fascial Release Structural/Myers, Thomas...	978-1-55643-937-7	11/10	North Atlantic Books	\$34.95/\$40.00 Can.
Anatomy Of Stretching, 2nd Ed./Walker, B...	978-1-58394-371-7	10/11	North Atlantic Books	\$24.95/\$27.95 Can.
The Anatomy Of Pilates/Massey, Paul/TR	978-1-55643-780-9	4/09	North Atlantic Books	\$28.95/\$33.95 Can.
Concise Book Muscles, 2nd Ed./Jarmey, Chr...	978-1-55643-719-9	8/08	North Atlantic Books	\$29.95/\$34.00 Can.



ON SALE 4/1/2014
 NORTH ATLANTIC BOOKS
 TRADE PAPERBACK

978-1-58394-788-3
\$19.95/\$23.95 Can.

BISAC 1: Self-Help - Self-Management - Stress Management
BISAC 2: Health & Fitness - Alternative Therapies
BISAC 3: Psychology & Psychiatry - Emotions
Page Count: 376 **Trim Size:** 6 x 9
Carton Count: 24

Marketing and Publicity

- Outreach to trade magazines: PW, Kirkus, Booklist, Library Journal
- Outreach to mainstream print, online, and broadcast media (e.g., Huffington Post, TIME, Today, CNN, US News & World Report)
- Outreach to print and online media in business, lifestyle, self help (e.g., Inc., Fast Company, Real Simple, Redbook, Psychology Today, Whole Life Times)
- Outreach to print media in health and nutrition (e.g., Whole Living, Natural Health, VegNews, Natural Solutions, Yoga Journal)
- Online outreach to websites, blogs, and forums in health and nutrition (e.g., Everyday Health, We Like it Raw, Quality Health)
- Broadcast outreach in health and nutrition (e.g., Doctors Radio, Gab with the Gurus, The Dr. Don Show)
- Coordinated campaign through author's websites (MenAlive.com, TheIrritableMale.com), newsletter network, and social media network
- E-galleys available to press and book trade on Edelweiss
- Digital previews available on Google Book Search, Amazon Search Inside, and Barnes & Noble See Inside
- Promotion on NAB Communities, Facebook, Twitter, and Pinterest, featuring excerpts, author webinar, giveaways and links to reviews
- Giveaways on Goodreads and participation in Amazon Vine program

Stress Relief for Men How to Use the Revolutionary Tools of Energy Healing to Live Well



Jed Diamond, Ph.D.

A ground-breaking practical guide for men of all ages and the women who love them, this book offers powerful solutions for treating common stress-related conditions including depression, fatigue, chronic pain, sexual dysfunction, anger, irritability, and marital conflict.

Based on ancient wisdom and cutting-edge science, *Stress Relief for Men* helps men and the women who love them to neutralize toxic stress and regain inner strength and power in their lives without talk therapy or drugs. According to preeminent heart surgeon and author Mehmet Oz, MD, "The next big frontier in medicine is energy medicine." Readers will be given the most scientifically sound tools from this emerging new field applied to the most pressing problems facing men today. They will learn to use:

- Earthing (Grounding)--connecting with the Earth's surface energy
- Heart Coherence--heart-based breathing and visualization techniques
- Attachment Love--activating healthy connection in relationships
- Emotional Freedom Techniques (EFT/Tapping)--described as an emotional version of acupuncture
- RELEVANT TOPIC: There is universal appeal in books about stress since according to stress expert Woodson Merrell, MD, "By some estimates, 80 percent of all illnesses are stress-related."
- NICHE AUDIENCE: There are many books on the market about stress but very few that target men and their unique challenges around stress, anger, irritability, and depression.
- VALUABLE MARKET: While conventional wisdom tells us that men are not interested in health issues, the actual numbers reveal the opposite. For example, magazines on men's health issues are thriving even during a time when other magazines are failing. *Men's Health Magazine* has a circulation of 1.85 million with 12 million monthly readers and the magazine's website averages 40 million page views a month.
- POPULARITY OF ALTERNATIVE MEDICINE: According to the National Center for Health Statistics (NCHS), 38 percent of all American use some sort of complementary and alternative medicine (CAM).
- "Stress Relief for Men is more than a book. It is a complete tool kit for relieving stress and bringing about lasting health. It changes the way we look at ourselves, each other, and the world." --John Gray, PhD, author of *Men Are From Mars, Women Are from Venus*

About the Author/Illustrator

Author Residence: Willits, California

Author Hometown: New York City, New York

A licensed psychotherapist for over forty years and the author of ten books including the international best-seller *Male Menopause*, JED DIAMOND, PhD, is the founder and director of MenAlive, a health program that helps men and the women who love them to live well throughout their lives. A speaker at major health conferences worldwide, his work has been featured in newspapers including the *New York Times*, *Boston Globe*, *Wall Street Journal*, *Los Angeles Times*, and *USA Today*, and on more than 1,000 radio and television shows including *The View* with Barbara Walters, *Good Morning America*, *Today Show*, *CNN-360* with Anderson Cooper, *CNN* with Glenn Beck, *CBS*, *NBC*, and *Fox News*.

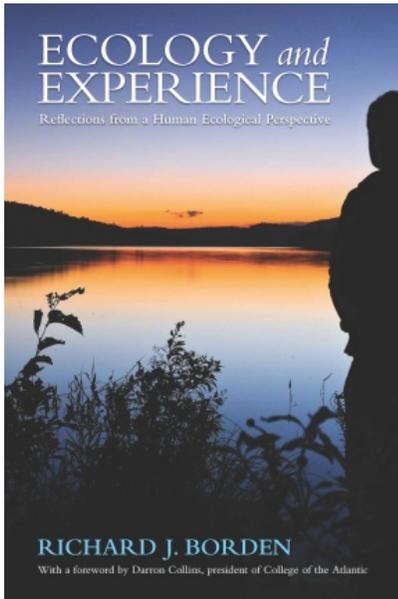
Rights

Territories:
Audio:
British:
Restriction: World

Return indicator: Full copies only
Book Club:
Translation:
Agency:

Reprint:
1st Serial:
Special Markets:
Agent:

Hist/Prev Titles	ISBN	On sale	Publisher	Price
Looking for Love in All the Wrong Places...	9780380707744	08/1989	Avon Books	\$9.95
Male Menopause/Diamond, Jed/TR	9781570713972	10/1998	Sourcebooks	\$14.95
Surviving Male Menopause/Diamond, Jed/TR	9781570714337	10/2000	Sourcebooks	\$14.95
The Irritable Male Syndrome/Diamond, Jed...	9781594862915	08/2005	Rodale Books	\$14.95
Comp Titles	ISBN	On sale	Publisher	Price
Energy Medicine for Women/Eden, Donna an...	9781585426478	08/2008	Tarcher	\$17.99
Earthing/Ober, Clint/TR	9781591202837	04/2010	Basic Health Publications	\$18.95
Spontaneous Evolution/Lipton, Bruce/TR	9781401926311	08/2010	Hay House	\$16.95
Overcoming Trauma Through Yoga/Emerson,...	978-1-55643-969-8	4/11	North Atlantic Books	\$19.95/\$22.95 Can.



ON SALE 4/15/2014
NORTH ATLANTIC BOOKS
TRADE PAPERBACK

978-1-58394-772-2
\$24.95/\$28.95 Can.

BISAC 1: Nature - Ecology
BISAC 2: Nature - Environmental Conservation & Protection
BISAC 3: Nature - Ecosystems & Habitats - General
Page Count: 480 **Trim Size:** 6 x 9
Carton Count: 24

Marketing and Publicity

- Outreach to print media in news and sustainability (e.g., Grist, Orion, Living Green, Sustainable Living, Earth Island Journal, Mother Jones, Slate)
- Online outreach to websites, blogs, and forums in news and sustainability (Treehugger, Inhabitat, Daily Green, The Huffington Post)
- Promotion in Human Ecology Review and on societyforhumanecology.org
- Promotion through Ecological Society of America, The International Association of Ecology, Division 34 of the American Psychological Association, Eco-League Education Consortium, North American Association for Environmental Education
- E-galleys available to press and book trade on Edelweiss
- Digital previews available on Google Book Search, Amazon Search Inside, and Barnes & Noble See Inside
- Promotion on NAB Communities, Facebook, Twitter, Pinterest, featuring excerpts and links to reviews
- Promotion on the College of the Atlantic website (coa.edu) and social media channels

Ecology and Experience

Reflections from a Human Ecological Perspective



Richard J. Borden

For followers of the environmental works of Barry Lopez and Bill McKibben, Richard J. Borden offers an engaging and accessible look at the rich history of human ecology through a cultural, intellectual, historical, and personal lens.

Woven together as a philosophical and narrative memoir based on a lifetime of interdisciplinary inquiry, *Ecology and Experience* is a playful, engaging overview of the history of human ecology, showing how the field's philosophy and institutions have changed over time. Offering a wide range of themes and approaches, author Richard J. Borden explores the multiple intersections between human culture and ecology while also extending an open invitation to us, beseeching us to exercise our capacities for ecological insight, deepen the experience of being alive, and enrich our lives completely.

- **EXPERT AUTHOR:** Richard J. Borden, PhD, holds the Rachel Carson Chair in Human Ecology at the College of the Atlantic (COA), renowned for its sole focus on the field of Human Ecology. COA boasts students from over 34 countries and famous alumni such as journalist Amy Goodman and Nell Newman (of Newman's Own organic food line).
- **ACCESSIBLE:** The narrative aspects of *Ecology and Experience* make it even more widely accessible. Readers who are interested in ecology will choose this title because it's engaging and readable.

About the Author/Illustrator

Author Residence: Bar Harbor, Maine

Author Hometown: Goshen, New York

RICHARD J. BORDEN holds the Rachel Carson Chair in Human Ecology at College of the Atlantic, where he teaches. An editor and coauthor of numerous books and articles, Borden has been a United States Information Agency academic specialist and consultant in the area of human ecology, and has served as an advisor to human ecology programs in China, Russia, Europe, and North and South America.

Rights

Territories:

Audio:

British:

Restriction: World

Return indicator: Full copies only

Book Club:

Translation:

Agency:

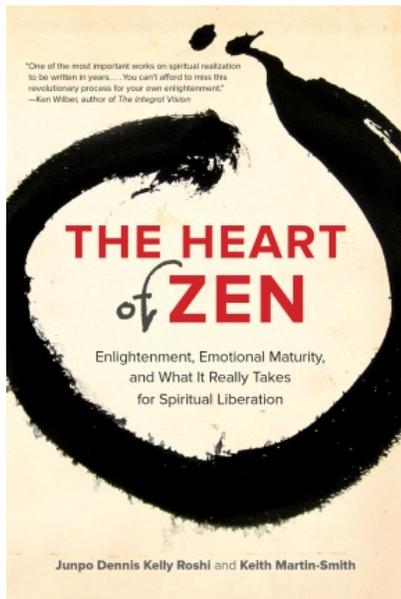
Reprint:

1st Serial:

Special Markets:

Agent:

Comp Titles	ISBN	On sale	Publisher	Price
Hope Beneath Our Feet/Keogh, Martin/TR	978-1-55643-919-3	9/10	North Atlantic Books	\$18.95/\$21.50 Can.
The Post Carbon Reader / Heinberg, Richa...	9780970950062	11/2010	Watershed Media	\$24.95/\$27.95 Can.
Thriving beyond Sustainability / Edwards...	9780865716414	05/2010	New Society Publishers	\$17.95/\$20.95 Can.
Unlikely Peace Cuchumaquic/Prechtel, Mar...	978-1-58394-360-1	1/12	North Atlantic Books	\$24.95/\$28.95 Can.
The Crash Course/Martenson, Chris/HC	9780470927649	03/2011	Wiley	\$27.95



ON SALE 4/15/2014
NORTH ATLANTIC BOOKS
TRADE PAPERBACK

978-1-58394-764-7
\$16.95/\$19.95 Can.

BISAC 1: Self-Help - Personal Growth - General
BISAC 2: Philosophy - Zen
BISAC 3: Body, Mind & Spirit - Inspiration & Personal Growth
Page Count: 256 **Trim Size:** 6 x 9
Carton Count: 24

Marketing and Publicity

- Outreach to print media in eastern religion (e.g., Buddhadharma, Tricycle, Shambala Sun)
- Online outreach to websites, blogs, and forums in eastern religion (e.g., Elephant Journal, Dharma Monkey, The Zennist)
- E-galleys available to press and book trade on Edelweiss
- Digital previews available on Google Book Search, Amazon Search Inside, and Barnes & Noble See Inside
- Promotion on NAB Communities, Facebook, Twitter, and Pinterest, featuring excerpts and links to reviews
- Announcement on the Recent Releases page of the North Atlantic Books website

The Heart of Zen Enlightenment, Emotional Maturity, and What It Really Takes for Spiritual Liberation



Jun Po Denis Kelly Roshi and Keith Martin-Smith

The Heart of Zen will appeal to therapists, coaches, people in the mental health industry, spiritual teachers and spiritual aspirants, spiritual people looking for greater emotional freedom--and will be especially useful to those readers who have read the last generation's books on spirituality but have failed to find them of much use in "the real world."

Packed with thought-provoking essays and edgy, passionate Q&As, *The Heart of Zen* directly addresses the issue of how to manifest concrete, lived change in one's life. Placing the reader (not the authors) squarely at the center of his or her own empowerment, this book lines up well with what newer generations are seeking in post-Boomer spiritual teachers and authors.

- **AUTHENTIC, EXPERIENCED ZEN MASTER AUTHOR:** Jun Po Dennis Kelly Roshi has built a solid reputation for himself over 35 years of teaching; he has a wide network of allies and associates (40,000 + supporters through the ManKind Project, 70,000 from En*Theos, and 30,000 from Mind Body Green).
- **SUPPORT AND FOREWORD BY KEN WILBUR:** Top spirituality author Ken Wilbur has pledged his support for this book and will contribute a foreword.
- **STRONG STANCE AGAINST ABUSE IN SPIRITUAL COMMUNITIES:** It should also be noted that in this book Jun Po Roshi speaks out publicly for the first time about his souring relationship with Eido Shimano Roshi, including why he resigned in protest from the scandal-prone Japanese teacher's community in 1993, a move that led Eido Roshi to essentially blacklisting Jun Po from the traditional Zen community. This story alone will be something many Buddhist writers and magazines will want to get Jun Po on the record about.

Praise for *A Heart Blown Open: The Life & Practice of Zen Master Jun Po Denis Kelly Roshi*

"[T]his is the story of our times, an absolute must-read for anyone with even a passing interest in human evolution..." --Ken Wilbur, author of *Integral Spirituality*

About the Author/Illustrator

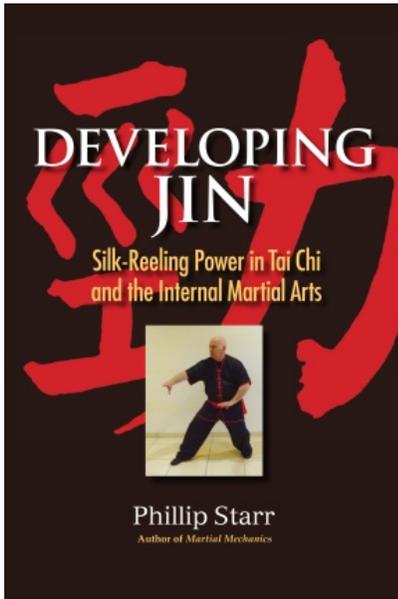
Author Residence: Boulder, Colorado

JUN PO (pronounced June Poe) DENIS KELLY ROSHI is the 83rd Patriarch of Rinzai Zen, having received *inka* from Eido Shimano Roshi in 1992 at the age of 50. Jun Po has been teaching Zen ever since that time and has built an international community that spans the United States, Canada, Europe, and Australia. He leads up to 12 retreats a year, at least 2 overseas, and has on average 50 people in attendance per retreat, about 50 percent of them new students. The community he has established, Mondo Zen, has its own non-profit (Friends of Zen), as well as a dedicated staff who help to maintain the website, promote events, direct funding, and manage the 3,000+ person mailing list. His extraordinary life was detailed in the biography *A Heart Blown Open* (Divine Arts Media, 2012), which has just been used as the basis of a screenplay. Ken Wilbur said, "...this is the story of our times, an absolute must read for anyone with even a passing interest in human evolution..." KEITH MARTIN-SMITH spent most of his professional career in advertising and marketing before turning to writing books full time. Since 2009 he has had one book self-published and two brought to market through publishers, most recently *A Heart Blown Open* (Divine Arts Media, 2012).

Rights

Territories:	Return indicator: Full copies only	Reprint:
Audio:	Book Club:	1st Serial:
British:	Translation:	Special Markets:
Restriction: World	Agency:	Agent:

Hist/Prev Titles	ISBN	On sale	Publisher	Price
A Heart Blown Open/TR	9781611250084	2/12	Divine Arts	\$22.95
Comp Titles	ISBN	On sale	Publisher	Price
Mind Body Zen/Maitland, Jeffrey/TR	978-1-55643-904-9	8/10	North Atlantic Books	\$16.95/\$19.95 Can.
Zen Body-Being/Ralston, Peter/TR	9781583941591	7/06	Frog Books	\$16.95/\$20.95 Can.



ON SALE 4/22/2014
BLUE SNAKE BOOKS
TRADE PAPERBACK

978-1-58394-760-9
\$18.95/\$22.50 Can.

BISAC 1: Sports & Recreation - Martial Arts & Self-Defense
BISAC 2: Philosophy - Taoism
Page Count: 208 **Trim Size:** 6 x 9
Carton Count: 24
Illustrations: 200 B&W PHOTOS

Marketing and Publicity

- Outreach to print and online media in martial arts (e.g., Kung Fu Tai Chi Magazine, Fight!, Dojo Rat)
- Publicity requests and author interview requests for print, online, broadcast media will be actively fulfilled
- E-galleys available to press and book trade on Edelweiss
- Digital previews available on Google Book Search, Amazon Search Inside, and Barnes & Noble See Inside
- Promotion on NAB Communities, Facebook, Twitter, and Pinterest, featuring excerpts and links to reviews
- Announcement on the Recent Releases page of the North Atlantic Books website

Developing Jin Silk-Reeling Power in Tai Chi and the Internal Martial Arts



Phillip Starr

Practitioners of internal martial arts, especially Tai Chi, will find ways to improve and deepen their practice in Philip Starr's newest book, *Developing Jin*--a unique guide to developing the elusive *chansi-jin*--the true power at the heart of the internal martial arts.

Developing Jin provides a complete and progressive training regimen for increasing and refining chansi-jin, also known as silk-reeling power or coiling power. With step-by-step instructions and photographs, experienced teacher Philip Starr walks readers through a variety of techniques designed to help practitioners feel and use jin in their martial arts training. While much of the existing writing on jin relies on cryptic and mystical descriptions of internal power, Starr takes a direct, no-nonsense approach that addresses commonly held myths and identifies the real body mechanics behind this unusual power. Useful for novices and advanced practitioners alike, *Developing Jin* is a crucial addition to any serious martial artist's library.

- **WELL-KNOWN AUTHOR:** Philip Starr is the author of several other martial arts books; collectively, his four titles have sold over 16K copies in the US.
- **FOUNDATIONAL PRACTICE:** Applicable to any internal martial arts practice, silk-reeling is a foundational movement that will be useful to novices and advanced practitioners alike.
- **PRACTICAL APPROACH:** Eschewing mystical or cryptic descriptions of developing internal power, Philip Starr provides practical knowledge for martial artists seeking a clear understanding of the underlying power of the internal arts.
- **UNIQUE BOOK:** While jin is described in many books on the internal martial arts, no other English-language book focuses solely on how to develop this type of power.

About the Author/Illustrator

Author Residence: Liuzhou City, Guangxi, China

Author Hometown: Ft. Lewis, Washington

PHILIP STARR began studying martial arts in 1956, including judo, Kyokushin karate, Shito-ryu karate, Baixingquan (a form of Northern Shaolin kung fu), baguazhang, taijiquan, xingyiquan, and Filipino arnis. In 1976 he won the United States Karate Association's Grand Championships, becoming the first kung-fu stylist to win the title of National Champion. He is also a two-time winner of the Amateur Athletic Union's Chinese Martial Arts National Tournament. He has authored four books on the martial arts: *The Making Of A Butterfly*, *Martial Mechanics*, *Martial Maneuvers*, and *Hidden Hands*, as well as numerous articles for various magazines and e-magazines, including *Inside Kung Fu* and *Truwaza*.

Rights

Territories:
Audio:
British:
Restriction: World

Return indicator: Full copies only
Book Club:
Translation:
Agency:

Reprint:
1st Serial:
Special Markets:
Agent:

Hist/Prev Titles	ISBN	On sale	Publisher	Price
Martial Mechanics/Starr, Phillip/TR	978-1-58394-211-6	3/08	Blue Snake Books	\$17.95/\$21.00 Can.
Hidden Hands/Starr, Phillip/TR	978-1-58394-243-7	11/10	Blue Snake Books	\$17.95/\$20.50 Can.
Martial Maneuvers/Starr, Phillip/TR	978-1-58394-230-7	8/09	Blue Snake Books	\$18.95/\$23.00 Can.
The Making Of A Butterfly/Starr, Phillip...	9781583941515	4/06	Blue Snake Books	\$16.95/\$20.95 Can.
Comp Titles	ISBN	On sale	Publisher	Price
Dragon And Tiger Med Qigong V1/Frantzis,...	978-1-55643-921-6	11/10	North Atlantic Books	\$23.95/\$26.95 Can.
Bagua Linked Palms/Wang, Shujin/TR	978-1-58394-264-2	6/09	Blue Snake Books	\$16.95/\$18.95 Can.
Internal Structure Cloud Hands/Tangora,...	978-1-58394-448-6	6/12	Blue Snake Books	\$17.95/\$21.50 Can.
The Xingyi Boxing Manual/Yunting, Jin/TR	9781556434730	3/04	Blue Snake Books	\$15.95/\$19.95 Can.

Earth Calling

A Climate Change Handbook
for the 21st Century



Ellen Gunter and Ted Carter

FOREWORD BY Caroline Myss

ON SALE 4/22/2014

NORTH ATLANTIC BOOKS
TRADE PAPERBACK

978-1-58394-767-8

\$19.95/\$23.95 Can.

History: Chauncey Park Press TR:
04/2010

BISAC 1: Nature - Environmental Conservation &
Protection

BISAC 2: Body, Mind & Spirit - Gaia & Earth
Energies

BISAC 3: Nature - Ecology

Page Count: 320

Trim Size: 6 x 9

Carton Count: 24

Series: Sacred Activism

Marketing and Publicity

- Outreach to mainstream print media (e.g. New York Times, Newsweek, U.S. News & World Report)
- Outreach to print media in sustainability (e.g. Good, Plenty, Mother Jones, Intelligent Optimist)
- Online outreach to websites, blogs, and forums in mainstream media (e.g., Reuters, NPR.com, Huffington Post, AlterNet)
- Online outreach to websites, blogs, and forums in sustainability (e.g., Mother Nature Network, Treehugger, Greenopia)
- Featured excerpts on Gaia Network, Reality Sandwich, Elephant Journal
- Outreach to radio in sustainability (e.g., Living on Earth, Soulful Green Living, Mother Earth News Radio, The Organic View)
- E-galleys available to press and book trade on Edelweiss
- Digital previews available on Google Book Search, Amazon Search Inside, and Barnes & Noble See Inside
- Promotion on NAB Communities, Facebook, Twitter, Pinterest, featuring author interviews, excerpts and links to reviews
- Promotion on the authors' websites (reunionthebook.com, ellengunter.com) and social media channels

Earth Calling

A Climate Change Handbook for the 21st Century



Ellen Gunter and Ted Carter

For anyone concerned about the current environmental crisis, this book offers both a historical framework as well as an invitation to repair our spiritual connection to nature in order to heal the earth.

Our earliest mythologies tell us we all start as a little bit of dirt. These stories carry a profound message: each of us is born with a deep and abiding connection to the earth, one that many of us have lost touch with. This book examines how we have strayed so far from this truth and then offers an invitation to reestablish our connection with nature to repair our damaged environment. Authors Ellen Gunter and Ted Carter interviewed organic farmers, environmentalists, filmmakers, authors, teachers, and spiritual leaders to understand how we can begin to remember our spiritual connection to the earth. Combining environmental history, dozens of simple and profound practices, and inspiring examples of people who practice earth stewardship, this book shows us how to open ourselves up to solutions we could not see before.

- **TIMELY SUBJECT:** Climate change has become part of a national and global conversation, as evidenced by Obama's new focus and the recent massive "Forward on Climate" rally in Washington DC as well as the growing number of protests against environmental issues from cola exports to fracking to deepwater drilling.
- **MORE THAN JUST RECYCLING:** Unlike other green consciousness books that offer tips for "saving the environment," this book provides a succinct history of the environmental issues facing us today along with a clear plan for how each of us can find our individual call to action with spiritual purpose.
- **BEST-SELLING CONTRIBUTOR:** The book features a foreword by *New York Times* best-selling author and internationally renowned speaker Caroline Myss.
- **NEW TITLE IN SERIES:** Part of North Atlantic's Sacred Activism series, which addresses crucial issues of our time and inspires radical action.
- "A book that should be required reading for every single person.... We have strayed from our fundamental nature and we must find our way back to our primary rapport with the earth and our own life instincts before we lose sight of those precious instincts entirely." --From the foreword by Carolyn Myss

Series Overview

When the joy of compassionate service is combined with the pragmatic drive to transform all existing economic, social, and political institutions, a radical divine force is born: Sacred Activism. The Sacred Activism Series, published by North Atlantic Books, presents leading voices that embody the tenets of Sacred Activism--compassion, service, and sacred consciousness--while addressing the crucial issues of our time and inspiring radical action.

About the Author/Illustrator

Author Residence: Oak Park, IL/Buxton, ME

Author Hometown: St. Louis, MO/Chicago, IL

ELLEN GUNTER is a climate activist who lectures, delivers Al Gore's slideshow on climate change, and writes about the connections between spirituality and the environment. TED CARTER has been designing earth-centric landscapes along the northeast coast for more than thirty years. His award-winning work has been featured in local and national publications.

Rights

Territories:

Audio:

British:

Restriction: World

Return indicator: Full copies only

Book Club:

Translation:

Agency:

Reprint:

1st Serial:

Special Markets:

Agent:

Other Editions

Trade Paper

ISBN

9780966780871

OS

Publisher

Price

Hist/Prev Titles

Dallas/Gunter, Ellen/TR

ISBN

9780932012531

On sale

Publisher

Price

Comp Titles

Hope Beneath Our Feet/Keogh, Martin/TR

ISBN

9781583228678

9/10

North Atlantic Books

\$18.95/\$21.50 Can.

What We Leave Behind/Jensen, Derrick/TR

ISBN

9780312541194

04/2009

Seven Stories Press

\$24.95

Eearth/McKibben, Bill/TR

ISBN

9780143113652

03/2011

St. Martin's Griffin

\$14.99

Blessed Unrest/Hawken, Paul/TR

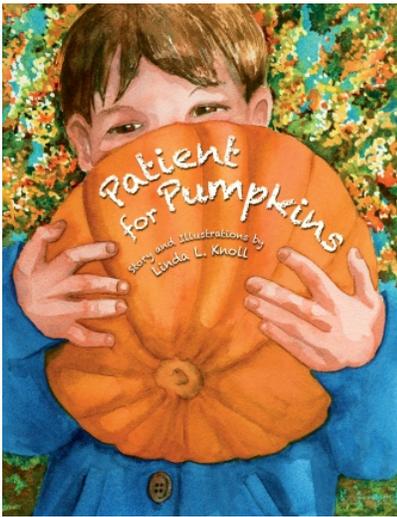
ISBN

9780143113652

04/2008

Penguin

\$17.00



ON SALE 4/22/2014
NORTH ATLANTIC BOOKS
HARDCOVER

978-1-58394-708-1
\$15.95/\$18.95 Can.

BISAC 1: Juvenile Fiction - Cooking & Food
BISAC 2: Juvenile Fiction - Concepts - Seasons
BISAC 3: Juvenile Fiction - Nature & The Natural World - Environment
Page Count: 32 **Trim Size:** 7-3/4 x 10
Carton Count: 12
Illustrations: FULL-COLOR THROUGHOUT
Age: 4-8 years **Grade:** Preschool - 3

Marketing and Publicity

- Outreach to print media that focus on children, parenting, health (e.g., Horn Book, Working Mother, Parents, Weekly Reader, Skipping Stones, Creations, Natural Health, Healthy Mom & Baby, Bamboo)
- Online outreach to websites, blogs, and forums that focus on children, parenting, health (e.g., Book Wink, Hip Mama, The Kids Book Corner, Mother Nature Network, Family Sponge, Weelicious)
- Promotion of book art and giveaways to Facebook groups in green parenting
- Digital previews available on Google Book Search, Amazon Search Inside, and Barnes & Noble See Inside
- Promotion on NAB Communities, Facebook, Twitter, and Pinterest featuring artwork and links to reviews

Patient for Pumpkins



Linda L. Knoll

U.S. demand for farmers' market produce increased from 2,756 in 1998 to 5,274 in 2009. *Patient for Pumpkins* will appeal to urban and suburban parents hoping to explain the seasonal availability of these fruits and vegetables to their children.

As an artist, educator, and lifelong resident of her hometown, Linda L. Knoll is an authority on the value and meaning of eating locally and in tune with the seasons. She has leveraged her expertise in graphic design and her teaching credential to produce a groundbreaking children's book on the pleasures of waiting for seasonally available fruits and vegetables. *Patient for Pumpkins* offers more than many children's books about farmers' markets in bookstores today by explaining the idea of seasonality in a way children can understand, and even going beyond this explanation to show how it can be fun and exciting to wait for these seasonal fruits and vegetables. *Patient for Pumpkins* promotes locally produced food and farms, as well as healthier eating habits for kids.

- **NEW TO MARKET:** Many books have helped introduce children to farmers' markets, but *Patient for Pumpkins* is among the first to pair this with an accessible story highlighting the vital concept of produce seasonality.
- **WIDE AUDIENCE:** The number of farmers' markets is on the rise, with over 7,500 currently registered with the USDA Farmers Market Directory. The U.S. Department of Agriculture estimates that locally produced foods, such as those sold at farmers' markets and roadside stands, generated over \$7 billion in revenue in 2011. This indicates an increased interest at the local level in the sources and seasonality of our foods, information that will need to be conveyed to our children in a pleasing, attractive format.
- **LIVELY ILLUSTRATIONS:** With a BFA in graphic design from University of the Pacific, Linda L. Knoll used the bounty of the San Joaquin Valley bioregion as her inspiration for the rich, colorful illustrations in *Patient for Pumpkins*.

About the Author/Illustrator

Author Residence: Modesto, CA

Author Hometown: Modesto, CA

LINDA L. KNOLL is an artist, graphic designer, and art teacher. She is the art education coordinator at Central California Art Association. She has lived in Modesto, California, all her life and strives to share the San Joaquin Valley's richness with children of all ages.

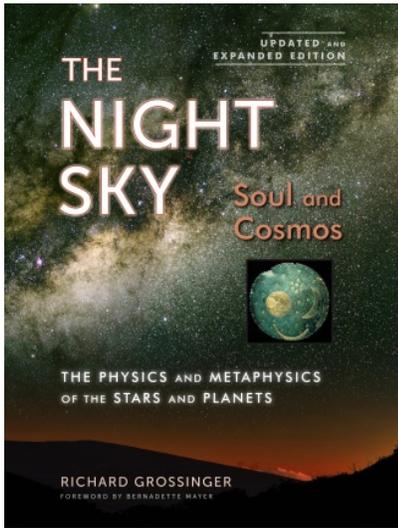
Rights

Territories:
Audio:
British:
Restriction: World

Return indicator: Full copies only
Book Club:
Translation:
Agency:

Reprint:
1st Serial:
Special Markets:
Agent:

Hist/Prev Titles	ISBN	On sale	Publisher	Price
Over in the Valley/Knoll, Linda/TR	9781450539593	02/2010	CreateSpace	\$9.95
Comp Titles	ISBN	On sale	Publisher	Price
That's Why We Don't Eat Animals/Roth, Ru...	978-1-55643-785-4	5/09	North Atlantic Books	\$16.95/\$19.95 Can.
Vegan Is Love/Roth, Ruby/HC	978-1-58394-354-0	4/12	North Atlantic Books	\$16.95/\$18.95 Can.
The Curious Garden/Brown, Peter/HC	9780316015479	04/2009	Little, Brown	\$16.99



ON SALE 5/6/2014
 NORTH ATLANTIC BOOKS
 TRADE PAPERBACK

978-1-58394-710-4
\$29.95/\$35.00 Can.
History: First edition 1981 by Sierra Club Books. Second re...

BISAC 1: SCIENCE - PHILOSOPHY & SOCIAL
BISAC 2: SOCIAL SCIENCE - ANTH/CULTURAL
BISAC 3: Nature - Star Observation
Page Count: 624 **Trim Size:** 7 x 9-1/4
Carton Count: 24
Illustrations: 8-PAGE B&W PHOTO INSERT

Marketing and Publicity

- Print, online, and broadcast outreach in new age/native spirituality (e.g., Shaman Portal, New Realities, Reality Sandwich, Whispering Wind)
- Outreach to print, online and broadcast media in natural history/anthropology (e.g., National Geographic, History, Discovery, Preservation, Scientific American)
- E-galleys available to press and book trade on Edelweiss
- Digital previews available on Google Book Search, Amazon Search Inside, and Barnes & Noble See Inside
- Promotion on NAB Communities, Facebook, Twitter, and Pinterest, featuring excerpts and links to reviews
- Announcement on the Recent Releases page of the North Atlantic Books website
- Promotion on author's website, RichardGrossinger.com

The Night Sky, Updated and Expanded Edition Soul and Cosmos: The Physics and Metaphysics of the Stars and Planets



Richard Grossinger; Foreword by Bernadette Mayer

Fans of Carl Sagan, Brian Swimme, and Ken Wilber will be drawn to this profound and wonder-filled exploration of humanity's complex relationship to the cosmos throughout the ages.

Ever since *Homo sapiens* first looked up at the stars, we as a species have been looking for meaning in the mysteries of the night sky. Over the millennia, as our knowledge, science, and technology developed, the stories we told ourselves about the universe and our place in it developed as well. In *The Night Sky*, Richard Grossinger traces those developments, covering multiple aspects of humanity's complex relationship to the cosmos. Covering not only astronomy but also cosmology, cosmogony, astrology, and science fiction, he offers us a revelatory look at the firmament through his own telescope, fitted with an anthropological lens.

- **GOOD PAST SALES:** The previous edition of the book (Tarcher, 1988) sold well: 8,000 for the Sierra Club edition and 7,000 for the Tarcher edition.
- **REVISED, UPDATED EDITION:** Since the late '80s, when the last edition was published, there have been many exciting developments and discoveries in astronomy. This revised edition incorporates this and offers fascinating insight into their significance to society and culture.
- **ESTABLISHED AUTHOR:** The founding publisher of North Atlantic Books and author of over 35 books, Grossinger has developed a devoted following of readers across scientific, literary, and artistic communities.

- "A superb examination, geared to the layperson, of the science and anthropology of the stars and planets."--*New Age Journal*
- "Ingenious metaphysical and philosophical ideas."--*Publishers Weekly*
- "A pyrotechnic writer."--*The New York Times*

About the Author/Illustrator

Author Residence: Berkeley, California

Author Hometown: New York, New York

Since the issuing of *Solar Journal: Oecological Sections* by Black Sparrow Press in 1970, RICHARD GROSSINGER (richardgrossinger.com) has published some 35 books, most of them with his own press, North Atlantic Books, but also titles with Harper, Doubleday, Sierra Club Books, and J. P. Tarcher. These have ranged from long explorations of science, culture, and spirituality (*Dark Pool of Light*, *Planet Medicine*, *Embryogenesis*) to memoirs (*New Moon*) to experimental prose (*Book of the Earth and Sky*) and science fiction (*Mars: A Science Fiction Vision*). Grossinger received a PhD in anthropology from the University of Michigan in 1975 and lives with his wife Lindy Hough in Berkeley, California.

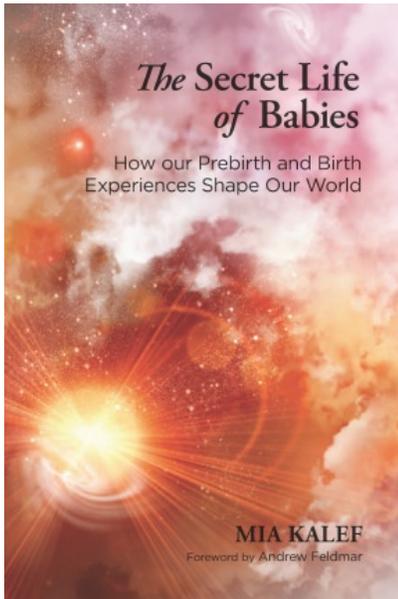
Rights

Territories:
Audio:
British:
Restriction: World

Return indicator: Full copies only
Book Club:
Translation:
Agency:

Reprint:
1st Serial:
Special Markets:
Agent:

Other Editions	ISBN	OS	Publisher	Price
Trade Paper	9780874777895			
Hardcover	9780871562883			
Hist/Prev Titles	ISBN	On sale	Publisher	Price
Craniosacral Therapy: What It/Upledger,...	978-1-55643-695-6	4/08	North Atlantic Books	\$14.95/\$16.95 Can.
2013/Grossinger, Richard/TR	978-1-55643-878-3	4/10	North Atlantic Books	\$16.95/\$21.00 Can.
Planet Medicine: Origins/Grossinger, Ric...	9781556433696	3/01	North Atlantic Books	\$35.00/\$43.95 Can.
The Bardo Of Waking Life/Grossinger, Ric...	978-1-55643-700-7	4/08	North Atlantic Books	\$15.95/\$18.95 Can.
Dark Pool Of Light, V1/Grossinger, Richa...	978-1-58394-434-9	8/12	North Atlantic Books	\$16.95/\$19.95 Can.
Comp Titles	ISBN	On sale	Publisher	Price
Cosmos and Psyche / Tarnas, Richard / TR	9780452288591	04/2007	Plume	\$20.00/\$23.00 Can.
Scatter, Adapt & Remember/Newitz Annalee...	978-0-385-53591-5	05/2013	Random House	\$26.95
Cosmic Conversations / Martin, Stephan /...	9781601630773	10/2009	New Page Books	\$16.99/\$18.95 Can.



The Secret Life of Babies

How Our Prebirth and Birth Experiences Shape Our World



Mia Kalef

***The Secret Life of Babies* is the *Outliers* of early consciousness, a breakthrough resource to help health practitioners, therapists, and their clients understand and appreciate the enormous hidden relevance that prebirth and birth experiences have on emotional, psychological, and physical development.**

A bold affirmation of sentience before conception and in the womb, *The Secret Life of Babies* reveals Mia Kalef's groundbreaking findings, which are organized around 4 provocative principles in the science of consciousness. First, babies can remember their earliest experiences. Second, this consciousness precedes the physical development of the brain itself. Third, Kalef deftly argues that technological medical interventions--and, by extension, estrangement from nature and pervasive violence in contemporary culture--imprint our relationships with the world and disconnect us from our sustainable place in the ecosystem. Finally, she provides a 6-step protocol for detecting these individual imprints and taking reparative steps for physiological and emotional balance and release. With a foreword by innovative psychotherapist Andrew Feldmár, *The Secret Life of Babies* offers an articulate guide to a transformation meant to restore us to our essential nature.

- **NEW HEALING MODALITY:** With a market size of \$27 billion annually in the United States alone, complementary and alternative medicine have more credence today than ever among patients. *The Secret Life of Babies* is at the vanguard of this healing movement.
- **ACCESSIBLE TOOLS:** Kalef's Intuitive Recovery protocol is a resource any individual may use to mine earliest experience for optimal health. The demand for such tools is high, with today's self-help movement valued at \$11 billion annually in the United States.
- **UNIVERSAL RELEVANCE:** According to the author, up to 98 percent of individuals have suffered challenging prenatal and birth imprints, rendering *The Secret Life of Babies* an essential resource for healing.

ON SALE 5/13/2014
NORTH ATLANTIC BOOKS
TRADE PAPERBACK

978-1-58394-803-3
\$16.95/\$19.95 Can.

History: *The Secret Life of Babies/Selfpub/978-0-55700-793-...*

BISAC 1: Body, Mind & Spirit - New Thought
BISAC 2: Psychology - Movements - Transpersonal
BISAC 3: Family & Relationships - Infants & Toddlers
Page Count: 192 Trim Size: 6 x 9
Carton Count: 24

Marketing and Publicity

- Outreach to print media in new age/spirituality (e.g., Watkins Mind Body Spirit, Spirituality and Health, In Light Times, Nexus)
- Online outreach to websites, blogs, and forums in new thought (e.g., Reality Sandwich, The Metaphysical Edge, Lotus Immortal, Circles of Light, New Consciousness Review)
- E-galleys available to press and book trade on Edelweiss
- Digital previews available on Google Book Search, Amazon Search Inside, and Barnes & Noble See Inside
- Promotion on NAB Communities, Facebook, Twitter, and Pinterest, featuring excerpts and links to reviews
- Promotion on author's website, MiaKalef.com, and social media

"Dr. Kalef's book is a work of art. It is full of tales that ring true, that make sense, that are full of heart, and that smack of authenticity.... Kalef masterfully mixes personal and clinical experience with current literature throughout, saturating the reader with a sense of the continuity of our lives and the meaningfulness of our adult behavior."

--Michael D. Trout, *The Journal of Prenatal and Perinatal Psychology and Health*

About the Author/Illustrator

Author Residence: Vancouver, Canada

Author Hometown: Calgary, Canada

MIA KALEF is the founder of Emerging Families, a program of therapy, education, and research for the pre- and perinatal period. She works with families throughout the childbearing years to resolve the effects of pre- and perinatal challenges, and with adults retrospectively. She is a lifetime member of the Association of Prenatal and Perinatal Psychology and Health and is in private practice in Vancouver, Canada.

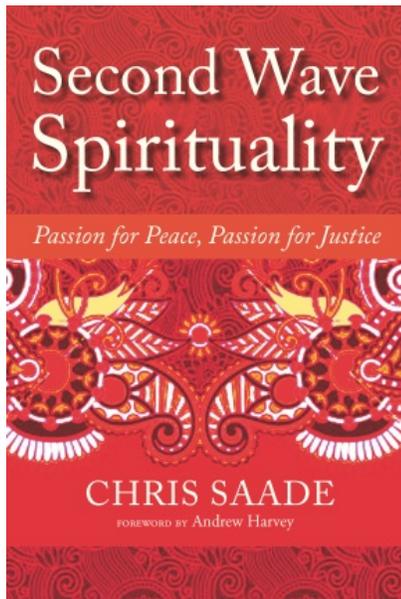
Rights

Territories:
Audio:
British:
Restriction: World

Return indicator: Full copies only
Book Club:
Translation:
Agency:

Reprint:
1st Serial:
Special Markets:
Agent:

Hist/Prev Titles	ISBN	On sale	Publisher	Price
The Secret Life of Babies/Kalef, Mia/TR	9780557007936	03/2009	Lulu.com	\$26.50/\$31.00 Can.
Comp Titles	ISBN	On sale	Publisher	Price
Healing Developmental Trauma/Heller, Lau...	978-1-58394-489-9	9/12	North Atlantic Books	\$21.95/\$25.95 Can.
Windows To The Womb/Chamberlain, David/T...	978-1-58394-551-3	1/13	North Atlantic Books	\$19.95/\$23.95 Can.
Morphic Resonance/Sheldrake, Rupert/TR	9781594773174	09/2009	Park Street Press	\$19.95/\$23.95 Can.
Welcoming Consciousness/McCarty, Wendy/T...	9780976065869	10/2012	Wondrous Beginnings Publishing	\$18.95/\$22.50 Can.
Mindful Birthing/Bardacke, Nancy/TR	9780061963957	07/2012	HarperCollins	\$19.99



ON SALE 5/20/2014
NORTH ATLANTIC BOOKS
TRADE PAPERBACK

978-1-58394-766-1
\$18.95

BISAC 1: Body, Mind & Spirit - New Thought
BISAC 2: Body, Mind & Spirit - Mental & Spiritual Healing
BISAC 3: Political Science - Peace
Page Count: 304 **Trim Size:** 6 x 9
Carton Count: 24
Illustrations: 8 B&W ILLUSTRATIONS
Series: Sacred Activism

Marketing and Publicity

- Outreach to mainstream print media in news (e.g., Time, Newsweek, Washington Post, USA Today)
- Outreach to print media in progressive news/spirituality (e.g., Mother Jones, Yes!, Intelligent Optimist, Watkins Mind Body Spirit, Peace Magazine)
- Online outreach in news (e.g., Huffington Post, Salon, Slate, Politico, The Awl, Upworthy)
- Online outreach in progressive news/spirituality (e.g., Grist, AlterNet, Reality Sandwich)
- Broadcast outreach in progressive news/spirituality (e.g., NPR, Thinking Allowed TV, Beyond the Ordinary, Exopolitics, In the Spirit Radio)
- E-galleys available to press and book trade on Edelweiss
- Digital previews available on Google Book Search, Amazon Search Inside, and Barnes & Noble See Inside
- Promotion on NAB Communities, Facebook, Twitter, and Pinterest, featuring excerpts and links to reviews

Second Wave Spirituality

Passion for Peace, Passion for Justice



Chris Saade

For spiritual seekers and social activists, as well as therapists, religious leaders, and environmentalists, this book defines second wave spirituality: a movement of socially engaged spirituality emerging throughout all faiths and traditions around the globe.

In his work as a spiritual teacher interacting with seekers and activists from around the world, Chris Saade has witnessed a remarkable recent phenomenon: a new wave of spirituality that is socially and globally engaged in the pursuit of justice, earth care, and solidarity. Saade calls this movement "second wave spirituality," and in this book he maps out the cutting-edge ideas that are fueling this new wave of engaged spirituality. He challenges us to rise to our spiritual task and join the millions of all faiths who are awakening to the suffering and social struggles of all living beings. The book also includes an anthology of inspirational and supportive quotes from fellow sacred activists. "Our survival," Saade says, "depends on the evolutionary flowering of a humanity steeped in solidarity and rich in a sense of community. This is the great epic strife of our new century."

- **INTERFAITH AND INTERGENERATIONAL:** This book will appeal to young spiritual seekers who are hungry for social engagement as well as older readers of all religions who are concerned about the state of the world and looking for a vision of hope.
- **PART OF AN ACTIVE CONVERSATION:** Spiritual activist leaders including Matthew Fox, Marianne Williamson, Barbara Marx Hubbard, Philip Newell, Llewellyn Vaughn-Lee, Stephane Hessel, and the Dalai Lama are speaking about the need for spiritual traditions to be involved in the struggles of the world, stating that it is not enough to have an inner personal spirituality.
- **NEW TITLE IN SERIES:** Part of North Atlantic's Sacred Activism series, which addresses crucial issues of our time and inspires radical action.

Series Overview

When the joy of compassionate service is combined with the pragmatic drive to transform all existing economic, social, and political institutions, a radical divine force is born: Sacred Activism. The Sacred Activism Series, published by North Atlantic Books, presents leading voices that embody the tenets of Sacred Activism—compassion, service, and sacred consciousness—while addressing the crucial issues of our time and inspiring radical action.

About the Author/Illustrator

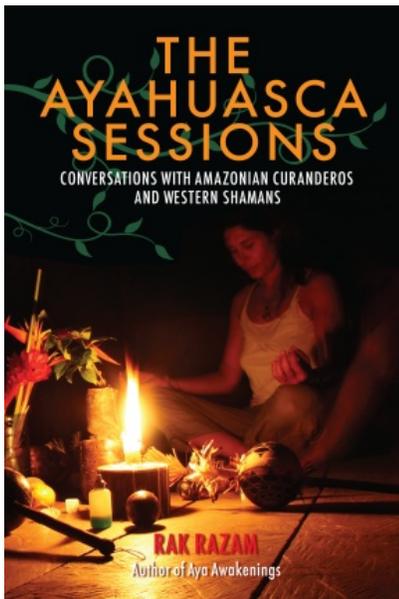
Author Residence: Charlotte, NC

Author Hometown: Beirut, Lebanon

Born into a Christian family in Lebanon, CHRIS SAADE experienced firsthand the devastation of the Lebanese war, which led him to develop respect for diversity and passion for peacemaking. As codirector of the Olive Branch Center in Charlotte, North Carolina, with his wife, Jessie Thompson, Saade teaches courses on engaged spirituality and the mysticism of inclusion. He is the founder of the Institute for Life-Leadership and Coaching, where he is the senior trainer for heart-centered psychological and spiritual leadership programs.

Rights

Territories:	Return indicator: Full copies only	Reprint:
Audio:	Book Club:	1st Serial:
British:	Translation:	Special Markets:
Restriction: World	Agency:	Agent:
Comp Titles	ISBN	On sale
Hope Beneath Our Feet/Keogh, Martin/TR	978-1-55643-919-3	9/10
Greater: Dream Bigger/Furtick, Steven/HC	978-1-60142-325-2	01/2012
The Hope/Harvey, Andrew/TR	9781401920036	01/2009
Christian Mystics/Fox, Matthew/TR	9781577319528	01/2011
Radical Passion/Harvey, Andrew/TR	978-1-58394-503-2	10/12
Unlikely Peace Cuchumaquic/Prechtel, Mar...	978-1-58394-360-1	1/12
Publisher	Price	
North Atlantic Books	\$18.95/\$21.50 Can.	
Multnomah Books	\$19.99	
Hay House	\$16.95	
New World Library	\$16.95	
North Atlantic Books	\$29.95/\$35.00 Can.	
North Atlantic Books	\$24.95/\$28.95 Can.	



ON SALE 5/27/2014
 NORTH ATLANTIC BOOKS
 TRADE PAPERBACK

978-1-58394-801-9
\$19.95/\$23.95 Can.

History: Previously self-published in 2010 with ISBN 978-0-...

BISAC 1: Body, Mind & Spirit - Entheogens & Visionary Substances

BISAC 2: Body, Mind & Spirit - Shamanism
Page Count: 288 **Trim Size:** 6 x 9
Carton Count: 24

Marketing and Publicity

- Outreach to print media in anthropology/ecology and new age spirituality (e.g., National Geographic, Yes!, Mental Floss, Wired, Utne Reader, High Times)
- Outreach to broadcast media in anthropology/ecology and new age spirituality (e.g., Discovery, NPR Environment Podcast, Wired Science, Joe Rogan Experience, Rainforest Podcast, Science Weekly)
- Outreach to online media in anthropology/ecology and new age spirituality (e.g., AlterNet, Reality Sandwich, Erowid.org, Global Ethnographic)
- E-galleys available to press and book trade on Edelweiss
- Digital previews available on Google Book Search, Amazon Search Inside, and Barnes & Noble See Inside
- Promotion on NAB Communities, Facebook, Twitter, and Pinterest, featuring excerpts, author podcast interview, and links to reviews
- Promotion on author's website, RakRazam.com, social media, and cross-promotion with author's 2013 film, *Aya: Awakenings* (ISBN 9781583948163)

The Ayahuasca Sessions

Conversations with Amazonian Curanderos and Western Shamans



Rak Razam

A companion volume to the author's adventurous ayahuasca memoir *Aya Awakenings*, this collection of interviews with native Amazonian healers or *curanderos* and Western shamans will also attract "seekers and thrill-seekers" traveling the "gringo trail" in Central and South America in search of a direct encounter with ayahuasca's multidimensional reality. A classic text for those interested in entheogens, ayahuasca tourism, and counterculture studies.

In areas of Brazil, Ecuador, and Peru, the hallucinogenic herbal brew known as ayahuasca or *yajé* is legally used to heal physical ailments and to cleanse and purify the spirit by connecting it to the web of life; Sting and Tori Amos have admitted sampling it in Latin America, as has Paul Simon, who chronicled the experience in his song "Spirit Voices." *The Ayahuasca Sessions* is an opportunity to revisit many of the key figures involved in 21st-century Amazonian shamanism in Australian journalist Rak Razam's previous book as well as other ayahuasceros such as native healer Guillermo Arévalo, filmmaker Jan Kounen, and Alan Shoemaker, founder of the International Amazonian Shamanism Conference.

- **GROWING INTEREST IN AYAHUASCA:** According to a March 2013 article in *Men's Journal*, every day "hundreds" of tourists arrive in Iquitos, Peru, seeking spiritual catharsis; ayahuasca is now being used throughout Latin America and even in the West.
- **MULTIPLE AUDIENCES:** Will appeal to fans of adventure travel, counterculture and alternative subcultures; new age and body, mind, and spirit teachings. This demographic has strong links to the global backpacking culture.
- "A memorable--and deeply personal--journey into the hearts and minds of those who carry on the shamanic traditions of ayahuasca." --Rick Doblin, president and founder of the Multidisciplinary Association of Psychedelic Studies (MAPS)

About the Author/Illustrator

Author Residence: Mullumbimby, New South Wales, Australia

Author Hometown: Melbourne, Australia

RAK RAZAM is a new wave entheogenic researcher and the cofounder of Undergrowth.org, Australia's leading online counterculture arts and literature magazine, and the Icaros Foundation. An author, freelance journalist, and editor, he specializes in underground and counterculture communities, spirituality, and technology. He has written features for Australian *Penthouse*, *The Age*, *Dazed and Confused* magazine and Dazed Digital, Disinfo.com, Reality Sandwich, *High Times*, *Filmmaker* magazine, and many other publications.

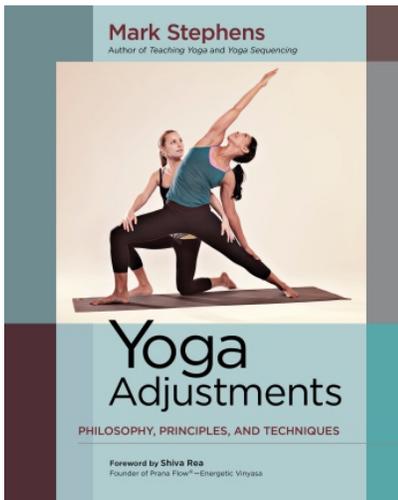
Rights

Territories:
Audio:
British:
Restriction: World

Return indicator: Full copies only
Book Club:
Translation:
Agency:

Reprint:
1st Serial:
Special Markets:
Agent:

Comp Titles	ISBN	On sale	Publisher	Price
Inner Paths to Outer Space/ Strassman, R...	9781594772245	03/08	Park Street Press	\$19.95
Psychedelic Shamanism/Dekorne, Jim/TR	978-1-55643-999-5	7/11	North Atlantic Books	\$19.95/\$22.95 Can.
Exploring The Edge Realms/Pinchbeck, Dan...	978-1-58394-488-2	9/12	EVOLVER EDITIONS	\$18.95/\$22.50 Can.
Rainforest Medicine/Weisberger, Jonathon...	978-1-58394-608-4	9/13	North Atlantic Books	\$19.95/\$22.95 Can.



ON SALE 6/3/2014
NORTH ATLANTIC BOOKS
TRADE PAPERBACK

978-1-58394-770-8
\$24.95/\$28.95 Can.

BISAC 1: Health & Fitness - Yoga
BISAC 2: Education - Physical Education
BISAC 3: Philosophy - Mind & Body
Page Count: 400 **Trim Size:** 8 x 10
Carton Count: 24
Illustrations: 1,025 B&W PHOTOS

Marketing and Publicity

- Outreach to print media in yoga (e.g., Yoga Journal, Yoga International, LA Yoga, Yoga Teacher)
- Outreach to print media in healthy lifestyle (e.g., Natural Health, Whole Living, Fitness, Shape)
- Major online outreach to websites, blogs, and forums that focus on yoga (e.g., TrainYoga.com, YogaBasics.com, About.com: Yoga, AURA Yoga Teacher Blog, Elephant Journal)
- Major online outreach to websites, blogs, and forums that focus on fitness (e.g., eHow.com: Fitness, FitSugar, Active.com)
- Regular author column in Yoga International Magazine
- Coordinated social media campaign in conjunction with National Yoga Month network of over 50K, and through author's websites (markstephensyoga.com, santacruzoyoga.net), Facebook network of over 3K, and YouTube video series to raise viral awareness for the book
- E-galleys available to press and book trade on Edelweiss
- Digital previews available on Google Book Search, Amazon Search Inside, and Barnes & Noble See Inside
- Promotion on NAB Communities, Facebook, Twitter, Pinterest, featuring excerpts, author podcast interview, links to reviews, excerpts, yoga photos and videos, yoga studio round-ups

Yoga Adjustments Philosophy, Principles, and Techniques



Mark Stephens

Addressing one of the most important topics in the yoga profession, this book is an essential reference for yoga teachers, teacher trainers, studio owners, and serious yoga students.

The definitive resource for guiding yoga students, *Yoga Adjustments* covers the philosophy of yoga practice, the sensibilities of touch in teaching yoga, the seven principles of hands-on yoga teaching in order to improve alignment, and the twenty-five most effective methods of tactile cueing. Written by Mark Stephens, esteemed teacher trainer and author of the best-selling *Teaching Yoga* and *Yoga Sequencing*, with a foreword by star yoga teacher Shiva Rea, this book includes over 1,000 instructional photos and a detailed explanation of how to assist students in each of over 100 postures in the seven families of asanas.

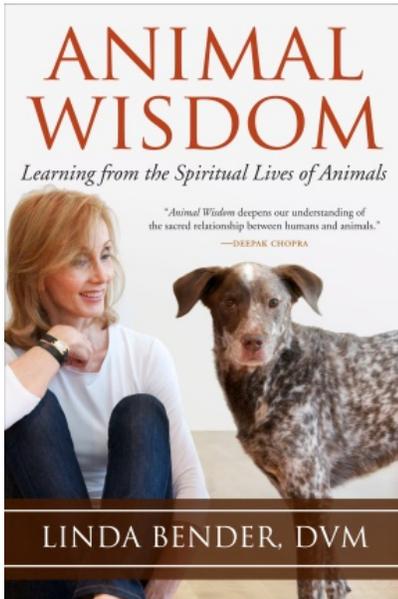
- **POPULARITY OF YOGA:** There are currently 90,000 yoga teachers, over 2,500 yoga teacher training programs, and over 30 million active yoga students in the United States.
- **REQUIRED TEXTBOOK:** Teacher trainers can assign the book as a required textbook for participants in their training courses, and teachers-in-training can use it as a supplement to other instructional materials.
- **BROAD MARKET:** Written to appeal to the widest possible audience—from yoga teachers devoted to a specific yoga style or a blend of styles to the millions of yoga students interested in yoga philosophy and technique.
- **BEST-SELLING AUTHOR:** The author of the best-selling *Teaching Yoga* and *Yoga Sequencing* (currently the number one ranked yoga book on Amazon), expert yoga instructor Mark Stephens has trained over 1,100 yoga teachers and is the founder of Yoga Inside Foundation, L.A. Yoga Center, and Santa Cruz Yoga.

About the Author/Illustrator

The author of the best-selling *Teaching Yoga: Essential Foundations and Techniques* and *Yoga Sequencing: Designing Transformative Yoga Classes*, MARK STEPHENS has practiced yoga for twenty-two years and has taught yoga full-time for seventeen years. The founder of Yoga Inside Foundation, L.A. Yoga Center, and Santa Cruz Yoga, Stephens has trained over 1,100 yoga teachers. At Yoga Inside Foundation, he trained and supported yoga teachers in over 300 alternative settings across the U.S. and Canada, receiving *Yoga Journal's* first Annual Karma Yoga Award in 2000 for this work.

Rights

Territories:	Return indicator: Full copies only	Reprint:		
Audio:	Book Club:	1st Serial:		
British:	Translation:	Special Markets:		
Restriction: World	Agency:	Agent:		
Hist/Prev Titles	ISBN	On sale	Publisher	Price
Yoga Sequencing/Stephens, Mark/TR	978-1-58394-497-4	9/12	North Atlantic Books	\$24.95/\$28.95 Can.
Teaching Yoga/Stephens, Mark/TR	978-1-55643-885-1	5/10	North Atlantic Books	\$22.95/\$26.95 Can.
Comp Titles	ISBN	On sale	Publisher	Price
Yoga Beyond Belief/White, Ganga/TR	9781556436468	1/07	North Atlantic Books	\$19.95/\$24.95 Can.
The Anatomy Of Pilates/Massey, Paul/TR	978-1-55643-780-9	4/09	North Atlantic Books	\$28.95/\$33.95 Can.
Shadow Yoga, Chaya Yoga/Remete, Shandor/...	978-1-55643-876-9	1/10	North Atlantic Books	\$18.95/\$23.00 Can.
Yoga Posture Adjustments and Assisting/P...	9781412051620	01/2006	Traftord Publishing	\$29.99



ON SALE 6/10/2014
NORTH ATLANTIC BOOKS
TRADE PAPERBACK

978-1-58394-773-9
\$18.95/\$22.50 Can.

BISAC 1: Pets - General
BISAC 2: Body, Mind & Spirit - Healing - Prayer & Spiritual
BISAC 3: Nature - Animals
Page Count: 216 **Trim Size:** 6 x 9
Carton Count: 24
Series: Sacred Activism

Marketing and Publicity

- Outreach to trade magazines: PW, Kirkus, Booklist, Library Journal
- Outreach to mainstream print media (e.g., Time, Washington Post, New York Times)
- Outreach to print media that focus on animals (e.g., Sierra, National Geographic, Animal Times, Spirit of Change, Best Friends, Animal Wellness, Your Pet)
- Online outreach to websites, blogs, and forums in alternative news (e.g., Disinformation, Counterpunch, AlterNet, Truthout, Care2, Reality Sandwich)
- Online outreach to websites, blogs, and forums that focus on animals (e.g., The Kind Life, Animal Concerns, Animal's Voice, PETA Living)
- E-galleys available to press and book trade on Edelweiss
- Digital previews available on Google Book Search, Amazon Search Inside, and Barnes & Noble See Inside
- Promotion through GoodReads and Amazon Vine
- Promotion on NAB Communities, Facebook, Twitter, Pinterest, featuring author webinar, photos, excerpts and links to reviews
- Promotion on the author's website (lindabender.org)

Animal Wisdom

Learning from the Spiritual Lives of Animals



Linda Bender

Animal and pet lovers, animal-rights activists, and fans of Jane Goodall and Rupert Sheldrake will be deeply touched by this heartwarming book revealing the profound life lessons we can learn from animals, once we learn how to communicate with them as beloved other beings.

In *Animal Wisdom*, veterinarian and animal intuitive Linda Bender offers us a wealth of extraordinary stories and research-based evidence indicating animals have deeply perceptive—even extrasensory—abilities, especially when love is involved. In addition, she provides 18 step-by-step practices for honing your own natural ability to communicate with animals, so that you too can learn to understand their urgent messages about peace, happiness, and the future of the planet.

- **HUGE MARKET:** A 2011 Gallup Poll showed that 6 in 10 Americans have pets, and that companionship is the main reason for pet ownership. In surveys conducted by Rupert Sheldrake, 78% reported having experiences that they suspected to be evidence of telepathy, and people with animals were more likely to consider themselves psychic. In 2007, a survey by the American Veterinary Medical Association found that half of U.S. pet owners considered their pet a member of the family. In 2008, *The Bark* magazine stated that 72% of their 110,000 subscribers regularly sing to their dog. An American Animal Hospital Association's 2004 survey asked 1,220 respondents whether they would risk their life for their pets. Amazingly, 56% said they were "very likely", 37% "somewhat likely," and only 7% chose "not at all likely."
- **"VET" PSYCHIC:** Linda Bender is not only a psychic who can communicate telepathically with animals but also a doctor of veterinary medicine (DVM), serving as a perfect bridge between disparate audiences.
- **GREAT READ:** Filled with heartwarming and tearjerking anecdotes and amazing research findings.
- Endorsement to come from Rupert Sheldrake.

Series Overview

When the joy of compassionate service is combined with the pragmatic drive to transform all existing economic, social, and political institutions, a radical divine force is born: Sacred Activism. The Sacred Activism Series, published by North Atlantic Books, presents leading voices that embody the tenets of Sacred Activism—compassion, service, and sacred consciousness—while addressing the crucial issues of our time and inspiring radical action.

About the Author/Illustrator

Author Residence: Mt. Pleasant, South Carolina

Author Hometown: New Jersey

During the 14 years that LINDA BENDER spent living in Europe, Asia, Africa, and the Middle East, her veterinary work included the rescue, rehabilitation, and protection of wildlife. Her interest in spirituality and healing led her to found the Mind the Gap Wellness Center as well as a pet-therapy program. She is a certified practitioner of Energy for Life and is a cofounder of the nonprofit organization From the Heart.

Rights

Territories:

Return indicator: Full copies only

Reprint:

Audio:

Book Club:

1st Serial:

British:

Translation:

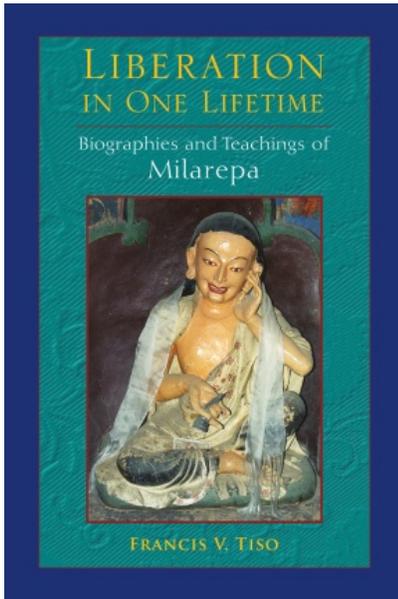
Special Markets:

Restriction: World

Agency:

Agent:

Comp Titles	ISBN	On sale	Publisher	Price
Hope Beneath Our Feet/Keogh, Martin/TR	978-1-55643-919-3	9/10	North Atlantic Books	\$18.95/\$21.50 Can.
Unlikely Friendships / Holland, Jennifer...	9780761159131	06/2011	Workman Publishing Company	\$13.95/\$15.95 Can.
Animals Make Us Human / Grandin, Temple...	9780547248233	01/2010	Mariner Books	\$15.95/\$17.95 Can.
The Animal Manifesto / Bekoff, Marc / TR	9781577316497	02/2010	New World Library	\$14.95/\$16.95 Can.
Before We Leave You/Cori, Patricia/TR	978-1-55643-894-3	4/11	North Atlantic Books	\$18.95/\$21.50 Can.
My Animal, My Self/Williams, Marta/TR	9781608681693	06/2013	New World Library	\$15.95



ON SALE 6/24/2014
 NORTH ATLANTIC BOOKS
 TRADE PAPERBACK

978-1-58394-793-7
\$24.95/\$28.95 Can.

BISAC 1: Religion - Buddhism - Tibetan
BISAC 2: Religion - Buddhism - Sacred Writings
BISAC 3: Biography & Autobiography - Religious
Page Count: 472 **Trim Size:** 6 x 9
Carton Count: 24
Illustrations: 1 B&W PHOTO

Marketing and Publicity

- Outreach to print media in eastern religion (e.g., Buddhadharma, Tricycle, Shambala Sun)
- Online outreach to websites, blogs, and forums in eastern religion (e.g., Elephant Journal, Dharma Monkey, The Zennist)
- E-galleys available to press and book trade on Edelweiss
- Digital previews available on Google Book Search, Amazon Search Inside, and Barnes & Noble See Inside
- Promotion on NAB Communities, Facebook, Twitter, and Pinterest, featuring excerpts and links to reviews
- Announcement on the Recent Releases page of the North Atlantic Books website

Liberation in One Lifetime Biographies and Teachings of Milarepa



Francis V. Tiso

Unveiling previously unknown information about Milarepa, one of Tibet's most famous Buddhist lamas and poets, this in-depth meticulously-researched text is an essential resource for Western Buddhists, academic scholars, and teachers and students in religious studies programs.

Liberation in One Lifetime offers a detailed analysis of the biographical material that has been written about Milarepa, a major figure in the history of the Kagyu school of Tibetan Buddhism and known as one of Tibet's greatest lamas and poets. Author, theologian, and well-respected Tibetan Buddhist scholar, Francis V. Tiso, explores the historical context of the tradition of hagiography (biography) in Buddhism and other spiritual traditions, providing a history of Milarepa's influence in Tibet as well as translated biographies and oral teachings of Milarepa (in poetic form) that are considered sacred texts. This book also includes a foreword by prominent Tibetan Buddhist scholar Roberto Vitali and an extensive bibliography of primary and secondary sources.

- **METICULOUS RESEARCH:** Amassing 24 years of research and fieldwork in Tibet, Nepal, and India, this book offers new translations of very early Milarepa biographies, teachings, and songs.
- **NEWLY-REVEALED INFORMATION:** This book explores several biographical sources that were previously unknown, expanding the literature beyond the well-known *Life of Milarepa and Hundred Thousand Songs*, compiled and edited by the Mad Yogin of gTsang, 360 years after Milarepa's death.
- **WELL-REGARDED SCHOLAR:** With advanced degrees from Cornell and Harvard Universities, and a doctorate in Buddhist Studies from Columbia University and Union Theological Seminary, Francis V. Tiso has translated several early biographies of Milarepa and has written and lectured widely.

About the Author/Illustrator

Author Residence: Isernia, Italy

Author Hometown: Mount Vernon, New York

A priest of the Diocese of Isernia-Venafro in Italy, FRANCIS V. TISO holds advanced degrees from Cornell and Harvard Universities, and a doctorate in Buddhist Studies from Columbia University and Union Theological Seminary. He has translated several early biographies of Milarepa and has led research expeditions in South and East Asia.

Rights

Territories:
Audio:
British:
Restriction: World

Return indicator: Full copies only
Book Club:
Translation:
Agency:

Reprint:
1st Serial:
Special Markets:
Agent:

Hist/Prev Titles	ISBN	On sale	Publisher	Price
Young Person's Book of Catholic Signs an...	9780385179515	05/1982	Doubleday	
Aging: Spiritual Perspectives/Tiso, Fran...	9780941850032	04/1982	Twenty-Third Publications	
Comp Titles	ISBN	On sale	Publisher	Price
Perfect Clarity/Kunsang, Erik Pema/TR	978-962-7341-69-7	10/12	North Atlantic Books	\$18.95/\$22.50 Can.
Clear Mirror, A/Lingpa, Traktung Dudjom/...	978-962-7341-67-3	12/11	North Atlantic Books	\$24.95/\$27.95 Can.
History Of Zhang Zhung..., V1/Norbu, Cho...	978-1-58394-610-7	5/13	North Atlantic Books	\$19.95/\$22.95 Can.
Lamp That Enlightens Narrow/Norbu, Chogy...	978-1-58394-492-9	10/12	North Atlantic Books	\$15.95/\$18.95 Can.
Endless Path/Martin, Rafe/TR	978-1-55643-932-2	9/10	North Atlantic Books	\$19.95/\$22.95 Can.