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# Watkins Publishing & Nourish Books

New Titles Catalogue  
July–December 2019

WATKINS PUBLISHING & NOURISH BOOKS NEW TITLES CATALOGUE JULY–DECEMBER 2019





# WATKINS

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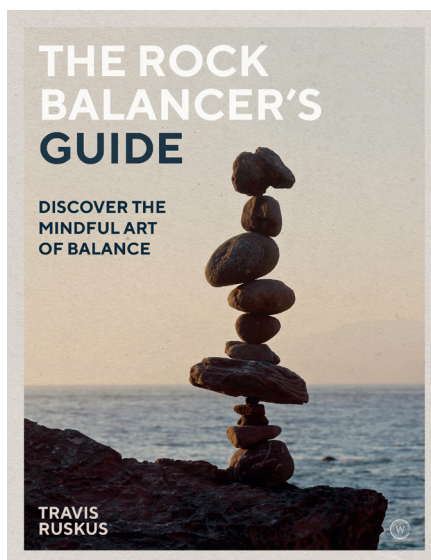
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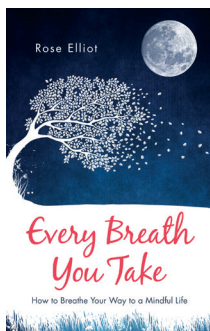


## THE ROCK BALANCER'S GUIDE

Discover the Mindful Art of Balance

Travis Ruskus

You might also like:



9781780289816  
Every Breath You Take

Rock balancing is the practice of piling up stones in natural settings, creating everything from simple towers to amazingly elaborate and apparently gravity-defying edifices. This is the first mainstream book about the mindful art of rock balancing, combining technical advice on creating the structures with spectacular colour photographs of the author's own balances, as well as guidance on approaching rock balancing as a mindfulness/meditation practice.

As the book guides you through the practical techniques of rock balancing, it also explains how to breathe properly, how to approach the rocks with self-belief, face fear and go beyond what you had previously thought to be your limits. Finally, it discusses how to let go and destroy the balances you have created, leaving nature in a pristine state.

**Travis Ruskus** is a professional rock balancer, artist and meditation instructor who lives and works in San Francisco, teaching rock balancing to adults and children as a meditative practice. Find out more at: [www.travisruskus.com](http://www.travisruskus.com)



Strength is built  
through resistance.

FRICTION ▷



### BELIEVING IN MIRACLES

There have been times when I've spent an hour or two hiking, found a great view with awesome rocks to balance, and then spent several more hours trying to manifest the abstract shape in my mind with the random rocks that surround me.

After a while, I am still left with a pile of rocks. There is no awesome balance yet, and my thoughts start to go from "you can do this" to "this should have already balanced by now," or the classic line, "this wasn't supposed to happen." My hands start to shake. There is tension in my neck. I can feel dehydration setting in as my thoughts start to loop. The light starts to fade or I remember prior obligations that have to be dealt with, and I have no other choice than to put the rocks down where I found them.

There is no golden moment of balance. I take in a deep breath of defeat and head back home to my warm bed.

Instead of staying in bed, with the negative thought patterns of fear, anger, and doubt swirling in my head, the next day I pick up where I left off by going back to that same spot. Every single time I do this, and trust the process, I always get an amazing balance.

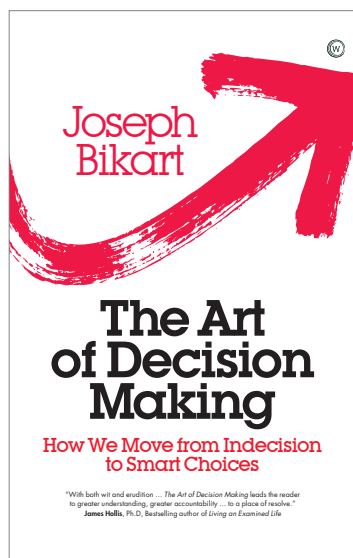
If I am traveling and can't go back to the same spot, I will use what I have learned during the previous challenge to make the next balance easier to manifest.

WORTHY ▷





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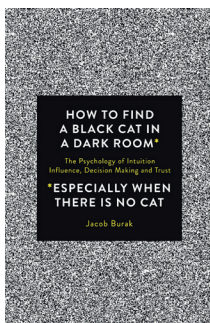


## THE ART OF DECISION MAKING

### How We Move from Indecision to Smart Choices

Joseph Bikart

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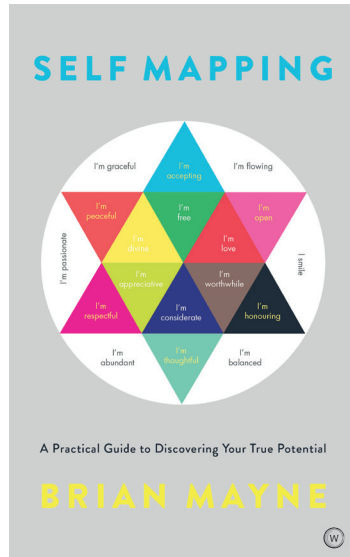
9781786780850  
How to Find a Black  
Cat in a Dark Room

What is it that makes some of us better – or worse – than others at committing to a choice? What are the forces that hold us back, and how can we successfully overcome them?

Drawing from different 'fields' such as philosophy, psychology, literature, and theology, Joseph Bikart uses decades of experience as a business coach for senior executives around the globe to explore how and why we make the decisions we do. By exploring the intricacies of decision making, the reader is challenged to understand why we make the choices we do, especially the toughest ones and how any decision can help us to face our fears and may in turn change how we think about ourselves.

**Joseph Bikart** is a founding partner and director of the international consulting firm Templar Advisors. For the past 20 years, he has advised leaders in corporate and public life on their communication and negotiations. Through his work with thousands of decision-makers, he has created *decision therapy*, an innovative approach to executive coaching.

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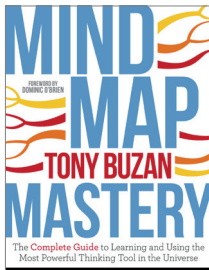


## SELF MAPPING

A Practical Guide to Discovering Your True Potential

Brian Mayne

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Mind Map Mastery

Created by the hugely successful coach and trainer Brian Mayne, the *Self Mapping* technique uses a combination of words and images to create a Self Map. Connecting the left brain and the right brain, this unique technique will help anyone to discover their true potential.

*Self Mapping* will take you on a journey of Self discovery through nine stages. Each of these stages are covered in individual chapters alongside practical steps. As you work through the book you will create your own Self Map, using the template provided. Once completed, your map serves both as a conscious reminder about who you choose to become and a subconscious command to make it happen.

**Brian Mayne** is an inspirational speaker, author and leader on the science of positive thinking and goal achievement. He travels the world delivering his simple yet profound messages – and where Brian goes, the headlines follow.

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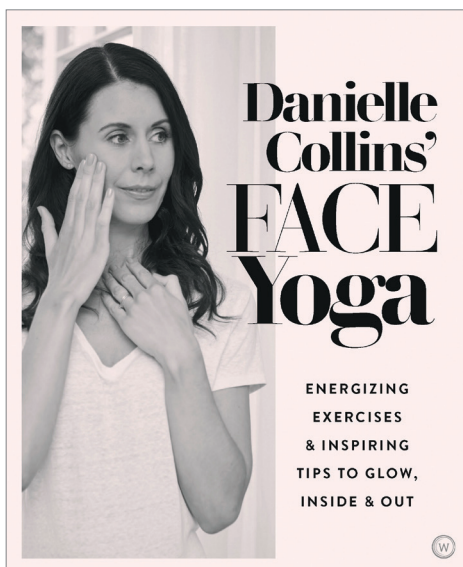
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Health & Fitness

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## DANIELLE COLLINS' FACE YOGA

Energizing Exercises & Inspiring Tips to Glow,  
Inside & Out

Danielle Collins

Have you ever wondered why every workout you have ever done stopped at the neck? Or questioned why traditional yoga calms the mind, tones the body but forgets the face? Are you looking for a natural way to look and feel younger and healthier?

Danielle Collins, TV's Face Yoga Expert, believes we should all have the opportunity to look and feel the very best we can for our age and to care for our face, body and mind using natural and holistic techniques. Her method requires just 5 minutes a day and could not be easier to get started. Integrating practical facial exercises with inspirational lifestyle tips, including diet and skincare, *Danielle Collins' Face Yoga* is a revolutionary new programme to help you achieve healthier, firmer, glowing skin.

**Danielle Collins** studied yoga, the Alexander Technique and facial massage before gaining a diploma in Relaxation Therapy. She subsequently began to build and develop Face Yoga and now runs one-to-one clinics from a practice in Harley Street.





# I AM BEAUTIFUL INSIDE AND OUT



## THE FOREHEAD DAB

1 Start with eyes either open or closed – whichever feels more comfortable.

2 Place the palm of your hand on the right hand side of your forehead. Press, or 'dab', your forehead gently, moving gradually across to the left hand side, then back towards the right.

3 Start with one dab per second, then gradually slow it down to one dab every 10 seconds. Do this exercise for 1

### \* BENEFITS

Relaxing the frontalis muscle reduces forehead tension, and fewer expression lines. It also improves circulation, to look refreshed and glowing.

### \* TOP TIP

Use this exercise to practice keeping your forehead still while widening the eyes (see page xx).

FACE YOGA 6

FACE YOGA



The forehead is one of the areas that many people are keen to smooth and firm. It's a part of most expressions – whether you're raising your eyebrows in surprise or furrowing your brow in concentration. This isn't so noticeable when we are younger, as we have more collagen and elastin in our skin which lets it 'bounce back' much faster, but as we age, we have less of these natural plumping agents. Our habitual expressions can start to deepen these lines.

But whether there are already lines in this area or you want to work with further preventing them, then the following techniques will help.

FACE YOGA 5

FACE YOGA 4



## THE JAW TONER

### \* BENEFITS

This is an excellent exercise for releasing and preventing jaw tension and may reduce jaw pain and teeth grinding that can come from stress. It also helps to improve the blood flow to the muscles, which will help the jaw to look and feel more lifted and firmed.

### \* TOP TIP

Try to pinch 'down' in to the muscle as you stimulate all three layers of skin rather than just pulling 'up' the top layer of skin. As you stroke along the jaw. Try to allow the fingers to glide: a small drop of plant based serum can aid you with

### HOW TO DO IT

1 Using the index finger, middle finger and thumb of both hands, gently pinch along your jawbone and jaw muscle.

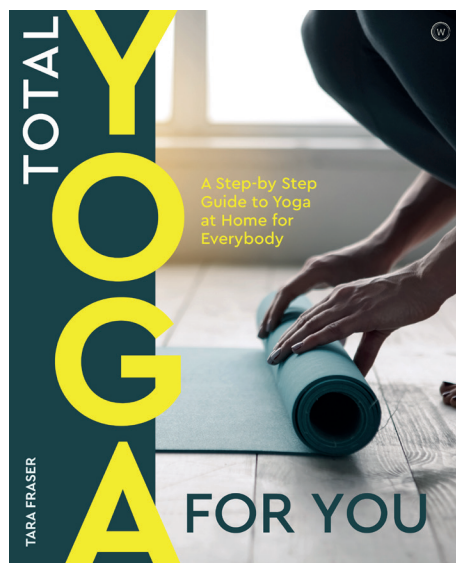
2 Move along your jaw line, towards your ears on both sides, pinching and releasing. Do this for 30 seconds only ever moving upwards.

3 Now, take your thumbs and place them next to each other on the jaw line at the chin. Stroke them along the jaw line away from each other. Then lift them off when you reach the ears and start

FACE YOGA 9

FACE YOGA 10

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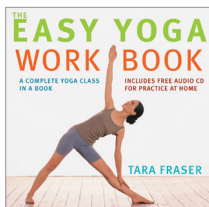
*"An ideal book  
 for beginners and  
 a spur to more  
 experienced  
 students"*  
 Yoga Magazine

## TOTAL YOGA FOR YOU

### A Step-by-step Guide to Yoga at Home for Everybody

Tara Fraser

By the same author:



Easy Yoga Workbook  
 9781904292241

This is a complete, illustrated practical guide that takes a traditional, holistic approach combining yoga postures with a healthy lifestyle.

Develop your own personalised yoga practice following the detailed descriptions of how to work safely and progressively with the postures and breathing exercises of hatha yoga. The author explains the essentials in plain, simple language and uses over 200 step-by-step colour photographs to take you through the essential asanas (postures) and sequences. Special 'box outs' suggest how beginners can adapt the classic postures to make them easier to perform – while more experienced students are shown how to progress towards more challenging asanas as they build up their skills.

**Tara Fraser** has had a lifelong interest in yoga, has been teaching since 1993 and is a British Wheel of Yoga Diploma Course Tutor. She believes yoga can help everyone live well, feel good and age gracefully. Her teaching style draws on several traditions but is heavily influenced by the personalised and therapeutic approach of TKV Desikachar, which has been her own practice for many years.

## ENERGIZING MORNING

The following series of postures can provide a dynamic start to the day – try to set aside some time in your morning routine to practise. If you can, face the sun as you practise – think of the sequence as a revelling way to greet the day. We all naturally feel lozier in the morning than the evening, so don't be surprised if the first few postures in your morning sequence feel a little tight. Breathe into each pose and visualize your body loosening up as you move into it. Take your time and allow yourself a relaxing posture at intervals if you need it. Build up to the full sequence over time.



12 TOTAL YOGA FOR YOU

Remember to practise any asymmetrical postures on both sides of your body. You could extend the practice by beginning with a few rounds of full- or half-sun salutation (see pages 100-102). Make sure that you leave plenty of time for the final relaxation posture – it is crucial for clearing the mind, as well as letting the changes that have taken place during the sequence filter through the body.



ENERGIZING MORNING SEQUENCE 13

## MEDITATION POSTURE

How you sit when you meditate is crucial for the simple reason that if you are uncomfortable it will be difficult for you to concentrate. You must be able to stay in your chosen posture for a prolonged period without pain or discomfort. On the other hand, you shouldn't be so comfortable that you fall asleep! Anzoni practice can help you to develop the strength and flexibility that you need for some of the meditation postures, such as the full lotus.

One of the most important considerations when sitting down to meditate is the position of your spine, which should be long, upright and balanced to allow energy to flow freely and to ease the awakening of the higher energy centres in the body.

The traditional way to meditate is to sit on the floor. For some people, injuries to the low back, hips, hamstrings, knees or ankles make sitting on the floor uncomfortable. Many of us find it difficult simply because we spend prolonged periods of time sitting in chairs and our bodies have grown accustomed to this position. We need time – sometimes years – to train ourselves to sit comfortably on the floor again.

The following postures are suitable for meditation (you can also sit in a simple cross-legged position). When you sit, use your hands to lift the fleshy part of your buttocks slightly up and out. This helps you to feel the sitting bones in firm contact with the floor (or chair) and minimizes the tendency to roll backward onto your sacrum.

### SITTING ON A CHAIR

If sitting on the floor for long periods is uncomfortable, begin by sitting in a chair.

Choose a chair that is hard with a firm seat. Avoid padded chairs or rounded plastic seats with scoop-shaped seats – they encourage the spine to collapse. Sit toward the front edge of your chair with your back lengthened and your feet flat on the floor, a little way apart (if your seat is too high, put some blocks or books under your feet). Rest your hands on your knees. You should feel balanced and at ease; you are aiming for a posture of minimal effort.

**FULL LOTUS AND HALF LOTUS**  
The classic postures for meditation is full lotus (see page 73). Beginners to yoga often wonder why people bother to learn themselves up in this position. The reason is that in this posture the weight of the body becomes perfectly balanced. The legs and hips rest down toward the earth and the spine rises effortlessly from this solid base. If you cannot do full lotus, try half lotus, which also has a pleasantly grounding effect, but is a little more uneven. For this reason, alternate the lifted leg at each meditation session.

Even if you are not able to do them now, both lotus and half-lotus are worth working toward in your own practice.



FULL LOTUS



HALF LOTUS



HALF-ADEPTS POSE



TAILOR POSE

### HAND POSITIONS FOR MEDITATION

The way you position your hands during meditation is a matter of personal choice – simply do whatever feels most comfortable. If you are sitting on a chair or in hero pose it may be easiest to place your hands on your thighs with your palms facing down. You can also use your hands to make various seals, known as mudras in Sanskrit. Heals seal and energy (see pages 20-23) into the body or conduct its flow in a certain direction. As your familiarity develops you may sense power moving in different parts of your body. Performing mudra can be compared to completing an electrical circuit.

The classic mudra for meditation is known as the chin mudra or the "seal of consciousness". Hold your index finger and thumb together, with your palm upward. The rest of your index finger should touch the pad of your thumb. Chin mudra concentrates the flow of prana toward the higher chakras (see pages 24-27) in the body and aids concentration on the mind and the self.



### HALF-ADEPTS POSE

This is a good alternative to the lotus variations – it puts considerably less strain on the knee joints, but provides a stable sitting position. Sit on the floor and cross your right foot in front of your body and bring your left foot in front of your right until your heels align. Alternate the forward foot at each meditation practice. Try to avoid tilting forward or letting your lower back collapse.

### TAILOR POSE

Tailor pose (see page 74) is another well-balanced posture. Try sitting on the edge of a folded blanket or block to elevate the hips slightly and counteract the tendency to roll backward. To alleviate pressure on the ankle bones, sit in the middle of a folded blanket. Sitting with your back against a wall is useful at first, but should not become a habit – leaning against anything throws the balance of the spine slightly off-centre making a posture hard to sustain.

### HERO POSE

If you are uncomfortable in any of the previous postures, try sitting in hero pose (see page 81). This is an

ideal intermediate stage between sitting in a chair and one of the cross-legged poses. The full posture requires considerable knee, hip and ankle flexibility, but the following variation is suitable for most people. Kneel back on a pile of yoga blocks (or telephone directories) placed between your ankles. Use as many blocks as you need to feel comfortable. Whether you are sitting on one block or four, make sure that your sitting bones are perched just on the edge of them so that your thighs remain free.

Keep your knees close together, your thigh bones parallel and the soles of your feet facing upward. Your head should now float snugly above your neck. Hero pose has a lovely sense of equilibrium about it – it is almost an effort to dislodge! If you have any discomfort in your ankles or the tops of your feet, place a rolled up mat or blanket just under your heels and let your toes relax down toward the floor.



HERO POSE

18 TOTAL YOGA FOR YOU

MEDITATION POSTURE 19



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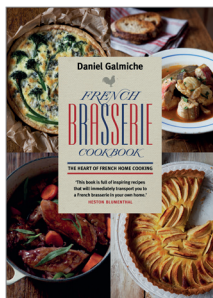


## MODERN MEDITERRANEAN

### Sun-drenched Recipes from Mallorca and Beyond

Marc Fosh

You might also like:



9781848992917  
 French Brasserie  
 Cookbook

The Mediterranean has long been associated with delicious produce, abundant with flavour. In recent years these ingredients have been utilized to create a cuisine that builds on the traditions entrenched in the areas food and reinterprets them into something new. In this book, Marc Fosh takes us on a tour of the bountiful produce of the Mallorca and beyond. Organized by key ingredient; covering everything from tomatoes, garlic and olive oil to mussels, chorizo and truffles. Including new twists on classic dishes, such as Yellow Gazpacho with Smoked Salmon, as well as less familiar fare, including Herb-roasted Guineafowl with Couscous Salad, this is a love letter to the region and a must-have book for anyone interested in Mediterranean cookery.

**Marc Fosh** is one of Europe's most exciting and creative cookery talents and in 2002 became the first British Chef to be awarded a Michelin Star in Spain, where he has lived and worked since 1991. He has developed his own unique style of cuisine focusing on fresh ingredients and quality produce. The result is a modern cuisine with clean tastes and big flavours. Find out more at: [www.marcfosh.com](http://www.marcfosh.com)

## SOBRASADA and ROSEMARY-CRUSTED PORK *with* SAFFRON-APPLE COMPOTE

Cooking time: 55 minutes  
Preparation time: 20 minutes  
Serves 4-6

750g/1½ lb 10oz pork loin, trimmed  
60ml/2½ oz ¼ cup olive oil  
4 garlic cloves, crushed  
1 small sprig rosemary  
sea salt and freshly ground black pepper

### FOR THE SOBRASADA AND ROSEMARY CRUST:

60g/2oz sobrasada  
1 garlic clove, crushed  
1 sprig rosemary, finely chopped  
1½ tsp Dijon mustard  
2 tbsp olive oil  
50g/1½oz/½ cup breadcrumbs  
sea salt and freshly ground black pepper

### FOR THE SAFFRON-APPLE COMPOTE:

2 tbsp olive oil  
2 large shallots, finely chopped  
2 cm/1 in piece of root ginger, peeled and finely chopped  
1 garlic clove, finely chopped  
4 red apples, peeled and chopped  
1 large pinch saffron strands  
80g/5oz/scant ½ cup caster (superfine) sugar  
2 tbsp cider vinegar  
sea salt and freshly ground black pepper

*If you can't find sobrasada (see page 32) for this recipe, cooking chorizo is a good alternative, or even 'nduja from Calabria. This is lovely served with puréed potatoes or céleriac (celery root).*

To make the sobrasada and rosemary crust, combine all of the ingredients for the crust in a food processor and pulse several times to form a smooth mixture. Season with salt and pepper and set aside.

Preheat the oven to 180°C/350°F/gas mark 4.

Season the pork loin well with salt and pepper. Heat a little of the olive oil in a large frying pan (skillet) over a medium heat and sear the meat on all sides until coloured. Transfer the pork to a roasting pan with the garlic cloves and rosemary sprigs. Drizzle with the remaining olive oil and roast in the oven for 20 minutes.

Meanwhile, make the compote. Heat the olive oil in a saucepan over a low heat, add the shallots, ginger and garlic and cook for 2-3 minutes until softened but not coloured. Add the apples,

saffron, sugar and cider vinegar, cover with a lid and gently cook for 15-20 minutes, until thick and syrupy. Season to taste, mix well, remove from the heat and set aside.

Remove the roasting pan from the oven and cover the top of the pork with the sobrasada and rosemary crust, pushing down with your fingers to create an even coating. Turn the oven down to 160°C/325°F/gas mark 3 and roast for another 20 minutes, until the pork is still slightly pink in the middle. Remove from the oven, transfer to a cooling rack and let the pork rest for 10 minutes before carving.



## GRILLED MACKEREL *with* LEMON, SAMPHIRE and A TOMATO and CAPER SALSA

Cooking time: 6-7 minutes  
Preparation time: 10 minutes  
Serves 4

4 x 500g/10½oz fresh mackerel, cleaned  
olive oil, for brushing  
500g/10½oz samphire, washed and trimmed  
lemon wedges, to serve

### FOR THE TOMATO AND CAPER SALSA:

500g/10½oz cherry tomatoes, halved  
5 tbsp olive oil  
1 large garlic clove, thinly sliced  
juice of 1 lemon  
sea salt and freshly ground black pepper

*Sea vegetables, packed with iron, calcium, iodine and vitamins, might be fashionable right now but archaeologists claim that they have been eaten in Asia for about 10,000 years. Sometimes known as 'poor man's asparagus' or 'sea asparagus', samphire - or salicornia as it is known here in Spain - grows abundantly on the shorelines of Mallorca. It has a crisp texture and taste of the sea. It is particularly useful for vegetarians and vegans who want that seafood taste without the animal ingredients.*

To make the salsa, toss the cherry tomatoes in a bowl with the olive oil, garlic, capers and lemon juice and season with salt and pepper. Set aside. Preheat the grill (broiler) to high or heat a griddle pan over a high heat.

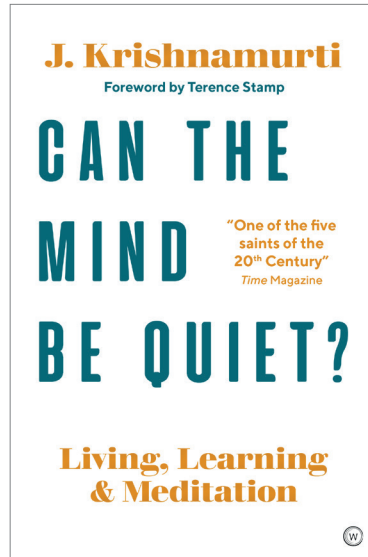
Score the mackerel on both sides at 2cm/¾in intervals, almost down to the bone. Brush them with olive oil and season with salt and pepper. Grill for 6-7 minutes, turning once, until lightly charred and cooked through.

Meanwhile, bring a saucepan of water to the boil, add the samphire and cook for 1 minute, then drain.

Transfer the grilled mackerel to serving plates, top with the salsa and serve with the samphire and lemon wedges.



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 224pp  
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 AUGUST 2019  
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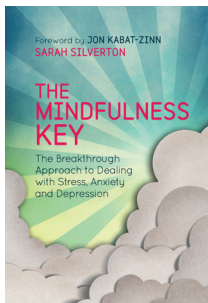


## CAN THE MIND BE QUIET?

Living Learning and Meditation

J Krishnamurti

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 The Mindfulness Key

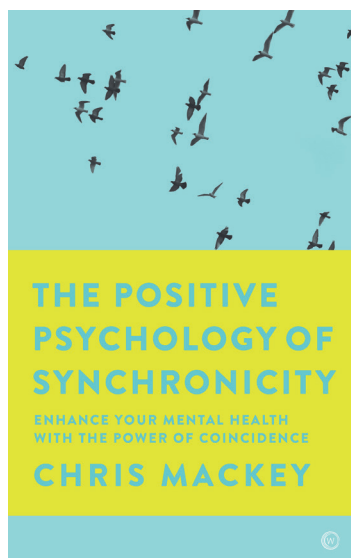
These 60 chapters of unpublished material, with titles like "Solitude Means Freedom" and "Life is an Extraordinarily Beautiful Movement", carry the essence of Krishnamurti's teaching style and profoundest wisdom. Each one reflects an encounter he had and after an initial description of the setting, the chapter then moves back and forth between the seeker and the teacher, giving much to reflect upon.

Readers will be captivated by the luminous prose and the piercing insight. The style is enigmatic and poetical but each chapter contains more than enough for the reader to consider, perhaps as a daily practice. Like Paulo Coelho they have the quality of fables, but the teaching is far more profound and challenging.

**Jiddu Krishnamurti** (1895-1986) is regarded as one of the greatest philosophical and spiritual figures of the twentieth century. He claimed no allegiance to any nationality or religion and was bound by no tradition. For nearly sixty years he travelled the world and spoke spontaneously to large audiences until the end of his life in 1986 at the age of ninety.



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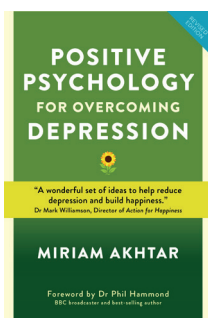
*"A profound introduction to deep concepts of mind, meaning and the challenges of creating a life well lived for everyone."*  
Ernest Rossi

## THE POSITIVE PSYCHOLOGY OF SYNCHRONICITY

Enhance Your Mental Health with the Power of Coincidence

Chris Mackey

You might also like:



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Positive Psychology for Overcoming Depression

Synchronicity is meaningful coincidence that connects our inner and outer worlds. This book reveals how it can guide us along our life path, helping us through challenging times and nudging us toward self-fulfilment. Psychologist Chris Mackey writes from personal experience, not only as a practitioner but also as a patient who has suffered serious mental illness. This exciting new approach to wellbeing and the treatment of depression and other mental disorders will be of great interest to practitioners and patients alike, and to all those interested in the opportunities offered by altered states of consciousness. The book includes real-life case studies and practical ways to work with synchronicity, such as journaling, symbol analysis and dream interpretation.

**Chris Mackey** is a clinical psychologist based in Australia with over 35 years of experience. A frequent contributor to newspapers and radio, he is also a regular on the wellbeing TV show *Destination Happiness*. Find out more at: [www.chrismackey.com.au](http://www.chrismackey.com.au)

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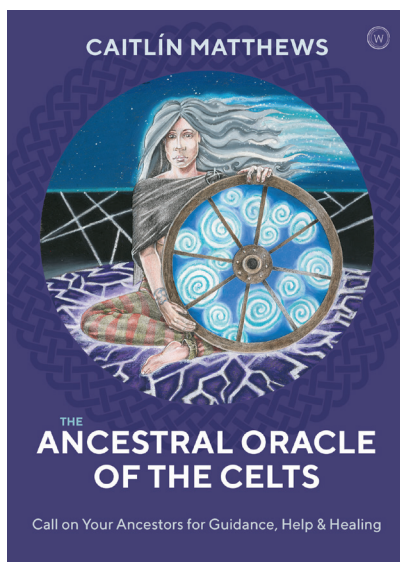
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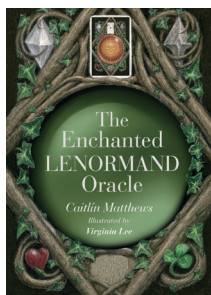


## THE ANCESTRAL ORACLE OF THE CELTS

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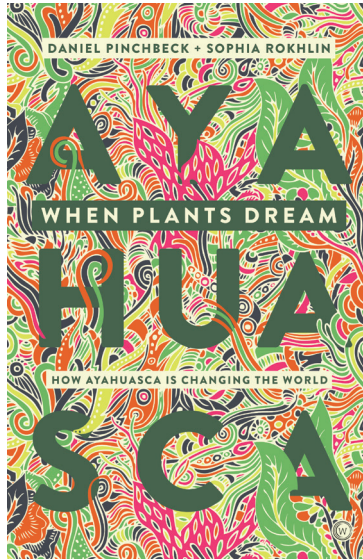
This fantastic interactive oracle, featuring 40 beautiful cards embodying archetypes of the Celtic world, allows us to consult and communicate with our ancestors, whatever our race or culture. Two sets of cards make up the Oracle: eight Divine Ancestor Cards representing ancient matriarch and patriarch archetypes; and 32 Clan Cards, which are divided into four clan suits – Truth, Honour, Sovereignty and Wisdom – each based on a category of Celtic society (farmers, warriors, nobles and artists/craftspeople). The guidebook explains how to use the oracle to make decisions, navigate challenging situations and approach problems within a family or social group, either by drawing a single card for immediate guidance or doing by spreads for a more in-depth understanding. Throughout, rich tales of Celtic legend help express the meaning of each card.

**Caitlín Matthews** is acknowledged as a world authority on cartomancy, Celtic wisdom and the Western Mysteries. She is the author of over 70 books, which have been translated into 19 languages. Find out more at: [www.hallowquest.org.uk](http://www.hallowquest.org.uk)





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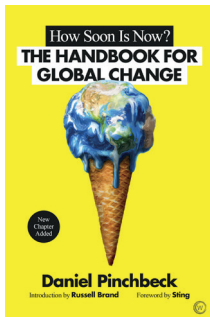


## WHEN PLANTS DREAM

### How Ayahuasca is Changing the World

Daniel Pinchbeck with Sophia Rokhlin

By the same author:



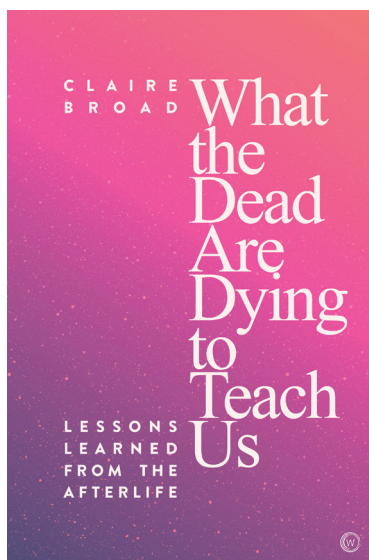
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How Soon is Now?

In *When Plants Dream*, journalist and social commentator Daniel Pinchbeck explores the economic, social, political, cultural and environmental impact that Ayahuasca is having on society, both good and bad. The book covers the origins of its use, cultural and biological. It explores the role and practices of the Shaman in both Western and Amazonian cultures, and examines other medicinal plants of the Amazon, looking particularly at Ayahuasca and its healing qualities. It goes on to look at the psychedelic science and psychopharmacology of the plant as well as looking more closely at how it is being used today, covering law, the drug wars, media and money. In conclusion, Daniel questions the future of Ayahuasca, including its possible use with AI.

**Daniel Pinchbeck** is the bestselling author of *Breaking Open the Head* and *2012: The Return of the Quetzalcoat!*. He co-founded the web magazine *Reality Sandwich* and the online platform *Evolver.net*.

**Sophia Rokhlin** is a writer and anthropologist born and raised in New York City.

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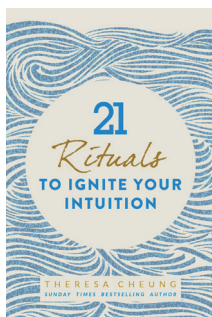


## WHAT THE DEAD ARE DYING TO TEACH US

Lessons Learned from the Afterlife

Claire Broad, The Honest Medium

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A fresh and thoroughly modern take on Afterlife communication.

Claire Broad is known as the Honest Medium, in *What the Dead are Trying to Teach* Claire shares invaluable insights into life after death gained through her own experience, whilst also drawing on the most up-to-date scientific studies on consciousness. By the end of this compelling book, readers will have an understanding that we all have a natural connection to the spirit world and will have gained tips and tools to deepen this connection.

**Claire Broad** gave her first message from the spirit world to a relative at the age of 4 (although, remarkably, she remembers being aware of spirit people around her before this). She has 20 years professional experience, working in various ways. She regularly runs workshops and classes related to mediumship and spiritual development. Claire has been accredited by the Institute of Spiritualist Mediums as a Registered and Approved Medium (ISM/RAM.)

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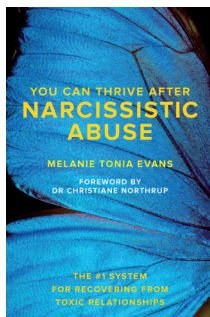


## WHY DO I FEEL LIKE AN IMPOSTER?

How to Swap Self Doubt for Self Confidence

Dr. Sandi Mann

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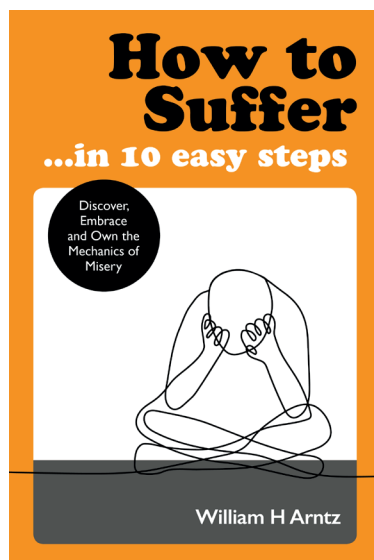


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You Can Thrive After  
Narcissistic Abuse

Many of us share a shameful little secret: deep down we feel like complete frauds and are convinced that our accomplishments are the result of luck rather than skill. This is a psychological phenomenon known as 'Imposter Syndrome' (IS). This book examines the reasons why up to 70% of us are developing this syndrome and what we can do about it. Presenting an accessible and engaging examination of IS, psychologist Dr Sandi Mann examines how it effects us, not just at work, but as teenagers, parents and beyond. Using interactive quizzes to help you identify if you suffer and offering tips and tools to overcome your insecurities, Sandi draws on her experience not only as an academic, but also as a practitioner, to present a comprehensive guide to understanding and overcoming IS.

**Dr Sandi Mann**, is a psychologist, University Lecturer and Director of The MindTraining Clinic in Manchester. She is author of over 20 psychology books, she has also written and researched extensively about emotional faking, culminating in her book *Hiding What We Feel, Faking What We Don't*.

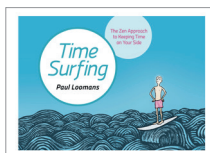
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William H Arntz

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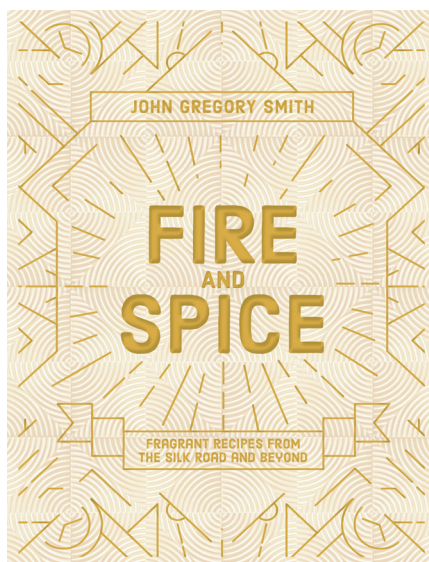


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Time Surfing

Almost every self-help book seems to be about how to be happy, how to be empowered, how to be in a fabulous relationship, how to make a million ... in other words, how to be anything other than the inevitably suffering human beings most of us are. (At least at some point in our lives!). Taking the exact opposite tack, award-winning author, filmmaker, and self-made millionaire William Arntz has chosen the surprising and frequently comical approach to self-help of *teaching people how to suffer*. From the Suffering Cycle and how to construct your very own Sufferometer, to the nature of earthly duality, this book reveals the things we all do that create earthly angst and misery – all of it set forth with sly, tongue-in-cheek humour that takes the sting, if not the truth, out of Will's suffering formula.

**William Arntz** began his career as a research laser physicist, developing what became the "Star Wars" strategic defense system. He then spent 20 years studying with two spiritual teachers. During that time he created and sold his systems software company. Following his lifelong passion for filmmaking, he used the proceeds to produce, direct and write the film *What the BLEEP Do We Know!?*

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## FIRE & SPICE

Fragrant recipes from the Silk Road and beyond

John Gregory-Smith

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Spices have been used for thousands of years and they are as relevant today as they have always been – versatile, healthy, economical, and, more importantly, utterly delicious. However, many people find spices confusing and equate them to endless shopping lists or old jars sitting in their cupboards. In *Fire & Spice* John Gregory-Smith brings us a wonderful collection of recipes from all over the world including China, Vietnam, Cambodia, Thailand, Indonesia, Malaysia, India, Sri Lanka, Lebanon, Turkey, Morocco and Mexico. Try Vietnamese Star Anise & Lemongrass Chicken Claypot, Indian Fish Cakes with Coriander & Coconut Chutney or Manchurian Lamb with Tamarind Slaw and Griddled Chilli Potatoes. Each recipe uses easy techniques and a maximum of 5 spices – and delivers fantastic tastes with minimum fuss.

**John Gregory-Smith** is on a mission to show everyone how to cook with spices. He travels all over the globe researching his recipes and writes for magazines and websites such as *GQ.com*, *Menshealth.com* and *Now Magazine*. He also appears regularly on TV in the UK. Find out more at: [www.johngregorysmith.com](http://www.johngregorysmith.com)





## PANJIM CLAMS WITH COCONUT OKRA

**SERVES 4**  
**READY IN 30 MINUTES**

### For the clams

1 onion  
1 green chili  
2 tbsp groundnut oil  
2 tsp garam masala  
1 tsp turmeric  
400ml/14fl oz generous ½ cups coconut cream  
½ lime  
1kg/2lb 4oz picked and cleaned okra  
1 small handful of coriander leaves  
sea salt

### For the coconut okra

350g/12oz okra  
1 red onion  
3 garlic cloves  
1 green chili  
2 cardamom pods  
2 tbsp groundnut oil  
8 black peppercorns  
185ml/6½ oz ½ cup coconut cream  
1 large pinch of dried curry leaves  
20g/¾ oz salt  
½ lime

### To serve

4 small naan breads

1 Preheat the oven to 180°C/350°F/Gas 4. Peel the onion and cut the top off the chili. Finely chop both. Heat the oil in a saucepan over a medium heat and add both ingredients. Stir-fry for 4–5 minutes until just turning golden.

2 Add the garam masala and turmeric, mix well and pour in the coconut cream. Squeeze in the juice from the lime and add a good pinch of salt. Mix well, reduce the heat to low and simmer gently, stirring occasionally, while you start the okra.

3 Cut the tops off the okra. Peel the red onion and garlic, and cut the top off the chili, then finely chop the onion, garlic and chili. Split the cardamom pods open by pressing down on them with the side of a knife. Heat the oil in a wok over a high heat and add the onion, garlic, chili, cardamom and peppercorns. Stir-fry for 2–3 minutes until just golden, then add the okra and a good pinch of salt. Stir-fry for 2 minutes, then pour in the coconut cream. Add the curry leaves to the wok by rubbing them between your hands. Mix well, cover and reduce the heat to low. Cook for 5 minutes.

4 Meanwhile, pop the naan into the oven and switch it off, so that they just warm through. Add the raisins and the juice from the lime to the half-cooked okra, mix well, then cover and cook for 5 minutes, or until the okra is tender. While the okra finishes cooking, chuck the clams into the hot sauce, cover and cook for 4–5 minutes, shaking the pan occasionally, until the clams have opened. Discard any that remain closed. Chop the coriander and scatter it over the clams. Serve with the okra and naan.



## LITTLE SOUTH ISLAND PORK SALAD

**SERVES 2**  
**READY IN 20 MINUTES**

### For the pork salad

1 tbsp groundnut oil  
350g/12oz minced pork  
½ tsp Chinese five-spice powder  
½ tsp crushed chili flakes  
1 tbsp light soy sauce  
1 orange  
1 fennel bulb  
1 carrot

### For the ginger dressing

100g/3½ oz frisée lettuce  
15 tbsp cider vinegar  
2 tsp light soy sauce  
1cm/½ in piece fresh root ginger

1 Heat a wok over a high heat until smoking. Pour in the oil, swirl it round and then add the pork. Stir-fry for 5–6 minutes until the edges of the pork start to catch and become golden.

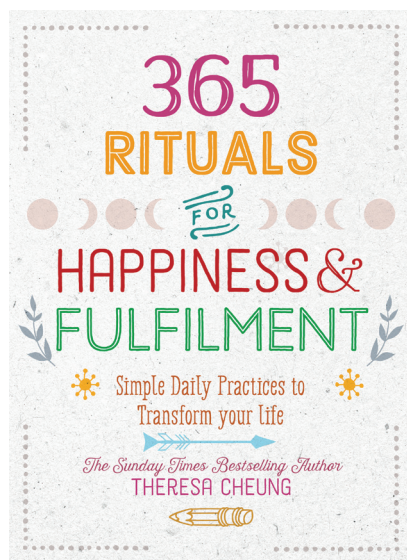
2 Sprinkle in the Chinese five-spice powder and chili flakes, then add the soy sauce. Continue to stir-fry for 30 seconds, then remove from the heat and leave to one side.

3 Using a sharp knife, cut the top and bottom off the orange, and stand it up on your chopping board. Carefully slice the skin off in sections, cutting from top to bottom. Remove any remaining pith, then cut out the juicy pieces of orange from the membrane and put them in a mixing bowl. Squeeze in the juice from the membrane.

4 Finely slice the fennel and add it to the bowl with the orange. Peel the carrot and grate it, using the coarse setting on a grater, into the bowl. Pour in the cider vinegar and soy sauce for the dressing, then peel and grate in the ginger, using the fine setting. Put the lettuce leaves and cooked pork, along with all the lovely juices, into the mixing bowl with the salad. Toss everything together and serve.



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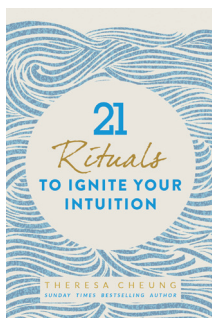


## 365 RITUALS FOR HAPPINESS & FULFILMENT

Simple Daily Practices to Transform Your Life

Theresa Cheung

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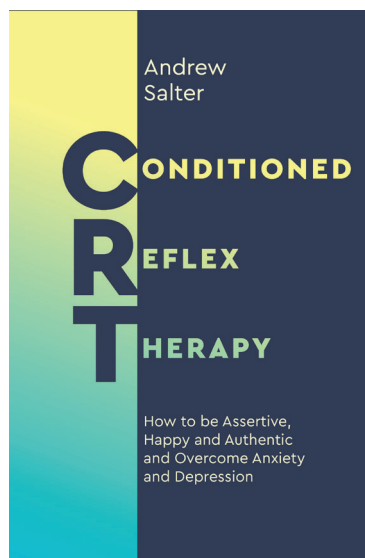


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We all need to find connection and meaning in the midst of the fast-paced world we live in and rituals offer an easy and simple way to do this. In this 365 year-long exploration, Theresa Cheung offers daily practices to help us bring focus and attention to our lives for meaningful and achievable change. Split into four sections, the book begins with 21 simple foundation rituals to help you ground your daily practice. The second and largest section is broken down into 4 areas: Body, Mind, Spirit and Heart. Each of these also contains 21 rituals, some simple and some more complex. The third section has a four week programme broken down week-by-week and the final section contains 21 closing rituals. For those wanting a year long programme the book can be used day-by-day or alternatively chose a ritual at random.

**Theresa Cheung** has a Masters from King's College Cambridge and has spent the last twenty years writing bestselling books about the psychic world. Two of her paranormal titles reached *The Sunday Times* top ten.

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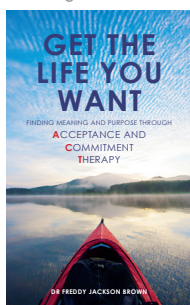


## CONDITIONED REFLEX THERAPY

### A Practical Guide to Discovering Your True Potential

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Lauded by Aldous Huxley, Andrew Salter's revolutionary book introduced behaviour therapy as well as many specific techniques still used today. *Conditioned Reflex Therapy* also includes numerous case studies of how Salter helped his clients quickly overcome their phobias, anxieties, and depression. First published in 1949, *Conditioned Reflex Therapy* is an inspiring book written in plain and accessible way for anyone who wants to identify and overcome bad habits to be happier. Its case studies illustrate specific methods readers can use in their own lives. This updated edition includes new material by Andrew Salter's son, William J. Salter, Ph.D., a cognitive psychologist.

**Andrew Salter** (1914 – 1996) introduced conditioned reflex therapy, the first systematic approach to behaviour therapy, in 1949. It emphasised assertive and expressive behaviour as the way to combat inhibitory behavioural and self-defeating patterns which Salter argued were the underlying cause of most neuroses. In the early 40s, Salter developed a model of hypnotherapy and self-hypnosis training based on conditioning which has become broadly accepted.

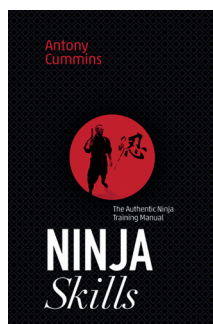
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## THE ULTIMATE ART OF WAR

A Step-by-Step Illustrated Guide to Sun Tzu's Teachings  
Antony Cummins

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Composed in the 5th century BC, Sun Tzu's *Art of War* is the earliest-known treatise on military strategy and is still hugely popular around the world for its perceptive tactical advice on how to win at war with minimal bloodshed. Aimed at all those who want to study the text in depth, this is the first step-by-step guide to the famous treatise, breaking down the 13 chapters of the original into 200 easily digested lessons, from 'do not press a desperate enemy' to 'control your troops through bond of loyalty' to 'when you are weak, beware attack'. The text is clarified with around 250 illustrations that include strategic diagrams, evocative line drawings and beautiful calligraphy. This ultimate guide to *Art of War* includes the classic 1910 translation by Lionel Giles and commentary that takes into account all academic interpretations of the text.

**Antony Cummins** is the founder of the Historical Ninjutsu Research Team, which has published *The Book of Ninja* as well as two volumes of *The Book of Samurai*. Antony is recognized by peers as a leading expert in the discovery of military arts of medieval Japan. Find out more at: [www.natori.co.uk](http://www.natori.co.uk)

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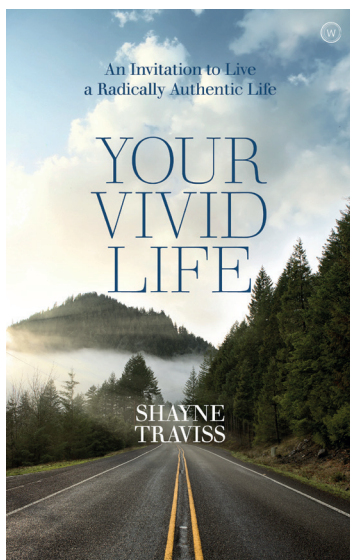
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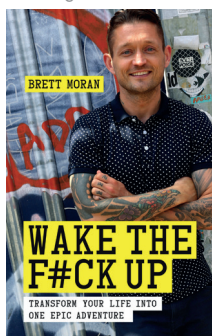


## YOUR VIVID LIFE

An Invitation to Live a Radically Authentic Life

Shayne Traviss

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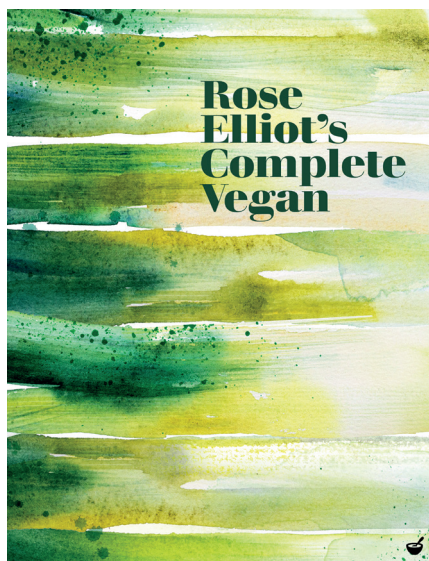
Wake the F\*ck Up

Shayne Traviss is the founder of myvividlife, a website where he shares his life experiences to inspire others to live their own 'vivid lives'. Shayne's path has not been easy but he has channelled his experiences into learning more about himself and to integrating these lessons into creating an authentic and vivid life. Split into 3 sections, *Undoing Conditioning*, *Breaking Through Resistance* and *Cosmic Authenticity* each section focuses on a key lesson and qualities for the reader to consider. Rather than providing a very specific step-by-step programme Shayne provides simple exercises and thoughts that have helped him to live more vividly. This book is for anyone wishing to become a student of their own life and to gently guide them to finding the right path to thriving in the hectic world we live in.

Nine years ago **Shayne Traviss** left the corporate world, claimed bankruptcy and set out on a journey of self-discovery. Without any personal connections he created VividLife.me, a personal development movement that reached millions around the globe and landed him a meeting with Oprah Winfrey.



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## ROSE ELLIOT'S COMPLETE VEGAN

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Virtually Vegan

In recent years the vegan movement has gone from strength to strength as awareness of the ethical, environmental and health benefits have steadily increased. In this book leading vegetarian and vegan food writer Rose Elliot offers readers a masterclass in vegan cookery. The book features over 200 recipes, from basics including vegan milks, butters and cheeses to full recipes for breakfasts, light meals, lunches and show-stopping special occasion dishes. The delicious recipes range from the comforting and familiar like Vegan Macaroni Cheese or Toad in the Hole to more exotic fare, such as a fragrant Aubergine Pilaff Cake. Packed with beautiful photography, mouthwatering recipes and essential information, *Rose Elliot's Complete Vegan* is the ultimate resource for any vegan cook.

**Rose Elliot**, MBE, is Britain's most-respected vegetarian cookery writer and has sold more than 3 million books worldwide. She is renowned for her easy-to-achieve recipes and creative approach to food. She frequently contributes to national magazines, gives cookery demonstrations and broadcasts on radio and television. Find out more at: [www.roseelliot.com](http://www.roseelliot.com)

## 'tofish' and chips

Drain the tofu and blot dry with kitchen paper, then transfer to a colander, cover with another sheet of kitchen paper, weigh down with a couple of heavy tins and set aside for an hour to release any excess water. Once drained, cut the tofu into four equal-sized rectangles and set aside.

To make the batter, put the flour and cornflour into a bowl with the salt and slowly stir in enough sparkling water to reach a consistency that coats the back of a spoon – you might not need all of the water, so add it gradually until you are happy with the consistency.

Place 2cm/¾in of oil in a large frying pan (skillet) over a medium heat until a drop of the batter sizzles and turns golden.

While the oil is heating, brush the pieces of tofu on one side with the shoyu soy sauce, then stick the pieces of nori to the soy coated surface of the tofu and dip immediately in batter.

Carefully transfer the batter-coated tofu to the oil and shallow fry until the batter is puffed and lightly golden on all sides. Transfer to kitchen paper to drain any excess oil, then place the tofish on serving plates and serve with chips and caper mayonnaise alongside.

The best tofu to use for this is one that is fairly, but not too, firm. Sheets of nori – flat, pressed seaweed – that look like carbon paper are widely available and excellent for this, and also for making sushi, as described on page 128. Serve this with your favourite chips and a delicious caper mayonnaise.

**Preparation time:** 10 minutes, plus draining  
**Cooking time:** 10 minutes

**Serves 4**

300g (10½oz) firm tofu  
2 sheets nori, cut into stamp-size pieces  
3 tbsp soy sauce (preferably shoyu)  
rapeseed oil, for deep-frying  
chips and caper mayonnaise (see page 306), to serve

**For the batter:**

60g (2¼oz/¾ cup) plain (all-purpose) flour  
2 tbsp cornflour (corn starch)  
1 tsp baking powder  
¼ tsp salt  
200ml (7fl oz/scant 1 cup) sparkling mineral water



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## lemon 'cheesecake'

Place the vegan spread in a pan over a low heat until just melted, then remove from the heat and add the crushed biscuits to the pan, stirring until the melted spread is well incorporated. Tip the crumbs into the base of a 20cm/8 in springform cake pan and press down to cover the base. Set aside in the fridge, while you make the topping.

Drain the liquid from the cans of coconut milk – you will not need this, only the solid coconut – add the solid coconut cream to the food processor, along with the ground almonds, caster sugar, melted coconut oil (which helps to set the cheesecake), vanilla extract and lemon juice and zest. Process gently to combine all the ingredients.

Spoon the topping mixture onto the biscuit base and smooth the top. Chill thoroughly and decorate with some thin curls of lemon zest.

**For the base:**  
100g (3½oz) vegan spread  
200g (7oz) vegan digestive biscuits, crushed

**For the filling**  
juice and zest of 1 lemon  
2 × 400g (14oz) cans coconut milk, refrigerated  
300g (10½oz/3 cups) ground almonds  
60g (2¼oz/¼ cup) caster (superfine) sugar  
4 tbsp coconut oil, melted  
1 tsp vanilla extract  
curls of lemon zest, to serve



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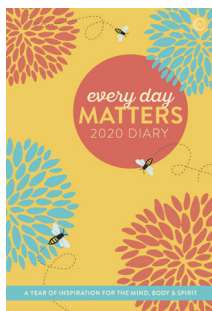
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## THE INTUITION JOURNAL

Nourishing Daily Rituals to Cultivate Clarity,  
Inner Wisdom & Inspired Action  
Jo ChunYan

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Intuition is the act of conscious listening – to our body, to the whispers of our heart, to moments of inspired insight that come to us. This beautiful, understated journal encourages us to “listen” more, get to know ourselves better and explore our most heartfelt desires. Each of the main nature-inspired sections – Preparing Sacred Ground, Nurturing the Seed, Evolving into Seedlings and Flourishing in Full Bloom– covers 13 weeks, with each week focusing on a specific aspect of intuition and growth. A mix of thought-provoking insights, interactive prompts, nourishing guided rituals and space for daily reflections allows users to both tune into intuitive moments and decide on intuitive actions. By regularly using the journal, readers go on a journey of positive perspective shifts toward a more heart-led, purpose-filled life.

**Jo ChunYan** is a trained intuition coach who helps people explore the art of listening to their inner wisdom. She has an engaged social media following and is the creator of the online Intuition Journal Kit. Find out more at: [www.jochunyan.com](http://www.jochunyan.com).



## week two intuition focus

### Setting intentions for your intuition

Today, on Day One of Week Two, you will be delving into the big "Why?" when it comes to wanting to feel more attuned to and aligned with your intuition.

Knowing your own "Why?" is crucial as it will clarify what it is that you want out of your time spent connecting with yourself, and it will also help to anchor your daily actions to particular feelings that you experience, or would like to experience.

#### STEP 1 / Reflect on where you are now

Circle 4 of the feelings below, whether positive or more challenging, that resonate with how you have been feeling for the last week. Or add your own at the bottom.

Busy	Tired	Scattered	Anxious
Angry	Hopeless	Sick	Sad
Frustrated	Bored	Numb	Uncomfortable
Annoyed	Triggered	Jealous	Excited
Fulfilled	Content	Loving	Reflective
Calm	Relaxed	Inspired	Refreshed
Still	Connected	Healthy	Vulnerable
Clear	Focused	Energised	Gentle
.....	.....	.....	.....

#### STEP 2 / Set an intention for how you would like to feel

Circle 4 of the positive feelings below that you would like to experience more of by living more intuitively. Or, if you've already been feeling these things or would like to experience something else, add your own at the bottom.

Fulfilled	Content	Loving	Reflective
Calm	Relaxed	Inspired	Refreshed
Still	Connected	Healthy	Vulnerable
Clear	Focused	Energised	Gentle
.....	.....	.....	.....

### choice of intuitive actions

#### For the rest of the week



Now make a list of one or more actions or behaviours that would help bring out these desired, positive feelings in you so that you can begin to embody them more each day. And set the intention to integrate these activities in some way into your daily life over the course of the next week.

Your body holds  
all the answers.  
It is a vessel of  
your emotional  
and energetic  
state of being.



*This meditation will help you connect deeper into the energy held within your body so that you are more able to act from a place of body and mind being in harmony and alignment with one another.*

①

Find a quiet space, close your eyes and take slow, deep breaths. Bring your awareness into your body. Then slowly scan each body part and see how it feels. Light or heavy? Contracted or expansive? What else can you feel?

②

Follow any energetic sensations – both physical and emotional – as you encounter them in each area. Even if there are what you might think of as negative feelings, such as discomfort, sadness or fear, lean into them. Observe and explore them, softening into this energy with a deep love for yourself.

③

As different feelings emerge from different parts of your body, breathe into them, giving them the space they need to transmute or release. Even the most intense feelings will pass with time if we devote gentle, loving awareness to them.

④

Keep leaning into the experience by asking yourself what you sense these feelings are trying to communicate to you. What action do you need to take to heal them? Maybe all you need to do is recognize them and sit with them?

⑤

Once you feel content that you have worked your way around your body, really listening to what it has to say, allow yourself to slowly come back into the room.

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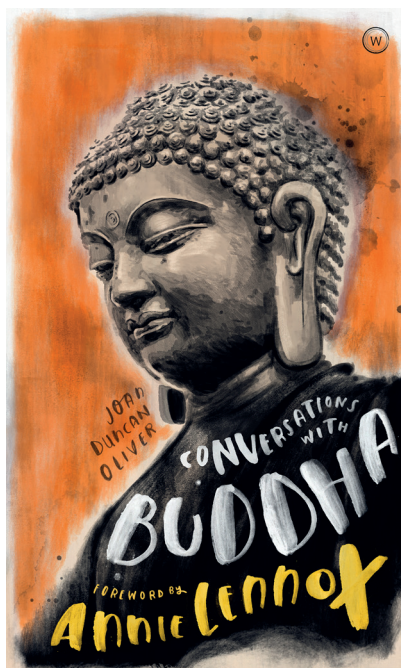
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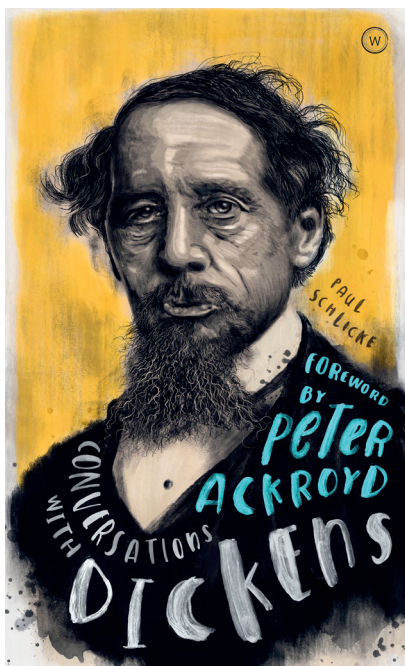
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Joan Duncan Oliver has written on spirituality and well-being for many publications, including Health, Self, New Age Journal, O: the Oprah Magazine, and The New York Times. Her books include Happiness (2005) and Good Karma (2006).

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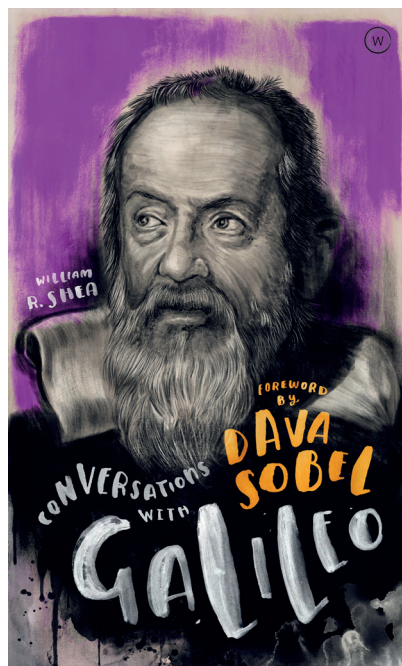
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**Paul Schlicke** has served as President of the Dickens Society of America and the International Dickens Fellowship. He is currently chairman of the Board of Trustees of the Charles Dickens Museum in London.

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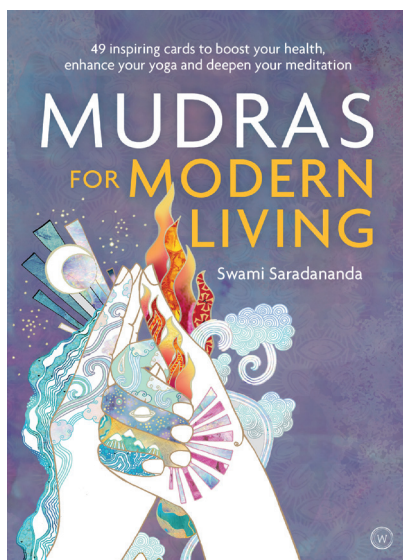
**William R. Shea** is Galileo Professor of the History of Science at the University of Padua, Italy. He has written several books on Galileo and the Scientific Revolution.

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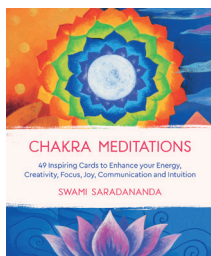
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**Swami Saradananda** is an international yoga and meditation teacher who has been teaching for almost 40 years. She is the author of many books, including *The Power of Breath*, *Chakra Meditation*, *Mudras for Modern Life*, *The Cleansing Power of Yoga*, *The Essential Guide to Chakras* and the *Chakra Meditations* deck.



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Valued for meditation in particular, this mudra centres your energy and fills you with vitality. By freeing your thumbs from the other fingers, you free the fire element from the influence of the other four elements. This strengthens the nourishing fiery energy yogis call *samana vayu*.

#### KEY BENEFITS

- Enhances self-confidence
- Builds willpower
- Encourages enthusiasm

#### HOW TO PRACTISE

- Make your right hand into a fist, with the thumb pointing straight upward.
- Open your left hand, with the palm facing up.
- Place your right fist on your left palm and, maintaining this position, rest both hands in your lap.
- Hold as you sit quietly or meditate. Repeat daily.

14

### Manipura Mudra Solar Plexus Chakra Gesture

This mudra relates to the solar plexus chakra (manipura), which determines your sense of self, your charisma and how you allow the world to see you. Manipura Mudra can seem slightly tricky at first but will get easier with practice.

#### HOW TO PRACTISE

- Begin with both palms facing downward, fingers extended.
- Slightly lower your left index finger and lift the middle finger next to it.
- Place your right index finger on top of your left one; slide it under the left middle finger, and rest the tip on top of the left ring finger.
- Bend the left middle finger down and curl the right middle finger over the top of the left index finger, so the two middle fingers touch.
- Bring the tip of the left index finger on top of the right ring finger.
- Join the tips of the two little fingers, and the ends of the thumbs.
- Hold for 5–10 minutes.

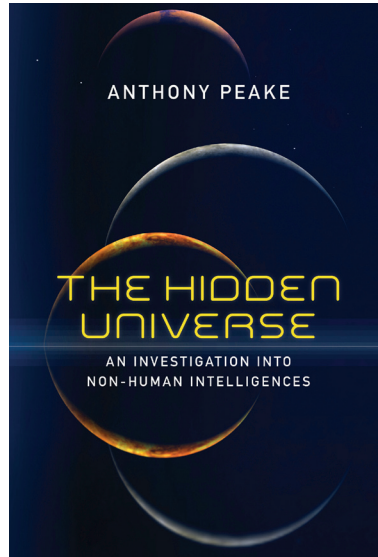


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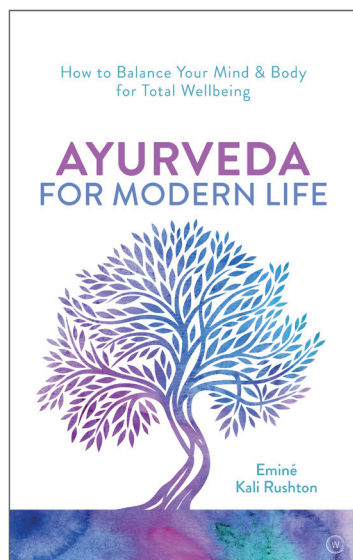


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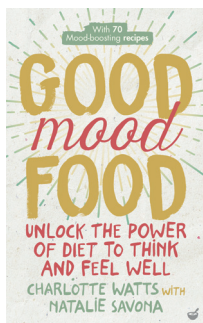


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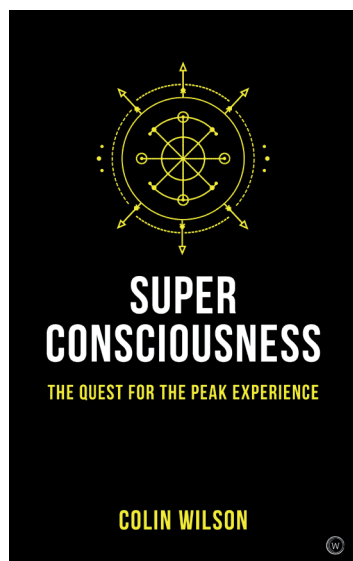


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**Eminé Kali Rushton** is an award-winning beauty and wellbeing editor. Beauty Director at *Psychologies*, who prides herself on busting myths, exposing overinflated claims, and presenting the truth within beauty, she is an Ayurveda convert, determined to bring the power of this ancient science to a wider audience.

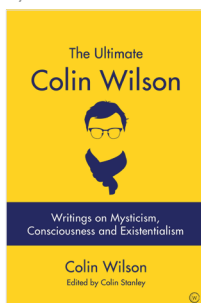
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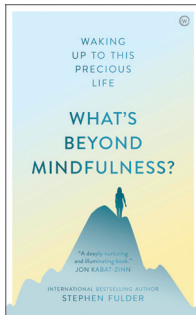
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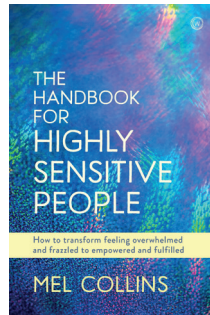
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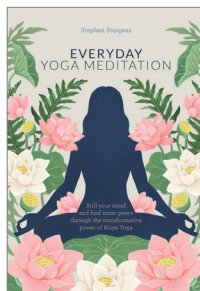
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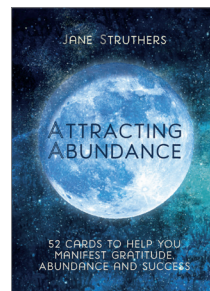
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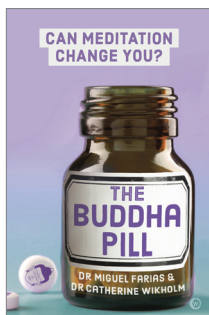
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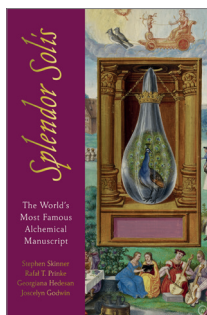
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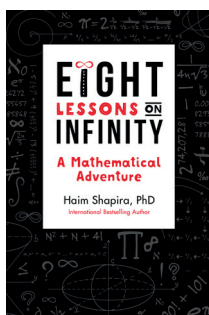
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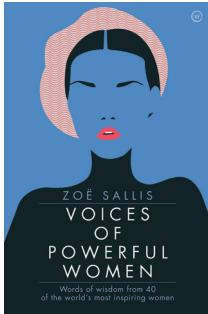


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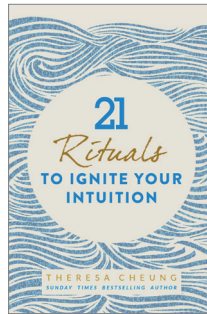


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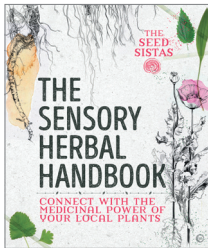




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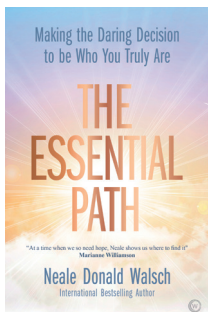
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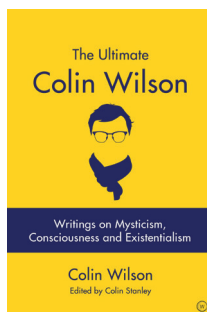
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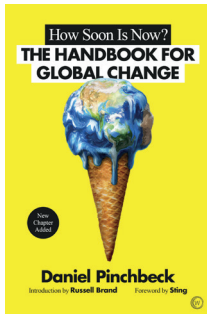
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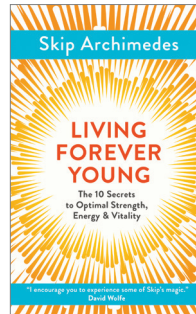
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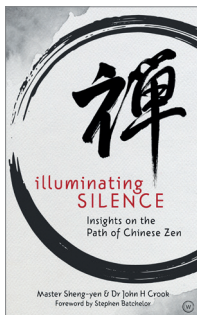
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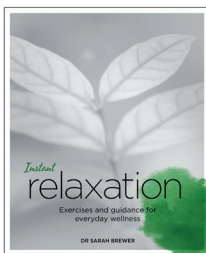
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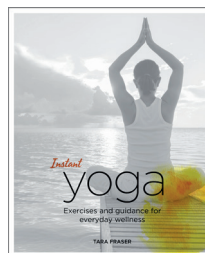
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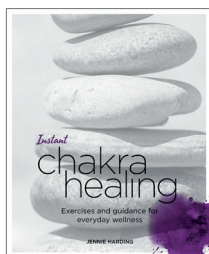
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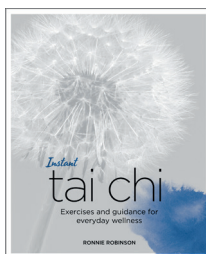
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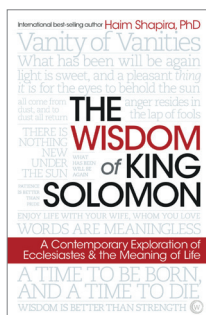
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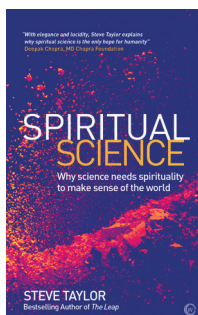
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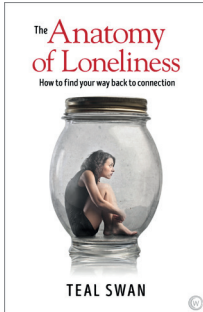
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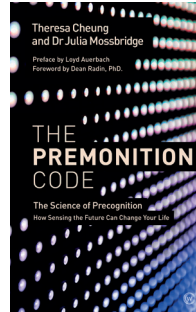
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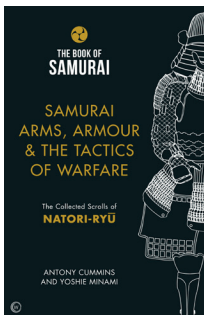
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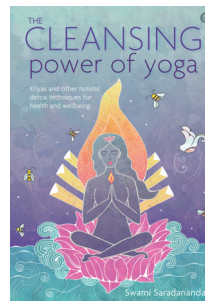
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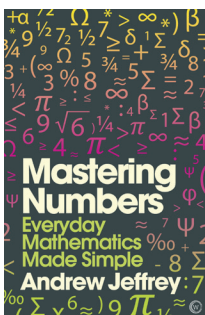
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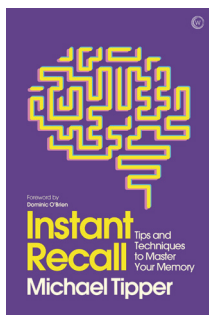
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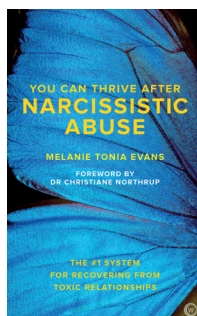
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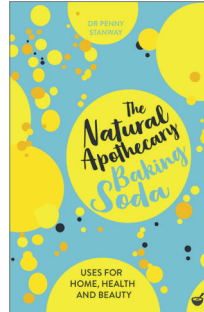
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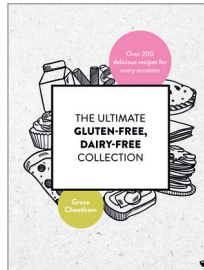
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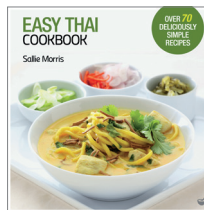
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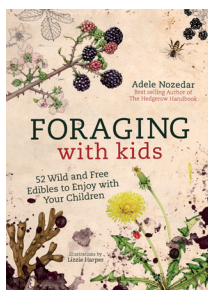
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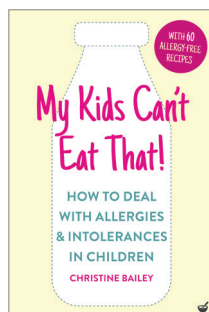
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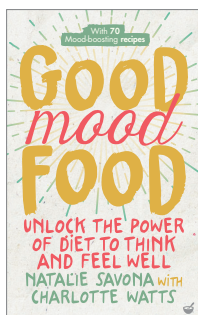
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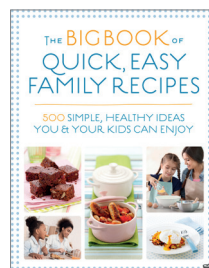
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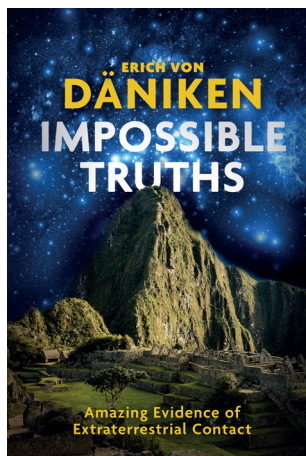
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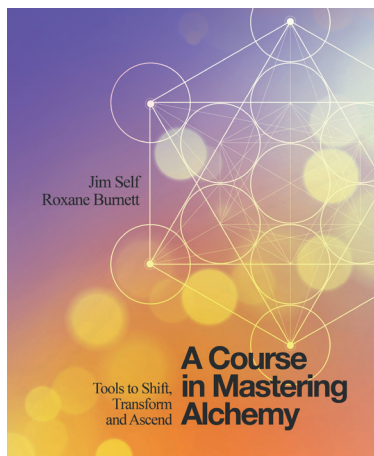
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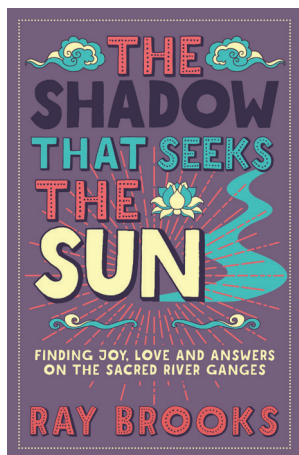
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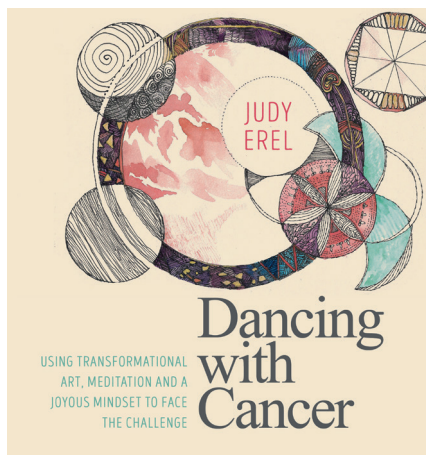
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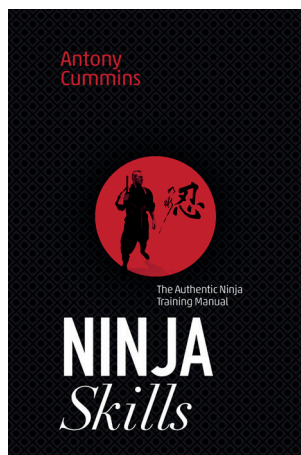
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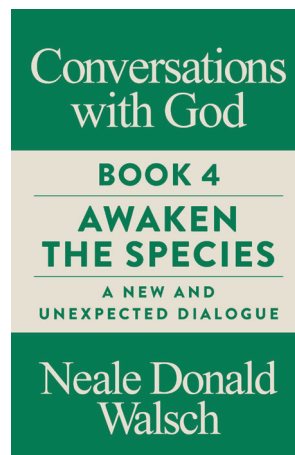


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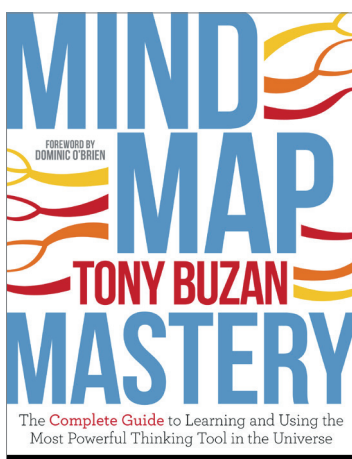
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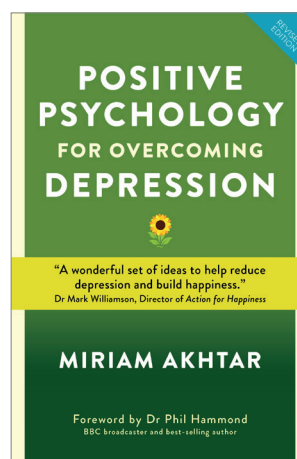
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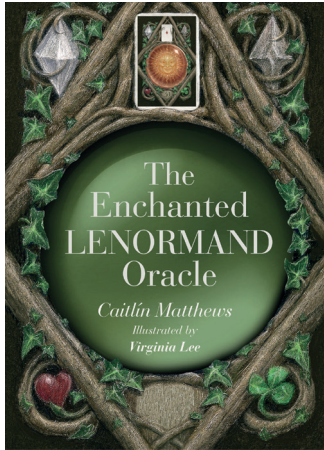


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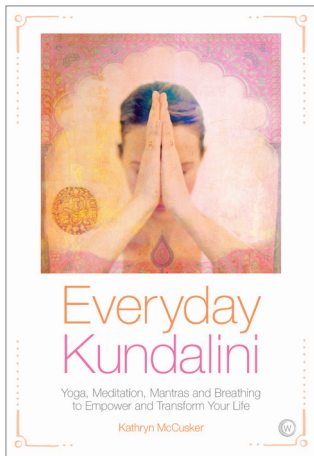




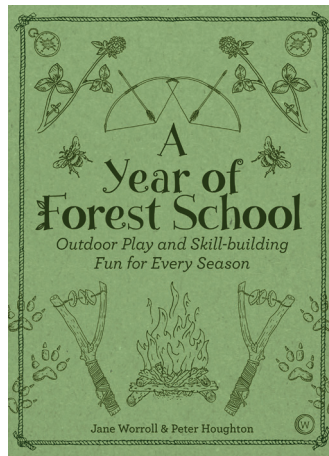
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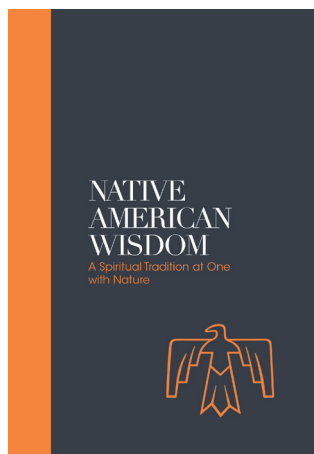
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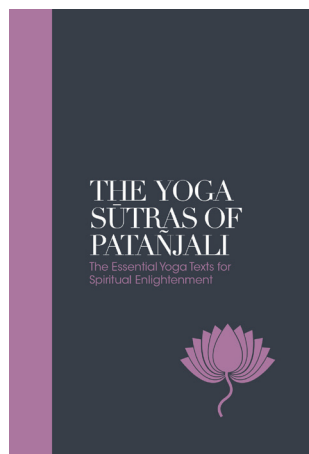
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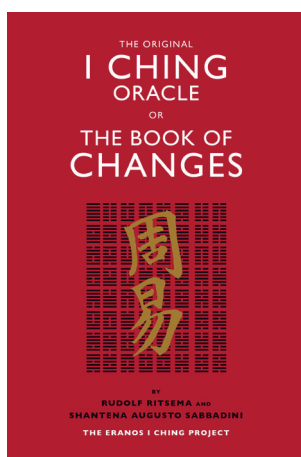
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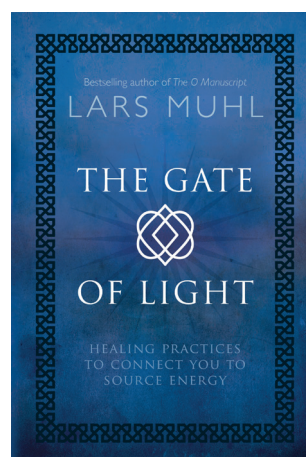
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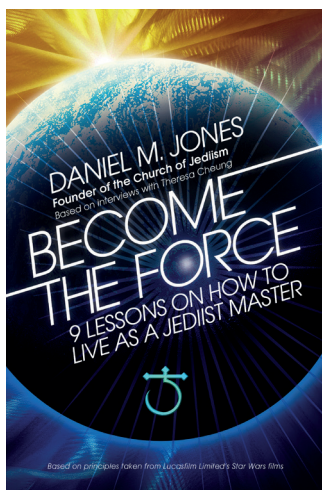


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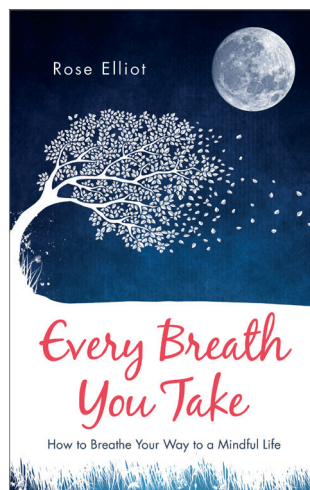
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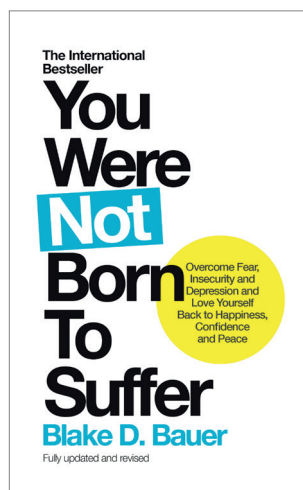
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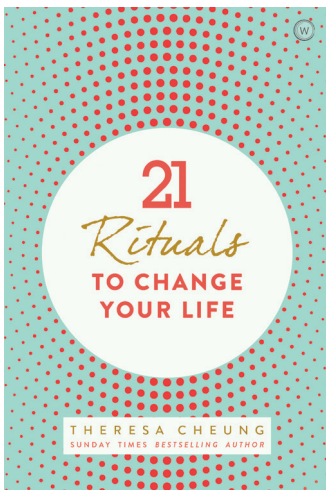
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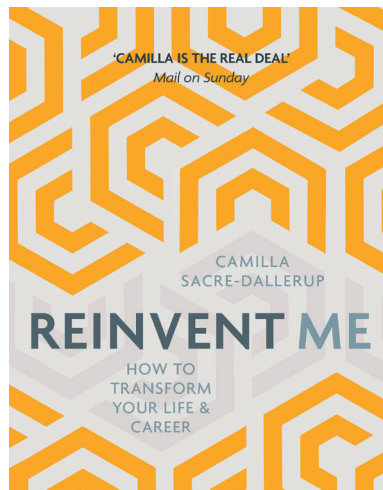


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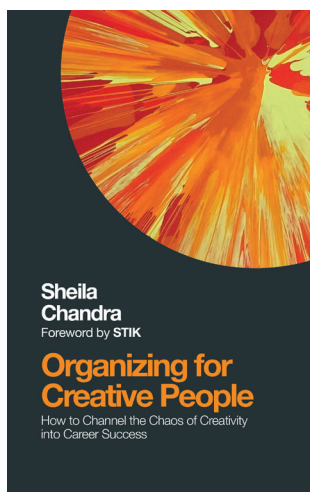
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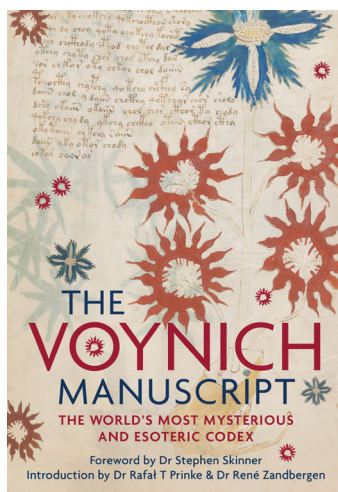
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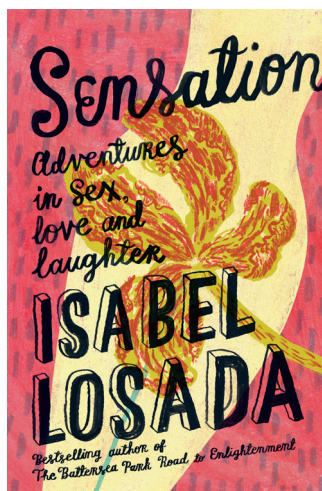


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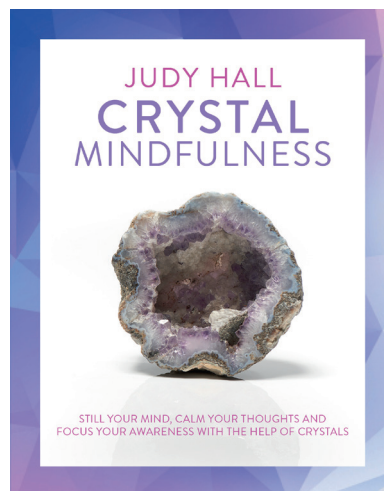
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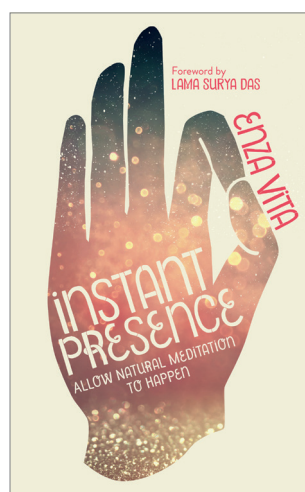
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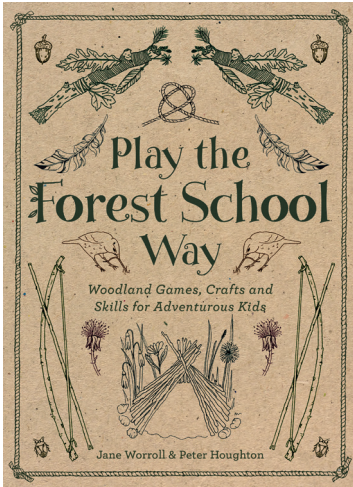
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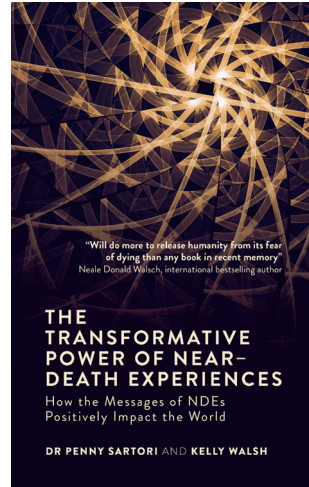


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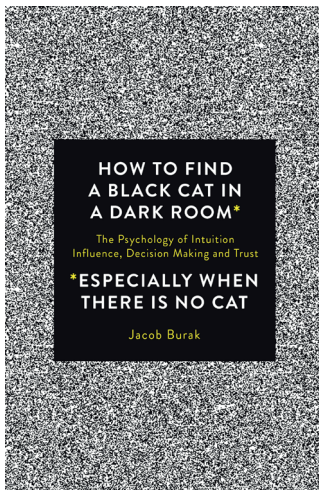
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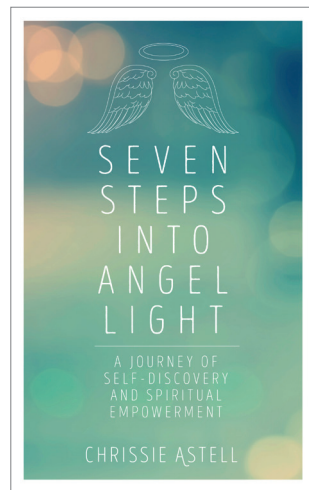
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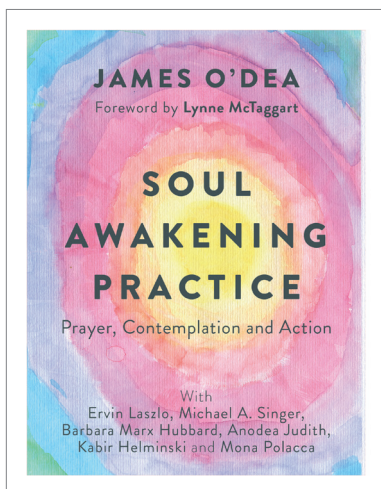
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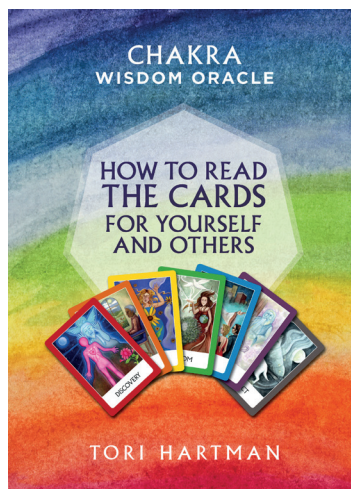
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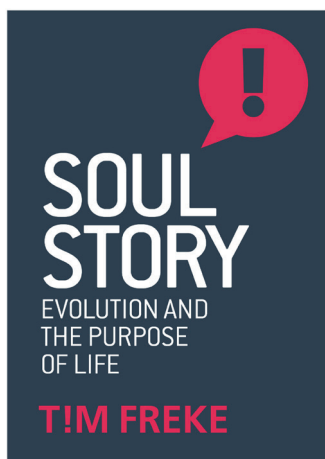
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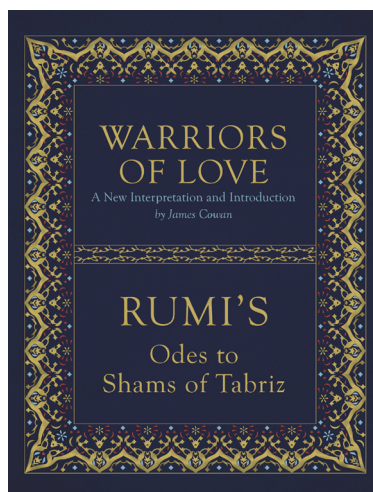
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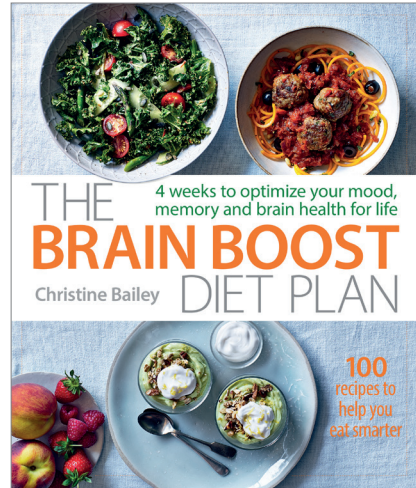


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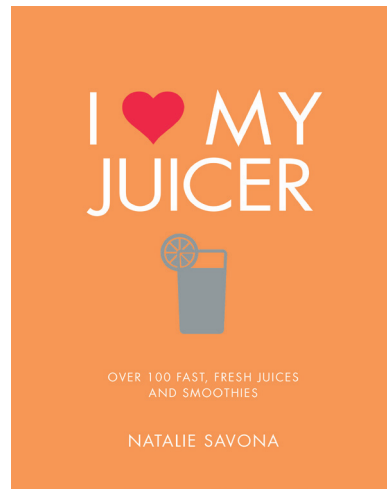
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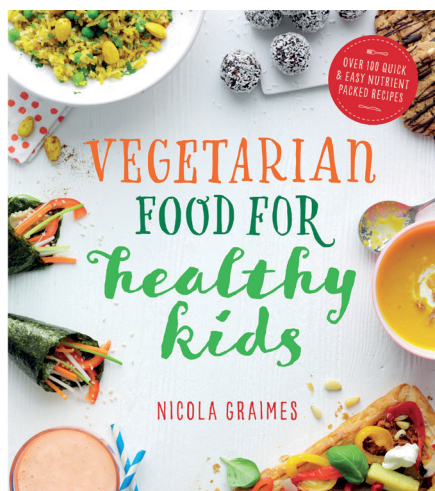


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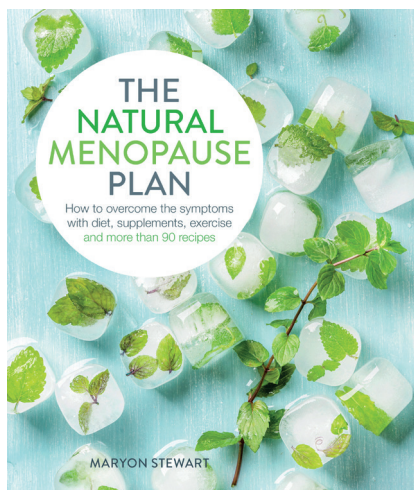




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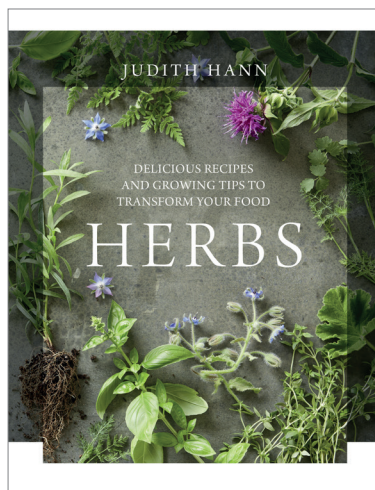




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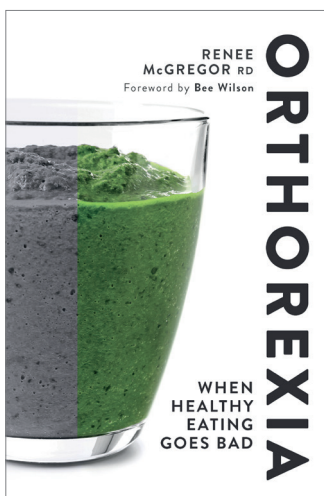
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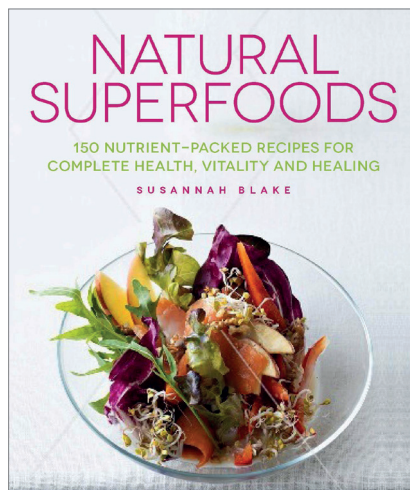
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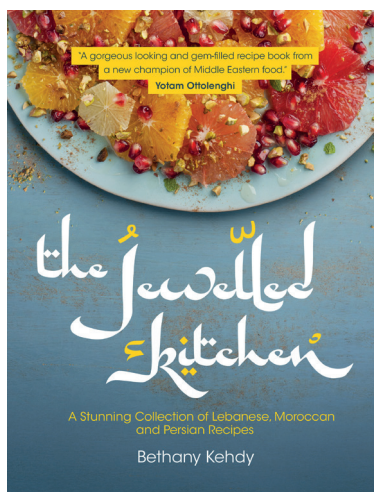
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