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New Titles Catalogue
January–June 2020

WATKINS PUBLISHING & NOURISH BOOKS NEW TITLES CATALOGUE JANUARY–JUNE 2020



WATKINS

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Founded in 1893, Watkins is a leading publisher of self-help, personal development and mind, body, spirit books. Working in partnership with outstanding authors, we produce authoritative, high-quality, cutting-edge titles, both illustrated and non-illustrated. Offering fresh interpretations on important subjects, old and new, Watkins is dedicated to inspiring and entertaining our readers and making a positive difference to the world.

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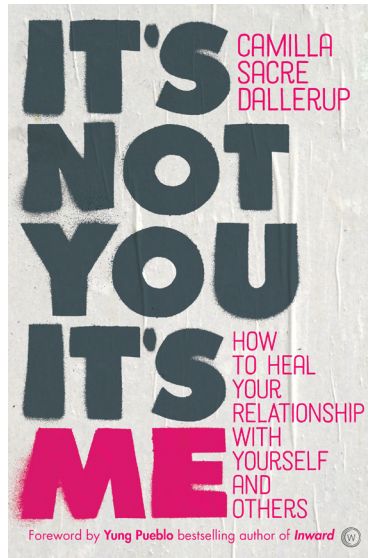
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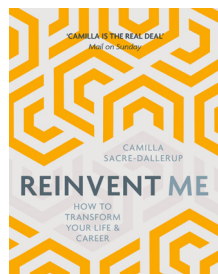
"Camilla has been an absolute saviour for me. With her guidance I've been able to pull through some tough times and put to use the tools she has given me to make sure I don't regress into old habits"
 Karen Clifton,
 Professional Dancer

IT'S NOT YOU, IT'S ME

How to Heal Your Relationships with Yourself and Others

Camilla Sacre-Dallerup, Foreword by Yung Pueblo

By the same author:

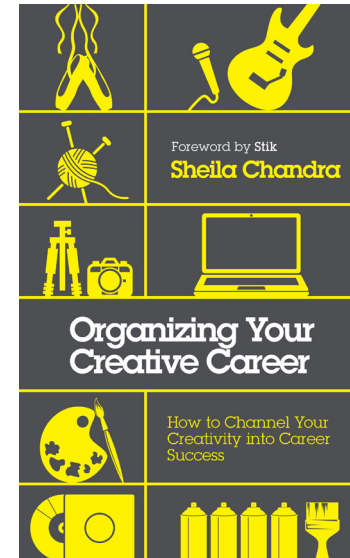


9781786780607
 Reinvent Me

Following on from the success of *Reinvent Me*, life coach Camilla Sacre-Dallerup turns her attention to self-love and self-care. In this new programme, Camilla uses tools and techniques that invite us into ourselves in an accessible yet effective way, providing a gateway into the inner world, something that can profoundly lift our self-awareness and build our self-esteem.

Camilla Sacre-Dallerup is an author, life coach and mindful living expert. She is an NLP master practitioner coach, certified hypnotherapist and a popular meditation teacher at both Unplug Meditation and The Den in Los Angeles. Find out more at: www.zenme.com.tv

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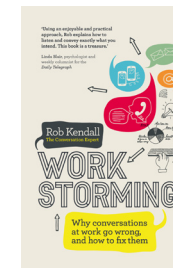


"Sheila gave me the tools to hunt success and the strategies to cope with it when it came"
 Stik

ORGANIZING YOUR CREATIVE CAREER

How to Channel Your Creativity into Career Success
 Sheila Chandra, Foreword by Stik

You might also like:

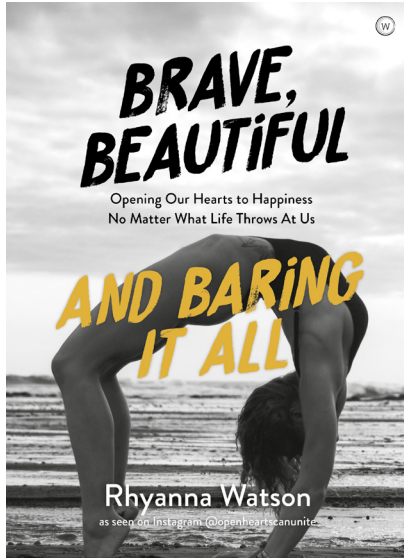


9781780289175
 Workstorming

Is your creative career in total disarray? Or are you simply too disorganized to take advantage of the opportunities that come your way? Do you dream of becoming a creative professional, but don't know what kinds of support and business set-up you'll need?

Full of the kind of insights and counter-intuitive creativity tips that only one creative person can give another, this is the perfect guidebook to put your artistic career on the path to success. Step by step, it walks you through the essential systems you'll need to thrive as an artist.

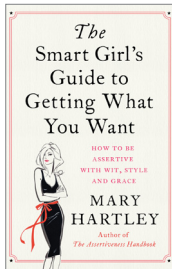
Sheila Chandra is the bestselling author of *Banish Clutter Forever* and an internationally renowned musician. This book draws on her expertise as an author and a recording artist to enable creatives to tame their creative chaos and remain at the top of their game.



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BRAVE, BEAUTIFUL & BARING IT ALL
 Opening Our Hearts to Happiness No Matter
 What Life Throws at Us
 Rhyanna Watson

You might also like:



9781780285542
 The Smart Girl's Guide
 to Getting What You
 Want

In this bold, compassionate title, Rhyanna explores how to strip back our protective layers, feel brave and beautiful again, and make the rest of our life the best of our life.

Rhyanna's nurturing but empowering text encourages us to get out of our heads and more into our bodies to reconnect with both ourselves and others – to feel less judged, more accepted; less insecure, more worthy; less scared, more loved. It's only when we're willing to be brave, open our minds and hearts, get fit from the inside out, and both "bare" it all (let ourselves be vulnerable) and "bear" it all (accept both good and bad with grace) that we will live our best lives.

Rhyanna Watson is a yoga teacher, wellness trainer, and social media sensation who has come through deep personal traumas including sexual assault, post-natal depression and a suicide attempt stronger and happier. She loves engaging with her online community, helping them feel more fit, open, vibrant and empowered. Find out more at: www.rhyannawatson.com and [@openheartscanuite](https://www.instagram.com/openheartscanuite)



**SEEING
 THE PER-
 FECTION IN
 IMPERFEC-
 TION"**

**"BE WHO
 YOU ARE
 — NOT
 ASHAMED
 OF WHO
 YOU ARE."**

CELEBRATING OURSELVES

I made a decision after my attempt on my own life to no longer fret about or fear who I am, to no longer be ashamed of my looks and to no longer feel like I'm not enough in this world.

Instead I made a commitment to truly loving myself, celebrating the gift of my body, mind, heart and soul, and allowing myself to simply be who I am – so that I can slowly and mindfully become the beacon of unconditional love that I believe I'm meant to be.

CELEBRATING ONE ANOTHER

I also made a conscious choice to live in the spirit of loving and celebrating all women for who they are, as we can do such immensely beautiful things when we all work together – in union, rather than in a spirit of competition, judgement and fear.

The more we can love those who are struggling and ourselves in our own struggles, the more strength we will all have to reclaim our past, heal our hearts and love our present!

Let's give support back to our struggles and our scars so we can all heal. Let's create a safe societal container to bring feelings of love and healing back to the surface. And let's see self-doubt and self-loathing for the needless, fruitless activities that they are in order to make more room for true love and acceptance of ourselves.

SHINING OUR LIGHT — SHARING OUR LOVE

Self-love is an interesting concept, as it has the word "self" in it yet it doesn't have to be in any way a selfish thing, as by loving ourselves, we will automatically have more capacity to love and uplift others.

Self-love is the understanding that thousands of candles can be lit from a single candle, and the life of the candle will not be decreased in brightness. Love never decreases by being shared.

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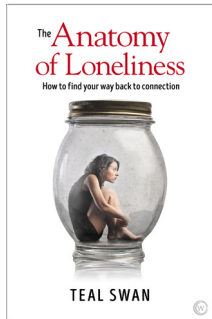


THE BLIND SPOT ORACLE

A 78 Card Deck & Guidebook
 Teal Swan

The Blind Spot Oracle Cards have a simple but incredibly effective purpose: to reveal *what you are not aware of* relative to the question you are asking. Our blind spots may hide motives, fears, desires, needs, truths, reasons, habits, patterns ... the list goes on. This oracle will make you aware of them, and once you are aware you can take action. The deck features 78 Sigils – seals or symbols painted by Teal during a trance. Each one of these can influence you, like a teacher, in discovering your blind spots. The accompanying guidebook includes a profile of each Sigil, as well as spreads created specially for this deck. The deck also includes 49 temporary tattoos to allow you to deepen your connection with the Sigils.

You might also like:



9781786781680
 The Anatomy of
 Loneliness

Teal Swan is a personal transformation revolutionary who was born highly intuitive. A renowned author, speaker and modern spiritual leader, she travels the world teaching about self-awareness and inspiring millions of people towards authenticity, freedom and joy. She is the bestselling author of three books, including *The Anatomy of Loneliness*. For more information, visit: www.tealswan.com



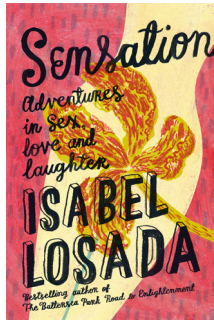
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SEX POSITIVE

Redefining Our Attitudes to Love and Sex
 Dr Kelly Neff

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9781786780935
 Sensation

Our attitudes about love and sex are shifting dramatically. Millennials, in particular, are refusing to be categorized by gender stereotypes. They are embracing gender fluidity, reclaiming the female orgasm, pursuing non-monogamy and opening up to incorporating many forms of technology in the bedroom.

The Sex Positive movement is a social, political and philosophical movement that promotes and embraces sexuality and sexual expression, with an emphasis on safe and consensual sex. Join psychologist Dr Kelly Neff as she explores this new cultural movement and examines how it is shaping our attitudes toward love and sex whilst also offering practical advice on how to create and maintain sexpositive relationships.

Dr Kelly Neff is a renowned psychologist, author and founder of *The Lucid Planet*. Dr Neff spent seven years as a psychology professor where she helped students learn about health, relationships, love and sexuality. She has a B.A. in Psychology from Georgetown and a Ph.D. in Social Psychology from Claremont Graduate University.

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DO THE WORK YOU LOVE

How to Create an Income without Working a Boring Job
 Joe Barnes

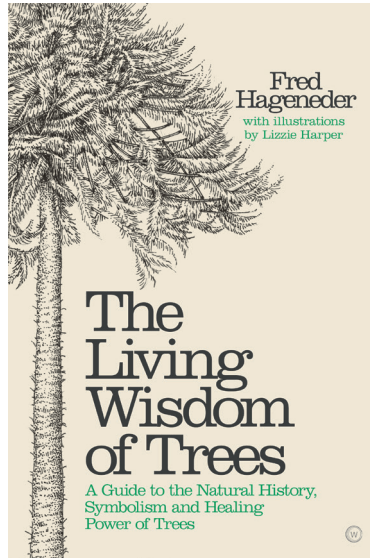
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 Wake the F*ck Up

Aimed at all those who want their work to be fun and fulfilling, this is the ultimate guide to making money doing the things you love. First, identify your most marketable passion with the help of the Dream Job Chart, which assesses your ideas, skills and favourite causes. Then, choose one of three bespoke routes to reach your goal: the Adventurer's Path, for risk takers with few commitments; the Strategist's Path, for those with patience and flexibility; or the Grinder's Path, for those who need to continue with their day job while pursuing their dream. Whatever your age, ability or current role, this highly practical book proves you really can earn an income from your passion!

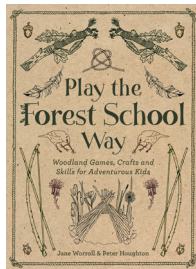
Joe Barnes has forged several successful careers doing what he loves: as a tennis coach, as a hypnotherapist, and now as an author, speaker and life coach. His first book, *Escape the System*, gained him a dedicated following and he is in great demand as a motivational speaker, including at his own Success Club. Find out more at: www.escapethesystemnow.com



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THE LIVING WISDOM OF TREES
 A Guide to the Natural History, Symbolism
 and Healing Power of Trees
 Fred Hageneder Illustrations by Lizzie Harper

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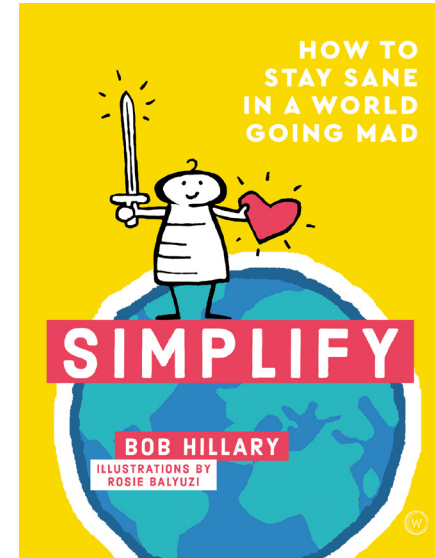


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 Play the Forest School
 Way

The definitive guide to the sacred place trees hold for cultures around the world, exploring the natural history, folklore and symbolism that give each genus of tree its unique character and fascination.

This beautiful book explains the human significance of 55 trees, from alder (*Alnus*) to oak (*Quercus*), looking at their botanical characteristics, their place in world myth, magic and folklore, their healing properties, and their practical contribution to society. Featuring evocative hand-drawn illustrations, this book is for all who seek acquaintance with the fascinating lore and the profound spiritual wisdom of trees.

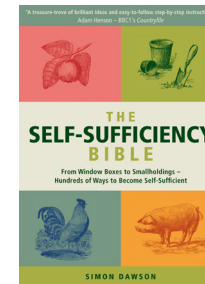
Fred Hageneder is a harpist, graphic designer and author. He is co-founder of Friends of the Trees, a registered charity which aims to protect trees in sacred settings.



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SIMPLIFY
 How to Stay Sane in a World Going Mad
 Bob Hillary Illustrations by Rosie Balyuzi

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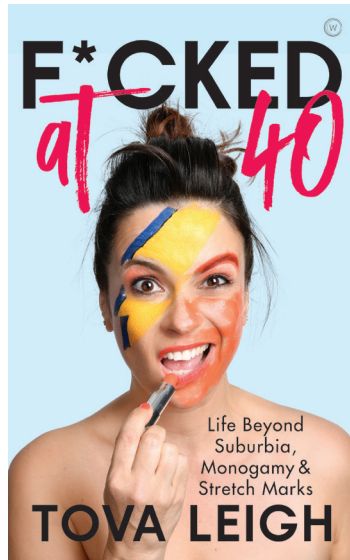


9781780285412
 The Self-Sufficiency
 Bible

Refreshingly short, simple and with tools and practical suggestions throughout, *Simplify* offers 21 Earth Warrior practices to help us live more consciously and in a more connected way in order to cope with the ever increasing pace of modern life. Five years ago Bob Hilary decided to up sticks and explore living off grid in a yurt in the Welsh mountains: this book is the result of what he learned from that experience.

Simplify draws on the principles of "Slow Living", Sustainable, Local, Organic and Whole. It emphasises downscaling, re-wilding, un-teching and finding and doing things that are free. These philosophies provide a framework for the 21 practices Bob shares in this book. This is a manual for modern times, a guide to creating positive action, walking the right path and making the right choices.

Bob Hilary is a musician and writer. He is signed to a well-known record label and has released four albums to an international fan base. He has played at Glastonbury Festival and tours the alternative, spiritual music festival scene in New Zealand, Australia and Europe.

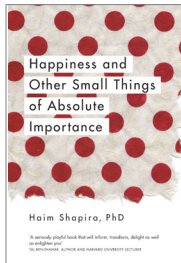


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F*CKED AT 40

Life Beyond Suburbia, Monogamy and Stretch Marks
 Tova Leigh

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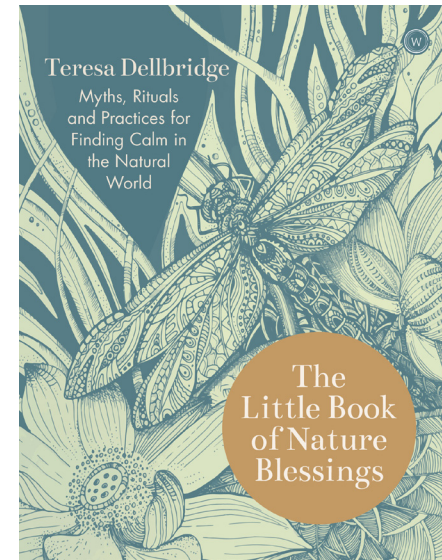


9781780289670
 Happiness and Other
 Small Things of
 Absolute Importance

The book for every woman that has ever felt trapped. A funny, raw and empowering mid-life-crisis-with-a-difference, vlogger, mother, lover, businesswoman and social media phenomenon Tova Leigh explores what the hell you are supposed to do when you find yourself living a life you don't remember signing up for.

"We have many sides to us, most of the time we think we must choose just one character and stick to it. But the truth is, we can be all of them without having to choose. I am finally able to show the world that I am a bit of an idiot who dances around her kitchen in her knickers and makes silly videos with her husband, as well as a responsible parent and a businesswoman who runs her own company."

Tova Leigh began her successful blog "My Thoughts About Stuff" in 2016 as a way to talk about parenting, body image, and being free of boundaries. Tova's up-front, humorous, and honest message has earned her a loyal global following.

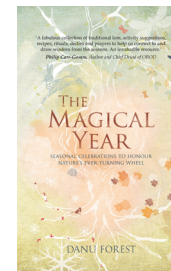


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THE LITTLE BOOK OF NATURE BLESSINGS

Myths, Rituals and Practices for Finding Calm in the
 Natural World
 Teresa Dellbridge

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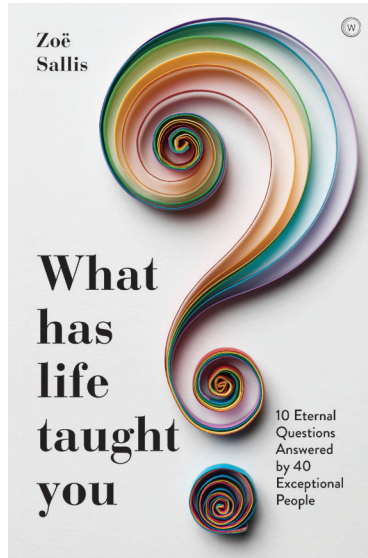


9781780288611
 The Magical Year

Nature helps us still the mind, feel connected, find calm and allows us to be more consciously present. In this useful and inspiring book, Teresa Dellbridge provides practices based on the elements, sun and moon, animals and eight seasonal festivals to help you release the stress of everyday life. Each chapter contains advice on how to draw close to nature along with myths and interesting facts to ground your practice. This book encapsulates everyday spirituality requiring no special beliefs, and generating a feeling of self-awareness that will enable any reader to improve their life by connecting to the world around them.

Teresa Dellbridge has written over 50 books on nature worship and other spiritual subjects. She has a thriving private practice as a counsellor, hypnotherapist, Reiki healer and EFT therapist. Teresa is also a Wiccan High Priestess, regularly undertaking pastoral care for people who are of pagan spirituality and need help on their spiritual path.

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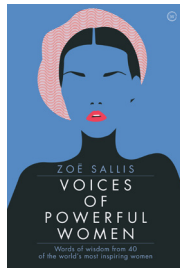


"My suggestion or advice is very simple; that is, to have a sincere heart."
 The Dalai Lama

WHAT HAS LIFE TAUGHT YOU?

10 Eternal Questions Answered by
 40 Exceptional People
 Zoë Sallis

By the same author:

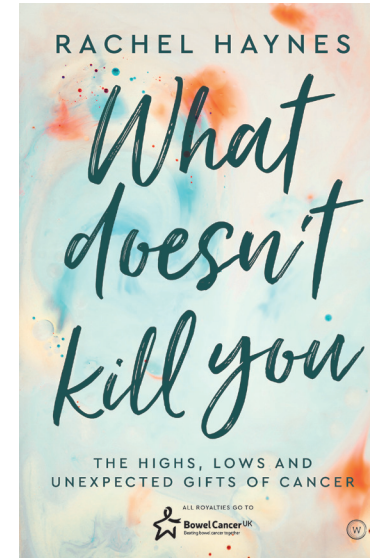


9781786782199
 Voices of Powerful
 Women

What Has Life Taught You? features the answers given by 40 outstanding people to 10 profound questions about life, the mind and the spirit. Interviewees include Nelson Mandela, the Dalai Lama, Neale Donald Walsch, Anjelica Huston, Sophia Loren, Teal Swan, Richard Dawkins, David Lynch and Gore Vidal, and the questions range from "What is your concept of God?" to "How do you find peace within yourself?" By sharing the wisdom of these truly inspiring people, the book hopes to encourage readers to examine what they have learned on their life journey so far and share their own insights with others.

Zoë Sallis is a theatre, TV and film actor, and the author of *Voices of Powerful Women* (Watkins). She has a passion for stirring up debate on philosophical and ethical questions and for this book journeyed all over the globe to ask well-known figures of widely varying beliefs the same 10 questions.

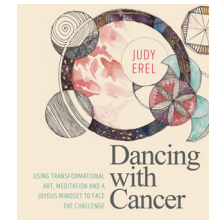
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WHAT DOESN'T KILL YOU

The Highs, Lows And Unexpected Gifts of Cancer
 Rachel Haynes

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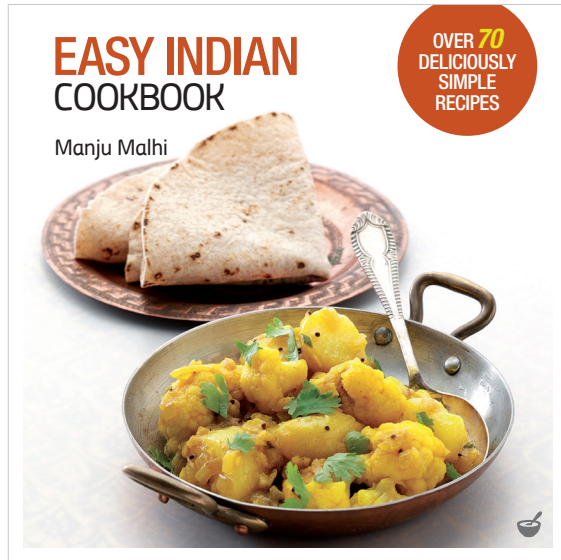


9781786781192
 Dancing with Cancer

Rachel Haynes survived bowel cancer, not once, but twice. There have been many unexpected consequences ... this is her story. Exploring the ups and downs of treatment, with sensitivity, humour and brutal honesty, Rachel reflects on the psychological impacts of survival not only on herself but on those who have supported her.

Bowel cancer, despite being the UK's second biggest cancer killer still receives a shockingly low level of funding. This book aims in a small way to help this but to also tell Rachel's unique story of survival. Her experience presents a wake-up call to what's important in life and the truth about surviving against the odds. What lies beneath survival is the realisation that the end of treatment is not the end of the story.

Rachel Haynes is a marketing director and a mother of two children, who found, surprisingly, that one of the "gifts" of discovering she had bowel cancer was her ability to write with disarming honesty and humour about her survival. All royalties will be donated to Bowel Cancer UK.



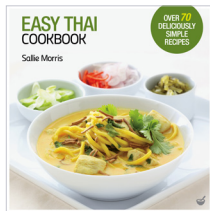
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EASY INDIAN COOKBOOK

The Step-by-Step Guide to Deliciously Easy Indian Food at Home

Manju Malhi

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 Easy Thai Cookbook

Aimed at cooks new to the ingredients and techniques used in Indian cooking, this book takes you step by step through the processes involved in creating delicious, aromatic Indian dishes, from Tandoori Chicken Bites, Lamb Koftas, and Samosas to Fenugreek Flatbread, Paneer with Peas, and Cardamom Ice Cream. Each recipe is divided into clear stages and techniques to enable you to master this colourful and exotic cuisine – and realize that making the perfect biryani is as simple as stirring the ingredients together in a pan. Includes 12 menu plans, showing you how to put the recipes together – from a simple lunch for two to a celebratory dinner for eight.

Manju Malhi has published several books on Indian cooking, including *Brit Spice* and *India with a Passion*. She appears regularly on British TV, on programmes such as *Simply Indian*, BBC's *Food and Drink*, and *Saturday Kitchen*.

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FUTURE VISION YOUR WORKING LIFE

10 Strategies to Help You Get Ahead

Anne Jirsch

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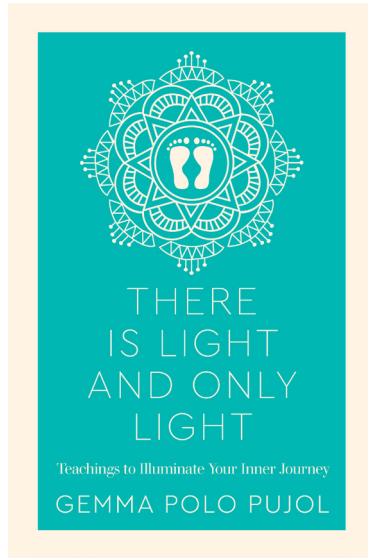


9781786781130
 The 7 Questions to Find
 Your Purpose

Anne Jirsch is the creator of Future Visioning, an innovative business tool rooted in her unique Future Life Progression system. With a focus on career choices and our working lives, the book provides 10 clear strategies that will help anyone to get ahead in their chosen line of work. Fusing clinical hypnosis, visualization and intuition work, *Future Vision Your Working Life* will help you to: 1. Be guided by your intuition; 2. Tap into your creative genius; 3. Use every part of your brain; 4. Understand your unique way of processing information; 5. Stretch time; 6. Become your own futurist; 7. Find your tribe; 8. Understand your purpose; 9. Network & connect; 10. Allow flexibility and flow.

Anne Jirsch is an international trainer and speaker and she is best known as the intuitive, world-leading pioneer of Future Life Progression (FLP). Anne's FLP training company now has representatives in 20 countries and she is regularly consulted by business leaders, Hollywood directors and politicians for advice.

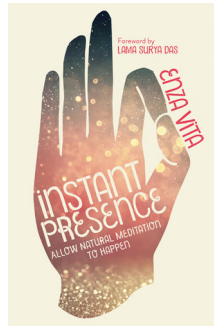
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THERE IS LIGHT AND ONLY LIGHT

Teachings to Illuminate Your Inner Journey
 Gemma Polo Pujol

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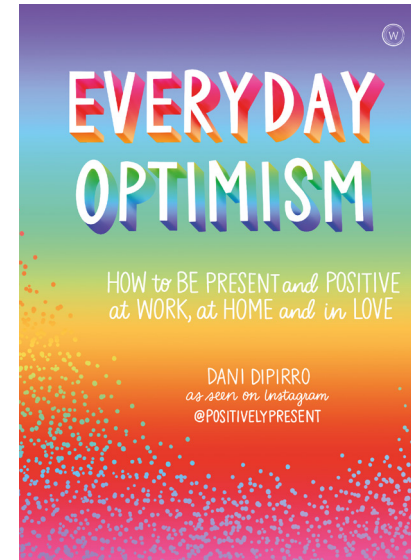


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 Instant Presence

This first book by insight meditation teacher and workshop leader Gemma Polo Pujol is full of profoundly transformative teachings. For many people, their path to meditation and dharma is through suffering, and these short pieces are unequivocally aware of this and offer an immediate sense of peace that many of us have thought was not possible. You feel in safe hands – Gemma has trained for decades within the great spiritual traditions and has taught for a long time, including in her own retreat centre. There’s an incredible patient wisdom that runs through the words, born out of years of experience in teaching and a committed engagement with life. It’s a genuinely inspiring text rooted in the deepest wisdom and practice.

Gemma Polo Pujol is a spiritual guide, co-founder of Open Dharma Europe and a pioneering eco-retreat centre in Spain. For the last two decades, she has been offering deep rest and meditation retreats around the world, one-to-one guidance and nature-based circles and pilgrimages. Find out more at: www.gemmapolopujol.com.

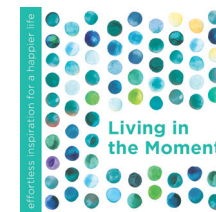
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EVERYDAY OPTIMISM

How to Be Present and Positive at Work,
 at Home and in Love
 Dani DiPirro

By the same author:

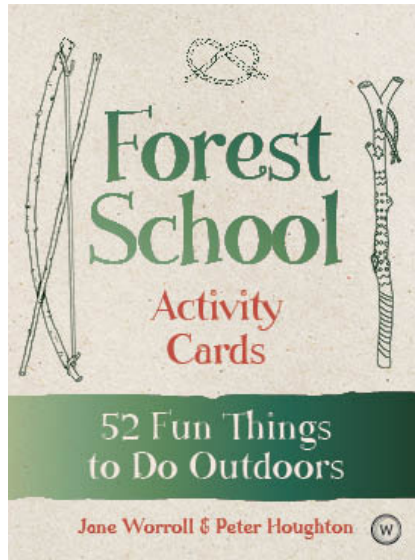


9781780289373

In this practical guide to remaining optimistic in tough times, blogger Dani DiPirro builds on content from her highly popular online platforms, exploring how to be more “positively present” in all aspects of life and suggesting a wide range of ways to create a nurturing home, build a fulfilling career, develop great relationships, learn to appreciate true love and have the courage to embrace change. There are also special features such as Positively Present Principles and a list of 52 Ways to Live in the Moment as well as lots of typographic-led illustrations that playfully highlight the key messages.

Dani DiPirro is the founder of PositivelyPresent.com, a website dedicated to helping people live positively in the present moment by providing them with innovative ideas for making the most of each and every day. Her Instagram account (@positivelypresent) has over 540,000 followers and is growing fast. Dani has been featured on sites such as *The Happiness Project*, *Forbes*, *Glamour* and *The Huffington Post*.

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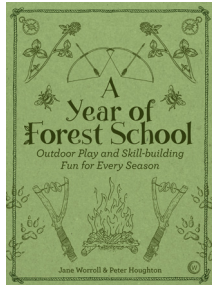


FOREST SCHOOL ACTIVITY CARDS

52 Fun Things to Do Outdoors

Jane Worroll & Peter Houghton

By the same author:



9781786781314
 A Year of Forest School

This is the first-ever Forest School-themed activity card deck, offering 52 games, crafts and skill-building activities to enjoy outdoors. Aimed at parents, carers, teachers and Forest School group leaders, this is a uniquely handy reference tool to tuck into a pocket and take out into the woods to inspire outdoor fun. There are four groups of cards: Team Games (fun, high-energy games); Survival Skills (working together to build dens, make fires, forage, etc); Nature Connections (exploring the natural world); and Forest Craft (woodland-themed makes). A booklet explains how the card groupings can help adults structure a child-led play session, with the kids flicking through the cards and choosing activities that appeal. The booklet also gives notes on safety, the Forest School ethos, basic kit and other key need-to-knows.

Jane Worroll and Peter Houghton are the authors of the bestselling *Play the Forest School Way* and *A Year of Forest School*. Qualified Level 3 Forest School leaders, Jane and Peter run their own Forest School in London.

Creeping Coyote

Learn the ways of the wiley coyote, the 'trickster' of the animal kingdom, in this game of stealth, strategic thinking and perseverance



Kit: blindfold

1. Mark out a stalking area that has lots of fallen leaves and twigs on the ground.
2. Have the coyotes stand in a circle around one blindfolded player, who has a stick at their feet, and make sure everyone is quiet.
3. The coyotes must now try to pick up the stick and take it back to their starting point without being heard by the blindfolded player, who should listen hard and point in the direction of any noise they hear.
4. Anyone pointed at must go back to the starting position and try again. The winner is the coyote who captures the stick unheard!

Log Cabin Fire

This fire is particularly good for damp weather and perfect for cooking on

Kit: Firewood, cotton wool, Vaseline

1. Start to build the 'log cabin' by placing two logs of roughly equal length parallel to one another on the ground about two hand-widths apart.
2. Place two more of the same-sized logs across the ends of the lower logs, making a square.
3. Make a raft with some kindling across the upper logs, then place the tinder and a piece of Vaseline-smearred cotton wool in the middle.
4. Now build up the log cabin around the tinder, mirroring the pattern on the base.
5. Go up a couple of layers and add another raft of kindling across this layer, and then continue to build the log cabin up around this for another couple of layers.
6. Your fire is now ready for lighting!

Wood-Cookie Man

Transform a piece of wood into a human figure and get creative with decoration

Kit: Hand-held folding saw, palm drill, gardening gloves, permanent marker pens, pipe cleaners

1. Find a branch about a foot long and about 4cm (1½in) in diameter for the head and another roughly 5-6cm (2-2½in) in diameter for the body.
2. Gardening gloves on, saw off the end of the smaller branch to create a flat surface, then move the saw about 2cm (¾in) along the branch and cut off another section. This disc is your wood cookie!
3. Use a palm drill to make a hole through the cookie, close to the edge. Repeat the process with the larger branch, but this time drill five holes around the edge.
4. Using pipe cleaners, attach the two discs (the head and body) at one of the five holes (this will be the neck), and use the other four for pipe cleaner arms and legs.
5. Decorate freely with coloured marker pens!

Earth Day Birthday Cake

Celebrating the world together, by creating this very messy mud cake, connects children not only to the Earth, but also to the other members of the group



Kit: water, containers to carry water, trowels/small spades

1. Choose a spot with lots of soil for your Earth Day celebrations.
2. Collect water and transport it to the designated cake-making station.
3. Trowels in hand, everyone can dig a hole. Pour water into the hole, then put the loose soil back in. Stir with a stick to make mud.
4. Pile the mud up in a chosen spot, moulding it into whatever shape you like, before decorating with feathers, stones or fallen petals from the forest floor.
5. Add some stick candles and gather to sing 'Happy Birthday' to the Earth!

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BIOGRAPHY

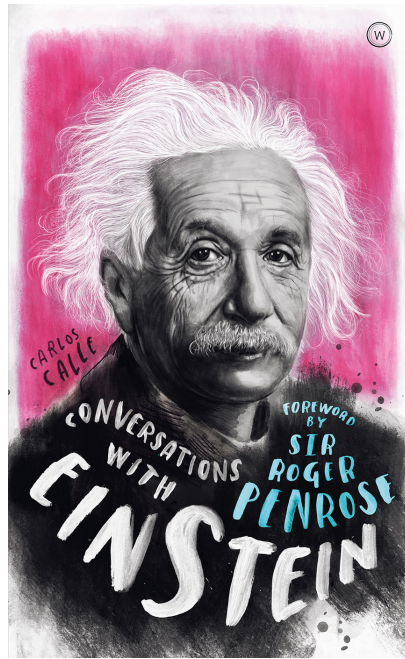
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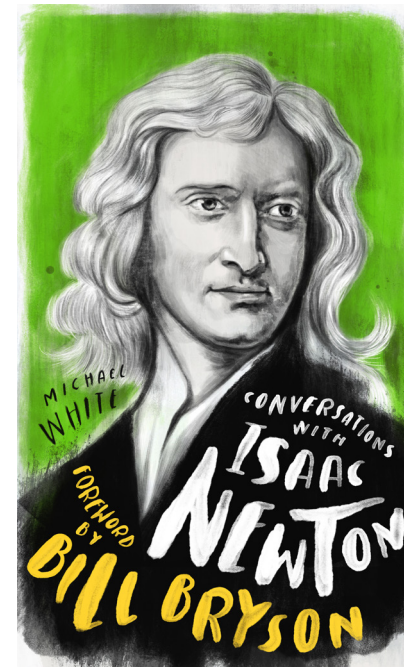
CONVERSATIONS WITH EINSTEIN

A Fictional Dialogue Based on Biographical Facts
Carlos Calle
Foreword by Sir Roger Penrose

Carlos Calle is a senior research physicist at NASA. With his laboratory staff, he is developing technologies for NASA's exploration of the moon.

Sir Roger Penrose, Emeritus Professor of Mathematics at the University of Oxford, is a mathematical physicist renowned for his work in general relativity and cosmology.

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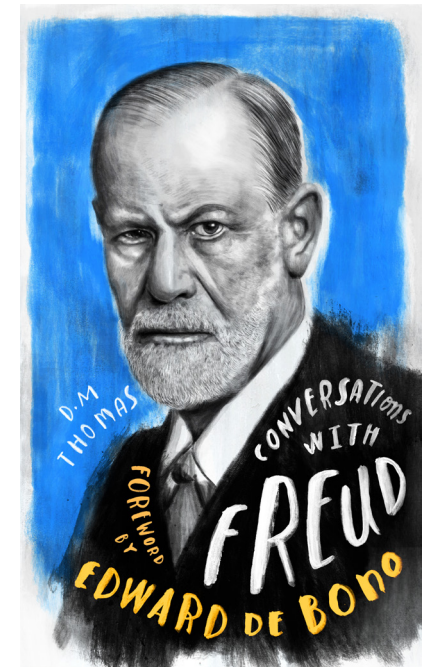
CONVERSATIONS WITH ISAAC NEWTON

A Fictional Dialogue Based on Biographical Facts
Michael White
Foreword by Bill Bryson

Michael White, a former journalist, lecturer and professional musician, won the Bookman Prize in the US for his *Isaac Newton: The Last Sorcerer*.

Bill Bryson became famous for his travel-writing. More recently, his ground-breaking *A Short History of Nearly Everything* introduced the history of science to a popular audience.

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CONVERSATIONS WITH FREUD

A Fictional Dialogue Based on Biographical Facts
D.M. Thomas
Foreword by Edward de Bono

D.M. Thomas is a distinguished novelist, a poet and biographer. He has written 15 novels, including the bestselling *The White Hotel*.

Edward de Bono is a renowned psychologist and physician. He pioneered the concept of lateral thinking in the 1960s and conducts lectures all over the world on the subject.

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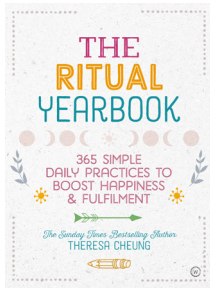
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21 RITUALS TO CONNECT WITH NATURE

Theresa Cheung

By the same author:



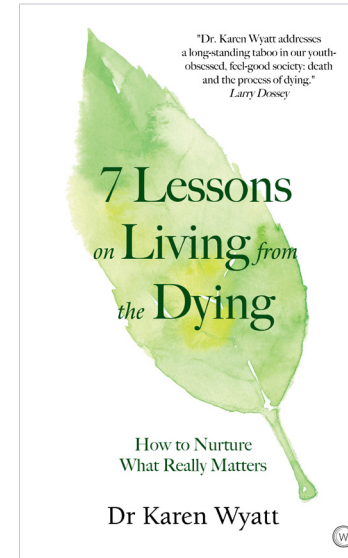
The Ritual Yearbook
 9781786782076

It is well known that spending time in nature increases our health, vitality, and sense of wellbeing. Drawing on what science and psychology teach us about the benefits of connecting more to the living power of nature and how to strengthen it using the life changing power of ritual, this book offers 21 powerful rituals that don't necessarily require a wilderness trek or trip to the countryside.

Some of the rituals will need to be performed outdoors in easy to find locations but others can be performed in your home or office. The first week will focus on connecting with nature indoors, the second in the fresh air and the third at a specific location so the progression to "wild" nature is accessible. All the rituals are very easy to understand and incorporate into everyday life.

Theresa Cheung was born into a family of psychics and spiritualists. Since leaving King's College Cambridge University with a masters in Theology and English she has written numerous bestselling mind body spirit books, including two *Sunday Times* Top Ten bestsellers. Theresa has a thriving author page on Facebook and her website is: www.theresacheung.com.

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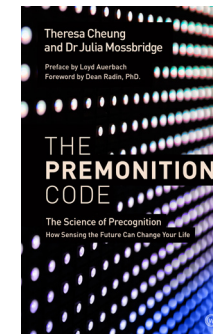
"Dr Karen Wyatt addresses a long-standing taboo in our youth-obsessed, feel-good society: death and the process of dying."
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7 LESSONS ON LIVING FROM THE DYING

How to Nurture What Really Matters

Dr Karen Wyatt

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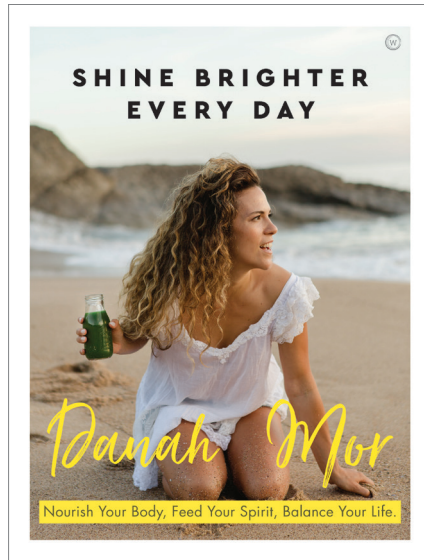
The PremonitionCode
 9781786781611

Dr Karen Wyatt has spent most of her career as a hospice medical doctor, homeless shelter physician and caregiver. This unique experience has given her profound insight into death and dying. In this book she shares her story and the stories of her patients, providing us with 7 key lessons that the dying can teach us.

With each lesson Karen provides a clear analysis of the importance of that lesson and then goes on to share daily practices on how we can live the teachings as a spiritual practice.

Dr Laren Wyatt has lectured and written extensively on end-of-life issues with an emphasis on the spiritual aspect of illness and dying. Dr Wyatt recently retired from medical practice to focus her efforts on Creative Healing, a project to explore the integration of spirituality and Western medicine.

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SHINE BRIGHTER EVERY DAY
 Nourish, Balance and Repair Your Life
 Danah Mor

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9781786782106
 This Is For You

Fad diets and “clean” eating are out and people have abandoned the search for quick fix in favour of a heightened understanding of the importance of balance, both in their diets and their lives as a whole. In this book, nutritionist and Ayurvedic practitioner Danah Mor gives readers all the information they need to adopt a positive, pragmatic mindset that banishes guilt and reframes their relationship with food in a sustainable and realistic way. The book will allow you to recognise and plug the holes in your own knowledge and become your own boss and food doctor, ultimately equipping you with tools to fix your relationship with food and live a healthier and happier life.

Danah Mor has traveled extensively to learn from various cultures, from the Mayans in Mexico to the Bedouins in Egypt. She has lived in Paris, Madrid, London, Florida, and Los Angeles, and has worked with top models, actors, and singers. She holds a degree in ancient Indian medicine and certifications from the Hippocrates Health Institute and Institute for Integrative Nutrition.



“We humans have become the most chemically contaminated species on the planet.”

Dr. Brian Clement, PhD,
 Hippocrates Health Institute

Chapter 9

TAKE OUT THE TRASH EVERY DAY

DETOXIFY EVERY DAY

THIS IS MY FAVOURITE CHAPTER, BECAUSE LIFE DRASTICALLY CHANGES WHEN YOUR BODY CAN FINALLY RID ITSELF OF THE LETHAL WASTE AND TOXINS IT HAS ACCUMULATED OVER TIME.

LEARN HOW TO INCORPORATE DAILY DETOX INTO YOUR EVERYDAY HABITS TO BOOST YOUR MOOD, ENERGY AND BRAIN POWER. YOU WILL NOTICE LESS IRRITATION, FATIGUE AND FOGGY THINKING, MORE RESISTANCE, ENERGY AND FOCUS. YOU WON'T KNOW WHAT HIT YOU!

From air pollution, cleaning detergents and body care products, to petrochemicals in our modern clothing, medications, birth control pills, synthetic supplements, alcohol, processed foods, pesticides and polluted water, we inhale, ingest and absorb toxins all the time. They are everywhere.

On an individual level, there are two things that will help our body and planet reduce this toxic overload: First, reduce toxic exposure whenever and wherever possible. Second, unblock and stimulate the existing pathways that eliminate toxins from our bodies every day. This is the TOTE concept.

Just like in our home, we need to take our rubbish out every day. We need to continuously stimulate our natural pathways for eliminating toxins. If we create a rhythm of daily elimination, we avoid toxic accumulation, protecting our bodies. Toxicity causes inflammation and the perfect environment for dysfunction and disease.

CHAPTER 9 / Take Out the Trash Every Day



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365 WAYS TO MEDITATE
 How to Discover Peace of Mind
 Edited by Adam Gordon

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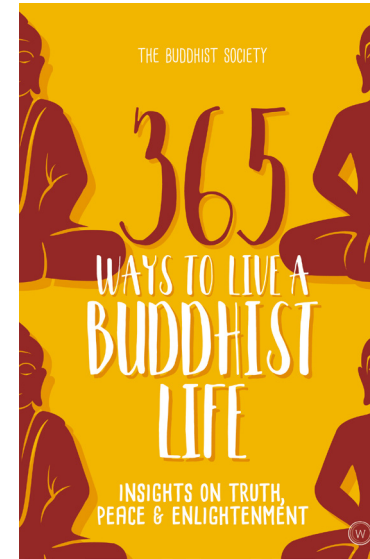


9781786782144
 365 Ways to Beat Stress

A miniature treasure trove of wisdom and insight, *365 Ways to Meditate* has everything you need as you embark on the road to enlightenment. A soothing blend of insights, affirmations and practical techniques, this is the perfect bedside book to help your mind unwind from the hustle and bustle of daily life. Life today is a swirl of stress, distraction and nonstop exertion all set to the frantic, heart-pounding pace of the modern world. That's why this book is such an indispensable companion. It's neatly organized into universal themes that have perplexed and inspired humankind for centuries, and readers can thumb their way through passage after profound passage on love, health, happiness, parenting and just about everything else under the sun.

Adam Gordon is an editor at Watkins Publishing. He also edits the *Cygnus Review*, the magazine for the UK's leading spiritual book club.

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365 WAYS TO LIVE A BUDDHIST LIFE
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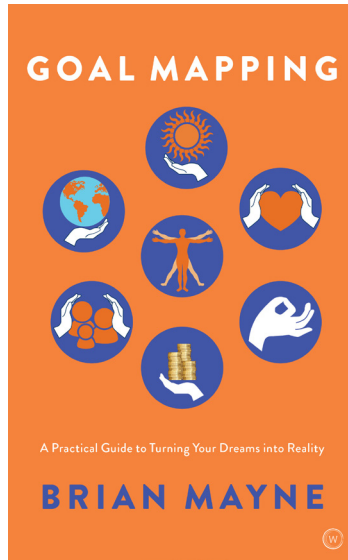


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 365 Ways to Find Peace

Buddhism has influenced Western thinking like no other Eastern religion, and even people who have no interest in adopting it wholeheartedly acknowledge the wisdom of its philosophical insights. *365 Ways to Live a Buddhist Life* covers basic themes of universal relevance: the beauty of nature, good and bad karma, how to deal with stress and anxiety, how to meditate successfully, how to be happy, and the joy to be found in service to others. There are also lucid explanations of key Buddhist concepts that illuminate Buddhist belief and practice, and enlightening accounts of key moments, such as the Buddha's sermon in the Deer Park. The book itself is compact, attractive and beautifully illustrated.

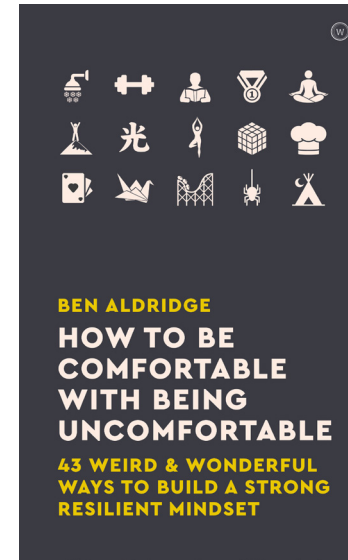
Founded in 1924, **The Buddhist Society** was one of the first Buddhist organisations outside Asia and remains one of the oldest in Europe.

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"Brian is one of the best at helping people create a world-class blueprint for their life – not just goals but sustainable success"
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GOAL MAPPING

A Practical Guide to Turning Your Dreams into Realities
 Brian Mayne

By the same author:



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 Self Mapping

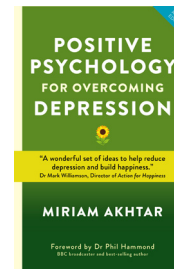
Created by Brian Mayne, the *Goal Mapping* system fuses Eastern and Western techniques to create a holistic method to help achieve success. The system uses both left and right brain, bringing words, pictures and symbols together to connect the conscious to the sub-conscious, so that your subconscious accepts your goals as the *dominant command* to be pursued. The *Goal Mapping* system utilizes seven steps that stimulate whole brain activity to ensure success. Work through the book to create your own personalized goal map and make your dreams into realities.

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.

HOW TO BE COMFORTABLE WITH BEING UNCOMFORTABLE

43 Weird and Wonderful Ways to Build a Strong, Resilient Mindset
 Ben Aldridge

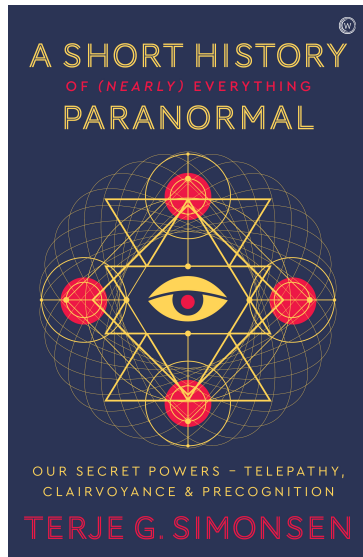
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 Positive Psychology for
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Join Ben Aldridge in a selection of strange and wonderful challenges designed to take you out of your comfort zone and into the unknown. Ben shows you that learning new skills, mental and physical, will help you to cultivate a stronger, healthier more resilient mindset. Drawing on Stoicism, Buddhism, popular psychology and CBT, Ben has created a unique programme that anyone can follow. The challenges range from climbing a mountain to sleeping on a beach in a bivy bag in a storm to learning to pick a lock, all in the name of self-improvement. By changing our daily patterns we can positively impact our mental health to overcome anxiety and to live a more resilient and stress-free life.

Ben Aldridge is a writer, musician and teacher with a passion for philosophy, adventure and learning new things. He loves ideas and spends a lot of time contemplating stuff (probably too much time).



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A SHORT HISTORY OF (NEARLY) EVERYTHING PARANORMAL

Our Secret Powers: Telepathy, Clairvoyance and Precognition
 Terje G. Simonsen

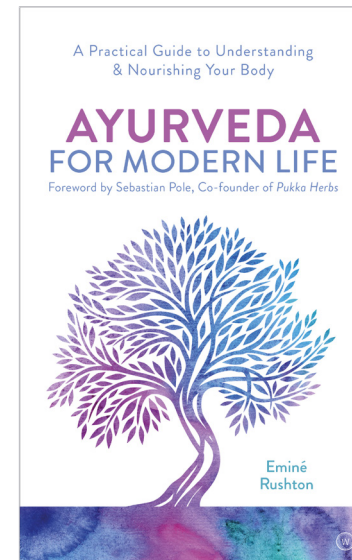
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 The Occult

The most enjoyable and comprehensive survey of the paranormal ever made, highly endorsed by experts in the field and bestselling writers including Stanley Krippner, Dean Radin, Etzel Cardeña, Jeffrey J. Kripal and Pulitzer-prize winner Teresa Carpenter. Readers may be surprised to learn that reputable scientists, among them several Nobel laureates, have claimed that telepathy is a reality, that Cleopatra's lost palace and Richard III's burial place were recovered by means of clairvoyance, and that an espionage program using psychics was set up by the US military! An engaging and informative analysis of a controversial subject.

Terje Gerotti Simonsen is a Norwegian writer and historian of ideas. His works include the introductory essays to the Norwegian editions of *The First Book of Enoch* and Martin Buber's *I and Thou* in two prestigious series (The World's Holy Scriptures and The Cultural Library). The first edition of *A Short History of (Nearly) Everything Paranormal* was published in Norwegian in 2013 to rave reviews.



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A Practical Guide to Understanding & Nourishing Your Body
 Eminé Rushton, Foreword by Sebastian Pole, co-founder of Pukkha Herbs

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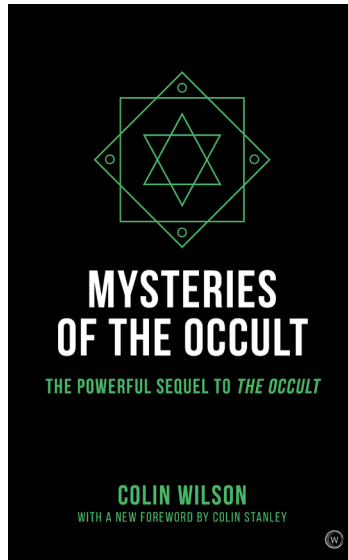


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 Good Mood Food

Ayurveda teaches that we each have a dosha – a basic body type that defines our personality and physical wellbeing, from the foods we crave to those that spark intolerances and weight gain. This book decodes this 5,000-year-old science of wellbeing specifically for busy, modern lives. Guiding you through the process of determining and eating for your dosha type, it shows just how simple and practical a body-balancing seasonal lifestyle can be, helping you beat stress, lose excess weight and feel energized and positive every day. It includes a simple 3-day nutrition plan and 20 delicious, seasonal recipes made with supermarket ingredients.

Eminé Rushton is a holistic therapist, wellbeing writer and co-founder of the blog and podcast *This Conscious Life*. She was Wellbeing Director of Psychologies magazine for nine years. Initially a sceptic, she was converted to Ayurveda during pregnancy, and she studied Vedic Healing at the American Institute of Vedic Studies. Find out more about Eminé at: www.thisconsciouslife.co

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MYSTERIES OF THE OCCULT

The Powerful Sequel to *The Occult*

Colin Wilson, Foreword by Colin Stanley

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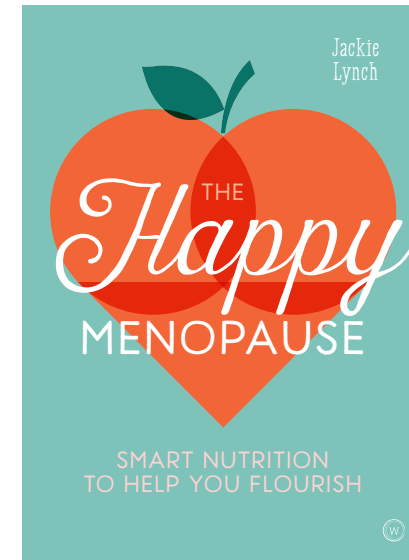


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 Super Consciousness

First published in 1978, and described as “a major work ... an extraordinary tour de force” by *New Scientist*, this is the powerful and enlightening sequel to *The Occult*, continuing Colin Wilson’s investigations into the supernatural. In this important book, Wilson introduces and fully explores his concept of the ladder or hierarchy of selves. He explains how our lower, childish selves are linked to depression and anxiety and offers hope that purposeful activity will always allow us to call on our higher selves and bring concentration, control and a sense of meaning into life. The story ranges widely, from Britain’s stone circles to 1960s LSD adventures, and Wilson’s analysis is woven with hundreds of entertaining paranormal anecdotes.

Colin Wilson (1931–2013) was the highly respected and erudite author of more than 100 books. His work, both fiction and non-fiction, covered a wide range of subjects, such as the supernatural, philosophy and criminology, and includes his famous *The Outsider* and *The Occult*.

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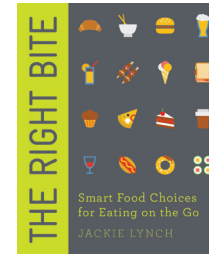


THE HAPPY MENOPAUSE

Smart Nutritional Choices to Help You Flourish

Jackie Lynch

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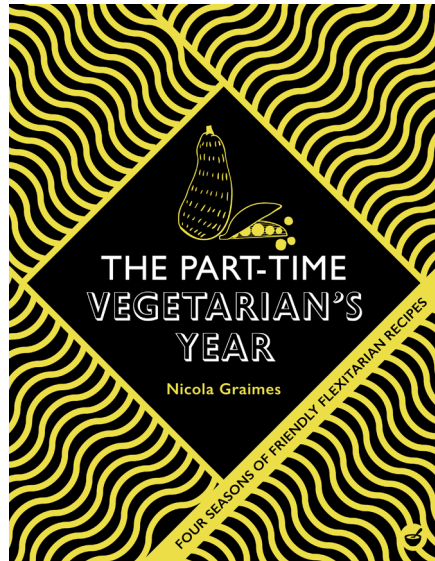


9781848997301
 The Right Bite

As no two menopause journeys are identical, this highly practical and accessible nutrition and lifestyle guide enables women to build a bespoke menopause diet that specifically targets their symptoms, with the minimum of fuss and effort. Jackie explains how the menopause and perimenopause can change your body and how your diet can make a tangible difference to the way that you feel, whether you’re using HRT or not. Each symptom section provides a range of targeted nutritional solutions, practical lifestyle advice and simple recipe tips that you can incorporate into your daily routine. This is the ideal one-stop solution for anyone juggling their menopause with the demands of a busy job and a hectic family life.

Jackie Lynch is a Registered Nutritional Therapist (mBANT, CNHC) and founder of the WellWellWell nutrition clinic in Notting Hill where she specialises in women’s health nutrition. She is the host of *The Happy Menopause* podcast, and a regular contributor to *The Mail on Sunday* and has featured as a guest expert on Channel 4’s *Superfoods*.

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THE PART-TIME VEGETARIAN'S YEAR

Four Seasons of Friendly Flexitarian Recipes

Nicola Graimes

By the same author:



The Part-Time
 Vegetarian
 9781848992658

The term “flexitarian” was added to the OED in 2015 and this way of eating has been highlighted by nutritionists and environmentalists as a necessity for the long-term health of ourselves and our planet. *The Part-Time Vegetarian's Year* includes over 100 flexible recipes ordered by season, making it easy to produce delicious food all year round. All of the recipes are vegetarian, but most feature a Part-Time Variation, showing you how to include meat or fish, or even how to make the dish fully vegan.

Whether you are fully vegetarian or someone looking to cut down on their meat intake, everyone has the aspiration to eat tasty, healthy food and this is the perfect book to support that journey.

Nicola Graimes is an award-winning cookery writer and former editor of *Vegetarian Living* magazine. She has written more than 20 books, including *The New Vegetarian Kitchen* (chosen as one of OFM's Top 50 Cookbooks of the Year) and *The Part-Time Vegetarian* for Nourish.

Smoky aubergine chilli

You can't beat a good vegetarian chilli and this one certainly packs a punch with a delicious smoky heat from the dried chipotle chillies. I've used aduki beans instead of the more usual kidney as I prefer their smaller size, but do go for whichever type of bean works for you. Serve with rice, soured cream and slices of avocado.

Serves 4-6
 Preparation time 20 minutes,
 plus soaking
 Cooking time 1 hour, 35 minutes

150g/5½oz dried aduki beans, soaked overnight (or 300g/10½oz canned aduki beans, drained and rinsed)
 500g/1½oz sweet potatoes or butternut squash, peeled and cut into bite-sized chunks
 3 tsp olive oil
 2 large onions, roughly chopped
 1 aubergine/eggplant, cut into small dice
 4 garlic cloves, finely chopped
 1 red pepper, deseeded and chopped
 2 tsp dried chipotle chilli flakes or powder
 1 tsp cumin seeds
 2 tsp mild smoked paprika
 1 tsp ground coriander
 1 tsp ground allspice
 400g/14oz can chopped tomatoes
 1 tsp vegetable bouillon powder
 2 tsp liquid smoke or vegetarian Worcestershire sauce
 3 tbsp tomato purée
 1 tsp soft brown sugar
 sea salt and black pepper

Drain the soaked dried beans, put them in a saucepan and generously cover with cold water. Bring to the boil and cook for 10 minutes, then turn the heat down slightly, part-cover with a lid and simmer for ½ hours or until tender.

While the beans are cooking, preheat the oven to 200°C/400°F/Gas 6. Toss the sweet potatoes or squash in 1 tablespoon of the oil and spread out on a large baking tray. Roast for 30 minutes, turning once, until cooked and golden in places.

Heat the remaining oil in a large saucepan over a medium heat and fry the onions for 5 minutes. Add the aubergine, garlic and red pepper and cook for another 5 minutes, stirring, until softened – you may need to add a splash more oil. Stir in the spices, followed by the chopped tomatoes, 500ml/17½ oz water, the bouillon powder, liquid smoke or Worcestershire sauce, tomato purée and sugar. Stir well until combined, bring almost to the boil, then turn the heat down and simmer, part-covered, for 20 minutes.

Stir in the roasted sweet potato or squash and cooked aduki beans and simmer for another 20 minutes – leave the lid off if the sauce needs to reduce down or add a splash more water, if needed. Season with salt and pepper, to taste.

Serve the chilli with rice, soured cream, avocado and a scattering of coriander/cilantro.

PART-TIME VARIATION

Chilli with beef: Try swapping the aubergine/eggplant for 250g/9oz beef mince. Brown the mince in a splash of olive oil for 5 minutes before adding the onion and carrying on with the rest of the recipe, above.

118 AUTUMN



Sri Lankan-style jackfruit curry with rainbow chard

This brings back memories of a visit to a spice garden on the magical island of Sri Lanka. The lush garden was fragrant with cinnamon, mace, nutmeg, pepper and cardamom. Spices, jackfruit and coconut are synonymous with Sri Lanka and all are used in this creamy, aromatic curry. I can't say the same for chard, but it's in season now and the rainbow variety with its glam pink and yellow stalks brighten up any dish.

Serves 4
 Preparation time 25 minutes
 Cooking time 25 minutes

3 tbsp coconut or sunflower oil
 2 onions, chopped
 4 garlic cloves, finely chopped
 2 green chillies, finely chopped
 400g/14oz can coconut milk
 400ml/14½ oz good-quality vegetable stock
 2 tsp ground turmeric
 ½ cinnamon stick
 250g/9oz canned jackfruit, drained, core discarded and tinned in pieces
 125g/4½oz rainbow chard, leaves and stalks separated, both thinly sliced
 juice and finely grated zest of 1 unwaxed lime
 brown basmati rice, to serve

Heat 2 tablespoons of the oil in a saucepan over a medium heat, add the onions and cook for 8 minutes, part covered with a lid and stirring occasionally, until softened but not coloured. Add the garlic and chillies and cook for another 2 minutes. Pour in the coconut milk and stock. Add the turmeric and cinnamon stick, stir and simmer over a medium-low heat for 10 minutes. Add the jackfruit and chard leaves and simmer, covered, for another 5 minutes.

Meanwhile, grind the fenugreek, coriander and cardamom seeds and cloves in a spice grinder or using pestle and mortar. Heat the remaining oil in a frying pan, add the ground spices, mustard seeds, curry leaves, chilli flakes and chard stalks and fry for 1-2 minutes or until the stalks are just tender.

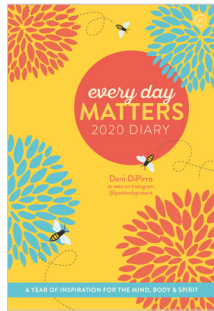
Remove the cinnamon stick from the curry and stir in the spice mix and chard stalks, lime juice and zest, then season with salt and pepper. Serve with rice.

Spice blend
 ½ tsp fenugreek seeds
 1 tsp coriander seeds
 6 cardamom pods, seeds removed
 5 cloves
 ½ tsp black mustard seeds
 5 curry leaves
 ½ tsp dried chilli flakes

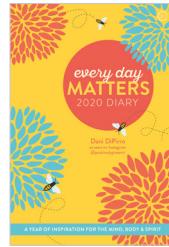
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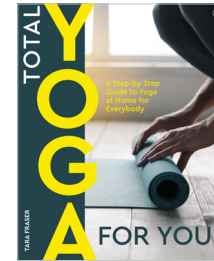
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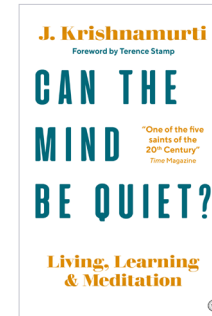
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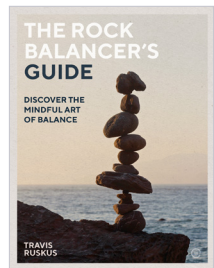


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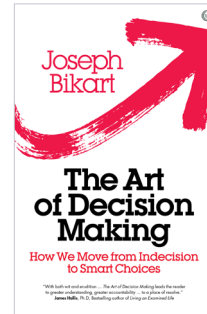


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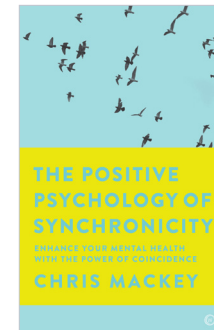


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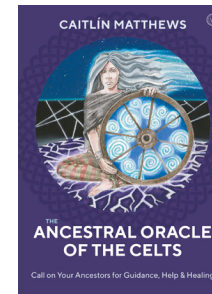


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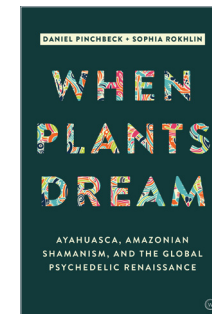


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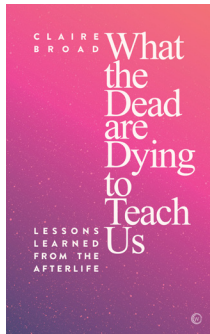
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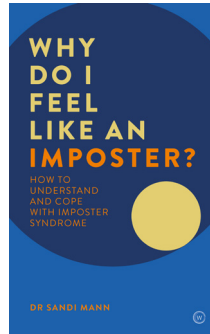


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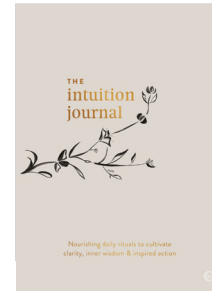
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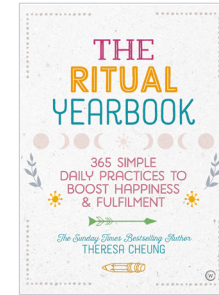
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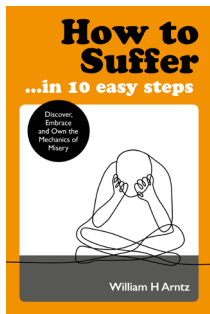
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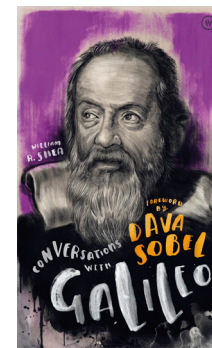
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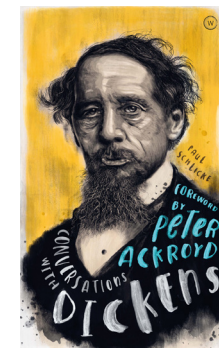
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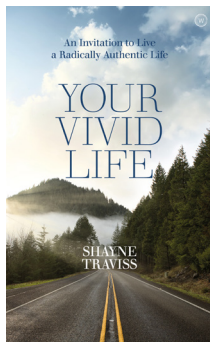
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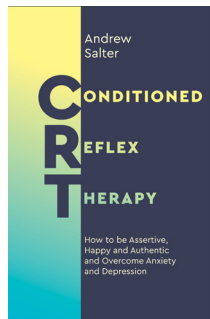
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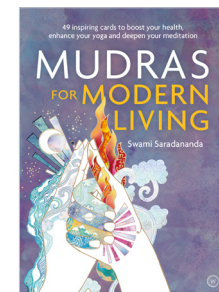
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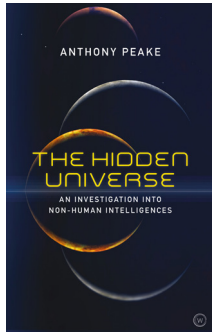


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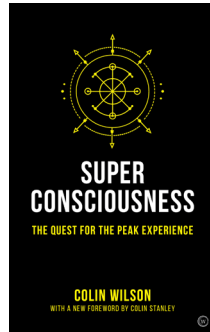


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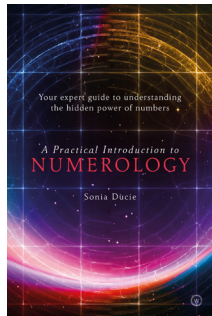
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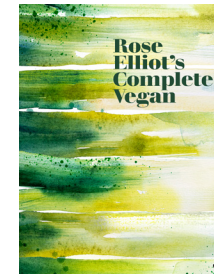
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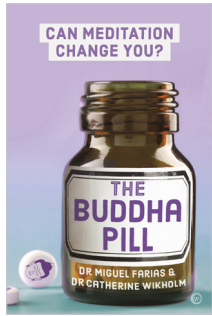


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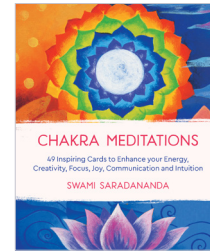
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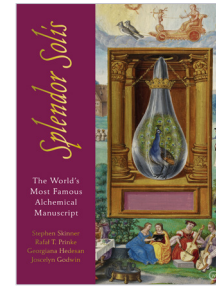
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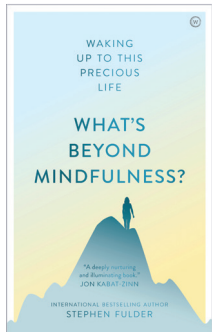
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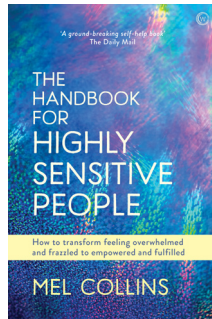
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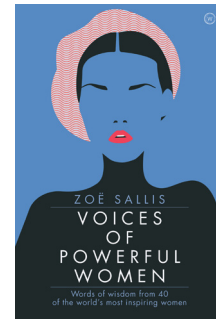
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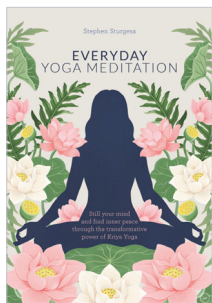
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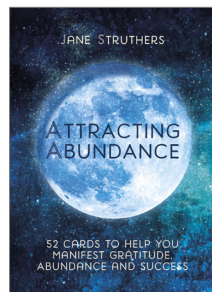
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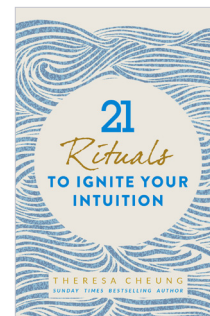
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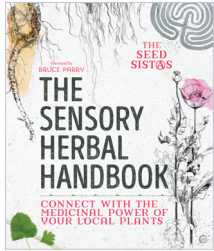
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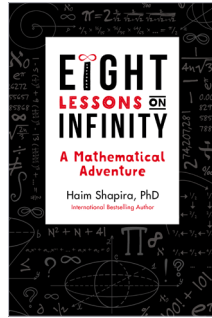
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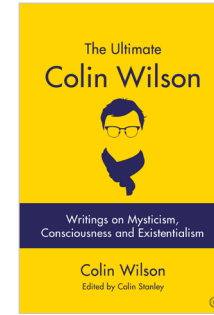
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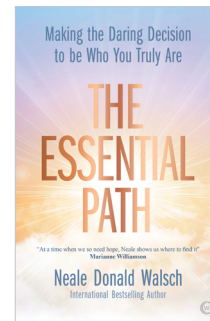
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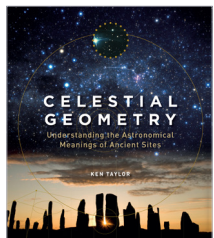
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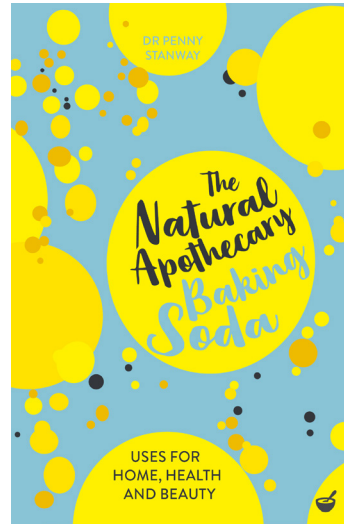
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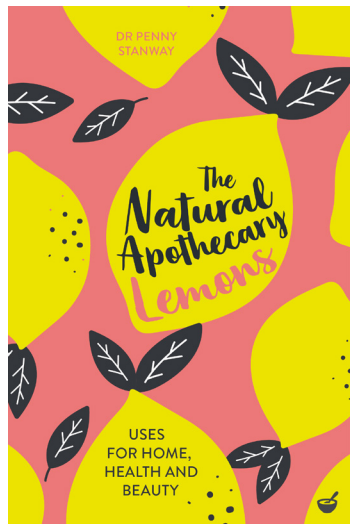
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