

# MIND, BODY & SPIRIT LIST

## Health, Addiction, Gender Studies, and Psychology

### **RADICAL REMISSION**

Surviving Cancer Against All Odds

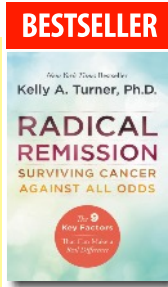
ISBN: 978-0-0622-6874-7

In her New York Times bestseller, *Radical Remission: Surviving Cancer Against All Odds*, Dr. Kelly A. Turner, founder of the Radical Remission Project, uncovers nine factors that can lead to a spontaneous remission from cancer - even after conventional medicine has failed.

**PB**

**£14.99**

**Health/Cancer**



**BESTSELLER**

### **KING, WARRIOR, MAGICIAN, LOVER**

Robert Moore & Douglas Gillette

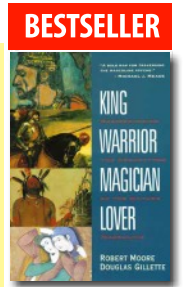
ISBN: 978-0-0625-0606-1

Jungian analyst Robert Moore and mythologist Douglas Gillette combine in this book that attempts to break the code on the structure of the mature masculine personality. Examining the four mature archetypes the authors argue that a man's failure or success in life depends on achieving access to the archetypal energies.

**PB**

**£15.99**

**Health/Gender Studies**



**BESTSELLER**



### **OWNING YOUR OWN SHADOW**

Robert A. Johnson

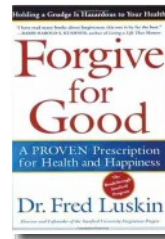
ISBN: 978-0-0625-0754-9

Exploring our need to "own" our own shadow, this book guides the reader through an exploration of the shadow - what it is, how it originates and how it interacts and is made through the process of acculturation.

**PB**

**£13.99**

**Health/Psychology**



### **FORGIVE FOR GOOD**

Frederic Luskin

ISBN: 978-0-0625-1721-0

Luskin has developed an accessible guide to understanding and overcoming the negative effects of anger, bitterness, and resentment. This book provides both the tools to learn how to forgive and the scientifically-proven research on the ways in which true forgiveness can lead to greater happiness.

**PB**

**£14.99**

**Health/Psychology**

### **EMBRACING YOUR INNER CRITIC**

Hal Stone & Sidra Stone

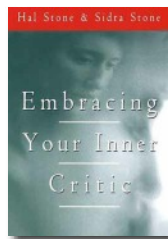
ISBN: 978-0-0625-0757-0

Hal and Sidra Stone are the creators of "Voice Dialogue" process, a therapy that transforms the inner critic from crippling adversary to productive ally. Through examples and exercises, the Stones show us how to avoid or minimize "critic attacks," and, most important, how the inner critic can become an intelligent, perceptive, and supportive partner in life.

**PB**

**£15.99**

**Therapy**



### **REBALANCING THE WORLD**

Carol L. Flinders

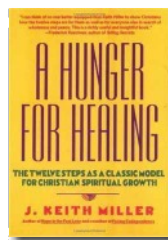
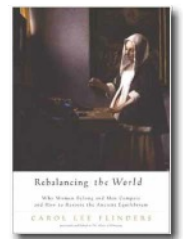
ISBN: 978-0-0625-1737-1

For all of our progress, the world stubbornly retains a male dominated, competitive streak. Flinders argues that the more ancient values of Belonging, traditionally associated with women, have been subsumed by those of Enterprise, associated with men. In the lives of visionaries, artists and mystics Flinders offers models for a new kind of balance.

**PB**

**£12.50**

**Health/Gender Studies**



### **A HUNGER FOR HEALING**

J. Keith Miller

ISBN: 978-0-0606-5767-3

Miller's highly praised guide to forge the natural integration of Christian doctrine and practice. Writing with warmth and conviction, Miller shows readers a way out of compulsion and pain into a world of serenity and healthy interaction

**PB**

**£14.99**

**Addiction/Health**



### **A HUNGER FOR HEALING WORKBOOK**

J. Keith Miller

ISBN: 978-0-0606-5721-5

Provides even more detailed guidelines and exercises for putting the principles of the Twelve Steps into action. Christians working alone or in groups will find this practical, step-by-step workbook a great help in their journey toward wholeness.

**PB**

**£13.99**

**Addiction/Health**

### **ECSTASY**

Robert A. Johnson

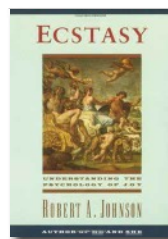
ISBN: 978-0-0625-0432-6

The bestselling author reveals how understanding the Dionysian myth can restore balance, peace, and harmony to our world.

**PB**

**£12.50**

**Health/Psychology**



### **THE FISHER KING AND THE HANDLESS MAIDEN**

Robert A. Johnson

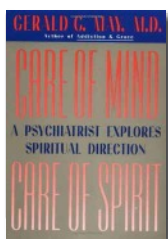
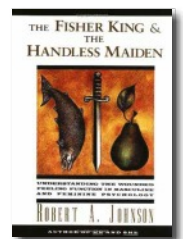
ISBN: 978-0-0625-0648-1

The author presents a compelling analysis of two myths that go straight to the heart of the dilemma associated with feeling in our culture. Looking to the magical language of myth for a cure for this wound, Johnson once again dazzles readers with his perceptions about our culture.

**PB**

**£12.50**

**Health/Psychology**



### **CARE OF MIND/CARE OF SPIRIT**

Gerald G. May

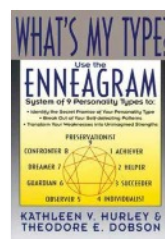
ISBN: 978-0-0606-5567-9

For anyone seeking a richer understanding of spiritual experience comes this classic discussion of the nature of contemporary spiritual guidance and its relationship to counselling and psychotherapy.

**PB**

**£12.50**

**Health/Psychology**



### **WHAT'S MY TYPE?**

Kathleen V. Hurley

ISBN: 978-0-0625-0421-0

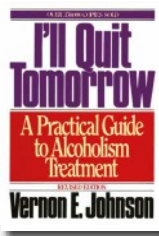
This accessible, practical, and easy-to-use Enneagram book reveals how to identify your personality type, break out of self-defeating patterns, and transform your weaknesses into unimagined strengths.

**PB**

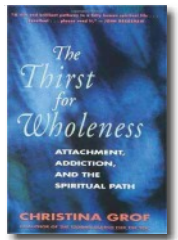
**£14.99**

**Self Awareness**

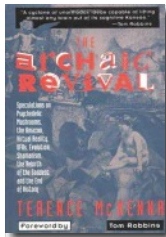
**I'LL QUIT TOMORROW** PB  
**Vernon E. Johnson** £13.99  
 ISBN: 978-0-0625-0433-3 **Alcoholism/Health**  
 Written by the founder of the Johnson Institute in Minneapolis, one of the country's most successful training programmes for treatment providers, the book presents the concepts and methods that have brought new hope to alcoholics and to their families, friends and employers.



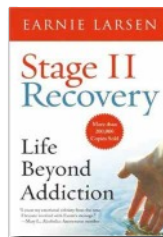
**THE THIRST FOR WHOLENESS** PB  
**Christina Grof** £13.99  
 ISBN: 978-0-0625-0315-2 **Health/Addiction**  
 An advocate and spokesperson for the transpersonal psychology movement Grof broadly defines addiction as an exaggerated form of attachment. Spirituality has been acknowledged in the recovery movement with the introduction of the transpersonal view to the principles of 12-step recovery has resulted in a valuable exchange and an enthusiastic response from her workshop participants.



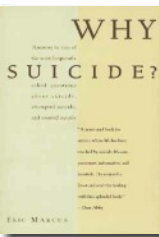
**THE ARCHAIC REVIVAL** PB  
**Terence McKenna** £16.50  
 ISBN: 978-0-0625-0613-9 **Health/Addictions**  
 In these essays, interviews, and narrative adventures, McKenna takes us on a mesmerizing journey deep into the Amazon as well as into the hidden recesses of the human psyche and the outer limits of our culture, giving us startling visions of the past and future.



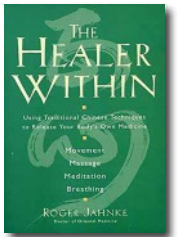
**STAGE II RECOVERY** PB  
**Earnie Larsen** £14.99  
 ISBN: 978-0-8668-3460-5 **Health/Addiction**  
 In this newly modernized edition, Earnie Larsen outlines the Stage II recovery process that he pioneered - this process begins where abstinence from an addiction begins and deals with the rebuilding of one's life.



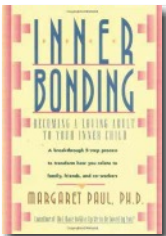
**WHY SUICIDE?** PB  
**Eric Marcus** £12.99  
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 Millions of people are affected by the suicide or attempted suicide of a loved one every year. Eric Marcus offers honest, straightforward answers to all of the haunting questions that plague those who are left behind.



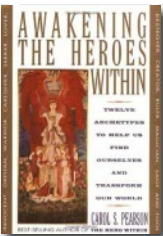
**THE HEALER WITHIN** PB  
**Roger Jahnke** £15.99  
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 Using Traditional Chinese Techniques to Release Your Body's Own Medicine, Movement, Massage, Meditation, Breathing. Release your natural powers for healing, endurance, and longevity. With this revolutionary guide, you will learn four simple and remarkably effective techniques to release your natural powers for healing.



**INNER BONDING** PB  
**Margaret Paul** £14.99  
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 Inner bonding is the process of connecting our adult thoughts with our instinctual, gut feelings - the feelings of the "inner child" - so that we can minimize painful conflict within ourselves. Free of inner conflict, we feel peaceful, open to joy, and open to giving and receiving love.

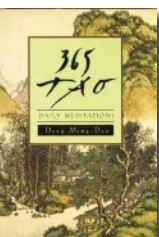


**AWAKENING THE HEROES WITHIN** PB  
**Carol S. Pearson** £17.50  
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 Pearson traces twelve different archetypal patterns that can aid inner development and the quest for wholeness that is life's journey. She offers a deeper exploration of this journey and its pitfalls, confronting the sorrows that are as much a part of development as the victories.

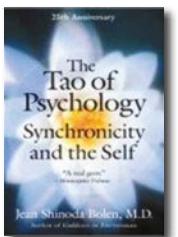


## Religion and Mysticism

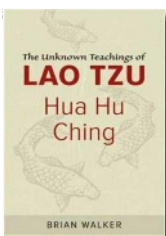
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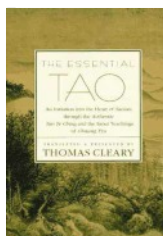
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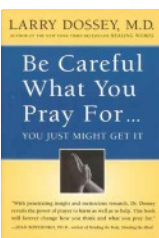
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 This is the astonishing rendering of Lao Tzu's further writings. Each of the eighty-one teachings presented by Taoist scholar and poet Brian Walker are rich with wisdom, mystery, and startling enlightenment.



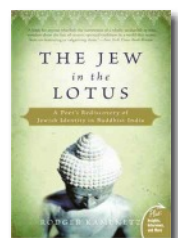
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## Theravada Buddhism

Simple Guides

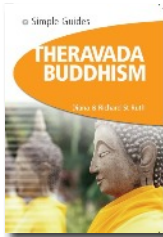
ISBN: 978-1-8573-3434-0

Simple Guides Theravada Buddhism provides a concise and accessible introduction to Theravada Buddhism. Written without bias, this guide presents engaging descriptions of the key concepts, beliefs and practices.

PB

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Religion/Buddhism



## Zen Buddhism

Simple Guides

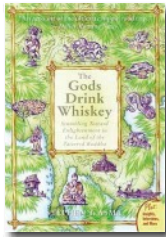
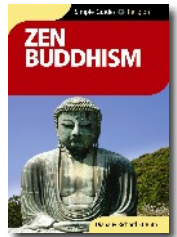
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Simple Guides Zen Buddhism will help you to appreciate the significance of this particular school of Buddhism, understand the history of Zen and 'Ways of Zen' and to discover how Zen is a way of life - not a belief system. The guide will also help you to avoid faux pas in conversation, travelling and personal relationships.

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Religion/Buddhism



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Stephen T. Asma

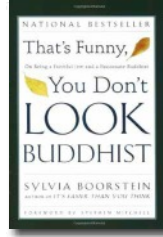
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This funny, action-packed travelogue through Thailand, Cambodia, Vietnam, and Sri Lanka introduces readers to the basics of Buddhism in a way that could not be more entertaining, nor more thought-provoking.

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Buddhism



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Why do Jews make up such an astonishing number of today's Western Buddhist leaders and practitioners? Sylvia Boorstein - beloved author of "It's Easier Than You Think" - and writer Sharon Lebell explore one of today's hottest religious topics - the encounter between Jews and Buddhism.

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Religion/Buddhism

## The Still Point Dhammapada

Geri Larkin

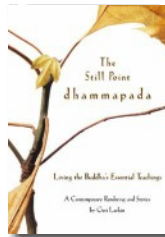
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The Dhammapada is much loved by Buddhist practitioners as a simple and straightforward rendition of some of Buddha's core teachings, and is read daily by thousands of people.

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Buddhism



## Nothing Special: Living Zen

Charlotte J. Beck & Steve Smith

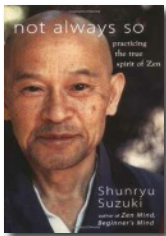
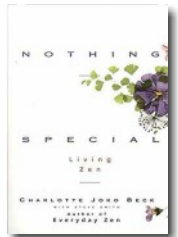
ISBN: 978-0-0625-1117-1

When nothing is special, everything can be. The best-selling author of *Everyday Zen* shows how to awaken to daily life and discover the ideal in the everyday, finding riches in our feelings, relationships, and work.

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Buddhism



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Shunryu Suzuki

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Philip Toshio Sudo

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Zen Philosophy/Sex

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Ming-Dao Deng

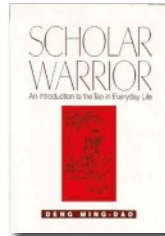
ISBN: 978-0-0625-0232-2

In this beautifully illustrated offering of ancient wisdom, Deng Ming-Dao shares the secrets of the spiritual path handed down to him by Kwan Saihung, his Taoist master, as well as by herbalists, martial artists, and other practitioners of the ancient arts.

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Taoism



## Roaring Stream

Nelson Foster

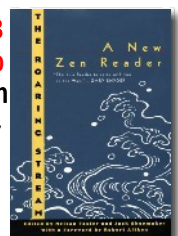
ISBN: 978-0-8800-1511-0

The Roaring Stream: A New Zen Reader is a groundbreaking, immensely readable anthology drawn from the vast corpus of Ch'an and Zen Buddhist literature. It offers readers a tour through more than a millennium of writing, presenting one masterpiece after another in chronological progression.

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Zen Buddhism



## The Essential Koran

Thomas Cleary

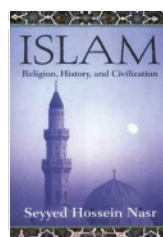
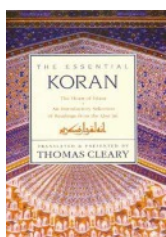
ISBN: 978-0-0625-0198-1

For too long the West has viewed the Koran as shrouded in an alien time and culture. In this book, Thomas Cleary has distilled the essence of Islam to include all the key spiritual passages. Each section is presented with explanatory notes in a historical and logical order to reveal the depths of Islamic spirituality.

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Religion/Islam



## Islam

Seyyed Hossein Nasr

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Religion/Islam

## The Essential Kabbalah

Daniel C. Matt

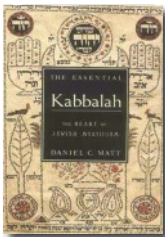
ISBN: 978-0-0625-1163-8

A translation of the Kabbalah for the layperson includes a compact presentation of each primary text and features a practical analysis and vital historical information that offer insight into the various aspects of Jewish mysticism.

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Jewish Mysticism



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Robert Frager

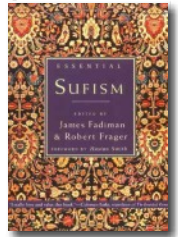
ISBN: 978-0-0625-1475-2

Fans of the Sufi master Rumi will delight in this delectable feast of colourful, passionate Sufi writings and wisdom - including poems, essays, prayers, and meditations by the greatest Sufi writers and teachers of all time.

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Religion/Sufism



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A breathtaking new collection of translations of poems by Rumi, one of the world's most loved mystical teachers. Beautifully packaged and illustrated with Persian calligraphy, this is an ideal gift for every MBS reader.

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Religion/Sufism



## Spirit of Service

Your Daily Stimulus for Making a Difference

ISBN: 978-0-0619-2214-5

Inspired by Obama's call to action, this daily devotional offers dynamic explorations into the spirit of service. These offerings are meant to inspire everyone who reads them to meet the challenge of helping others.

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Religion

## THE ESSENTIAL MYSTICS

Andrew Harvey

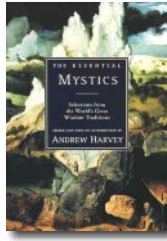
ISBN: 978-0-0625-1379-3

Whether it is based on the Buddhist vision of the Bodhisattva or the Christian concept of service, the mystic's journey is one taken on behalf of all humanity – and that journey is the same in all traditions. This wide range of selections brings the reader the essential themes and personalities of the mystic experience.

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Mysticism



## THE CUBE

Annie Gottlieb

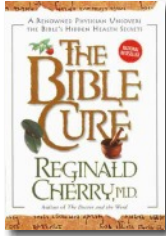
ISBN: 978-0-0625-1266-6

An imagination game – and more – that holds a secret you are dared not to reveal. Last seen making the rounds in the coffeehouses of Eastern Europe, the Cube is rumoured to be of ancient Sufi origin, but no-one really knows for certain.

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Game/Sufi Origin



## THE BIBLE CURE

Reginald Cherry

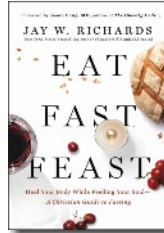
ISBN: 978-0-0625-1615-2

Within the ancient texts of the Bible are passages that provide hidden health clues to help rid people of almost every major disease. These findings have been validated by both scientific and medical research – a truth that amazes scientists and physicians alike.

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Religion/Health



## EAT, FAST, FEAST

Jay W. Richards

ISBN: 978-0-0629-0521-5

The New York Times bestselling author and senior fellow at the Discovery Institute blends science and religion in this thoughtful guide that teaches modern believers how to use the leading wellness trend today—intermittent fasting—as a means of spiritual awakening, adopting the traditions our Christians ancestors practiced for centuries into daily life.

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Religion/Diet

# Spirituality, Shamanism and Magic

## THE STARSEED TRILOGY

### THE THIRD MILLENIUM

Ken Carey

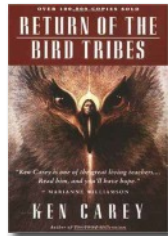
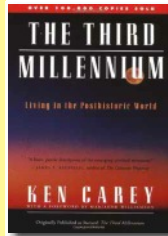
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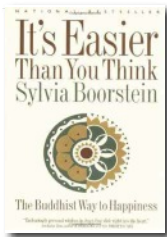
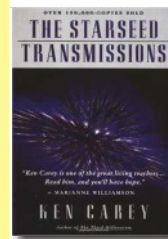
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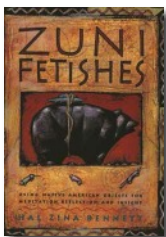
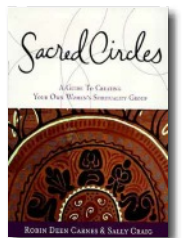
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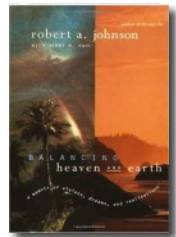
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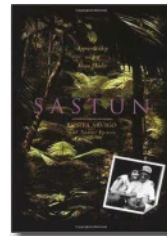
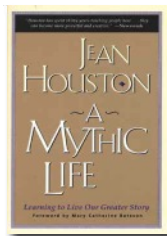
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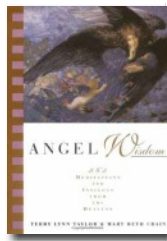
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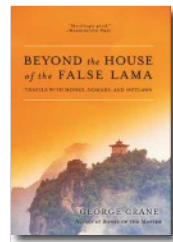
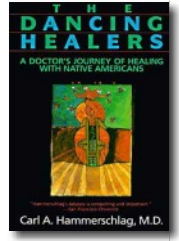
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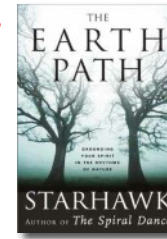
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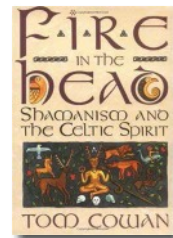
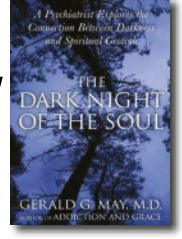
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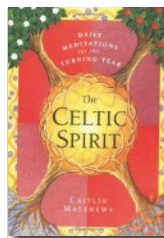
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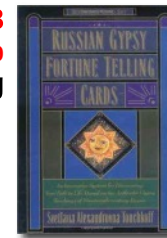
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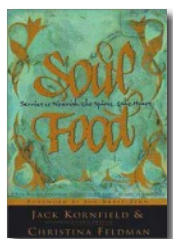
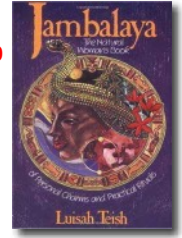
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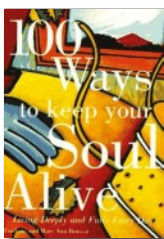
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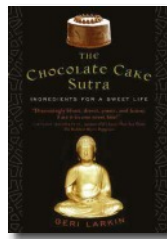
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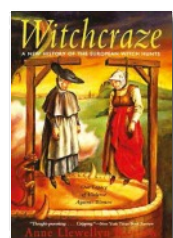
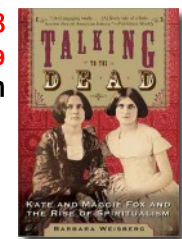
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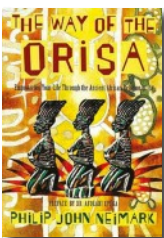
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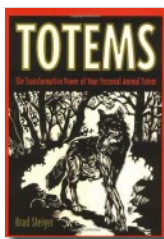
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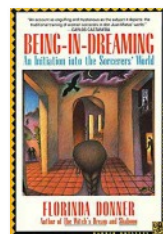
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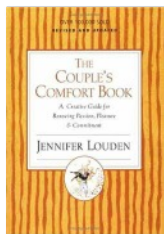
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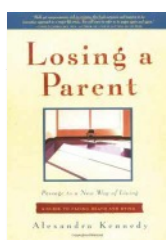
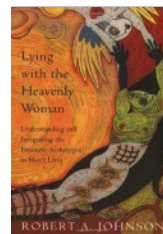
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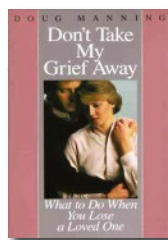
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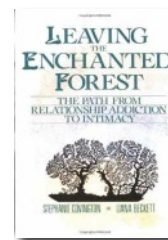
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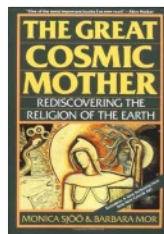
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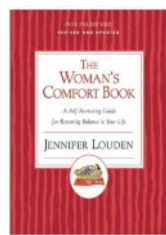
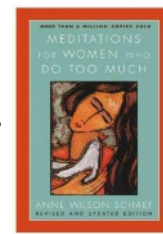
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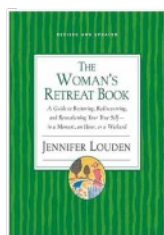
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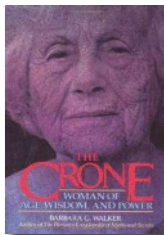
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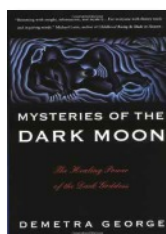
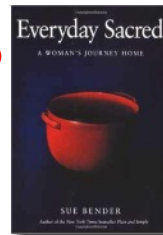
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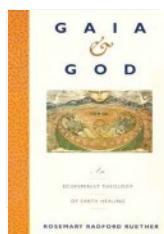
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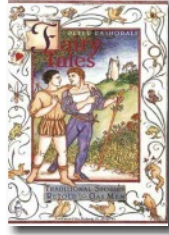
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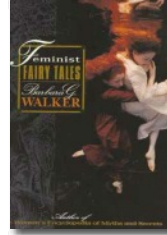
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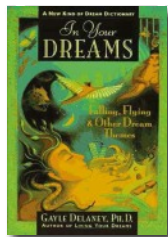
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Feminism



# Dreams



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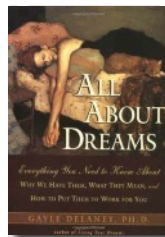
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Recognizing that dreams can only really be understood in the context of the dreamer's life history, experience, and associations with each symbol or topic, Delaney teaches how to look at dreams by theme and setting.

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Dreams



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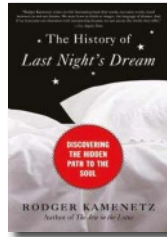
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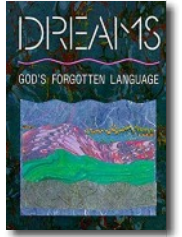
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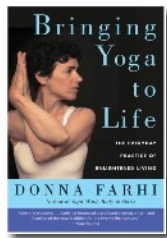
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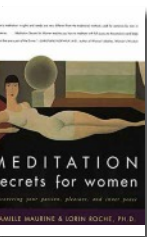
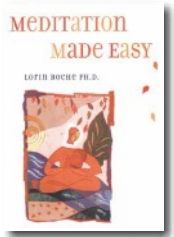
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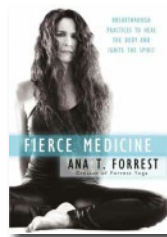
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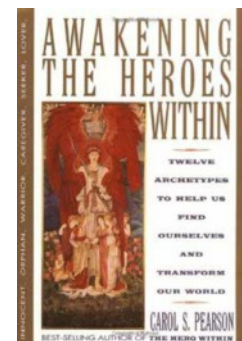
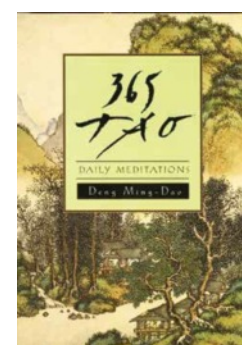
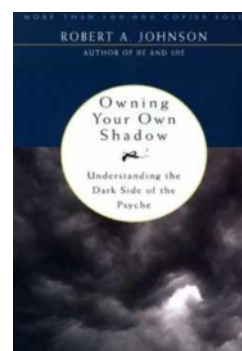
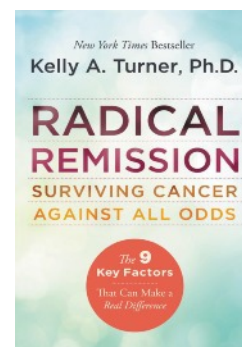
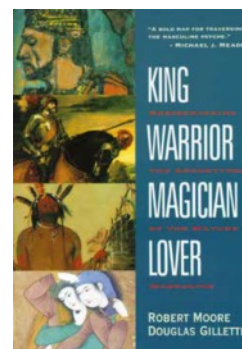
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