

SHAMBHALA PUBLICATIONS



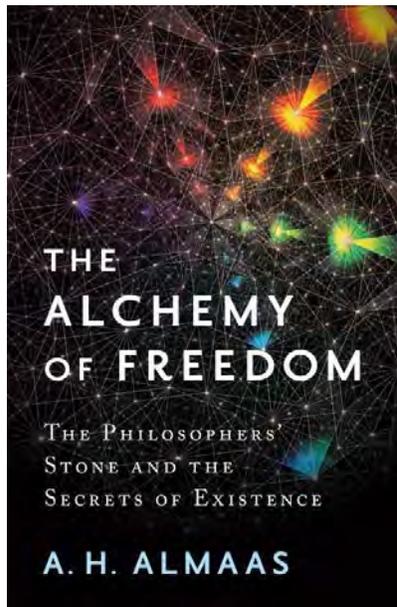
SHAMBHALA
PUBLICATIONS

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The Alchemy of Freedom

The Philosophers' Stone and the Secrets of Existence

A. H. Almaas

Key Selling Points:

A new understanding of liberation: Through open-ended discussion, A. H. Almaas introduces a view of liberation and enlightenment that is quite different from most conventional understandings of the terms. The result is an exciting exploration of what it's like when realization becomes steady and established—when seeking ceases and liberated living is a continual discovery.

The most profound level of teachings from the Diamond Approach: For more than thirty years, Almaas has been teaching a progressive path for realizing ultimate truth or true nature. In this latest book, Almaas looks at reality and true nature from a completely different perspective—from the perspective of ultimate realization itself. He introduces mind-blowing ideas and raises provocative questions certain to evoke curiosity and intrigue in spiritual seekers.

Well-known contemporary mystic and innovative spiritual teacher: A. H. Almaas is a widely recognized leader in integrating spirituality and psychology who has been praised by popular authors such as Ken Wilber and Jack Kornfield.

Summary

Well-known spiritual teacher A. H. Almaas uses the metaphor of the mysterious philosopher's stone to discuss a tremendous liberating power that leads to endless enlightenment.

For millennia alchemists sought the philosophers' stone, the miracle substance believed to be the key to all the secrets of existence. The quest was fueled by some of the prime questions of human existence: What am I? Why am I here? How has this world come to be?

A. H. Almaas shows that the tremendous liberating power of the mysterious philosophers' stone is closer to us than we realize. In fact, it is the true nature of all reality—in all times and all places, without being limited to being anything in particular. Through the philosophers' stone, real transformation can happen, our consciousness can become free, and we can open to all the possibilities of reality.

Almaas discusses the factors that are involved in igniting the catalytic property of the philosophers' stone and then begins to unpack the properties of true nature when it is free of constraints. Finally, we are left with the revelation that true nature is endlessly knowable, and yet nothing we can know or say about it exhausts its mystery and power. The result is a new understanding of what liberation and practice are—and a view of what it's like when seeking ceases and life becomes a process of continual discovery. We begin to appreciate that the freedom of reality expressed in the complete and fulfilled life all human beings seek—and few find—is actually the simplicity of the ordinary.

Contributor Bio

A. H. Almaas is the pen name of Hameed Ali, the Kuwaiti-born originator of the Diamond Approach, who has been guiding individuals and groups in Colorado, California, and Europe since 1976. He is the author of many books, including *The Power of Divine Eros*, *The Unfolding Now*, and *Runaway Realization*.

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Territory: World

8.5 in H | 5.5 in W | 0.6 in T | 0.6
lb Wt

The Art of Awakening

The Art of Awakening

A User's Guide to Tibetan Buddhist Art and Practice

Konchog Lhadrepa, Charlotte Davis

Key Selling Points:

Now accessible to English speakers: While visual imagery is essential in the practice of Tibetan Buddhism, this is the first book that gives English-speaking practitioners a deeper understanding of how this works.

Written with both practitioners and artists alike by one of the greatest traditional Tibetan art teachers alive.

The Shechen Institute of Traditional Tibetan Art: This comes out of the school created by Dilgo Khyentse Rinpoche and overseen by Matthieu Ricard.

Summary

A presentation on the Tibetan Buddhist path to enlightenment, through the lens of an artist's eye and experience.

The sacred arts play an essential, intrinsic role in Tibetan Buddhist practice. Here, one of the great practitioners and master artists of our time presents a guide to the Tibetan Buddhist path, from preliminary practices through enlightenment, from the artist's perspective. With profound wisdom, he shows how visual representations of the sacred in paintings, sculptures, mandalas, and stupas can be an essential support to practice throughout the path. This work, based on the author's landmark Tibetan text, *The Path to Liberation*, includes basic Buddhist teachings and practices, clearly pointing out the relevance of these for both the sacred artist and the practitioner, along with an overview of the history and iconography of Buddhist art.

Contributor Bio

KONCHOG LHADREPA has been the Principal of the Tsering Art School since its foundation in 1996. He is an authentic holder of the Karma Gadri lineage of painting, which originated in Eastern Tibet and is famous for the beauty of its spacious landscapes. He became a disciple of Dilgo Khyentse Rinpoche at the age of 10 and, from the age of 16 to 22, served as his personal attendant. Over the years, Konchog painted many works for Rinpoche and his associated centers throughout the Indian subcontinent and Europe. His remarkable abilities, training, and knowledge of the sacred arts alone make him an exceptional artist.

CHARLOTTE DAVIS completed a Bachelor of Fine Arts from the Australian National University, before traveling to Nepal in 1998 to study traditional Tibetan art at the Tsering Art School under Konchog's guidance. She was among the first group of graduates to complete their studies at Tsering Art School in 2003. She worked in the school administration alongside Konchog from 1998 to 2004 and today continues to work for the art school and monastery, while maintaining her practice as a thangka painter.

Author Residence: Kathmandu, Nepal

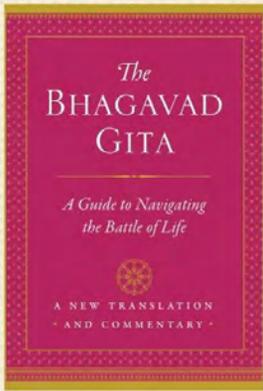
Author Hometown: Nepal

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9 in H | 6 in W | 0.8 lb Wt

A User's Guide to Tibetan Buddhist Art and Practice
KONCHOG LHADREPA & CHARLOTTE DAVIS





Ravi Ravindra

The Bhagavad Gita

A Guide to Navigating the Battle of Life

Ravi Ravindra

Key Selling Points:

A perennial classic: Though the Gita is one of the most often translated of all spiritual classics, there is always room for another interpretation, so rich with nuance of meaning is it and so rewarding are new perspectives.

A Gita for all: By using sources for his commentary from a broad range of traditions, Ravi Ravindra demonstrates clearly how the Gita is a scripture useful for anyone who wants to understand how to live well.

Summary

A new translation of the great classic—with wide-ranging, multi-traditional commentary that emphasizes its practical advice for living with integrity.

“All there is is Krishna.”

Upon hearing this famous and enigmatic line from the Gita’s seventh chapter when he was a boy, Ravi Ravindra embarked on a journey to understand its deep meaning. The search led him far beyond the tradition from which the text originally arose to an exploration of world mystical wisdom, including Zen, Christianity, Yoga, and particularly the teachings of J. Krishnamurti and G. I. Gurdjieff. Dr. Ravindra’s fresh prose translation with wide-ranging commentary, is the fruit of that lifelong process. It stands out from the many other versions with its assertion that the Bhagavad Gita is at heart a universal guide to navigating the battle of life required of each and every one of us. It is through that navigation, he shows, that we can discover and connect with the Krishna deep within ourselves: The Eternal Witness who is above the battle, and who is, ultimately and joyfully, all there is.

Contributor Bio

Ravi Ravindra, PhD, is Professor Emeritus at Dalhousie University in Halifax, Nova Scotia where he served many years as a professor of comparative religion, philosophy, and physics. He is the author of numerous other books, including *Science and the Sacred*, *The Wisdom of Patañjali’s Yoga Sutras*, and *The Pilgrim Soul*.

Author Residence: Ferguson’s Cove, Nova Scotia, Canada

Author Hometown: Patiala, India

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Territory: World

8.5 in H | 5.5 in W | 0.8 lb Wt

Bodhi in a Broom Closet

A Look at Childhood, Buddhism, and the Push for Wellness

Pilar Jennings, Padmakara Translation Group

Key Selling Points:

Therapist memoir: Pilar Jennings skillfully combines the therapeutic story, psychoanalytic theory, and her own experience to explore the intersection of Buddhism and psychoanalysis.

A touching and intelligent synthesis of Buddhism and psychoanalysis grounded in real human experience.

Summary

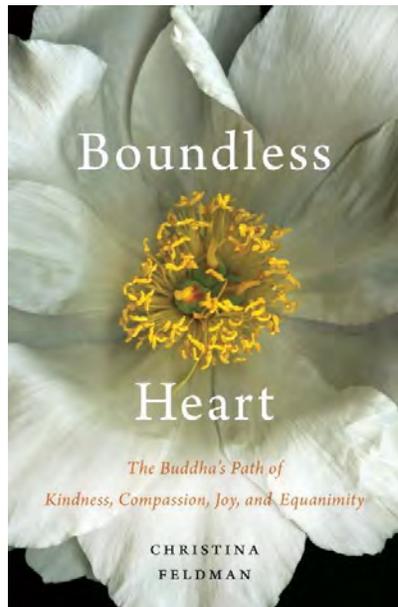
Interweaving both Buddhist and psychoanalytic wisdom, this book uses the unlikely relationship between a psychoanalyst, her child patient, and a Tibetan Buddhist Lama to explore healing and resilience in the face of pain and injustice in childhood.

The book centers around the story of three unlikely friends who formed a family: a silent six-year-old African-American girl born to an HIV-positive mother, a Tibetan Buddhist lama who as a six-year-old escaped the Chinese invasion of Tibet, and a Peruvian-Scottish psychoanalyst whose colorful family-of-origin fell apart in a weirdly handled divorce. Through a strange sequence of events, the three came to know each other in a psychoanalytic program that brings therapy to the inner city. A central theme is the invisible forms of pain and injustice suffered in childhood. But this is only half the story, since the inspiring reality is that children push for wellness. And they don't give up easily. Regardless of the magnitude of trauma endured, children keep trying to get things right. They don't like feeling unknown, to themselves or others. Through this story, the ways in which Buddhism and psychoanalysis address this human struggle to recognize one's own suffering in the face of another, and our common push for wellness, are revealed through the growing relationship between these three unlikely friends.

Contributor Bio

PILAR JENNINGS, PhD, is a professor of psychiatry and religion at the Union Theological Seminary and a lecturer at Columbia University. She is also a visiting lecturer at Weill Cornell University School of Medicine in their newly implemented Integrative Health concentration. Through this program associated with the Nalanda Institute of Contemplative Science, Dr. Jennings teaches medical students about mindfulness and psychodynamic techniques to be utilized for their own stress reduction and for their patients' increased well-being. She is also a psychoanalyst with a focus on the clinical applications of Buddhist meditation; she has been working with patients and their families through the Harlem Family Institute since 2004. She is the author of *Mixing Minds: The Power of Relationship in Psychoanalysis and Buddhism*.

Author Residence: New York, NY



Boundless Heart

The Buddha's Path of Kindness, Compassion, Joy, and Equanimity

Christina Feldman

Key Selling Points:

An esteemed author from the Insight Meditation world: Christina Feldman teaches regularly at Insight Meditation venues such as Spirit Rock and the Insight Meditation Society in Barre, Massachusetts.

A corrective to "feel good" Buddhism: Christina provides a corrective to the use of the heavenly abodes as a kind of seeking of a spiritual "high," showing that their intended purpose is much more profound than just the feeling level.

Summary

A course in the Buddhist practice of the *brahma viharas*, or "heavenly abodes." Detailed instructions from the Buddhist tradition in cultivating mindfulness presented by a prominent Insight Meditation teacher.

Compassion, kindness, equanimity, and joy are not only the fruits of the awakened life but also the path to it: attitudes of mind that can be cultivated by anyone willing to set the intention for doing so. Christina Feldman shows how these ennobling qualities—known in Buddhism as the *brahma viharas* (sublime abodes) or the Four Immeasurables—are far more than simply the "feel-good" states they are sometimes mistaken for. If we pursue them sincerely as spiritual practice, they work together, complementing and enhancing each other, to lead us to the kind of awakening that we are compelled to share with others. Thus through the practice of the *brahma viharas* we can become participants in the healing and liberation of our world.

Contributor Bio

CHRISTINA FELDMAN is a prominent teacher in the Insight Meditation world in the US and the UK. She is one of the Guiding Teachers of the Insight Meditation Society, Barre, MA, where she frequently leads retreats. She is also cofounder of Gaia House in the UK. She teaches extensively throughout America and Europe. She is the author of *The Quest of the Warrior Woman*, *Principles of Meditation*, *Heart of Wisdom*, *Mind of Calm*, and, with Jack Kornfield, *Stories of the Spirit*, *Stories of the Heart*.

Author Residence: Totnes, UK

Author Hometown: Ripon, UK

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Trade Paperback

Territory: World
9 in H | 6 in W | 0.8 lb Wt

Changing Minds

Contributions to the Study of Buddhism and Tibet in Honor of Jeffrey Hopkins
Guy Newland

Key Selling Points:

Honoring one of the most well-respected Western teachers of Tibetan

Buddhism: Jeffrey Hopkins, the Dalai Lama's personal translator for over a decade, has contributed an enormous amount of grounded and intimately detailed works on Tibetan Buddhism.

A collection of essays: Edited by Guy Newland, one of Hopkins's old students, this book explores, from many scholarly perspectives, the history of and conflicts surrounding Buddhist Studies in an accessible way.

Summary

A repurposed and hearty tribute to the Western master of Tibetan Buddhism, Jeffrey Hopkins.

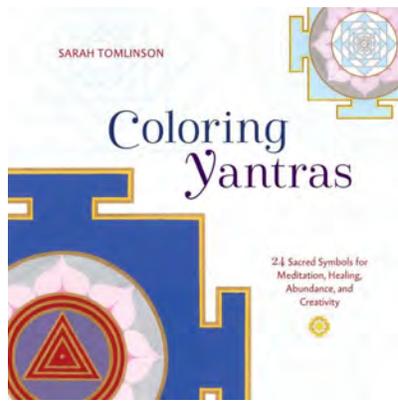
This is a book offered in tribute to Jeffrey Hopkins by colleagues and former students. Hopkins has, in his several decades of work, made profound and diverse contributions to the understanding of Tibet and Tibetan Buddhism in the West. In his collaborations with the Dalai Lama, such as *Kindness, Clarity, and Insight*, and in books like *Tibetan Arts of Love* and *Emptiness Yoga*, Hopkins has reached out to the general reader, making the wisdom of Tibet accessible to all English speakers. Though there is never anything superficial about his work, his *Emptiness in the Mind-Only School* is a magisterial display of painstaking scholarly work.

Changing Minds contains essays that reflect the breadth and influence of Hopkins's work. Topics presented include the two truths, the object of negation, the results of anger, the founding of the Gelug order, Bon Dzogchen, mahamudra, foundational consciousness, altruism, and adversity. Contributors include John Buescher, Guy Newland, Donald Lopez, Elizabeth Napper, Daniel Cozort, John Powers, Roger Jackson, Gareth Sparham, Joe B. Wilson, José Cabezón, Harvey Aronson, and Paul Hackett.

Contributor Bio

GUY NEWLAND is Professor of Religion and Chair of the Department of Philosophy and Religion at Central Michigan University, where he has taught since 1988. Newland studied under renowned Buddhist scholar Jeffrey Hopkins at the University of Virginia. He has authored, edited, and translated several books on Tibetan Buddhism, including the three-volume translation of *The Great Treatise on the Stages of the Path to Enlightenment*.

Author Residence: Mt. Pleasant, MI



Coloring Yantras

24 Sacred Symbols for Meditation, Healing, Abundance, and Creativity

Sarah Tomlinson

Key Selling Points:

Not just coloring—it's meditation! Each step in selecting, coloring, and contemplating the Yantra you choose is actually an intentional meditative practice. The author offers a step-by-step practice for working with the Yantras, if you want to fully realize the energetic properties of the archetype.

A fun and fascinating interactive book: The author is an engaging guide to using Yantras, with information on each archetype, the deity it relates to and why, and how to take the wisdom of the tradition into your life.

Coloring books for adults are more than just a pastime: Recent articles in the both the health and science and business sections of the *Washington Post* report that large numbers of consumers are turning to coloring books to relax, de-stress, and cope with anxiety and grief.

Summary

A sophisticated and unique adult coloring book featuring 24 Yantras—sacred Indian geometric symbols—that can be used for meditation, contemplation, healing, and personal growth

Bring meditative, healing, and creative power into your life with this coloring book of 24 sacred geometric symbols known as Yantras. Yantras are often associated with Indian deities, and each one contains its own specific energetic power—like protection, healing, wealth, and success.

Sarah Tomlinson, a Yantrika (Yantra teacher and practitioner), yoga teacher, and artist offers these intricate Yantra archetypes to color for mindfulness, centering, stress-relief, empowerment, and for the joy of it. She briefly unpacks each Yantra—explaining the archetype, how it should be used, what energy it offers, what colors are associated with it, and where the mandala should be displayed for maximum power. She also offers a mantra or intention for each archetype.

Contributor Bio

SARAH TOMLINSON is an internationally recognized Yantrika (Yantra teacher and practitioner), and a yoga teacher, artist, doula, and the author of *Nine Designs for Inner Peace: The Ultimate Guide to Meditating with Color, Shape, and Sound*. She is a pioneer in the fields of yoga, ayurveda, and maternal care and healing with Yantras. In 1993, she became one of the first teachers certified in the Jivamukti Yoga Method by David Life and Sharon Gannon, and subsequently went to India to study the spiritual practice of painting Yantras. An authority on Yantras, Tomlinson shares her wisdom through ayurvedic counseling, teaching, and leading clients on pilgrimages to India. She has led many trainings and Yantra painting workshops and classes in the US and internationally, including at Jivamukti, NYC, Laughing Lotus (NYC and San Francisco), Yoga Union, the Asia Society, the Rubin Museum of Art, and the esteemed Johari residence in Haridwar, India. She has appeared in numerous publications, including *Yoga Journal*, *FitYoga*, *LA Yoga and Ayurveda*, and *Huffington Post*. Tomlinson was featured at the 2013 Yoga Journal Conference, NYC, for her Elemental Ayurvedic consultations.

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The Compassion Book

teachings for
awakening the heart



Pema
Chödrön

The Compassion Book

Teachings for Awakening the Heart

Pema Chodron

Key Selling Points:

Broadly accessible spiritual teachings that can improve anyone's life: The *lojong* teachings offer pithy, powerful reminders on how to awaken our wisdom and kindness in the midst of day-to-day life, under any circumstances (ex. "Always maintain only a joyful mind," "Be grateful to everyone," and "Don't expect applause."). Pema's commentary on their applicability to modern-day situations and circumstances make for a distinctively practical approach.

Guided audio meditations for deeper practice: Also included is a 45-minute audio download entitled "Opening the Heart" in which the author offers in-depth instruction on *tonglen* meditation, a transformative practice that anyone can use to reduce anxieties about external circumstances and invite unconditional love into one's heart.

The popular appeal of Pema: This distinctively user-friendly guidebook will appeal especially to fans of Pema's numerous best-selling books and audiobooks, and Pema's name adds a unique stamp of approval for this timeless spiritual practice.

Summary

Let compassion and fearlessness guide you and you'll live wisely and effectively in good times and bad. But that's easier said than done. Here Pema Chödrön introduces a powerful, transformative method to nurture these qualities using a practice called *lojong*, which has been a primary focus of her teachings and personal practice for many years. And for centuries, Tibetan Buddhists have relied on these teachings to awaken the deep goodness that lies within us.

The *lojong* teachings include fifty-nine pithy slogans for daily contemplation, such as "Always maintain only a joyful mind," "Don't be swayed by external circumstances," "Don't try to be the fastest," and "Be grateful to everyone." This book presents each of these slogans and includes Pema's clear, succinct guidance on how to understand them—and how they can enrich our lives. It also features a forty-five minute downloadable audio program entitled "Opening the Heart," in which Pema offers in-depth instruction on *tonglen* meditation, a powerful practice that anyone can undertake to awaken compassion for oneself and others.

Publication History: Shambhala, '07 (978159030460)

Contributor Bio

PEMA CHÖDRÖN is an American Buddhist nun in the lineage of renowned Tibetan meditation master Chögyam Trungpa and resident teacher at Gampo Abbey in Nova Scotia, the first Tibetan monastery in North America established for Westerners. She is the author of many books and audiobooks, including the best-selling *When Things Fall Apart* and *Don't Bite the Hook*.

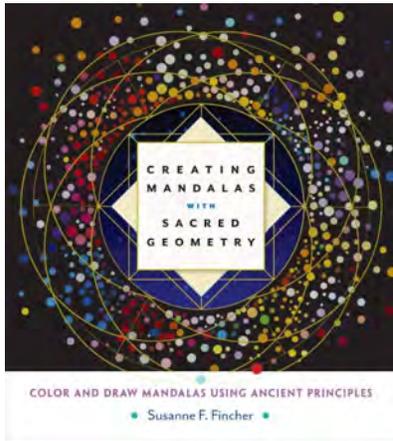
Author Residence: Cape Breton, Nova Scotia, Canada

Author Hometown: New York

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\$14.95/\$19.95 Can.
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6 in H | 4 in W | 0.4 in T | 0.2 lb
Wt



Creating Mandalas with Sacred Geometry

Color and Draw Mandalas Using Ancient Principles

Susanne F. Fincher

Key Selling Points:

Coloring mandalas with sacred geometry: Illustrating concepts of sacred geometry, these templates are also meant for coloring.

Drawing mandalas with sacred geometry: Blank grids on 36 pages encourage drawing and coloring.

Explores how to use the knowledge of numbers on our own personal quest for meaning: Numbers have been used for thousands of years in religious practices. They have been revered as something divine, orderly, and numinous.

Written by an expert on mandalas with a strong sales history: Fincher's experience as a professional counselor and art therapist has contributed to her strong following as an author. To date, her *Coloring Mandalas* series has sold more than 200K copies.

9781611803266
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\$22.95/\$29.95 Can.
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9.3 in H | 8.3 in W | 0.8 lb Wt

Summary

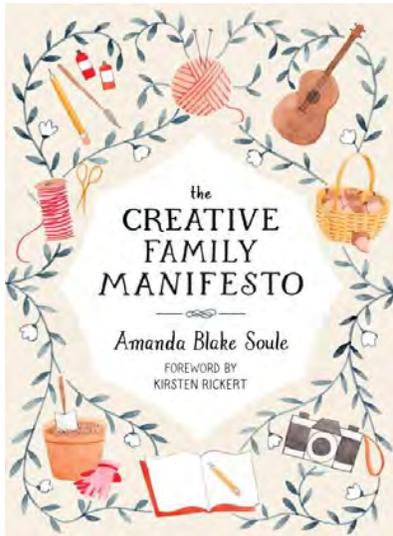
Create mandalas using the ancient tradition of sacred geometry—drawing and coloring mandalas as a tool for self-realization.

Sacred geometry refers to designs imbued with symbolic meanings, as well as the techniques used to create those designs. Once thought of as esoteric knowledge, numbers operate in ways that are amazing even by today's secular standards. The designs presented here draw on the vast history of mathematics and philosophy, from Pythagoras—who believed that reflecting on mathematical truths could shift the psyche closer to the divine perfection of the number gods—to the Fibonacci sequence, Jewish mysticism, and Jung. Here the tradition of sacred geometry is applied to drawing mandalas as a way of cultivating states of consciousness that contribute to spiritual and psychological well-being and self-realization. Two methods for engaging with mandalas are used throughout: intentional drawing guided by knowledge of geometry and the significance of numbers, signs, and symbols throughout history; and intuitively creating mandalas with a sacred intention using the drawing instruments and procedures of geometry. The process of drawing a mandala with geometry is often meditative. Once decisions are made about design, creating the mandala becomes a rhythmic repetition of smooth, sure lines, intriguing convergences, and gratifying results. Moreover, even when carefully constructed, a mandala takes on significance for its creator beyond being a mere drawing exercise. As Jung observed, the mandala functions as a sort of messenger transmitting information between the known and unknowable, or unconscious, parts of your psyche.

Contributor Bio

SUSANNE F. FINCHER, MA, is a Jungian-oriented psychotherapist, a licensed professional counselor, a board-certified art therapist, and an internationally known expert on using mandala making for self-exploration. She is also the author of *Creating Mandalas* and the *Coloring Mandalas* series.

Author Residence: Decatur, GA



The Creative Family Manifesto

Encouraging Imagination and Nurturing Family Connections

Amanda Blake Soule

Key Selling Points:

Introducing a new audience to a backlist favorite: *The Creative Family* has sold over 44K copies. Now approaching its 10th anniversary, the book has been revised to reach a new, younger audience.

Fresh new look and presentation: Redesigned for a more classic look, the book has been simplified and streamlined to its essential message. New illustrations and the one-color design will open the book up to a broader audience.

A manifesto for living a creative life: The need to invite creativity into our everyday lives continues to be vital. A call to balance work and chores with activities that nurture our spirits and connect us to one another.

Beloved author with an extensive network: As a blogger for over 10 years, and now as the editor of *Taproot* magazine, Amanda has an large network of friends and fans.

Foreword by Kirsten Rickert: Rickert is the creator of the blog *Magnesium Blue* and has 137k followers on Instagram.

Summary

Spark and nurture your family's creativity—a guide for making creativity an intentional part of everyday life.

When you learn to awaken your family's creativity, wonderful things will happen: you'll make meaningful connections with your children in large and small ways; your children will more often engage in their own creative discoveries; and your family will embrace new ways to relax, play, and grow together. With just the simple tools around you—your imagination, basic art supplies, household objects, and natural materials—you can transform your family life, and have so much more fun! This book embraces a whole new way of living that will engage your children's imagination, celebrate their achievements, and help you to express love and gratitude for each other as a family.

Publication History: Shambhala TR (9781590304716)

Contributor Bio

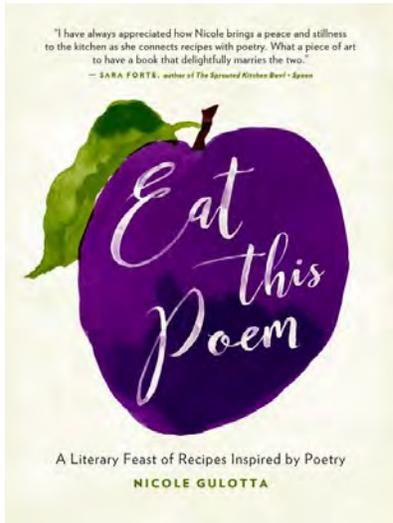
AMANDA BLAKE SOULE is a mother of five, blog and book writer, magazine editor, and maker of all kinds of things. On her blog, *Soulemama*, which she started in 2005, she shares tales of her family homesteading adventures from her old farmhouse in Western Maine. She is the author of three books, including *The Creative Family*, *Handmade Home*, and *The Rhythm of Family*. In 2012, she partnered with the folks behind Nova Natural to create a new quarterly, ad-free print magazine called *Taproot: Living Fully, Digging Deeper*.

Author Residence: Poland, ME

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\$18.95/\$24.95 Can.
Trade Paperback

Territory: World

8 in H | 6 in W | 0.6 in T | 0.7 lb
Wt

Eat This Poem

A Literary Feast of Recipes Inspired by Poetry

Nicole Gulotta

Key Selling Points:

Charming gift book that will appeal to cooks, food lovers, and literary minds.

A fresh voice and take on cooking that will spark new conversations in the food world.

A unique offering for National Poetry Month. Publishing in March, this book will be well positioned for Poetry Month promotions.

A literary and thoughtful approach to food. This is a book for slowing down and savoring the beauty of a perfectly chosen word in a poem or ingredient in a dish. The introduction to the author's blog, *Eat This Poem*, captures the cozy tone and inviting spirit of this book: "If you love the smell of books, gathering around a dinner table, a good glass of wine (or tea), and reading when it rains, you're in the right place."

Summary

A literary cookbook that celebrates food and poetry, two of life's essential ingredients.

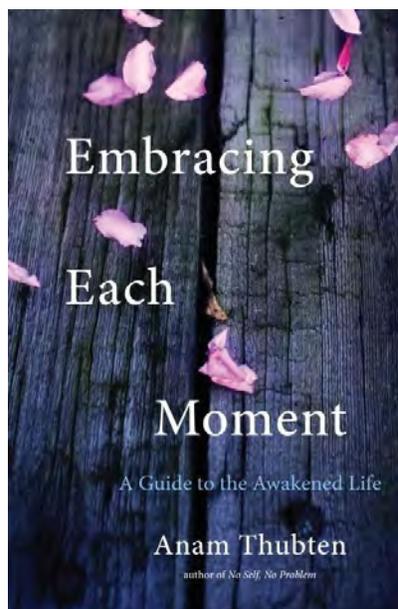
In the same way that salt seasons ingredients to bring out their flavors, poetry seasons our lives; when celebrated together, our everyday moments and meals are richer and more meaningful. The twenty-five inspiring poems in this book—from such poets as Marge Piercy, Louise Glück, Mark Strand, Mary Oliver, Billy Collins, Jane Hirshfield—are accompanied by seventy-five recipes that bring the richness of words to life in our kitchen, on our plate, and through our palate. *Eat This Poem* opens us up to fresh ways of accessing poetry and lends new meaning to the foods we cook.

Contributor Bio

Nicole Gulotta is a writer, recipe developer, and the creator of *Eat This Poem*, a literary food blog that has been recognized by publications including *Saveur*, the *Los Angeles Times*, *Better Homes and Gardens*, and *Poetry*. Nicole received an MFA from Vermont College of Fine Arts and studied literature at the University of California, Santa Barbara. She lives in Los Angeles with her husband and son. Visit her online at www.eatthispoem.com.

Author Residence: Los Angeles, CA

Illustrator Hometown: California



Embracing Each Moment

A Guide to the Awakened Life

Anam Thubten

Key Selling Points:

Crossover appeal: Like Pema Chödrön, Anam Thubten is known for his appeal to Buddhists and non-Buddhists alike.

A compact overview of what Buddhism is all about: This attractive, short-and-sweet volume makes an excellent introduction to the main aspects of the Buddhist path.

Praise: “[Anam Thubten] is both familiar with and sensitive to the psychological difficulties that can complicate spiritual practice. He approaches the core feature of Buddhist philosophy, ‘No-Self,’ in a direct, humorous, no-nonsense way that is softened by tender and compassionate insights.... Accessible and contemporary, [Thubten] frequently uses lively imagery to underline his points.... Provides not only a clear, engaging introduction to the Buddhist path, but also inspiration and salutary warnings for more experienced practitioners.”—*Middle Way*

Summary

Delightful and accessible teachings on the path to liberation from a Tibetan Buddhist master who makes the teachings accessible to one and all.

The awakened life is the essence and aim of the Buddhist teachings, according to Anam Thubten, and this book is a guide to cultivating the awakened mind and heart that allows this wonderful kind of life to happen. He illuminates the path to awakened living in a way that’s concise and completely accessible to anyone of any background—reflective of the diverse backgrounds of the students who attend his popular talks on which the book is based. “We all want to be happy,” says Anam Thubten. “This seems to be our strongest impulse. Primarily our happiness comes from our state of mind, though we can’t deny the fact that outside circumstances play a big role. When we learn to embrace each moment of our lives, we’re empowered to let go of our emotional patterns and false beliefs about ourselves, and we discover the compassion that’s been there all along.”

Publication History: Shambhala HC, 2016 (9781611803464)

Contributor Bio

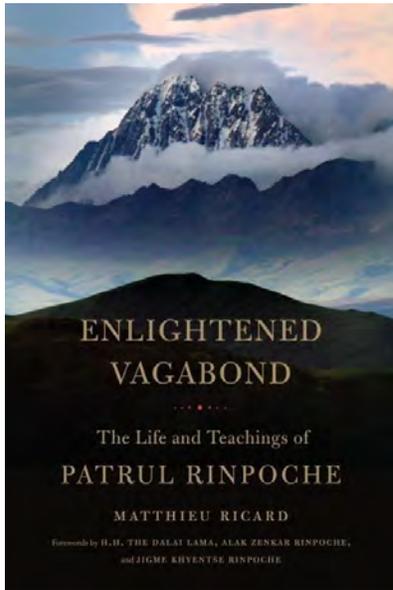
ANAM THUBTEN grew up in Tibet and at an early age began to practice in the Nyingma tradition of Tibetan Buddhism. Among his many teachers, his most formative guides were Lama Tsurlo, Khenpo Chöpel, and Lama Garwang. He is the founder and spiritual advisor of Dharmata Foundation, teaching widely in the US and occasionally abroad. He is also the author of various articles and books in both the Tibetan and English language.

Author Residence: Richmond, CA (San Francisco Bay Area)

Author Hometown: Tibet

9781611805130
Pub Date: 6/27/17
On Sale Date: 6/27/2017
\$14.95/\$19.95 Can.
Trade Paperback

Territory: World
8.5 in H | 5.5 in W | 0.8 lb Wt



9781611803303
Pub Date: 7/18/17
On Sale Date: 7/18/2017
\$24.95/\$33.95 Can.
Trade Paperback

Territory: World
9 in H | 6 in W | 0.8 lb Wt

Enlightened Vagabond

The Life and Teachings of Patrul Rinpoche

Matthieu Ricard, Dza Patrul Rinpoche, Constance Wi...

Key Selling Points:

Colorful stories about one of Tibet's most fascinating and brilliant figures

Profound meditation instructions

Stories that inspire a life of selflessness and generosity

Summary

Colorful stories about and profound teachings of Patrul Rinpoche, one of the most impactful teachers and thinkers in the Tibetan tradition from the nineteenth century.

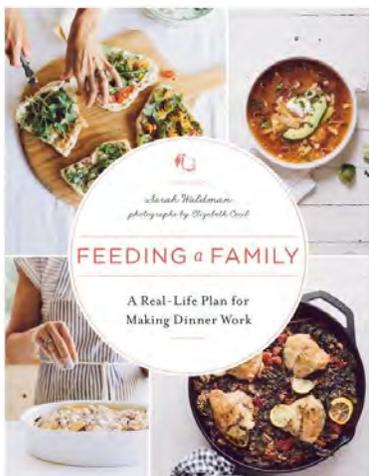
The life and teachings of the wandering yogi Patrul Rinpoche—a highly revered Buddhist master and scholar of nineteenth-century Tibet—come alive in true stories gathered and translated by the French Buddhist monk Matthieu Ricard over more than thirty years, based on the oral accounts of great contemporary teachers as well as written sources. Patrul's life story reveals the nature of a highly realized being as he transmits the Dharma in everything he does, teaching both simple nomads and great lamas in ways that are often unconventional and even humorous, but always with uncompromising authenticity.

Contributor Bio

MATTHIEU RICARD was born in France in 1946 to French philosopher Jean-François Revel and artist Yahne Le Toumelin. He is a Buddhist monk, translator, photographer, and author of several books including *Happiness*, *Altruism*, and coauthor of *The Monk and the Philosopher*. He first visited India in 1967 where he met great spiritual masters from Tibet. After completing his PhD in cell genetics in 1972, he moved to the Himalayan region where he has been living for the past 40 years. PATRUL RINPOCHE, Orgyen Jigme Chökyi Wangpo (1808-1887), was a wandering renunciant who became one of the most revered spiritual teachers and authors in Tibetan history. Memory of his life-example is still very much alive today, offering an ever-fresh source of inspiration for practitioners of Tibetan Buddhism.

Author Residence: Kathmandu, Nepal

Author Hometown: France



Feeding a Family

A Real-Life Plan for Making Dinner Work

Sarah Waldman, Elizabeth Cecil

Key Selling Points:

Forty meals—made up of 100 recipes—for nutritious family dinners: With many vegetarian options, the dinners here focus on whole foods with an emphasis on in-season vegetables and whole grains.

Tips, strategies, and advice to give parents confidence: Sarah's down-to-earth approach to cooking, paired with her expertise as a nutritionist, will set parents at ease and give them the confidence they need to provide their family with a healthy, home-cooked meal.

Weeknight meals, Sunday suppers, and favorites from friends: While most meals are appropriate for busy weeknights (including slow cooker recipes for fully packed days), each season also offers a more involved Sunday supper that invites the whole family to the kitchen. In addition, guest meals take us into the homes of other families, bringing more voices to the table.

Beautiful photos show a family at ease in the kitchen. With a girl-next-door quality, Sarah Waldman comes across as a friend offering advice while also in the parenting trenches. The presentation is relaxed, casual, and playful.

Summary

40 seasonal meals, 100 recipes, and loads of tips and strategies to make weeknight dinners work

Reclaim the family dinner! In *Feeding a Family*, nutritionist and mom Sarah Waldman lays out all the tools you need to break out of the mealtime rut and turn dinner into a nutritionally fulfilling and happy occasion—despite busy schedules, long work days, and picky eaters. Through forty complete meals, you'll discover hearty dinners the whole family will love, including:

- A meal for using up the best summer garden produce: Make-ahead Zucchini, Beef, and Haloumi Cheese Skewers with Chimichurri Sauce paired with Tomato, Peach, and Red Onion Panzanella and Lemon-Blackberry Custard
- A cozy and comforting dinner for a frenzied fall day: Creamy Tomato and Spinach Soup with Grilled Cheese Croutons and Pear Pie in Cornmeal Crust
- The perfect meal for the busiest night of the week: Slow Cooker Indian Butter Chicken with Sweet Peas and Lemon-Pecan Shortbread Cookies
- A warming (and fun) winter meal: One-pot Slurpee Noodle Bowls with simple Chocolate, Peanut Butter, and Date Truffles for dessert
- Sunday suppers for when you have a bit more time to play in the kitchen, such as Homemade Pasta with Heirloom Tomato Sauce and Pavlova with Blueberries

With suggestions for including older kids in mealtime prep, tips for feeding baby, and ideas for extending ingredients for "tomorrow's dinner," *Feeding a Family* is a playbook that includes the whole family.

Contributor Bio

Sarah Waldman fell in love with food while playing "cooking show" with her little sister in the 1980s. Decades later, she followed that passion to the Institute of Integrative Nutrition to study the connections between food and personal wellness. Now Sarah spends her time being a mother, food writer, and recipe developer.

9781611803099
Pub Date: 4/11/17
On Sale Date: 4/11/2017
\$29.95/\$35.00 Can.
Hardcover

Territory: World
10.3 in H | 7.7 in W | 1 in T | 2.1
lb Wt



The Five Longings

What We've Always Wanted-and Already Have

David Richo

Key Selling Points:

Be careful what you want: You won't get it. And this is good news, according to Dave. Because what you find beyond the Five Longings is actually a deeper happiness and more profound satisfaction than you'd ever have by "getting what you want."

A tireless promoter whom folks always want to see again: Dave Richo gives well-received lectures, workshops, and presentations on his work extensively in a range of venues including Spirit Rock Meditation Center, the Esalen Institute, and the Omega Institute.

Not just theoretical but practical: As with all his books, Dave provides a wealth of practices, exercises, and practical advice that makes recognizing and going beyond the Five Longings something anyone can do.

The spiritual side of self-help: Dave is known for bringing together the principles of psychology with wisdom from C. G. Jung, Buddhism, Christianity, and many other traditions in a way that speaks deeply to his legions of fans.

Summary

Identifying the things you long for can reveal deep truths about yourself. *The Five Longings* can show you how to work with these desires to live in a happier, more satisfying way.

If you've ever had a vague sense that something's missing from your life, congratulations: That longing for something better is a sign of being fully human, fully alive. But what's even more wonderful, according to Dave Richo, is that when you identify and carefully examine the things you long for—like love, meaning, freedom, happiness, and growth—you not only discover deep truths about yourself, but you also find that the things you long for were never really "missing" at all. He provides enlightening advice and practices for accessing just this kind of profound self-discovery, illustrated by a wealth of examples from depth psychology, religion, and literature. Our longings in fact point to the presence of something transcendent in us, he shows. In seeking something better, we are seeking that which we already are.

Contributor Bio

DAVID RICHO, PhD, MFT, is a teacher, workshop leader, and psychotherapist in Santa Barbara and San Francisco, California. He combines Jungian, transpersonal, and mythic perspectives in his work. He is the author of numerous psychology/self-help best-sellers, including *How to Be an Adult in Relationships* and *The Five Things We Cannot Change*.

Author Residence: Santa Barbara, CA

Author Hometown: San Francisco, CA

9781611803624
Pub Date: 4/18/17
On Sale Date: 4/18/2017
\$15.95/\$21.95 Can.
Trade Paperback
Territory: World
9 in H | 6 in W | 0.8 lb Wt



The Fountain Tarot

Illustrated Deck and Guidebook

Jonathan Saiz, Jason Gruhl, Andi Todaro

Key Selling Points:

Wide-spread popularity of tarot among mainstream trendsetters: Popular wellness, shelter, and fashion outlets like Goop, Vogue, Chalkboard Magazine, and Design*Sponge have helped to introduce tarot to the mainstream. From the *Economist* to the *New York Times*, major print publications are now featuring tarot as a major trend, and tarot decks are consistently successful at large retailers like Urban Outfitters and Anthropologie.

Brand has a strong following: *The Fountain Tarot* has sold 7,500 copies of the \$40 deck since they launched the deck in 2015. They have been featured in *Vogue* twice and currently have over 11,000 devoted Instagram followers—growing by 50+ followers every day.

Provides a modern offering in a traditional category: Historically, this category has been filled with traditional decks that cater to an occult audience (with a few exceptions like the *Wild Unknown Tarot*). The modern voice and package speaks to the growing popular audience interested in tarot as a beautiful, creative tool for self-reflection.

Show-stopping artistry: Includes 79 silver-gilded cards with beautiful oil paintings created by artist Jonathan Saiz.

Summary

A lavishly illustrated, freshly conceived tarot deck and guidebook that focuses on creative inspiration, daily reflection, and revealing new possibilities.

Move your creativity and life forward with this gorgeously designed deck. *The Fountain Tarot* draws on tradition, but provides a modern voice and distinct approach that highlights our everyday lives as a source of insight, wisdom, and growth.

As a daily tool for reflection and a powerful vehicle for self-discovery, *The Fountain Tarot* reveals creative opportunities, awakens fresh viewpoints, and offers a new take on life's possibilities. Whether you're selecting a card to set the tone for your day, invigorate your creative energy, or inspire you before your meditation or yoga practice, *The Fountain Tarot* helps open closed doors and reveal new paths.

Contributor Bio

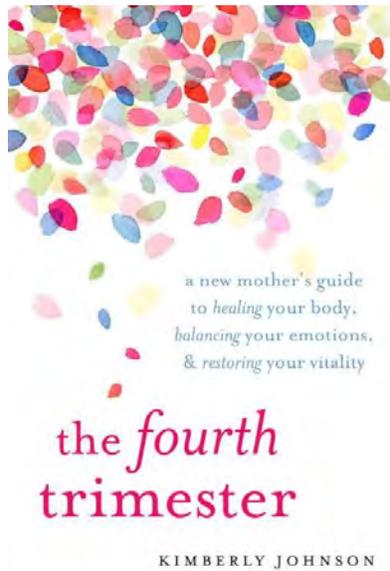
JONATHAN SAIZ'S paintings and sculptures are in private and commercial collections worldwide and are exhibited in the US and the UK. His last series, ALKAHEST, was created during eight hermetic months on the Greek island of Mykonos.

JASON GRUHL is the former executive director and founder of The Joshua School (a school for children with Autism Spectrum Disorders and Developmental Disabilities in Boulder and Denver, CO) and an educational consultant.

9781611805482
Pub Date: 10/10/17
On Sale Date: 10/10/2017
\$40.00/\$54.00 Can.
Cards

Territory: World

4.8 in H | 2.8 in W | 0.3 lb Wt



The Fourth Trimester

A Postpartum Guide to Healing Your Body, Balancing Your Emotions, and Restoring Your Vitality

Kimberly Ann Johnson

Key Selling Points:

The most up-to-date, complete holistic guide to post-partum: While there are myriad technical manuals, parenting guides, breastfeeding books, and books on post-partum-depression available, there are no guides that cover in detail the layers of recovery and evolution that women experience as they become mothers.

Wise, accessible, practical advice on navigating early motherhood: Johnson covers such topics as healing your body after birth; restoring your vitality and balancing your hormones; rebuilding your body with self-massage and gentle movement; learning to exercise safely; carrying your baby with comfort; rebuilding your relationship with your partner; dealing with the complex emotions that mothers often experience; learning how motherhood can open you up spiritually and emotionally; and much more.

Excellent reference book for women's health professionals: Doulas, midwives, therapists, and physicians will get a more complete and embodied understanding of what women need post-partum and how they can help women emerge from the experience more whole.

Summary

A holistic, practical guide to help support women through post-partum healing on the physical, emotional, relational, and spiritual levels.

Pregnancy, childbirth, and post-partum offer women some of the most emotionally enriching and satisfying experiences of their life. But many women entering motherhood are shocked at their lack of preparation or awareness about what that actually means for their bodies, minds, spirits, and relationships. Kimberly Johnson, a doula, post-partum recovery expert, and yoga instructor has created a wise and supportive illustrated guide that offers women a roadmap to this very important transition that can last a few months—or even a few years. She draws from her vast professional experience, as well as her own personal experience, and also a number of disciplines including Western medicine, traditional Chinese medicine, Ayurveda, yoga, herbal medicine, energetics, and traditional (folk) remedies, among others, to create a truly rich and holistic guide.

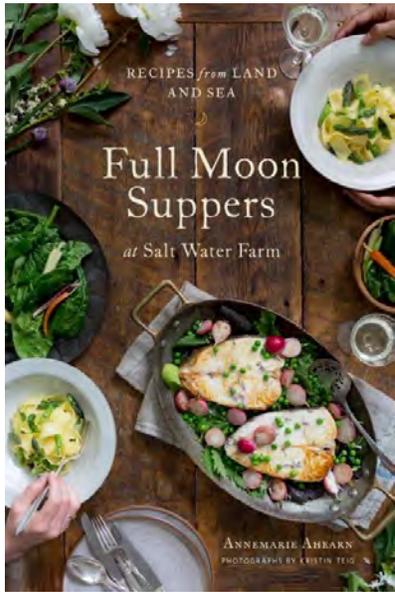
The book offers advice for pregnant women on how to prepare their body for birth; how to organize themselves and their households for the best possible transition to motherhood; simple practices to facilitate healing and restore energy; and how to strengthen relationships and aid the return to sex. Johnson also explores the complex and often conflicting emotions that arise post-partum, and explores the profound nature of childbirth and new motherhood. She helps women contextualize their experience and tap into the spiritual opportunities it can provide.

Contributor Bio

KIMBERLY JOHNSON is the founder of MagaMama.com, an international holistic women's health care resource for expectant and new mothers, and KAJYOGA, a personal teaching institute that emphasizes the healing and empowering qualities of yoga practice. She has been interviewed on NPR and other US media outlets for her expertise on birth and women's health.

9781611804003
Pub Date: 11/14/17
On Sale Date: 11/14/2017
\$16.95/\$22.95 Can.
Trade Paperback

Territory: World
9 in H | 6 in W | 0.8 lb Wt



Full Moon Suppers at Salt Water Farm

Recipes from Land and Sea

Annemarie Ahearn, Kristin Teig

Key Selling Points:

Publicity magnet, wide appeal: Salt Water Farm cooking school has been featured in the *Wall Street Journal*, *The New York Times*, *The Boston Globe*, *Food & Wine*, *Bon Appetit*, *Travel & Leisure*, *Afar*, *Country Living*, *Departures*, *New York Magazine*, *Maine Magazine*, and more.

Vibrant regional flavor, versatility beyond New England: the menus may have been conceived on the coast of Maine, but ingredients (or similar) can be sourced anywhere.

Inspiring food journey with a unique road map: a year-long tour of moon lore, seasonal rhythms, and regional traditions.

Summary

***Full Moon Suppers at Salt Water Farm* invites you to a series of magical, seasonal suppers where dear friends gather around a farm table to celebrate the bounty that the land and sea provide.**

This menu-driven cookbook offers twelve beautifully crafted meals derived from more than one hundred sold-out evening events at Salt Water Farm, the author's cooking school in Maine. Even if you can't make it to one of Annemarie's monthly Full Moon Suppers, you can re-create them at home, beneath a full moon—or any night—for family and friends.

Each supper includes a portrait of the month: its climate, its rewards, and its ritual kitchen tasks—and a menu inspired by those characteristics. A Full Moon Supper is not only a celebration of the earth and its bounty but a reward for the hard work that goes into food production. These meals pay respect to the elements, the conditions of the earth, soil, and sea, and seasonal traditions as we round the lunar cycle.

Contributor Bio

ANNEMARIE AHEARN founded Salt Water Farm in 2009, a cooking school for home cooks on Maine's Penobscot Bay. She began her studies at Colorado College, during which time her interest in food developed while living in Aix-en-Provence, where she studied Provincial cuisine and visited the open-air markets. Later, she apprenticed in the kitchen at Le Jardin Notre Dame in Paris. While in New York, Annemarie worked in the editorial department at *Saveur Magazine* and wrote a biweekly food column for *The L Magazine*, entitled the "Downtown Chef." After attending the Institute of Culinary Education with a degree in both Culinary Arts and Culinary Management she worked for Dan Barber at Blue Hill Restaurant as personal assistant to Tom Colicchio of Craft Restaurants, and as a personal chef in New York. She also worked at the Slow Food Headquarters and before opening Salt Water Farm, she taught classes at Cook and Taste, a small, recreational cooking school in Barcelona. Before turning 30, Ahearn was named "Top 30 Under 30" in *Food & Wine Magazine*, "changing the way America eats." In 2013, Ahearn opened Salt Water Farm Cafe & Market in Rockport Harbor, Maine, offering locally sourced fare for breakfast, lunch, and dinner and garnered acclaim in the *Wall Street Journal*, *The New York Times*, and *The Boston Globe* as well as *Bon Appetit*, *Downeast Magazine*, and *Maine Magazine*. Ahearn is also a contributing writer for *Downeast Magazine*, sharing recipes from her school.

9781611803327
Pub Date: 5/23/17
On Sale Date: 5/23/2017
\$35.00/\$45.00 Can.
Hardcover

Territory: US/CAN (No Open Mkt)
10.5 in H | 7 in W | 1.3 lb Wt

The Gathering of Vidyadharas

TEXT AND COMMENTARIES ON THE RIGDZIN DÜPA



JIGME LINGPA, PATRUL RINPOCHE, KHENPO CHEMCHOK
Translated by Guillaume Avertin

The Gathering of Vidyadharas

Text and Commentaries on the Rigdzin Düpa

Jigme Lingpa, Patrul Rinpoche, Khenpo Chemchok, Gy...

Key Selling Points:

An important text to some of the largest Tibetan Buddhist practice communities in the US, Europe, and Asia.

Includes commentaries, notes, ritual instructions, and supplementary practices.

Summary

The *Rigdzin Düpa*, of *Gathering of the Vidyadharas*, is one of the most important practice texts in the Nyingma, or ancient, school of Tibetan Buddhism and is practiced by many tens of thousands of practitioners around the world. This book includes the practice text.

The *Rigdzin Düpa* is a practice text that comes from the Longchen Nyingtig cycle of teachings. A revealed scripture, it is an inner guru yoga practice associated with Guru Rinpoche, Padmasambhava.

Contributor Bio

JIGME LINGPA (1729-1798) was one of the greatest scholars and practitioners of the last 500 years, reinvigorating the Nyingma tradition. PATRUL RINPOCHE (1808-1887) was a prominent lineage master from eastern Tibet whose teachings and writings remain widely influential in the Nyingma lineage. KHENPO CHEMCHOK was one of the great teachers of the early twentieth century whose students include Tulku Thondup. GUILLAUME AVERTIN is a France-based translator with the Rigpa Sangha.

Author Residence: France

Author Hometown: Tibet

9781611803617

Pub Date: 9/26/17

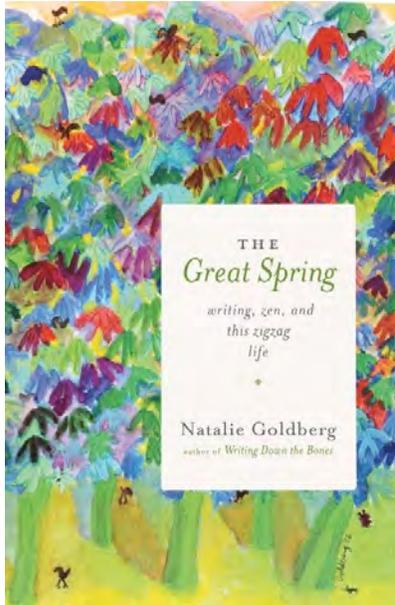
On Sale Date: 9/26/2017

\$34.95/\$45.95 Can.

Trade Paperback

Territory: World

9 in H | 6 in W | 0.8 lb Wt



The Great Spring

Writing, Zen, and This Zigzag Life

Natalie Goldberg

Key Selling Points:

The work her students have been waiting for—essays that provide insights from a writing life: While *Writing Down the Bones* offers a bright, inspired practice for writing, *The Great Spring* presents the unfolding of a life driven by that practice.

Natalie is one of the country's most sought-after writing teachers. Her retreats and workshops have drawn thousands of students throughout the world.

Natalie is known by major media: She has been interviewed, and her work has been reviewed, many times on major media, including *Oprah*, NPR, and the *New York Times*.

Summary

From beloved writing teacher and author of the best-selling *Writing Down the Bones*: a treasury of personal stories reflecting a life filled with journeys—inner and outer—zigzagging around the world and home again.

Here, Natalie Goldberg, “a writer both energized and enlightened” (Julia Cameron), shares those vivid moments that have wakened her to new ways of being. We follow alongside her mapless meanderings in the New Mexican desert and her pilgrimages to Bob Dylan’s birthplace and to Larry McMurtry’s dusty Texas ghost town of rare books. We feel her deep hunger while she sits *zazen* in a monastery in Japan, and her profound loss when she hears of the passing of a dear friend while teaching in the French countryside.

Through it all, she remains grounded in a life informed by two constants: the practices of writing and of Zen. With humor and insight, Natalie encircles around the essential questions these paths compel her toward: *Where does this life lead? Who are we?*

This is a book to be relished one awakening at a time. Each story is a reminder that no matter how hard the situation or desolate you may feel, spring will come again, breaking through a cold winter, bringing early yellow forsythia flowers. And the Great Spring of enlightenment—that sudden rush of acceptance, pain cracking open, obstructions shattering—will also burst forth.

Story Locale: Japan, the Midwest, New York, France, California, Massachusetts, Florida, Texas,

Publication History: Shambhala HC, '16 (9781611803167)

Contributor Bio

NATALIE GOLDBERG is the author of fourteen books, including *Writing Down the Bones*, which has changed the way writing is taught in this country. She teaches retreats nationally and internationally. She lives in New Mexico.

Author Residence: Santa Fe, NM

Author Hometown: Brooklyn, NY

9781611804072
Pub Date: 2/14/17
On Sale Date: 2/14/2017
\$16.95/\$22.95 Can.
Trade Paperback

Territory: World

8.4 in H | 5.4 in W | 0.6 in T | 0.6 lb Wt

9781611804171
Pub Date: 12/12/17
On Sale Date: 12/12/2017
\$18.95/\$24.95 Can.
Trade Paperback

Territory: World

8.5 in H | 5.5 in W | 0.8 lb Wt

Hard to Be a Saint in the City

The Spiritual Vision of the Beats

Robert Inchausti

Key Selling Points:

The Beat goes on: Books about the movement have a perennial readership. The Beat Generation never loses its hip-ness, but becomes a touchstone for every subsequent generation that chafes at convention—from the Baby Boomers to Gen X to the Millennials.

Includes some of the most influential writers of the twentieth century: Jack Kerouac, Allen Ginsberg, William S. Burroughs, Michael McLure, Gary Snyder, Anne Waldman, Lucien Carr, and Amiri Baraka among them.

The Beats reimaged: Spiritual isn't the first word that usually comes to mind for the Beat Generation, as they tended to reject convention of all types, including religious. This book will rearrange heads in that regard.

Beyond Buddhism: The main tradition associated with the Beats is the Buddhism that some of them came to practice, but this book shows Beat spirituality to be broader than that: an impulse that, at the beginning, transcended tradition, and that, in the case of Kerouac, included Christian mysticism.

Summary

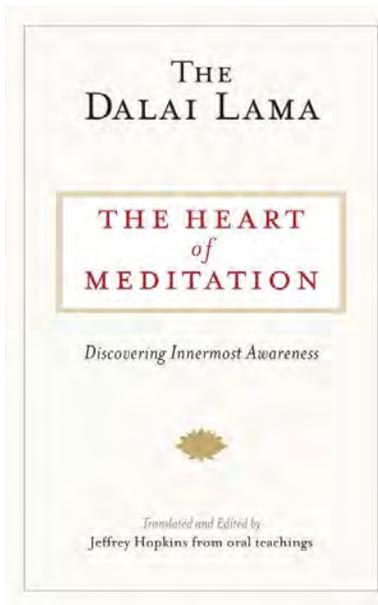
An exploration of Beat spirituality—seen through excerpts from the writings of the seminal writers of Beat Generation themselves.

The Beat writers stand out as prophets who made a valiant effort to speak the truth in the face of the establishment values of the American post-WWII period, and the fact that so much of their work has stood the test of time is testimony to their importance. The Beat movement was at heart, according to Robert Inchausti, a spiritual enterprise, and the writings compiled in this anthology provide convincing evidence for that claim. Using his broad knowledge of Beat literature, he has created this treasury excerpts from the writings of such figures as Jack Kerouac, Allen Ginsberg, and William S. Burroughs, but also of lesser-known Beatniks—arranged in a way that gives a shape and significance to their spiritual quest. Included are Kerouac's dialogues with Ginsberg and Burroughs on writing as a form of religious resistance and revelation, along with accounts of their experiments with psychedelics and visionary practices, which will then include their shared thoughts on meditation and psychedelic experimentation as visionary practices. This is considerably more than a collection of Beat spiritual writings. It's a kind of introduction to Beat spirituality, presented systematically in the Beats' own words.

Contributor Bio

ROBERT INCHAUSTI, PhD, is a professor of English at Cal Poly, San Luis Obispo, and is the author of numerous books, including *Subversive Orthodoxy*, *Thomas Merton's American Prophecy*, *The Spitwad Sutras*, and *Breaking the Cultural Trance*. He is, among other things, a Thomas Merton authority, and editor of the Merton books *Echoing Silence*, *Seeds*, and *The Pocket Thomas Merton*. He's a lover of the literature of those who challenge the status quo in various ways, thus, he has had a lifelong fascination with the Beats.

Author Residence: San Luis Obispo, California



The Heart of Meditation

Discovering Innermost Awareness

The Dalai Lama, Jeffrey Hopkins

Key Selling Points:

World-famous author: The Dalai Lama is one of the most beloved and respected spiritual leaders of our time, known the world over for his deeply engaged compassion for all people and his ability to make profound truths accessible to all.

Practical instructions: The Dalai Lama explains how to identify the innermost awareness in all experience.

A moving presentation: The Dalai Lama speaks directly to the heart.

Profound truth, yet for a general audience: The Dalai Lama is speaking to an audience with little familiarity with Tibetan Buddhism, yet he offers insights of value to beginners and advanced practitioners alike.

Rare opportunity: One of the few books on Dzogchen meditation in the Nyingma tradition by the Dalai Lama.

Summary

How training the mind in compassion for other beings is directly related to—and in fact a prerequisite for—the very pinnacle of Buddhist meditation.

The heart of meditation—the thing that brings it alive—is compassion. This is not an ordinary compassion but one that is developed and expanded in parallel with wisdom that arises through meditation. Without that essential foundation, other practices are pointless. Fortunately, the mind can be trained in compassion, and the mind thus trained is fertile ground for the practice of the Great Completeness (*Dzogchen*), which is considered the pinnacle of spiritual practice by many in Tibetan Buddhism. His Holiness the Dalai Lama here teaches the Great Completeness simply but thoroughly, using as his reference a visionary poem by the nineteenth-century master Patrul Rinpoche to show that insight can never be separated from compassion. Through practice of the Great Completeness, we can access our innermost awareness and live our lives in a way that acknowledges it and manifests it. The wisdom and compassion that arise from such insight are critical, His Holiness teaches, not only to individual progress in meditation but to our collective progress toward peace in the world.

Publication History: Shambhala HC, '16 (9781559394536)

Contributor Bio

HIS HOLINESS THE FOURTEENTH DALAI LAMA is considered the foremost Buddhist leader of our time. The exiled head of the Tibetan people, he is a Nobel Peace Laureate, a Congressional Gold Medal recipient, and a remarkable teacher and scholar who has authored over one hundred books. JEFFREY HOPKINS is Founder and President of the UMA Institute for Tibetan Studies. He is Professor Emeritus of Tibetan Buddhist Studies at the University of Virginia, where he taught Tibetan Buddhist Studies and Tibetan language for thirty-two years from 1973. He served as His Holiness the Dalai Lama's chief interpreter into English on lecture tours for ten years, 1979-1989, and has translated and edited fifteen books from oral teachings by His Holiness the Dalai Lama. He has also published numerous translations of important Buddhist texts that represent the diversity of views found in Tibetan Buddhism.

9781611804089
Pub Date: 4/11/17
On Sale Date: 4/11/2017
\$16.95/\$22.95 Can.
Trade Paperback

Territory: World
7.8 in H | 5 in W | 0.8 lb Wt

"There is no healing without heartwork, ultimately leading to the words or 'to have something to say long. In this powerful and beautiful book, Radhule Weininger will help you find the courage, confidence, and clarity needed to embrace this life with love."
—TARA BRACH, PhD,
author of *Radical Acceptance* and *True Refuge*

Heartwork



9 Simple Practices for a Joyful, Wholehearted Life

RADHULE WEININGER, MD, PhD
Foreword by Jack Kornfield

9781611804812
Pub Date: 7/4/17
On Sale Date: 7/4/2017
\$16.95/\$19.95 Can.
Trade Paperback

Territory: World
9 in H | 6 in W | 0.8 lb Wt

Heartwork

The Path of Self-Compassion-9 Practices for Opening the Heart
Radhule Weininger

Key Selling Points:

The author's personal story and the presentation of clinical stories together create a genuine intimacy with the human struggle to be compassionate: This is a compassionate book on compassion. The reader will find the stories both relatable and helpful in developing personally meaningful compassion in relation to their own life struggles.

Developmental model of the 9 Practices of Compassion with journaling reflections: The 9 Practices are practical tools; this is not a theoretical presentation about compassion or a "why you should be compassionate" message. Through the 9 Practices and the accompanying journaling reflections, the reader is given the means to think about their own life circumstances and how to gradually develop and extend compassion from self to others and to all beings from that. Every practice is detailed well and the summaries of the practices are accessible.

For both a general audience and psychotherapists (and other health professionals): The inclusion of client stories and the author's accompanying explanation of how she introduces the 9 Practices in-session with clients not only presents personal accounts, which anyone interested in compassion and mindfulness will find helpful, but psychotherapists will find these explanations directly relevant to their work. A unique offering.

Summary

Nine simple mindfulness practices anyone can use to generate compassion—toward oneself, others, and the world—and to live from that place of intelligent kindness in the face of life's difficulties.

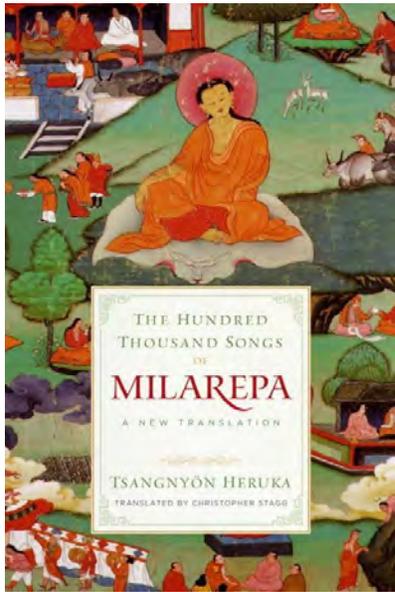
This is the best kind of popular psychology—accessible, practical, useful—with the depth of the author's practice as a clinical psychologist and meditation instructor coming through at all times. The author interweaves her own as well as psychotherapy clients' stories together as a means for the reader to engage their own life in relation to the "9 Practices of Compassion," which is the cornerstone of the book.

The 9 Practices uniquely integrate mindfulness, intention, self-compassion, compassion for others, and compassion for all beings as "natural" stages of development. The presentation of clinical stories, from a mother struggling with a drug-addicted daughter to a man dealing with an angry temper, are relatable and not only demonstrate the application of the principles but also speak to the human struggle to be compassionate.

Contributor Bio

RADHULE WEININGER, MD, PhD, is a clinical psychologist who first trained as a medical doctor in Germany before migrating to the US more than thirty years ago. She has a clinical practice in Santa Barbara and runs a yearly program at the La Casa de Marie Retreat Centre. She encountered Buddhism in Sri Lanka as a young medical student. Jack Kornfield and Allan Wallace are her mentors. She teaches meditation retreats both in the US and internationally.

Author Residence: Santa Barbara



The Hundred Thousand Songs of Milarepa

A New Translation

Tsangnyön Heruka, Christopher Stagg

Key Selling Points:

A classic of world literature from fifteenth-century Tibet.

An authoritative translation prepared in close consultation with Dzogchen Ponlop Rinpoche, this is the first complete English translation to become available since Garma C.C. Chang's literary but flawed version was published in 1962.

Presents Milarepa's teaching career through his stories and songs of spiritual realization in a language intended for ordinary people.

Summary

An authoritative new translation of the complete *Hundred Thousand Songs of Milarepa*, the teaching songs and stories from Tibet's most beloved Buddhist yogi, poet, and saint.

Powerful and deeply inspiring, there is no book more beloved by Tibetans than *The Hundred Thousand Songs*, and no figure more revered than Milarepa, the great eleventh-century poet and saint. An ordinary man who, through sheer force of effort, faith, and perseverance, overcame nearly insurmountable obstacles on the spiritual path to achieve enlightenment in a single lifetime, he stands as an exemplar of what it is to lead a spiritual life.

Milarepa, a cotton-clad yogi, wandered and taught the dharma, most famously through spontaneously composed songs, a colorful and down-to-earth way to convey the immediacy and depth of the Buddhist teachings. In this work, the songs are woven into a narrative that tells the stories of his most famous encounters with his students, including Gampopa and Rechungpa, and recount his victories over supernatural forces in the remote Himalayan mountains and caves where he meditated.

In this authoritative new translation, prepared under the guidance of Dzogchen Ponlop Rinpoche, Christopher Stagg brilliantly brings to life the teachings of this extraordinary man. This classic of world literature is important for its narrative alone but is also a key contribution for those who seek inspiration for the spiritual path.

Contributor Bio

Tsangnyön Heruka (1452–1507), or the "Madman of Tsang," so named for his eccentric behavior in yogic practice, compiled and arranged this most well-known collection of Milarepa's songs four centuries after the death of the great yogin. Tsangnyön spent much of his life wandering in the same Himalayan regions as Milarepa and was considered by some to be his emanation.

Christopher Stagg serves as a translator and interpreter for the Nitartha Institute and Nalandabodhi, both under the direction of Dzogchen Ponlop Rinpoche. Also trained as a public school music teacher, he calls Seattle, Washington home.

Author Residence: Seattle, WA

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Trade Paperback

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9 in H | 6 in W | 1.3 lb Wt

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Pub Date: 1/9/18
On Sale Date: 1/9/2018
\$19.95/\$25.95 Can.
Trade Paperback

Territory: World
9 in H | 6 in W | 0.8 lb Wt

The Jeweled Path

The Biography of the Diamond Approach to Inner Realization

Karen Johnson

Key Selling Points:

An insider's story of the development of a spiritual tradition: Readers get a behind-the-scenes look at the development of a modern-day spiritual tradition. Filled with intimate, warm stories, the book also offers a rare opportunity to witness the spiritual struggles—and revelations—of cofounders of the Diamond Approach.

Cofounder is a well-known contemporary mystic and innovative spiritual teacher: A. H. Almaas is a widely recognized leader in integrating spirituality and psychology who has been praised by popular authors such as Ken Wilber and Jack Kornfield.

Very accessible, even if you have never heard of the Diamond Approach: Readers don't need to be familiar with the Diamond Approach or Almaas's other books in order to appreciate this book. It is accessible, friendly, and authentic, and informative without being didactic.

Praise for the Diamond Approach: "The Diamond Approach is a superb combination of some of the best of modern Western psychology with ancient (and spiritual) wisdom. I recommend the Diamond Approach as probably the most balanced of the widely available spiritual psychologies/therapies."—Ken Wilber

Summary

An intimate account of the development of a spiritual tradition and a biography of its creators—told by one of the Diamond Approach cofounders.

Since 1976, A. H. Almaas and Karen Johnson have guided the inner work of individuals and groups in the Ridhwan School, which has branches in California, Colorado, and Europe. Their teachings, known as the Diamond Approach, originated from their own experiences of personal transformation, as well as those of their students. Their work has been influenced by the Gurdjieff Work, Sufism, Buddhism, and various forms of Vedic teachings, as well as by depth psychology and scientific inquiry.

The Jeweled Portal presents the story of how a modern spiritual path emerged as told by one of the founders, Karen Johnson. She depicts the personal experiences that birthed the teaching and furthered its development. Told with humor and intimacy, these profound awakenings amidst the details of ordinary life become the building blocks of a remarkable new approach to human nature and our understanding of reality.

Contributor Bio

KAREN JOHNSON is the codeveloper of the Diamond Approach as it is taught in the Ridhwan School today, having worked alongside A. H. Almaas for the last forty years. Johnson was educated as an artist and then received an MA in psychology.

Author Hometown: Arlington, Virginia

9781611804966
Pub Date: 7/18/17
On Sale Date: 7/18/2017
\$24.95/\$33.95 Can.
Trade Paperback

Territory: World
9 in H | 6 in W | 0.8 lb Wt

The Just King

The Tibetan Buddhist Classic on Leading an Ethical Life

Jamgon Mipham, Jose Ignacio Cabezon

Key Selling Points:

The first English translation of the most important Tibetan Buddhist work on worldly ethics.

Renowned Tibetan Philosopher: Jamgön Mipham is the most famous philosopher in Tibetan modern history and translations of his works are studied by scholars and students of Buddhism.

Currently popular: This text is taught and commented upon by contemporary Tibetan Buddhist masters.

The Tibetan *Art of War*: The advice and tone of this work, presented in verse form, echo *The Art of War* while emphasizing ethical leadership according to Buddhist principles.

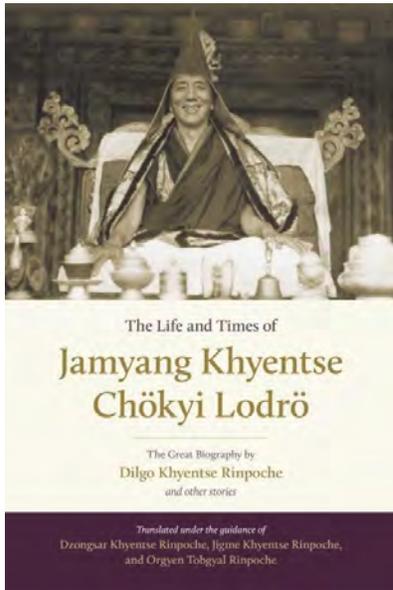
Summary

A translation of a popular Buddhist work on worldly ethics by Tibet's most famous philosopher. This first ever translation of Jamgön Mipham's *Treatise on Ethics for Kings* is a substantial and historic contribution to the field of Buddhist ethics. The text consists of a set of verses advising the king of Dergé in Tibet on how to ethically behave in accordance with Buddhist principles. It is perhaps the longest premodern work of its kind and is designed as a code of conduct for anyone to follow, not just kings. Mipham speaks of how to rule with compassion, to abstain from taking life, of fair taxation, environmental sustainability, aiding the poor, and the importance of freedom of religion. He also warns that leaders must be weary of close associates who are easily corruptible, and that in order to govern one must have measured emotions and always consider the law of karma, cause and effect, in making decisions.

José Cabezón, a renowned scholar of Buddhism, introduces us to the only known work on ethical kingship coming from Tibet. He points out to the reader that Mipham repeatedly mirrors many ethical treatises from classical India, but deviates when presenting a distinctly Buddhist perspective that emphasizes impermanence, karma, and compassion. Throughout the text Cabezón provides valuable commentary that helps transport the reader to the Buddhist world of nineteenth-century Eastern Tibet, where monks and kings relied on one another and the primary role of the king was to protect his people from physical, mental, and even spiritual harm.

Contributor Bio

JAMGÖN MIPHAM (1846-1912), one of the great luminaries of Tibetan Buddhism in modern times, has had a dominant and vitalizing influence on the Nyingma School and beyond. He was an important member of the Rimé, or nonsectarian movement, which did much to strengthen and preserve the entire tradition. A scholar of outstanding brilliance and versatility, his translated works are eagerly anticipated by English-language readers as he is perhaps the most famous Tibetan Buddhist philosopher. JOSÉ IGNACIO CABEZÓN is the Fourteenth Dalai Lama Professor of Tibetan Buddhism and Cultural Studies at the University of California Santa Barbara. Formerly a Buddhist monk at Sera Monastery in South India, Professor Cabezón has authored a number of works on Tibetan literature, Buddhist philosophy, and sexuality. He is originally from Cuba and currently resides in California.



The Life and Times of Jamyang Khyentse Chökyi Lodrö

The Great Biography by Dilgo Khyentse Rinpoche and Other Stories

Dilgo Khyentse, Orgyen Tobgyal, Drubgyud Tenzin Ri...

Key Selling Points:

First English translation of the official biography of Jamyang Khyentse Chökyi Lodrö by the preeminent Dilgo Khyentse Rinpoche.

Includes 60 rare photos (in halftone) of Jamyang Khyentse Chökyi Lodrö.

Celebrates the nonsectarian approach that characterized Jamyang Khyentse Chökyi Lodrö, who sought instruction from teachers of all traditions of Tibetan Buddhism and promoted dialogue across partisan lines.

Translated under the guidance of Dzongsar Jamyang Khyentse, the incarnation of the biography's subject, with input from Jigme Khyentse Rinpoche and Tulku Pema Wangyal Rinpoche, pioneers in the art of translating Tibetan into modern languages.

Introductory materials, including a foreword by Adam Pearcey and an introduction by Dzongsar Jamyang Khyentse, orient the reader.

Summary

An biography of one of the most outstanding Tibetan Buddhist masters of the twentieth century.

The foremost torchbearer of the ecumenical Rime movement, Jamyang Khyentse Chökyi Lodrö (1893–1959) dedicated his life to the study, practice, and propagation of all the schools and lineages that are collectively known as Tibetan Buddhism. The staggeringly long list of teachings he received and transmitted in turn testifies to the depth of his appreciation of all aspects of the Dharma, and the roster of his eminent students reveals how his extraordinary influence transcended sectarian boundaries.

The first half of this volume presents informal stories by many of Chökyi Lodrö's teachers, students, friends, and relatives, collected by Orgyen Tobgyal Rinpoche and translated here into English for the first time. Intimate, funny, and utterly down-to-earth, these stories—supplemented by sixty-one photographs—paint a tender picture of the man behind the great master, introducing readers to the characters and events in his life, and especially the challenges he faced living under the Chinese occupation of Tibet.

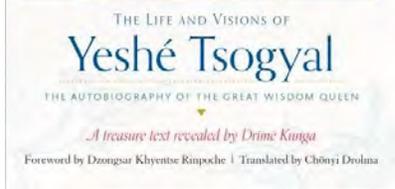
The second half comprises an English translation of the spiritual biography, or *namtar*, by Dilgo Khyentse, one of Chökyi Lodrö's closest and most brilliant students. In the process of recounting the life and liberation of his beloved guru, Dilgo Khyentse reveals how he saw Chökyi Lodrö as the Buddha in the flesh and provides, essentially, a blueprint of the entire path to enlightenment.

Contributor Bio

Dilgo Khyentse Rinpoche (1910–1991) was a highly accomplished meditation master, scholar, and poet, and a principal holder of the Nyingma lineage. A dedicated exponent of the nonsectarian Rime movement, he was respected by all schools of Tibetan Buddhism and taught many eminent teachers, including His Holiness the Dalai Lama. He tirelessly worked to uphold the Dharma through the publication of texts, the building of monasteries and stupas, and by offering instruction to thousands of people throughout the world.

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\$39.95/\$53.95 Can.
Hardcover

Territory: World
9 in H | 6 in W | 1.3 lb Wt



The Life and Visions of Yeshé Tsogyal

The Autobiography of the Great Wisdom Queen

The Tertön Drime Kunga, Chonyi Drolma, Dzongsar Ja...

Key Selling Points:

A fascinating account of one of the early masters of Buddhism in Tibet: Her journey, while at times tragic, is considerably topical and urgent—she deals with choice, female agency, and familial expectations despite her conflicting aspirations.

A relatively rare presentation of the life of a female adept: This translation delves into every layer of Yeshe Tsogyal's life and experiences—from her family to her inner transformation, and through her enlightenment.

Including contributions by several contemporary teachers: Anam Thubten, Judith Simmer-Brown, and Holly Gayley are among those offering reflections on the life of this hugely influential woman.

Summary

A new biography of Yeshé Tsogyal, the mother of Buddhism in Tibet, who is considered an enlightened being by millions throughout the Himalayan region as well as the West and remains a powerful female role model of spiritual accomplishment and perfection.

This secret life story of Yeshé Tsogyal presents a valuable and unique perspective that is quite a departure from any other account of this remarkable woman. Described as a "secret life story," its many layers include an outer account—detailing her birth, family, and societal constraints—an inner account that begins as she meets and escapes captivity with Guru Rinpoché, and a secret account as she enters twelve years of retreat at Chimpu only to miraculously journey to Oddiyana.

The role of women and womanhood is notable throughout her life story. Her desire for independence is at odds with her desirability as a woman, leading to numerous tragic incidents early in life. Finally meeting Guru Rinpoché, she decries her status as a woman. This sort of gendered humility, a recurring theme, is juxtaposed with her assertion that despite being a woman, and low-born (*skye ba dman*), she has a high regard for herself anyway. It is a magical woman who guides her to Oddiyana, and her travels there are filled with primarily female companions. In the end, she remains Guru Rinpoché's primary disciple and doctrinal custodian.

Her experiences, while perhaps intense and fantastical, include the same elements of challenge, learning, and progress that all practitioners must experience. During her adventures in Oddiyana, Yeshé Tsogyal receives the same core teachings on faith, impermanence, and fortitude that are essential for anyone following this spiritual path.

The story concludes with lists of teachings received and Guru Rinpoché's prophecies for her and other disciples. Among his disciples, Yeshé Tsogyal recounted this life story to Ben-dé Sangyé Yeshé, who is later reincarnated as Treasure-Revealer Drimé Kunga, who revealed this text.

Contributor Bio

DRIMÉ KUNGA was a fourteenth-century mystic who had a revelation and vision of this biography.

9781611804348

Pub Date: 8/22/17

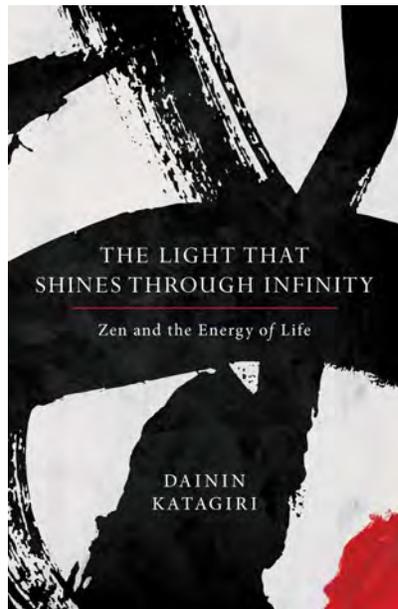
On Sale Date: 8/22/2017

\$24.95/\$33.95 Can.

Trade Paperback

Territory: World

8.5 in H | 5.5 in W | 0.8 lb Wt



The Light That Shines through Infinity

Zen and the Energy of Life

Dainin Katagiri, Andrea Martin

Key Selling Points:

A unique kind of Zen book: This is the first book-length treatment of energy as it relates to Zen spiritual practice.

And a unique kind of Zen teacher: "With Dainin Katagiri, a robust form of Zen finds its way to the American Midwest."—James Ishmael Ford, in *Zen Master Who?* Katagiri Roshi's striking in-your-face style of teaching was unique—and that quality comes through in this book.

A long-awaited new book: Katagiri's reputation lives on through his numerous dharma heirs, and his teachings continue in influence, along with stories about him. This is the first new book compiled from his voluminous teachings in nearly a decade.

Summary

A Zen Buddhist perspective on the universal flow of cosmic energy and how to incorporate that energy into one's life and spiritual practice—from one of the most revered figures in American Zen.

From ancient times, the people of Asia have developed spiritual, medical, and martial art traditions based on the flow of universal energy as the life force (sometimes called *chi*). The teachings of Buddhism have acknowledged and incorporated this cosmic energy, which enlivens everything and interconnects everything yet depends on the impermanence of everything in order to function. Katagiri Roshi refers to it as the rhythm of life, and he suggests that connecting to the universal energy is essential to awakening, to dharma transmission, and to spiritual life in general. This book, assembled from his recorded talks, compiles a broad range of the master's Zen teachings as they relate to the idea of energy, in a way that applies directly to spiritual practice. It's divided into 5 parts: Life Force and Life, Practice and Enlightenment, Body and Mind, Wisdom and Compassion, Peace and Harmony. It's full of autobiographical bits and stories that bring the teaching to life and that convey some of Roshi's spirit.

Contributor Bio

DAININ KATAGIRI ROSHI (1928-1990) is one of the key figures in American Zen. A Japanese Soto priest and scholar, he emigrated to America in the 1960s and worked closely with Shunryu Suzuki in his last years in San Francisco, moving ultimately to Minneapolis, where he founded the Minnesota Zen Meditation Center.

Author Residence: Deceased

9781611804669

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\$18.95/\$24.95 Can.

Trade Paperback

Territory: World

8.5 in H | 5.5 in W | 0.8 lb Wt



Little Royal

A Fish Tale

Chelo Manchego

Key Selling Points:

A wonderful story to read aloud—with a great lesson: Chelo Manchego's delightful prose is fun to read and parents will appreciate his appealing way of addressing the themes of ego, entitlement, and our responsibility to act with humility and compassion.

Engaging artwork, unforgettable characters: Manchego's beautiful palette is vivid and bright and his quirky characters are rendered with so much humor.

Summary

Little Royal is a big fish in a small pond and all the other fish do his bidding. But when he takes his big attitude to other ponds, he learns a valuable lesson about humility and compassion, in this wise and witty picture book for kids ages 4-8.

"I am the very big fish of my very little pond and when I demand: 'Me! Now!' all of my very little fish bow down to me. They scrub my tail and blow bubbles on my scales. So, I chant, 'Long live myself!' Because I am the biggest and brightest most beautiful fish in the kingdom of Me."

Little Royal lords over his domain—until he learns from a wandering frog that there are bigger ponds and more exotic creatures elsewhere. His heart propels him to leave his pond to explore them, fully expecting that he will be eminent ruler—but what he encounters turns out to be humbling and uncomfortable, but ultimately very freeing. As Little Royal's journey unfolds and his world expands, Manchego's skillful, nuanced watercolor illustrations change from pale and delicate to lush and luminous, speaking to the increasing complexity both of what Little Royal encounters and his conflicting emotions. The effect is profound and poignant.

Contributor Bio

CHELO MANCHEGO is an artist and meditation practitioner who lives in Los Angeles, CA. He is the author of *The Want Monsters*. His website is www.chelomolina.com.

Author Residence: Los Angeles, CA

Author Hometown: El Salvador

9781611804973

Pub Date: 12/19/17

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\$16.95/\$22.95 Can.

Hardcover

Territory: World

6.8 in H | 8.5 in W | 1.3 lb Wt

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On Sale Date: 1/16/2018
\$19.95/\$25.95 Can.
Trade Paperback

Territory: World

8.5 in H | 5.5 in W | 0.8 lb Wt

Zen Master Yunmen

His Life and Essential Sayings

Urs App

Key Selling Points:

A classic, now back in print: Zen students (and others) will be delighted that Yunmen's pithy and challenging teachings are available again.

A complete, compact guide to Yunmen—and Chinese Zen in general: The translations of Yunmen's talks and dialogues make up a bit more than half of the book. The rest provides a great capsule history of Chan, what's known of Yunmen's life, and a very helpful summary of his teaching.

Reintroduced by a revered modern Zen teacher: The new edition contains a new foreword by Zen teacher-scholar Taigen Dan Leighton, cotranslator of the classic *Dogen's Extensive Record*, and author of such books as *Faces of Compassion*, *Zen Questions*, and *Just This Is It: Dongshan and the Practice of Suchness*.

Summary

A modern Zen classic—reissued with new material: An introduction to the great tenth-century Chinese master, with translations of his key works.

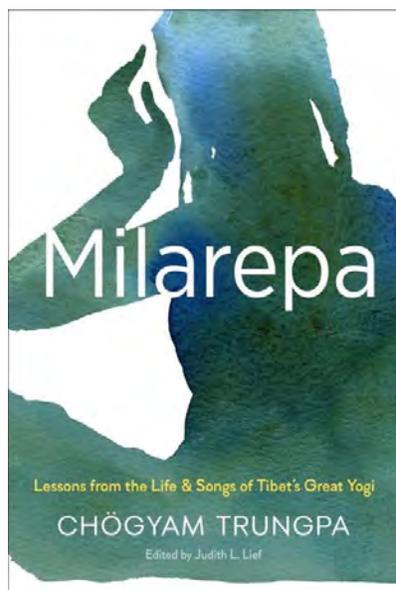
Yunmen Wenyan (c. 864-949) was a master of the *Chan* (Chinese Zen) tradition whose name is associated with one of Chan's renowned "Five Houses"—the five great schools that arose during the Tang dynasty. The Yunmen school is an ancestor of the Zen Rinzai school that was so influential in Japan and that has been one of the formative strains of Zen in America. Yunmen was a simple and very practical teacher—and he shows up as a character in a number of famous koans, in one of which he's credited with the famous line, "Every day is a good day." His primary focus was curing his students of the "disease" of duality, which he often achieved through a process of questioning that cut through their discursive thinking. This classic introduction to Yunmen provides translations of his numerous talks and dialogues, and it also includes a brief history of Chinese Zen, a biography of Yunmen, and summary of his teaching, along with a wealth of resource materials.

Publication History: Kodansha America, TR (9781568360058)

Contributor Bio

Urs App, PhD, is a Swiss scholar of Buddhism and religious studies, specializing in Zen. He was, for many years, professor of Buddhism at Hanazono University in Kyoto and Associate Director of the International Research Institute for Zen Buddhism. He has since devoted himself to writing books and producing documentaries while engaging in research at various academic institutions in Asia and Europe.

Author Hometown: Rorschach, Switzerland



Milarepa

Lessons from the Life and Songs of Tibet's Great Yogi

Chogyam Trungpa, Judith L. Lief

Key Selling Points:

The life of an important historical figure made relevant: Milarepa is a well-known and beloved religious figure in Tibetan Buddhism. Trungpa retells stories from Milarepa's life with an emphasis on what they mean for us today.

Down-to-earth and insightful commentary on well-known realization songs: The collection of Milarepa's realization songs is a classic of world literature, and these songs are widely read by practitioners. Chögyam Trungpa offers real-life commentary on these popular songs that is lively and insightful.

One of the most dynamic Buddhist teachers of the 20th century: Chögyam Trungpa, a renowned Tibetan Buddhist meditation master, was a major figure in the transmission of Buddhism to the West. The founder of Naropa University as well as Shambhala, an international association of meditation centers, his books have sold over 1.5 million copies cumulatively. He is the author of the Buddhist classics *Meditation in Action*, *Shambhala: The Sacred Path of the Warrior*, and *Cutting Through Spiritual Materialism*.

Summary

Renowned meditation master Chögyam Trungpa retells the stories and realization songs of Tibet's best-known and most-loved religious figure—and reveals how they relate to our everyday lives.

He went from being the worst kind of malevolent sorcerer to a devoted and ascetic Buddhist practitioner to a completely enlightened being all in a single lifetime. The story of Milarepa (1040–1123) is a tale of such extreme and powerful transformation that it might be thought not to have much direct application to our own less dramatic lives—but Chögyam Trungpa shows otherwise. This collection of his teachings on the life and songs of the great Tibetan Buddhist poet-saint reveals how Milarepa's difficulties can be a source of guidance and inspiration for anyone. His struggles, his awakening, and the teachings from his remarkable songs provide precious wisdom for all us practitioners and show what devoted and diligent practice can achieve.

Contributor Bio

Chögyam Trungpa (1940–1987)—meditation master, teacher, and artist—founded Naropa University in Boulder, Colorado; the Shambhala Training program; and an international association of meditation centers known as Shambhala. He is the author of numerous books including *Shambhala: Sacred Path of the Warrior*, and *Cutting Through Spiritual Materialism*. Judith L. Lief is a senior teacher in the Shambhala Buddhist lineage and a longtime editor of Chögyam Trungpa's works.

Author Residence: deceased

Author Hometown: Tibet

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Pub Date: 3/28/17
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\$19.95/\$25.95 Can.
Trade Paperback

Territory: World
9 in H | 6 in W | 0.8 in T | 1 lb Wt

55 Fun Ways to Share
Mindfulness with Kids and Teens



Mindful Games Activity Cards

55 Fun Ways to Share Mindfulness with Kids and Teens

Susan Kaiser Greenland, Annaka Harris

Key Selling Points:

Simple games that can be done in the moment, requiring few or no tools or props, like “Mystery Box,” “Tick-Tock,” and “Drop the Monkeys!” The cards offer clear, step-by-step instructions for each activity, making them easy to use at home, in the classroom, or on the go.

Author is a well-known and respected advocate for mindfulness-based learning for kids: Greenland is a tireless advocate for teaching mindfulness techniques and meditation to kids of all ages, and for fifteen years she has brought these practices to underserved children in city schools in Los Angeles through her Inner Kids Foundation.

Praise for *The Mindful Child*: “A superb and imaginative distillation of the essence of mindfulness made available to children, parents, and teachers in age-appropriate, wise, and playful ways. Sets a high bar for further work in the rapidly growing field of mindfulness in K-12 education.”—Jon Kabat-Zinn. “One of the best books on mindfulness for kids that I have read. Practical and accessible. You can feel Susan’s years of experience and dedication.”—Jack Kornfield.

Summary

A deck of 55 mindfulness games for kids that takes a playful approach to developing attention and focus, and identifying and regulating emotions—by the author of *Mindful Games* and *The Mindful Child*.

Playing games is a great way for kids to develop their focusing and attention skills and to become more mindful. This card deck helps parents, caregivers, and teachers cultivate these qualities at home or in a school setting. The games develop what Susan Kaiser Greenland calls the “new A, B, C’s” for learning and for a happy and successful life: Attention, Balance, and Compassion. In a playful way, the games introduce kids to breathing practices and techniques for developing focus, concentration, and sensory awareness, and identifying and self-regulating emotions, among other skills. They include “anchor” games that develop concentration; visualization games that encourage kindness and focus; analytical games that cultivate clear thinking; and awareness games that develop all of these qualities and give greater insight into ourselves, others, and relationships. The deck contains 55 5X7 illustrated cards, each devoted to one game or activity, and comes in a sturdy, beautifully designed box.

Contributor Bio

SUSAN KAISER GREENLAND developed the Inner Kids mindful awareness program, and teaches secular mindful awareness practices to children, parents, and professionals around the world. In 2000, she established the Inner Kids Foundation with her husband, author Seth Greenland, to bring mindful awareness to underserved schools in Los Angeles. She was a co-investigator in a multi-year, multi-site research study at UCLA’s Mindful Awareness Research Center/Semel Institute on the impact of mindfulness in education. She has spoken at numerous prestigious institutions in the US and abroad, such as the Mind & Life Institute; the University of Massachusetts; the University of Kansas; Columbia University; Cedars-Sinai Medical Center; San Diego Children’s Hospital; the Spirit Rock Meditation Center....

9781611804096
Pub Date: 4/4/17
On Sale Date: 4/4/2017
\$16.95/\$22.95 Can.
Novelty Book
Territory: World
7 in H | 5 in W | 0.3 lb Wt

Mindfulness

ON

THE



CARDS

52 Simple Meditation
Practices You Can Do Anywhere

Jan Chozen Bays, MD

9781611803709
Pub Date: 8/29/17
On Sale Date: 8/29/2017
\$15.95/\$19.95 Can.
Cards

Territory: World

5.5 in H | 3.8 in W | 0.3 lb Wt

Mindfulness on the Go Cards

52 Simple Meditation Practices You Can Do Anywhere

Jan Chozen Bays

Key Selling Points:

Based on the best-selling Shambhala Pocket Classics Edition: *Mindfulness on the Go*, on which this card set is based, has sold more than 40,000 copies. The author's total sales are more than 150,000.

Mindfulness for those too busy to meditate: These easy practices can be done anywhere, any time, throughout your day. You don't have to meditate to be mindful. Just pull out a card!

A beloved American Zen master: Jan Chozen Bays, MD, is co-abbot of Great Vow Zen Monastery in Clatskanie, OR (Portland area), and she is also a medical doctor specializing in child abuse cases. She is a dharma heir of Taizan Maezumi Roshi, and she leads retreats and workshops regularly in the Portland area and throughout North America.

A year of mindfulness: The 52-card deck lets you do a different mindfulness practice every week for a year! (Or any other way you want to dip into it!)

Summary

A card set of 52 mindfulness practices that don't involve silent sitting—simple techniques anyone can do, based on the best-selling book *Mindfulness on the Go*.

Mindfulness is a simple practice with seemingly limitless benefits. And, contrary to popular belief, learning it does *not* require sitting motionless for hours in the lotus position. You can in fact access it right now—and this little deck of cards is a convenient way to get started.

Each of the 52 cards presents one of the exercises Zen teacher Jan Chozen Bays has developed for fostering mindful awareness among her students.

It's as easy as:

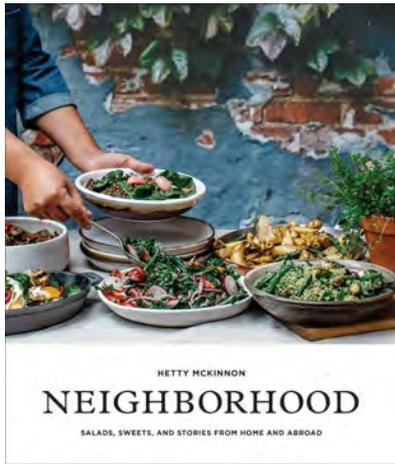
Observing the sensations of eating ? "checking in" while driving your car ? taking three breaths whenever a phone rings ? aiming to be on time to everything for a week ? conscious smiling ? relaxing your hands several times a day ? resolving to pay a compliment daily ? listening like a sponge ? and so forth

Pick a card a week and try it. Before long these small moments of awareness will accumulate to infuse your days with the wisdom and kindness that are the natural result of mindful living.

Contributor Bio

JAN CHOZEN BAYS, MD, is a Zen master in the White Plum lineage of the late master Taizan Maezumi Roshi and is co-abbot of the Great Vow Zen Monastery in Clatskanie, Oregon, where she teaches classes and workshops on vow practice. She is also a pediatrician who specializes in the evaluation of children for abuse and neglect. Her previous books include *Mindful Eating*, *Mindfulness on the Go*, and *How to Train a Wild Elephant*.

Author Residence: Portland, OR



Neighborhood

Hearty Salads and Plant-Based Recipes from Home and Abroad

Hetty McKinnon

Key Selling Points:

Features 60 salad recipes that take vegetables from side dish to main meal—comfort food at its most nutritious. These salads are hearty, big-flavored main meals, brimming with vegetables, grains, legumes, nuts and herbs.

Just in time for the peak of farmers' market season. The recipes here call for fresh ingredients and are a perfect way to use the bounty of local farms.

Dessert recipes by contributing authors. Contributions by Jodi Moreno, Jennifer Wong, Wesley Verhoeve, Bianca Presto, Samantha Hillman, Ron and Leetal Arazi, Charlotte Ree, and Erika Raxworthy.

The US debut for best-selling Australia cookbook author. The author's first book, *Community*, has sold over 45,000 copies in Australia. *Community* was one of Australia's best-selling books of 2014 and 2015.

Casual, contemporary, clean design. With a casual appeal, the presentation matches the approachable nature of the recipes themselves. The photography is by Luisa Brimble, a renowned photographer who has worked with *Kinfolk* magazine and *Monocle*. The photography is striking, with opulent color and a distinctly New York attitude.

Author is active on social media and well-connected to the food community. She is actively growing her presence in the US.

Summary

Hearty and healthy salad recipes inspired by neighborhoods across the globe.

No matter where you live in the world, it is the daily rituals of food that bind and connect us.

Neighborhood is a must-have collection of show-stopping yet simple vegetable-packed recipes, delivered against a backdrop of charming stories of food, family, and friendship. These delicious main-meal salads are filled with exciting flavors from around the world, journeying from Brooklyn to the greater Americas, the Mediterranean, Asia, France, Australia, and many other neighborhoods.

Incorporating vegetables, grains, beans, nuts, herbs, and spices in exciting combinations, the recipes here redefine what a salad can be. From **Shredded Collard Greens, Baked Sweet Potato, and Pinto Beans with Paprika-Buttermilk Dressing** to **Cumin-Spiced Cauliflower with Fried Lentils and Spinach Yogurt** and **Thai Carrot and Peanut Salad**, the sixty hearty salad recipes represent plant-based goodness at its very best, with recipes you'll want to make time and time again. A collection of dessert recipes leaves the book with a sweet finish.

Contributor Bio

Hetty McKinnon is a home cook with a passion for vegetables. In 2011, she established Arthur Street Kitchen, a community kitchen with a simple concept: local food for local people. From her inner-city terrace kitchen in Surry Hills, Sydney, Hetty dreamed up and cooked flavor-packed, hearty, seasonal salads, which she delivered to locals on her bike.

9781611804553

Pub Date: 6/27/17

On Sale Date: 6/27/2017

\$24.95/\$29.95 Can.

Trade Paperback

Territory: World except AU/NZ

11 in H | 8.5 in W | 0.8 lb Wt



An Ocean of Blessings

Heart Teachings of Drubwang Penor Rinpoche

Penor Rinpoche, Ani Jinpa Palmo

Key Selling Points:

Well-known author: Penor Rinpoche was the former head to the Nyingma school of Tibetan Buddhism, a spiritual status roughly equivalent to the Dalai Lama.

Wide-ranging and pithy Buddhist teachings: The succinct chapters provide a wide range of teachings from the Tantric and Dzogchen traditions.

Miraculous stories of famous Buddhist lamas: The book includes various miraculous accounts of famous Tibetan Buddhist masters including Karma Chakme Rinpoche, Patrul Rinpoche, and Chatral Rinpoche.

Summary

The first published collection of essential teachings by Penor Rinpoche, one of the most important Buddhist masters of the 20th century.

This work is the first available collection of essential teachings by the famous Dzogchen master His Holiness Penor Rinpoche, the third head of the Nyingma school of Tibetan Buddhism. Rinpoche was one of the first major lamas to come out of Tibet and teach internationally. Ani Jinpa, a Dutch nun who has interpreted for many well-known Tibetan lamas including Dilgo Khyentse Rinpoche, has compiled and translated fundamental instructions given by Rinpoche for practitioners on the Vajrayana path. Ani introduces the reader to the honest and clear teachings of Rinpoche, who emphasizes again and again the indispensable foundations of loving-kindness, mindfulness, and simplicity needed to become a true yogi. Though signs of accomplishment may arise, Rinpoche tells us that one should not become attached to experiences such as clairvoyance. True signs of spiritual attainment are when disturbing emotions subside and one becomes more peaceful.

Rinpoche's straightforward, pithy instructions are laid out in succinct chapters that cover a wide range of topics such as death and impermanence, letting go of pride and anger, generating compassion and loving-kindness, how to practice visualization, and recognizing obstacles and auspicious signs. This collection also includes miraculous accounts of influential Tibetan lamas including: Mipham Gyatso, Nyoshul Lungtok Rinpoche, Palyul Choktrul Rinpoche, Karma Chakme Rinpoche, Drubwang Palchen Dupa Rinpoche, Patrul Rinpoche, and Chatral Rinpoche. This easy-to-read manual serves to remind Buddhist practitioners of the heart of the Tantric and Dzogchen traditions.

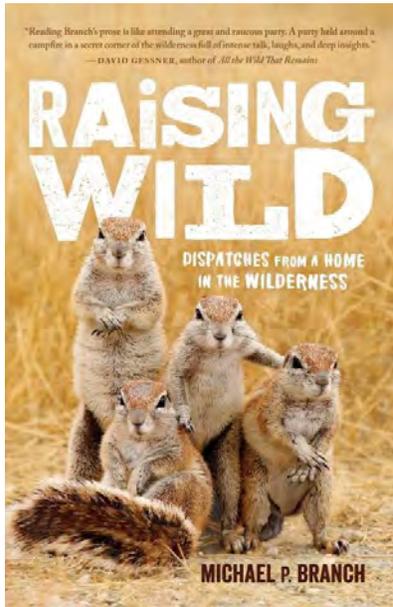
Contributor Bio

HIS HOLINESS PENOR RINPOCHE (1932-2009) was one of the most well-known Nyingma and Dzogchen masters of the twentieth century. Rinpoche was the third head of the Nyingma school of Tibetan Buddhism and the eleventh throne-holder of the Palyul lineage. Considered an incarnation of Vimalamitra, Rinpoche received his full spiritual training in Tibet before escaping to India in 1959. He subsequently established Namdroling Monastery in Southern India and also taught extensively throughout the world. Rinpoche had many Tibetan and international students, and in the 1980s he recognized the first Western female reincarnate lama, Jetsunma Ahkon Lhamo (Alyce Louise Zeoli).

ANI JINPA PALMO is a Dutch Buddhist nun who was ordained over three decades ago in the Tibetan Buddhist tradition.

9781559394697
Pub Date: 11/7/17
On Sale Date: 11/7/2017
\$24.95/\$33.95 Can.
Trade Paperback

Territory: World
9 in H | 6 in W | 0.8 lb Wt



Raising Wild

Dispatches from a Home in the Wilderness

Michael P. Branch

Key Selling Points:

Funny, thoughtful, and wise—a strong voice in a strong category: By turns, Branch conjures the comedic audacity of Edward Abbey's original Hayduke, the lyrical reflection of Wallace Stegner's Western revelries, and the well-considered philosophical musing of Thoreau's enviro-political reflections. Yet through it all, Branch's voice is wholly his own, and *Raising Wild* is an incomparable collection that could be told by no one else.

At home in the wild: This is not a story about a man who goes out into the wilderness alone to find himself. Raising a family—with two daughters no less—in a wild place is something altogether more challenging, mind-expanding, and humbling.

New material: The paperback edition of this book will include a Reader's Group Guide.

Summary

Combining natural history, humor, and personal narrative, *Raising Wild* is an intimate exploration of Nevada's Great Basin Desert, the wild and extreme land of high desert caliche and juniper, of pronghorn antelope and mountain lions, where wildfires and snowstorms threaten in equal measure.

Within this remote, high desert landscape sits the home of Michael Branch, where he, his wife, and their two curious little girls brazenly live among the packrats and ground squirrels, rattlesnakes and scorpions.

In Branch's hands, this exceedingly barren and stark landscape becomes a place teeming with energy, surprise, and an endless web of connections that ultimately includes his family and home. It is in this desert setting where, in building a ladder to the stars, one can find a connection to the past and to the heavens; where his children's first garden becomes not the quaint blossoming of seed to flower and fruit but a smoke bomb-drenched exhibit of futility in the face of the inhospitable desert environment; where the surprise of fire acts as a reminder all too real of the unknowable that awaits us and for which we can never fully prepare.

In this exhilarating, lyrical, and humorous exploration of natural history, Branch reveals a desert wilderness in which our ideas about nature and ourselves are challenged and transformed.

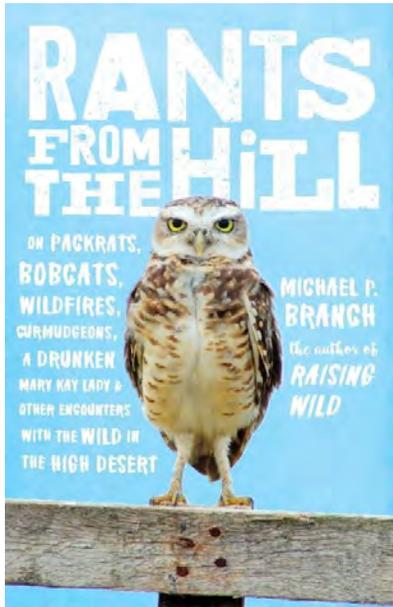
Publication History: HC: 9781611803457

Contributor Bio

MIKE BRANCH is the author of more than 200 essays, articles, and reviews, and has given more than 250 public readings and lectures. His creative nonfiction includes pieces that have received Honorable Mention for the Pushcart Prize and been recognized as Notable Essays in *The Best American Essays* (three times), *The Best American Science and Nature Writing*, and *The Best American Nonrequired Reading*. His essays have appeared in magazines including *Orion*, *Ecotone*, *Slate*, *Utne Reader*, *Sunset*, *Reader's Digest*, *Hawk and Handsaw*, *High Country News*, *Places*, and *Whole Terrain*, and in many essay collections, including *Wonder and Other Survival Skills*, *The Best Creative Nonfiction*, and *Companions in Wonder: Children and Adults Exploring Nature Together*.

9781611804591
Pub Date: 6/6/17
On Sale Date: 6/6/2017
\$16.95/\$22.95 Can.
Trade Paperback

Territory: World
8.5 in H | 5.5 in W | 0.8 lb Wt



Rants from the Hill

On Packrats, Bobcats, Wildfires, Curmudgeons, a Drunken Mary Kay Lady, and Other Encounters with the Wild in the High Desert

Michael P. Branch

Key Selling Points:

Funny, short, pithy stories from a wild life. Get an inside look at the what life is like in the high desert—from encounters with packrats, lessons on how to cuss in the West, and a run-in with a drunken Mary Kay lady.

Well-loved essays now in book form. These essays have appeared monthly in the online edition of *High Country News*, where they have had a loyal readership. The *Rants* have received a total of at least 80,000 page views, have been taught in college courses in at least 19 states (suggesting adoption potential), and have been reprinted in wide-circulation venues including *Utne Reader*, *Reader's Digest*, *Sunset*, and *Huffington Post*.

Simultaneous publication with the paperback edition of *Raising Wild*.

Summary

"If Thoreau drank more whiskey and lived in the desert, he'd write like this."—*High Country News*

Welcome to the land of wildfire, hypothermia, desiccation, and rattlers. The stark and inhospitable high-elevation landscape of Nevada's Great Basin Desert may not be an obvious (or easy) place to settle down, but for self-professed desert rat Michael Branch, it's home. Of course, living in such an unforgiving landscape gives one many things to rant about. Fortunately for us, Branch—humorist, environmentalist, and author of *Raising Wild*—is a prodigious ranter. From bees hiving in the walls of his house to owls trying to eat his daughters' cat—not to mention his eccentric neighbors—adventure, humor, and irreverence abound on Branch's small slice of the world, which he lovingly calls Ranting Hill.

Contributor Bio

MICHAEL P. BRANCH is a professor of literature and environment at the University of Nevada, Reno, where he teaches creative nonfiction, American literature, environmental studies, and film studies. He has published five books and more than two hundred essays, articles, and reviews. Mike lives with his wife, Eryn, and daughters, Hannah Virginia and Caroline Emerson, in a passive solar home of their own design at 6,000 feet in the remote high desert of northwestern Nevada, in the ecotone where the Great Basin Desert and Sierra Nevada Mountains meet. There he writes, plays blues harmonica, drinks sour mash, curses at baseball on the radio, cuts stove wood, and walks at least 1,200 miles each year in the surrounding hills, canyons, ridges, arroyos, and playas.

Author Residence: Reno, Nevada

Author Hometown: Virginia

9781611804577

Pub Date: 6/6/17

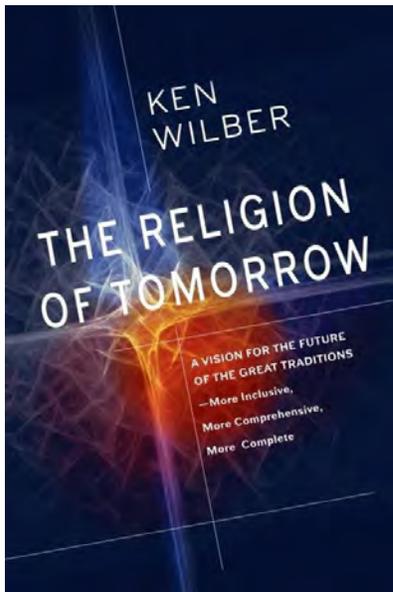
On Sale Date: 6/6/2017

\$14.95/\$19.95 Can.

Trade Paperback

Territory: World

8.5 in H | 5.5 in W | 0.8 lb Wt



The Religion of Tomorrow

A Vision for the Future of the Great Traditions—More Inclusive, More Comprehensive, More Complete

Ken Wilber

Key Selling Points:

Long-awaited book from a revolutionary philosopher: Wilber took a break from writing for almost a decade while he focused on real-world projects applying Integral theory, including offering courses and other material online, and helping expand the community of Integral teachers and students. He has now returned to writing, with his upcoming book *Integral Meditation* (Spring 2016) and this provocative major work. The challenging and provocative new work *The Religion of Tomorrow* will be eagerly received by Wilber fans.

A vision of the future of spiritual traditions: The great religious traditions of the world developed 2,000 years ago or more, and the fundamental elements of the traditions have not changed substantially since that time. Wilber identifies key areas where the traditions could adapt to maintain relevancy in the modern world, in order to embrace the more inclusive and integral values of today's society.

Integral Buddhism: Wilber shows how Integral theory can be applied to spirituality, using Buddhism as an example. Buddhists and students of Buddhist studies will be particularly curious to read of Integral applications as they apply to Buddhism.

Summary

A provocative examination of how the great religious traditions can remain relevant in modern times by incorporating scientific truths learned about human nature over the last century.

A single purpose lies at the heart of all the great religious traditions: awakening to the astonishing reality of the true nature of ourselves and the universe. At the same time, through centuries of cultural accretion and focus on myth and ritual as ends in themselves, this core insight has become obscured. Here Ken Wilber provides a path for reenvisioning a religion of the future that acknowledges the evolution of humanity in every realm while remaining faithful to that original spiritual vision. For the traditions to attract modern men and women, Wilber asserts, they must incorporate the extraordinary number of scientific truths learned about human nature in just the past hundred years—for example, about the mind and brain, emotions, and the growth of consciousness—that the ancients were simply unaware of and thus were unable to include in their meditative systems. Taking Buddhism as an example, Wilber demonstrates how his comprehensive Integral Approach—which is already being applied to several world religions by some of their adherents—can avert a “cultural disaster of unparalleled proportions”: the utter neglect of the glorious upper reaches of human potential by the materialistic postmodern worldview. Moreover, he shows how we can apply this approach to our own spiritual practice. This, his most sweeping work since *Sex, Ecology, Spirituality*, is a thrilling call for wholeness, inclusiveness, and unity in the religions of tomorrow.

Contributor Bio

KEN WILBER is the founder of Integral Institute and the cofounder of Integral Life. He is an internationally acknowledged leader and the preeminent scholar of the Integral stage of human development. He is the author of more than twenty books, including *A Brief History of Everything*, *A Theory of Everything*....

9781611803006
Pub Date: 5/2/17
On Sale Date: 5/2/2017
\$39.95/\$53.95 Can.
Hardcover

Territory: World
9 in H | 6 in W | 1.3 lb Wt



Restore and Rebalance

Yoga for Deep Relaxation

Judith Hanson Lasater

Key Selling Points:

Essential reading for yoga teachers and serious yoga students: Restorative yoga is not just an adjunct to regular practice; it's a practice in and of itself for people of all ages, all levels of yoga experience, and in all states of health. Lasater has taught this practice to Olympic athletes, to pregnant women, to great-grandmothers who do it on their couch, to people recovering from surgery, to stressed teenagers, to healthy active people in mid-life, and to children.

Positive health effects of restorative yoga: These techniques are simple and powerful to reduce pain, headaches, general body aches, and anxiety. Lasater has consulted on several NIH studies, two of which were focused on the positive health effects of restorative yoga.

Literally everyone can benefit from this book! Who doesn't go through periods of stress or low energy? The practices in this book are simple, accessible, and bring relief, ease, and feelings of well being when you're stressed or at a low ebb.

Author is one of the most influential yoga teachers in the US: Lasater was selected by *Natural Health* magazine, on the magazine's 40th anniversary, as one of the five people in the US who has had the most influence on natural health in America during those 40 years. In 2015, *Yoga Journal* selected her as "Editor's Choice" for the most influential yoga teacher in the US in the last 40 years.

Summary

Restorative yoga teacher Judith Lasater offers a program of yoga poses to help rebalance your mind and body and counteract the effects of chronic stress.

Restorative yoga, says Judith Lasater, is active relaxation. It makes use of props to create positions of ease and comfort that facilitate relaxation and health. In this companion volume to her seminal book *Relax and Renew*, Judith Lasater, a well-known and respected yoga teacher, offers a fresh set of restorative practices—with accompanying photos—to help balance and reset the body when you feel weak, fatigued, or stressed from your daily activities. They are especially beneficial for the times before, during, and after major life events, or when you are recovering from illness or injury. Lasater points out that restorative yoga is a wonderfully adaptive practice that can be tailored to people of all ages, all levels of yoga experience, and in all states of health. Yoga practitioners and teachers will appreciate this new collection of practices and sequences that build on concepts from the first volume.

Contributor Bio

JUDITH HANSON LASATER holds a BS degree in Physical Therapy from the University of California, San Francisco, as well as a PhD in East-West Psychology from the California Institute of Integral Studies. She also holds a BA and an MA in unrelated areas. She has taught yoga since 1971. In 1974, she helped found a nationally known yoga teacher training program in San Francisco, CA, which has since trained thousands of teachers. She was a one of five founders of *Yoga Journal*, has served on its editorial advisory board, and has written and modeled for numerous articles and columns for the magazine.

9781611804997

Pub Date: 11/21/17

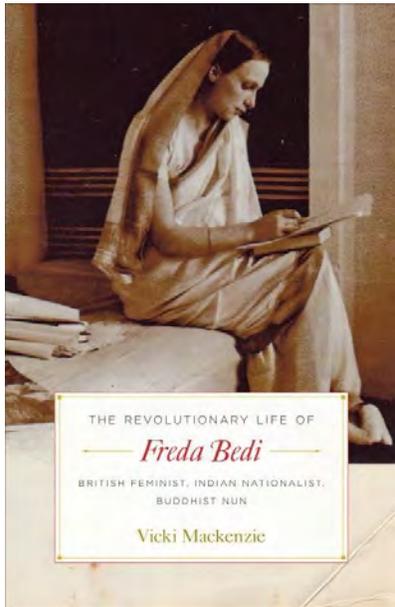
On Sale Date: 11/21/2017

\$24.95/\$33.95 Can.

Trade Paperback

Territory: World

9.5 in H | 8 in W | 0.8 lb Wt



The Revolutionary Life of Freda Bedi

British Feminist, Indian Nationalist, Buddhist Nun

Vicki Mackenzie

Key Selling Points:

A portrait of a powerful woman who was full of contradictions, complexities, and compassion: Bedi was a truly unique woman who was motivated by her passion for social justice and her spiritual quest. MacKenzie gives a nuanced view of Bedi's life and details her dramas, heartaches, and successes, and reveals the forces that shaped and motivated her. She also looks at the perennial conflict that many women face between the pull of motherhood, and other bigger destinies, and the social censure this provoked for Bedi.

Riveting reading with a fascinating cast of characters: Bedi's life was full of inspirational, historical, and spiritual figures, including Gandhi, Nehru, Indira Gandhi, the Dalai Lama, Chögyam Trungpa Rinpoche, and many others.

Summary

A fascinating biography of Freda Bedi, an English woman who broke all the rules of gender, race, and religious background to become both a revolutionary in the fight for Indian independence and then a Buddhist icon.

She was the first Western woman to become a Tibetan Buddhist nun—but that pioneering ordination was really just one in a life full of revolutionary acts. Freda Bedi (1911–1977) broke the rules of gender, race, and religion—in many cases before it was thought that the rules were ready to be challenged. She was at various times a force in the struggle for Indian independence, spiritual seeker, scholar, professor, journalist, author, social worker, wife, and mother of four children. She counted among her friends, colleagues, and teachers Mohandas Gandhi, Jawaharlal Nehru, Indira Gandhi, the Dalai Lama, Chögyam Trungpa Rinpoche, and many others. She was a woman of spiritual focus and compassion who was also not without contradictions. Vicki Mackenzie gives a nuanced view of Bedi and of the forces that shaped and motivated this complex and compelling figure.

Contributor Bio

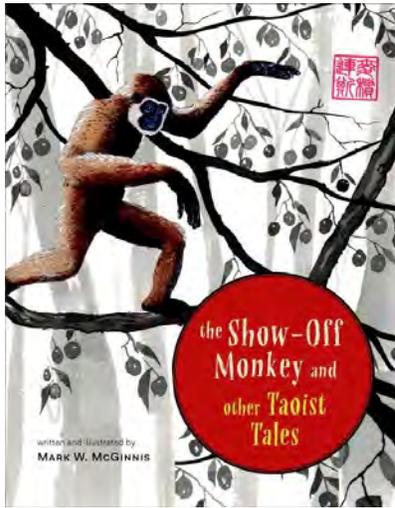
Vicki Mackenzie is a British journalist who has written for the national and international press for over forty years. Her articles have appeared in *The Sunday Times*, *The Observer*, *The Daily-* and *Sunday Telegraph*, the *Daily Mail*, and many magazines. She has been studying and practicing Buddhism since 1976, and is the author of *Cave in the Snow*.

Author Residence: London, UK

Author Hometown: Hertfordshire, England

9781611804256
Pub Date: 3/28/17
On Sale Date: 3/28/2017
\$16.95/\$22.95 Can.
Trade Paperback

Territory: World
8.4 in H | 5.5 in W | 0.5 in T | 0.5
lb Wt



The Show-Off Monkey and Other Taoist Tales

Mark W. McGinnis

Key Selling Points:

Wisdom tales that both children and their parents can share: These engaging teaching tales will be appealing to a wide range of readers and will be a stimulus for discussion, contemplation, and enjoyment.

Completely unique in the market: *The Show-off Monkey* is one of the very few children's books on the market that presents the Taoist tradition. The author adds nice touches like giving the students comical names (in the spirit of Chuang Tzu), and also makes the takeaway more explicit by including a moral after each story.

Stunning artwork makes this book a great keepsake or gift: Mark McGinnis combined traditional Asian black ink techniques for the background environments of each illustration with a more naturalistic style using vibrant acrylic color for the animals. In a lovely attention to detail, each illustration bears a red signature seal, or chop, of "McGinnis" in the archaic Chinese.

Summary

A picture book of Taoist wisdom tales inspired by the ancient philosopher Chang Tzu, for children ages 5-10, beautifully illustrated with original artwork.

"If we are true to who we are, we will naturally find what is right."

"Beauty is in the eyes and mind of the beholder."

"What is good in life is not always obvious."

These morals are inspired by the teachings Taoist philosopher Chuang Tzu (fourth century b.c.e.), who through charming and sometimes cryptic fables explained to his students the qualities of humility, modesty, simplicity, acceptance, and contentment. In "The Sea Turtle and the Frog," two creatures share their unique perspective on the world. "The Happy Fish" offers a reflection on what makes for a good leader. And "The White Peacock" demonstrates the virtues of a simple life rather than one adorned with material riches.

Beautifully illustrated in the traditional Asian style by artist Mark McGinnis, this book collects thirty-three of these traditional Taoist wisdom tales that will teach readers young and old about the Taoist view of living in harmony with the natural world.

Contributor Bio

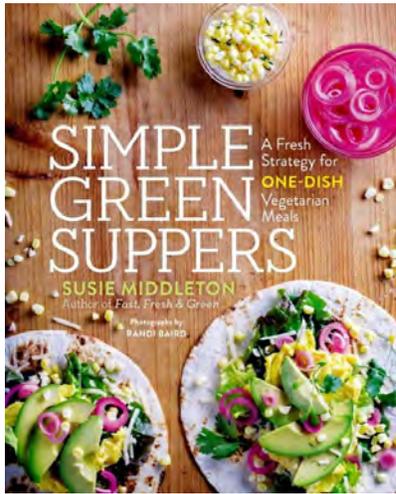
Mark W. McGinnis is an artist and writer. He was a professor of art for thirty years at Northern State University in Aberdeen, South Dakota. He now resides in Boise, Idaho, and his primary media are acrylic and black ink. His interdisciplinary approach to art in the past has included paintings, artist's books, sculpture, printmaking, installation, video, performance, essays, and interviews. The research orientation of his work has led to projects of exploration and inquiry into a range of subjects including the extinction of species, the Snake River Basin, the literature of India and Japan, world religions, religious elders, economic evolution, foreign policy, nuclear weaponry, Native American history, and explorers of the "New World." His projects have been shown in more than 120 solo exhibitions.

Author Residence: Boise, ID

9781611803471
Pub Date: 8/29/17
On Sale Date: 8/29/2017
\$19.95/\$25.95 Can.
Hardcover

Territory: World

9 in H | 7 in W | 1.3 lb Wt



Simple Green Suppers

A Fresh Strategy for One-Dish Vegetarian Meals

Susie Middleton, Randi Baird

Key Selling Points:

125 vegetarian, complete one-dish supper recipes—with vegan and gluten-free dishes. Recipes are designed to be a complete light meal. A majority (75 percent) of the recipes are vegan and/or gluten-free.

Learn to cook even better—great cooking techniques tucked into all the recipes. Every chapter includes a strategy—for building a repertoire of dishes, for streamlining, for making things ahead; a pantry of ingredients specifically useful in that chapter; at least one or two step-by-step technique mini-features; and occasional what's-to-love boxes that highlight favorite equipment, tips, and vegetables.

Growing interest in healthy, plant-based recipes. More and more people are embracing a vegetarian, vegan, or flexitarian diet. Eating and cooking “green” now appear to be much more than a trend—they’re inextricably linked to a desire for a more sustainable, fulfilling lifestyle.

Author is a well-known cookbook author and recipe developer with an expertise in vegetables and a reputation for delivering great recipes. *Fresh from the Farm* was chosen as one of NPR’s 2014 Best Reads in both the cookbook and biography/memoir categories, and it was chosen as a top cookbook of 2014 by *The Boston Globe* as well. Susie’s first two books were both NPR Top Ten Cookbook Picks of the summer.

Summary

The ultimate game plan for complete one-dish vegetarian suppers—for anyone aspiring to eat a more plant-based diet.

Discover the pro-veggie, pro-flavor way to prepare fresh, healthy, high-quality plant-based dinners. In *Simple Green Suppers*, Susie Middleton demonstrates how to prepare seasonal vegetables in satisfying, filling suppers by pairing them with staple ingredients: noodles, grains, beans, greens, toast, tortillas, eggs, and broth. How you cook your veggies and how you combine them with other satisfying whole foods is the secret to delicious results. With 125 recipes for flavorful and veggie-forward dishes, tips on keeping a flexible and well-stocked pantry, and make-ahead and streamlining strategies, *Simple Green Suppers* is an essential resource that will make cooking delicious, easy vegetarian meals possible every night.

Contributor Bio

Food writer SUSIE MIDDLETON is the author of three cookbooks: *Fresh from the Farm: A Year of Recipes and Stories* (Taunton Press, 2014), *The Fresh & Green Table* (Chronicle Books, 2012), and *Fast, Fresh & Green* (Chronicle Books 2010). The former chief editor and current editor-at-large for *Fine Cooking* magazine, Susie lives year-round on Martha’s Vineyard. Known for her vegetable expertise, Susie maintains a popular blog about cooking vegetables at sixburnersue.com, and she writes and photographs a regular farm-to-table column and frequent features for *Martha’s Vineyard* magazine. She is a consultant to Edible Communities and a featured blogger on www.ediblefeast.com. She writes and develops recipes for *Vegetarian Times* magazine and *Fine Cooking* and contributes to *The Huffington Post*.

Author Residence: Martha’s Vineyard, MA

9781611803365

Pub Date: 4/11/17

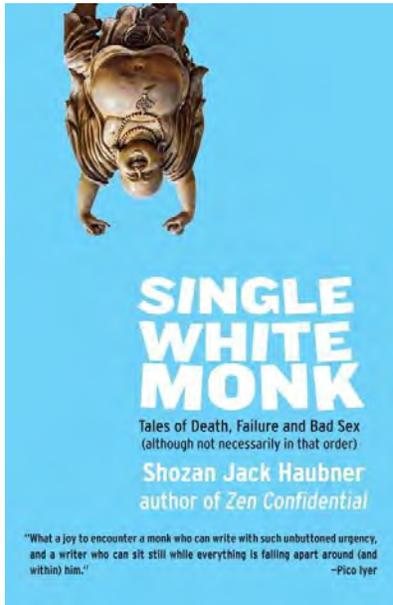
On Sale Date: 4/11/2017

\$24.95/\$29.95 Can.

Trade Paperback

Territory: World

10 in H | 8 in W | 0.8 lb Wt



Single White Monk

Tales of Death, Failure, and Bad Sex (Although Not Necessarily in that Order)

Shozan Jack Haubner

Key Selling Points:

Not to be read on public transportation: You'll start laughing uncontrollably and embarrass yourself.

Track record: Shozan Jack Haubner's first book, *Zen Confidential: Confessions of a Wayward Monk* (Shambhala, 2013) has sold more than 10,000 copies.

Anonymous-ish: Though the author continues to write under a pen name, he has been appearing publicly—teaching at a Los Angeles Zen Center and leading a workshop on memoir writing at the Omega Institute, and he blogs for *Huffpost Religion*.

Summary

In this sequel to the laugh-out-loud funny *Zen Confidential*, the author finds even more humor and wisdom in his experiences as a Buddhist monk in confrontation with an often puzzling world.

Fans of the hilarious essays that made up the author's first book, *Zen Confidential*, will find even more hilarity here—along with Zen insight applied to the things that happen in this thing called daily life. Whereas Shozan Jack Haubner's first book presented the Zen teaching in terms of outhouse-building, oyroki-bowl-stacking, and anatomy adjustment as one takes one seat on the zafu, this one goes deeper into experiences of love, death, and sex. And though the writing is still funny, it bears the mark of a guy who's been through the mill and who's come back to save all beings. The wide-ranging experiences of this funny and insightful monk—both inside and outside the monastery—include his memories of the dysfunctional Midwestern family life that led him ultimately to Zen practice (with a father resembling Mel Gibson on a bad day) and his confrontation with the everyday insanity that seems to arise whenever anyone declares, "I think I should be a monk!" Among the less-funny stuff is his harrowing brush with death from pancreatitis and his moving experience of the death of a dear friend. There's also a graphic account of the night he got stoned and went "over the wall" from the monastery to have some real fun. That he pulls it all off and it's still hilarious, moving, and profoundly expressive of Zen wisdom is a tribute to Haubner's gifts as a writer and humorist, but also to the sincerity of his practice. The insight makes the humor even funnier somehow, and the humor makes the insight hit home with much power.

Contributor Bio

SHOZAN JACK HAUBNER is the pen name of a former screenwriter and stand-up comic who ended up head monk at a California Zen monastery, from which perspective he started writing the hilarious and insightful essays that have been appearing in such places as *Buddhadharma*, *Tricycle*, and *The Sun*, and which became the seed for his first book. He has received the Pushcart Prize, and his work has been included in *The Best Buddhist Writing* series. He teaches at a Rinzai Zen Center in the Los Angeles area, where he now lives.

Author Residence: Los Angeles, CA

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Trade Paperback

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\$22.95/\$29.95 Can.
Trade Paperback

Territory: World

8.5 in H | 5.5 in W | 0.8 lb Wt

The Supreme Siddhi of Mahamudra

Teachings, Poems, and Songs of the Drukpa Kagyu Lineage

Sean Price, Adam Kane, Gerardo Abboud, Tsoknyi Rin...

Key Selling Points:

Translations by famous Tibetan yogis including: Milarepa, Gampopa, Pema Karpo, and Drukpa Kunleg

Esoteric Tibetan teachings: Important teachings of the Tibetan Mahamudra tradition

Summary

The first major collection of core texts from masters of the Drukpa Kagyu lineage of Tibetan Buddhism.

This collection of teachings is the most essential set of translations available on the special yogic tradition of Tibetan Buddhism known as the Drukpa Kagyu lineage. The tantric Buddhist system of the Drukpa emphasizes the Kagyu teachings and practices of the Six Yogas of Naropa and Mahamudra. This lineage is famous for producing some of the greatest Tibetan yogis that have ever lived. The line of Drukpa masters, stemming from the Indian siddha Tilopa, has been continuously transmitted through to some of the most renowned Tibetan yogis of the twentieth century including Tokden Sakya Shri, the eighth Khamtrul Dongyu Nyima, and Adeu Rinpoche. These yogis, after spending many years in mountain retreats, are said to have displayed miraculous signs of spiritual accomplishment that have inspired generations of Buddhist practitioners.

This work is the representative source for the core instructions and songs of realization coming from the major Drukpa Kagyu masters, including its founder Tsangpa Gyare (1162-1211). This collection is presented chronologically and includes advice and poems by many famous Tibetan teachers including Gampopa, Drukpa Kunleg, Pema Karpo, and the Third Khamtrul Kunga Tenzin. These instructions outline for the reader the view and practices associated with the Mahamudra tradition. This tradition offers techniques for resting in the naturally pure and luminous state of our minds through stabilizing the meditative experiences of bliss, clarity, and nonthought, giving the practitioner the tools needed to become liberated from suffering.

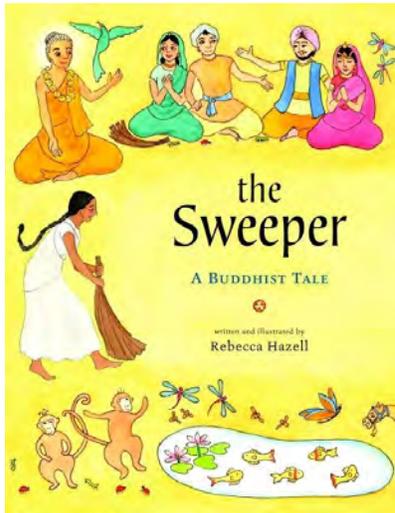
Contributor Bio

GERARDO ABBOUD was born in Buenos Aires, Argentina, and starting in the early 1970s, lived in India and Nepal for fourteen years. Since 1986, Abboud has been president of the Dongyuling Center, Argentina, which offers free teachings on Buddhist theory and practice. He is the English interpreter for several Kagyu lamas and since 1992 has served as the Dalai Lama's interpreter in Latin America.

SEAN PRICE became a monk in the Tibetan Buddhist tradition in 1994 and has since studied at various monastic institutes in India and Nepal including Shechen Monastery. He has translated numerous Mahamudra and Dzogchen texts and has been a grantee of the Tsadra Foundation since 2008.

ADAM KANE has studied and translated at Rangjung Yeshe Institute in Nepal. His MA thesis was on Pema Karpo's explanation of the Four Yogas of Mahamudra.

Author Residence: Argentina, Nepal



The Sweeper

A Buddhist Tale

Rebecca Hazell

Key Selling Points:

A delightful way to introduce Buddhism and mindfulness to children: This positive, uplifting story shows that the Buddha both taught adults and children, and demonstrates that meditation and mindfulness can be practiced in many different ways.

Beautiful gift book/keepsake: Rebecca Hazell is a painter and professional illustrator who has worked on numerous books with historical content. This classic story told so well, combined with the gorgeous full-color illustrations make this a book that families will treasure for many years.

Summary

A beautifully illustrated picture book that tells the classic Buddhist tale of a young servant girl's profound and life-changing encounter with the Buddha—for children ages 5-10.

In this retelling of a famous Buddhist story, Padme, a young servant girl, meets the Buddha as she is sweeping her master's house. When she laments that she is so busy that she would never have time to meditate, the Buddha gives her the instruction to "sweep and clean." This simple mindfulness practice transforms Padme's life, and when she encounters the Buddha many years later, he teaches her how to send compassion out to others. This book is a wonderful way to introduce children to the power of mindfulness meditation practice.

Contributor Bio

Rebecca Hazell is an award-winning artist, author, and educator. She has published four nonfiction children's books and created best-selling educational filmstrips and educational craft kits for children. She is a senior teacher in the Shambhala Buddhist lineage, and she holds an honors BA from the University of California at Santa Cruz in Russian and Chinese history. Her books include *The Barefoot Book of Heroic Children*, *Women Writers*, and several self-published fantasy novels. Her website is rebeccahazell.com.

Author Residence: Vancouver, BC

Author Hometown: Austin, Texas

9781611804386

Pub Date: 8/29/17

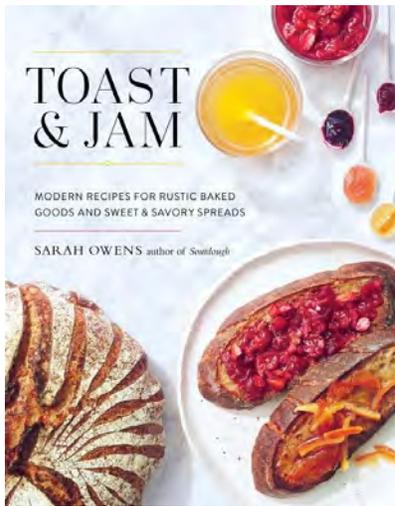
On Sale Date: 8/29/2017

\$16.95/\$22.95 Can.

Hardcover

Territory: World

10.8 in H | 8.3 in W | 1.3 lb Wt



Toast and Jam

Modern Recipes for Rustic Baked Goods and Sweet and Savory Spreads
Sarah Owens

Key Selling Points:

23 recipes for sourdough breads and crackers plus 76 recipes for jams, cheeses, pickles, and more: Nearly 100 recipes with many possible combinations. A selection of rustic breads, scones, biscuits, quick breads, and crackers make up the bases for the book, followed by sweet and savory spreads: jams, syrups, nut butters, pickles, cheese spreads, and more.

Sourdough meets Preserving by the Pint: With both basic baking how-to and basic canning/preserving how-to, this book offers everything you need to create a pantry full of delicious breads and spreads.

James Beard award-winning author: The book plays to the author's strengths and passions as a baker and botanist. Known for her wild-fermented breads and wild-crafted recipes, this book will appeal to those looking for plant-based, seasonal foods and for anyone caught up in the foraged foods craze.

Gorgeous photos and presentation: The bright, light-filled photos by Ngoc Minh Ngo and the sophisticated design combine to create a beautiful package.

Summary

Rustic breads, scones, and biscuits paired with fruit-jams, jellies, nut butters, savory spreads, pickles, and more—from the James Beard award-winning author of *Sourdough*.

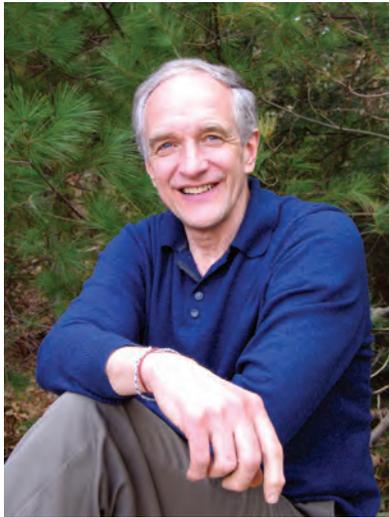
Bread and butter, toast and jam, scones and clotted cream—baked goods have a long tradition of being paired with spreads to make their flavors and textures sing. As a baker with a passion for plants, Sarah Owens, author of the James Beard award-winning *Sourdough*, takes these simple pairings in fresh new directions. Spread some **Strawberry & Meyer Lemon Preserves** on a piece of **Buckwheat Milk Bread** for a special springtime treat. Top a slice of **Pain de Mie** with **Watermelon Jelly** for a bright taste of summer. Lather some **Gingered Sweet Potato Butter** on a piece of **Spiced Carrot Levain** for a warming fall breakfast. Make a batch of **Dipping Chips** to serve with **Preserved Lemon and Fava Bean Hummus** for an inspired snack. Wow brunch guests with a spread of **Sourdough Whole-Grain Bagels**, **Lemony Herb Chèvre**, and **Beet-Cured Gravlax**. The recipes here offer a thoroughly fresh sensibility for the comfort found in a simple slice of toast spread with jam.

Contributor Bio

SARAH OWENS is an autodidactic baker and gardener with a thirst for travel and an insatiable hunger for creativity in the kitchen. She grew up in Clinton, Tennessee, and received a bachelor of arts with an emphasis in ceramics from Bellarmine University in Louisville, Kentucky. After receiving a certificate from the New York Botanical Garden's School of Professional Horticulture, she spent six years as curator of the historic Cranford Rose Garden and the Rose Arc Pool at Brooklyn Botanic Garden. She is the owner of BK17 Bakery (BK17bakery.com), a subscription artisan microbakery that began in Brooklyn, New York. She is the author of *Sourdough: Recipes for Rustic Fermented Breads, Sweets, Savories, and More*, which won a James Beard Award, and she teaches workshops on natural leavening, fermenting, and horticulture worldwide. Sarah lives and teaches seaside on New York's Rockaway Peninsula.

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\$30.00/\$40.00 Can.
Hardcover

Territory: World
9 in H | 7 in W | 1.3 lb Wt



Touching the Infinite

A New Perspective on the Buddha's Four Foundations of Mindfulness

Rodney Smith

Key Selling Points:

Something for all Buddhists: The Four Foundations of Mindfulness are taught throughout all the schools and traditions of Buddhism—this book will have a strong appeal across all the Buddhist traditions.

And for everyone else, too: Rodney's view of the Four Foundations will be intriguing to those of all traditions with an understanding of the nondual nature of reality.

Beyond the other books on the topic: In his detailed articulation of the way in which the Four Foundations lead to the profoundest kind of insight, Rodney's book goes deeper than the other books on the Four Foundations.

A revered and popular teacher: Rodney Smith's popularity transcends the Insight Meditation scene in which he teaches. He leads at least twenty retreats annually: in the Seattle area, as well as at IMS; Spirit Rock; Southern Dharma (North Carolina); Austin and Houston, Texas; and British Columbia.

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\$19.95/\$25.95 Can.

Trade Paperback

Territory: World

8.5 in H | 5.5 in W | 0.8 lb Wt

Summary

A prominent Insight Meditation teacher explores the profound implications of the traditional Buddhist teaching on the four areas to which mindfulness is applied as a means to liberation.

The Four Foundations of Mindfulness as set out in Satipatthana Sutta are among the most basic of Buddhist teachings, relied upon by Buddhist practitioners across the whole spectrum of schools and traditions. They relate to the four areas to which mindfulness should be applied and maintained as a foundation for awakening. The foundations are (1) Mindfulness of the body, (2) Mindfulness of feelings/sensations, (3) Mindfulness of mind/consciousness, and (4) Mindfulness of *dharmas*. Rodney Smith provides here a guide to the Four Foundations that provides a solid foundation in the teachings, but that then goes further to show how, when practiced, the foundations lead to the perception of the true nature of things, leading the practitioner to the perception of the formless and then back to daily life infused with that great freedom.

Contributor Bio

RODNEY SMITH is founder and guiding teacher of the Seattle Insight Meditation Society and is a senior teacher at the Insight Meditation Society in Barre, Mass.) He leads at least twenty retreats annually: in the Seattle area, as well as at the Insight Meditation Society; Spirit Rock; Southern Dharma (North Carolina); Austin and Houston, Texas; and British Columbia. Before his retirement he spent many years as a hospice administrator and is also the author of the book *Lessons from the Dying* (Wisdom, 1998; 13,000 copies), which comes from his experiences in that work.

Author Residence: Seattle, WA

9781611804683
Pub Date: 1/23/18
On Sale Date: 1/23/2018
\$16.95/\$22.95 Can.
Trade Paperback

Territory: World

6.8 in H | 4.3 in W | 0.8 lb Wt

The Truth of This Life

Zen Teachings on Loving the World as It Is

Katherine Thanas, Natalie Goldberg, Bill Anelli, N...

Key Selling Points:

A revered woman Zen teacher in Suzuki Roshi's lineage: Having come up in the early days of Zen in America, Katherine Thanas was much-loved and respected. This book is a distillation of her life's work.

Elegant, poetic, and accessible: An artist turned Zen abbot shares her deep understanding of Zen through imagery, elegant prose, and an intimacy that comes through sensory awareness and encountering the world as it is.

Preface by Bill Anelli, Introduction by Natalie Goldberg, contributions by Norman Fischer: Natalie Goldberg and Katherine Thanas were dear friends, and Natalie will open the book with strong introduction to Katherine and the collected talks. Bill, a student of Katherine's and a philosophy professor, will offer a short history of the Santa Cruz Zen Center and how this project came to be.

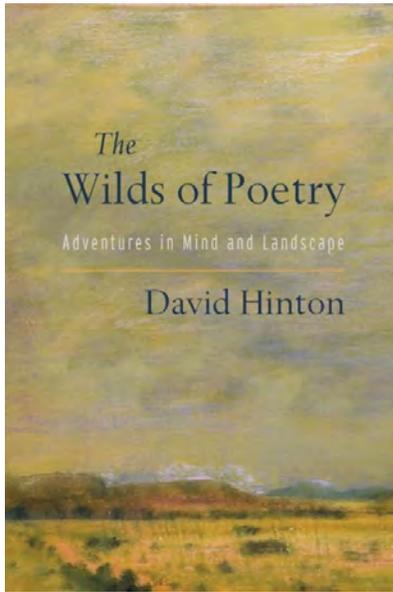
Summary

Accessible and elegant teachings from a well-loved and revered woman Zen teacher.

Katherine Thanas was an MFA student studying painting with Richard Diebenkorn, the preeminent Californian abstract painter, when she met Shunryu Suzuki in the sixties. Soon thereafter she decided to drop painting to dedicate herself to Zen, which she did for the last forty years of her life. Fearlessly direct and endlessly curious, Katherine had a deep understanding of Zen and an affinity for the arts. Her love of literature shines through in these talks, both in her elegant prose and her vast references, from poets William Stafford and Naomi Shihab Nye to Robert Aitken's translation of the *Mumonkan* and Dogen. This posthumous book, and Katherine's only book, is a collection of her essential teachings taken from her dharma talks. In these short pieces, ranging on subjects from the practice of *zazen* to the meaning of life, Katherine urges us to "develop an insatiable appetite for inner awareness, to become proficient with this mind." This slim volume is an important contribution by a serious Zen woman.

Contributor Bio

Katherine Thanas was a renowned dharma teacher who was the founding teacher for the Monterey Bay Zen Center and abbot of the Santa Cruz Zen Center. Katherine was introduced to Zen by Shunryu Suzuki Roshi in 1967, and she trained with him at Sokoji, San Francisco Zen Center, Tassajara, and Green Gulch Farm. She received lay ordination from Suzuki Roshi, was ordained as a priest by Zentatsu Baker Roshi in 1975, and received shiho (dharma transmission) from Tenshin Reb Anderson in 1988. She died in 2012 at the age of 85.



The Wilds of Poetry

Adventures in Mind and Landscape

David Hinton

Key Selling Points:

The West catches up: It took some centuries for the West to catch up with the perception of the great mystery of the cosmos that was expressed in Asia much earlier—but its Western expression, in the words of the poets, was fresh, provocative, and beautiful.

A poet-translator with a stellar reputation: David Hinton has won more honors than can fit on a TI sheet. But to name a few, he has been the recipient of the 2007 PEN Award for Translation, a Guggenheim fellowship, an NEA fellowship, and the Thornton Wilder Prize for Lifetime Achievement from the American Academy of Letters.

Which 14 poets does he mean? These: Walt Whitman, Ezra Pound, William Carlos Williams, Robinson Jeffers, Kenneth Rexroth, Charles Olson, John Cage, Gary Snyder, Michael McClure, A.R. Ammons, W.S. Merwin, Larry Eigner, Ronald Johnson, and Gustaf Sobin.

Summary

An exploration of the emerging Western consciousness of the mystery of existence, as seen through the work of the great American poets from Walt Whitman to Gary Snyder—a thrilling journey with today's premier translator of the Chinese classics.

David Hinton sees in the West beginning in the nineteenth century the dawning of a larger consciousness such as seemed to happen in Asia much longer ago: an opening up of mind and heart to something infinitely more mysterious and inexpressible than previous concepts allowed. It's an understanding that went against the grain of Western religion and philosophy up till that point, and for which Western models just didn't apply. Because this perception didn't fit the usual Western models, those who came up against it grappled with ways to express it. David holds that the first expressions of this dawning consciousness emerged among the great American poets, whose expression of the mystery often has an experimental freshness to it, as it comes from the period before things get conceptualized and codified. He takes us on a journey through the work of fifteen American poets in whose work he sees the Great Matter expressed, providing with each chapter a sampling of their work.

Contributor Bio

DAVID HINTON is one of the most lauded modern translators of Chinese poetry and of the Chinese philosophical classics. He has published more than sixteen books, among them translations of the *Tao Te Ching* (Counterpoint, 2000), the *Chuang Tzu* (Counterpoint, 1997), *The Selected Poems of Li Po* (New Directions, 1996), and his monumental *Classical Chinese Poetry: An Anthology* (Farrar, Straus & Giroux, 2010).

Author Residence: Calais, Vermont

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\$12.95/\$14.95 Can.
Trade Paperback

Series: Shambhala Pocket Library
Territory: World

6.8 in H | 4.3 in W | 0.8 lb Wt

The Wisdom of Tibetan Buddhism

Reginald A. Ray

Key Selling Points:

Quotes from beloved masters: This book includes quotations from masters of every major school of Tibetan Buddhism including such legendary figures as Padmasambhava, Milarepa, the Dalai Lama, Khyentse Rinpoche, and Chögyam Trungpa.

Portable inspiration: *The Wisdom of Tibetan Buddhism* features short writings on: cultivating compassion, letting go of ego, learning to become more alert and present in our lives, and developing a clear perception of our own true nature.

A fresh take on a classic series: Now resized and redesigned, this is a new edition of a popular book in the Shambhala Pocket Classics series. The Shambhala Pocket Classics edition of *The Art of War* has sold over 575,000 copies, and the *Tao Teh Ching* edition published in this series has sold over 225,000 copies.

Summary

Short inspirational selections from the great masters of Tibetan Buddhism, past and present—now part of the Shambhala Pocket Library series.

Here is a portable collection of inspiring readings from the revered masters of Tibetan Buddhism. *The Wisdom of Tibetan Buddhism* includes quotations from major lineage figures from the past such as Padmasambhava, Atisha, Sakya Pandita, Marpa, Milarepa, and Tsongkhapa. Also featured are the writings of masters from contemporary times including the Dalai Lama, Dudjom Rinpoche, Khyentse Rinpoche, Sakya Tridzin, Chögyam Trungpa, and others. Topics include cultivating compassion, letting go of ego, learning to become more alert and present in our lives, and developing a clear perception of our own true nature.

This book is part of the Shambhala Pocket Library series. The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible, reader-friendly, and applicable to everyday life.

Series Overview: The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published for over 50 years into a compact format that is collectible, reader-friendly, and applicable to everyday life.

Publication History: Shambhala TR (9781570628511)

Contributor Bio

REGINALD A. RAY, PhD, is a faculty member at Naropa University and is President and Spiritual Director of the Dharma Ocean Foundation, which is dedicated to the practice, study, and preservation of the teachings of Chögyam Trungpa. He is also the author of many books, including *Indestructible Truth* and *In the Presence of Masters*.



Wise Craft Quilts

A Guide to Turning Beloved Fabrics into Meaningful Patchwork

Blair Stocker, Stephanie Congdon Barnes

Key Selling Points:

21 ways to sew your story—make personalized quilts with meaning. More than a collection of beautiful quilts, *Wise Craft Quilts* places emphasis on sewing quilts with a more personal story. These projects offer entry points for making a quilt with more intention.

Presents a range of quilt styles and techniques. Many quilt books on the market today are focused on one single technique or method. *Wise Craft Quilts* will introduce several techniques, while creatively reusing all kinds of textiles, appealing to a wider audience—those who want to learn quilting as well as those who are inspired to make a quilt because of a special collection they have.

Use the materials you have. Blair's trademark is creative reuse techniques for making unique, offbeat, and approachable DIY projects of all kinds. *Wise Craft Quilts* embraces this: consider what you already have on hand, upcycling whenever possible, and making beautiful and unique items for your home and your family.

Popular author and blogger. The author's brand, Wise Craft Handmade, has a strong and thriving online presence, and the author is active on Facebook, Twitter, and Instagram, and Pinterest.

Summary

Infuse your quilts with love—how to add your personal story and more meaning to your handmade quilts.

In *Wise Craft Quilts*, celebrated quilt designer and crafter Blair Stocker shares ways to use cherished fabrics to make quilts with more meaning. Each of the twenty-one quilts featured here gathers a special collection of fabric, outlines a new technique, and spins a story. By using special fabrics as the starting point for each project—from a wedding dress to baby's first clothes, worn denim, Tyvek race numbers, and more—the finished quilt is made even more special. Create quilts that have a story to tell and you'll find a whole new level of appreciation for what they represent in your life and the lives of the ones you love.

Contributor Bio

BLAIR STOCKER is the author, quiltmaker, upcycler, painter, teacher, DIY daredevil, and founder of Wise Craft Handmade. She began writing about her creative pursuits on her blog *Wise Craft* in 2005. Today, she teaches and lectures across the country on her philosophy of creative reuse in handmade goods. In her first book, *Wise Craft: Turning Thrift Store Finds, Fabric Scraps, and Natural Objects into Stuff You Love* (Running Press, March 2014), she brought together all the aspects of a handmade home, through seasonal color inspiration and a variety of handmade projects spanning furniture makeovers, crochet, knitting, quilting, and painting.

Author Residence: Seattle, WA

STEPHANIE CONGDON BARNES is a photographer and stylist who also works in the mediums of illustration, soft sculpture, and textiles.

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\$29.95/\$39.95 Can.
Hardcover

Territory: World

9.8 in H | 8.3 in W | 0.6 in T | 1.7
lb Wt

YOGA FAQ

Almost Everything
You Need to Know
about Yoga—from
Asanas to Yamas



RICHARD
ROSEN

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On Sale Date: 2/28/2017
\$17.95/\$23.95 Can.
Trade Paperback

Territory: World

9 in H | 6 in W | 0.7 in T | 0.8 lb
Wt

Yoga FAQ

Almost Everything You Need to Know about Yoga—from Asanas to Yamas
Richard Rosen, Rodney Yee

Key Selling Points:

Answers all the questions about yoga that you are too shy to ask your teacher! Rosen has asked—and been asked—every yoga-related question that there is, and his wonderfully readable answers will give you a thorough explanation of the tradition's key concepts.

Essential reading for the yoga practitioner in your life: This comprehensive guide is the perfect gift for both new and experienced yogis.

A great read: A prolific author and a long-time columnist for *Yoga Journal*, Richard Rosen is a wonderful writer; he's witty, expressive, and a joy to read.

Summary

Concise and readable answers to the most commonly asked questions about yoga, and illuminating little-known facts and esoteric aspects of the philosophy and practice—by renowned yogi Richard Rosen.

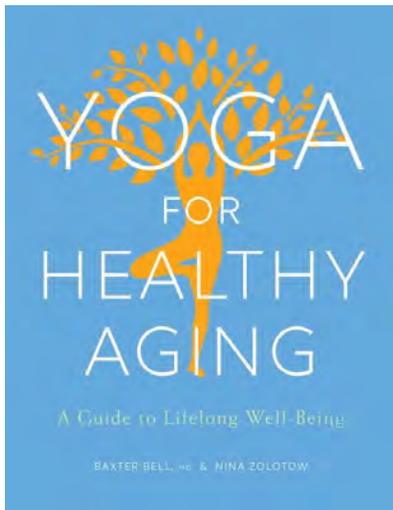
Here are answers to all the questions that come up in your yoga practice and study! Renowned yoga teacher Richard Rosen has asked—and been asked—nearly every yoga-related question that there is, and his wonderfully practical, helpful answers will give you a thorough explanation of the tradition's key concepts, and the nuts and bolts of yoga philosophy and practice, including:

- Yoga's main texts, including the Upanishads, *Bhagavad Gita*, *Yoga Sutra*, among others
- Yamas and niyamas
- The subtle body—what it means and what it looks like in practice
- The evolution of asanas
- Pranayama
- Mudras and bandhas
- And much more

Contributor Bio

RICHARD ROSEN is a graduate of the Iyengar Institute of San Francisco and has been teaching yoga since 1987. He is a contributing editor at *Yoga Journal* magazine and is the director of and one of the principal teachers at the Piedmont Yoga Studio (cofounded by Rodney Yee) in Oakland, California. Many of Richard's practice instructions and technical teachings are posted on the Piedmont Yoga Studio website, www.piedmontyoga.com. He is the author of *Original Yoga*, *The Yoga of Breath*, *Pranayama Beyond the Fundamentals*, *Yoga for 50+* (Ulysses), and *The Practice of Pranayama*.

Author Residence: Berkeley, CA



Yoga for Healthy Aging

A Guide to Lifelong Well-Being

Baxter Bell, Nina Zolotow

Key Selling Points:

Yoga for life: “Healthy aging” means increasing our health span and being able to continue to do the activities we love for as long as possible. And those goals are exactly what yoga can help us achieve. This book offers a yoga practice that will help promote our physical, mental, and spiritual health for lifelong benefit. Although a long health span is one of our main goals for healthy aging, cultivating contentment—a major benefit of yoga practice—is also an essential part of healthy aging.

A wonderful resource for Boomers and Gen-Xers: According to a 2016 survey by Yoga Alliance and *Yoga Journal*, over 36 million Americans now practice yoga regularly, and 39% of total yoga practitioners in US are age 50 or older.

Authors are well-known authorities on yoga and aging: Nina Zolotow and Dr. Baxter Bell, MD, are well-known and respected yoga teachers and authors of the very popular “Yoga for Healthy Aging” blog, now in its sixth year (<http://yogaforhealthyaging.blogspot.com>). Their Facebook group, Yoga for Healthy Aging, has over 17,000 followers.

Summary

The definitive resource on how to use yoga to foster your physical, mental, and emotional health for a lifetime.

Everyone would like to age as healthfully as possible and now numerous studies confirm what many yoga practitioners have known for a long time: yoga practice has a remarkable impact on physical and mental health—and spiritual well-being—as you grow older. *Yoga for Healthy Aging* is the most accessible and usable guide available on to how yoga can address concerns related to strength, flexibility, balance, agility, cardiovascular health, brain health, and stress management, among other issues.

The authors—both popular and respected yoga teachers (one of whom is a family physician) provide readers with a yoga toolbox for healthy aging that includes poses, breathing practices, meditation, and yoga philosophy. They then offer you a safe, real-world yoga program to suit your particular needs. These short yoga practices were developed in consultation with scientific and medical experts on aging, and allow you to focus on maintaining overall physical health and/or addressing target problem areas, such as digestion, cardiovascular health, or anxiety. The authors conclude with instructions for practicing several different forms of conscious relaxation and meditation, all of which will set you up for a lifetime of emotional and spiritual well-being. This book includes over 200 instructional photos.

Contributor Bio

BAXTER BELL, MD, has been combining his interests in medicine, yoga, acupuncture, healing, and healthy aging for many years. He teaches yoga in the US and internationally and runs teacher training programs. He is past director of the Deep Yoga Training at Piedmont Yoga Studio in Oakland, CA, and serves as adjunct faculty on teacher training programs and therapeutic yoga trainings around the country. Baxter also combines his experience as a family physician with training in medical acupuncture, maintaining a complementary medical practice, where he focuses on acupuncture and therapeutic yoga.

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\$21.95/\$28.95 Can.

Trade Paperback

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On Sale Date: 11/7/2017
\$24.95/\$33.95 Can.
Trade Paperback

Territory: World
9 in H | 7 in W | 0.8 lb Wt

The Yogi Assignment

A 30-Day Program for Bringing Yoga Practice and Wisdom to Your Everyday Life

Kino MacGregor

Key Selling Points:

Welcome to the true yoga path: Part guidebook, part memoir, MacGregor offers a deeply personal and insightful journey into the essence of yoga practice. Her devotion to yoga as a path of self-realization will inspire all practitioners.

Not just an asana book: This 30-day interactive program will challenge your body, mind, and spirit and help you make deep changes in how you think about yourself, your practice, and your life.

Social media superstar: MacGregor has one million Instagram followers, 557K followers on Facebook, 48K followers on Twitter, and thousands more on Youtube, Periscope, and Pinterest.

Summary

An inspirational 30-day yoga and lifestyle program that will challenge your mind, body, and spirit—by one of the most dynamic and high-profile contemporary Ashtanga yoga teachers, Kino MacGregor.

Embracing the yoga lifestyle has more to do with how you live your life than how successfully you can pull off yoga poses, or how good you look in your yoga outfit. In this heartfelt and inspiring guide, master Ashtanga yoga teacher Kino MacGregor offers a personal and spiritual challenge, distilling some of the tradition's essential teachings into thirty key lessons to help you truly live the yogi's life. Each day's Yogi Assignment focuses on a key yoga concept—such as stillness, vulnerability, truthfulness and authenticity, intention, and selfless service, to name just a few. MacGregor explains and expounds on the concept, using examples from yoga philosophy and her own life experience and twenty years of practice, and then offers practices and poses to support the concept of the day. Each day is actually a journey in itself that helps you to confront your emotional, physical, and mental limitations, and inspires hope and real change in your life.

Beautifully illustrated with over 250 color photos, this book will motivate experienced yoga practitioners, as well as people who are new to the practice. MacGregor is a fierce, loving guide, encouraging you to look deeply within, to find your wellspring of inner strength and courage, and to embrace your daily practice.

Contributor Bio

KINO MACGREGOR is one of only fourteen people—and the youngest woman—in the United States to receive certification to teach Ashtanga Yoga from its founder Sri K. Pattabhi Jois. She has an international following of her own and a busy schedule of teaching gigs at seminars and yoga conferences worldwide. She is a life coach and has a master's degree from New York University. MacGregor and her husband, Tim Feldmann, are the founders of the Miami Life Center (www.miamilifecenter.com), where they teach daily classes, workshops, and intensives together. MacGregor was featured in *Yoga Journal* as one of the top twenty-one rising stars of yoga. She writes for the *Huffington Post* and is the author of *The Power of Ashtanga Yoga I* and *The Power of Ashtanga Yoga II*.

"Wonderful, down-to-earth, and very useful."
—KEN WILBER

THE ZEN OF YOU AND ME



A Guide to Getting Along
with Just About Anyone

DIANE MUSHO HAMILTON

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The Zen of You and Me

A Guide to Getting Along with Just About Anyone

Diane Musho Hamilton

Key Selling Points:

Conflict can be fun! Well...maybe not all that often, but you *can* discover its positive aspects and end up—at least in some cases—grateful for it and what you can learn from it. Really.

A successful course in conflict resolution: The author's online course on conflict management offered through Shambhala has drawn in over a thousand students and is scheduled to be run for a third time in 2016.

A prominent conflict expert: Diane Musho Hamilton was first director of the Office of Alternative Dispute Resolution for the Utah State Judiciary, and has won numerous awards for her work. She has led workshops in the US, Israel, Brazil, Columbia, and throughout Europe, and has presented at both the Conscious Capitalism Summit and the Global Leadership Forum in Singapore, as well as various corporate venues, including Google.

Perfect little gift for someone who's not getting along: The pocket-sized 4- $\frac{1}{4}$ x 6- $\frac{3}{4}$ trim makes this book easy to carry for conflicts on-the-spot—and makes it a great, thoughtful gift for anyone who's experiencing conflict. But it's small size belies the fact that the book distills the author's years of experience dealing with relationship conflict.

Summary

How to deal with interpersonal conflict—from a Zen perspective.

The people who get under your skin the most can in fact be your greatest teachers. It's not a matter of overlooking differences, as is often taught, but of regarding those difficult aspects of the relationship with curiosity and compassion—for those very differences offer a path to profound connection. Diane Hamilton's practical, reality-based guide to living harmoniously with even your most irritating fellow humans—spouses, partners, colleagues, parents, children—shows that "getting along" is really a matter of discovering that our differences are nothing other than an expression of our even deeper shared unity.

Contributor Bio

DIANE MUSHO HAMILTON is an award-winning professional mediator, author, facilitator, and teacher of Zen and Integral Spirituality. She has been a practitioner of meditation for more than thirty years. Diane facilitates Big Mind Big Heart, a process developed to help elicit the insights of Zen in Western audiences. Diane is considered a pioneer in articulating the wisdom of an Integral Life Practice and has worked with Ken Wilber and the Integral Institute in Denver, Colorado, since 2004. She is also the cofounder of Two Arrows Zen, a center for Zen practice and study in Salt Lake City, Utah with her husband, Michael Mugaku Zimmerman. In 2012 she cofounded Integral Facilitator, her uniquely developmental approach to group facilitation mastery.

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