

THE HEALING POWER OF PLEASURE by Julia Paulette Hollenberg

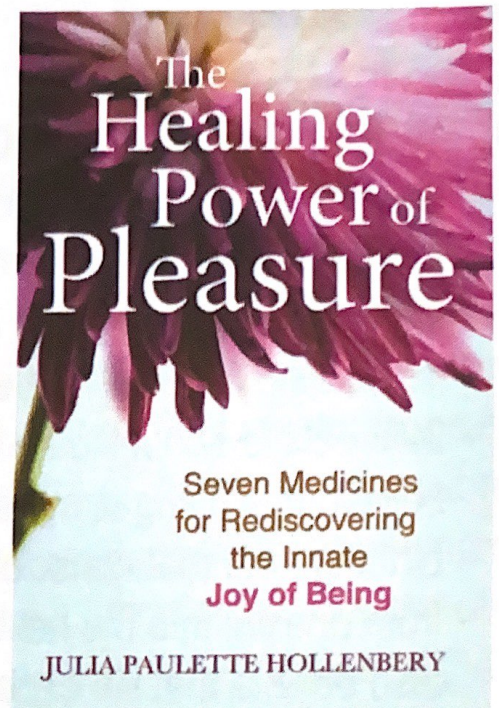
This new book by London-based therapist Julia has amazing endorsements already from David Hamilton, Judy Piatkus and Jamie Catto. It's a journey into the sensuality which always lies just under the surface of our mind-dominated lives. She explores seven different and easily accessible "medicines", which are slowing down, embodying, deepening, relating, pleasure, power and potency. She gives exercises and ideas to help us explore these medicines – we know these things but

sometimes we need to be told directly! Julia is a fun and engaging teacher. Ya'Acov Darling Kahn writes that a wise person told him that learning through pleasure is the highest form of learning and I think he's right. Our capacity for joy is always there waiting, and this then is a great book for exploring it.

DUE IN NOVEMBER

288pp, 229 x 152 mm, Paperback, 2021, RRP £16.99

❖ **Code: 310345** ❖ **Non-Member Price: £12.21** ❖ **Member Price: £10.99**

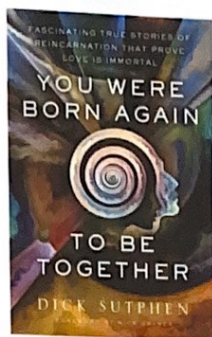


YOU WERE BORN AGAIN TO BE TOGETHER by Dick Sutphen

Originally written in 1976, this is an important book on reincarnation and past life experiences, and on exploring recurrent relationships across lives. Dick Sutphen was a hypnotist and was renowned for his past life work, after he himself had been shown what had happened to him in previous existences. Almost every chapter here is a case study with dialogues that embody the ebb and flow of these exchanges, and this makes the book very easy to follow and very practical in how it outlines the structure of an actual regression. We very often feel as if we have known someone before, and this title demonstrates that we often have! Plus, when we are deeply in love and involved with someone, it is comforting to know that our encounter with them might start up again in another life.

272pp, 229 x 153 mm, Paperback, 2021, RRP £12.99

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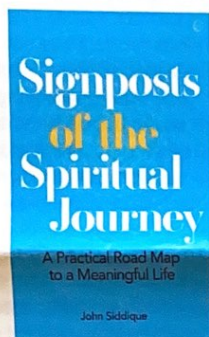


SIGNPOSTS OF THE SPIRITUAL JOURNEY by John Siddique

This nourishing book explores the journey of enlightenment through a tailor-made roadmap to follow including real-life signposts and obstacles that the reader will encounter on the way. By asking fundamental questions about who we are, the reader can guide him or herself through to a deeper understanding of life's meaning. The book is not grounded in any particular religion and instead draws inspiration and wisdom from various denominations, mixed with the author's own poetry and meditation exercises. By outlining three simple steps - preparation, passage and persistence - one can learn how to find the way to their heart, and then truly live from their soul. The author is a high-profile British poet and spiritual teacher.

256pp, 216 x 135 mm, Paperback, 2021, RRP £12.99

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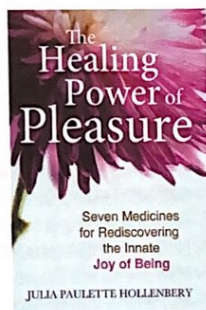
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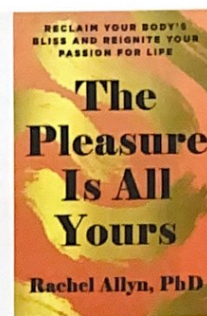


THE PLEASURE IS ALL YOURS by Rachel Allyn

We have heard a lot about mindfulness, now here is a book about bodyfulness. In these times of restriction, constriction, fear and isolation we need a sense of joy and pleasure more than ever. The author is a psychologist and a licensed yoga teacher and is in a good place to describe techniques that will put us in touch with our own bodies and help us connect with others. It covers breathing, sexual intimacy, nutrition, Ayurveda and many other subjects and there are plentiful suggested exercises to try. She also discusses trauma and how cultural conditioning can hold us back. Sometimes we just need good old-fashioned joy and that can get lost amidst all the inner work we might do. But the best way to reignite passion is through our bodies which after all is where we feel it most strongly.

160pp, 229 x 154 mm, Paperback, 2021, RRP £14.99

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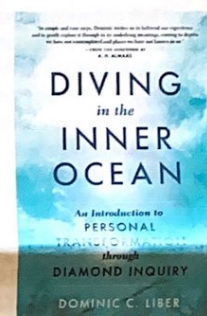


DIVING IN THE INNER OCEAN by Dominic C Liber

The work and teachings of AH Almaas have been available for a long time but I haven't really looked into them. They seem to involve meditation and, above all, a form of patient self-inquiry that's known as Diamond inquiry. In my experience, using one's own power of observation to watch what is really happening inside without leaping to judgement seems to be one of the most productive paths to self-transformation. This book is full of exercises and uses very effectively the metaphor of the ocean to help us understand what to do and what is going on. The water can be muddy and hard to see into, but then sometimes we just have to reach our hand down and get dirty. The water can also be toxic and not support life, or it can send out ripples where a small act can have powerful outcomes.

208pp, 215 x 141 mm, Paperback, 2021, RRP £13.99

❖ Code: 310338 ❖ Non-Member Price: £10.55 ❖ Member Price: £9.50



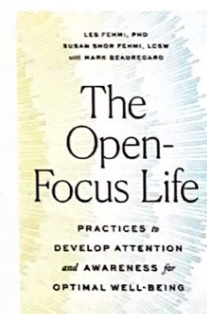
THE OPEN-FOCUS LIFE

by Les Fehmi, Susan Shor Fehmi and Mark Beauregard

Pay attention! We've all heard this at least once in our lives. But what this can really mean is to narrow your focus onto one thing or person. This can actually be detrimental rather than helpful and lead us to disconnect and stress. This book will teach you how to open up your focus so that you become aware of your space, outside and in, in a way that's different to how we have been conditioned. By teaching you about the different attention styles, and showing you how to effortlessly move between them, you will be able to take in more information, not less. The changes that the book puts forward are based on sophisticated neuroscience but are simultaneously simple enough to use in everyday life. It's an easy-to-understand guide that will change the way you think for the better.

160pp, 229 x 152 mm, Paperback, 2021, RRP £14.99

❖ Code: 310336 ❖ Non-Member Price: £11.10 ❖ Member Price: £9.99



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