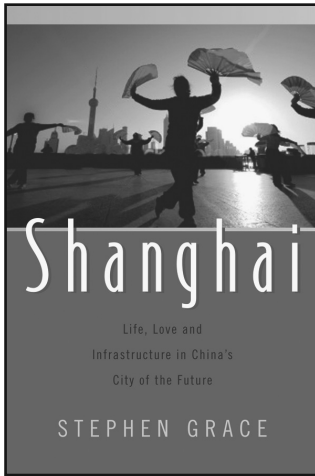




SENTIENT 2015
PUBLICATIONS



Shanghai

*Life, Love, and Infrastructure in
China's City of the Future*

Stephen Grace

Culture Tools

978-1-59181-083-4

Paperback

300 pages

\$18.95



At a time when interest in China has seen a sharp increase that shows no signs of abating, Shanghai places China's development and its effects on the world into context by explaining how the country arrived where it is today and why it is building massive infrastructure projects with tremendous social and environmental impact. Shanghai provides an intimate look inside a mega-city heaving with change and offers essential insight into the challenges of remaining human in an increasingly urbanized world.

Stephen Grace has worked and traveled extensively throughout China. As director of marketing for China Travel and Tour, as well as vice president of G2 Adventures, he has helped send to China many university programs, such as Harvard Business School and Stanford University Graduate School of Business. He has also led cultural immersion programs in China for high schools, cultural institutes, and organizations devoted to global leadership. He lives in Boulder, Colorado.

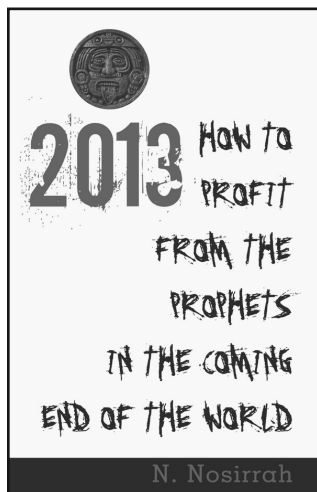
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2013

*How to Profit from the Prophets
in the Coming End of the World*

N. Nosirrah



Anyone who agrees that the hype around the 2012 prophecies needs skewering, and who enjoys penetrating wit served up with a healthy dose of enlightened perspective, will find that *2013* is the essential guide to survival and prosperity when the world ends. Nosirrah explores the end times and world monetary collapse with insights that are undaunted by their self-contradictions, witticism that never lets up, and the promise of multi-level marketing.

2013, a self-help survival manual cum novella for the reality-challenged, explores the place where profit is made, a place found between our world of fiction and the unseen world of truth, and suggests that it is possible to make a fortune, get enlightened, and laugh uproariously when the world ends. If *The Hitchhiker's Guide to the Galaxy* took you to the edge, *2013* will push you over.

N. Nosirrah resides in a vast but discontinuous universe where he writes fascinating cryptic novellas for a small, rabid following of readers old enough to know better but unable to help themselves or anyone else.

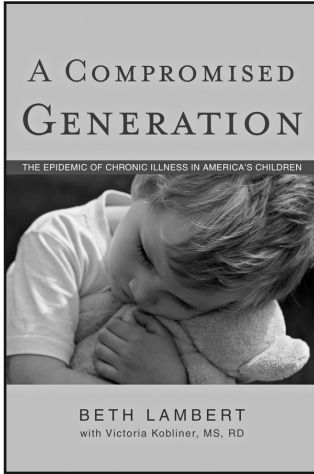
Spirituality

978-1-59181-095-7

Paperback

120 pages

\$9.95



A Compromised Generation

The Epidemic of Chronic Illness in America's Children

**Beth Lambert with
Victoria Koblner, MS, RD**

Health

978-1-59181-096-4

Paperback

320 pages

\$18.95



A *Compromised Generation* reveals how seemingly benign elements of American culture are making millions of children chronically ill, disabled, or dysfunctional. Children are being diagnosed with illnesses such as autism, asthma, allergies, and ADHD at a breathtaking rate.

The etiology of autism continues to confound mainstream medicine, yet parents, medical researchers, and healthcare practitioners dedicated to unraveling the mystery are beginning to put the pieces of the puzzle into place. They have found that environmental factors that cause autism are the same ones causing epidemics of ADHD, juvenile diabetes, asthma, gastrointestinal disorders, and many other chronic illnesses.

Beth Lambert is a former healthcare consultant and teacher. She is the Executive Director of PEACE: Parents Ending America's Childhood Epidemic, an organization that educates the public about the epidemic of chronic illness affecting our youth, and helps parents connect with other parents and appropriate healthcare providers. **Victoria Koblner** is a dietitian with extensive experience using diet to help children with autism and related disorders.

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Ultra-Fat to Ultra-Fit

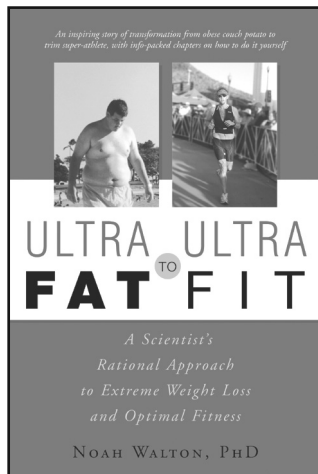
*A Scientist's Rational Approach to
Extreme Weight Loss and Optimal
Fitness*

Noah M. Walton, PhD

Ultra-Fat to Ultra-Fit answers a seminal question that every overweight person has asked themselves at one time or another: If I really buckled down and tried to get in shape, just what am I capable of? The author, Noah Walton, decided to conduct a one-man experiment to find the answer. Armed with only his wits and a desire to lose a lot of weight, Noah set out to transform himself from a 340-pound blimp into an elite athlete.

Ultra-Fat to Ultra-Fit begins with Noah stepping onto the scale to confront the terrible reality of his physical condition. The book concludes five years later as he qualifies for and competes in the US National Triathlon Championships. The book is divided into two parts: a narrative section that connects the two events and a prescriptive section of advice and insights gained during the journey. Ranging from informative to humorous to emotional, the book strives to uncover the extent to which we can all take control of our lives and our bodies.

Noah M. Walton is a biomedical researcher at the University of Chicago.



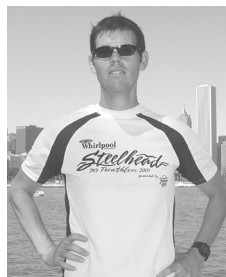
Health

978-1-59181-090-2

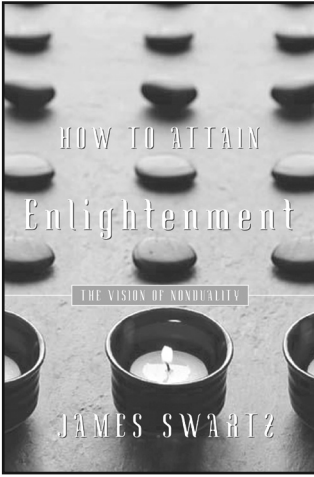
Paperback

256 pages

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www.noahmwalton.com



How to Attain Enlightenment

The Vision of Non-Duality

James Swartz

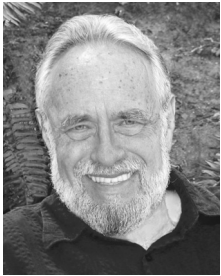
Spirituality

978-1-59181-094-0

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250 pages

\$15.95



www.shiningworld.com

Enlightenment has been eagerly sought for generations as a means to remove the limitations that compromise one's happiness. Vedanta, the science of self-inquiry, has been described as the grandfather of all enlightenment traditions. James Swartz explains and unfolds the methods of Vedanta in his direct style, while unraveling the myths and mysteries behind the enlightened state. But *How to Attain Enlightenment* does not simply present one more set of spiritual techniques; it presents a comprehensive body of knowledge and practice that has successfully directed the inquiry into the nature of reality by untold thousands of enlightened beings.

The author starts from the point of view of any individual seeking happiness and logically walks the seeker through the whole spiritual path. The book explains how self-inquiry affects the lives of those who practice it, including its effects on personality, relationships, and the mind.

James Swartz has traveled extensively throughout America, Europe, and India, giving seminars on the science of self-inquiry known as Vedanta.

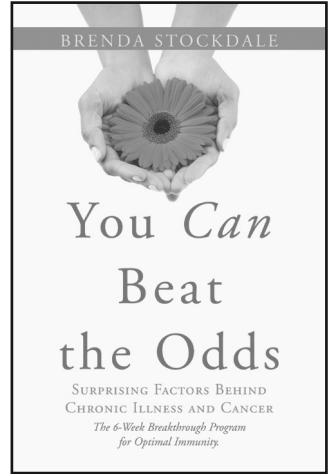
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You Can Beat the Odds

*Surprising Factors Behind
Chronic Illness and Cancer*

Brenda Stockdale



Discover a powerful shortcut to beating the odds when fighting for your health. With this practical guide, you will become skilled at using scientifically-based and time-tested techniques that have helped survivors for more than a decade. You will learn that there are shocking risk factors – greater than smoking, diet, or cholesterol – that can make the difference between robust health and life-threatening disease. Even your genetic inheritance isn't as fixed as you might have imagined!

If you already enjoy great health, this program can help you keep it; but if facing illness, you will find ground-breaking discoveries from leading experts synthesized so you can harness all the available technologies quickly and easily. This compact guide condenses hundreds of studies so you can focus on what really works without complicating your life.

Brenda Stockdale is the Director of Mind/Body Medicine for Georgia Cancer Treatment Center. She has conducted the most comprehensive and well-attended health psychology program in the state for the past ten years.

Health

978-1-59181-079-7

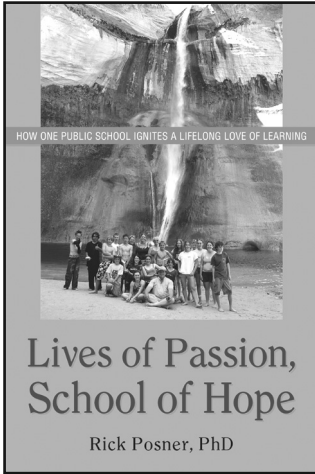
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\$18.95



www.brendastockdale.com

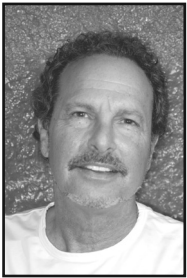


Lives of Passion, School of Hope

*How One Public School Ignites a
Lifelong Love of Learning*

Rick Posner, PhD

Education/Parenting
978-1-59181-084-1
Paperback
256 pages
\$17.95



www.rickposner.com

Lives of Passion, School of Hope tells how a progressive public school in Colorado has transformed the lives of its alumni. It is about what happens to children and adults when they are encouraged to follow their bliss. It is also about personal empowerment and the development of confidence, curiosity, and compassion in our public schools.

This book offers stories and reflections from the alumni of a school where the students hired the teachers, ran their own government, evaluated their own progress, and designed their own curriculum. It's the story of an extended family of students, staff, and parents who have formed their own community of learners over the course of thirty-eight years.

Rick Posner taught in Jefferson County public schools for thirty years, and served as the Assistant Principal at the Open School from 1999-2001. He received his doctorate from the University of Denver in 1989. He lives in Denver, Colorado, and is a consultant for schools around the country.

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Pass the Jelly

Tales of Ordinary Enlightenment

Gary Crowley



Pass the Jelly is both very funny and unexpectedly profound. It provides simple, easy-to-relate-to, yet seldom-considered wisdom on the human condition. As the author takes us through one unusual day, he offers insights on living along with comical, tender memories of his childhood. Engaging and fast-moving, the book will make you laugh and nod in agreement as you enjoy its unexpected twists and turns.

Gary Crowley has seen through many of the false assumptions human beings bring with them as they encounter life, and he brings a fresh and distinctive voice to his narrative. Simplicity with depth, laughter with wisdom, place *Pass the Jelly* among those rare books that successfully entertain and inspire.

Gary Crowley was raised in Seekonk, MA, and lived in the same blue-collar Irish Catholic home in the same child-packed neighborhood for the next eighteen years. He then attended Stanford University, where he earned two B.A.s. He helps people with chronic structural pain through his body work practice, and lives in Encinitas, CA.

Spirituality

978-1-59181-092-6

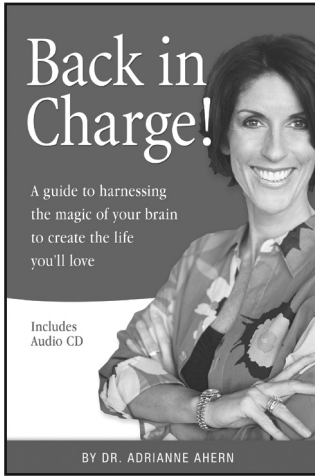
Paperback

199 pages

\$14.95



www.garycrowley.com



Back in Charge!

A Guide to Harnessing the Magic of Your Brain to Create the Life You'll Love

Adrienne Ahern, Ph.D.

Culture Tools

978-1-59181-089-6

Paperback

143 pages

\$18.95

www.snapoutofitnow.com

Most of us feel challenged in some area of life—our careers, our health, or maybe our relationships. According to Dr. Adrienne Ahern, we are being thwarted by the hardwiring of our brains. Her powerful techniques train the brain to support optimal health, success, and well-being. *Back in Charge!* includes two interactive CDs with which Dr. A personally guides you through brain exercises easy enough to practice while driving to work—yet so powerful, you will be able to create the life you want.

Also by Adrienne Ahern



Snap Out of It Now!

Four Steps to Inner Joy

Adrienne Ahern, Ph.D.

978-1-59181-056-8

pb • 194 pages • \$14.95

This powerful program can help you make a quantum leap to a life with purpose, joy, and excellence. This is your guide to do-it-yourself fulfillment and success!

Adrienne Ahern, Ph.D., has two master's degrees and a Ph.D. in clinical psychology. She spent seven years as a psychologist at ScrippsHealth and Mercy Hospital in San Diego, while maintaining her private practice. Dr. Ahern speaks to corporations nationwide and leads seminars on training your brain for peak performance.

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How to Heal with Singing Bowls

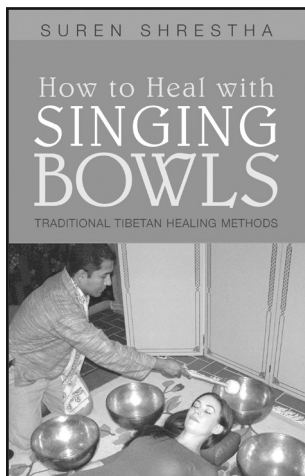
Traditional Tibetan Healing Methods

Suren Shrestha

Over the last few years Westerners have become more open to alternative methods of healing, and the use of Tibetan singing bowls to address a variety of ailments has drawn considerable interest. Suren Shrestha is a master of these ancient techniques. His book includes detailed, step-by-step instructions and photographs showing how to place and strike the bowls. Some of these methods have been taught to only a few Eastern practitioners, and Shrestha is committed to spreading them in the West to all who want to learn.

Benefits from singing bowl therapy include relief from pain and stress-related conditions. It can be used in healing the effects of chemotherapy, and reducing pain and discomfort from fibromyalgia, chronic fatigue syndrome, and depression. Clients experience improved memory, clarity, vitality, and better sleep, and often experience the effects for several days.

Suren Shrestha grew up in Nepal, where he learned about traditional Tibetan healing therapies. He is raising funds through his teaching to build an orphanage for the homeless children in his native village.



Health

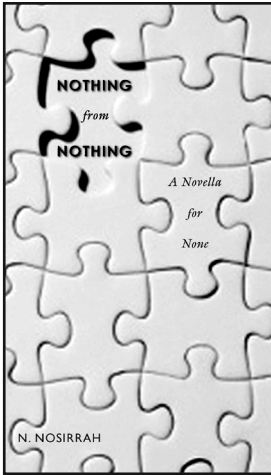
978-1-59181-087-2

Paperback

96 pages

\$15.95





Nothing from Nothing

A Novella for None

N. Nosirrah

Fiction

978-1-59181-088-9

Paperback

111 pages

\$8.95

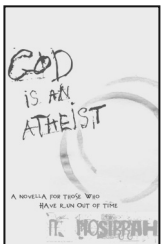
www.nosirrahisnot.com

From Sartre to Star Trek, Kafka to Mr. Wizard, Wagner to Puke Rock (don't ask)—no subject is too exalted or ridiculous to come under the acerbic scrutiny of N. Nosirrah. In this freewheeling, very funny story of Sixties excess, mad genius, enlightened rambling, death and transfiguration, no metaphysical or cultural holds are barred.

N. Nosirrah's incisive and intelligent wit on matters spiritual and worldly offers a refreshing alternative to

less adventuresome works of fiction, spirituality, autobiography, or philosophy. This book includes all of those threads and features a voice which is at once profoundly irreverent and mystically sound.

Also by N. Nosirrah



God Is an Atheist

A Novella for Those Who Have Run Out of Time

N. Nosirrah

978-1-59181-072-8

pb • 114 pages • \$9.95

A profoundly funny romp through religion, spirituality, and the contemporary clash of cultures of belief, with special attention to the human obsession with knowing what can't be known.

N. Nosirrah is a writer and philosopher who asks his readers to question their existence, God's existence, and in particular, Nosirrah's existence.

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The Steven Harrison Collections

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For S&H add, Canada: \$37;
Outside US or Canada: \$55

Steven Harrison is an international speaker on the topics of consciousness, human development, relationships and alternative education. He can be contacted through his website at www.doingnothing.com

Book Collection

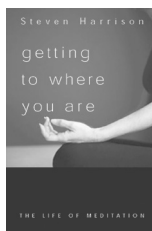


Being One
Finding Our Self in Relationship
978-0-9710786-5-9
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Being One sheds light on the meaning of our quest for love and relationship in all aspects of human life: marriage, family, and work. In this beautiful and profound book, Harrison shows us that it is only in accepting our aloneness that we can truly be in relationship with others.

Doing Nothing

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132 pages hc \$15.95
Harrison's profound inquiry into life offers a way to touch the truth through the simple act of stopping the search. "Go beyond their therapists, gurus, gods, and techniques, he tells us, to investigate our true nature in silence. Harrison's uncompromising voice is a welcome companion on our journey toward being fully human." —*Yoga Journal*



Getting to Where You Are
The Life of Meditation
978-1-59181-006-3
207 pages pb \$14.95

A penetrating journey that challenges the very basis of contemporary spirituality and the consumer society that created it. *Getting to Where You Are* explores what meditation actually is and, more important, what it is not and how it got that way. The book speaks both to the novice and the long-time meditation practitioner, as well as to all of us who care deeply about exploring and expanding our spiritual practices and our lives.

The Happy Child

Changing the Heart of Education
978-1-59181-000-1
131 pages pb \$9.95
Harrison proposes that our current system of education stifles a child's natural enthusiasm for learning. Empowering a child to follow their own educational path, he proposes, will enable the child's vibrant curiosity to fuel their learning.

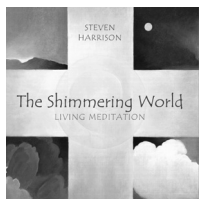
The Love of Uncertainty

978-1-59181-073-5, 200 pages, pb, \$15.95
In his international dialogues, Steven Harrison invites his audiences to deconstruct their belief systems, examine their actual experience, and explore what is truly real in life. This book provides readers a unique window into these conversations, which have supported so many in living a life without practices or belief systems.

The Question to Life's Answers

Spirituality Beyond Belief

0-9710786-0-2, 160 pages, pb, \$12.95
Grappling with the questions we all have about life, Harrison deconstructs the prevailing spiritual, therapeutic, and self-help methods we use to try to change ourselves. By taking this journey of exploration with him, we come face-to-face with the potential for radical transformation.



The Shimmering World

Living Meditation

978-1-59181-066-7

120 pages, pb, \$12.95

Pairing the stunning paintings of Richard Stodart with the profound words of Steven Harrison, *The Shimmering World* evokes the mysterious alchemy of stillness that transforms us. A marvelous gift for anyone who is moving through a great transition or wants to change their life, and a companion book for those who need to reach deeper within to come face to face with their truth.

What's Next After Now?

Post-Spirituality and the Creative Life

1-59181-034-5, 145 pages, pb, \$14.95

Spiritual seekers by the thousands have come to the end of the masters and gurus, the religions and philosophies, and the process of getting better. They have discovered the

timeless present and the power of marketing the "now." But what's next after now? When you give up spirituality—not out of a reaction or because you've completed some mythic journey—and you drop into the present, what is the post-spiritual reality and how do you live it creatively?

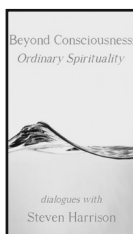
A/V Collection

Are We Aware Yet?

Dialogue with Steven Harrison, 2003 Inner Directions Gathering

1 audio cassette, 1 hr 10 min, \$3.95

This talk and dialogue with the audience at the 2003 Inner Directions Gathering examines questions such as "Can we make contact with the actual? What do we find we truly want when we make the deepest contact with ourselves? Can we let go even of consciousness?"



Beyond Consciousness

Ordinary Spirituality, Dialogues with Steven Harrison

1-59181-013-2

2 cst., 3 hrs, \$7.95-\$14.95

This two-tape set explores the dynamic movement embedded in our ordinary lives. The dialogue called Giving Up on Improvement asks "What does it mean to abandon any hope of improvement and surrender to the actuality of our life?" What Is Your Heart's Desire investigates the limitations of experiences of all kinds as the basis for understanding. In asking the question, "What do I really want?" the individual sees both the drive for "good" experiences and the rejection of "bad" experiences. This opens the possibility of discovering a deep desire that has nothing to do with any particular state of mind.

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A Conversation with Steven Harrison

Paradox, Illusion and the Post-Spiritual Inquiry

1 MP3-CD, 3.5 hrs., ~~\$12.95~~ \$5.00

In this lively conversation, far-reaching questions are explored, such as "How do we move beyond self-created boundaries? Why are we all hiding from each other? What would happen if we actually showed up as we were?" An excellent introduction to Steven Harrison, which will also hold great interest to anyone already familiar with his books and dialog groups.

The Human Potential

Living in the Quantum Reality: Steven Harrison in Lindau, Germany

1-59181-022-1, VHS, 80 min, \$14.95

The dialogues in this video are in English, with the German translation included, as they took place in Germany.

What is the human potential? Can the individual discover the full expression of creativity in life? How do we live in the world in a true and meaningful way? Explore these questions in a profound dialogue with Steven Harrison. His exchanges with the audience take us deeply into these questions and reveal the possibility of a real shift in our perspective and in our relationship to the world. The video intercuts nature segments with the dialogue, letting you absorb the depth of Harrison's message.

Just As It Is

Conversations with a Contemporary Mystic: Steven Harrison in Zurich

0-9710786-6-1, 1 VHS, 107 min, ~~\$29.95~~ \$14.95

The dialogues in this video are in English, with the German translation included, as they took place in Switzerland.

This fascinating cinema-verite work filmed in Zurich takes the viewer inside a day in the life of contemporary mystic Steven Harrison during a European lecture tour. In conversation

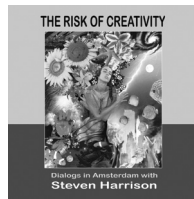
with friends, spiritual seekers, and a Swiss audience at one of his talks, Harrison relates the philosophy of "doing nothing" to the areas of difficulty and joy in the questioners' lives. He suggests that they consider abandoning the search for answers, and maintains that radical transformation is possible only through direct contact with the actuality of who they are. The discussion is interspersed with beautiful meditative music and nature scenes,

The Moment of Discovery

Dialogues with Steven Harrison

1-59181-004-3, 4 cassettes, 5 hrs \$12.95

These explorations of living without reliance on beliefs are penetrating and wide-ranging discussions of essential questions. The tape set consists of four fascinating discussions about many aspects of the engaged life, including relationships, spiritual practice, vocation, and social change: "What Do I Do With My Life?" "Discovering the Dynamic Question" "Elizabeth Gips Interviews Steven Harrison" and "The End of Effort."



The Risk of Creativity

A Dialog in Amsterdam with Steven Harrison

978-1-59181-067-4, 7 CDs, ~~\$39.95~~ \$10.00

In this weekend-long dialog, recorded live in Amsterdam, Steven Harrison presents a clear choice: We can live in our ideas about life, or we can live in the powerful energy of life itself. Harrison encourages us to take the risk of creativity and investigates how we can expand our capacity to live in life's dynamic energy, where we have the possibility to create anything.

The Wei Wu Wei Collection

~~\$125.60~~ \$93

Includes all 8 works. *Free Media Mail Shipping in US; For Priority Mail in US, add \$10; For S&H add, Canada: \$37; Outside US or Canada: \$55*

Sentient offers all eight classics attributed to the mysterious Wei Wu Wei, whose depth of understanding places him with Paul Reps, Alan Watts, and Philip Kapleau as one of the earliest and most profound interpreters of Zen.

All Else Is Bondage: Non-Volitional Living

1-59181-023-X, 75 pages, \$13.95

These thirty-four essays are a guide to what the author calls "non-volitional living"—the ancient understanding that our efforts to grasp our true nature are futile.

Ask the Awakened: The Negative Way

Foreword by Galen Sharp, author of *The Present Kingdom of God*

0-9710786-4-5, 203 pages, \$15.95

This book takes the reader beyond logic to the inexpressible truth of existence.

Fingers Pointing Towards the Moon: Reflections of a Pilgrim on the Way

Foreword by Ramesh Balsekar

1-59181-010-8, 162 pages, \$16.95

Draws from various traditions to point to the "moon" of understanding. His unrelenting perspective makes this book one of Zen Buddhism's essential classics, to be read and reread in hopes that its message connects with one's own latent insight.

Open Secret

1-59181-014-0, 203 pages, \$15.95

In poetry, dialogs, epigrams, and essays, Wei Wu Wei addresses our illusions concerning the mind, the self, logic, time, space, and causation.

Posthumous Pieces

Foreword by Wayne Liquorman

1-59181-015-9, 276 pages, \$15.95

Wei Wu Wei teaches by means of startling questions and pithy aphorisms: "We should never forget: What we are looking for is what is looking."

The Tenth Man: The Great Joke (Which Made Lazarus Laugh)

1-59181-007-8, 234 pages, \$15.95

Drawing from the ancient traditions of Buddhism, Taoism, and Advaita Vedanta, this anonymous writer renders their insights in his own radical, uncompromising language, with humor and profundity.

Unworldly Wise: As the Owl Remarkd to the Rabbit

1-59181-019-1, 70 pages, \$12.95

A fresh perspective to conventional notions about time, love, thought, God, friendship, loneliness, and religion. The author was obviously having fun with this final book, which he wrote entirely as a dialog between a wise owl and a naive rabbit.

Why Lazarus Laughed: The Essential Doctrine, Zen—Advaita—Tantra

1-59181-011-6, 214 pages, \$17.95

The second book in Wei Wu Wei's collection of spiritual classics on Zen Buddhism, Advaita, and Taoism is a powerfully written collection of startling ruminations on time, consciousness, freedom, enlightenment, duality, and free will.

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Chuck Hillig's Enlightenment Quartet—~~\$62.80~~ \$47

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For S&H add, Canada: \$17; Outside US or Canada: \$20*

Enlightenment for Beginners

Discovering the Dance of the Divine

1-59181-040-X, 216 pages, pb, \$14.95

This book is the simple account of how and why you've been imagining yourself to be only a separate and limited being. Hillig invites the seeker to discover who they really are and to find that a life of love and connection is already at hand. Although this deceptively uncomplicated book can be read in a sitting, its profound spiritual impact invites a second or third reading and can last an entire lifetime.

The Way IT Is

Realizing the Truth About Everything

9-781-59181-071-1, 112 pages, pb, \$14.95

This book is a very playful inquiry into the fundamental nature of reality. Using the simple word "it" as a substitute for the many spiritual buzz words that are often used to describe God, spirit, or oneness, the author invites readers to embark on a light-hearted journey of self-discovery.

Looking for God

Seeing the Whole in One

978-1-59181-059-9, 111 pages, pb, \$15.95

This extraordinary book has a one-inch hole drilled through the center of each page, which the author uses as a metaphor for the emptiness we may fear in ourselves. By pointing to the hole, Hillig shows the spaciousness in the center of each of us and the unique journey into the (w)holeness that lies at the core of the spiritual path. This unique and uplifting book is a gift of inspiration to all readers who search for happiness and love.

Seeds for the Soul

Living as the Source of Who You Are

978-1-59181-062-9, 270 pages, pb, \$19.95

Hillig takes you by the hand and leads you to where you can look reality squarely in the face. These words will quietly reverberate in the very depths of your consciousness, and whether they act as gentle reminders or loud alarm clocks, they will lovingly direct you to the only person who holds your truth: you.

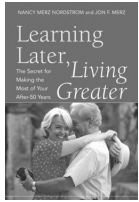
Chuck Hillig is a psychotherapist who has studied eastern philosophy for decades. He lives in Locust Grove, Virginia, near Fredericksburg. His website is www.chuckhillig.com.



The Art of Aging
Celebrating the Authentic Aging Self
Alice and Richard Matzkin

978-1-59181-081-0
pb • 160 pages • \$24.95

In this beautiful book, painter and sculptor Alice and Richard Matzkin explore the experience of aging through their art, finding inspiration rather than despair.



Learning Later, Living Greater
The Secret for Making the Most of Your After-Fifty Years

Nancy Merz Nordstrom and Jon F. Merz
www.learninglater.com

Learning Later, Living Greater gives retirees tools to maintain their active lifestyle for decades after leaving the workforce.



Secrets of Voice-Over Success, Expanded and Revised
Top Voice-Over Actors Reveal How They Did It

Joan Baker
www.pushcreative.tv/joan.html
978-1-59181-086-5
pb • 190 pages • \$22.95

Both novices and experienced actors will learn everything they need, from how to develop their talent to tips for landing that first big job.

Unplugged
How to Disconnect from the Rat Race, Have an Existential Crisis, and Find Meaning and Fulfillment

Nancy Whitney-Reiter
www.unplugyourhead.com
978-1-59181-070-4
pb • 182 pages • \$16.95

How do you find your life's direction? In this lively how-to book, Whitney-Reiter prescribes the unplugged cure. She advises on how to decide where to go, pay for your adventure, and take care of your commitments.

An Actor's Business
How to Market Yourself as an Actor No Matter Where You Live

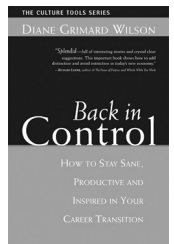
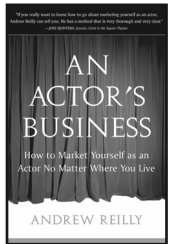
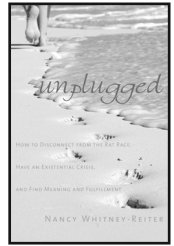
Andrew Reilly
978-1-59181-020-9
pb • 288 pages • \$18.95

Describes acting opportunities in 20 regions all over the United States. Resource lists give contact information for hundreds of agents and theaters.

Back In Control
How to Stay Sane, Productive, and Inspired in Your Career Transition

Diane G. Wilson
www.back-in-control.com
978-1-59181-016-2
pb • 247 pages • \$16.95

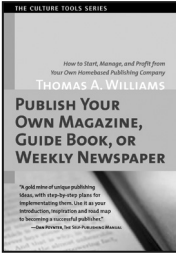
Contains counsel and comfort for people working through a career change.



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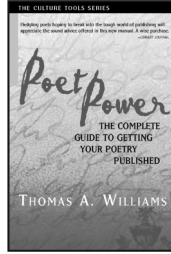
Books by Thomas A. Williams



Publish Your Own Magazine, Guide Book, or Weekly Newspaper *How to Start, Manage, and Profit from Your Own Home-based Publishing Company*

978-1-59181-003-2
pb • 322 pages • \$24.95

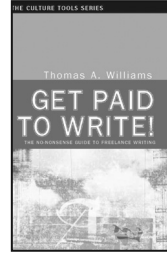
A dynamic step-by-step guide to creating everything from tourism books and niche market magazines to specialty tabloids, using a home computer. You can be a successful boutique publisher if you have the drive.



Poet Power *The Complete Guide to Getting Your Poetry Published*

978-1-59181-002-5
pb • 200 pages • \$18.95

A motivational gem for every poet! Easy to read and accessible to all, this how-to book teaches the ins and outs of working with magazine and book publishers to get poetry published. It also provides instruction for those who want to self-publish their work.



Get Paid To Write! *The No-Nonsense Guide to Freelance Writing*

978-1-59181-012-4
pb • 184 pages • \$18.95

Would you like to get paid for sitting at home doing something you love to do? Selling articles to magazines, newspapers, and websites—or even writing a book—may be the career for you! Williams offers hard-earned tips, insight into how editors think, and the critical information for success in this field.



Thomas A. Williams has written for magazines ranging from *Esquire* to *Writer's Digest*. He is the author of fourteen books. Experienced on both sides of the editorial desk, Williams has started, edited, and published city and regional magazines. His website is www.pubmart.com.



Getting Started as a Freelance Writer

Expanded and Revised

Robert W. Bly

www.bly.com

978-1-59181-069-8

pb • 261 pages • \$19.95

Even a writer with average abilities can get published and make \$1,000 to \$1,500 a week or more as a freelance writer. This book shows you how to take the first steps, and start your writing career so you get published—and paid—sooner. You will learn: where the work is; how to get assignments; the art of negotiating fees and contracts; how to turn out acceptable manuscripts; how to get paid, and more. This book is indispensable for writers at every stage of their career.



One Less Bitter Actor

The Actor's Survival Guide

Markus Flanagan

www.onelessbitteractor.com

978-1-59181-063-6

pb • 176 pages • \$15.95

Nothing is more frustrating than talent unrealized, and every actor struggles with bitterness when they aren't working to their full potential. *One Less Bitter Actor* offers sage, pragmatic, anxiety-calming advice on how to succeed in acting from one who has.

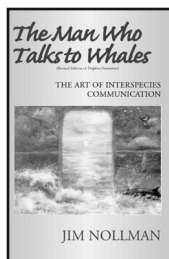
Books by Jim Nollman

The Man Who Talks to Whales

The Art of Interspecies Communication

978-0-9710786-2-9

pb • 181 pages • \$14.95



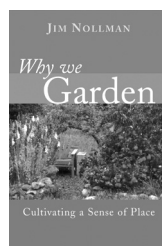
This is a dramatic true account of close encounters with the wild animals of our planet and the surprising events that unfold when one man "talks" to the animals and stops to listen to their response.

Why We Garden

Cultivating a Sense of Place

978-1-59181-025-6

pb • 320 pages • \$17.95



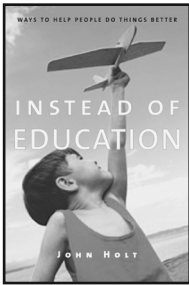
This book is full of helpful tips from the author's decades of gardening experience, plus the Zen of gardening—the sense of place and purpose, what tending the land means to us. A great gift for the gardener seeking the simplicity and spirit of the land.

Jim Nollman is the author of five books, and his essays are anthologized in several collections of nature writing. He founded Interspecies, which sponsors research on communicating with animals through music and art. His website is www.interspecies.com.

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Books by John Holt



Instead of Education

*Ways to Help
People Do Things
Better*

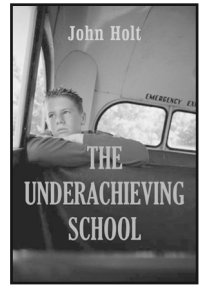
978-1-59181-009-4
pb • 250 pages •
\$15.95

It has become common knowledge that our educational system is in dire straights. Children graduate high school without knowing how to read while students are driven to violence by the brutal social climate of school. In *Instead of Education* John Holt gives us practical, innovative ideas for changing all that. He suggests creative ways to take advantage of the underused facilities we already have. Reading this brilliant educator revolutionizes our thinking about what schooling is for and what we can do to accomplish its true goals.

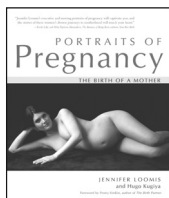
John Holt was a fifth grade teacher who worked in private schools. In 1964, his book *How Children Fail* created an uproar with his observations that forcing children to learn makes them unnaturally self-conscious about learning and stifles their initiative and creativity. In 1985, he died of cancer at the age of 62, having written 10 books that were very influential in the development of the homeschooling and unschooling movements. His website is www.holtgws.com.

The Underachieving School

978-1-59181-038-4
pb • 147 pages • \$14.95

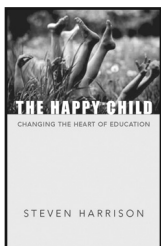


The Underachieving School is a collection of essays and articles written and compiled by Holt, each brimming with inspiration and ideas on how to teach children—taking into account the ways in which children actually learn. Through his original thinking, clear and thoughtful writing, and firsthand accounts of what does and doesn't work in education, this book shows us the difference between learning and schooling.



**Portraits of
Pregnancy**
The Birth of a Mother
**Jennifer Loomis and
Hugo Kugiya**
978-1-59181-082-7,
159 pages, \$24.95

Acclaimed photographer Loomis and journalist Kugiya combine captivating fine-art photographs of pregnant women with intimate stories of their transformative journey into motherhood.



The Happy Child
*Changing the Heart of
Education*
Steven Harrison
www.doingnothing.com
978-1-59181-000-1
pb • 131 pages • \$9.95

Empowering a child to follow their own educational path, Harrison proposes, will enable the child's vibrant curiosity to fuel their learning.



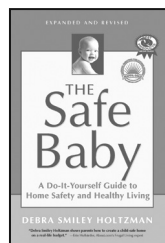
Optimal Parenting
*Using Natural Learning
Rhythms to Nurture the
Whole Child*
Ba Luvmour
www.optimalparenting.net/
pblog/
978-1-59181-041-4
pb • 432 pages • \$16.95

Learn Natural Learning Rhythms, a parenting approach addressing the emotional, physical, and spiritual development of the whole individual.

**The Safe Baby,
Expanded and
Revised**
*A Do-It-Yourself Guide to
Home Safety*

Debra Smiley Holtzman
www.thesafetyexpert.com
978-1-59181-085-8
pb • 271 pages • \$16.95

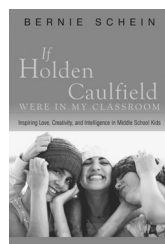
This book covers child-proofing essentials for every space in the house.



**If Holden Caulfield
Were in My
Classroom**
*Inspiring Love, Creativity,
and Intelligence in
Middle School Kids*

Bernie Schein
www.bernieschein.com
978-1-59181-076-6
pb • 288 pages • \$18.95

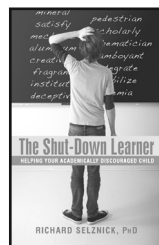
With humanity, humor, and compassion, Schein gets his students to reveal the secrets of their lives.



**The Shut-Down
Learner**
*Helping Your
Academically
Discouraged Child*

Richard Selznick, PhD
www.shutdownlearner.net
978-1-59181-078-0
pb • 160 pages • \$15.95

This book is based on the author's clinical experience as director of a program in the pediatrics department of a large teaching hospital that assesses and treats a broad range of learning problems.



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Standard Of Care

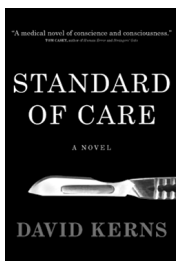
A Novel

David Kerns

www.davidkerns.net

978-1-59181-054-4

pb • 229 pages • \$13.95



This is a fictional exploration of a very real threat to American health care.

Changing the Course of Autism

A Scientific Approach for Parents and Physicians

Bryan Jepson, M.D.

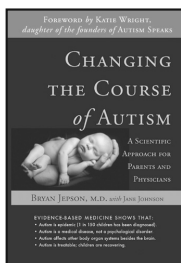
with Jane Johnson

www.thoughtful

house.org

978-1-59181-061-2 • 358 pages

paperback • \$18.95



A once rare disease, autism is now a worldwide epidemic affecting half a million American children, making it the most common developmental disability. This book has the potential to revolutionize the way this disease is perceived and managed by showing that autism can be treated as a medical disease, rather than a behavioral disorder. The authors explain that reducing neurological inflammation improves autistic behaviors dramatically, making a profound impact on the health and future of affected children.

Homebirth in the Hospital

Integrating Natural Childbirth with Modern Medicine

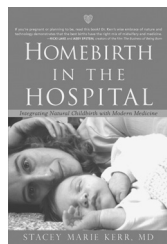
Stacey Marie Kerr, MD

www.homebirthinthe

hospital.com

978-1-59181-077-3

pb • 211 pages • \$16.95



Written by a physician, this book embraces the power and possibility of integrative childbirth, in which the compassionate tradition of midwives is combined with the technical expertise of western medicine. The book presents fifteen powerful testimonies of women who have had an integrative childbirth in a hospital setting.

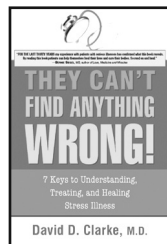
They Can't Find Anything Wrong!

7 Keys to Understanding, Treating, and Healing Stress Illness

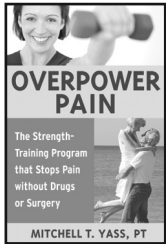
David D. Clarke, M.D.

978-1-59181-064-3

pb • 200 pages • \$16.95



Diagnostic tests are unable to find the cause of symptoms in at least half of all medical patients, most of whom are ill because of hidden stresses. Dr. David Clarke has done pioneering work with over 7,000 of these patients. In plain language he describes the major types of stress and explains steps for treatment with a range of effective techniques.

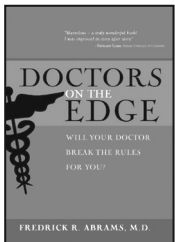


Overpower Pain
The Strength-Training Program that Stops Pain without Drugs or Surgery

Mitchell T. Yass, PT
www.pt2therapy.com/
 978-1-59181-075-9
 pb • 180 pages • \$17.95

More than 55 million Americans have experienced chronic pain lasting more than three years, and even more will suffer from back pain at some point in their lives. In this groundbreaking new book, Mitchell Yass claims that such pain is the result not of physical injuries such as herniated discs or arthritis, but of muscular imbalance and weakness.

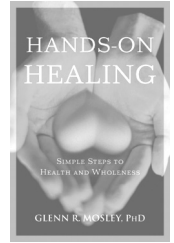
Using the program he has developed in his fifteen years as a physical therapist, Yass provides a comprehensive strength-training program to help readers overcome pain and return to full functioning capacity.



Doctors on the Edge
Will Your Doctor Break the Rules for You?

Fredrick R. Abrams
 978-1-59181-045-0
 hc • 202 pages • \$23.95

In gripping stories that often include life-and-death decisions, doctors maneuver through ambiguities, subjectivity, and the essential principles of medical ethics.

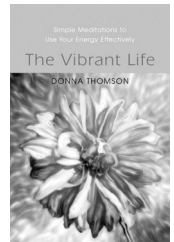


Hands-On Healing
Simple Steps to Health and Wholeness
Glenn R. Mosley, Ph.D.
 978-1-59181-048-5
 pb • 158 pages • \$14.95

Anyone can develop the gift of healing touch to balance energy, combat disease, and promote well-being, to benefit themselves, their family, and their friends. The reader will learn healing techniques that include light physical touch as well as moving the hands a slight distance above the body, known as Healing Hover Touch. Written for the lay practitioner, *Hands-On Healing* is a guide to new possibilities in healthy living.

The Vibrant Life
Simple Meditations to Use Your Energy Effectively

Donna Thomson
www.youareyourpath.com
 978-1-59181-046-9
 pb • 110 pages • \$14.95



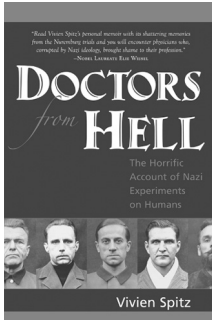
This is a manual of practical meditations that help you address the issues of modern life. Through these meditations you can understand your energy and make effective use of it. You will learn to set boundaries, conserve energy, prevent energy drain in difficult relationships, and to work with anxiety and negative thought patterns. Free your energetic flow and live the life you envision.

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Doctors from Hell

The Horrific Account of Nazi Experiments on Humans



Vivien Spitz

978-1-59181-032-2 • 318 pages •
hardcover • \$23.95

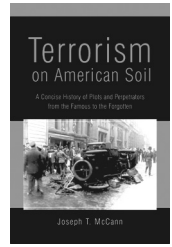
A chilling story of human depravity and ultimate justice, told for the first time by an eyewitness court reporter for the Nuremberg war crimes trial of Nazi doctors. This is the account of 22 men and 1 woman and the torturing and killing by experiment they authorized in the name of scientific research and patriotism. It includes trial transcripts that have not been easily available to the general public and previously unpublished photographs used as evidence in the trial. A significant addition to the literature on World War II and the Holocaust, medical ethics, human rights, and the barbaric depths to which human beings can descend.

Terrorism on American Soil

A Concise History of Plots and Perpetrators from the Famous to the Forgotten

Joseph T. McCann

978-1-59181-049-3
hc • 336 pages • \$24.95



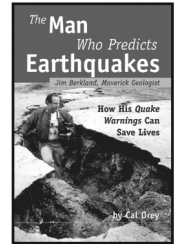
This fascinating book chronicles the most significant attacks against the U.S., exploring legal and psychological issues, and providing details of each attack, the people involved, their motives, and the social or political context. It chronicles 37 such assaults on American soil from the end of the Civil War to the present.

The Man Who Predicts Earthquakes

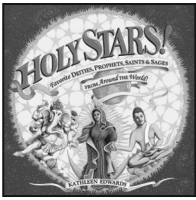
Jim Berkland, Maverick Geologist—How His Quake Warnings Can Save Lives

Cal Orey

www.calorey.com
978-1-59181-036-1
pb • 282 pages • \$12.95



Through his unconventional methods, Berkland has accurately predicted 7 significant earthquakes around the world. This fascinating read includes stories of earthquake survivors, details about seismic activity, tales of quake cover-ups, and future weather and quake predictions.



Holy Stars!

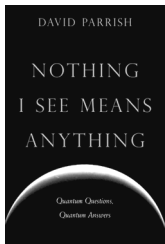
*Favorite Deities,
Prophets, Saints and
Sages from Around
the World*

Kathleen Edwards

www.kathleenedwards
artist.com

978-1-59181-080-3
pb • 64 pages • \$12.95

Unlike most comparative religion books, which explain beliefs and traditions, *Holy Stars!* contains brief, beautifully illustrated biographies of 27 of the most popular personalities from many world religions. *Holy Stars!* reveals the essential story of the religious figure seen on a taxi's dashboard, mentioned in a news report or glimpsed in a portrait on a neighbor's living room wall.



Nothing I See Means Anything

*Quantum Questions,
Quantum Answers*

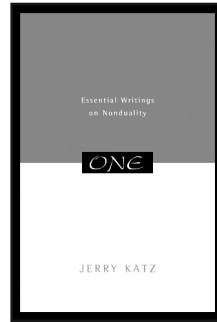
David Parrish, M.D.

978-1-59181-039-1
pb • 178 pages • \$16.95

This book, full of lucid, penetrating insights into the nature of consciousness, definitively closes the gap between mind, matter, and cosmic intelligence. Parrish elegantly identifies the pathways to highest consciousness—something with which we're all in touch but don't necessarily realize.

One

Essential Writings on Nonduality



Jerry Katz

www.nonduality.com

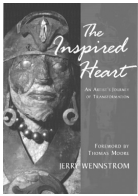
978-1-59181-053-7 • 212 pages •
paperback • \$15.95

One conveys what nonduality itself is, in a nonacademic style that draws heavily on modern, popular writing on the subject. Included are lively passages from major traditions—Buddhism, Taoism, Hinduism, Christianity, Judaism, and Islam. This new take on an ancient philosophy makes it relevant for modern lives.

Often called Advaita in the East, nonduality describes the singular wholeness of existence that suggests that the personal self is an illusion. In gaining an understanding of the nondual nature of life, one can live with greater integrity and joy, because the truth of existence is seen and lived.

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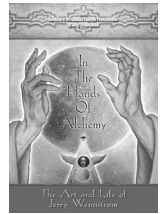
The Inspired Heart
An Artist's Journey of Transformation

Jerry Wennstrom
978-0-9710786-9-7
pb • 188 pages • \$18.95

Jerry Wennstrom tells the extraordinary story of his daring exploration into the source of his creativity. He tells of a life lived by the singular requirement of Grace—to remain fearlessly attuned to the heart.

In the Hands of Alchemy
The Art and Life of Jerry Wennstrom

Jerry Wennstrom
978-1-59181-057-5
DVD • 68 min. • \$14.99



This film includes footage of the Monks of Depung-Loseling Tibetan Monastery, excerpts from a 1979 film that show many of the works Wennstrom destroyed, and a recent presentation by Jerry before a live audience in his studio.



Bitten by the Black Snake

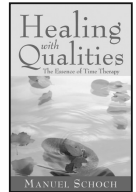
The Ancient Wisdom of Ashtavakra

Manuel Schoch
978-1-59181-060-5
pb • 114 pages • \$14.95

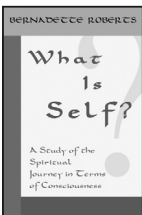
In the *Ashtavakra Gita*, the sage Ashtavakra cautions the reader about the consequences of being bitten by the "black snake of ego," and the obstacle that presents to realizing the truth. Ashtavakra's illuminating wisdom is brilliantly expounded on by Swiss mystic and therapist Manuel Schoch to make the text crystal clear to modern readers.

Healing with Qualities
The Essence of Time Therapy

Manuel Schoch
978-1-59181-031-5
pb • 220 pages • \$17.95



Manuel Schoch's original and empowering approach to therapy focuses on what we truly are: human beings full of potential and promise—living manifestations of love. Drawing on thirty years of careful observation of the human energy system, Schoch offers a direct, practical way to realize your true potential.

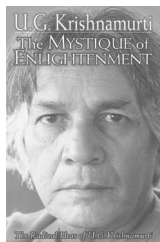


What Is Self?
A Study of the Spiritual Journey in Terms of Consciousness

Bernadette Roberts
978-1-59181-026-1 • 208 pages • paperback • \$21.95

This extraordinary philosophical treatise on the nature of self and God follows on the author's now-classic book, *The Experience of No-Self*. In this book, Ms. Roberts explains her concepts about ego, self, and the revelations of the contemplative life in a deeper and more mature fashion.

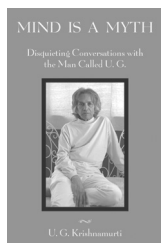
Books by U.G. Krishnamurti



The Mystique of Enlightenment
The Radical Ideas of U.G. Krishnamurti

978-0-9710786-1-1
pb • 159 pages • \$15.95

In a world in which spiritual techniques, teachers, concepts, and organizations are commonplace, U.G. stands nearly alone in his rejection of it all.



Mind Is a Myth
Disquieting Conversations with the Man Called U.G.

978-1-59181-065-0
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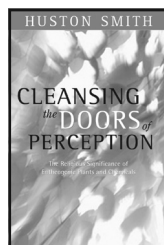
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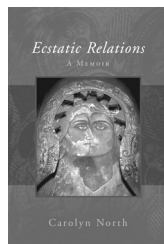
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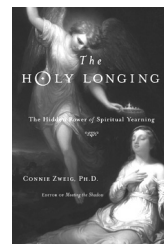


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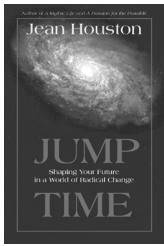
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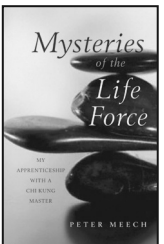
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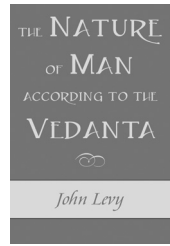
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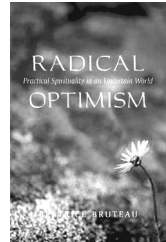
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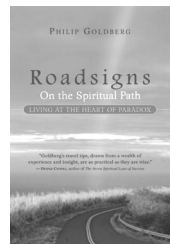
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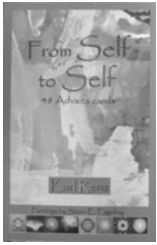
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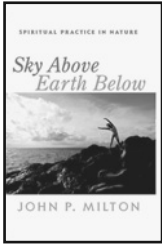


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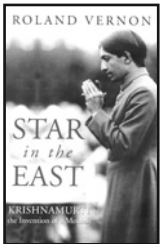
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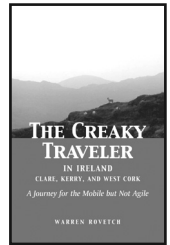


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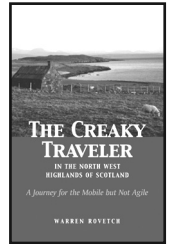
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