



SHAMBHALA
PUBLICATIONS

Rights
Catalogue

Frankfurt 2022



bala kids



ROOST
BOOKS



SNOW LION



SHAMBHALA
PUBLICATIONS



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How We Live Is How We Die

By Pema Chödrön

\$34.95 - HC

About the Book

As much as we might try to resist, endings happen in every moment—the end of a breath, the end of a day, the end of a relationship, and ultimately the end of life. And behind each ending is a beginning—though it may be unclear what the beginning holds. *How We Live Is How We Die* shares Pema Chödrön's wise words on working with this flow of life-learning to live with more ease, joy, and compassion through uncertainty; embracing new beginnings; and ultimately preparing for death with more wonder and less fear. Beloved teacher Pema Chödrön writes this book in her 85th year, and her insights on making friends with change are poignant for readers of all ages. This book shares Pema's thoughts on the bardos—the Tibetan teachings on what happens between this life and the next—and how they are relevant in each moment of our life. She also shares wisdom on working with challenging emotions of craving, aggression, and ignorance, transforming them into a path of awakening and love. Speaking in her characteristic down-to-earth voice (as someone who has walked the walk for decades), she provides readers with a master course in living life wisely and compassionately in the shadow of death. As Ani Pema teaches throughout, the more freedom we can find in our hearts and minds as we live, the more fearlessly we'll be able to confront death and life's countless changes.

Author

PEMA CHÖDRÖN is an American Buddhist nun in the lineage of Chögyam Trungpa and resident teacher at Gampo Abbey in Nova



Scotia, the first Tibetan Buddhist monastery in North America established for Westerners. She is the author of many bestselling books, including *When Things Fall Apart* and *Welcoming the Unwelcome*.

Religion - Buddhism - General
Body, Mind & Spirit - Mindfulness & Meditation
Self-Help - Meditations

SHAMBHALA

10/04/22

PAGES: 224

ISBN: 9781611809244

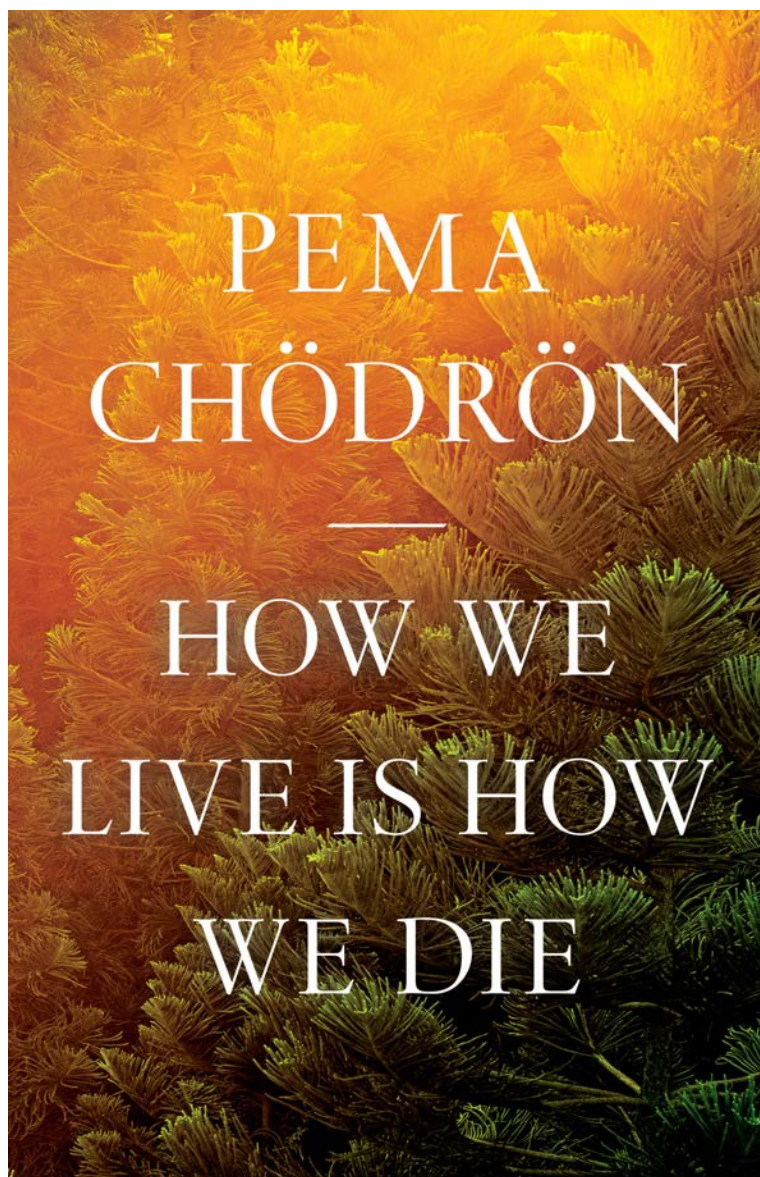
Excerpt from the book

This is a book about fear of death. More accurately, this book presents a question: How do we relate to the most fundamental of all fears, the fear of death? Some people banish the thought of death from their minds and act as if they will live forever. Some tell themselves that life is the only thing that matters since death—in their view—equals nothingness. Some become obsessed with their health and safety and base their lives on staving off the unavoidable for as many years as possible. It is less common for people to open themselves fully to the inevitability of their death—and any fear that may provoke—and to live their lives accordingly.

I have found that those who do open themselves in this way are more engaged in life and more appreciative of what they have. They are less caught up in their own dramas and have a more beneficial effect on other people and on the planet as a whole. These people include my teachers as well as the sages from all the world's spiritual traditions. But there are many ordinary people who neither deny nor obsess over death, however; instead, they live in harmony with the certain knowledge that they will one day depart from this world.

A few years ago, I gave a weekend seminar on this topic at the Omega Institute in Rhinebeck, New York. One of the participants admitted to me that when she first heard I was going to talk about death and dying, her reaction was “Bummer!” By the end of the program, however, she was finding the subject matter to be life-changing. My hope, in sharing these teachings, is to help you become more familiar and at ease with death, and more able to live in harmony with what previously scared you—more able to move from “Bummer!” to breakthrough.

My second, closely related aspiration is that opening to death will help you open to life. As I will repeat in the pages that follow, death is not just something that happens at the end of our life. Death happens every moment. We



live in a wondrous flow of birth and death, birth and death. The end of one experience is the beginning of the next experience, which quickly comes to its own end, leading to a new beginning. It's like a river continuously flowing.

Subrights Sold: Dutch, German, Italian, Korean, Portuguese (Brazil), Spanish, Thai, Vietnamese

The Art of Money Workbook

A Three-Step Plan to Transform Your Relationship with Money

By Bari Tessler

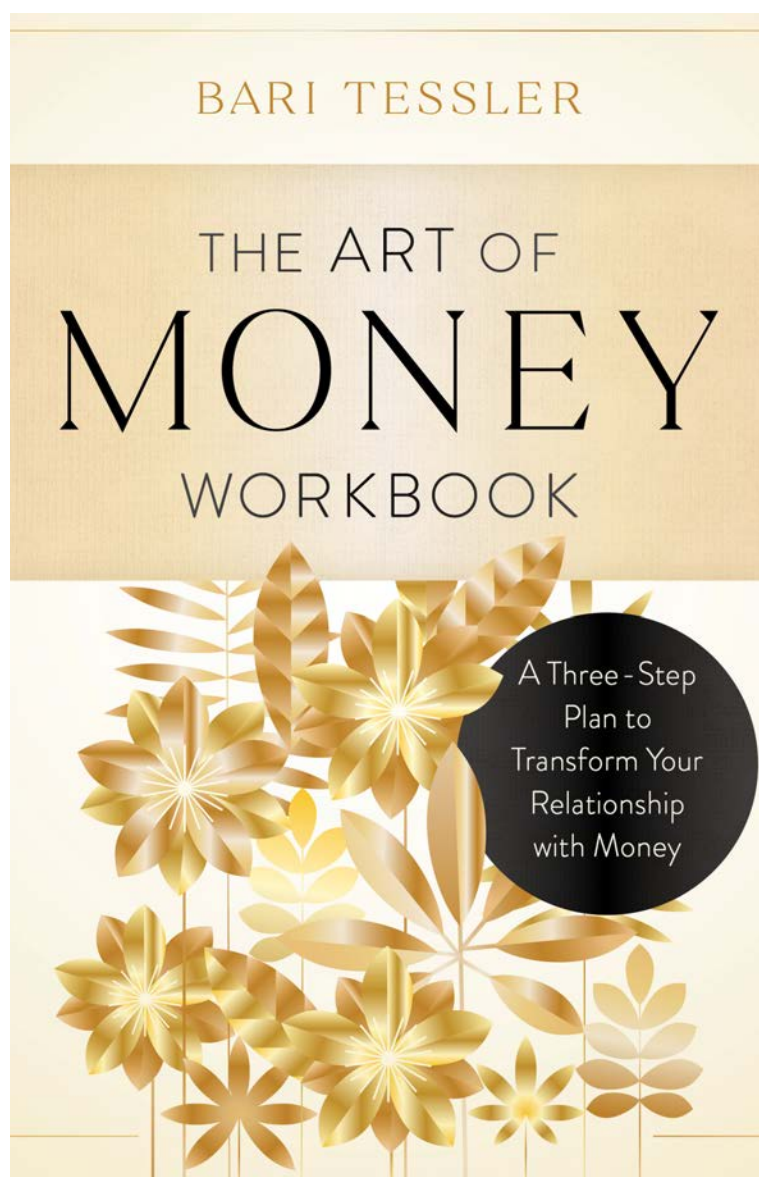
\$16.95 - TR

About the Book

The first-of-its-kind workbook that uses three easy steps to repair your relationship with money, from financial therapist Bari Tessler. Few things in life can feel as stressful and daunting as money and finances—get ready for that to change. *The Art of Money Workbook* offers an empowering new framework to create sustainable change and strengthen your relationship with money. Tessler offers a program that integrates practical financial tools with supportive somatic practices to bring more compassion, honesty, and awareness to your relationship with money. Her three-phase process—Money Healing, Money Practices, and Money Maps—will help you make choices that reflect your values, become aware of spending patterns, and create new financial habits. This workbook offers self-reflective exercises and tools that will encourage you to write your own money memoir, set regular money dates (with yourself and/or your partner), and plan for the future. Bari Tessler is a warm, compassionate guide with a masters degree in Somatic Psychology—and for over twenty years, her Art of Money methodology has helped thousands of people understand and navigate their financial life. Her gentle encouragement and practical tools will offer you new avenues for creativity and joy with an abundance of support.

Author

BARI TESSLER LINDEN, MA, is a financial therapist and the founder of The Art of Money. Every year, 500+ students from around the globe go through the year-long Art of Money program. Her work has been featured on *Oprah.com*, *Inc.com*, *US News & World Report*, *Reuters Money*, *The Fiscal Times*,



USA Today, *The Cut*, *Girlboss*, *Nerd Wallet*, *Real Simple*, *MindBodyGreen*, and *REDBOOK*. She has also been featured on the cover of *Experience Life* and *Mindful*. Bari is the author of *The Art of Money: A Life-Changing Guide to Financial Happiness*. Bari lives in Boulder, CO, with her husband, son, and many cats.

Business & Economics - Personal Finance - Money Management
Self-Help - Personal Growth - Success
Self-Help - Journaling

SHAMBHALA
05/31/22
PAGES: 176
ISBN: 9781611808445

Casting Indra's Net

Fostering Spiritual Kinship and Community

By Pamela Ayo Yetunde

\$19.95 - TR

About the Book

A heartfelt call and primer for community-oriented models of wellbeing in our age of polarization and turmoil.

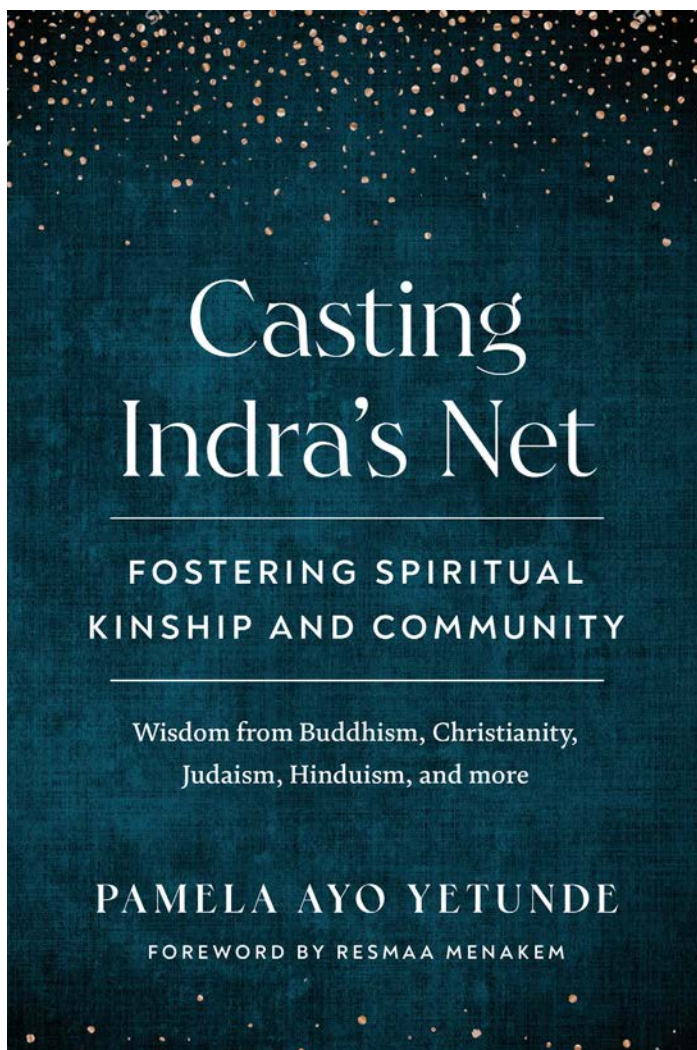
Creating compassionate communities takes more than good will—it requires a dedication to respecting cultural differences while remembering the fundamental spiritual kinship that exists between all people. Activist, counselor, and Buddhist teacher Ayo Yetunde creatively unpacks this condition through the metaphor of Indra's Net—a universal net in which all beings reflect each other like jewels. She offers a practice path that acknowledges our deep challenges—challenges that increasingly give rise to the temptation of group violence, which she calls *mobbery*—while showing exactly how we can still listen, learn, and heal together. Drawing inspiration from the Black liberation tradition and from stories from various religions, Yetunde recasts Indra's Net as the network in which we all have the choice either to succumb to our impulses toward division and brutality or renew our civility and love for each other.

The more than 20 practices in *Casting Indra's Net* include:

- Five commitments for healthy, nonviolent living
- Guided contemplation to water the seeds of your spiritual potential
- “Mirroring” and “twinning” other people
- Tonglen (receiving and releasing) and lovingkindness meditations
- Affirmations

Author

PAMELA AYO YETUNDE, JD, ThD, is an activist, lay Buddhist teacher, professor, counselor, and writer. She is the coeditor of



Black and Buddhist: What Buddhism Can Teach Us About Race, Resilience, Transformation, and Freedom as well as the author of two volumes on pastoral care. She also serves as an associate editor for *Lion's Roar* magazine. Ayo has been featured on NBC.com, the Tamron Hall Show, and Sisters of AARP, and she appears regularly in major online summits concerning spirituality and caregiving. A cofounder of the Center of the Heart, she lives in Chicago, Illinois.

Body, Mind & Spirit - Healing - General
Religion - Religion, Politics & State
Social Science - Activism & Social Justice

SHAMBHALA

02/07/23

PAGES: 208

ISBN: 9781645470922

Delight in One Thousand Characters

The Classic Manual of East Asian Calligraphy

Translated and edited by Kazuaki Tanahashi
and Susan O'Leary

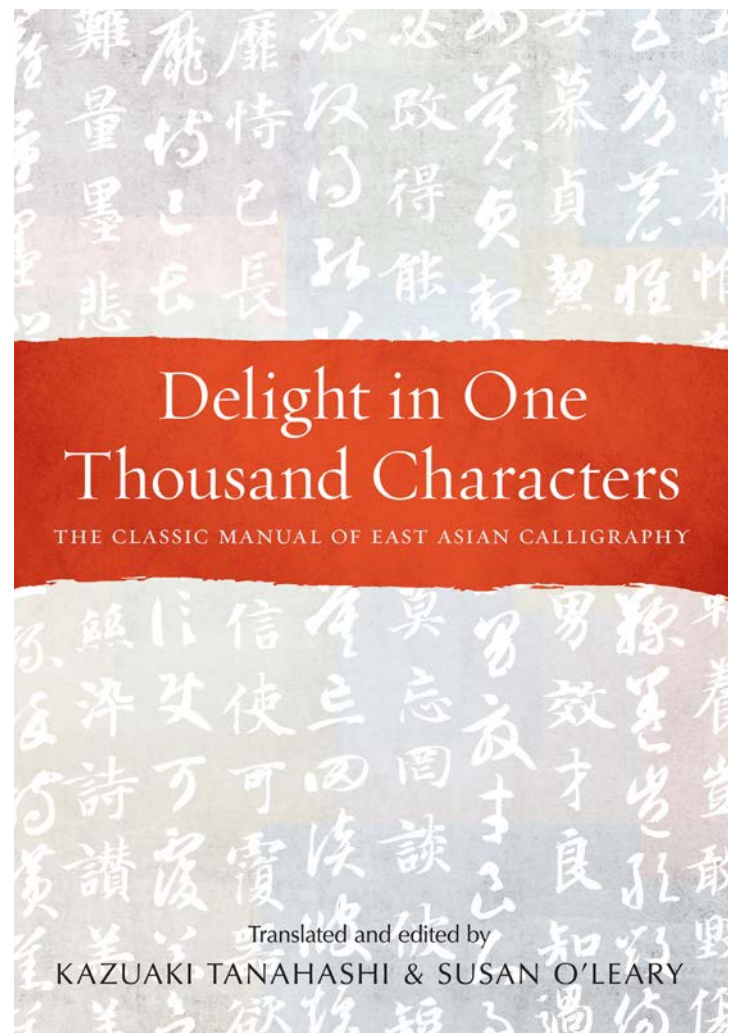
\$24.95 - TR

About the Book

A beautifully curated presentation of the *Thousand Character Essay*, a masterpiece of Chinese calligraphy that has served as the art form's classic manual for over 1,400 years. Sung to infants as a lullaby, used to teach reading and writing, and employed as library index codes, the *Thousand Character Essay* is China's most widely used and beloved calligraphy textbook. Composed by the literary giant Zhou Xingsi and handwritten by sixth-century Buddhist monk Zhiyong, this masterful work has endured for centuries as the standard guide for brush writing both in formal and cursive scripts. *Delight in One Thousand Characters* brings this sublime body of art-as-text to English-speaking readers through its translation and explanation by calligraphers and artists Kazuaki Tanahashi and Susan O'Leary. Preserving the renowned beauty of monk Zhiyong's only extant handwriting, the book visually depicts the traditional script through extensive imagery, including a full, one-hundred-strip edition of Zhiyong's calligraphy. All images also have corresponding commentary explaining the meaning of each character. Essays and appendices by Tanahashi and O'Leary detail the fascinating history, geographic range, and aesthetic nuance of the essay and of Zhiyong's rendering essential material to be familiar with the history, thought, literature, and art of East Asian civilization. For calligraphers, *Delight in One Thousand Characters* can serve as an advanced primer for practicing both formal and cursive Chinese calligraphy.

Author

KAZUAKI TANAHASHI, a Japanese-trained calligrapher, is the pioneer of the genre of "one-stroke painting" as well as the creator of multicolor enso (Zen circles). His brushwork has been shown in solo



exhibitions in galleries, museums, and universities all over the world. Tanahashi is the author of over forty books including *Painting Peace*, *Heart of the Brush*, and *The Heart Sutra*.

SUSAN O'LEARY is a graduate of Yale University and the University of Wisconsin-Madison. She is the author of several books, including *Breath Taking*, a book of poetry on the breath. As part of a team of writers and historians, in 2009 she received the Independent Press Book of the Year Award for best book in education for Wisconsin: *Our State, Our Story*.

Art - Techniques - Calligraphy
Art - Asian - Chinese
Art - Study & Teaching

SHAMBHALA

08/23/22

PAGES: 192

ISBN: 9781611808735

Good Fengshui

A Step-by-Step Guide to Creating Balance and Harmony in Your Home

By Eva Wong

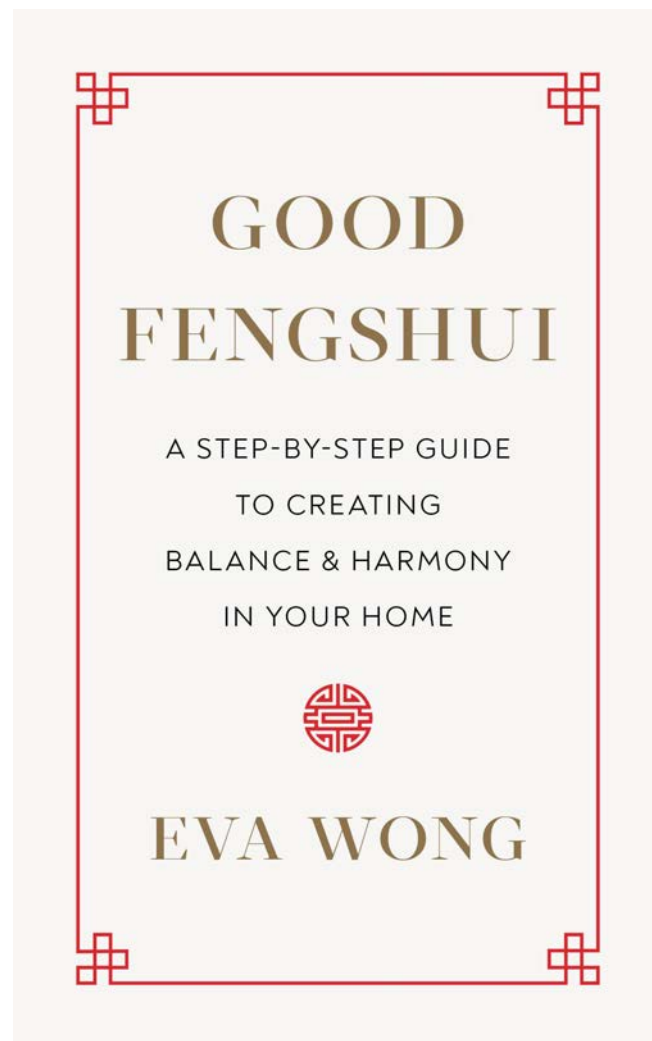
\$21.95 - TR

About the Book

This practical, easy-to-use guide to the ancient practice of fengshui will give you invaluable advice as you choose or build a home—and bring positive, healthy energy to your existing home, office, or garden.

Enhance the energy of your home, workplace, or garden using the principles of the Taoist art of fengshui. This primer will teach you to bring harmonizing, beneficial energy into any space. Taoist arts master Eva Wong introduces readers to the powerful traditional system of fengshui, which is deeply rooted in Taoist and shamanic origins. Fengshui is not simply a list of directives for building auspicious structures or arranging interiors for good luck—it is the art of reading the patterns of the universe and living in harmony with the environment. Bedrooms with good fengshui maximize health and minimize illnesses. Kitchens with good fengshui maximize livelihood and health. Home offices with good fengshui facilitate business vision and accumulation of wealth. Even garages, driveways, and gardens can affect our health, livelihood, and the way we interact with the world. Whether you are buying, renting, or renovating a home—or you want to change the atmosphere and energy of the home you are in—Wong will teach you to identify and work with the possibilities and limitations of your space. In this concise book, Wong explains the essential principles and guidelines of fengshui; offers tips for home buyers, including architectural positives and negatives and neighborhood perks and challenges; shows you how to assess your living and work spaces and garden and outdoor spaces; identifies fengshui problems and offers strategies for fixing them; and much more.

As the owner of a construction and engineering business, Wong's recommendations are practical, safe, and economical.



Author

EVA WONG is a fengshui practitioner, independent Taoist scholar, and a practitioner of the Taoist Alchemical Arts. She has operated a fengshui consultation business worldwide, including Hong Kong, China, Taiwan, Europe, North and South America, and Australia. The range of her fengshui consultation includes residential and commercial projects, religious and spiritual centers, urban planning, and large-scale institutions such as schools, hospitals, financial institutions, and government offices. She has published over sixteen books on fengshui, Taoism, and strategy.

Body, Mind & Spirit - Feng Shui
Architecture - Interior Design - General
House & Home - Decorating & Furnishings

SHAMBHALA

06/06/23

PAGES: 176

ISBN: 9781645470861

Mindful Medicine

40 Simple Practices to Help Healthcare Professionals Heal Burnout and Reconnect to Purpose

By Jan Chozen Bays, MD, author of *Mindfulness on the Go*

\$18.95 - TR

About the Book

Simple mindfulness practices to help health care professionals of all kinds reconnect with themselves and their patients, find joy, and build resilience.

Healers need healing, too—now, more than ever. Jan Chozen Bays, MD, draws on her background as both a physician and a Zen teacher to offer accessible mindfulness practices specifically designed to support health professionals of all kinds. *Mindful Medicine* shares short exercises, practices, and meditations that can bring the proven benefits of mindful awareness into the busy and often chaotic lives of health professionals. Divided into four sections—connecting with yourself, connecting with your patients, rescue remedies for times of stress, and meditations—the book offers evidence-based support for many different kinds of challenges. Most of the practices are very short and fit naturally into the day, for example: wash your mind as you wash your hands; lovingkindness on the way to and from work; and noticing eye color. The book also includes an appendix that highlights the medical research supporting the power of mindfulness. Growing numbers of caring professionals are leaving their professions and experiencing rising rates of depression and anxiety. *Mindful Medicine* can help people in health care reconnect to themselves and their sense of purpose—even in challenging times.

Author

JAN CHOZEN BAYS, MD, is a Zen master

JAN CHOZEN BAYS, MD

author of *Mindfulness on the Go*



Mindful Medicine

40 SIMPLE PRACTICES TO HELP
HEALTHCARE PROFESSIONALS BEAT
BURNOUT & RECONNECT TO PURPOSE

in the White Plum lineage of the late master Taizan Maezumi Roshi. She serves as a priest and teacher at the Jizo Mountain–Great Vow Zen Monastery in Clatskanie, Oregon. She is also a pediatrician who specializes in the evaluation of children for abuse and neglect. She is the author of several books, including *Mindfulness on the Go* and *Mindful Eating*.

Self-Help - Self-Management - Stress Management

Body, Mind & Spirit - Mindfulness & Meditation

Health & Fitness - Work-Related Health

SHAMBHALA

07/26/22

PAGES: 192

ISBN: 9781645470526

The Mysterion

Rumi and the Secret of Becoming Fully Human

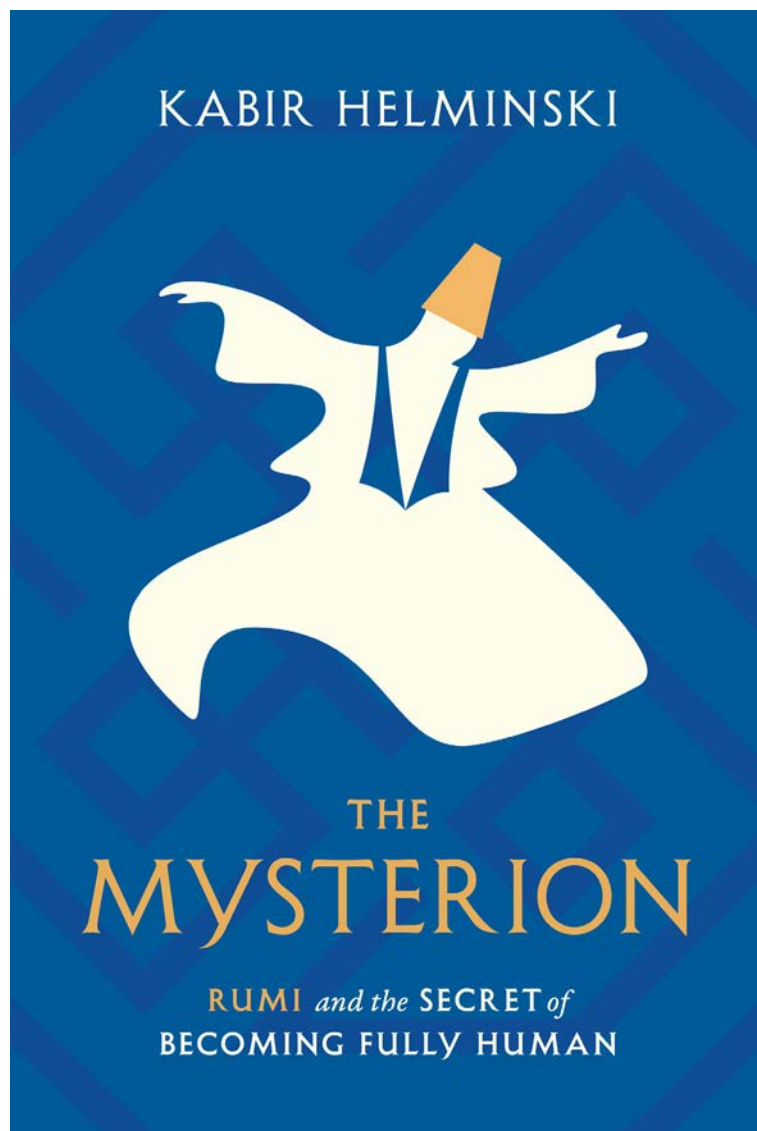
By Kabir Helminski

\$21.95 - TR

About the Book

A contemporary exploration into the meaning and possibility of our human existence, through the universal insights of the 13th-century Persian poet and Sufi mystic Rumi—by pre-eminent Rumi translator Kabir Helminski.

The 13th-century poet and mystic Rumi has become one of the most popular spiritual voices of our time—known and loved by people of many faiths and worldviews for his rich metaphors, images, poems, and stories. *The Mysterion* deepens our appreciation of his teachings by illuminating both the practical psychological dimension behind them, as well as the universal spiritual truths they offer about what it means to be human. In this philosophical survey, Kabir Helminski, one of the foremost translators and writers of Sufi texts, gives us a contemporary lens through which to view and understand the “Mysterion,” the unifying concept that bridges the human and the divine—and that connects the individual soul with spiritual Reality. This book is centered on that core, unifying concept of the Mysterion: the essence and intrinsic meaning of being human. Rumi, says Helminski, would suggest that in our human existence we might accomplish many marvels, but they will amount to little if we neglect cultivating the divine potential within us. Like a mirror, he says, we can reflect a spectrum of divine qualities depending on how polished and clean our mirror is. Likewise, our mirrors can become distorted and corroded by egoism and negativity. Our practical work, says Helminski (and Rumi), is to remove distortions from our souls and align ourselves with this higher-order reality and divine agency through humility, reverence, surrender, and love.



Author

KABIR HELMINSKI has been translating Rumi and writing about spirituality for more than forty years. He is a respected teacher—a Shaikh of the Mevlevi Order, which traces back to Rumi. His translations of Rumi are among the most popular and respected for their literary faithfulness and beauty. He has written for *Tikkun*, *Patheos.com*, *Times of India*, and *Huffington Post*, among others.

Religion - Mysticism

Religion - Islam - Sufi

Religion - Spirituality

SHAMBHALA

04/04/23

PAGES: 240

ISBN: 9781645471448

Nondual Love

Awakening to the Loving Nature of Reality

By A. H. Almaas; foreword by Ram Dass

\$21.95 - TR

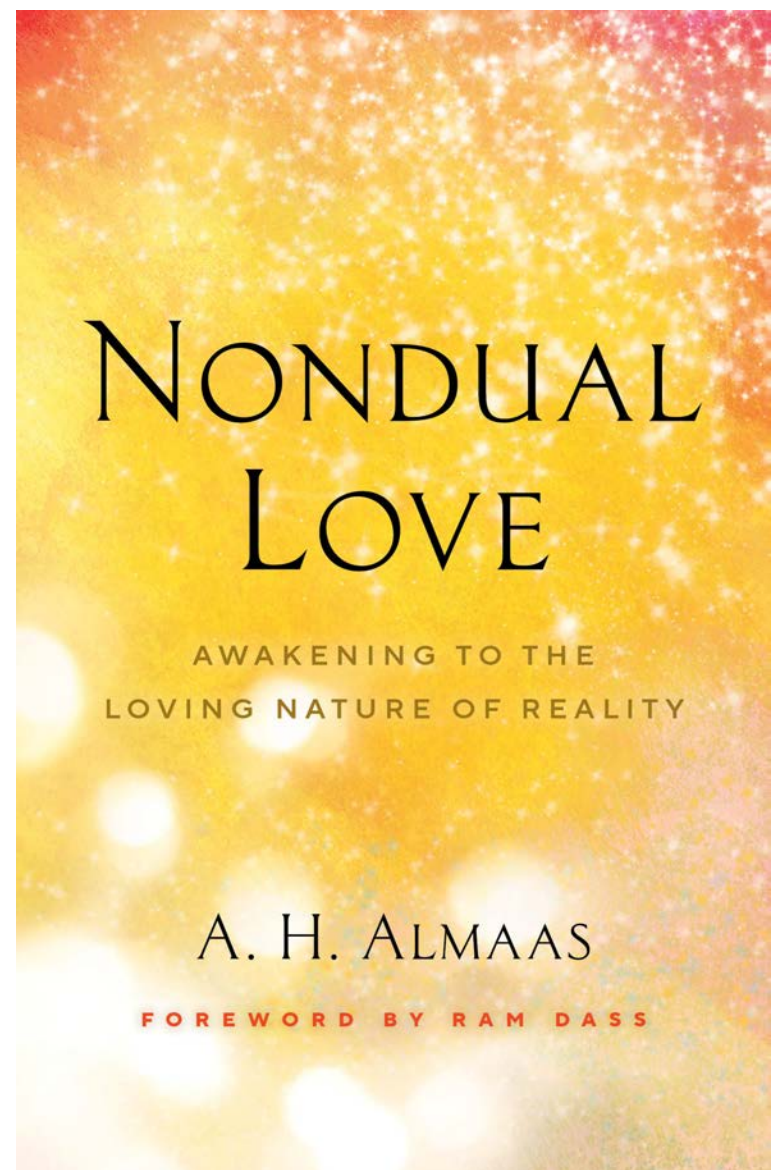
About the Book

From beloved author and teacher A. H. Almaas, an exploration of love beyond the boundaries of the individual self, revealing that nondual love is the nature of everything, including ourselves.

Love is a transformative aspect of the spiritual path—and in fact, it is our very nature. A. H. Almaas takes us on a journey beyond a narrow, individual understanding of love to an exploration of what he calls the boundless dimension of divine love. This divine love is not the kind of love that we feel toward somebody else; it is nondual, a love without boundaries. Or put another way, it is nondual true nature experienced as love. By shifting our focus beyond the individual human experience to the experience of the wholeness of existence, we are able to see the true richness of the universe. When we are open to the dimension of divine love, we begin to experience our true nature, free from limitations—a sense of complete release, freedom, and delight, free of conflict, fear, insecurity, and worry. Almaas discusses the obstacles and obscurations that make it difficult to awaken to true nature in this way, such as our belief in a separate self and our past conditioning. Each chapter includes an inquiry or practice to explore the themes further such as explorations of attachments and worldly desires, as well as experiences of union, surrender, and grace.

Author

A. H. ALMAAS, the author of more than a dozen books, is the pen name of A. Hameed Ali, the originator of the Diamond Approach to the realization of our true nature. Since 1976, he has guided individuals and groups through his school of inner work, the Ridhwan School, which has branches in California, Colorado, and Europe. His most recent books are *Love*



Unveiled, The Alchemy of Freedom, The Power of Divine Eros, The Unfolding Now, and Runaway Realization.

Self-Help - Spiritual

Self-Help - Personal Growth - General

Body, Mind & Spirit - Inspiration & Personal Growth

SHAMBHALA

03/21/23

PAGES: 224

ISBN: 9781645471516

The Parent's Complete Guide to Ayurveda

Principles, Practices, and Recipes for Happy, Healthy Kids

By Vaidya Jayarajan Kodikannath, BSc, BAMS and Alyson Gregory

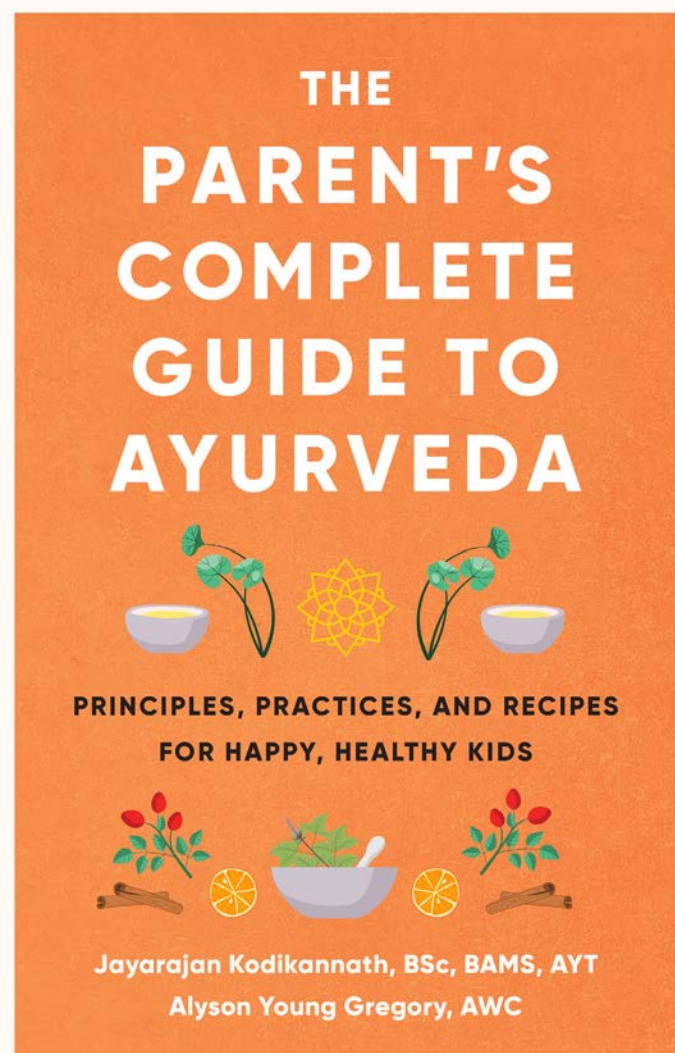
\$24.95 - TR

About the Book

A comprehensive and user-friendly guidebook including over 50 Ayurvedic health and wellness practices for children, ages 3–16, with healing plans for common ailments—co-written by an Ayurveda specialist with over two decades of experience in pediatric health. This health and lifestyle book for parents offers holistic wellness practices from the Ayurvedic medical tradition that are suitable and effective for the whole family. *The Parent's Complete Guide to Ayurveda* gives simple, commonsense dietary, herbal, and self-care options drawn from Kaumarabhritya, or pediatric Ayurveda, along with Ayurvedic principles from the root texts to facilitate healing of various ailments including childhood disorders related to growth and development, and promote vibrant health and well-being in children ages 3 –16. Dr. Jayarajan Kodikannath, an Ayurvedic specialist with vast experience working with pediatric cases for over two decades, and Alyson Young Gregory, a mother and Ayurvedic health counselor and educator, give parents a wellness roadmap that they can tailor to their children's individual mind-body type, known as prakriti. This book first gives parents the tools to determine their child's prakriti, and then offers customized everyday diet and lifestyle guidelines based on traditional Ayurvedic principles for a healthy body and mind, including yoga, meditation, breathing practices, and daily wellness routines.

Author

DR. (VAIDYA) JAYARAJAN KODIKANNATH is a classically trained Ayurvedic Doctor



representing a lineage of Ayurveda Practitioners from Kerala, India, and an internationally renowned Ayurvedic scholar, educator, and keynote speaker with over 25 years of experience currently working as the CEO and Chief Ayurveda Consultant of Kerala Ayurveda USA.

ALYSON YOUNG GREGORY is a parenting media writer specializing in holistic health, and an Ayurvedic Health Counselor and Educator. She was a student of Don and Amba Stapleton at the Omega Institute for Holistic Studies in New York and later, of Vaidya Jayarajan Kodikannath at Kerala Ayurveda, where she works as a part of one of the largest Ayurvedic communities in the U.S.

Health & Fitness - Children's Health
Medical - Holistic Medicine
Health & Fitness - Healthy Living

SHAMBHALA

08/23/22

PAGES: 224

ISBN: 9781611808520

Returning the Self to Nature

Undoing Our Collective Narcissism and Healing Our Planet

By Jeanine M. Canty

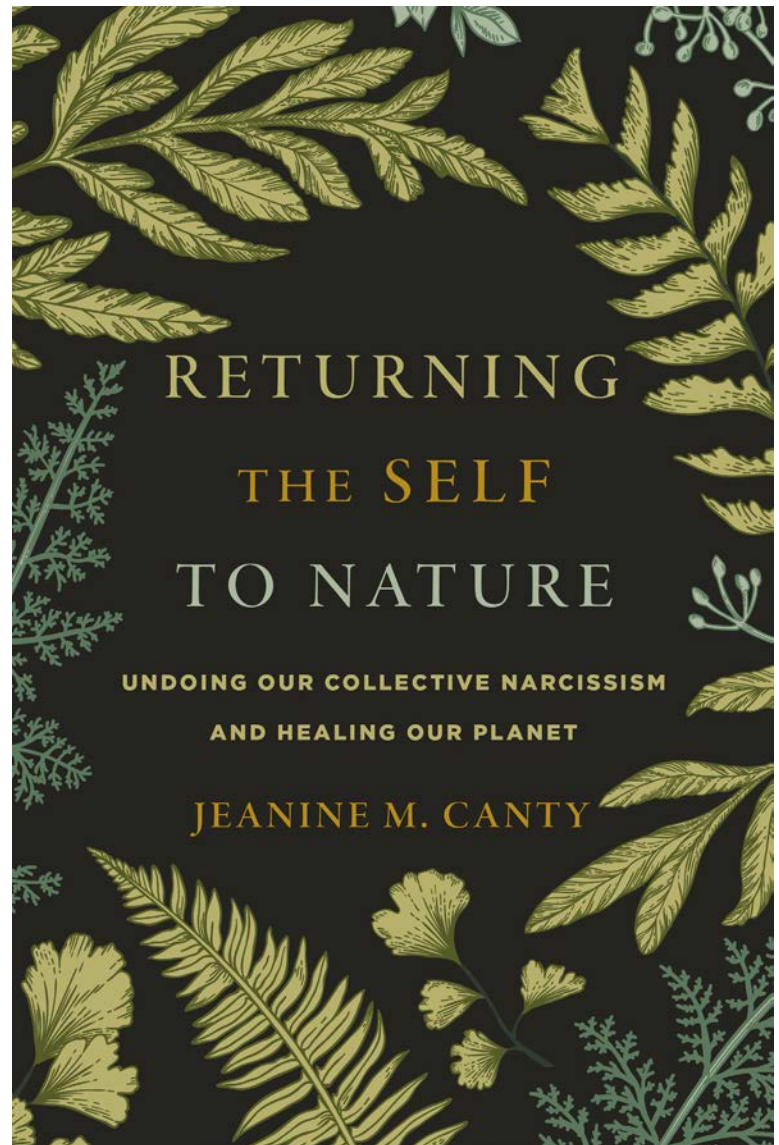
\$18.95 - TR

About the Book

Using the lens of ecopsychology, *Returning the Self to Nature* shows that the pervasive and extreme forms of narcissism we find in many modern societies are fundamentally the result of alienation from the natural world. But it doesn't have to be that way. *Returning the Self to Nature* is written for the person who no longer wishes to function in a world that revolves around selfish, disconnected identity models and yearns to step into healthy relationships with one's self, one's community, and our planet. Seeing the suffering of the planet and that of humans as inseparably linked—the ecological crisis as psychological crisis, and vice versa—opens the door to a mutuality of healing between people and nature. Through unflinching analysis and meditation practices that encourage visualizing and embodying the wild naturalness of being human, the reader will gain skills to begin experiencing a courageous, pluralistic, and ecological self. This book is an invitation to wake up from the dream of the false self and join the movement toward social and planetary healing.

Author

JEANINE M. CANTY is a professor in the Transformative Studies Doctoral program at the California Institute for Integral Studies. Formerly the chair of Environmental Studies at Naropa University, she continues to teach at Naropa and at Pacifica Graduate Institute's Ecopsychology certificate program. Her edited volumes are *Ecological and Social Healing: Multicultural Women's Voices and Globalism and Localization: Emergent Approaches to Ecological Crises*.



Self-Help - Green Lifestyle

Body, Mind & Spirit - Nature Therapy

Psychology - Psychopathology - Personality Disorders

SHAMBHALA

09/27/22

PAGES: 208

ISBN: 9781611809749

The Self-Talk Workout

Six Science-Backed Strategies to Dissolve Self-Criticism and Transform the Voice in Your Head

By Rachel Goldsmith Turow, PhD

\$18.95 - TR

About the Book

Self-talk matters, but what methods of building healthy self-talk actually work? This how-to guide shares evidence-based techniques to go from being your own worst critic to your own best friend. Perhaps you want to be nicer to yourself but don't really know how to get there. Or maybe you're someone who assumes self-criticism is a permanent part of your personality. Rest assured you're not alone—millions of people struggle with the toll that excessive self-criticism takes on their minds, energy levels, jobs, and relationships. And problems with self-talk vary dramatically from one person to the next: they can appear as mild but persistent inner criticism, full-blown self-loathing, or the pain of internalized oppression or abuse. After over twenty years of working with individuals, groups, and classes on self-criticism and related challenges, psychologist and mindfulness teacher Dr. Rachel Goldsmith Turow offers the “self-talk workout”—six doable exercises that can help you replace self-criticism with self-kindness and self-encouragement. Specific self-talk strategies such as “Spot the success,” “Fail forward,” and “Allowing all feelings, skillfully,” require just a few minutes a day. These skills can be practiced individually to transform your self-talk, or you can choose to combine two or more exercises to enhance your self-talk workout.

Author

DR. RACHEL GOLDSMITH TUROW is a psychotherapist in private practice, a research scientist, and an adjunct faculty member at Seattle University and the Icahn School of Medicine at Mount Sinai. She has

RACHEL GOLDSMITH TUROW, PhD



THE SELF-TALK WORKOUT

Six Science-Backed Strategies
to Dissolve Self-Criticism and
Transform the Voice in Your Head

trained hundreds of individuals to use mindfulness, self-compassion, and cognitive behavioral skills to transform their self-criticism into self-encouragement and to cultivate resilience. She is the author of *Mindfulness Skills for Trauma and PTSD: Practices for Recovery and Resilience* as well as over thirty articles and book chapters, and she is a frequent speaker at national and international conferences. Her website is rachelturow.com.

Self-Help - Personal Growth - Self-Esteem
Psychology - Mental Health
Self-Help - Self-Management - General

SHAMBHALA
08/30/22
PAGES: 240
ISBN: 9781611808483

We Heal Together

Rituals and Practices for Building Community
and Connection

By Michelle Cassandra Johnson

\$19.95 - TR

About the Book

A hopeful, wise, and practical guide to help us move into spaces of individual and collective healing, community, and relationship building—with practices to shed our isolation, connect, and thrive.

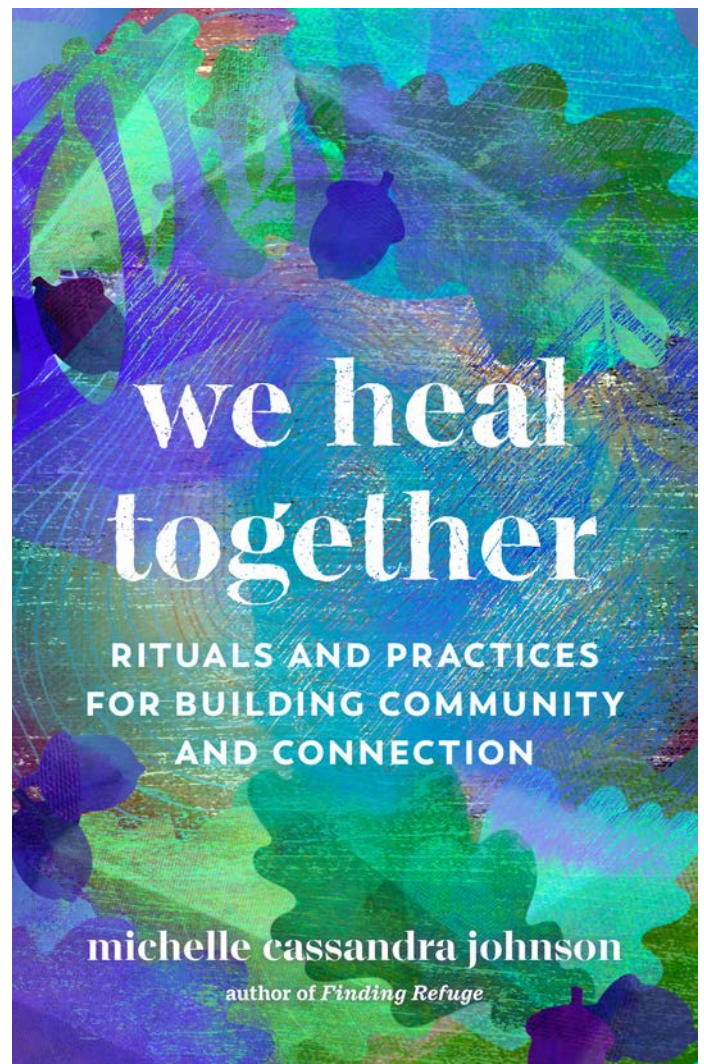
In times of isolation, heartbreak, and brokenness, reaching out to each other, being in conversation, and finding ways to connect with compassion and openness can help us heal and thrive. This powerful, positive guide coaxes us to go beyond our individual and collective grief and courageously re-enter and reclaim our sense of community—which then further strengthens our spiritual practice.

Through spiritual teachings drawn from the *Bhagavad Gita*, mindfulness practices, rituals, resources, and journaling prompts in each chapter, Michelle Cassandra Johnson shows us how we can heal and facilitate healing; reclaim what it means to hold space and build community; find joy; connect to and summon support from our ancestors; connect with nature to strengthen and restore ourselves; and love, alchemize, dream, and conjure in community.

Examples of practices include journaling on what community means to you, meditation with a ritual object, progressive muscle relaxation, Yoga Nidra, and many more—all adapted for use alone or in a group. Includes simple, evocative line drawings by Vashon Island, WA-artist, Ivan Moy.

Author

MICHELLE CASSANDRA JOHNSON is an activist, social justice warrior, author, anti-racism consultant and trainer, intuitive healer, and yoga teacher and practitioner. She has led dismantling racism work in many corporate and nonprofit settings for over two decades, and



she was a social worker for twenty years. She is the author of *Skill in Action* and *Finding Refuge*.

About This Illustrator

IVAN MOY is a freelance illustrator living in Vashon Island, WA.

Body, Mind & Spirit - Healing - General
Body, Mind & Spirit - Mindfulness & Meditation
Social Science - Discrimination

SHAMBHALA

04/11/23

PAGES: 176

ISBN: 9781645471073

Wild Mind, Wild Earth

Our Place in the Sixth Extinction

By David Hinton

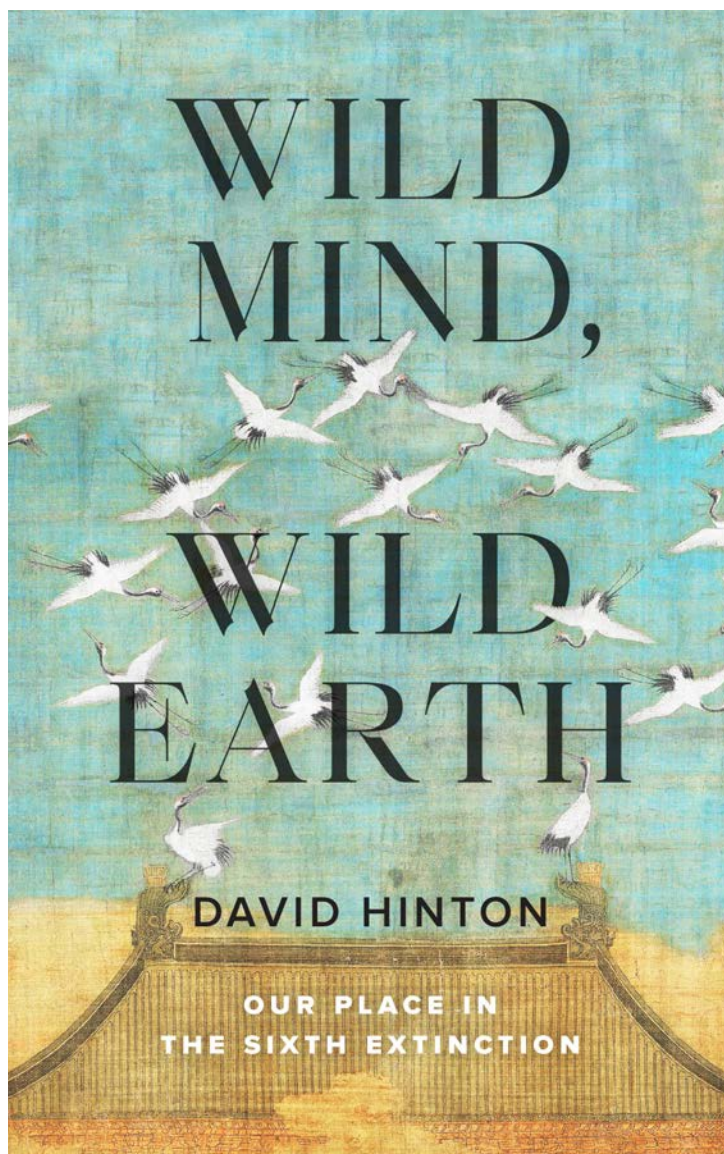
\$19.95 - TR

About the Book

Is planetary healing possible through the wildness of our own minds? This literary exploration of ancient Chinese spirituality and modern Western environmentalism plumbs the radical and promising kinship between mind and nature. Renowned translator and author David Hinton discovers parallels between the writings of ancient Chinese poets and Ch'an (Zen) masters and those of landscape poet Robinson Jeffers (1887–1962) and other ecologically minded Western writers. These two bodies of work, though centuries apart, point to the deep wound inevitably caused by dualistic views of humanity and nature—and raise the prospect of removing the illusion of separation. We may yet find the inspiration to heal our living planet if we understand that the sixth great extinction event now unfolding around us is at its root a spiritual and philosophical problem. “It is the assumptions defining us and our relation to the earth that drive the destruction,” writes Hinton. “The wound that insists we are radically different and qualitatively more valuable than the rest of existence. We love this world, and there is an unnoticed philosophical revolution inherent in that love.”

Author

DAVID HINTON's many translations of ancient Chinese poetry and philosophy have earned wide acclaim for creating compelling contemporary works that convey the actual texture and density of the originals. The author of countless books of essays and poetry, Hinton has been awarded a Guggenheim Fellowship, numerous fellowships from the N.E.A. and the N.E.H, the Landon Translation Award, the PEN American Translation Award, and a lifetime achievement award by The



American Academy of Arts and Letters.

Literary Criticism - Subjects & Themes - Nature
Poetry - Subjects & Themes - Nature
Religion - Buddhism - Zen

SHAMBHALA

11/08/22

PAGES: 128

ISBN:9781645471479

The Wild and Sacred Feminine Deck

A 52-Card Oracle and Guidebook

By Niki Dewart and Elizabeth Marglin

Illustrated by Jenny Kostecki-Shaw

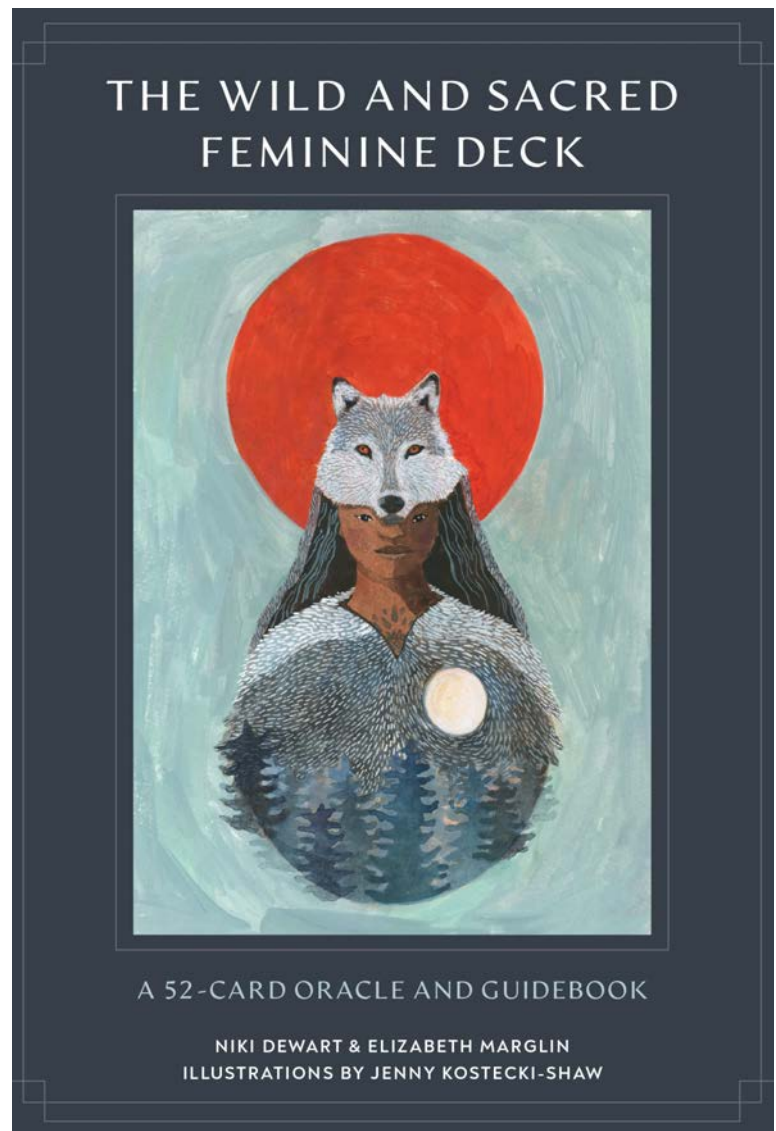
\$35.00 - Card deck

About the Book

Gorgeously illustrated 52-card deck and guidebook with empowering archetypes of the sacred feminine to amplify your innate knowing and invigorate your potential. Honoring the potent and tumultuous time we live in, this insightful oracle deck is an invocation of the sacred feminine and a source of insight for clarity, confirmation, and guidance. Separated into four facets of the feminine—Wild (Butterfly, Lioness), Elemental (Mountain, Smoke), Archetypal (Muse, Shapeshifter), and Divine (Inanna, Oshun)—the cards explore a beautiful chaos where all things are possible. Each card displays a gorgeous, vibrant, original oil painting offering an inspiring artistic representation of the figure or element. The cards come in a cigar-style box with magnetic closure, pull-out ribbon, and foil-stamped case. Also included in the box is a full-color guidebook, which offers ideas for single-card draws and unique multi-card spreads along with inspiring quotations and an open-ended exploration of each card's light and shadow aspects. The feminine creates and destroys, adapts and abides, sutures and sunders. Your own potential is reflected in her many faces.

Author

NIKI DEWART, MA., and ELIZABETH MARGLIN, MA., are the coauthors of The Mother's Wisdom Deck. Niki writes books, designs sacred spaces, and leads rituals and retreats that nurture the feminine soul. Elizabeth is a journalist and writing coach who writes for publications like Yoga Journal and Spirituality & Health. They both live in Colorado.



About This Illustrator

JENNY KOSTECKI-SHAW is a national award-winning author and illustrator, a homesteader, and a mother.

Body, Mind & Spirit - Divination - General
 Body, Mind & Spirit - Inspiration & Personal Growth
 Body, Mind & Spirit - Goddess Worship

SHAMBHALA
 10/11/22
 PAGES: 196
 ISBN: 9781611809756

Work, Parent, Thrive

12 Science-backed Strategies to Ditch Guilt,
Manage Overwhelm, and Grow Connection
(When Everything Feels Like Too Much)

By Yael Schonbrun, PhD
\$17.95 - TR

About the Book

Twelve practical strategies to experience more joy and feel less guilt as a working parent, drawn from ACT, the groundbreaking therapy technique that has helped countless people. Dr. Yael Schonbrun calls out the myth of the work-life balance and offers practical strategies that can help us reframe our approach to working and parenting from the inside out. Based in Acceptance and Commitment Therapy (ACT), these strategies won't create more hours in the day, but they can shift how we label our experiences, revise the stories we tell ourselves about working and parenting, and recognize the value we get from each role. Differing values and commitments pull working parents in opposite directions and the social supports families desperately need are lacking. Yet even with these very real challenges, we can find more peace and less stress.

Author

Yael Schonbrun, PhD, is assistant professor of psychology at Brown University, a family therapist, and co-host of the podcast *Psychologists Off the Clock*. In 2014, she wrote a piece on motherhood and ambition for the *New York Times* that went viral. She has since contributed a chapter to *Double Bind: Women on Ambition* alongside Roxane Gay, Molly Ringwald, and others and has written for *Psychology Today*.

Family & Relationships - Parenting - General
Psychology - Cognitive Psychology & Cognition
Self-Help - Personal Growth - General

WORK PARENT THRIVE



12 SCIENCE-BACKED STRATEGIES TO
DITCH GUILT, MANAGE OVERWHELM,
AND GROW CONNECTION
(When Everything Feels Like Too Much)

Yael Schonbrun, PhD

SHAMBHALA
11/01/22
PAGES: 272
ISBN: 9781611809657

Yin Mountain

The Immortal Poetry of Three Daoist Women

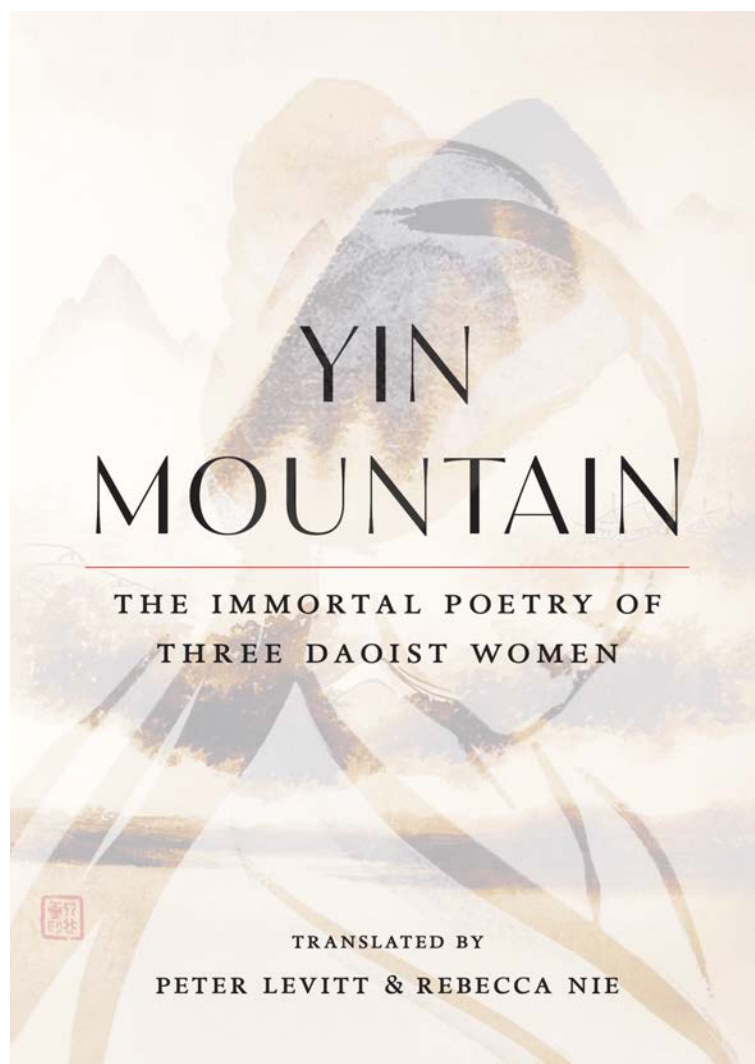
Translated by Peter Levitt and Rebecca Nie
\$19.95 - TR

About the Book

Yin Mountain presents a fascinating window onto the lives of three Tang Dynasty Daoist women poets. Li Ye (c. 734–784), Xue Tao (c. 768–832), and Yu Xuanji (843–868) lived and wrote during the period when Chinese poetry reached its greatest height. Yet while the names of the male poets of this era, such as Tu Fu, Li Bo, and Wang Wei, are all easily recognized, the names of its accomplished women poets are hardly known at all. Through the lenses of mysticism, naturalism, and ordinary life, the five dozen poems collected here express these women's profound devotion to Daoist spiritual practice. Their interweaving of plain but poignant and revealing speech with a compelling and inventive use of imagery expresses their creative relationship to the myths, legends, and traditions of Daoist Goddess culture. Also woven throughout the rich tapestry of their writing are their sensuality and their hard-wrought, candid emotions about their personal loves and losses. Despite that, these poets' extraordinary skills were recognized during their lifetimes, as women they struggled relentlessly for artistic, emotional, and financial independence befitting their talent. The poems exude the charged charisma of their refusal to hold back within a culture, much like our own, that was cosmopolitan yet still restrictive of women's freedom. Skillfully introduced and translated by acclaimed translators Peter Levitt and Rebecca Nie, these wonderful poems will resonate with the lives of spiritual practitioners today, especially women.

Author

PETER LEVITT is a longtime student of Zen and the author of ten books of poetry, including *Within Within*, *One Hundred Butterflies*, and *Bright Root, Dark Root*. He is also the author of *Fingerpainting on the*

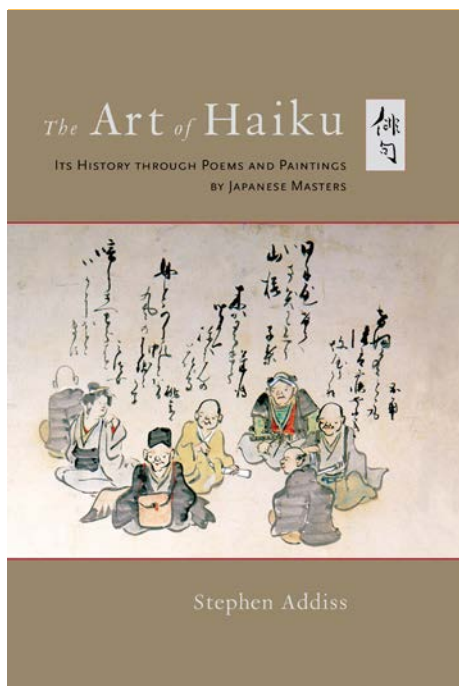


Moon: Writing and Creativity as a Path to Freedom, co-translator (with Kazuaki Tanahashi) of *A Flock of Fools: Ancient Buddhist Tales of Wisdom and Laughter*, and the editor of Thich Nhat Hanh's classic *The Heart of Understanding*. In 1989, Levitt received the prestigious Lannan Foundation Award in Poetry. REBECCA NIE was born in China in 1985, began studying internationally after moving to Canada in 2001, and now works as the Buddhist Chaplain-Affiliate at Stanford University. Ms. Nie is also a transmitted Zen Master of the Korean Jogye Order and founding abbot of M.V. Seon Sanctuary, offering systematic training in Eastern spiritual-wisdom traditions.

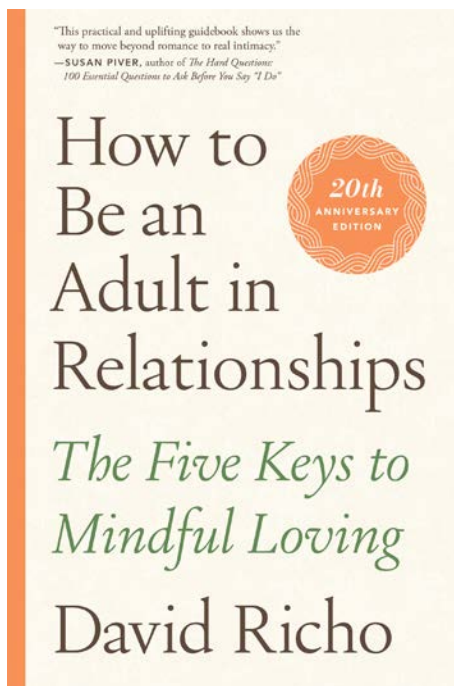
Poetry - Women Authors
Poetry - Asian - Chinese
Religion - Taoism

SHAMBHALA
12/13/22
PAGES: 160
ISBN: 9781645471127

Reissues

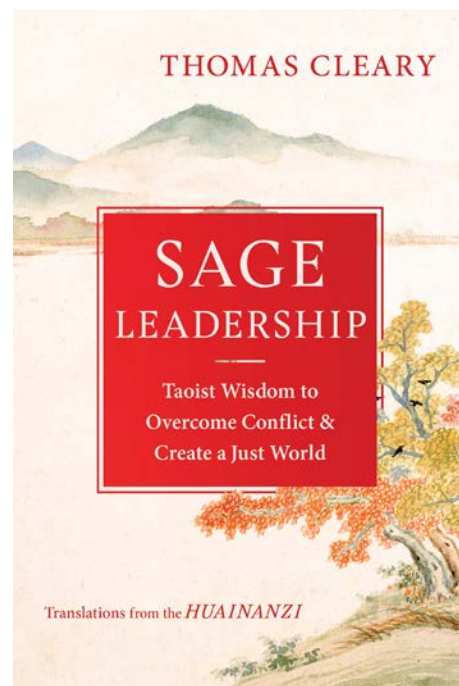


THE ART OF HAIKU



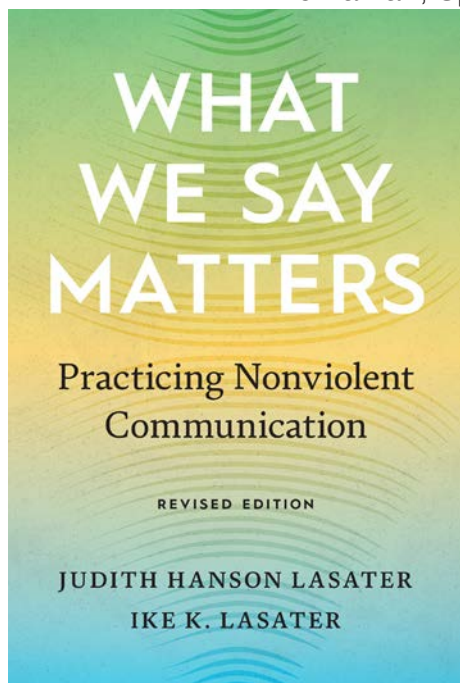
HOW TO BE AN ADULT IN RELATIONSHIPS

Subrights Sold (original edition): Chinese (Complex and Simplified), Croatian, Finnish, French, German, Hungarian, Korean, Polish, Romanian, Spanish, Turkish

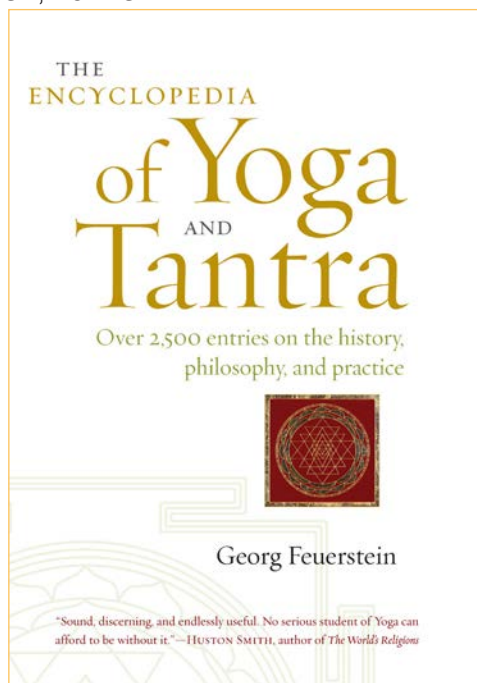


SAGE LEADERSHIP

Reissue of *The Book of Leadership and Strategy*
Subrights Sold (original edition): French, Indonesian, Italian, Portuguese, Romanian, Spanish



WHAT WE SAY MATTERS
Subrights Sold (original edition): French, German



THE ENCYCLOPEDIA OF YOGA AND TANTRA
Subrights Sold (original edition): Bulgarian, Chinese (Simplified), Japanese, Korean, Polish, Portuguese (Brazil), Russian

Yoga

The Essential Guide to Trauma Sensitive Yoga

How to Create Safer Spaces for All

By Lara Land

\$29.95 - TR

About the Book

An essential manual for yoga teachers and students to create a trauma-sensitive practice that benefits and supports all—and alienates no one.

People are turning to yoga for its stress-reducing practice and transformative philosophy. But for those who have a trauma history, the practice can be triggering. The Essential Guide to Trauma Sensitive Yoga offers an inclusive approach to yoga for teachers and students of all ages and abilities, especially those who have experienced trauma.

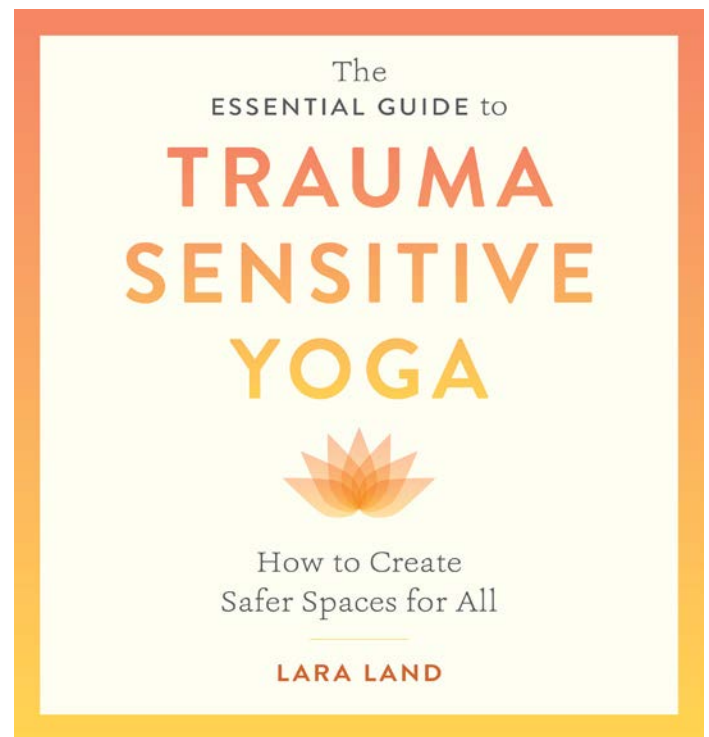
Some of the themes covered include:

- How do the impacts of trauma show up in yoga spaces
- Suggested language for shifting power to the practitioner
- How to create an environment conducive to healing
- How to practice or teach poses in a way that includes all

This book is beautifully illustrated with 260 photos of poses and sequences, modeled by trauma survivors who share stories of how yoga helps them heal. Land works with people of all ages, from young children to seniors, who are coping with a range of traumas including physical, emotional, and sexual abuse, homelessness, genocide, and incarceration. She is a passionate advocate for making the benefits of yoga and mindfulness available to all.

Author

LARA LAND is a Level 2 authorized Ashtanga Yoga teacher with two decades of yoga



experience. She has worked in Rwanda and India, among other places, teaching yoga and mindful living and developing programs to heal and empower. She is the founder of Land Yoga, a Yoga, Arts & Wellness Center in the heart of Harlem, and her nonprofit community organization, Three and a Half Acres Yoga.

Health & Fitness - Yoga

Self-Help - Spiritual

Body, Mind & Spirit - Healing - General

SHAMBHALA

05/02/23

PAGES: 256

ISBN: 9781611809886

Get Fit Where You Sit

A Guide to the Lakshmi Voelker Chair Yoga Method

By Lakshmi Voelker and Liz Oppedijk

\$24.95 - TR

About the Book

Get Fit Where You Sit offers a pioneering method of chair yoga for every body: a full practice of asana, breathing, and meditation with 250 instructional photos.

Designed and taught by Lakshmi Voelker, the LV Chair Yoga (TM) method upends the myth that yoga is only for the flexible, strong, balanced, thin, and conventionally able-bodied. This book highlights 40 active and restorative poses, including individual and partner poses, breathing techniques, and meditation practices, all adapted so that students never have to leave their chairs. For every pose, Voelker offers at least three different ways of experiencing it, depending on an individual's level of flexibility, and suggests ways to incorporate breath work and chanting. Voelker includes healthy lifestyle practices and teaching tips, along with yoga philosophy "lessons" throughout. Examples include: Tree Pose—for a flexible spine and to combat the "slump" we often get in our sedentary lifestyle; Eagle Pose—for healthy joints; Squat Pose—to relax the lower back; Knee-to-Chest Pose—to support good digestion; Coherent breathing—to bring the body's systems into balance; and much more.

Voelker offers a powerful, inclusive practice that is appropriate for new students or long-time practitioners and can easily be adopted by yoga instructors, educators, medical professionals, exercise professionals, or caretakers for work with their clients.

Author

LAKSHMI VOELKER is a certified Kripalu Yoga instructor and a member of the Yoga Alliance and International Association of Yoga Therapists. She certifies teachers in the Lakshmi Voelker Chair Method at Kripalu, New York Open Center,

An adaptive yoga practice for strength, stamina, balance, and flexibility



Get Fit Where You Sit

A GUIDE TO THE LAKSHMI VOELKER CHAIR YOGA METHOD

Lakshmi Voelker and Liz Oppedijk

and Discovery Yoga, and through her online teacher training and mentoring program.

LIZ OPPEDIJK is a leading expert on Chair Yoga and a yoga researcher based in the UK. She is an official Lakshmi Voelker Chair Yoga teacher and trainer and a regular lecturer on chair and accessible yoga for healthcare professionals, caregivers, and community workers.

Health & Fitness - Yoga

Health & Fitness - Healthy Living & Personal Hygiene

Health & Fitness - Exercise - Stretching

SHAMBHALA

08/08/23

PAGES: 208

ISBN: 9781611809251

Moon Path Yoga

Kundalini Practices and Rituals for Women to Align with the Lunar Cycles

By Sierra Hollister

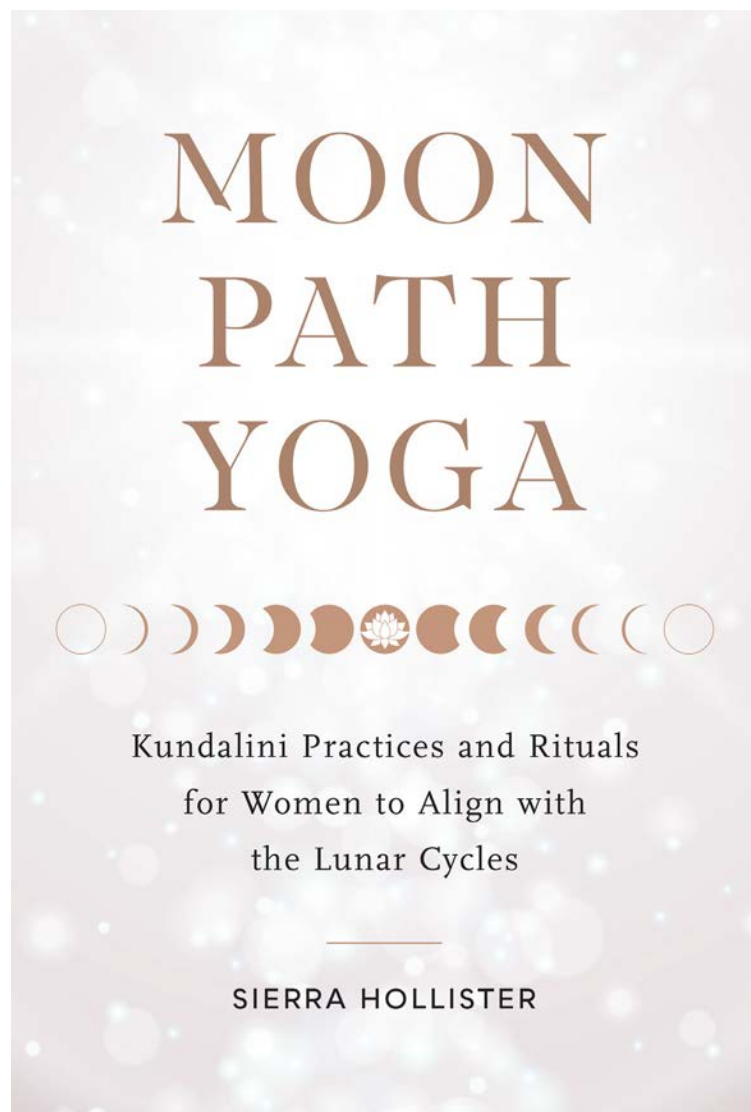
\$24.95 - TR

About the Book

Experience the powerful, revitalizing, feminine “lunar” energy at the heart of Kundalini yoga practice, through this beautifully illustrated guide with over 170 asana, pranayama, mantra, and meditations for practitioners of all levels. One of the oldest forms of yoga, Kundalini Yoga is a timeless tradition that includes powerful, specific teachings for anyone identifying as female. These “lunar” practices not only support well-being, health, and vitality through every stage of life, but also awaken and enhance Shakti—the divine feminine, creative life force. Sierra Hollister helps women discover their unique moon cycle and offers specific sequences (kriya) for daily life, for mothering, for sexuality and relationships—as well as practices, breathing exercises, mudra, mantra, and recipes to provide support and balance. *Moon Path Yoga* offers a comprehensive lunar rhythm practice that allows women of any age to awaken their innate divine feminine energy. Illustrated with over 125 color photos, this guide includes: practices for radiance, vitality, and grace gestating; a prenatal sequence meditation for a calm heart; meditations for couples; and a sequence to relieve PMS or to slow down and experience gratitude.

Author

SIERRA HOLLISTER, ERYT 500, is a beloved yoga teacher throughout the Appalachian Mountains, and widely considered to be a “teacher’s teacher.” Sierra is a featured teacher on the Yoga International platform, has appeared in *Yoga Journal*, is a lead teacher in Asheville for both 200 and 500 hour YTT certifications, and teaches at Warren Wilson College. Sierra is a mother, runner, yogini,



and an engaged activist for social and environmental justice.

Health & Fitness - Yoga
 Health & Fitness - Women's Health
 Body, Mind & Spirit - Mindfulness & Meditation

SHAMBHALA
 10/25/22
 PAGES: 176
 ISBN: 9781611809558

Teach People, Not Poses

Lessons in Yoga Anatomy and Functional Movement to Unlock Body Intelligence

By Mary Richards, MS

\$24.95 - TR

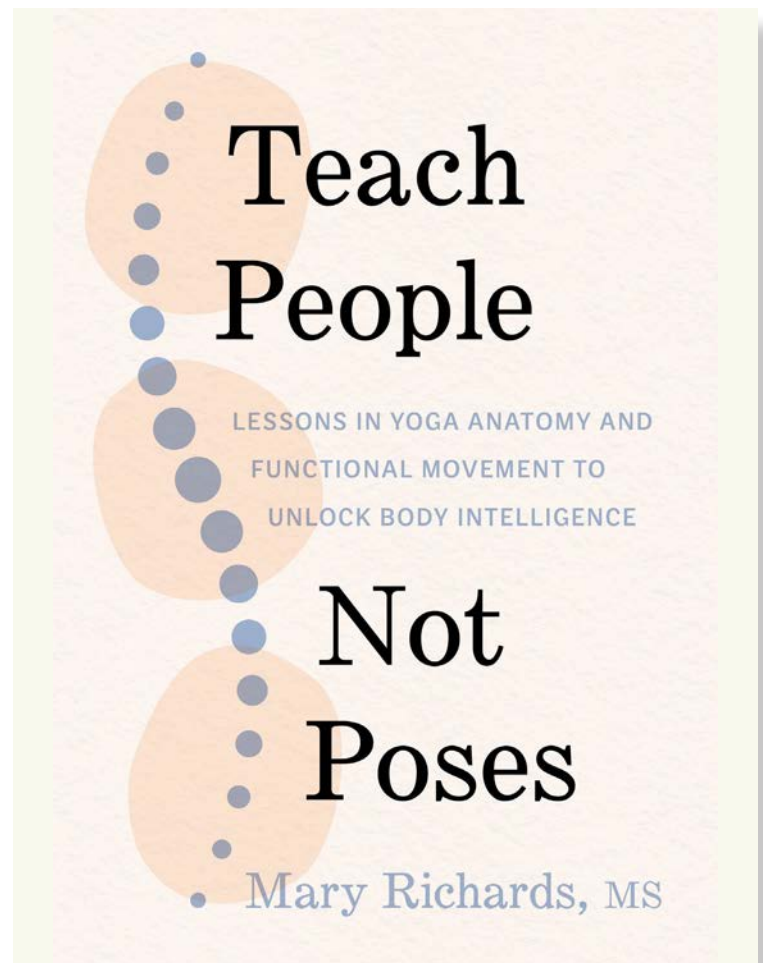
About the Book

Honor your yoga students' unique practice with this essential guide to identifying and supporting healthy, safe movement for every body. Includes more than 80 exercises and 43 instructional drawings.

Teach People, Not Poses is the manual that yoga teachers and yoga therapists need to help their students step onto the mat on their own terms, comfortably and safely. Mary Richards, a yoga teacher, yoga therapist, and expert in kinesiology and anatomy, says that we leave too many people off the mat due to overly aggressive pace, sequence, and ambition in asana. She offers advice, techniques, observations, practices, and sequences to give teachers and yoga therapists the tools they need to move beyond the popular ideas of “should” on the mat.

To safely guide others in asana, especially when people come to the mat for relief from residual effects of acute injuries, chronic pain, and repetitive strain, yoga teachers need to understand what is typical and atypical in terms of posture and movement. Richards offers teachers myriad exercises to address imbalances and promote strength, such as: “Tighten the Corset” for deep core training; “Forearm Chaturanga/Plank” to develop core strength and stability; “Revolved Warrior I with Resistance Band” for core stabilization; “Wall-supported Downward-facing Dog” to activate the abdominal muscles and support the lower back.

This unique book masterfully blends yoga philosophy with practical body knowledge and physical core stabilization skills so that asana is truly an individualized expression—and



what the Yoga Sutras describe as *sthira sukham asanam*, asana that is steady and comfortable.

Author

MARY RICHARDS, MS, C-IAYT, ERYT, YACEP, has been practicing yoga for almost 30 years and travels around the country teaching anatomy, physiology, and kinesiology. A hardcore movement nerd and former NCAA athlete, Mary has a master's degree in yoga therapy. Mary lives in the Washington, D.C. area, where she teaches syllabus-based yoga classes, sees clients privately, and trains bodyworkers, fitness professionals, and yoga instructors in movement literacy and therapeutic asana techniques.

Health & Fitness - Yoga
Health & Fitness - Healthy Living & Personal Hygiene
Health & Fitness - Healing

SHAMBHALA

08/29/23

PAGES: 192

ISBN: 9781611809725

The TMJ Handbook

A Therapeutic Guide to Relieving Jaw Tension and Pain with Yoga and Mindfulness

By Cator Shachoy

\$24.95 - TR

About the Book

Alleviate TMJ pain with a powerful, integrative mind-body program that draws on yoga, mindfulness, and craniosacral bodywork, and includes 75 instructional movements and audio downloads.

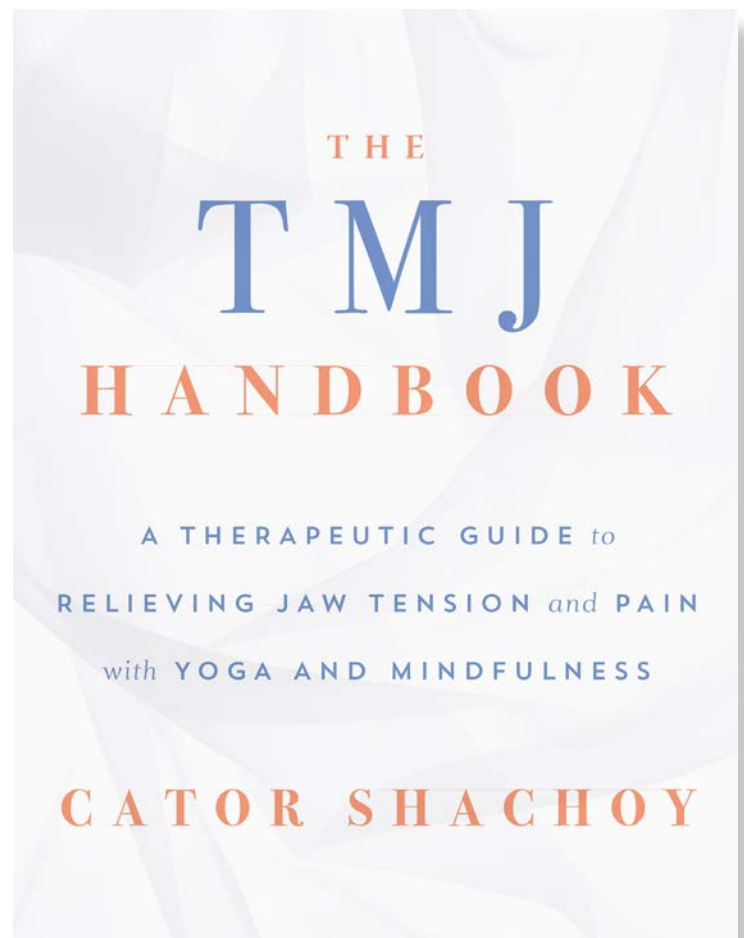
In *The TMJ Handbook*, Cator Shachoy explains the anatomy and physiology of Temporomandibular Joint Dysfunction (TMD)—what we commonly refer to as “TMJ.” She unpacks the physical, emotional, and energetic reasons why this pain can occur and become so debilitating—including injury, stress and tension, emotional trauma, grief and rage, and hormonal imbalances, among other causes. She then offers a unique and effective approach to reducing TMJ pain that combines yoga, massage, meditation, and craniosacral therapy.

The TMJ Handbook delves into: a definition and explanation of jaw tension and jaw anatomy; headaches, stress, and trauma; conscious healing touch and self-massage and yoga poses and sequences.

Shachoy shares inspiring and instructive stories of patients she has treated and empowers us with the knowledge and skills to help ourselves. This fully illustrated guide has seventy-five instructional movements and audio downloads of exercises and meditations.

Author

CATOR SHACHOY is a yogi and mindfulness teacher. She has taught for over twenty years in the U.S., Europe, and South America. She has lived in Buddhist monasteries and spiritual communities in the U.S. and Europe. A Certified International Association of Yoga Therapy (C-IAYT) yoga therapist, Yoga Alliance Continuing Education Provider (YACEP)



instructor, Mindfulness Based Stress Reduction (MBSR) teacher, and Visionary Craniosacral Work (VCSW) practitioner, Shachoy completed teacher training at the Iyengar Institute of San Francisco and Kripalu Yoga Center in Lenox, MA. Shachoy has studied and practiced extensively with senior Iyengar teachers Ramanand Patel, Judith Lasater, Elise Miller, Donald Moyer, and Marylou Weprin. Shachoy also offers a range of therapeutic workshops in Buddhism, craniosacral therapy, energy healing, mindfulness, meditation, and yoga. Her work has been published in a variety of publications such as *Common Ground*, *Inquiring Mind*, *Tricycle*, and *Turning Wheel*.

Health & Fitness - Yoga
Health & Fitness - Pain Management
Health & Fitness - Alternative Therapies

SHAMBHALA
06/13/23
PAGES: 288
ISBN: 9781645471035

Yoga by the Numbers

The Sacred and Symbolic in Yoga Philosophy and Practice

By Richard Rosen

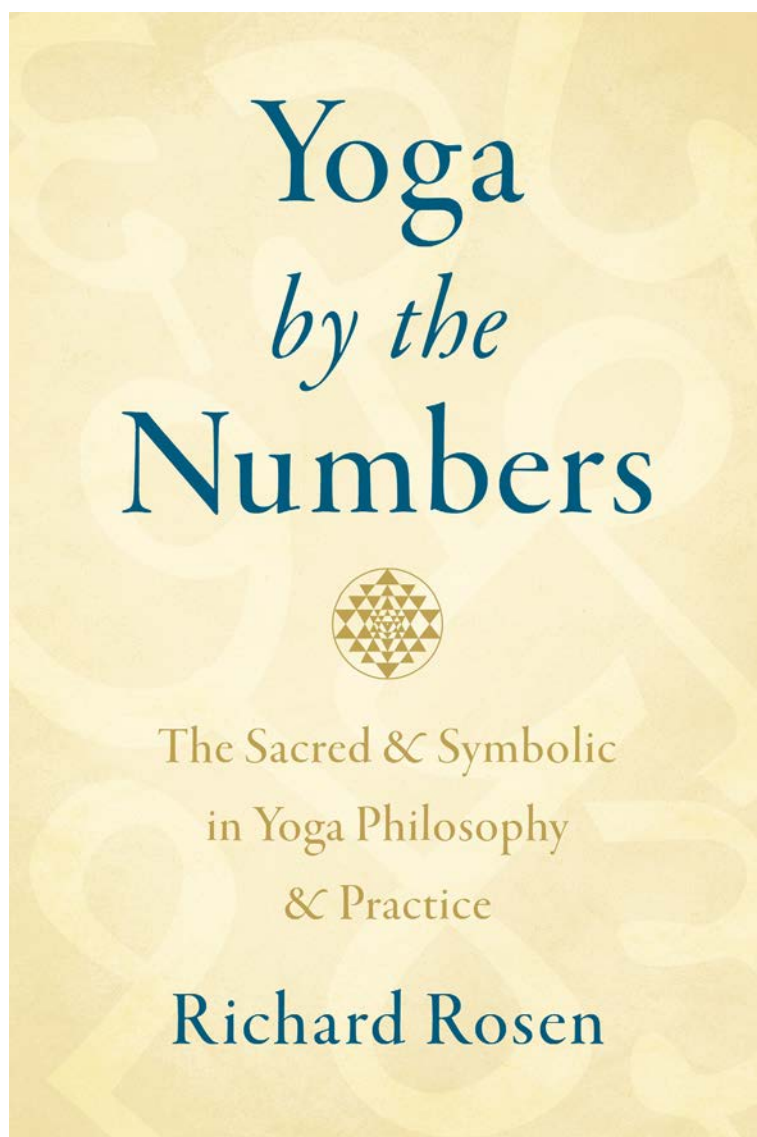
\$21.95 - TR

About the Book

A fascinating explanation of the significant, often symbolic role that numbers play in yoga philosophy—by beloved yoga teacher and writer Richard Rosen. Numbers play a meaningful role in the philosophy of many spiritual traditions—and yoga is no exception. For example, the number one is the quintessential yoga number, representing “unity” and “wholeness”; number two sometimes stands for cooperative effort, and other times for conflict; and number four is the number of completeness or stability, as it “stands” on “four legs.” There are twelve different names for the mantra OM, each one revealing a different aspect of this root sound. With his distinctive blend of knowledge and humor, Richard Rosen unpacks the fascinating significance that numbers hold in the philosophy and practice of yoga. Stories and practices woven throughout—like the Eka Danta simple meditation exercise, which concentrates on “one pointedness” and is associated with the one tusk of Ganesh—offer readers a hands-on way to explore the importance of numbers in their own practice. *Yoga by the Numbers* will enlighten and entertain the yogi in your life.

Author

RICHARD ROSEN is a beloved and longstanding yoga teacher. He 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* and the president of the board of directors of the Yoga Dana Foundation (www.yogadanafoundation.org), which supports Northern California teachers bringing yoga



to underserved communities in the Bay Area. His website is www.richardrosenyoga.com.

Health & Fitness - Yoga
Body, Mind & Spirit - Numerology
Philosophy - Mind & Body

SHAMBHALA

12/06/22

PAGES: 192

ISBN: 9781611807387

Yoga for Times of Change

Practices and Meditations for Moving Through Stress, Anxiety, Grief, and Life's Transitions

By Nina Zolotow

\$24.95 - TR

About the Book

Stay calm, steady, and composed through the ups and downs of life with yoga poses, relaxation techniques, meditations, and lessons on how to manage stress, grief, anxiety, depression, and life's transitions. Yoga was originally designed to make you calmer, steadier, and more content, not just stronger and healthier. This guide offers many ways you can use yoga as a healthy coping mechanism when you're confronted with the physical, emotional, and mental changes that life brings you. It covers both ancient and modern techniques—including yoga poses, breathing practices, relaxation, mantras, and meditation—that allow you to return yourself to balance when you're experiencing challenges, and to fortify yourself for the future. Nina Zolotow covers myriad topics related to living through times of change, including stress, anxiety, depression, anger, grief, being present, making peace with change, how to practice yoga when you're experiencing physical changes, and how to practice meditation, breath practices, and yoga on your own, among others. Become more content through life's ups and downs by learning to live your everyday life the yogic way.

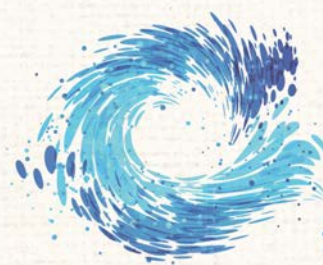
Author

NINA ZOLOTOW is the co-author of *Yoga for Healthy Aging: A Guide to Lifelong Well-Being* and the editor-in-chief of the *Yoga for Healthy Aging* blog. A certified yoga teacher as well as a long-time yoga writer, she teaches workshops and series classes on yoga for emotional well-being, yoga

"Change is inevitable. *Yoga for Times of Change* skillfully delivers the tools to help create the equanimity and awareness that will support us in riding the ebbs and flows of life. Keep this one close."

—TRACEE STANLEY, author of *Radiant Rest* and *Empowered Life Self-Inquiry Oracle Deck*

Yoga for Times of Change



Practices and Meditations for Moving Through Stress, Anxiety, Grief & Life's Transitions

NINA ZOLOTOW

for stress, yoga for better sleep, home practice, cultivating equanimity, and yoga for healthy aging. Nina is also the coauthor, with Rodney Yee, of *Yoga: The Poetry of the Body* and *Moving toward Balance*.

Health & Fitness - Yoga
Body, Mind & Spirit - Mindfulness & Meditation
Self-Help - Self-Management - Stress Management

SHAMBHALA
05/24/22
PAGES: 304
ISBN: 9781611809282

Yoga Inversions

Your Guide to Going Upside Down

By Kat Heagberg Rebar

\$24.95 - TR

About the Book

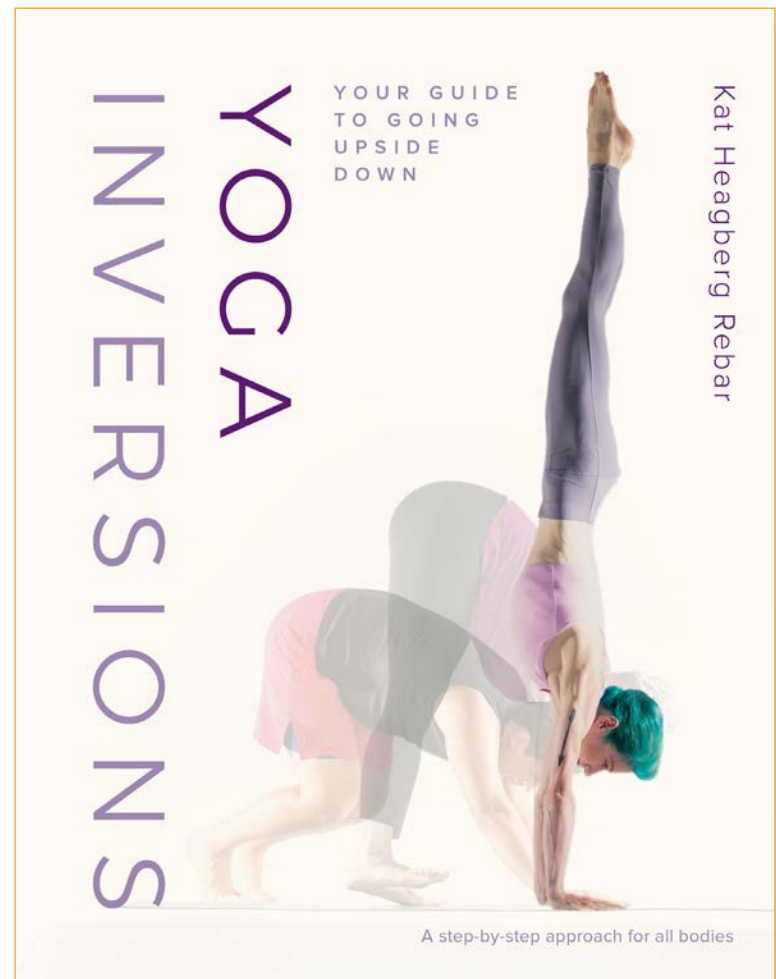
An accessible guide to inversions of all kinds, for all skill levels, featuring 85 practices that explore not only the physical side of yoga but also the emotional and spiritual aspects.

Learn to hop into a handstand, headstand with blocks—and even appreciate legs up the wall in new ways with this comprehensive and accessible guide to inversions in yoga. Inversions can offer a range of benefits, including building strength and balance, and this book is unique in that it helps yoga practitioners of any experience level welcome inversions into their practice. Kat Heagberg Rebar offers an easy-to-follow guide with 175 beautiful color photos. For each pose, Kat offers accessible adaptations, challenging variations, and everything in between. She also shares options to prepare safely and practices to build strength.

In addition to teaching the physical practice of inversions, Rebar addresses the mental, emotional, and spiritual aspects of this often-challenging practice. The book debunks common myths and explores topics like how we relate to fear, how we work with challenges, and how we embrace playfulness and humor as we learn. *Yoga Inversions* offers a progressive, biomechanically sound, body-positive, step-by-step approach to anyone who wants to try being upside down and includes: Downward dog variations; prop suggestions to customize your downward dog; Dolphin pose: finding a hand position that works for you; handstand preps and drills; hopping into handstand; jumping into handstand; handstand against the wall; handstand press drills; and more.

Author

KAT HEAGBERG REBAR (eRYT-500) (she/



her/they/them) has been teaching yoga since 2005. Kat is the Department Chair of Yoga Studies at Pacific College of Health and Science and the former editor-in-chief of *Yoga International*. She's the co-author of *Yoga Where You Are* with Dianne Bondy (Shambhala, 2020). Kat has training in many different yoga schools and styles including alignment-based traditions, vinyasa yoga, and prenatal and postpartum practices. Kat also spent several years living, working, and teaching at a yoga ashram where, in addition to asana, she studied Sanskrit, Ayurveda, Tantric and Classical yoga philosophy, and yogic meditation.

Health & Fitness - Yoga
Health & Fitness - Exercise - Strength Training
Health & Fitness - Exercise - General

SHAMBHALA

08/22/23

PAGES: 224

ISBN: 9781645471004

The Yoga of Parenting

Ten Yoga-Based Practices to Help You Stay Grounded, Connect with Your Kids, and Be Kind to Yourself

By Sarah Ezrin; foreword by Jennifer Pastiloff

\$19.95 - TR

About the Book

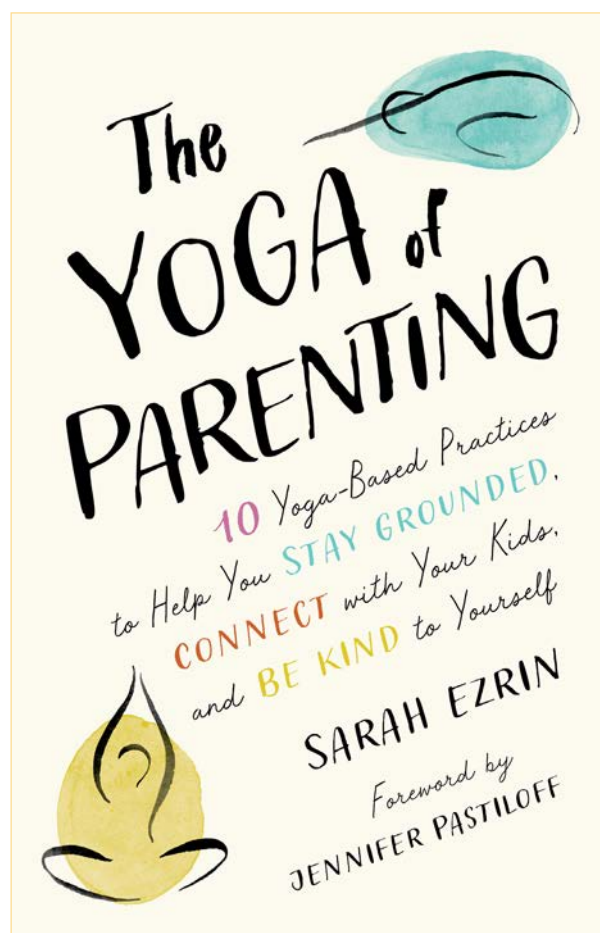
Bring the wisdom of yoga into your parenting journey with 34 practices to find more presence, patience, and acceptance—with your child and with yourself.

“I can say without a doubt that the most advanced yoga I’ve ever done is raising a child,” writes Sarah Ezrin. While many people think of yoga as poses on a mat, *The Yoga of Parenting* supports people in bringing the spiritual principles of yoga into their lives—particularly their families. Ezrin, a longtime yoga teacher, supports readers and practitioners in slowing down, becoming present with our children and ourselves, and acting with more compassion. Each chapter highlights a yogic posture and theme and explores how it relates to parenting, including presence, boundaries, balance, and nonattachment. Chapters include prompts such as intention setting, breathwork, and journaling. Ezrin also features the stories and insights of a wide range of yoga practitioner parents whose experiences include single parenting, grandparenting, and passing on intergenerational yoga traditions.

In addition to the opening posture, each chapter includes:

- “Breath Breaks” invitations to mindfully breathe
- “On the Mat” practices to show us how we can apply the lessons on our yoga mat in a more general sense
- “Parenting in Practice” offering advice from parents in the US and abroad
- “Off the Mat and Into the Family” fun exercises to help us bring the work off the mat and into our homes

Practicing yoga can help us become kinder to ourselves, more aware of our thoughts and actions,



and more present in our lives. What more important sphere to want to become kinder, more aware, and more present than with our families?

Author

SARAH EZRIN is a freelance writer, yoga educator, and mama based in the San Francisco Bay Area. Her honesty and innate wisdom make her writing, classes, and social media sources of healing for many people. Sarah is a frequent contributor to *Yoga Journal*, as well as *Yoga International* and *LA Yoga*. She has been interviewed in *The Wall Street Journal*, *Forbes*, and *Bustle.com*, and she has appeared on NBC news. She also writes for parenting outlets, including *Scary Mommy*, *Motherly*, *Healthline*, and *Mind Body Green*.

Family & Relationships - Parenting - General Psychology - Developmental - General Health & Fitness - Yoga

SHAMBHALA

06/06/23

PAGES: 160

ISBN: 9781645471172

Buddhism

The Art of Budo

The Calligraphy and Paintings of the Martial Arts Masters

By John Stevens

\$24.95 - TR

About the Book

Explore this stunning collection of spiritual calligraphy by Japan's greatest martial arts masters—with commentary from Zen art authority and aikido master John Stevens. Beginning with the legendary samurai Miyamoto Musashi, nearly all of the great martial arts masters left a legacy of calligraphy and painting. Their artwork—Zenga and Zensho (“Zen pictures” and “Zen calligraphy”)—was not only an extension of their Zen practice but also reflected their deep spiritual commitment to the budo ethos, the perfection of self through martial arts training. This book presents a concise history of this tradition, with works from such samurai as Musashi, Takuan, Yagyu, Motusgai, Rengetsu, Tesshu Deishu, Kano, Morihei, and others. Aikido master John Stevens is an expert on Zen and budo art, and he provides a fascinating introduction to the tradition and biographical details on each of the warrior artists, and brief, illuminating commentary on each piece.

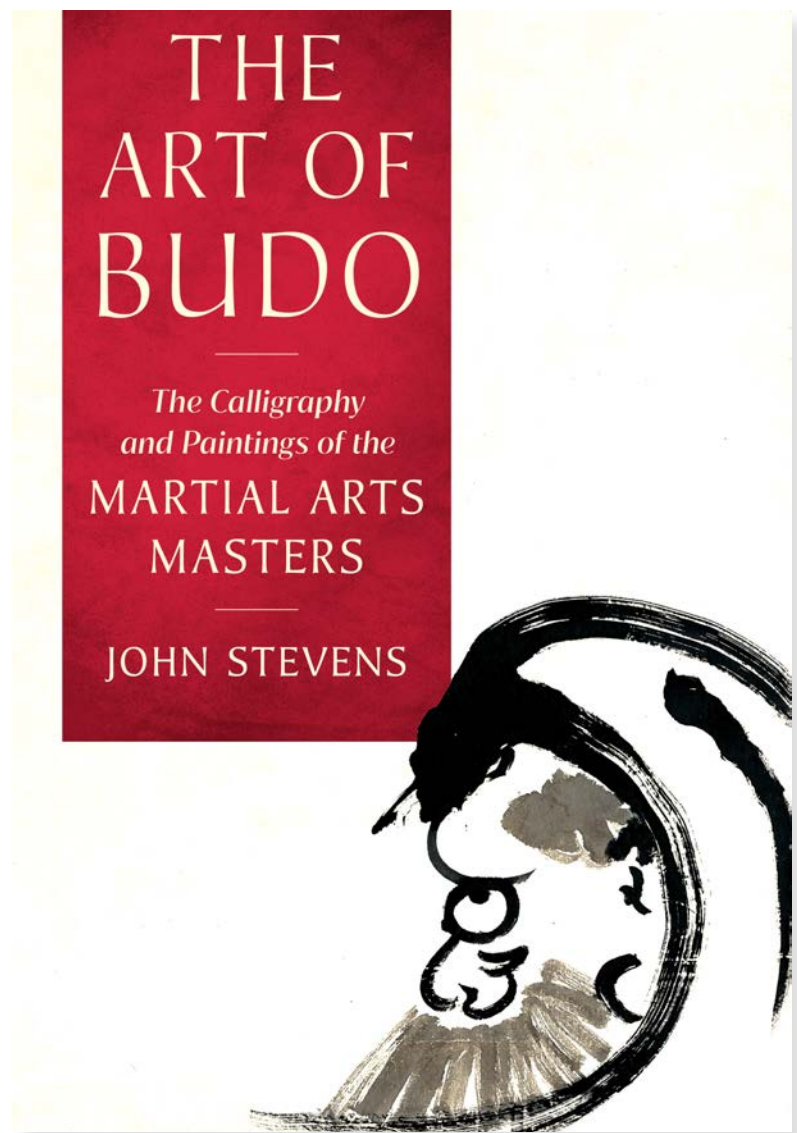
Author

JOHN STEVENS is a Zen priest and was a professor of Buddhist Studies and Aikido instructor at Tohoku Fukushi University in Sendai, Japan, where he lived for thirty-five years. He is the author or translator of over forty books on Zen artists, their poetry, painting, and calligraphy, as well as on Aikido, swordsmanship, and other Japanese martial arts traditions. He lives in Honolulu, Hawaii.

Religion - Buddhism - Zen

Art - Asian - Japanese

Religion - Buddhism - Sacred Writings



SHAMBHALA

12/06/22

PAGES: 320

ISBN: 9781645470540

Enlightenment Is an Accident

Ancient Wisdom and Simple Practices to Make You Accident Prone

By Tim Burkett; Edited by Wanda Isle

\$19.95 - TR

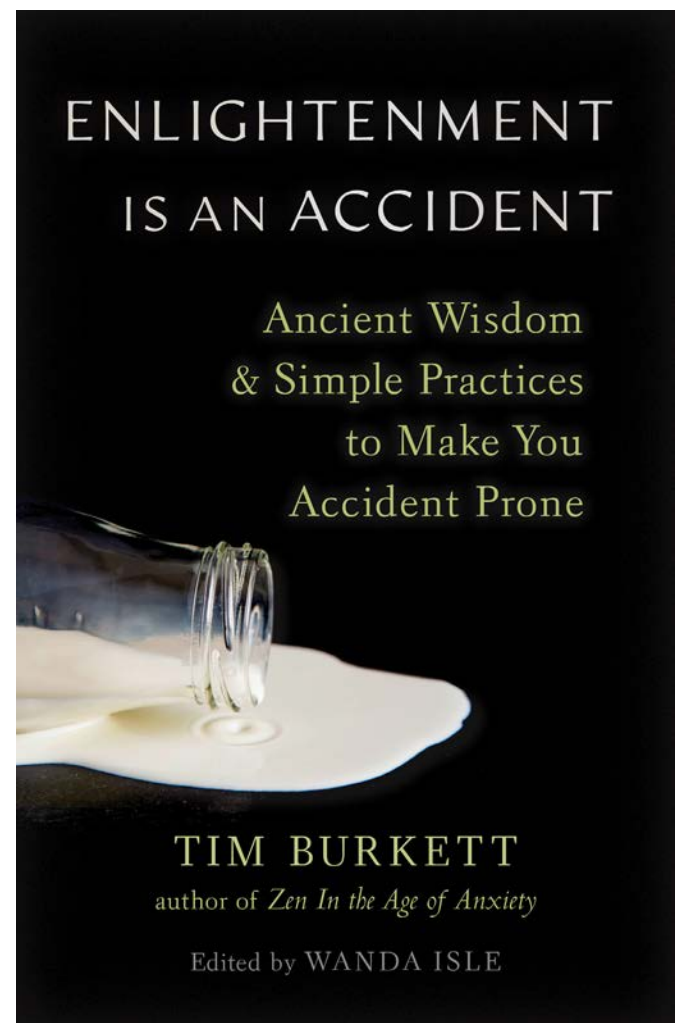
About the Book

A warm-hearted guide to Buddhist practice for those ready to contend with the reality that enlightenment—the realization of non-self—can't be achieved by the self.

A well-known spiritual saying goes, "Enlightenment is an accident. But we can make ourselves more accident-prone." As authentic American Zen takes shape, enlightenment continues to be misunderstood as a project to be completed, a goal to be achieved, or a prize to be awarded. Tim Burkett's new book unhooks enlightenment from the hot air balloon of ego and brings it back down to earth. Drawing on stories of his first teacher, the Zen master Shunryu Suzuki (author of *Zen Mind, Beginner's Mind*), and Burkett's decades of practice and teaching, he reveals how to live in the world with a deep joy that comes from embracing the work and play of this very moment. With the wisdom and humor of a seasoned practitioner familiar with all manners of eccentric fixations and silly dead-ends, he offers views and practices we can use to support the paradoxical process of letting enlightenment happen on its own.

Author

TIM BURKETT began practicing Zen Buddhism in San Francisco in 1964 with renowned teacher Shunryu Suzuki. He is the former CEO of the largest nonprofit organization in Minnesota for individuals with mental illness and served as guiding teacher of Minnesota Zen Meditation Center from 2004 to 2021. He is a psychologist, a Zen Buddhist priest, and the author of *Nothing Holy About It* and *Zen in the Age of Anxiety*. He and his wife, Linda, have two grown children and two grandchildren.



Religion - Buddhism - Zen
Religion - Buddhism - Rituals & Practice
Body, Mind & Spirit - Mindfulness & Meditation

SHAMBHALA
05/16/23
PAGES: 176
ISBN: 9781645471356

Happiness Is Overrated

Simple Lessons on Finding Meaning in Each Moment

By Cuong Lu

\$17.95 - TR

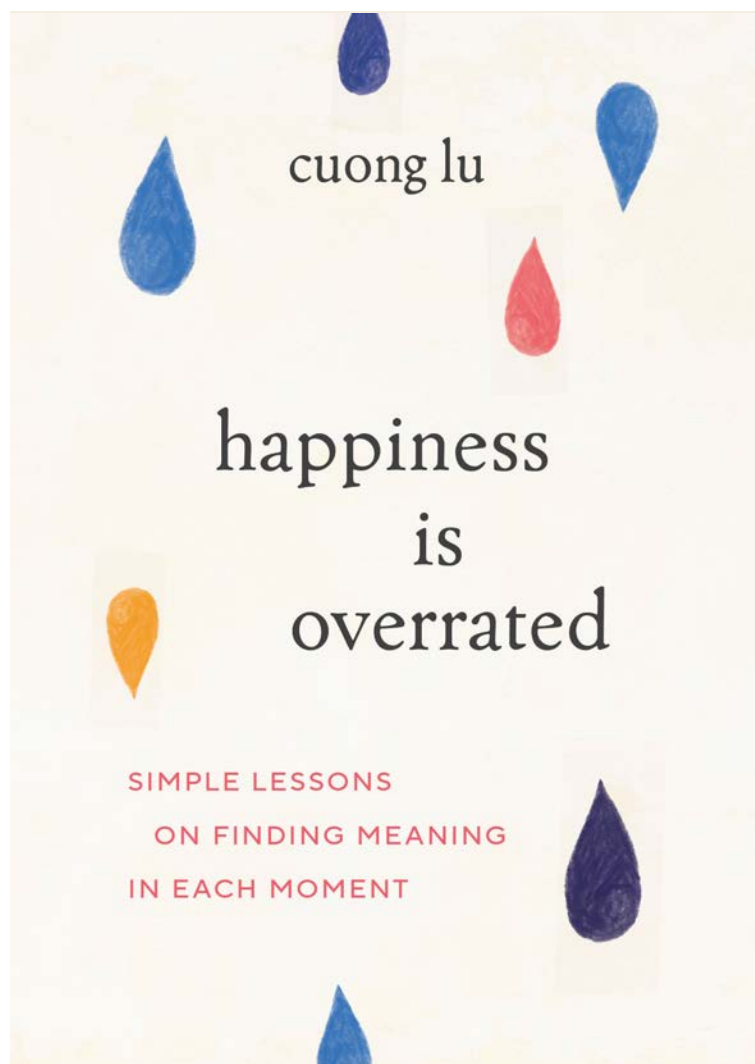
About the Book

Stop chasing happiness and reconnect to the meaning of each moment with this poignant guide, told through vignettes of life growing up as a Buddhist monk under the spiritual leader Thich Nhat Han.

We spend so much time in pursuit of happiness—trying to purchase it, experience it, meditate our way toward it—but happiness is elusive and doesn't last. According to the teachings of the Buddha, this is not a problem! As Cuong Lu writes, "suffering is not a problem to be solved. It is a truth to be recognized." *Happiness Is Overrated* invites us to look deeply at the truths in our lives—not glossing over or denying our suffering—and focus on the meaning and value already within us. Each chapter shares a lesson drawn from Buddhist psychology and the Four Noble Truths, which are accessible to all readers. Short practices at the end of each of the 30 short chapters help readers apply the teachings on their own. *Happiness Is Overrated* helps readers get in touch with their true selves and their true minds through meditation and mindfulness practices that include paying attention to the breath, considering our minds, connecting with our hearts, interconnectedness with others, and more.

Author

CUONG LU, Buddhist teacher, scholar, and writer, was ordained a monk at Plum Village in France under the guidance of Thich Nhat Hanh. In 2000, he was recognized as a teacher in the Lieu Quan line of the Linji School of Zen Buddhism. Cuong is the



founder of Mind Only School, leads retreats, and gives Dharma talks in Europe, the U.S., and Asia. He is the author of *The Buddha in Jail: Restoring Lives, Finding Hope and Freedom* (OR Books/Counterpoint Press) and *Wait: A Love Letter to Those in Despair* (Shambhala Publications).

Self-Help - Personal Growth - Happiness
Philosophy - Buddhist
Self-Help - Emotions

SHAMBHALA
05/09/23
PAGES: 128
ISBN: 9781645471677

Illumination

A Guide to the Buddhist Method of No-Method

By Rebecca Li

\$21.95 - TR

About the Book

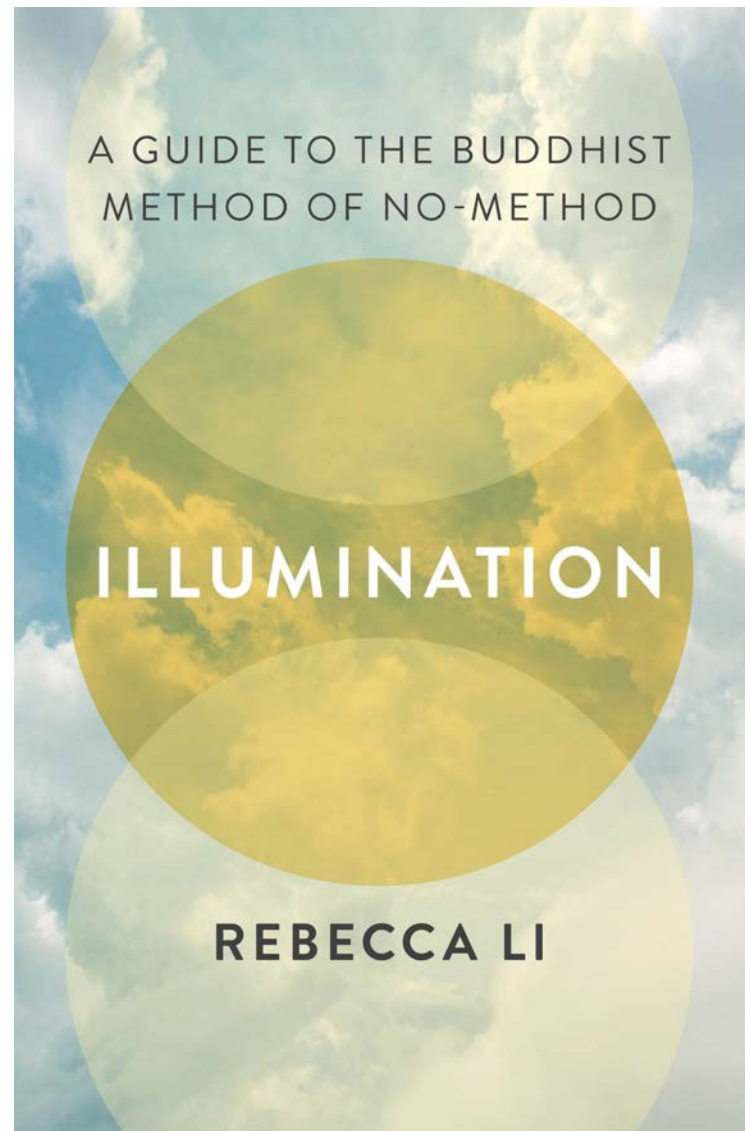
A modern guide to the transformative practice of silent illumination from Chan Buddhist teacher Rebecca Li.

Silent illumination, a way of penetrating the mind through curious inquiry, is an especially potent, accessible, and portable meditation practice perfectly suited for a time when there is so much fear, upheaval, and sorrow in our world. It is a method of reconnecting with our true nature, which encompasses all that exists and where suffering cannot touch us. The practice of silent illumination is simple, allowing each moment to be experienced as it is in order to manifest our innate wisdom and natural capacity for compassion. It can be integrated into all aspects of daily life and is meaningful for secular and Buddhist audiences, new and seasoned meditators alike.

After guiding readers through the history and practice of silent illumination, Rebecca Li shows us how we can recognize and unlearn our “modes of operation”—habits of mind that get in the way of being fully present and engaged with life. Cultivating clarity on the empty nature of these habits offers us a way to unlearn and free ourselves from unhelpful modes such as harshness to self, perfectionism, quietism, striving for spiritual attainment, and more. *Illumination* offers stories and real-life examples, references to classic Buddhist texts, and insights from Chan Master Sheng Yen to guide readers as they practice silent illumination not just on their cushions, but throughout their lives.

Author

REBECCA LI, PhD, is a meditation and Dharma teacher in the lineage of Chan Master Sheng Yen and founder and guiding teacher of Chan



Dharma Community. She gives Dharma talks and leads Chan retreats in North America and Europe. She is also a sociology professor and lives with her husband in New Jersey. Her talks, writings, and schedule can be found at rebeccali.org.

Religion - Buddhism - Rituals & Practice
Body, Mind & Spirit - Mindfulness & Meditation
Religion - Buddhism - Sacred Writings

SHAMBHALA

05/09/23

PAGES: 272

ISBN: 9781645470892

In a Moment, in a Breath

55 Meditations to Cultivate a Courageous Heart

By Roshi Joan Halifax

\$24.95 - Non-Traditional

About the Book

A curated collection of 55 short meditations from Zen priest Joan Halifax, packaged in a beautiful deck with Joan's art to help you tune in, cultivate compassion, and still the mind in just a moment's notice.

These short potent meditative practices and contemplations are the perfect elixir for today's hectic, turbulent world. Collected in a practical card deck format, the 55 meditations allow you to tune in to your natural wisdom, even amid great difficulties. The cards are inspired by the elements—Earth/Grounding, Water/Living by Vow, Fire/Meeting the Boundless Heart, Air/Being with Dying, and Space/Coming Home to Wisdom. Draw a card each week for just over a year of guided practice or shuffle the deck to draw a mini-meditation as needed. Meditations like "Anchoring the Mind," "Nourishing Courage," "Transforming Grief," and "Letting Go of Fear" help cultivate compassion, mindfulness, and calmness, and will benefit both seasoned meditators and beginners alike. The deck will be accompanied by a short accordion booklet, with introductory material from the author providing context and instructions for using the deck, and the cards are paired with stunning full-color calligraphy paintings by the author. The package is a cigar-style box with a magnetic closure.

Author

JOAN HALIFAX, PhD, is a Zen priest and anthropologist who has served on the faculty of Columbia University and the University of Miami School of Medicine. For the past thirty years, she has worked with dying people and



has lectured on the subject of death and dying at Harvard Divinity School, Harvard Medical School, Georgetown Medical School, and many other academic institutions. In 1990, she founded Upaya Zen Center, a Buddhist study and social action center in Santa Fe, New Mexico. In 1994, she founded the Project on Being with Dying, which has trained hundreds of healthcare professionals in the contemplative care of dying people.

Body, Mind & Spirit - Mindfulness & Meditation
Religion - Buddhism - Zen
Body, Mind & Spirit - Inspiration & Personal Growth

SHAMBHALA

05/09/23

PAGES: 67

ISBN: 9781645471103

Into the Mirror

A Buddhist Journey through Mind, Matter, and the Nature of Reality

By Andy Karr; foreword by Matthieu Ricard
\$21.95 - TR

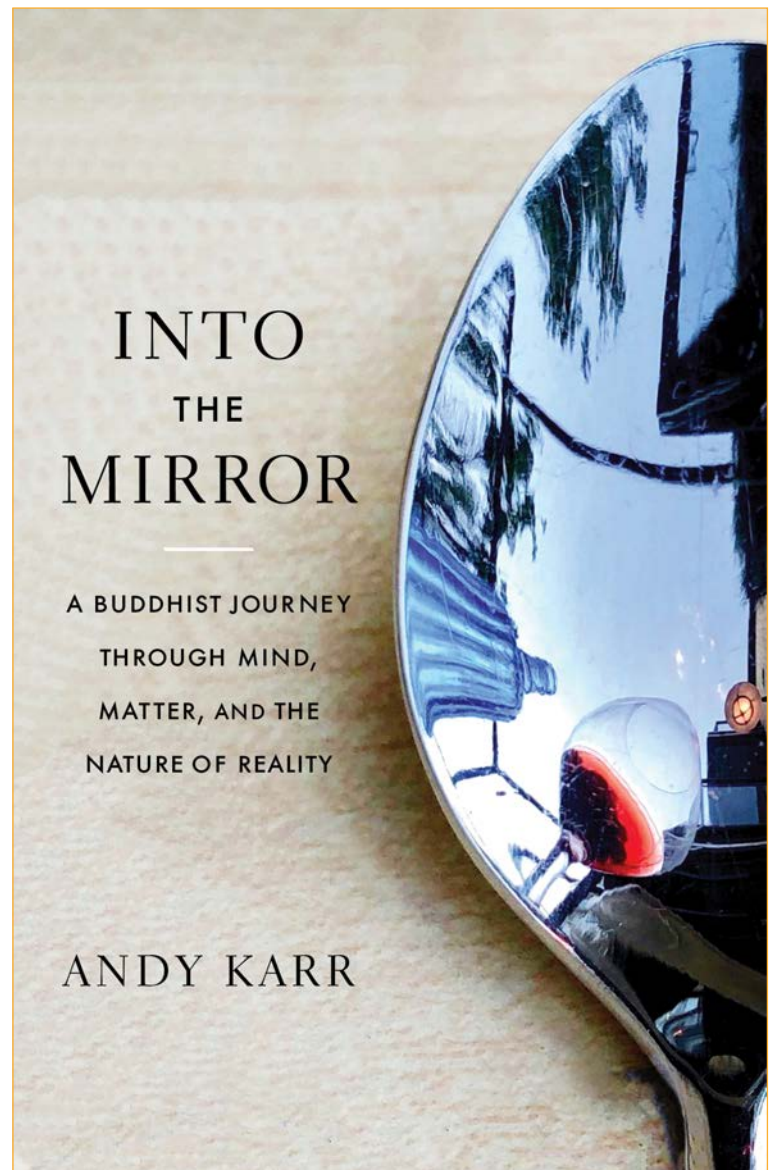
About the Book

Into the Mirror offers powerful methods to investigate the role of our minds in constructing experience through a history of Indian Buddhism and Western philosophy.

Into the Mirror is an integrative presentation of the Mahayana Buddhist view of the nature of reality, combining insights from modern Western philosophy, science, and physics to guide the reader on an experiential journey. Andy Karr invites the reader to engage in complex Buddhist ideas with guided contemplations, such as how to bring awareness to the textures of thoughts and feelings that come and go in meditation practice, how to investigate the way we impute qualities onto the objects we crave, and how to generate compassion. Karr guides the reader to investigate the mind's role in creating experiences of the external world. The book consists of three parts. The first is a highly accessible summary of the Buddhist path to the cessation of suffering, presenting foundational concepts such as the Four Noble Truths, the notion of enlightenment, and the practice of meditation. The second part offers methods for deconstructing our presumptions about the relationship between consciousness and matter, incorporating modern philosophy and science into a traditional Buddhist presentation of the true nature of mind. Part three then explores the progressive stages of insight of the Mahayana tradition, and the Yogacara tradition in particular, as a transformative understanding of ordinary human experience.

Author

ANDY KARR is a teacher, author, and photographer who offers profound and



penetrating insights into dharma and mind. He trained at the San Francisco Zen Center under Shunryu Suzuki Roshi and under Chögyam Trungpa Rinpoche in Boulder, Colorado. Andy cofounded the first Shambhala Centre in France and taught regularly in Paris and other European Dharma centers for ten years. Andy is the author of *Into the Mirror* and *Contemplating Reality* and the coauthor of *The Practice of Contemplative Photography*. Andy continues to teach meditation, the Mahayana view, and Mahamudra.

Philosophy - Buddhist
Philosophy - Metaphysics
Religion - Buddhism - History

SHAMBHALA
05/23/23

PAGES: 256

ISBN: 9781645471646

Jhāna Consciousness

Buddhist Meditation in the Age of Neuroscience

By Paul Dennison

\$24.95 - TR

About the Book

For centuries in Southeast Asia, oral Yogāvacara (yoga practitioner) traditions kept the practice of jhāna meditation alive, but in the nineteenth and twentieth centuries, reforms in Buddhism suppressed jhāna in favor of vipassanā, or insight meditation. Traditional methods of jhāna meditation were nearly lost. Related aspects of traditional Southeast Asian Buddhism, such as the use of sacred mantras, amulets, and tattoos, were downplayed. Some began to consider the extraordinary states of consciousness induced by jhāna meditation to be a thing of the past, unattainable in the context of modern life. In *Jhāna Consciousness*, Paul Dennison explores these aspects of Buddhism from a variety of angles, makes a compelling case for their vital importance to the Buddhist path, and demonstrates that modern laypeople can indeed access these wondrous states of consciousness. Having studied with one of the first Thai meditation teachers in England, practiced for decades in the UK's Samatha Trust meditation tradition, and published a peer-reviewed study on the effects of jhāna meditation on the brain, Dennison brings a lifetime of scholarly and personal insight to a subject that Westerners are only beginning to understand. Employing traditional Buddhist doctrine, teachings from lesser-known meditation texts such as *The Yogāvacara's Manual*, and findings from his groundbreaking neuroscience research, *Jhāna Consciousness* offers a vision rooted in the ancient past yet oriented to our present age.

Author

A student and practitioner of Buddhism since the early 1960s, PAUL DENNISON, PhD, is a founding member and former chairman

A modern approach to the esoteric
Yogāvacara tradition of Southeast Asia



JHĀNA CONSCIOUSNESS

Buddhist Meditation in the
Age of Neuroscience

PAUL DENNISON

of the Samatha Trust, an organization dedicated to the preservation and teaching of Buddhist samatha meditation. He has been a research physicist, a goldsmith and gem dealer, a monk in rural Thailand, and, for the past two and a half decades, a psychotherapist and psychoanalyst. He is also currently an independent researcher on the neuroscience of meditation and consciousness.

Religion - Buddhism - Theravada
Religion - Buddhism - Rituals & Practice
Body, Mind & Spirit - Mindfulness & Meditation

SHAMBHALA

09/27/22

PAGES: 304

ISBN: 9781645470809

The Little Book of Zen Healing

Japanese Rituals for Beauty, Harmony, and Love

By Paula Arai; foreword by Pico Iyer
\$19.95 - TR

About the Book

Experience the power of embodied mindfulness-based rituals to infuse your life with connection and healing.

How do we make and sustain meaning amidst the messy conditions of daily life? Personalized rituals can help us blossom like lotuses right in the mud of the present. On a pilgrimage she began after her mother's death, author Paula Arai encountered numerous Japanese Buddhists who taught her the remarkable power of ritual to heal—practices you can adapt to your own cultural and personal circumstances. Applying principles of Zen practice, she offers stories and insights that illuminate how to nourish and reap a healing bounty of connection, joy, and compassion. Examples include how to: relate to a late loved one as a “personal Buddha” who supports you; create a home altar to serve as a safe space to be vulnerable, face intense emotions, and experience a depth of warm gratitude that melts fear and anger; engage in daily tasks with attentiveness, intention, and creativity such that they become opportunities for body-mind integration; develop family rituals to celebrate relationship and mark transition; approach illness and grief with a purposeful sense of connection to life-and-death in its wholeness. Like Marie Kondo's Shinto principles for decluttering, Paula Arai uses rituals influenced by Japanese Zen for personal and relation nourishment and spiritual healing.

Author

PAULA ARAI was raised in Detroit by a Japanese mother and did Zen training in Japan. She obtained her PhD in Buddhist

THE LITTLE BOOK OF ZEN HEALING

Japanese Rituals for Beauty,
Harmony, and Love



PAULA ARAI
FOREWORD BY PICO IYER

Studies from Harvard University in 1993 and is now a professor at the Institute of Buddhist Studies in Berkeley, California. She is the author of *Bringing Zen Home: The Healing Heart of Japanese Women's Rituals*, *Women Living Zen: Japanese Soto Buddhist Nuns*, and *Painting Enlightenment: Healing Visions of the Heart Sutra*.

Self-Help - Personal Growth - Happiness
Philosophy - Zen
House & Home - Cleaning, Caretaking & Organizing

SHAMBHALA
08/15/23
PAGES: 192
ISBN: 9781645471509

Living Kindness

Metta Practice for the Whole of Our Lives

By Kevin Griffin

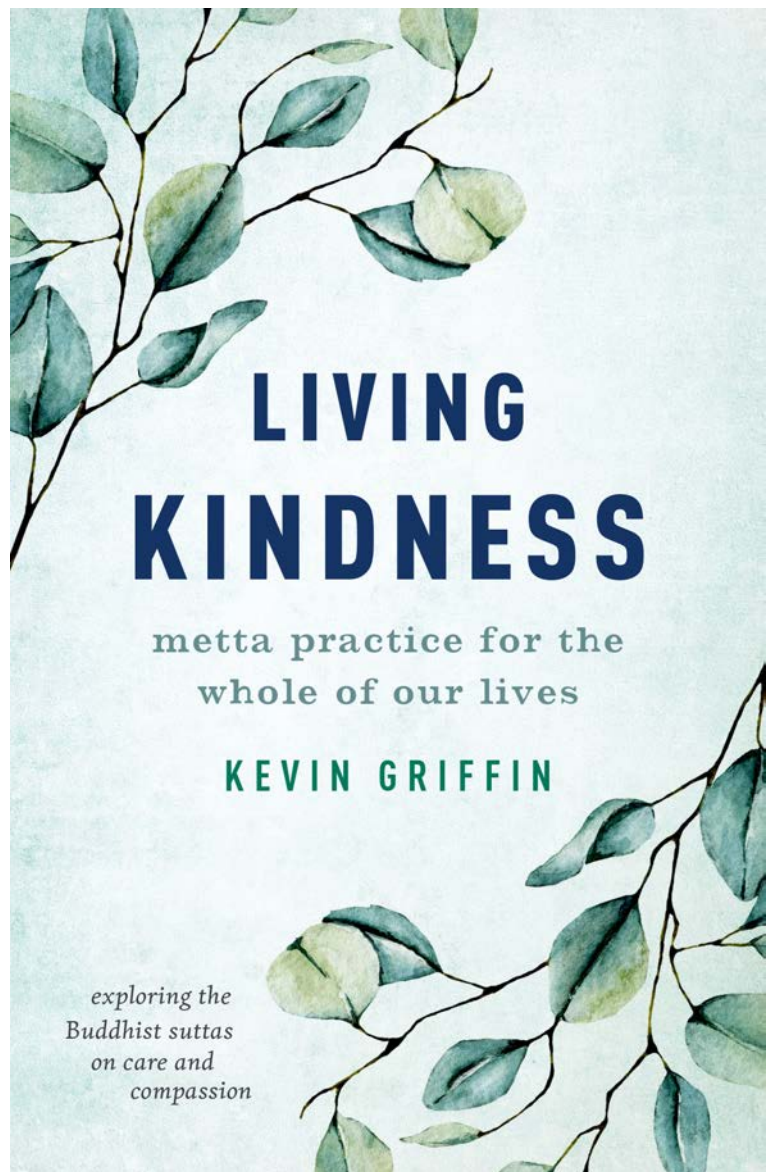
\$21.95 - TR

About the Book

A fresh look at the Buddhist principle of metta, or loving-kindness. Dharma teacher Kevin Griffin demonstrates that *metta* is not just a meditation practice—it's a radical, selfless way of life based in universal love for all beings. In *Living Kindness*, Kevin Griffin guides us through the stories of the Pali Canon of Buddhism to deepen our understanding of the “brahmaviharas,” or practices of love, compassion, joy, and equanimity. Appealing to the direct words of the Buddha, Griffin challenges us to consider that these practices are not just for developing positive states on the meditation cushion—they're important aspects of living in community and caring for our world. Ultimately, to live kindness is to express the deepest Buddhist wisdom of selflessness and non-clinging. Written in a personal and intimate tone, *Living Kindness* reads like words from one friend on the spiritual path to another. By unpacking the rich stories of the Pali Canon that often go underappreciated, Griffin transports us to the time of the Buddha, reveals the contemporary relevance of his teachings, and underscores the human dimension of what can seem like lofty philosophy. With guided meditation practices on themes such as forgiveness, the preciousness of human birth, managing emotional attachment, and relating to the “Greed, Hatred, and Delusion Report” of news media, *Living Kindness* will appeal not only to Buddhist practitioners seeking traditional teachings, but to anyone who wants to grow in their capacity to love unconditionally in a troubled world.

Author

KEVIN GRIFFIN, a leader in the mindful recovery movement and a Community Dharma Leader at Spirit Rock Meditation



Center since 2000, is the author of five previous books, including the best-selling Buddhist recovery book *One Breath at a Time*. He has studied with the leading Western vipassana teachers, including Jack Kornfield, Joseph Goldstein, and Ajahn Amaro. He lives in the Bay Area and regularly teaches and leads retreats in the Insight Meditation community.

Body, Mind & Spirit - Mindfulness & Meditation
Religion - Buddhism - Rituals & Practice
Religion - Buddhism - Theravada

SHAMBHALA

12/27/22

PAGES: 176

ISBN: 9781645471257

Living Theravada

Demystifying the People, Places, and Practices
of a Buddhist Tradition

By Brooke Schedneck

\$24.95 - TR

About the Book

An illuminating introduction to the contemporary world of Theravada Buddhism and its rich culture and practices in modern mainland Southeast Asia.

Theravada translates as “the way of the Elders,” indicating that this Buddhist tradition considers itself to be the most authoritative and pure. Tracing all the way back to the time of the Buddha, Theravada Buddhism is distinguished by canonical literature preserved in the Pali language, beliefs, and practices—and this literature is often specialized and academic in tone. By contrast, this book will serve as a foundational and accessible resource on Theravada Buddhism and the contemporary, lived world of its enduring tradition.

Brooke Schedneck has done extensive research on topics such as religions of Southeast Asia, contemporary Buddhism, gender in Asian religions, and religious tourism. Narrowing in on topics such as temples, monastic lives, lay Buddhists, meditation, and Buddhist objects, Schedneck highlights the thriving diversity of Theravada Buddhists today. Exploring Theravada as a lived religion reveals how people apply various expressions in everyday life. She presents to readers the most important practices and beliefs of Theravada Buddhists, illustrated through contemporary debates about what represents proper Theravada practice within Cambodia, Myanmar, Laos, and Thailand in the twenty-first century. Additionally, practical information is provided in appendices about what temples and practice centers readers can visit as well as a temple etiquette guide offering tips for being a respectful visitor. While academics will benefit from and appreciate this overview, the writing offers a refreshing introduction to a complex tradition for readers new to the subject.



LIVING THERAVADA

Demystifying the People, Places, and
Practices of a Buddhist Tradition

BROOKE SCHEDNECK



Author

DR. BROOKE SCHEDNECK teaches courses on Buddhism and Asian religions at Rhodes College and leads their Maymester in Thailand. She holds a BA in religious studies from Boston University, an MTS in world religions from Harvard Divinity School, and a PhD in Asian religions from Arizona State University. She has lectured in Buddhist studies at the Institute of Southeast Asian Affairs in Chiang Mai, Thailand. A regular contributor to the Religion and Ethics section of *The Conversation*, Brooke is also the author of *Thailand's International Meditation Centers* (Routledge, 2015) and *Religious Tourism in Northern Thailand* (University of Washington Press, 2021) and coeditor of *Buddhist Tourism in Asia* (University of Hawaii Press, 2020).

Religion - Buddhism - Theravada
Religion - Buddhism - History
History - Asia - Southeast Asia

SHAMBHALA

04/18/23

PAGES: 272

ISBN: 9781611809718

Luminous Darkness

An Engaged Buddhist Approach to Embracing the Unknown

By Deborah Eden Tull

\$18.95 - TR

About the Book

A resonant call to explore the darkness in life—difficult emotions like grief, fear, and prejudice—through teachings, meditations, and mindful inquiry that provide us with a powerful path to healing. Welcoming darkness with curiosity, rather than fear or judgment, enables us to access our innate capacity for compassion and collective healing. Dharma teacher, shaman, and deep ecologist Deborah Eden Tull addresses the spiritual, ecological, psychological, and interpersonal ramifications of our bias towards light. Tull shows us how the labeling of darkness as “negative” becomes a collective excuse to justify avoiding everything that makes us uncomfortable: racism, spiritual bypass, environmental destruction. We can only find the radical path to wholeness by learning to embrace the interplay of both darkness and light.

Author

DEBORAH EDEN TULL, founder of Mindful Living Revolution, is a Zen meditation and engaged mindfulness teacher, author, activist, deep ecologist, and sustainability educator. Eden spent seven years training as a Buddhist monk and has been teaching dharma for 20 years. Her work has been in *The Los Angeles Times*, *Tricycle*, *GOOP*, and *The Ecologist*. Eden also teaches *The Work That Reconnects* created by Joanna Macy, and for UCLA's Mindful Awareness Research Center. Eden offers retreats and online courses internationally. She is the author of *Relational Mindfulness* (Wisdom 2018) and *The Natural Kitchen* (Process 2008).

Luminous Darkness

An Engaged Buddhist Approach to Embracing the Unknown

A PATH TO PERSONAL AND COLLECTIVE AWAKENING



DEBORAH EDEN TULL

Self-Help - Spiritual
Psychology - Social Psychology
Religion - Buddhism - Zen

SHAMBHALA
09/27/22
PAGES: 240
ISBN: 9781645470779

Meditations of the Pali Tradition

Illuminating Buddhist Doctrine, History, and Practice

By L. S. Cousins; Edited by Sarah Shaw
\$24.95 - TR

About the Book

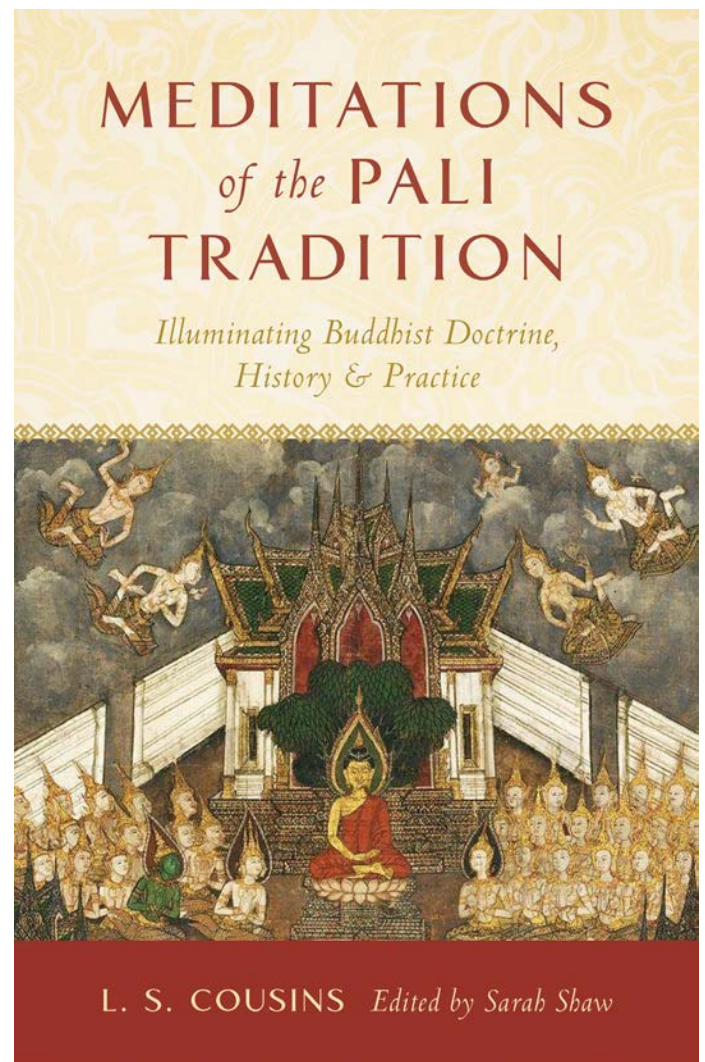
A groundbreaking and detailed presentation of the rich system of meditation traditions that have come to us through the Pali tradition of Buddhism. *Meditations of the Pali Tradition*, from consummate scholar of Pali Buddhism L. S. Cousins, explores the history of meditation practice in early or Pali Buddhism, which was established in various parts of South and Central Asia from the time of the Buddha and developed until at least the fourteenth century CE. Ranging in discussion of *jhana* (absorption) meditation in ancient India to the Buddhist practice centers of the Silk Road to the *vipassana* (insight) practices of our modern world, this rigorous and insightful work of scholarship sheds new light on our understanding of the practices that are today associated with the Theravada school of Buddhism and the insight meditation movement. Cousins demonstrates that there is much more to Buddhist meditation than mindfulness alone—concentration and joy, for example, are equally important.

Author

L. S. COUSINS (1942–2015) was one of the world's foremost experts on Pali Buddhism. He taught at Manchester University and the University of Oxford, and was a founding member of the Samatha Trust, an organization in the UK dedicated to teaching Buddhist samatha meditation.

Reviews

“An unprecedented exploration of meditation experience as described in the Pali canon, commentaries, and *abhidhamma*—as well as lesser-known sources—this study reflects Cousins's nuanced sensitivity as a lifelong practitioner and his wealth of textual



expertise. It is brought lovingly to light through Sarah Shaw's careful curation, additional supporting materials, and account of how it reflects Cousins's life."—Kate Crosby, author of *Esoteric Theravada*
“This is a carefully and comprehensively written work. Cousins's treatment and defense of traditional calm (*jhāna*) meditation catches my eye most, as insight (*vipassanā*) meditations are so much more popular now around the world. This book, by showing the whole historical picture, makes an important addition to the scholarship on meditation.”—Sayadaw Dr. Khammai Dhammasami, president of the International Association of Buddhist Universities.

Religion - Buddhism - Theravada
Religion - Buddhism - Rituals & Practice
Religion - Buddhism - History

SHAMBHALA
07/19/22
PAGES: 320
ISBN: 9781611809879

Opening to Oneness

A Practical and Philosophical Guide to the Zen Precepts

By Nancy Mujo Baker

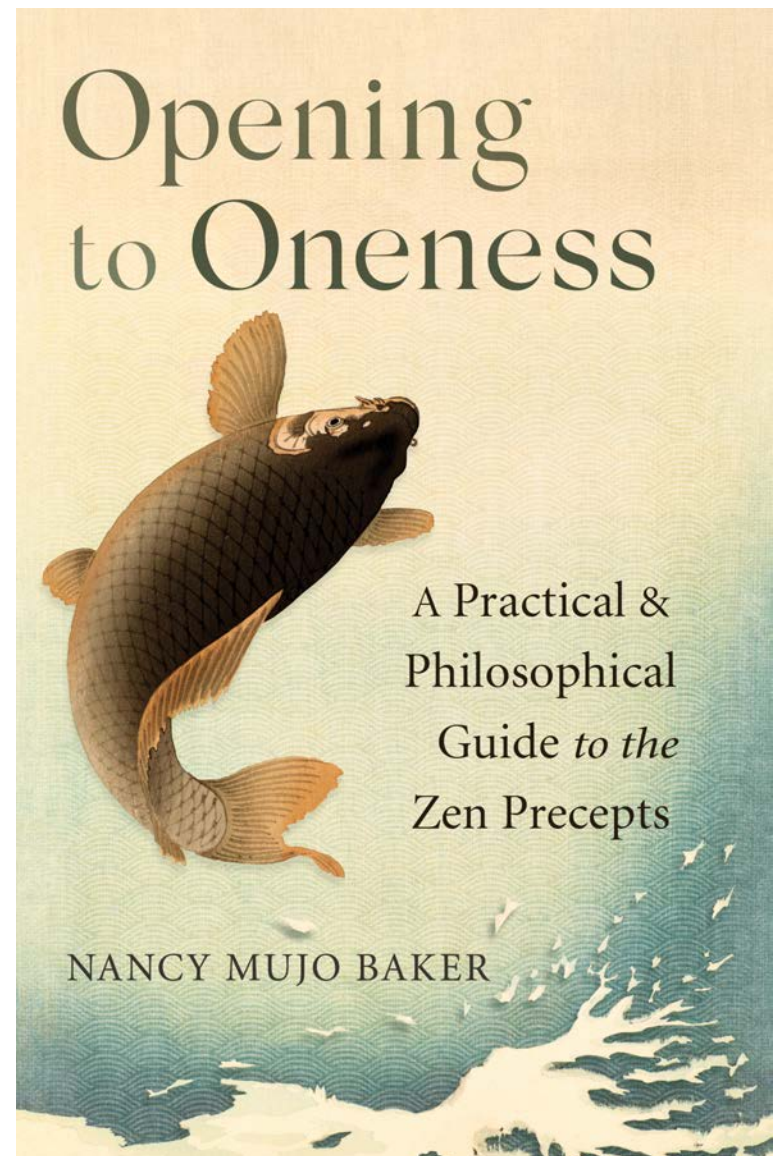
\$21.95 - TR

About the Book

Stop trying to become “better” by suppressing or hiding parts of yourself, and learn what it means to be fully human with this accessible guide to the core ethical teachings of Zen Buddhism. In *Opening to Oneness*, Zen teacher Nancy Baker offers a detailed path of practice for Zen students planning to take the precepts and for anyone, Buddhist or non-Buddhist, interested in deepening their personal study of ethical living. She reveals that there are three levels of each precept: a literal level (don’t kill, not even a bug), a relative level that takes moral ambiguity into account (what if it’s a malaria-spreading mosquito?), and an ultimate level—the paradoxical level of nonduality, in which the precepts are naturally expressed from a state of oneness. Full of nuance, skepticism, intelligence, and compassion, ten chapters addressing the grave precepts approach them mostly from the literal and relative levels, including instructions for how to practice these precepts individually and in pairs or groups. The next part of the book takes a deep dive into looking at the precepts from the ultimate perspective, largely through an exploration of the precept writings of Dogen, the thirteenth-century religious genius who founded the Soto Zen school. At once comprehensive and innovative, *Opening to Oneness* will take its place alongside classics like *The Mind of Clover*, *The Heart of Being*, and *Being Upright* as a cherished guide to Zen Buddhist ethics

Author

NANCY BAKER is a Zen teacher in the White Plum Sangha, running the No Traces Zendo



online and teaching retreats. A Dharma successor to Bernie Glassman, she is among the first fully empowered lay Soto Zen teachers. She is Professor Emerita of Philosophy at Sarah Lawrence College, where she taught for more than forty years. She lives in New York City.

Religion - Buddhism - Zen

Body, Mind & Spirit - Mindfulness & Meditation

Religion - Buddhism - Rituals & Practice

SHAMBHALA

12/27/22

PAGES: 176

ISBN: 9781611809398

The Path to Peace

A Buddhist Guide to Cultivating Loving-Kindness

By Ayya Khema

Edited by Leigh Brasington

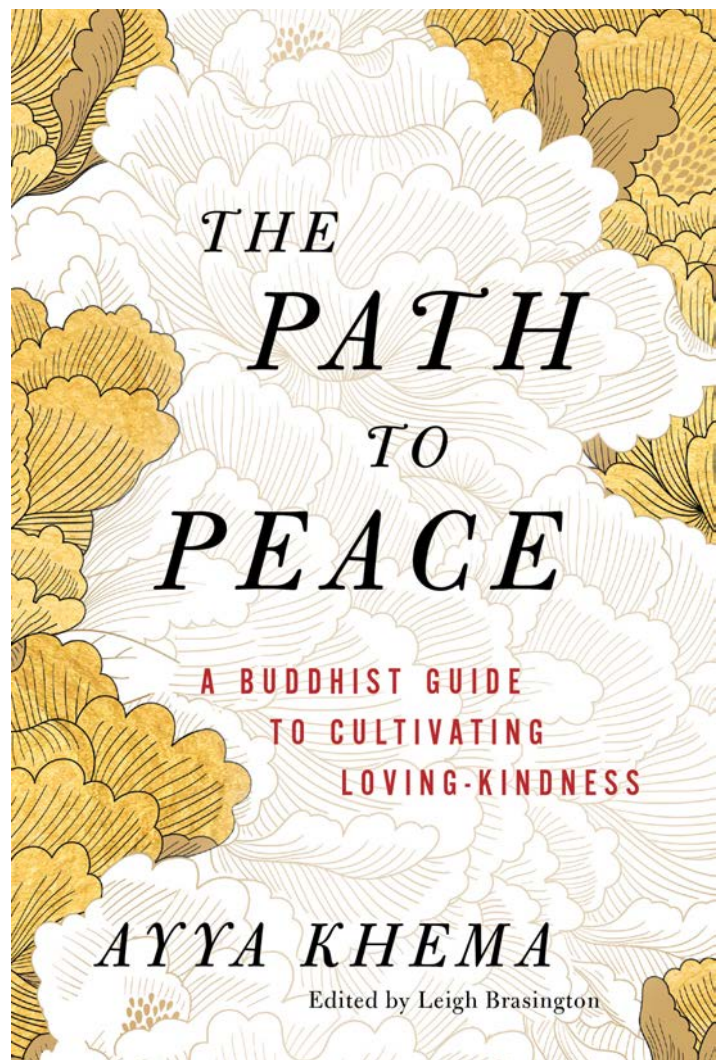
\$16.95 - TR

About the Book

Beloved Buddhist nun Ayya Khema expertly guides the reader through ten meditations on generating loving-kindness and cultivating the fifteen wholesome qualities necessary for igniting compassion and boundless love. Having escaped Nazi Germany in 1938, Ayya Khema has singularly profound perspective on creating peace, unconditional love, and compassion. She gently teaches that inner peace is not necessarily natural or innate. Instead, peace should be considered a skill that needs intentional practice—every day. Peace is the sum of many parts, namely the fifteen wholesome qualities the Buddha himself noted in the *Metta Sutta*, including usefulness, mildness, humility, contentment, receptivity, and others. Ayya Khema expertly guides us through each individual condition, using her trademark humor and personal narrative, to help each reader shape their own path to self-transformation. Edited by her student and retreat leader, Leigh Brasington, this book is a complete course in practical ways to calm and brighten our minds.

Author

AYYA KHEMA was born to a Jewish family in Berlin in 1923. Escaping Germany in 1938, she went on to study Buddhism and meditation all over world, including the San Francisco Zen Center. In 1979, she was ordained a Theravadin Buddhist nun, receiving the name Khema, meaning “safety and security” (Ayya means “sister”). Ayya Khema established a forest monastery near Sidney, Australia; a training center for nuns



in Colombo, Sri Lanka; and Buddha-Haus, a meditation center in the Allgäu, Germany. Among her books are *When the Iron Eagle Flies*; *Being Nobody, Going Nowhere*; *Who Is My Self?*; and an autobiography, *I Give You My Life*.

LEIGH BRASINGTON, author of *Right Concentration*, studied the jhanas with the late Ven. Ayya Khema, who authorized him to teach retreats on the jhanas. He was also empowered to teach by Jack Kornfield. He teaches numerous jhana retreats throughout the year, at venues that include Cloud Mountain, Barre Center for Buddhist Studies, Gaia House, Vallecitos, and Southern Dharma.

Religion - Buddhism - Rituals & Practice

Religion - Buddhism - Tibetan

Body, Mind & Spirit - Mindfulness & Meditation

SHAMBHALA

07/19/22

PAGES: 128

ISBN: 9781611809503

Talking Zen

Reflections on Mind, Myth, and the Magic of Life

By Alan Watts

Edited by Mark Watts

\$19.95 - TR

About the Book

Insightful and entertaining essays spanning 40 years of lectures by Alan Watts on Zen, Taoism, psychedelics, and comparative philosophy. Alan Watts's essays and talks range widely through psychology, art, religion, and politics, but always come home to the Zen core. For those familiar with Alan Watts's style of presentation, the wonderful, memorable, and prophetic style of his voice is captured in this volume. *Talking Zen* puts on display Watts's ability to explore the very subtle philosophies, those common across traditions and those unique to Zen, in ordinary and accessible language. These lectures paved the way for the rise of Zen in the West.

Author

ALAN WATTS (1915–1973) was a renowned lecturer and the author of nearly thirty books, including *The Way of Zen*.

Subrights Sold (original edition): Italian, Spanish

Religion - Buddhism - Zen

Philosophy - Zen

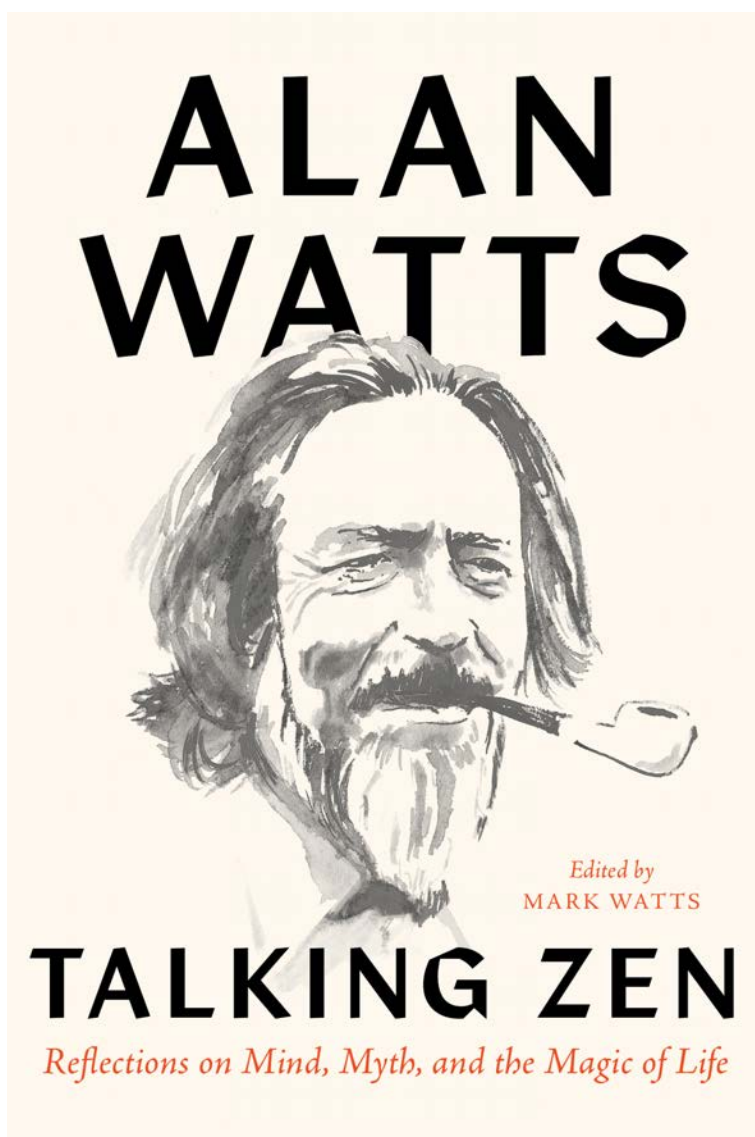
Philosophy - Buddhist

SHAMBHALA

06/21/22

PAGES: 208

ISBN: 9781645470960



That Is Not Your Mind!

Zen Reflections on the Surangama Sutra

By Robert Rosenbaum

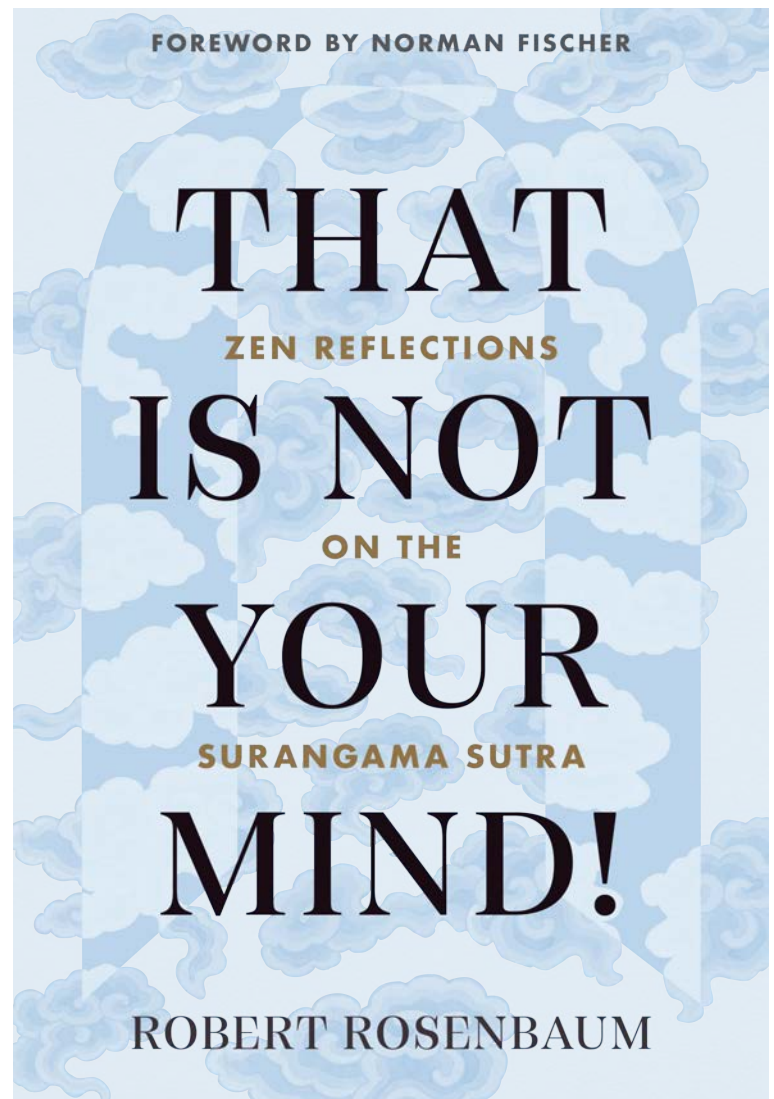
\$19.95 - TR

About the Book

Viewed through the lens of psychology and neuroscience, a classic Zen sutra becomes a springboard for exploring sensory experiences and realizing freedom. What does it mean to be liberated through one's sensory life? In *That Is Not Your Mind!* Zen teacher Robert Rosenbaum explores this question by taking readers on a step-by-step journey through the Surangama Sutra. This Chinese Mahayana sutra is known for its emphasis on practicing with the senses (sight, sound, taste, smell, touch, and the Buddhist "sixth sense" of mind or cognition), as well as its teachings on the necessity of basic ethical commitments, like not killing or stealing, to support the development of one's meditation practice and insight. Rosenbaum interweaves passages from the sutra with contemporary insights from neuroscience and psychology, illustrating the usefulness of the text with anecdotes from his life and his forty years of teaching experience. In addition to learning about a sutra that played an important role in the creation of Chinese Chan and Japanese Zen Buddhism, readers are guided through meditations and other practices derived from the sutra's teachings, such as hearing meditations (awareness of sound, awareness of silence, turning hearing inwards) and centering meditations (basic centering as well as centering on compassion). "One of the most difficult aspects of Buddhist practice is wrapping our minds around how every moment is both a deceptive seeming and also a true gateway to awakening," writes Rosenbaum. "Nothing is hidden, but there is an infinite field we cannot see."

Author

ROBERT (BOB) MEIKYO ROSENBAUM, PhD, is an American Zen teacher with lay entrustment in Soto Zen from Sojo Mel Weitsman and denkai in Ordinary Mind



Zen from Karen Terzano. A founding member of the Lay Zen Teachers Association, Bob started the Meadowmind Sangha in Arnold and Vallecito, California, and is currently starting an Ordinary Mind Zen center in Sacramento. He is a senior teacher of Dayan (Wild Goose) Qigong in the lineage of Yang Meijun, authorized by Master Hui Liu of the Wen Wu School. He worked for thirty years as a neuropsychologist, psychotherapist, and behavioral medicine specialist until retiring ten years ago to devote all his time to Zen and qigong. Bob has authored numerous journal articles and book chapters, as well as the books *Zen and the Heart of Psychotherapy*, *Walking the Way: 83 Zen Encounters with the Tao Te Ching*, and *What's Wrong with Mindfulness (and what isn't)*—*Zen Perspectives*.

Religion - Buddhism - Zen

Religion - Psychology of Religion

Religion - Buddhism - Rituals & Practice

SHAMBHALA

08/09/22

PAGES: 224

ISBN: 9781645470793

Through Forests of Every Color

Awakening with Koans

By Joan Sutherland

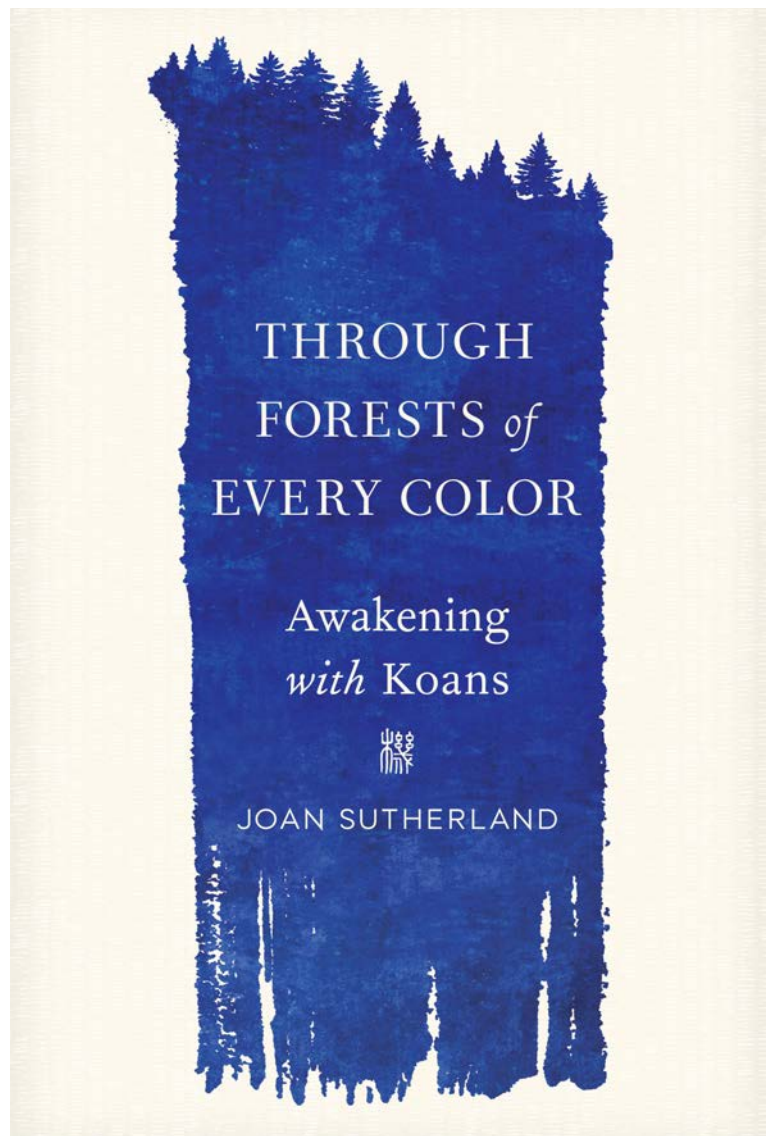
\$19.95 - TR

About the Book

An intimate spiritual and literary journey exploring how Zen koans make us permeable to the joys and the anguish of this life—and to the primordial mystery we glimpse behind the veil of the everyday. In *Through Forests of Every Color*, renowned Zen teacher Joan Sutherland reimagines the koan tradition with allegiance to the root spirit of the koans and to their profound potential for vivifying, subverting, and sanctifying our lives. Her decades of practicing with koans and of translating them from classical Chinese imbues this text with a warm familiarity, an ease still suffused with awe. Interlinked essays on “koans as art,” “keeping company with koans,” and “walking the koan way” intersperse with beautifully translated renditions of dozens of traditional Zen koans. Sutherland also shares innovative koans culled from Western literature, as well as teachings on how to create idiosyncratic koans or “turning words” from the circumstances of one’s own life.

Author

JOAN SUTHERLAND, Roshi, is a teacher in the koan tradition and the first woman teacher in her lineage in the Americas. She is one of the founders of the Pacific Zen School, an innovative contemporary koan school that also includes Pacific Zen Institute. Sutherland taught in Santa Fe, New Mexico, through Awakened Life, the community that gathered around her teachings there. She is also the founding teacher of The Open Source, a network of communities in New Mexico, Colorado, Arizona, and California. In 2014 she retired from working directly with students and now focuses on Cloud Dragon: The Joan Sutherland Dharma Works. She is the author of *Vimalakirti* and *the Awakened Heart*, and her writing has appeared regularly in *Lion's Roar* and *Buddhadharma* magazines.



Reviews

“Joan Sutherland’s Koan Salon in Santa Fe was something new, an innovation in a very old tradition that loved and respected both the ancestors and the participants. The field in that room was alive and expansive. Something enlightening was going on. I’m excited that this book will introduce many more people to her work.” —Natalie Goldberg, author of *Writing Down the Bones*

“A clearer path or a better guide would be hard to find. Of course, you still won’t be getting out of this forest alive.” —Red Pine, author of *Three Zen Sutras*

Religion - Buddhism - Zen

Religion - Buddhism - Rituals & Practice

Body, Mind & Spirit - Inspiration & Personal Growth

SHAMBHALA

06/21/22

PAGES: 208

ISBN: 9781611809862

Treasury of the Eye of True Teaching

Classic Stories, Discourses, and Poems of the Chan Tradition

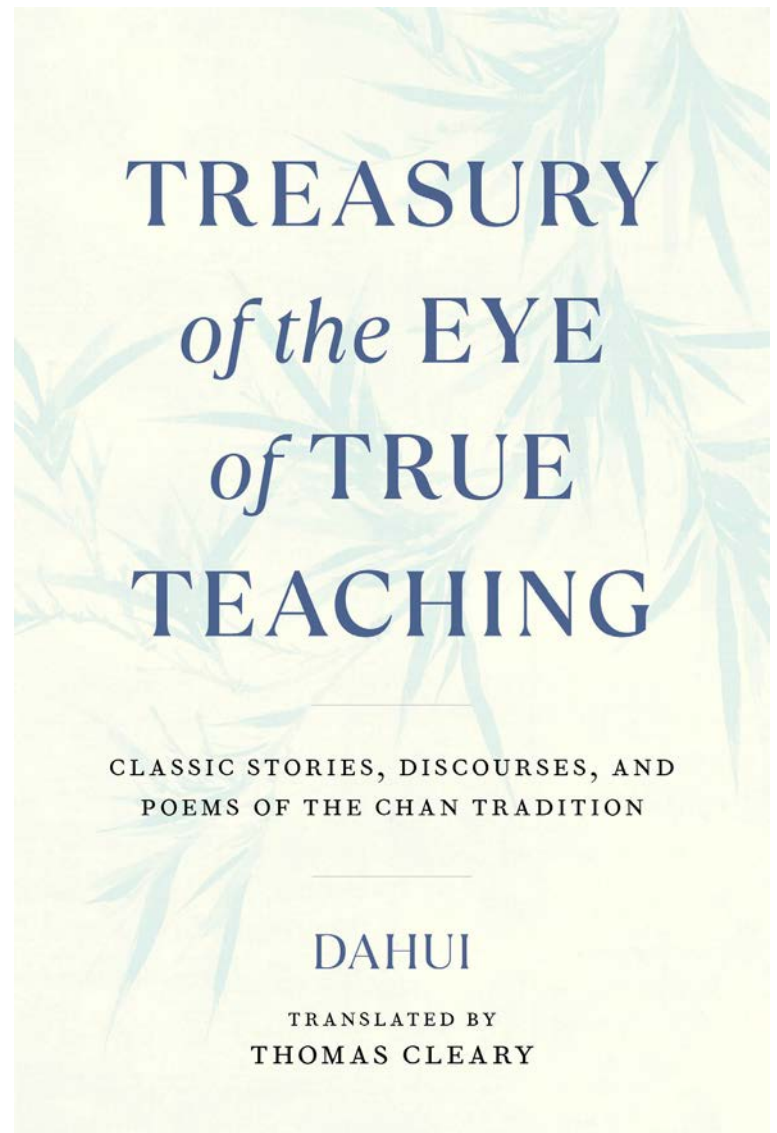
By Dahui

Translated by Thomas Cleary

\$24.95 - TR

About the Book

Thomas Cleary, one of America's most beloved translators of Buddhist texts, brings twelfth century Chan master Dahui's monumental compilation of teachings to life for the first time in English. *Treasury of the Eye of True Teaching (Zhengfayanzang)* stands as among the greatest classics of Chan (Chinese Zen) Buddhism, combining speeches, stories, dialogues, poems, and commentaries that the influential master Dahui (1089–1163) extracted from Chan lore. Compiled by Dahui's students during Song Dynasty China, this work is replete with the enigmatic, paradoxical wisdom for which Zen Buddhism is so well known. Central to this collection is the notion of "great doubt" in matters of language, conceptual thinking, and how we conceive of our existence. By working with great doubt through koan introspection and other meditative practices, a practitioner is able to push themselves to the limits of ideas and concepts until a breakthrough to enlightenment is achieved. In the words of Dahui, "Within great doubt there necessarily exists great enlightenment." A fascinating compendium of literary and spiritual puzzles, *Treasury of the Eye of True Teaching* will challenge and inspire readers to work with great doubt themselves and to discover their inborn potential for enlightenment. Masterfully translated by one of America's foremost translators of Chinese classics into English, it is a captivating window into the literary world of Chinese Zen and essential reading for students of all Zen schools today.



Author

THOMAS CLEARY (1949–2021) is one of the most celebrated translators of Asian spiritual classics into English. Holder of a PhD in East Asian Languages and Civilizations from Harvard University and a JD from the University of California, Berkeley, Boalt Hall School of Law, he is the translator of over fifty volumes of Buddhist, Taoist, Confucian, and Islamic texts from Sanskrit, Chinese, Japanese, Pali, and Arabic.

Religion - Buddhism - Zen

Religion - Buddhism - Sacred Writings

Religion - Buddhism - Rituals & Practice

SHAMBHALA

07/26/22

PAGES: 480

ISBN: 9781645470786

Turning Words

Transformative Encounters with Buddhist Teachers

By Hozan Alan Senauke

\$18.95 - TR

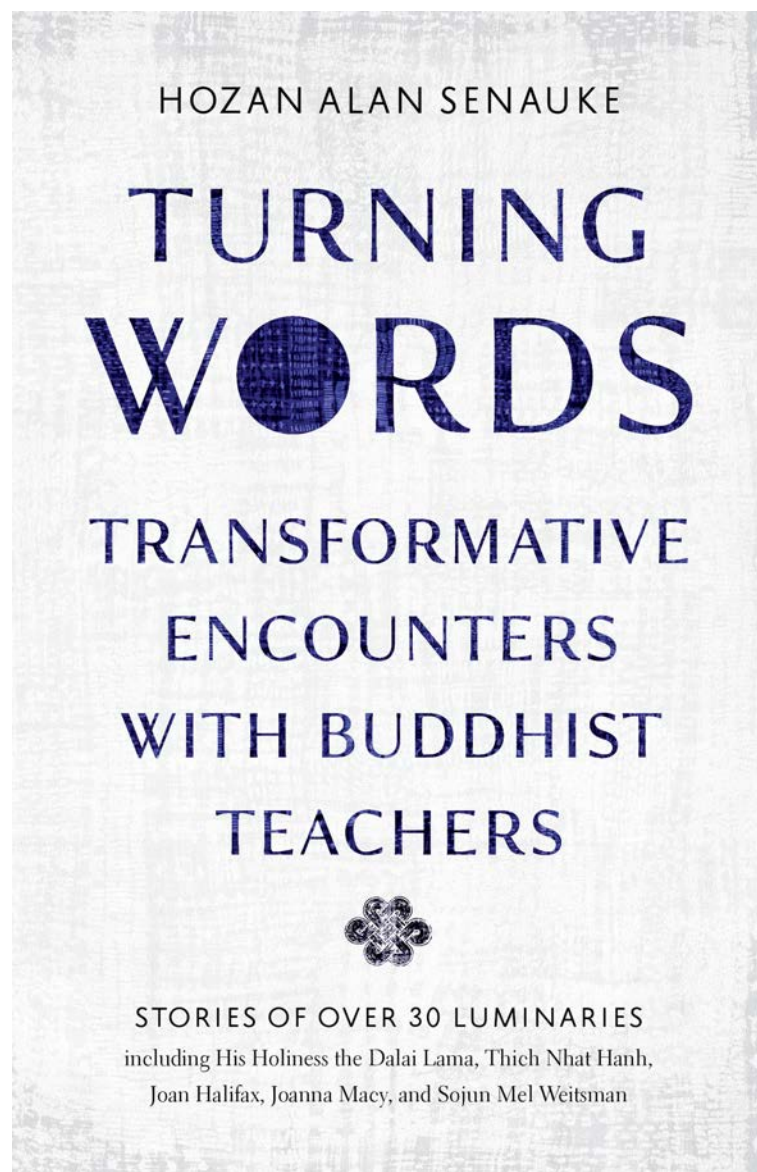
About the Book

A poignant portrait of spiritual relationships in the diverse worlds of American and global Buddhism, through stories of over 30 luminaries including His Holiness the Dalai Lama, Thich Nhat Hanh, Joan Halifax, Joanna Macy, and more.

Across more than thirty-five years of practice in Zen and socially engaged Buddhism, Alan Senauke has had a range of remarkable encounters with Buddhist teachers and spiritual friends. Here he collects stories of moments in which someone's words, actions, or presence opened his mind and heart in a new way. Touching on meditation, insight, social action, race, family, community, and more, these vignettes build like a chorus and convey lessons such as taking one's work seriously without taking oneself seriously, letting things fall apart, and using oneself up on behalf of others. The book's stories and accompanying photographs feature many of the greatest Zen teachers, engaged Buddhists, and global Buddhist leaders of our day, including Robert Aitken, Bernie Glassman, Shodo Harada, Dainin Katagiri, Jarvis Masters, Ven. Sheng Yen, Sulak Sivaraksa, and many more—with a special section devoted to the teachings of Senauke's primary teacher, Sojun Mel Weitsman.

Author

ALAN SENAUCHE, the abbot of the Berkeley Zen Center, is well-known for his decades-long work in engaged Buddhism. Having served with a number of national and international service organizations, he founded and runs the Clear View Project, a nonprofit organization that has worked extensively on humanitarian projects in Myanmar, Bangladesh, and India. Alan is



the author of *Heirs to Ambedkar*, *The Bodhisattva's Embrace*, and other books. Also a musician, he has recorded the Buddhist folk albums *Everything Is Broken* and *Wooden Man*.

Religion - Buddhism - Zen

Religion - Essays

Biography & Autobiography - Religious

SHAMBHALA

03/07/23

PAGES: 128

ISBN: 9781645471318

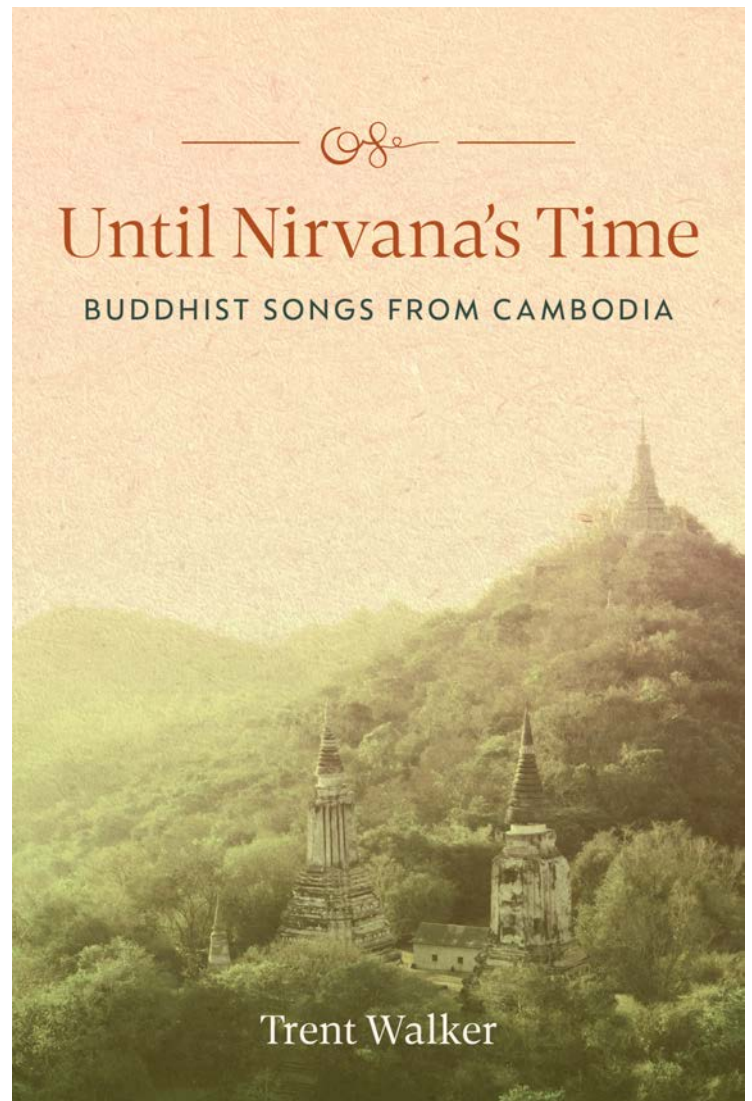
Until Nirvana's Time

Buddhist Songs from Cambodia

Translated and edited by Trent Walker
\$21.95 - TR

About the Book

A collection of forty-five evocative ritual Dharma songs from seventeenth- to twentieth-century Cambodia, along with essays contextualizing the poems in terms of Cambodian Buddhist doctrine, the ritual lives of practitioners, and their melodic structure. *Until Nirvana's Time* consists of forty-five poems of Dharma songs from largely anonymous authors translated and introduced by Trent Walker. These songs have never appeared in English translation—many of them have never been published in Khmer either—and they come from oral traditions or were previously only available in personal collections as etchings on palm leaves or handmade bark-paper manuscripts. Because of the way the complex melodies work, one song can take hours to sing and they are, as Walker states, “often recited at night, traditionally in dusk-to-dawn rites of healing, mourning, dedication, and consecration.” A link to recordings of the songs in English and Khmer accompanies the book. The poems are organized into four sections, each with their own short and accessible introduction by Walker, a vocal performer of these songs who also completed his dissertation on this topic at the University of California-Berkeley. The book also includes four essays on these poems by the translator. The essays cover cosmology and doctrine of Cambodian Buddhism, how the poems are chanted as daily prayers and public rituals, the oral and written transmission of the texts, and the structure of the way the songs are to be chanted. These songs have been recorded in both the original and in English translation, truly bringing these forty-five songs to life. The poems are sung by several highly skilled vocalists trained in this particular tradition and lineage, including the translator. Many of these performances can be heard on stirringandstilling.org and a selection will also be available on Shambhala's website to accompany the book release.



Author

TRENT WALKER researches and teaches about Southeast Asian Buddhism, literature, and music. Currently a postdoctoral fellow at Stanford's Ho Center for Buddhist Studies and a lecturer in the Religious Studies department, he works on palm-leaf and bark-paper manuscripts in Khmer, Thai, and Tham scripts as well as a variety of printed and oral texts in Pali, Cambodian, Siamese, Lanna, Lao, Vietnamese, and other languages.

Religion - Buddhism - Theravada
Poetry - Subjects & Themes - Inspirational & Religious
Poetry - Ancient & Classical

SHAMBHALA
12/27/22
PAGES: 240
ISBN: 9781645471349

The Way of Ch'an

Essential Texts of the Original Tradition

By David Hinton

\$27.95 - TR

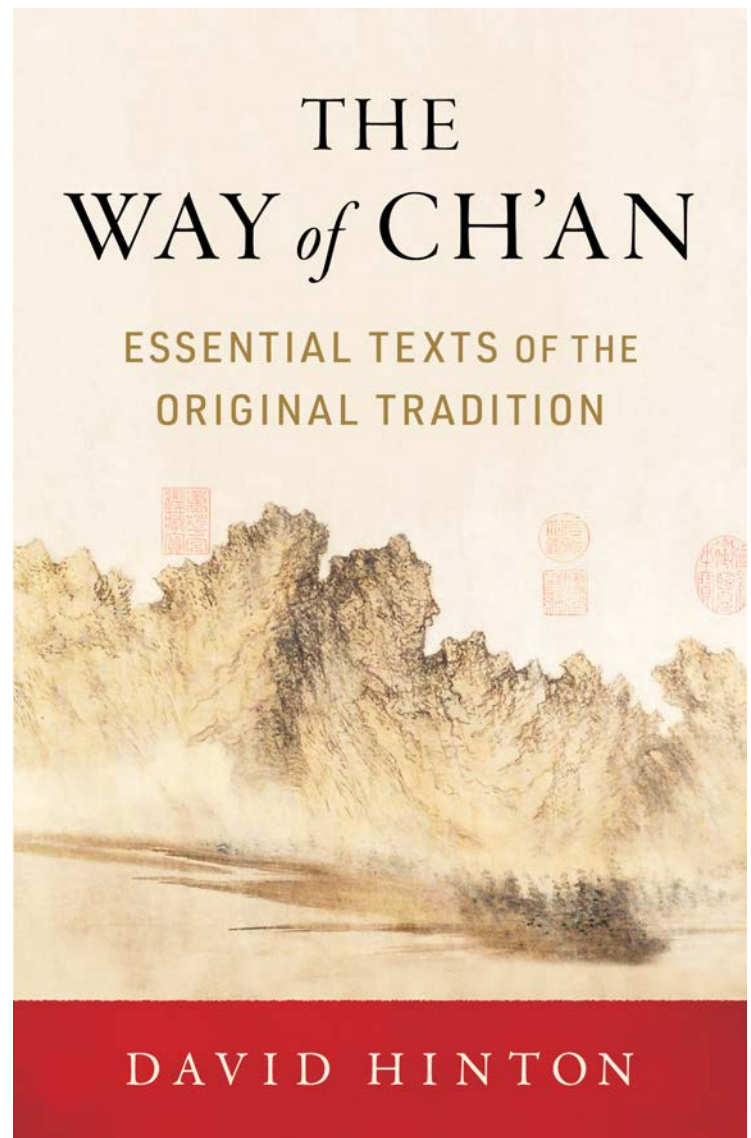
About the Book

This sweeping collection of new translations paints a brilliant picture of the development of Ch'an (Zen) Buddhism, China's most radical philosophical and meditative tradition.

In this landmark anthology of some two dozen translations, celebrated translator David Hinton shows how Ch'an (Japanese: Zen)—too long considered a perplexing school of Chinese Buddhism—was in truth a Buddhist-inflected form of Taoism, China's native system of spiritual philosophy. The texts in *The Way of Ch'an* build from seminal Taoism through the "Dark-Enigma Learning" literature and on to the most important pieces from all stages of the classical Ch'an tradition. Guided by Hinton's accessible introductions, readers will encounter texts and authors including: *I Ching* (c. 12th century BCE); Lao Tzu (c. 6th century BCE); Bodhidharma (active c. 500–550 CE); Sixth Patriarch Prajna-Able (Hui Neng, 638–713); *Cold Mountain* (Han Shan: c. 8th–9th centuries); *Yellow-Bitterroot Mountain* (Huang Po, d. 850); *Blue-Cliff Record* (c. 1040). Through this steadily deepening and transformative reading experience, readers will see the profound and intricate connections between native Chinese philosophy, Taoism, and Ch'an. Contemporary Zen students and practitioners will never see their tradition in the same way again.

Author

DAVID HINTON has published numerous books of poetry and essays and many translations of ancient Chinese poetry and philosophy—all informed by an abiding interest in deep ecological thinking. This widely acclaimed work has earned Hinton a Guggenheim Fellowship, numerous fellowships from NEA and NEH, and both of the major awards given for



poetry translation in the United States: the Landon Translation Award (Academy of American Poets) and the PEN American Translation Award. Most recently, Hinton received a lifetime achievement award by the American Academy of Arts and Letters.

Religion - Buddhism - General
Religion - Buddhism - Zen
Literary Collections - Asian - Chinese

SHAMBHALA
06/27/23
PAGES: 352
ISBN: 9781611809237

The Zen Way of Recovery

An Illuminated Path Out of the Darkness of Addiction

By Laura Burges

\$21.95 - TR

About the Book

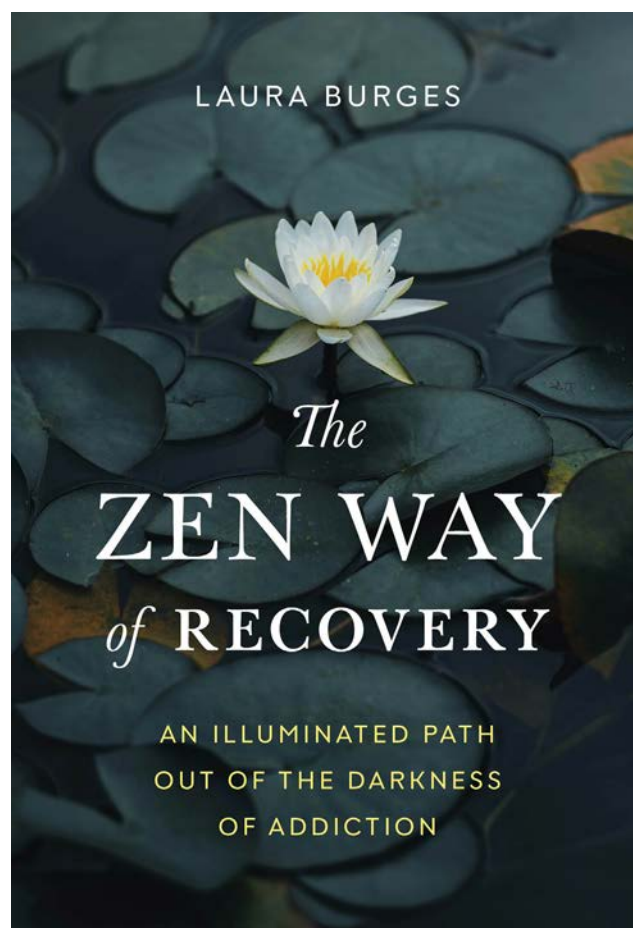
An accessible, compassionate guide to Buddhist principles and practices that can help support recovery from addictions and addictive behaviors—written by an experienced Zen lay teacher with 35 years of sobriety.

For anyone struggling with addiction, Buddhism offers powerful, grounding wisdom and tools to help support recovery. In *The Zen Way of Recovery*, Laura Burges shares her experience as a dedicated Zen practitioner who came to terms with her own addiction to alcohol and found support for her recovery. Through the lens of Buddhist teachings, Burges offers tools and practices which, together with the help of recovery programs, can offer a road to sobriety. Burges is an experienced and compassionate guide, and her message is resonant for people with any type of addictive behavior—and for people who aren't necessarily familiar with Buddhism. Her teachings are drawn from the Buddha's life and teachings (specifically the Eight Awarenesses of the Awakened Being and the Six Paramitas), and the wisdom of Japanese Buddhist priest Dogen Zenji, the founder of the Soto school of Zen, among others.

Examples of reflections and journaling prompts include: Do you still hear the critical, contemptuous, sarcastic voice of a parent or partner in your own head? Do you sometimes hear yourself mirroring this negative voice with others? What were the models of relationship that you grew up with? What are ways that you can cultivate more patience? Check in with yourself to see if tiredness, hunger, loneliness, or anger is affecting your thinking in the moment.

Author

RYUKO LAURA BURGES, a lay entrusted dharma teacher in the Soto Zen tradition, lectures and leads retreats at practice centers in



Northern California. She received monastic training at Tassajara Zen Mountain Center, the first Zen Buddhist Monastery in the United States. A teacher of children for 35 years, she now mentors other teachers and helps bring mindfulness practice into the elementary classroom. Laura co-founded the Sangha in Recovery Program at the San Francisco Zen Center and is the abiding teacher at Lenox House Meditation Group in Oakland. She is the author of *Buddhist Stories for Kids: Jataka Tales of Kindness, Friendship, and Forgiveness*. She is a fellow at Dorland Mountain Arts Colony, a member of the Society of Children's Book Writers and Illustrators, and is active in the Lay Zen Teachers Association. Laura lives in San Francisco.

Self-Help - Substance Abuse & Addictions - General

Philosophy - Buddhist

Self-Help - Personal Growth - General

SHAMBHALA

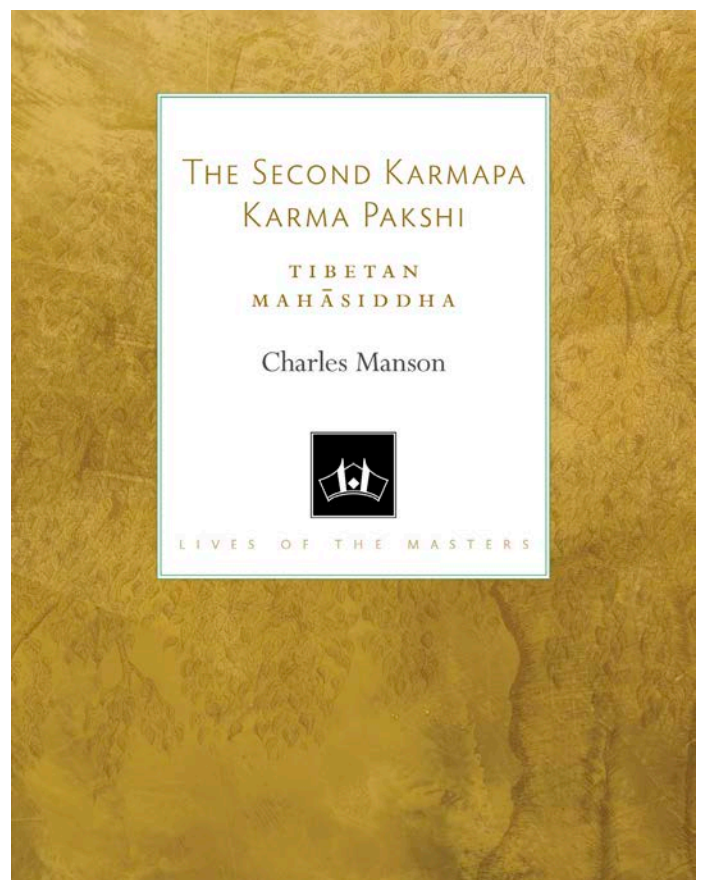
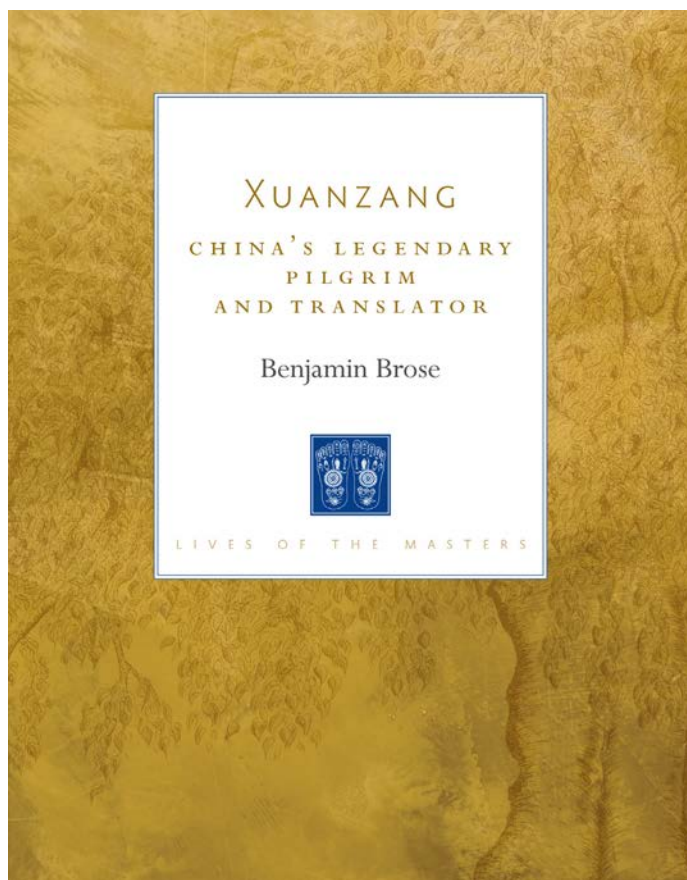
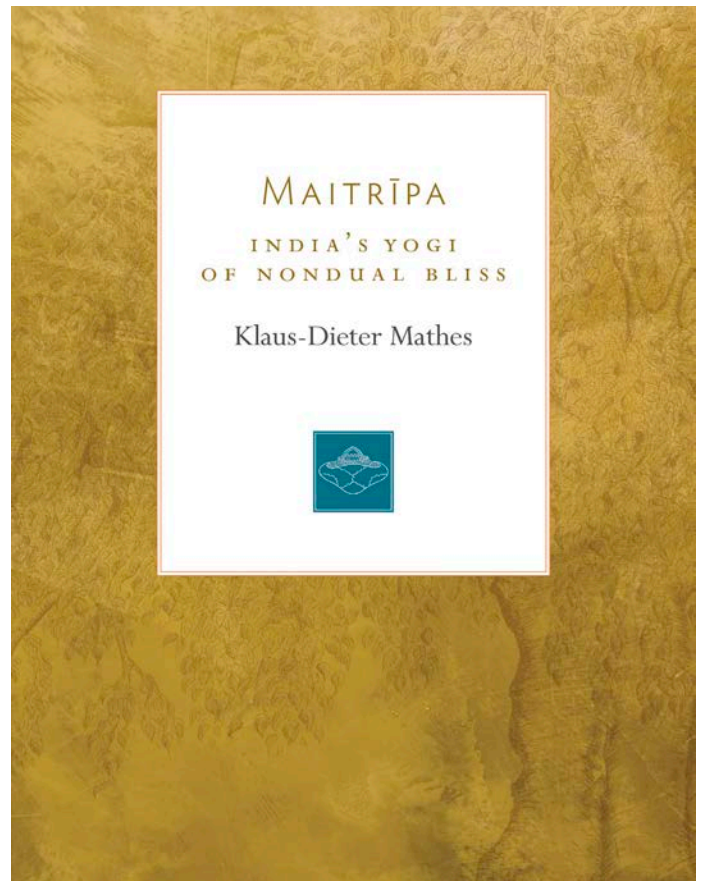
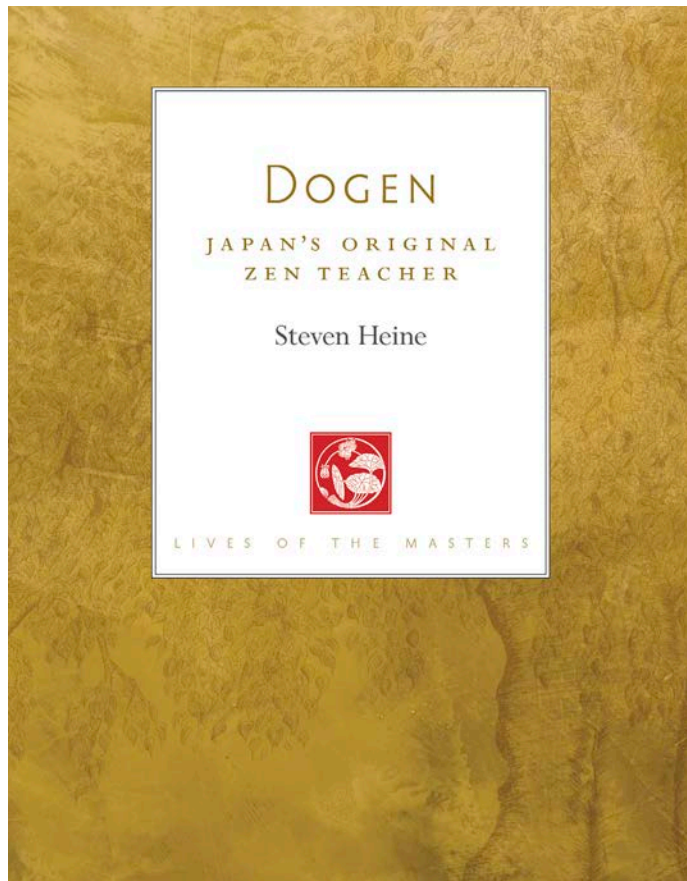
07/18/23

PAGES: 224

ISBN: 9781645471202

Lives of the Masters

The Lives of the Masters series offers lively and reliable introductions to the lives, works, and legacies of key Buddhist teachers, philosophers, and contemplatives. Each volume in the Lives series tells the story of an innovator who embodied the highest ideals of Buddhism, crafted a dynamic living tradition during his or her lifetime, and transmitted a vibrant legacy of wisdom to future generations



Awakening Dignity

A Guide to Living a Life of Deep Fulfillment

By Phakchok Rinpoche and Sophie Wu

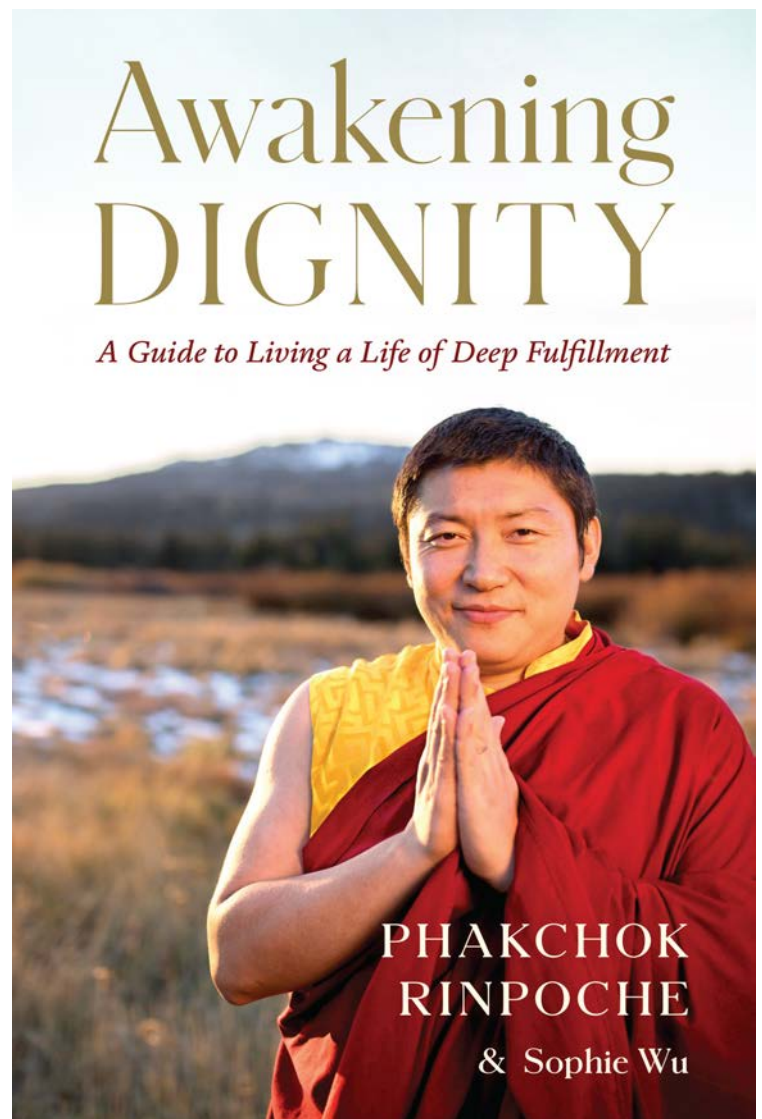
\$21.95 - TR

About the Book

A Buddhist master's guide to cultivating dignity through meditation, in order to live a more meaningful and fulfilling life. The notion of dignity is crucial to questions of how best to live a meaningful and fulfilling life, particularly for people who feel self-doubt and low self-esteem as well as those who can feel trapped by their anxiety, dissatisfaction, or even success. In today's environment, this seems to include most people. So, how can we possess authentic and unshakeable dignity? This book offers a unique and fresh approach to this question by drawing from the Tibetan Buddhist wisdom tradition. According to Buddhism, dignity is an inherent quality of fundamental wholeness and completeness that we all naturally possess. This understanding is based on the idea that our true nature is pure and that our heart is noble. Phakchok Rinpoche shows how knowing that we are whole and complete already, and gaining trust and certainty in that understanding, counteracts the common feeling that we are not enough, that something is missing. Gaining unwavering trust in ourselves protects us from life's ups and downs. With genuine dignity, we are not riddled with uncertainty, anxiety, or self-doubt; rather, we are able to face any circumstance with confidence, clarity, and compassion. Through reflections, examples, and simple meditations, such as embracing adversity and practicing compassion, this guide provides all the tools necessary to fully embody our fundamental dignity.

Author

PHAKCHOK RINPOCHE is a new generation Tibetan Buddhist Master. Born in 1981, Rinpoche was recognized as the seventh Phakchok Rinpoche and incarnation of a great teacher and meditation master. Receiving ordination from His Holiness the Dalai Lama, Rinpoche received an education and training in Buddhist philosophy and meditation, studying with some of the most accomplished masters of modern times.



Rinpoche travels the world teaching in Buddhist centers, universities, and monasteries.

SOPHIE WU, PhD, is associate professor of history at Agnes Scott College. Trained as a modern Chinese intellectual historian, she teaches Asian history and philosophy, including Buddhism. She has studied and practiced under such masters as Thich Nhat Hanh, Khenchen Palden Sherab Rinpoche, Khenpo Tsewang, Dongyal Rinpoche, and more recently Phakchok Rinpoche. She also serves as a meditation instructor for the Buddhist organization Samye Institute. Her current academic research focuses on Chinese and Tibetan independent films and contemplative education.

Religion - Buddhism - General
Religion - Buddhism - Rituals & Practice
Body, Mind & Spirit - Mindfulness & Meditation

Subrights Sold: Chinese (Complex)

SHAMBHALA
12/20/22

PAGES: 256

ISBN: 9781645470885

The Heroic Heart

Awakening Unbound Compassion

By Jetsunma Tenzin Palmo

\$18.95 - TR

About the Book

A guidebook to making life meaningful by cultivating compassion, embracing adversity, and training the mind—from one of the foremost living Buddhist nuns. Freeing ourselves from our habitual emotional patterns starts with taming the mind. Why is this so important? Because a wild mind tends to hurt rather than heal. Taming the mind helps us uncover our true nature and connect with those around us from a grounded place of self-awareness. Through caring for others you can walk the Buddhist path of bodhisattvas, becoming a spiritual hero of compassion. Based on the classic fourteenth-century mind training text of Tibetan Buddhism called the *Thirty-Seven Practices of a Bodhisattva*, this guidebook shares pithy advice on how to act as bodhisattvas in our everyday lives, enabling us to possess compassion in an authentic way. Jetsunma Tenzin Palmo, an exemplary spiritual teacher who spent over a dozen years meditating in the Himalayas and one of the first Buddhist nuns to be ordained in the West, shares her reflections on this famous teaching and how to live a life of mindfulness and selflessness.

Author

JETSUNMA TENZIN PALMO was raised in London and became a Buddhist while still in her teens. At the age of twenty she traveled to India, becoming one of the first Westerners to be ordained as a Buddhist nun. The international bestseller *Cave in the Snow* chronicles her twelve years of seclusion in a remote cave. Deeply concerned with the plight of Buddhist nuns, she established Dongyu Gatsal Ling Nunnery in India. In 2008 His Holiness the Twelfth Gyalwang Drukpa, head of the Drukpa Kagyu lineage, gave her the rare title of Jetsunma (Venerable Master).

A modern commentary on
The Thirty-Seven Verses on the Practice of a Bodhisattva

THE HEROIC HEART

AWAKENING UNBOUND
COMPASSION

Jetsunma Tenzin Palmo

Religion - Buddhism - Tibetan

Self-Help - Meditations

Body, Mind & Spirit - Mindfulness & Meditation

Subrights Sold: Portuguese (Brazil), Spanish

SHAMBHALA

07/05/22

PAGES: 232

ISBN: 9781645470557

The Power of Mind

A Tibetan Monk's Guide to Finding Freedom in Every Challenge

By Khentrul Lodro T'haye

Translated by Paloma Lopez Landry

Edited by Paloma Lopez Landry, Ibbby Caputo,
and Paul Gustafson

\$18.95 - TR

About the Book

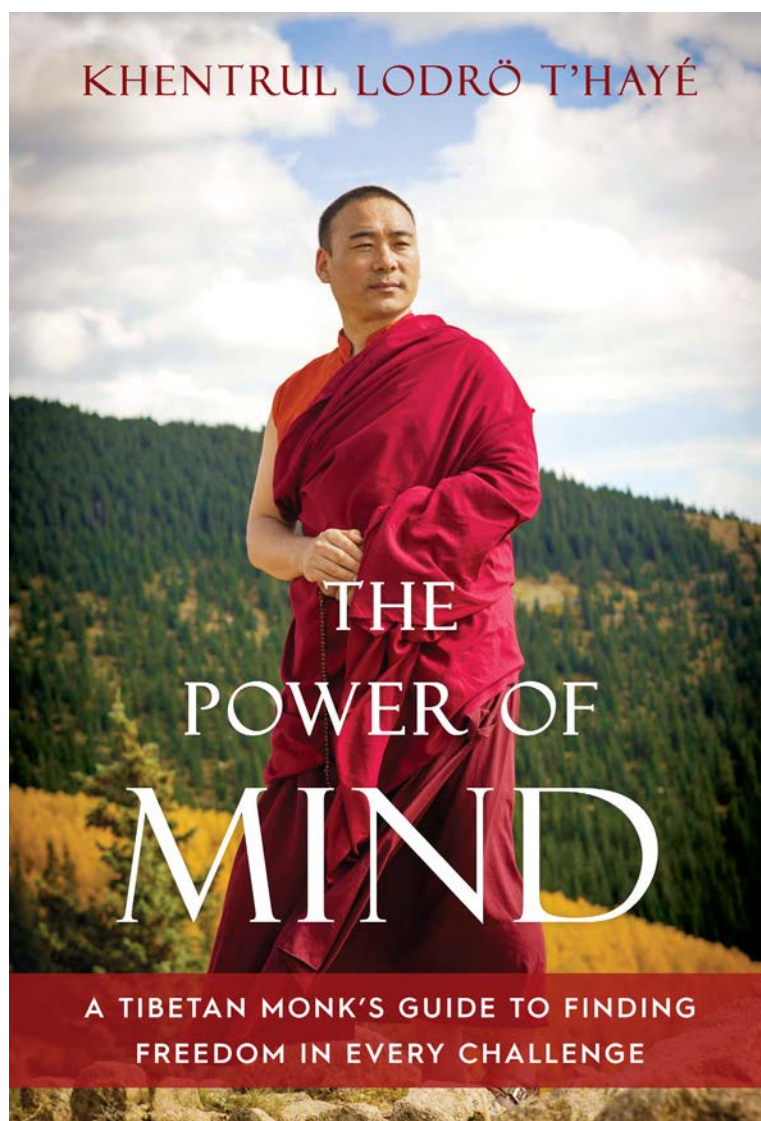
A modern guide to lojong—ancient Buddhist techniques for transforming all circumstances, including pain, anxiety, and stress, into mental well-being that benefits us and the people around us. *The Power of Mind* provides the proven path of lojong, or mind training, for changing our experience from the inside out. Regardless of what's happening in our lives, Khentrul Rinpoche teaches that our route to freedom lies in our minds. A thousand years ago, the Indian saint Atisha risked his life to seek out lojong teachings in Indonesia, and then brought them to Tibet, where they flourished and spread to the rest of the world. This book introduces those teachings—the Seven Key Points of Mind Training—which have been passed down from teacher to student for centuries. This wisdom is accessible to everyone—whether Buddhist or not. As Khentrul Rinpoche states, “Peace and happiness can be attained, but not by searching for something in the outside world. They start within us then extend out to the entire globe.”

Author

KHENTRUL LODRÖ T'HAYÉ RINPOCHE is a United States-based Tibetan monk and the director of Katog Choling, a Tibetan Cultural Center. He oversees meditation groups across North America and in Australia and South Africa. Before the Covid-19 pandemic, he traveled year-round teaching seminars and leading retreats, and he now holds online retreats for his students around the globe. He is also the abbot of a monastery in Tibet. Khentrul Rinpoche is one of the only monks in the world with three khenpo degrees—equivalent to three PhDs in Buddhist philosophy. Many of his students have nicknamed him “the mind training Khenpo” for his passion for teaching mind training practices.

Reviews

“A deep well of both timeless and practical wisdom, Khentrul Rinpoche's new book helps us uncover the relaxed awareness and freedom that is our very essence.”—Tara Brach, author of



Trusting the Gold

“Knowing that nothing about mind is ordinary, Tibetan Buddhism abounds with surprisingly simple, down-to-earth techniques for harnessing the innate magic of our mind, allowing it to transform adversity into advantage. For many centuries, Tibetans have relied upon the easy-to-apply slogans found in the Seven Points of Mind Training to serve as the very heart of their spiritual path. Here, with crystal clear insight into the complexities of modern life, the exceptionally learned Khentrul Lodro T'haye Rinpoche inspires his readers to take up those same ancient tools of lojong to infuse their lives with more compassion, equanimity, understanding, patience, and loving kindness for others.”—Chogyi Nyima Rinpoche, author of *Sadness, Love, Openness: The Buddhist Path of Joy*

Religion - Buddhism - Rituals & Practice
Body, Mind & Spirit - Mindfulness & Meditation
Self-Help - Spiritual

SHAMBHALA

07/12/22

PAGES: 296

ISBN: 9781645470878

Red Tara

The Female Buddha of Power and Magnetism

By Rachael Stevens

\$29.95 - TR

About the Book

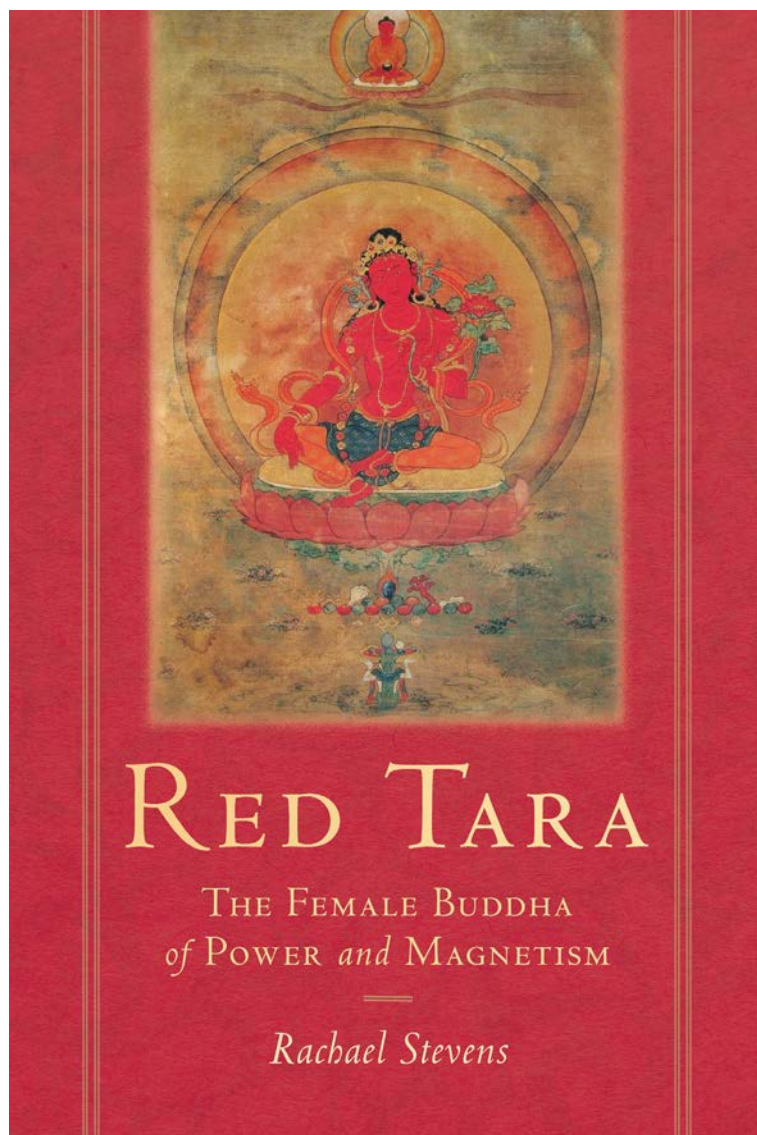
A complete introduction to the Buddhist goddess Tara, with special emphasis on her form as Red Tara. Tara is one of the most celebrated goddesses in the Buddhist world, representing enlightened activity in the form of the divine feminine. She protects, nurtures, and helps practitioners on the path to enlightenment. Manifesting in many forms and in many colors to help beings, Tara's red form represents her powers of magnetization, subjugation, and the transformation of desire into enlightened activity. Red Tara has gained popularity in recent years with practitioners of Tibetan Buddhism worldwide. She is considered to be particularly powerful in times of plague and disharmony.

This comprehensive overview to Tara focuses on the origins, forms, and practices of Tara, providing the reader with insightful information and inspirations relating to the goddess. Part Two focuses on Red Tara, a powerful and liberating form of Tara that is particularly important to connect with in a time of crisis. These chapters cover various forms of Red Tara found throughout the Tibetan Buddhist world, the particular qualities she represents, and how through prayers and meditation we can embody her principles and truly benefit beings.

An accompanying appendix includes prayers, songs, and meditations on the goddess, enabling readers to directly connect with their compassionate enlightened nature through practices associated with this powerful Buddhist female deity.

Author

RACHAEL STEVENS holds a doctorate from Oxford University, is an early education teacher, and is a long-term Buddhist practitioner. Rachael studied Tibetan language and



Buddhism while living in the Himalayas, including in Darjeeling, Nepal, and Tibet. Rachael's research focuses on Red Tara, and she has studied and practiced with Buddhist communities in Europe, Asia, North America, and Brazil. Today, Rachael is vice principal at a Buddhist-inspired elementary school in Northern Thailand.

Religion - Buddhism - Tibetan
Religion - Meditations
Religion - Buddhism - Rituals & Practice

Subrights Sold: Russian

SHAMBHALA
10/19/21

PAGES: 240

ISBN: 9781611809695

The Tibetan Yogas of Dream and Sleep

Practices for Awakening

By Tenzin Wangyal Rinpoche

\$19.95 - TR

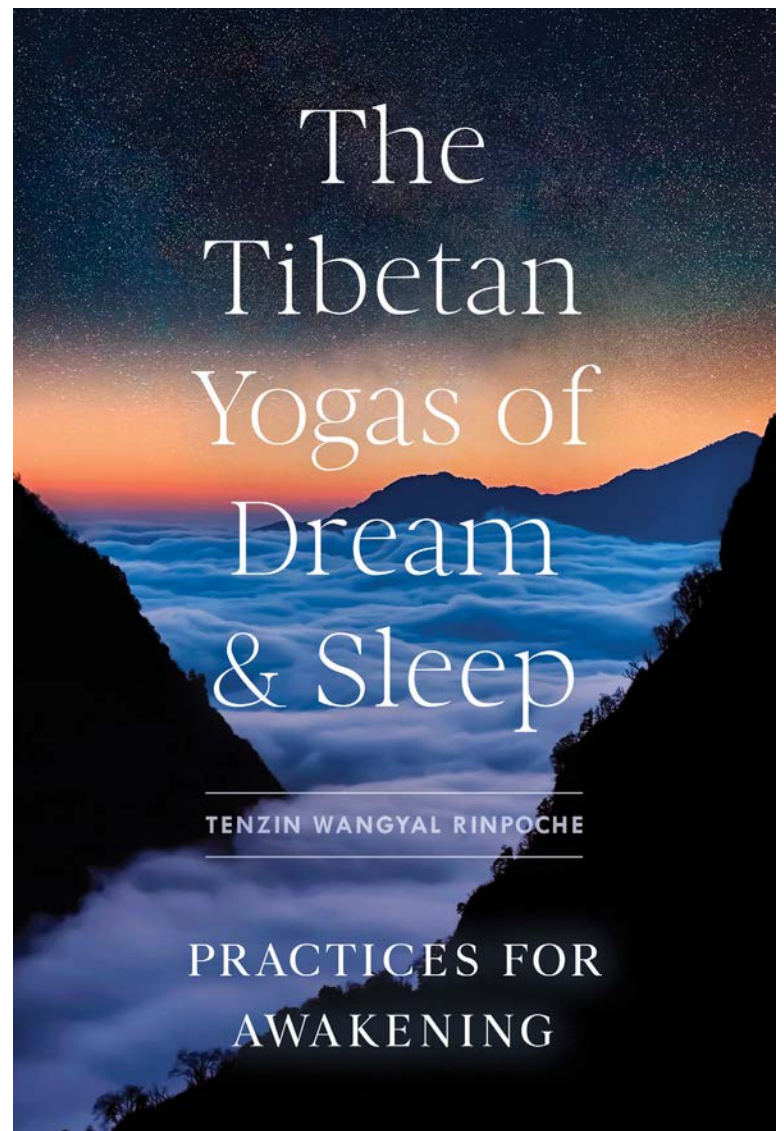
About the Book

Deepen your awareness through the practice of Tibetan dream and sleep yoga. As the author says, "If we cannot carry our practice into sleep, if we lose ourselves every night, what chance do we have to be aware when death comes? Look to your experience in dreams to know how you will fare in death. Look to your experience of sleep to discover whether or not you are truly awake."

We spend a third of our life sleeping and it is common, in many spiritual traditions throughout the world, for the world of dream and sleep to be utilized on the path to awakening. Dream yoga in the Tibetan traditions of dream practice has been the primary support for the realization of many yogis and great Tibetan masters. Now, updated and presented with fresh insight born from years of teaching this practice to Westerners, Tenzin Wangyal clearly presents a powerful method for liberation. With clearly illustrated Tibetan syllables and the places they are to be visualized, this practical guide will be of use to both new and adept practitioners.

Author

TENZIN WANGYAL RINPOCHE, a lama in the Bön tradition of Tibet, presently resides in Charlottesville, Virginia. He is the founder and director of Ligmincha Institute, an organization dedicated to the study and practice of the teachings of the Bön tradition. He was born in Amritsar, India, after his parents fled the Chinese invasion of Tibet. He received training from both Buddhist and Bön teachers, attaining the degree of Geshe, the highest academic



degree of traditional Tibetan culture. He has been in the United States since 1991 and has taught widely in Europe and America.

Religion - Buddhism - Tibetan
Health & Fitness - Yoga
Body, Mind & Spirit - Dreams

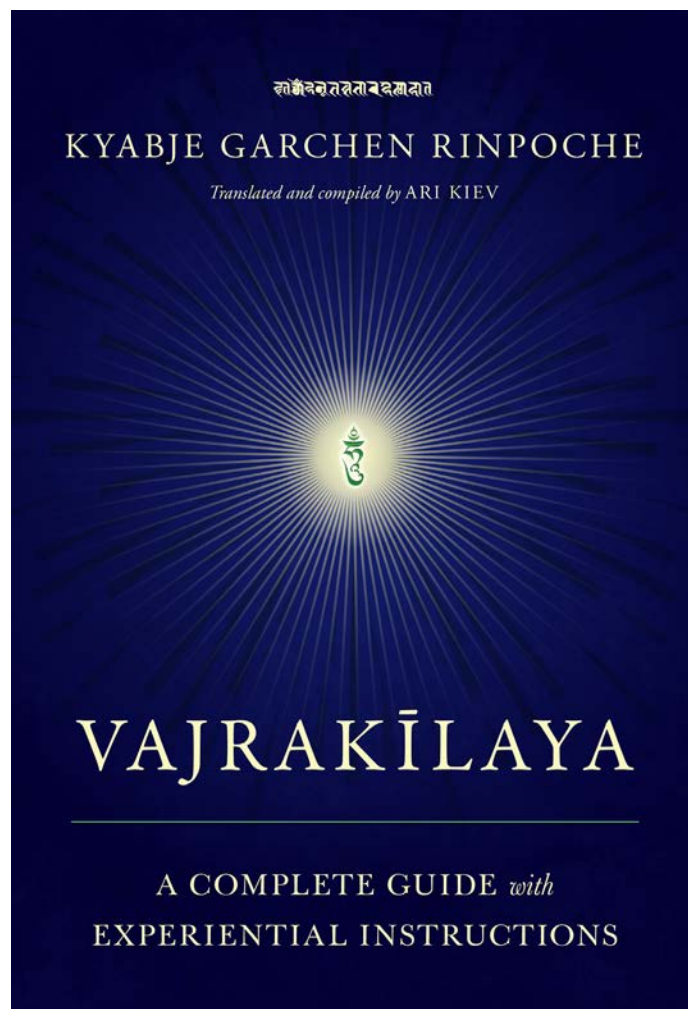
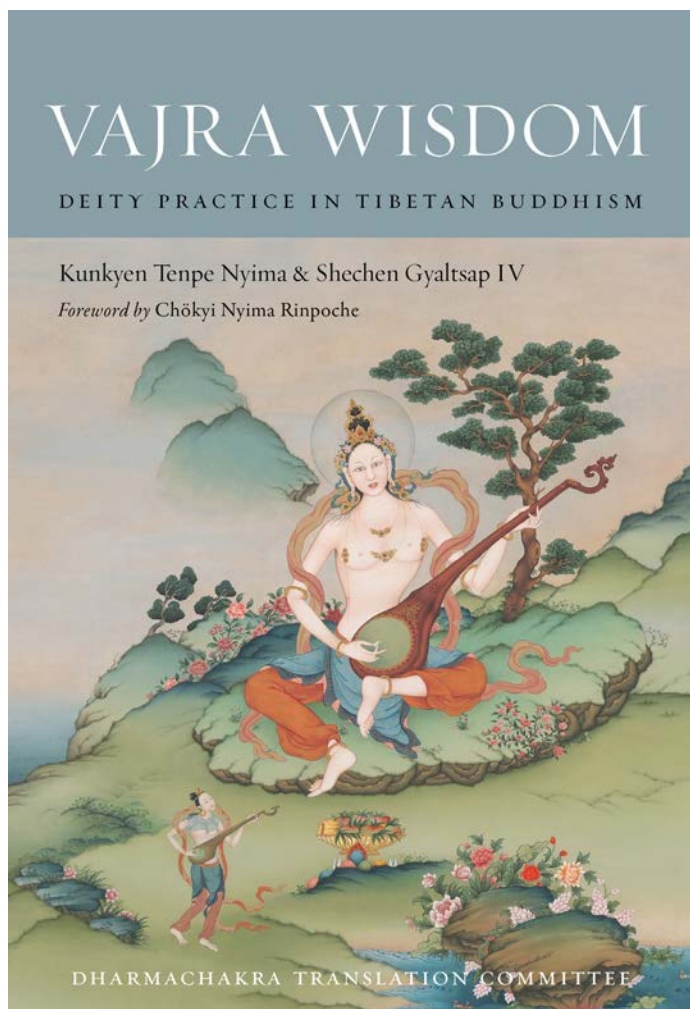
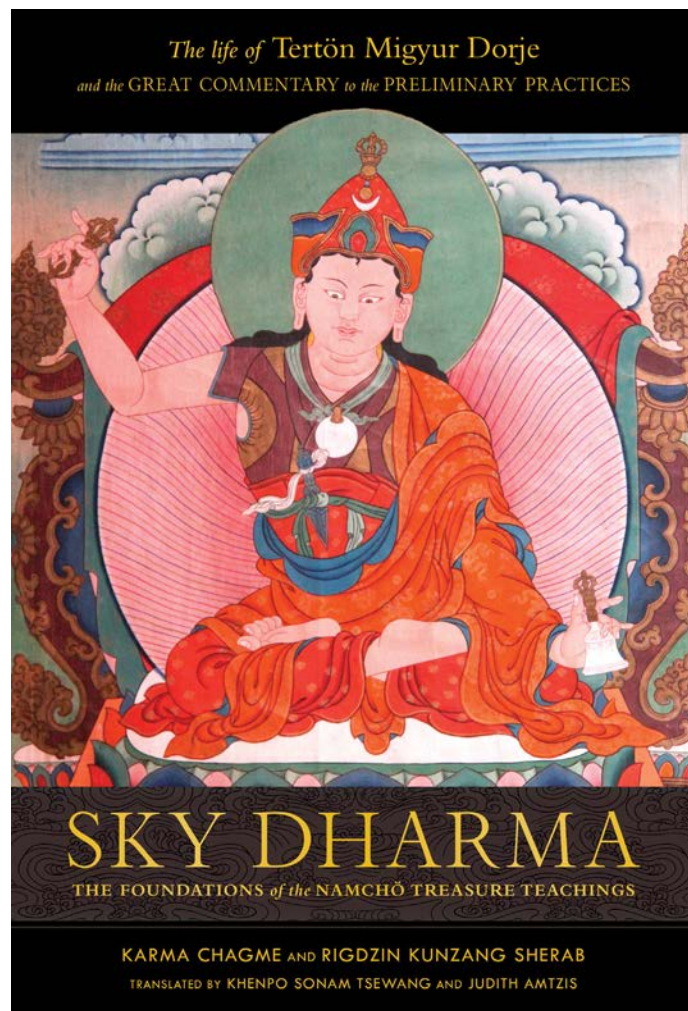
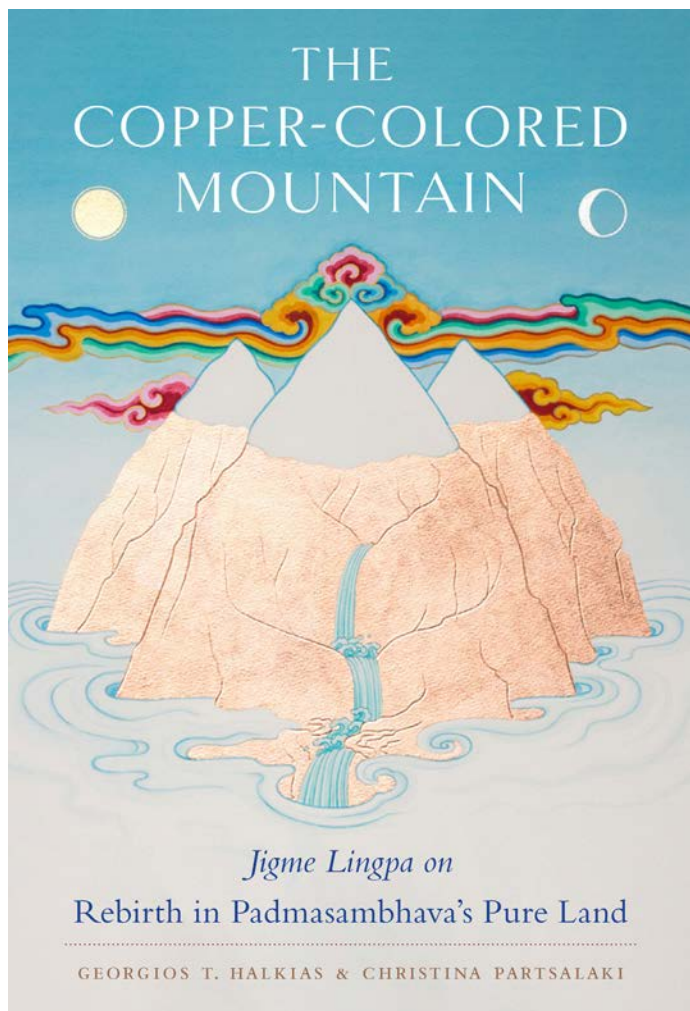
Subrights Sold: Bulgarian, Chinese (Complex and Simplified), Czech, Estonian, Finnish, French, German, Korean, Lithuanian, Portuguese (Brazil and Portugal), Russian, Spanish, Turkish

SHAMBHALA

08/30/22

PAGES: 272

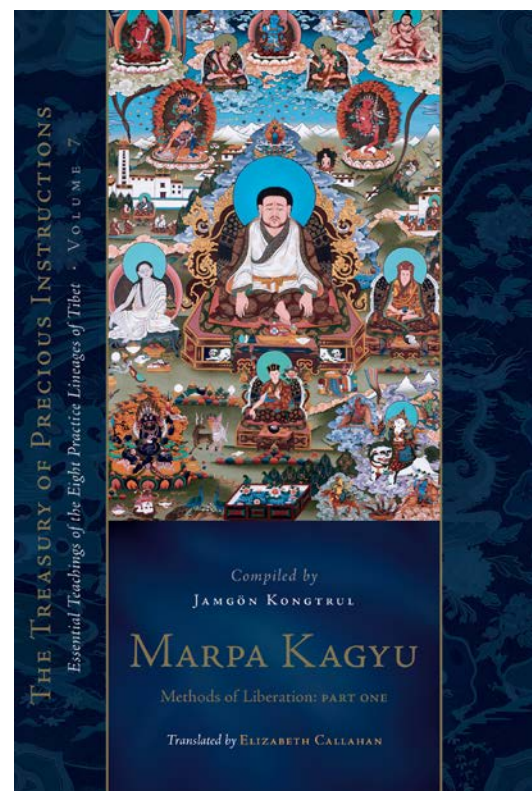
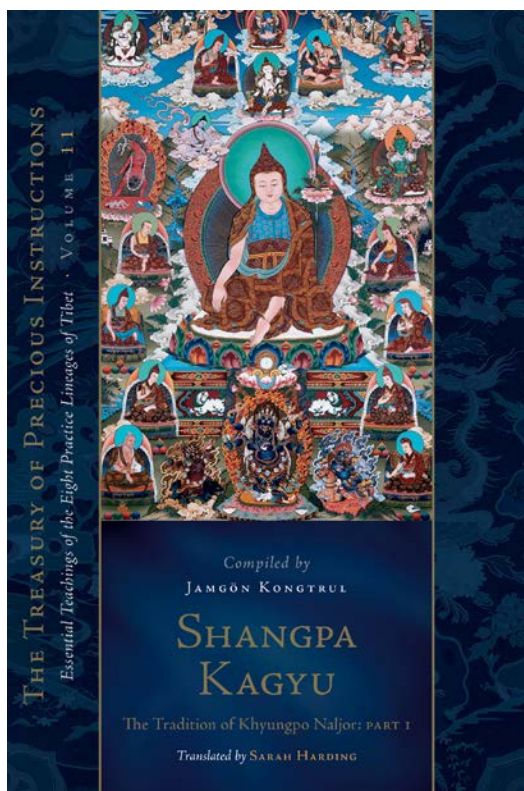
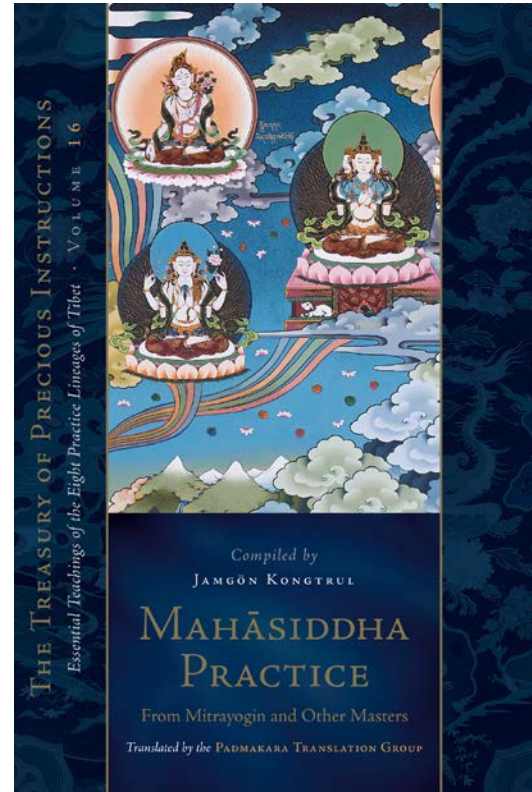
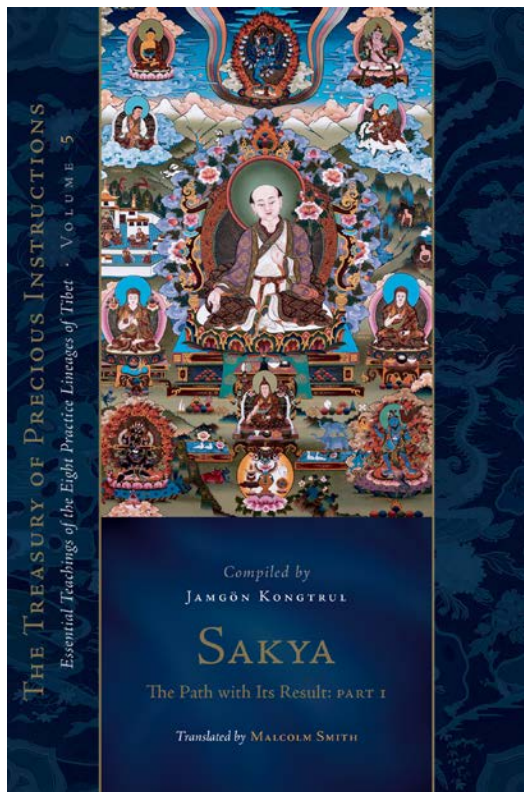
ISBN: 9781611809510



Tibetan Buddhism: The Treasury of Precious Instructions

The Treasury of Precious Instructions or Dam-ngak Rinpoché Dzö by Jamgön Kongtrul Lodrö Taye, one of Tibet's greatest Buddhist masters, is a shining jewel of Tibetan literature, presenting essential teachings from the entire spectrum of practice lineages that came from India into Tibet. In its eighteen volumes, Kongtrul brings together some of the most important texts on key topics of Buddhist thought and practice as well as authoring significant new sections of his own.

Rights Notes: No French Translation rights





The Animal Adventurer's Guide

How to Prowl for an Owl, Make Snail Slime, and Catch a Frog Bare-Handed—50 Activities to Get Wild with Animals

By Susie Spikol
Illustrated by Becca Hall
\$17.95 - TR

About the Book

Calling all animal lovers! 50 hands-on activities and adventures that bring you closer to wild animals than you've ever been.

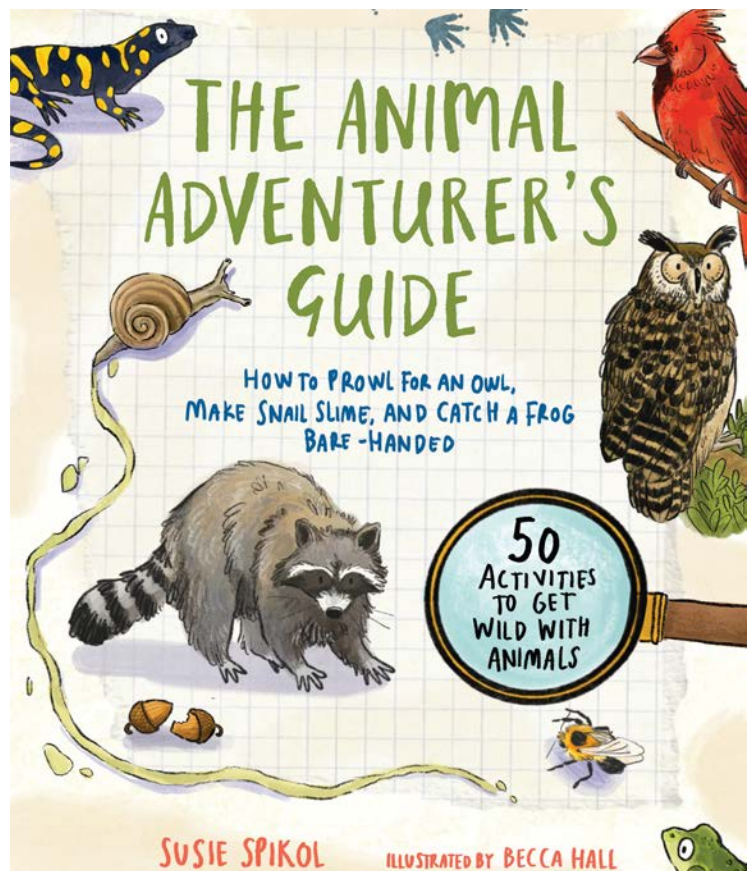
With 50 interactive activities that include talking like a chickadee, learning to sniff like a snake, and making your own fossils, this is your guide to having fun-filled adventures that will bring you up close and personal with the wild creatures right outside your door.

Learn how to:

- Safely track wild animals anytime of the year
- Hum to a snail and watch it peek out at you
- Turn your flashlight into a night vision light so you can spy on nocturnal animals
- Start your very own animal scat collection and impress your friends
- Catch a frog with your bare hands
- Build a wildlife blind and become invisible to the animals around you
- Find snake skins, insect skeletons, animal feeding signs, bird feathers, and more
- Keep a wild guide to your own backyard
- Take handy field notes on the secret lives of animals
- Go on fun scavenger hunts for things like dens, fur, nests, and even scat
- Packed with fun-filled animal illustrations by Becca Hall

Author

SUSIE SPIKOL is a naturalist at the Harris Center for Conservation Education (www.harriscenter.org) in Hancock, NH. For over



30 years she has been helping people of all ages make positive and sustainable connections to the environment. When not catching frogs with preschoolers, tracking bobcats with middle-schoolers, or hawk-watching with her own three children, Susie spends her time writing about the natural world.

About This Illustrator

BECCA HALL is an illustrator based in the Lake District, England. Her work appears across the United Kingdom on stationery and giftware, and in children's books.

Juvenile Nonfiction - Activity Books - General
Juvenile Nonfiction - Adventure & Adventurers
Juvenile Nonfiction - Animals - General

BALA KIDS
09/13/22
PAGES: 136
ISBN: 9781611809534

Buddhist Stories for Kids

Jataka Tales of Kindness, Friendship, and Forgiveness

By Laura Burges
Illustrated by Sonali Zohra
\$18.95 - HC Unjacketed

About the Book

A wise and colorful collection of ten Buddhist fables, this modern telling of ancient Indian stories, centering around animals and nature, teaches vibrant and timeless life lessons. (Ages 4–8) Long ago, the Buddha told his followers Jataka Tales, or “birth stories,” about the many lifetimes he lived before he was born as Prince Siddhartha. In this beautiful retelling of ten such stories, the Buddha is introduced as the Queen of the Dogs, a loyal Parrot, a mischievous Monkey, a wise Lion, a brave Forest Owlet, and more.

Each story conveys important morals that are short, sweet, and to the point, giving children a handful of useful lessons to apply to their lives, like “Always try to do the right thing, even when no one else is watching.”

These tales are brought to life with stunning and dreamlike illustrations by Sonali Zohra (illustrator of *Ashoka the Fierce*), exploring in vivid detail how one’s actions affect others; the importance of kindness; the strength of friendship; the value of thoughtful decisions; and the importance of letting go and learning to forgive. With a beautiful paper-over-board package to tie it all together, this book will serve as a timeless and treasured offering for both children and adults.

Author

LAURA BURGES (Ryuko Eitai) is a lay entrusted Buddhist teacher in the Soto Zen tradition. She lectures, offers classes, and leads retreats at the San Francisco Zen Center and at other practice places in Northern California. She is the abiding teacher at Lenox House Meditation Group in Oakland. Laura taught children for 35 years and now mentors other teachers. SONALI ZOHRA is an illustrator from Bangalore, India. Her studio is watched over by a fairly wild and dangerous cat. She has a background in fine art and photography and holds a master’s degree in design. Sonali currently spends most of her time illustrating children’s books and is in the process of writing and illustrating one of her own.

Juvenile Fiction - Religious - Buddhist
Juvenile Fiction - Fairy Tales & Folklore - Country & Ethnic
Juvenile Fiction - Animals - General



Subrights sold: Chinese (complex), Portuguese (Brazil)

BALA KIDS
12/06/22
PAGES: 76
ISBN: 9781611809305

Don't Kill the Bugs

How Kids Can Be Heroes for Creatures Big and Small

By Berthe Jansen; illustrated by Victoria Coles
\$17.95 - HC

About the Book

Bugs are all around us, and with a simple mantra—be kind, don't kill!—children ages 3–7 can all be everyday heroes for the creatures with whom we share our world.

Follow Bu and his new friends as they spend a lovely day adventuring through the park, encountering creatures who crawl and buzz all around us—bugs! From spiders and ladybugs to bees and beetles, this story shows kids that every living creature deserves our kindness and compassion. Kids learn to be still while a bee is buzzing and help a beetle that is trapped in water. Due to their small size, bugs are some of the first living beings that children come into contact with that they have control over. This book presents a clear and practical discussion of how we can live peacefully together with these creatures. Through these thoughtful interactions, they can see that these creatures aren't scary at all, and we can coexist with them.

Author

BERTHE JANSEN is a Buddhist scholar, mother of two daughters, and Dutch translator for the Dalai Lama. She lived for over ten years in Dharamsala, India, where she learned Tibetan fluently. She has degrees in Buddhist Studies from Oxford and Leiden University and has published a book on Tibetan monastic communities. She also regularly translates for lamas at Buddhist centers and translates classic Buddhist texts. She is an assistant professor of Buddhist Studies at the University of Leipzig and is currently based in Amsterdam.

About This Illustrator

VICTORIA COLES resides in Somerset, England, with her crazy cat and leopard geckos. She is constantly influenced by the beautiful countryside, its inspiring views and bountiful nature, creating the perfect backdrop for her creative endeavors. After completing her illustration degree, she is now beginning her adventures in children's book illustration.

Juvenile Fiction - Social Themes - Values & Virtues
Juvenile Fiction - Animals - Insects, Spiders, etc.
Juvenile Fiction - Social Themes - New Experience



BALA KIDS
03/07/23
PAGES: 32
ISBN: 9781611809091

Everything Changes

And That's OK

By Carol Dodd

Illustrated by Erin Huybrechts

\$17.95 - HC Unjacketed

About the Book

Change is all around, but it can be overwhelming! Explore how change exists everywhere in a way that is natural, and even beautiful, in this vibrantly illustrated book with fun rhyming couplets, for children ages 3 to 7.

"The moon is full, but then it's gone, chased away by the dawn. Stars that shine all through the night disappear in morning's light.

Everything changes, night to day.

Everything changes, and that's OK."

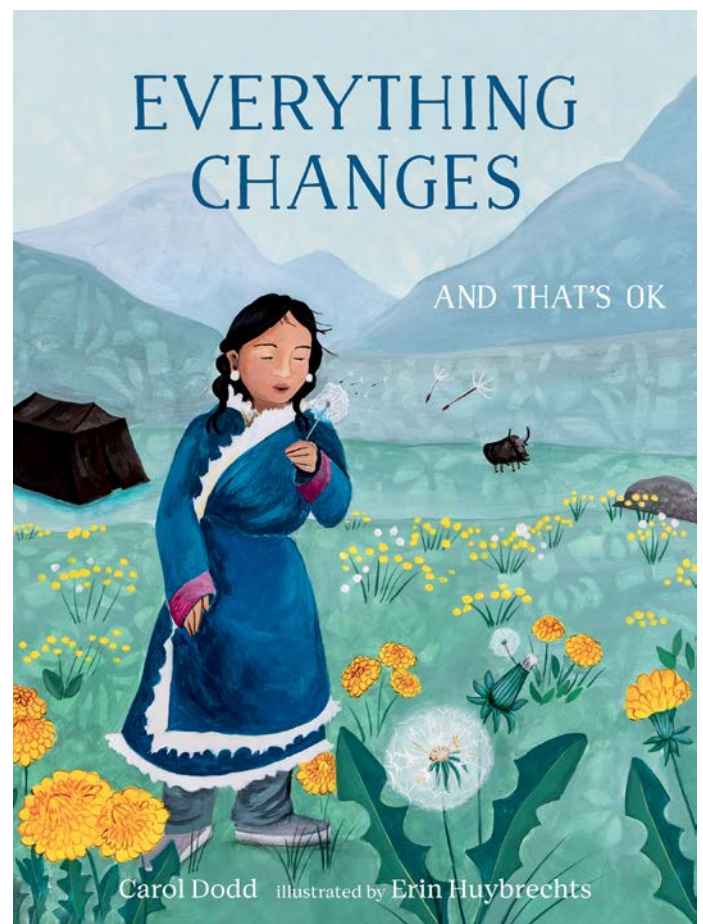
From an apple seed growing into a brilliant tree to a child watching a family member grow old, this book offers a thoughtful look at why change doesn't always have to be negative and can instead be observed with appreciation. This beautiful exploration of impermanence is accompanied by vibrant illustrations that explore every corner of the world, from rolling fields in Tibet to the cozy, fireplace-lit living room of a family member's home. The illustrations remind children that everything changes no matter where you are, no matter who you are, and that's all right.

Author

CAROL DODD is a resident of Hawai'i and loves living close to the ocean. She spent many years working in public and school libraries, giving her a deep appreciation for books of all kinds, especially children's books. She has also worked as a reading tutor for elementary-school children through the Success for All Program. Carol strives to practice loving kindness and is inspired by the teachings of Ani Tenzin Palmo and the Dalai Lama.

About This Illustrator

ERIN HUYBRECHTS-DAVIS has been an artist her entire life. A wanderer, traveler, philosopher,



and naturalist, Erin has a constant stream of new ideas for producing works of art. Born in the Appalachian Mountains of Virginia and now residing in Colorado, the mountains and woods have served as a constant source of inspiration. The majority of Erin's artworks contain elements of nature: animals, plants, weather, and ecosystems.

Juvenile Nonfiction - Social Topics - New Experience

Juvenile Nonfiction - Social Topics - Emotions & Feelings

Juvenile Nonfiction - Religion - Buddhism

BALA KIDS

09/20/22

PAGES: 32

ISBN: 9781611809299

Feeling All the Feelings Workbook

A Kids' Guide to Exploring Emotions

By Brad Petersen; illustrated by Betsy Petersen

\$16.95 - TR

About the Book

A journal-like workbook for kids ages 6–9 with 100+ activities and practices designed to foster emotional awareness and regulation and explore the importance of every feeling.

What does it mean to be calm? Happy? Grouchy? Even lonely? This workbook explores all those feelings and more, designed with fun, interactive, and playful illustrations and 100+ activities that guide kids through the many ups and downs of their emotions.

Kids can write a disappointment diary, fill in their anger thermometer, write their emotional observations in fluffy clouds, perform a “jealousy diagnosis” on a page resembling a doctor’s clipboard, find words in an emotion-based word search, and more! Each emotion opens with questions—What is it? Why is it helpful? How do I recognize it?—prompting deeper thought about individual feelings (even those that kids might consider “bad”).

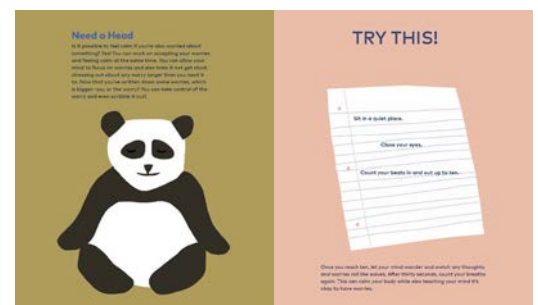
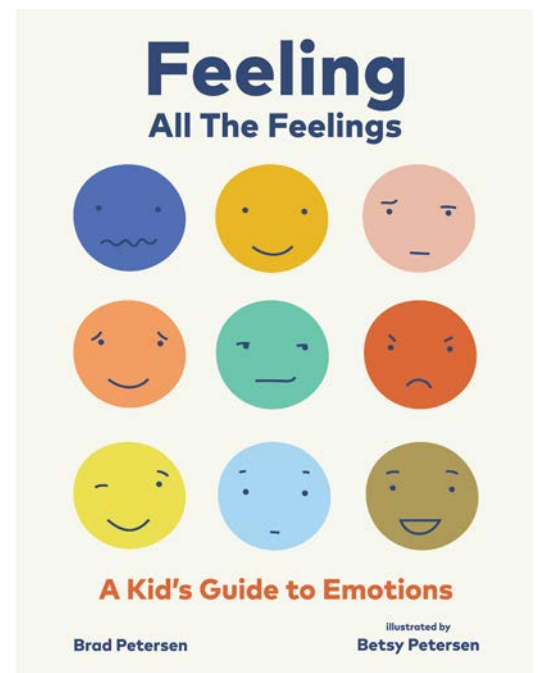
In addition, young readers can learn mindfulness techniques such as using their senses to ground themselves, doing a body scan, or sitting silently and feeling gratitude for those who give them strength. With 19 emotions and tons of activities and reflections to explore, kids (and caregivers) can look forward to hours of engaging emotional exploration.

Author

BRAD PETERSEN started his path in education as a teacher in Houston, TX. He then went on to co-found, design, and build an innovative elementary school in Idaho: Future Public School. After leading Brighter Fun, a children’s social-emotional learning organization, Brad now works as a full-time writer. Brad loves riding bikes, reading books, and swimming. He lives in Michigan with his wife, two children, dog, and cat.

About This Illustrator

BETSY PETERSEN is an artist, illustrator, and entrepreneur. She’s spent the past eight years building an art business and collaborating with creative organizations to create fun and playful designs for a wide variety of products. Betsy loves running, reading books, and playing outside. She lives



in Michigan with her husband, two children, dog, and cat. You can find her on Instagram @betsypetersen.

Juvenile Nonfiction - Social Topics
 - Emotions & Feelings
 Juvenile Nonfiction - Social Topics
 - Self-Esteem & Self-Reliance
 Juvenile Nonfiction - Health & Daily Living - Mindfulness & Meditation

BALA KIDS
 04/11/23
 PAGES: 96
 ISBN: 9781645470755

The Get Movin' Activity Deck for Kids

48 Creative Movement Ideas for Little Bodies

By Jennifer Hutton, DPT, a.k.a. Dr. Jpop; illustrated by Addy Rivera Sonda
\$19.95 - Non-Traditional Frm

About the Book

A one-of-a-kind children's movement and play deck, featuring 48 cards with practices for all ability levels, to celebrate the many ways our bodies can move, for kids ages 4–8.

This deck invites kids of all levels of ability to use imagination to get their bodies moving. Why was exercise so much more fun as a kid? Because all you had to do was incorporate PLAY! Activities here encourage children to enact fun scenarios like jumping over lava, zooming like a racecar driver, and standing like a flamingo. The deck creates a new normal of movement diversity—acknowledging and celebrating different ways that bodies can move. Through fun images and simple directions, kids will try different movements and challenge themselves in different categories of movement: breath like “Color-Breathing Dragon,” stretch, mobility and stability like “Windmill Warm-Up,” balance and coordination like “The Penguin Waddle,” strength and endurance like “Mighty Warrior Kicks,” and Wacky Fun Wild Cards like “Dancing Machine.” Modifications are offered for some activities to accommodate different abilities, alternate ways to practice, and ways to increase difficulty. Illustrations reflect differences to champion inclusion and exposure to children with a variety of differences like cultures, mobility, and physical presentations. The cards and accompanying intro booklet are packaged in a colorful box with a top closure.

Author

DR. JENNIFER HUTTON, aka Dr. Jpop, is a pediatric physical therapist. She treats the developmentally delayed population, as well as children with neurological and orthopedic diagnoses. As a Black woman, Jennifer knows what it is like to identify as different, and it has helped her be an ally for children with disabilities. Using tools she’s learned from this work, she educates others on how to be effective allies to BIPOC and marginalized communities through her program Building Allyship.

About This Illustrator

ADDY RIVERA SONDA is a Mexican illustrator who loves color, learning, and exploring ways in which we can build kinder and more interdependent communities. Her biggest inspiration for drawing is knowing that stories and art have an impact



on the way people understand themselves and perceive others, building empathy, and affecting change toward a more just world.

Juvenile Nonfiction - Health & Daily Living - Fitness & Exercise
Juvenile Nonfiction - Health & Daily Living - Daily Activities
Juvenile Nonfiction - Health & Daily Living - Mindfulness & Meditation

BALA KIDS
02/14/23
PAGES: 62
ISBN: 9781645470571

Goodnight Love

A Bedtime Meditation Story

By Sumi Loundon Kim; illustrated by Laura Watkins
\$17.95 - HC

About the Book

Share love with yourself, your people, and the world (alongside fun sloths) in this big-hearted bedtime meditation for children.

As the day comes to a close, *Goodnight Love* helps children (ages 2–5) connect to the warmth of their hearts through the power of lovingkindness. We show self-compassion by sending blessings to ourselves. We share love by sending blessings to our families and friends. And we build generosity by radiating blessings to all life. *Goodnight Love* brings the beautiful practice of lovingkindness into the ritual of bedtime, with lovable sloth characters that kids will love practicing beside. As the parent sloth guides baby sloth in a relaxing nighttime meditation, kids will wind down with intentionality too. The beautiful, peaceful art shows kids that everyone has a bedtime—even animals of the jungle.

Author

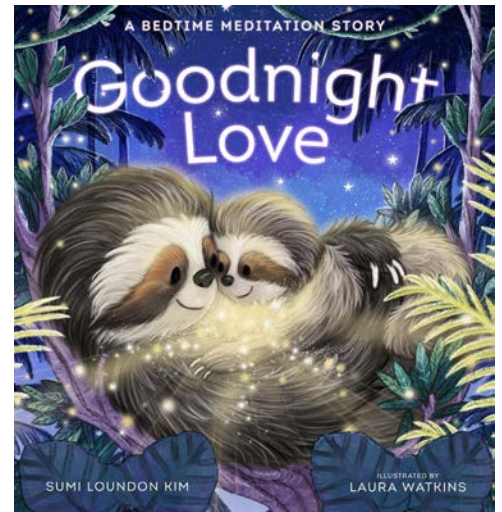
SUMI LOUNDON KIM is the Buddhist chaplain at Yale University and founder of the Mindful Families of Durham. She is the editor of the anthologies *Blue Jean Buddha* and *The Buddha's Apprentices*, and the author of *Sitting Together: A Family-Centered Curriculum on Mindfulness, Meditation, and Buddhist Teachings*. She is a frequent contributor to *Tricycle*.

About this Illustrator

LAURA WATKINS has a great passion and love for stories. As a child, Laura was always drawing. Often she would run out of sheeted paper and resort to drawing upon huge rolls of wallpaper. Nowadays Laura happily draws from her floating studio, onboard a houseboat she has half-repaired.

Juvenile Fiction - Bedtime & Dreams
Juvenile Nonfiction - Health & Daily Living - Mindfulness & Meditation
Juvenile Fiction - Social Themes - Emotions & Feelings

BALA KIDS
02/21/23
PAGES: 32
ISBN: 9781611809442



The Hero of Compassion

How Lokeshvara Got One Thousand Arms

By Harry Einhorn

Illustrated by Khoa Le

\$18.95 - HC Unjacketed

About the Book

The magical story of a compassionate hero who learns how to always care for others and to never give up—for kids ages 4–8. Lokeshvara shows us that with compassion, we can always pick up the pieces of a broken heart, and be stronger, more loving, and more wise than before.

Lokeshvara is a compassionate hero who lives above the moon. He tries to help every single being in the world but gets frustrated when he realizes that he can't save everyone. Lokeshvara becomes so disheartened that he explodes into a thousand pieces. With a little help from a wise friend and teacher, the pieces are put back together in a way that can benefit even more beings than before.

Lokeshvara's tale of compassion and resilience teaches us that even when we feel overwhelmed by the suffering we see in the world, we can still find creative ways to help those around us.

Author

HARRY EINHORN is a composer, artist, and meditation instructor. He has helped coordinate Buddhist practice and study programs in Europe, North and South America, India, and Taiwan. Harry has over a decade of experience working with kids teaching art in theaters, schools, and museums, including the Rubin Museum of Art in New York. Harry currently resides in Taiwan where he lectures at a Buddhist university.

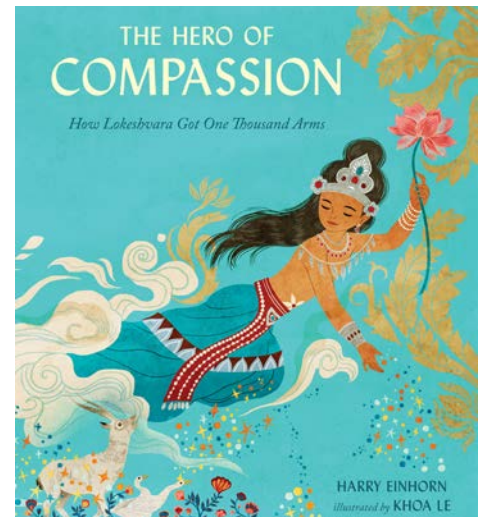
About This Illustrator

KHOA LE is an illustrator, graphic designer, painter, and writer. She graduated from the Fine Arts University in Ho Chi Minh City. She has published several award-winning children's books, four of which she both wrote and illustrated. Her artwork has been featured in numerous exhibitions in Vietnam, Hong Kong, Singapore, and Korea.

Juvenile Fiction - Religious - Buddhist

Juvenile Fiction - Legends, Myths, Fables - Asian

Juvenile Fiction - Social Themes - Emotions & Feelings



Subrights Sold: Chinese
(Complex)

BALA KIDS

11/08/22

PAGES: 32

ISBN: 9781611809787

It's OK

Being Kind to Yourself When Things Feel Hard

By Wendy O'Leary; illustrated by Sandra Eide
\$17.95 - HC

About the Book

This sweet book teaches children ages 3–7 the simple and profound power of self-compassion through simple affirmations that can be repeated when things are hard.

All too often kids get down on themselves when they experience things that make them sad, angry, guilty, or jealous. It's amazing how powerful it can be to move past a difficult emotion when we think about all the other people feeling that same way and show ourselves some much needed kindness.

Sometimes I have to do something I don't want to do.

I feel really angry. . . .

Then I remember that everyone feels angry sometimes.

I put my hand on my heart, and here's what I say:

"It's OK—I love you. I'm with you today."

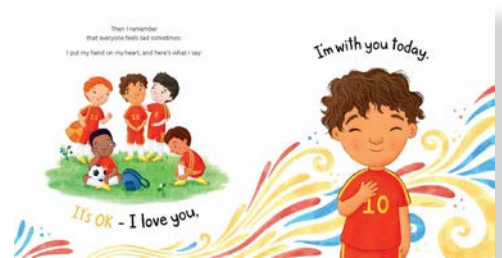
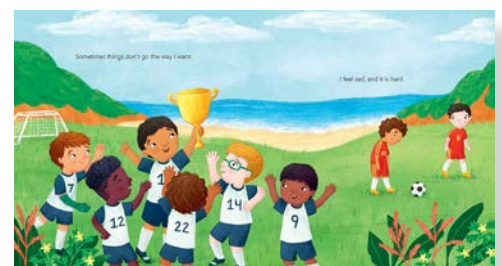
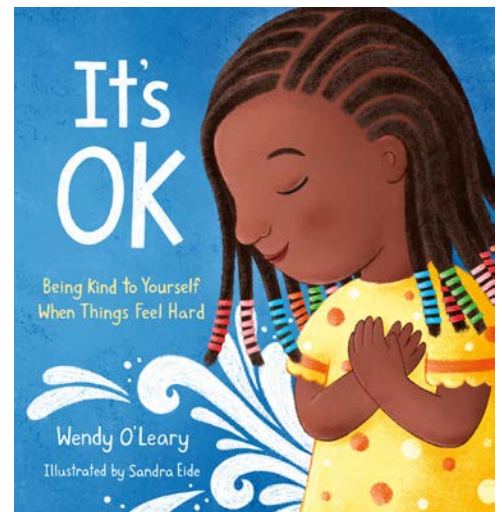
The main story is followed by 10 exercises focused on ways to develop self-compassion, such as Kind Voice, Kind Body, Kind Touch, and Hugging Breath.

Author

WENDY O'LEARY, MEd, is a mindfulness educator and a certified meditation and yoga teacher with a long-standing personal meditation practice. Wendy's books are based on her 15-plus years of experience teaching mindfulness and skills for emotional awareness and regulation to children and "their adults." She is a certified parent educator and an online contributor to Mindful Magazine. She is the co-author of *Breathing Makes It Better* (Bala Kids, 2019).

About This Illustrator

SANDRA EIDE is an illustrator living in Las Vegas, Nevada, with her husband and border collie. As a child, she either had her head in a book or was doodling her own stories. She is endlessly inspired by animals, nature, and friendships. You can see more of her work at www.sandraeide.com and follow her on Instagram @sandrallyneide.



Juvenile Nonfiction - Social Topics - Emotions & Feelings
Juvenile Nonfiction - Social Topics - Self-Esteem & Self-Reliance
Juvenile Nonfiction - Health & Daily Living - Mindfulness & Meditation

BALA KIDS
03/28/23
PAGES: 32
ISBN: 9781645470953

Leo Learns to Meditate

A Curious Kid's Guide to Life's Ups and Downs and Lots In-Between

By Francesca Hampton

Illustrated by John Ledda

\$17.95 - HC Unjacketed

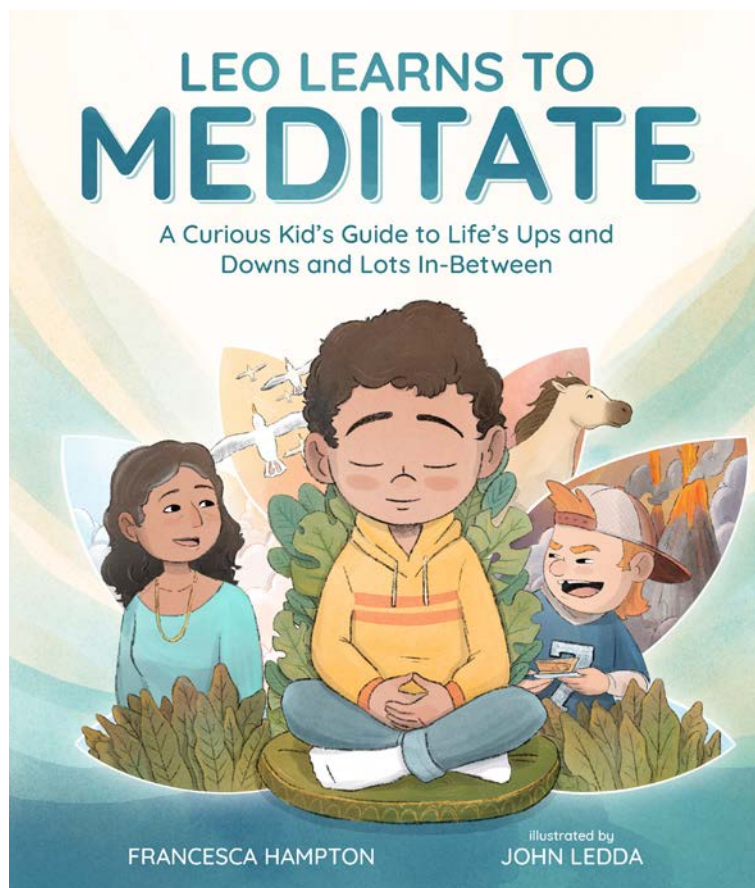
About the Book

A wildly engaging and imaginative story that introduces the world of meditation to kids ages 6–10 through a relatable character named Leo, who learns to cultivate relaxation, mindfulness, and lovingkindness. Everyone in Leo's family meditates but him—his mom, his dad, his older sister, and even his stuffed bear, Teddy! But what does it mean to “meditate,” and is it something that Leo can do too?

When Mom becomes his meditation teacher, Leo discovers that it's about more than just sitting still. After starting to get the hang of it, he's got to apply what he's learned off the cushion and out in the world when a bully targets him at school and steals his piece of apple pie. Through his experiences, Leo learns to meditate in the up times, the down times, and the in-between times. A graphic-novel illustration style gives Leo's story a fun and easy-to-follow narrative arc. It gives parents, guardians, and teachers an opportunity to playfully introduce children to meditation and even includes a step-by-step guided practice at the end to get their kids started.

Author

FRANCESCA HAMPTON has been a Buddhist practitioner since the 70s and helped to establish Tibetan Buddhist centers in California. She later worked as an English language editor at the Library of Tibetan Works and Archives and spent a number of years in India and Tibet. She has authored a few self-published short stories and children's books. Now semi-retired, she finds herself in a golden situation that allows time for



meditation, writing, and photography.

About This Illustrator

JOHN LEDDA is a lifelong lover of children's books and holds an MFA in illustration from the Academy of Art University in San Francisco. He creates charming, humorous, and heartfelt images and stories for readers of all ages and currently lives and works in the Bay Area.

Juvenile Nonfiction - Health & Daily Living - Mindfulness & Meditation

Juvenile Fiction - Social Themes - Self-Esteem & Self-Reliance

Juvenile Fiction - Social Themes - Bullying

BALA KIDS

10/04/22

PAGES: 44

ISBN: 9781611809169

The Life of a Crayon

A Colorful Story of Never-Ending Beginnings

By Christopher Willard and Tara Wosiski; illustrated by Holly Clifton-Brown

\$17.95 - HC

About the Book

When Green arrives in a crayon box as a present to a little girl, he has no idea of the impact he will have on her life in small but profound and meaningful ways.

The Life of a Crayon is a colorful story (ages 4–8) about a girl and her crayon who grow up together and draw the world around them. When a little girl receives a box of crayons for her birthday, Green becomes her favorite. Over the years, as the girl creates art and projects and greeting cards, Green learns new skills and important lessons alongside her. Perhaps most importantly, Green fills her—and others’—worlds with color and the emotions it evokes, and in doing so leaves a legacy that is vast and meaningful. The story can just be an engaging and thought-provoking adventure on its own, or it can help kids and families cope with change, the challenges of growing up, and even loss as this book touches on themes like life cycles, impermanence, and connection.

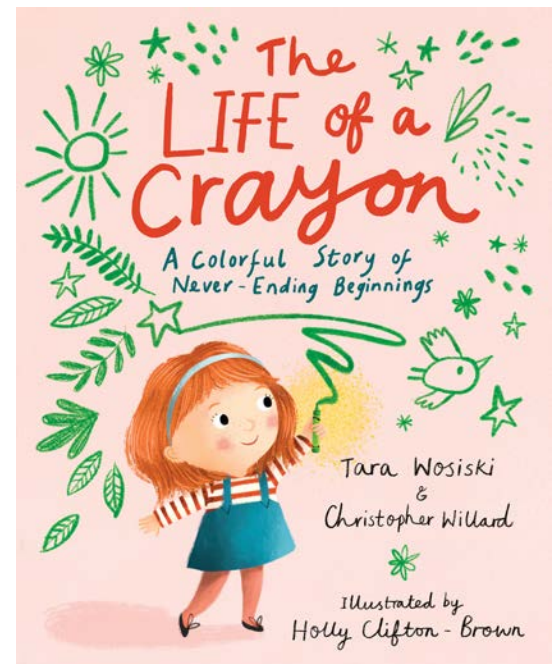
Author

DR. CHRISTOPHER WILLARD is an author and educator who teaches at Harvard Medical School and serves on the board of the Mindfulness in Education Network and the Institute for Meditation and Psychotherapy. An established speaker in both meditation and psychotherapy communities, he regularly leads workshops and presents at conferences around the world.

TARA WOSISKI is an artist, author, and art educator. She teaches mindfulness to children and adults and creates large-scale community artworks designed to produce experiences of awe. She received her MAT degree through the University of The Arts in Philadelphia, PA, and was trained to teach mindfulness through the Center for Resilience in Providence, RI. She is deeply connected to nature and has a life-long passion for learning about the brain. Tara is always working on many types of creative endeavors.

About This Illustrator

HOLLY CLIFTON-BROWN is a freelance illustrator living in London. Her work combines traditional painting with



contemporary techniques to create a unique and imaginative visual language. Her website is www.hollycliftonbrown.com.

- Juvenile Fiction - Social Themes - Friendship
- Juvenile Fiction - Social Themes - New Experience
- Juvenile Fiction - Imagination & Play

BALA KIDS
02/28/23
PAGES: 32
ISBN: 9781611809770

Zen for Kids

50+ Mindful Activities and Stories to Shine Loving-Kindness in the World

By Laura Burges; illustrated by Melissa Iwai
\$18.95 - TR

About the Book

11 engaging Zen-inspired stories and fifty activities to help kids (ages 4–8) learn about patience, kindness, honesty, sharing, and forgiveness.

Dive into 11 engaging stories drawn from different cultures, each concluding with short reflections, questions, and fun, thought-provoking activities that teach children how to integrate the theme of the story into their lives. There are 53 activities, including: writing haiku; sitting zazen; observing, making, and appreciating food; growing plants; spreading kindness and performing secret good deeds; learning and writing about family history; and more!

Author

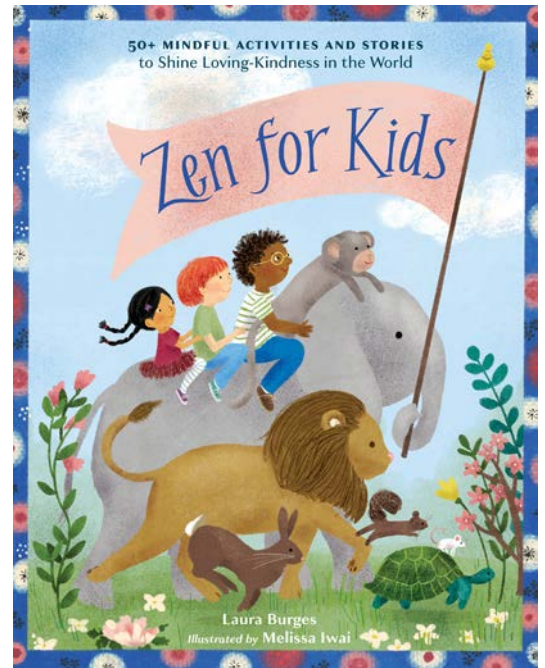
LAURA BURGES (Ryuko Eitai) is a lay entrusted Buddhist teacher in the Soto Zen tradition. She lectures, offers classes, and leads retreats at the San Francisco Zen Center and at other practice places in Northern California. She is the abiding teacher at Lenox House Meditation Group in Oakland. Laura taught children for 35 years and now mentors other teachers.

About This Illustrator

MELISSA IWAI has illustrated over 30 books. From the time she was a little kid, she wanted to write and illustrate children's books. She used to staple paper together and make tiny books for her dolls. She lives with her husband and teenage son in a teeny tiny apartment in Brooklyn, NY.

Juvenile Nonfiction - Activity Books - General
Juvenile Nonfiction - Religion - Buddhism
Juvenile Nonfiction - Inspirational & Personal Growth

BALA KIDS
03/14/23
PAGES: 92
ISBN: 9781611809923





The Color Meditation Deck

500+ Prompts to Explore Watercolor and Spark Your Creativity

By Lisa Solomon, author of *A Field Guide to Color*

\$24.95 - Card deck

About the Book

Unleash your creative expression with open-ended watercolor prompts from the author of *A Field Guide to Color*. With 62 cards, *The Color Meditation Deck* offers over 500 potential combinations for endless color meditation opportunities. This deck gives you the mental space to concentrate on the act of creating itself instead of the anxiety that facing a blank page can give. It also adds a layer of surprise and challenge, helping you to break out of “creator’s block” and find fresh inspiration.

Draw a color meditation card (such as “Triangles”) and a parameter card (such as “Limited Palette”), grab your watercolors and paper, and get creative! Paint triangles in rows using red, yellow, and green. Or paint them in a star-shaped pattern. Or paint them willy-nilly across the page in all different sizes (equilateral? isosceles?). You can begin with the full-strength colors and then slowly add in white to tint them lighter each row. The options are endless and it’s totally up to you! You can do quick versions in 5–10 minutes or really slow down and paint for as long as you’d like.

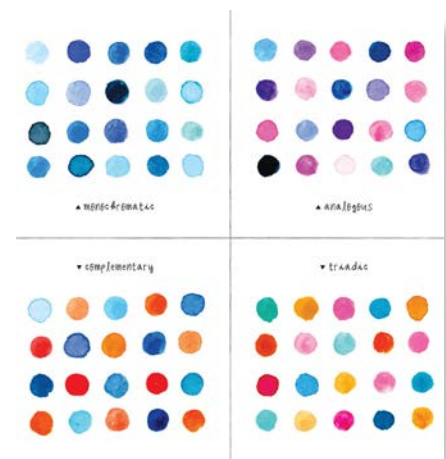
Whether you are an experienced artist or just getting started, these cards will not only lead you to a new relationship with paint and color but will offer a meditative break that can open you up for ideas and inspiration in all areas of your life. With a booklet on basic color theory, materials, and suggestions for how to get started, the deck stands on its own—it is also a perfect companion for fans of *A Field Guide to Color* who are looking for more color meditations. The package offers a beautiful and colorful cigar-style box with magnetic closure.

Author

LISA SOLOMON resides in Oakland, California with her husband, daughter, an assortment of oddball rescue pets, a garden, a backyard studio, and a bevy of art supplies. She received her BA in art practice from UC Berkeley, her MFA from Mills College, and has been an Adjunct/Visiting Professor in the Bay Area for over fifteen years. Her layered mixed-media works and grand-sized installations often utilize unconventional mediums, humor, and color to explore gender, identity, and personal histories, as well as the nature of art and craft itself. As a Hapa (her mother is Japanese, her father Caucasian), she sees hybridity—in materials, in concept—as integral to her practice. She is profoundly interested in bridging the gaps between being creative, living creatively, and making a living as a creative.

Art - Techniques - Watercolor Painting
Body, Mind & Spirit - Mindfulness & Meditation
Crafts & Hobbies - Painting

ROOST BOOKS
06/14/22
PAGES: 110
ISBN: 9781611809381



Cycles

The Science of Periods, Why They Matter, and How to Nourish Each Phase

By Amy J. Hammer, FNP; illustrated by Fátima Bravo
\$27.95 - HC

About the Book

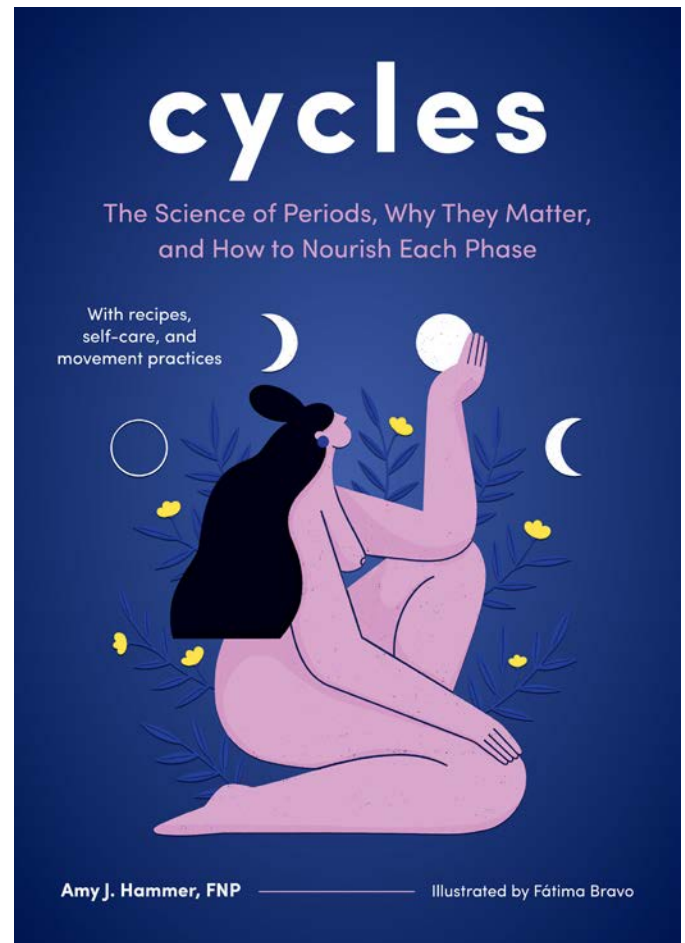
Reclaim your cycle and support your health with this detailed guide featuring 100+ recipes and practices from registered nurse, and author of *How to Grow a Baby*, Amy Hammer.

There is no one-size-fits-all guide to your cycle. But registered nurse Amy Hammer arms you with a strong foundation in physiology and hormonal health, explores historical and sociocultural aspects of women's health, and reimagines the phases of the menstrual cycle as aligning with the four seasons to provide a detailed guide for living well in your body.

Also included are nutritive recipes (kabocha squash curry soup, seed balls, wild salmon congee), supportive movement practices to incorporate into your whole day (abdomen relief stretch, buddy walking, foam rolling), and self-care rituals and recipes (dandelion-infused breast massage oil, alternate nostril breathing) to guide you through each phase of the menstrual cycle and of life—from the young adult and menstruating years to perimenopause and menopause.

Become in tune with your internal rhythm, reclaim the meaning of self-care, and cultivate optimal health for every season of life. This comprehensive, body-literate guide includes:

- 40 nutrient-dense, menstrual-phase specific recipes that support hormonal, emotional, cognitive, gut, and overall health.
- The science behind menstrual cycles and how hormonal fluctuation impacts your brain, breasts, skin, and weight.
- How to track your cycle using fertility awareness methods, allowing you to naturally and effectively avoid or pursue pregnancy.
- Supportive full-body movement, self-care, and nutrition tips that optimize physiological and hormonal health throughout the phases and your lifespan.



Author

AMY J. HAMMER believes in humble methods and solid tools that help readers cultivate meaningful lives. Her background in teaching yoga and movement, journalism, and environmental studies along with her experience as a registered nurse in cardiac intensive care give her a unique and dynamic approach to wellness. She is the author of *How to Grow a Baby*.

About This Illustrator

FÁTIMA BRAVO is a graduate of the University of Oporto and Barcelona University Design Center. She works as a freelance illustrator and graphic and game designer, collaborating with many companies on design and illustration work.

Health & Fitness - Women's Health
Health & Fitness - Fertility & Infertility
Cooking - Health & Healing - General

ROOST BOOKS
02/07/23
PAGES: 304
ISBN: 9781611809060

The Menopause Companion

A Beginner's Guide to Owning Your Transition,
from Peri to Post

By Sasha Davies and Tori Hudson

\$19.95 - TR

About the Book

An indispensable primer on menopause that reads like advice from a close friend, co-written by a medical doctor and expert in women's health.

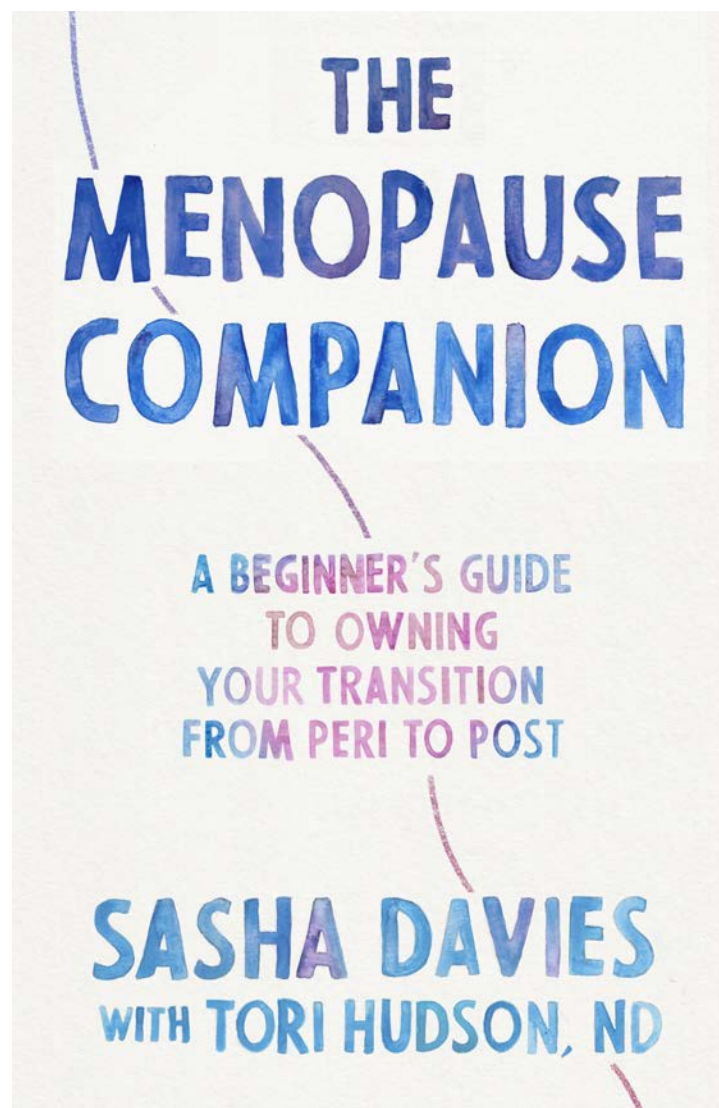
It's one of the most important, least discussed events that happen for half the population. It's a physiological and psychosocial event, a cultural construct, and a deeply personal experience all woven together in a jumbled knot. It's menopause. But why is there so much mystery surrounding the topic? This accessible and to-the-point guide makes the entire landscape of menopause—not just the physiology—more transparent.

If what you need is a level-headed friend to help walk you through the litany of fears to face, questions to ask, and practical decisions to make throughout your transition, this guidebook offers no-nonsense, straightforward, medically backed information about what to expect and what you can do about it. It offers:

- A refresher course on reproductive system anatomy, life cycle, and physiology—what are hormones, and how do they influence my body?
- Information on how to recognize and what to do about common symptoms—when should I see a health practitioner and how do I talk to them?
- Context for the history of menopause medically and culturally—what do scientists actually know and what are the major myths?
- Advice on how to get ready, notice changes, and call-in support—what is available to try in terms of products, tools, medications, holistic support, or self-care practices?

Author

SASHA DAVIES has been (among other things) a restaurant owner, barista, cheese monger, and



cave manager. She has written two books about cheesemaking and also self-published *Menopause: An Imperfect Guide*.

TORI HUDSON, MD, is a naturopathic physician, clinical professor, and nationally recognized expert on menopause. She is the medical director of A Woman's Time, founder/co-director of Naturopathic Education and Residency Consortium, and author of *Women's Encyclopedia of Natural Medicine*.

Health & Fitness - Menopause
Health & Fitness - Women's Health
Medical - Gynecology & Obstetrics

ROOST BOOKS

04/25/23

PAGES: 256

ISBN: 9781611809831

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