

Shambhala Publications Guide *for* Booksellers

*Awaken Your Mind
Open Your Heart
Be of Benefit
Change the World*



SHAMBHALA
PUBLICATIONS

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Dear Booksellers,

As you likely know, Shambhala Publications is an independent, 55+ year old family-owned publisher based in Colorado. Our mission is to publish books—rooted in wisdom traditions—that focus on inner transformation, enlightened living, and alleviating suffering. We are the largest publisher of Buddhism in the world, though that is only half of our list, which also includes other contemplative traditions, personal development, yoga, wellness, martial arts, poetry, cooking, crafts, and more. The books you will find in the pages that follow are our bestsellers, and are all well-reviewed and highly rated by readers.

We know a bookseller like you is at the heart of our communities and culture, and we do all we can to support you. As not all booksellers have the domain knowledge of some of the niches into which we publish (ahem, see photo below), we thought it might be helpful to offer a guide to the essential, must-have, best-selling backlist books of ours to round out some of these important shelves and sections at your store. We hope this helps.

We are distributed by Penguin Random House (and of course available through all the best wholesalers too) and for those of you who use the Edelweiss online system for ordering, we have included links at QR codes to those catalogs as well.

We hope you find this useful!

With appreciation for all you do to bring mind-changing books to readers in your community,

Nikko Odiseos
President, Shambhala Publications



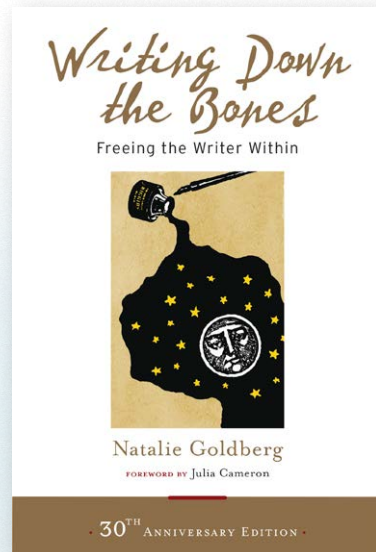
This somewhat confused “Buddhist” section from a store in Southeast Asia was an inspiration for us in putting this guide together to help you curate the finest collection of books in the categories we publish.



Hard-to-Categorize Bestsellers

Our bestsellers that do not easily fall into the categories that follow

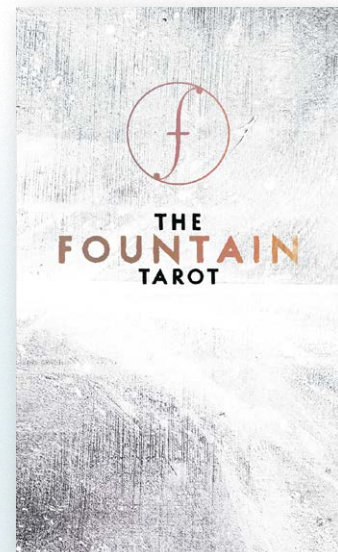
Edelweiss Catalog:
<http://shmb.la/indie-best-sellers>



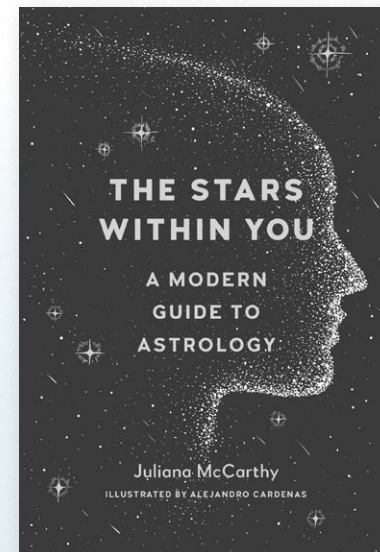
"The most popular writing manual of the 20th century."

—NPR

9781611803082



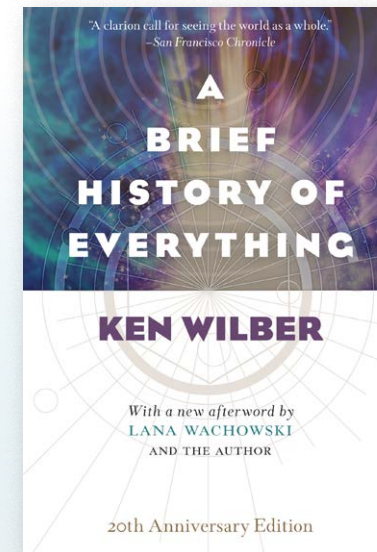
Move your creativity and life forward with this gorgeously designed deck. *The Fountain Tarot* draws on tradition but provides a modern voice and distinct approach that highlights our everyday lives as a source of insight, wisdom, and growth. 9781611805482



"Juliana helps us discover our mastery and master our discovery."

—Chan Marshall, *Cat Power*

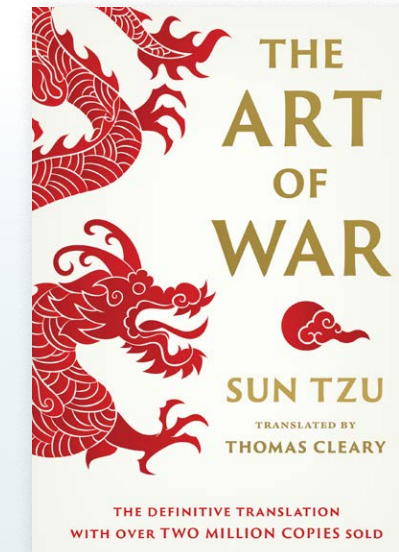
9781611805116



"Wilber takes readers on a journey from the Big Bang to the future, impressively synthesizing multiple fields of study... Readers will gain new perspective on what they know, or think they know, about every possible discipline."

—Publishers Weekly

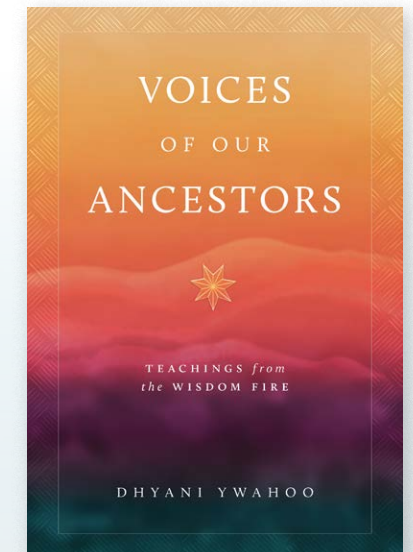
9781611804522



"*The Art of War* can be looked at as a manual for conquering perhaps one's greatest enemy: the self. This very clear and direct translation makes this ancient wisdom easily accessible to modern minds."

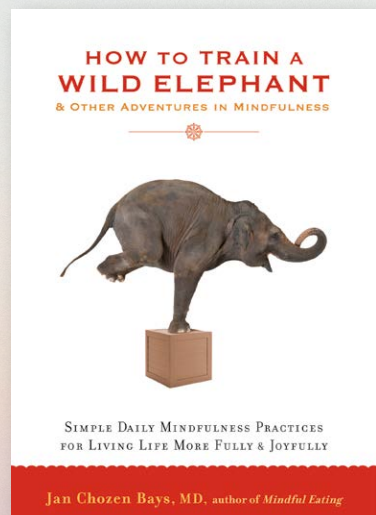
—Michael Imperioli,
The Sopranos and *White Lotus*

9781645472834



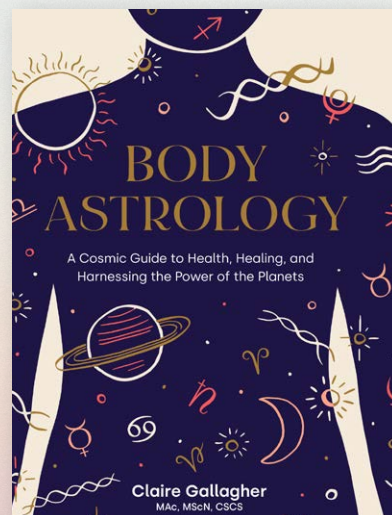
An updated edition of this classic of Indigenous Native American spirituality by one of the traditions' foremost woman voices, Dhyani Ywahoo, the 27th generation holder of the ancestral Ywahoo lineage in the Tsalagi/Cherokee tradition and chief of the Green Mountain Ani Yunwiwa. Over 100,000 sold.

9781645473046



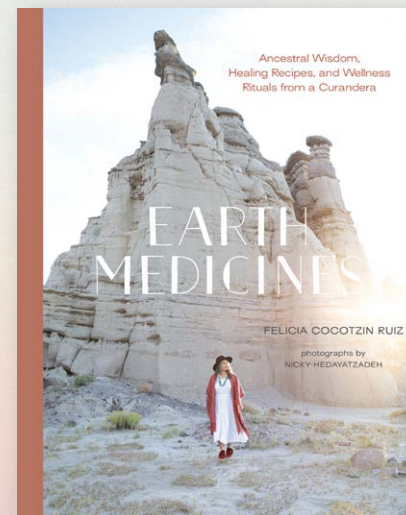
"Among the current spate of books on mindfulness, Bays's distinguishes itself with 53 simple practices tested through 20 years at the Great Vow Monastery in Oregon. [She] brings gentle compassion to the task of integrating mindfulness into a busy life." —Publishers Weekly

9781590308172



Because astrology, life, and the body are constantly changing, *Body Astrology* goes beyond the basics, teaching you how to interpret your birth chart and craft a whole-body daily and seasonal practice to match.

9781611808421



"Felicia's whole being and personal energy radiates healing. I am so excited that now so many others will be able to share in her wisdom and grace."

—Padma Lakshmi

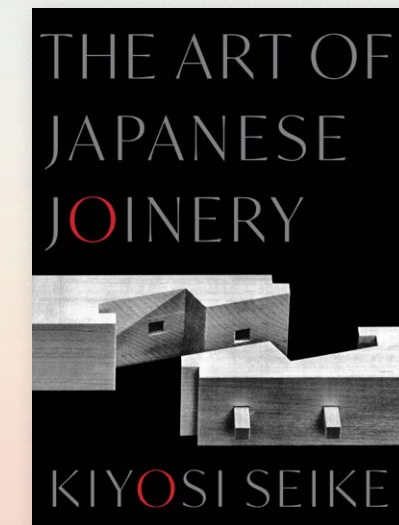
9781611808438



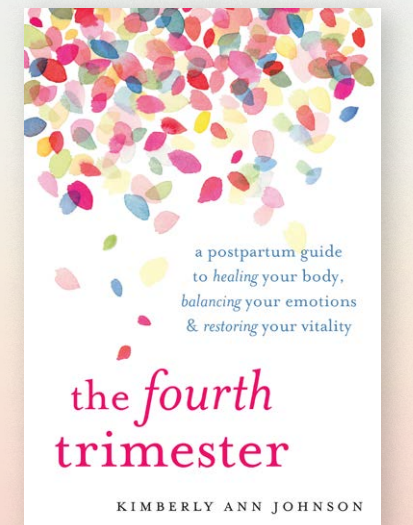
"*Mindful Games* will undoubtedly be a wonderful resource for every parent and child alike."

—Andy Puddicombe,
founder of Headspace

9781611804096

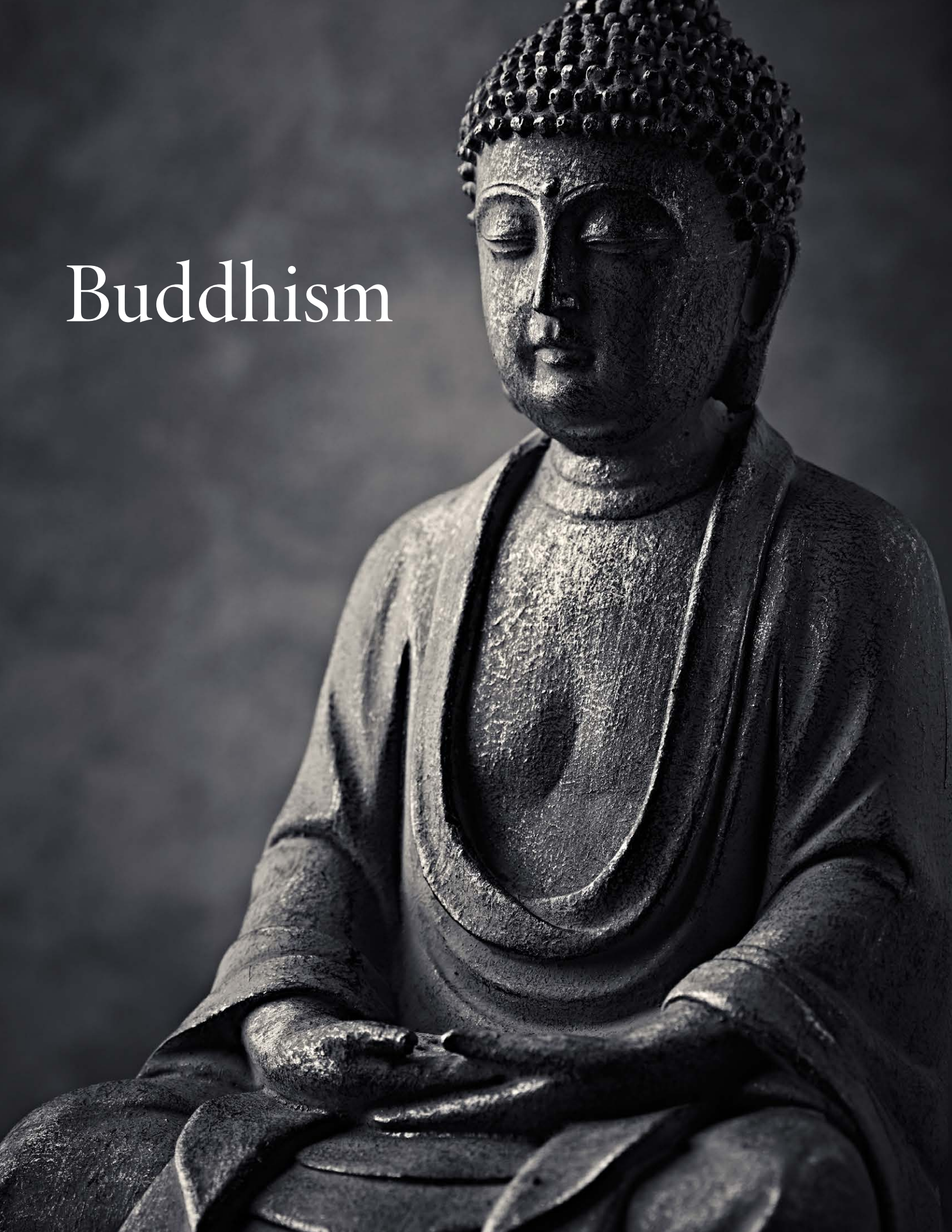


A brand-new edition of the classic text on Japanese joinery and carpentry, filled with detailed photographs and illustrative drawings. Complete redesign. 9781645473862



This holistic guide offers practical advice to support women through postpartum healing on the physical, emotional, relational, and spiritual levels—and provides women with a roadmap to this very important transition. 9781611804003

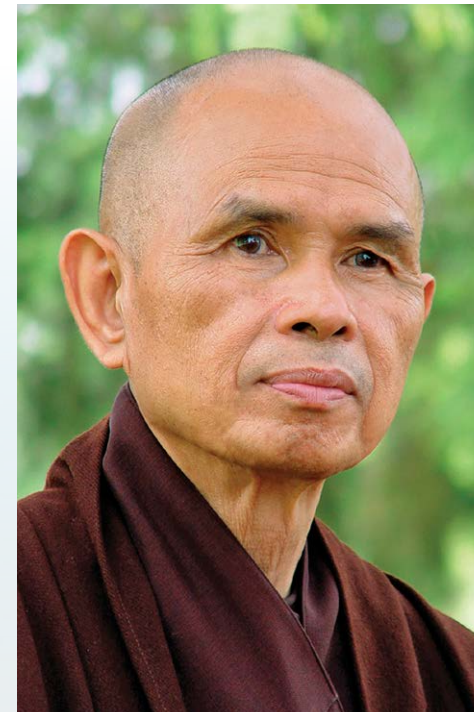
Buddhism



Thich Nhat Hanh

Five titles from one of the most beloved Buddhist teachers and peacemakers

Edelweiss Catalog:
<http://shmb.la/indie-tnh>



thich nhat hanh

true
love

A PRACTICE FOR
AWAKENING THE HEART

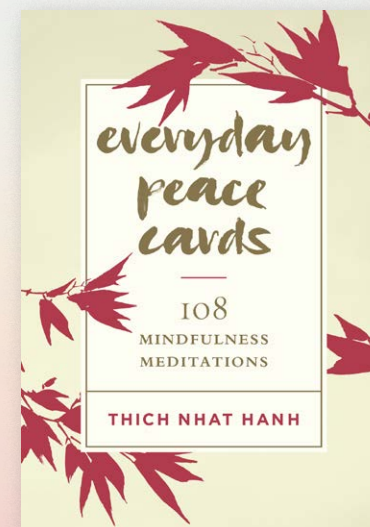
In this little treasure, Thich Nhat Hanh offers a Buddhist view of love along with techniques for manifesting it in our daily lives. In his characteristically direct, simple, and compassionate style, he explores the four key aspects of love as described in the Buddhist tradition: lovingkindness, compassion, joy, and freedom. 9781645472445

thich nhat hanh

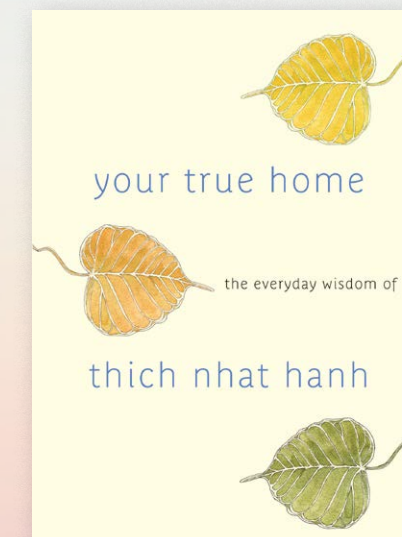
you
are
here

DISCOVERING THE MAGIC
OF THE PRESENT MOMENT

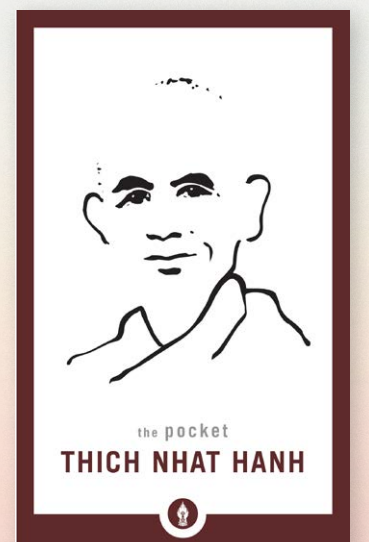
In a new edition of this classic, simple daily practices to help us live fully in the present moment and experience true happiness. 9781645472414



Create peace in your daily life with these mindful meditations and practices from Thich Nhat Hanh, one of the world's most revered Buddhist teachers. 9781611807721



365 practical, powerful teachings for daily inspiration on how mindfulness can transform our lives and the greater world. 9781590309261



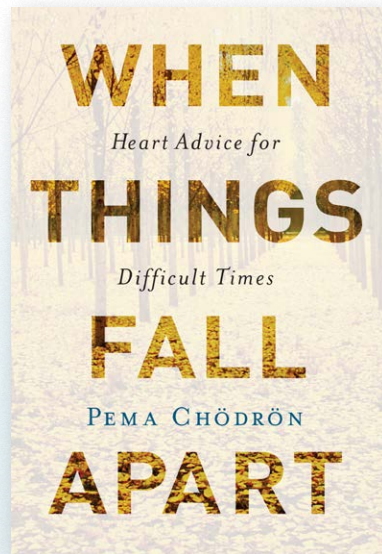
These selections, taken from his many published works, together make up a concise introduction to all his major themes and distill his teachings on the transformation of individuals, relationships, and society. 9781611804447



Buddhism Bestsellers

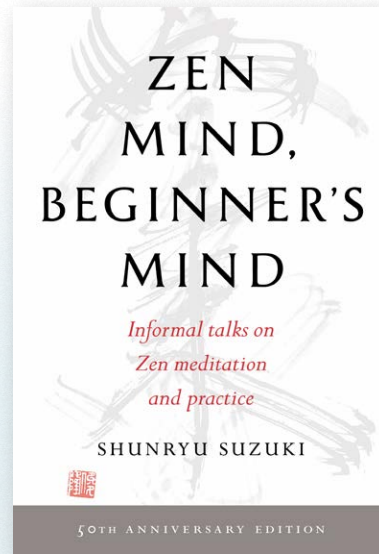
If your Buddhism section is tiny or nonexistent, you at least want these classics in it

Edelweiss Catalog:
<http://shmb.la/indie-buddhist-bestsellers>



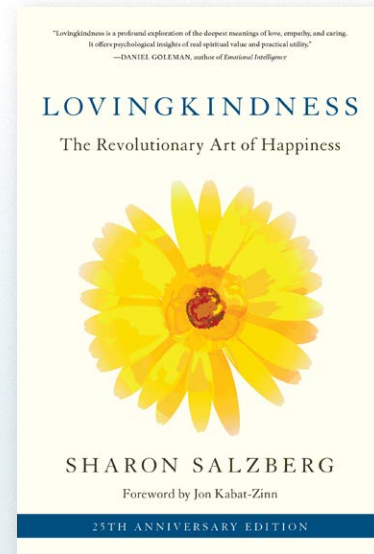
The beloved bestseller, translated into dozens of languages, has proven a balm to millions who have experienced losses of any kind. Pema shows that moving *toward* painful situations and becoming intimate with them can open up our hearts in ways we never before imagined.

9781611803433



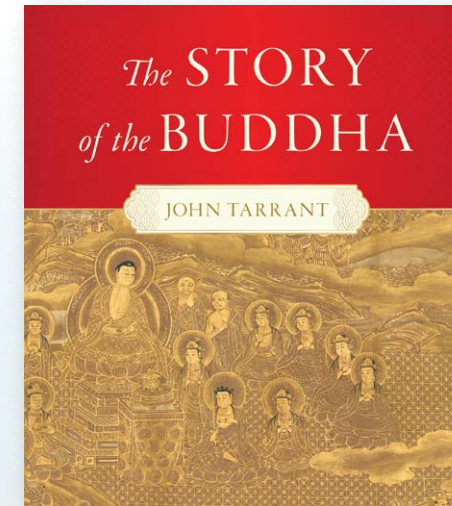
Included in "100 Best Spiritual Books of the 20th Century" (*Spirituality & Practice*). In the fifty years since its original publication, this has become one of the great modern spiritual classics, much beloved, much reread, and much recommended as the best first book to read on Zen.

9781611808414



Sharon Salzberg shows how the Buddhist path can help us discover the radiant, joyful heart within each one of us, drawing on Buddhist teachings, wisdom from various traditions, her personal experiences, and guided meditation exercises.

9781611808209



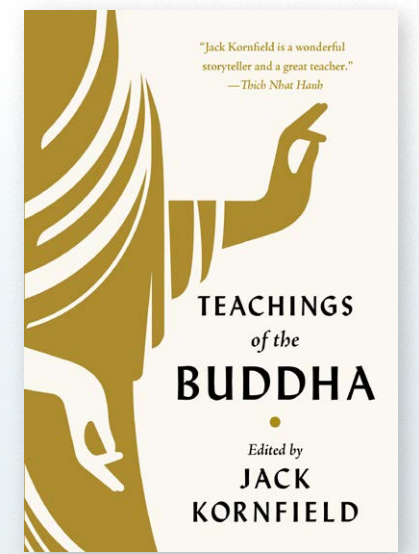
"John Tarrant has a rare gift for lyricism and for opening out the depths that lie between certainties. In his hands, the story of the Buddha's life becomes a suggestive poem and a spacious parable, wisdom tucked inside every clause. I sometimes think you could spend a lifetime with each paragraph here."

—Pico Iyer 9781645473138

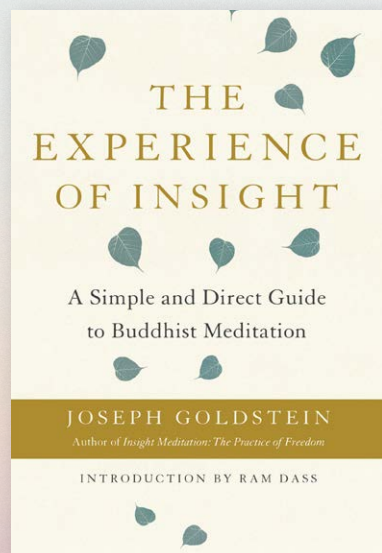


In a new edition of this classic, simple daily practices to help us live fully in the present moment and experience true happiness—from the renowned Zen monk and best-selling author Thich Nhat Hanh.

9781645472445

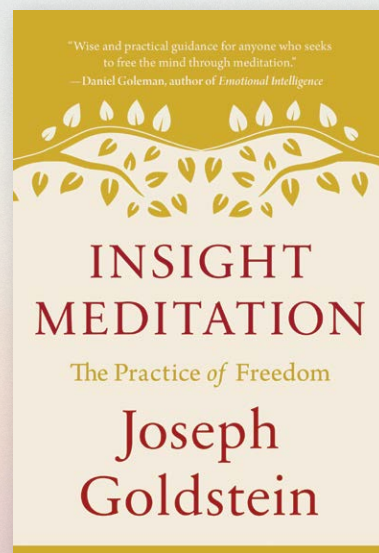


Jack Kornfield, one of the most respected American Buddhist teachers, has compiled this treasury of essential Buddhist writings, drawing from the most popular Indian, Tibetan, Chinese, and Japanese sources to impart the essence and timeless relevance of Buddhism to people of all spiritual traditions. 9781645472841



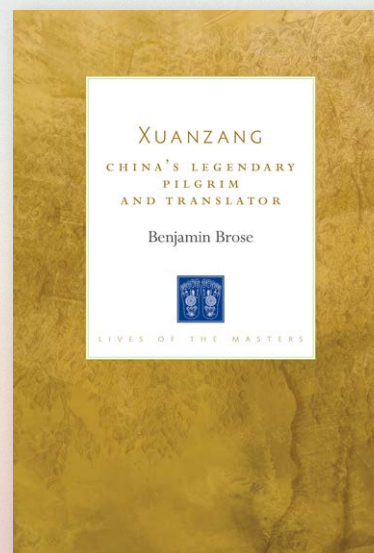
This modern spiritual classic, presented as a thirty-day meditation retreat taught by Joseph Goldstein, offers timeless practical instructions and real-world advice for practicing meditation—whether walking or sitting in formal practice or engaging in everyday life.

9781611808162



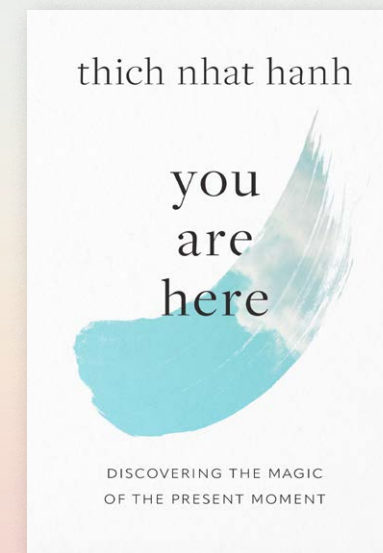
Leading meditation teacher Joseph Goldstein offers favorite Dharma stories, key teachings, and answers to most-asked questions. He provides an overview of Buddhist practice and its context generally while focusing on vipassana meditation specifically.

9781645473435



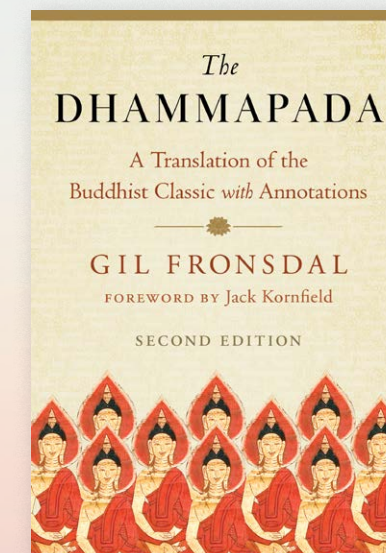
The incredible life and legacy of Xuanzang: a Buddhist seeker, philosopher, and intrepid traveler who became the world's most famous pilgrim.

9781611807226



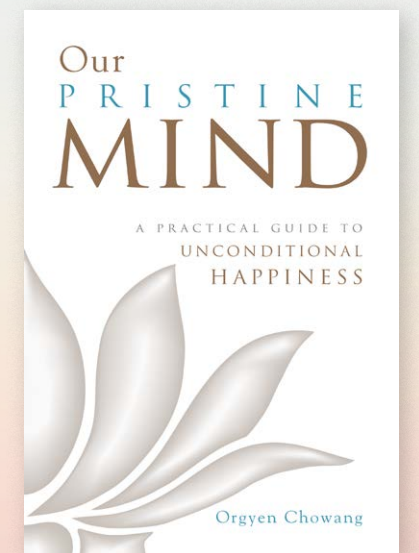
Thich Nhat Hanh offers a Buddhist view of love, along with techniques for manifesting it in our daily lives. In his characteristically direct, simple, and compassionate style, he explores the four key aspects of love as described in the Buddhist tradition: loving-kindness, compassion, joy, and freedom.

9781645472414



Perhaps the most widely read and highly regarded translation of the Buddhist classic.

9781645472438



"A beautiful and potentially life-altering book. The teachings here, at once ancient and revolutionary, are offered with astonishing frankness, clarity, and affection. I felt myself improved by my first read and will be going back to read it again at once."

—George Saunders, author of *Tenth of December* 9781611803273



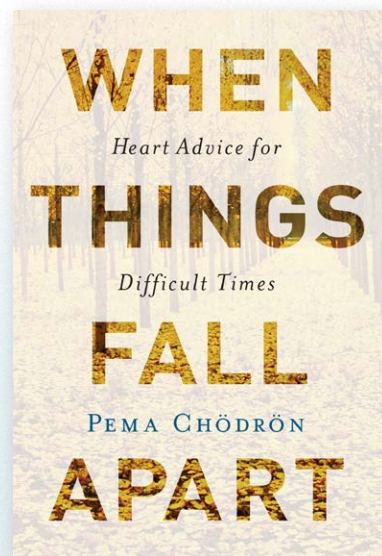
Pema Chödrön

Pema Chödrön is an American Buddhist nun beloved by readers of all faiths—and none

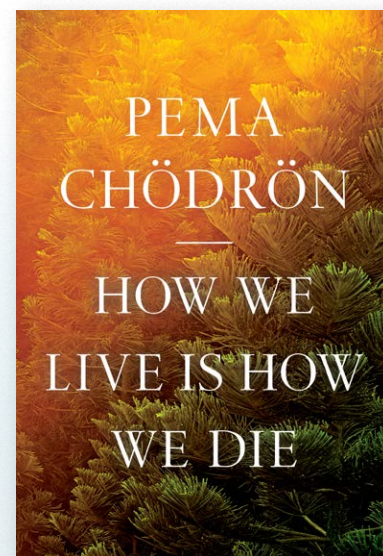
Edelweiss Catalog:
<http://shmb.la/indie-pema>



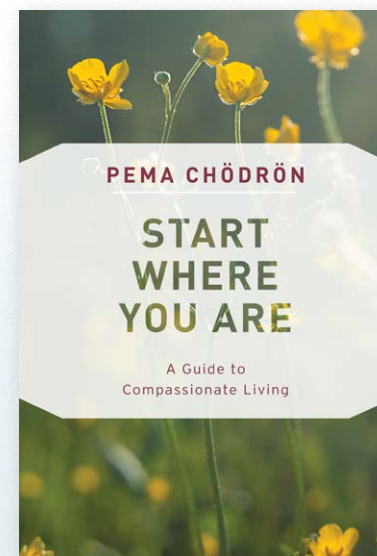
Pema's books have sold millions of copies, and no bookstore collection is complete without a great selection. These can live in your Buddhist section, self-help/personal development, or—our favorite—stacked on a table!



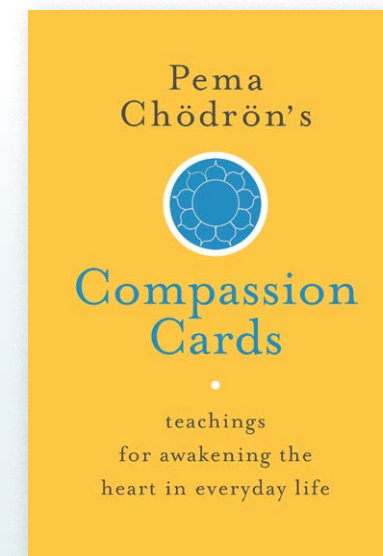
The beloved bestseller, translated into dozens of languages, has proven a balm to millions who have experienced losses of any kind. Pema shows that moving toward painful situations and becoming intimate with them can open up our hearts in ways we never before imagined. 9781611803433
Also available in hardcover (9781611803891)



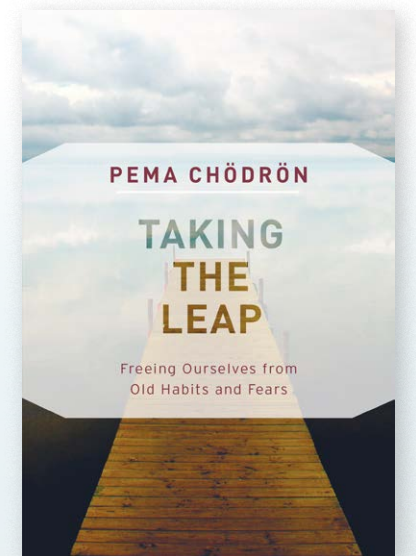
Teachings on the bardos—a Tibetan term referring to a state of transition—reveal their power and relevance at each moment of our lives. She offers practical methods for transforming life's most challenging emotions about change and uncertainty into a path of awakening and love. 9781645472407



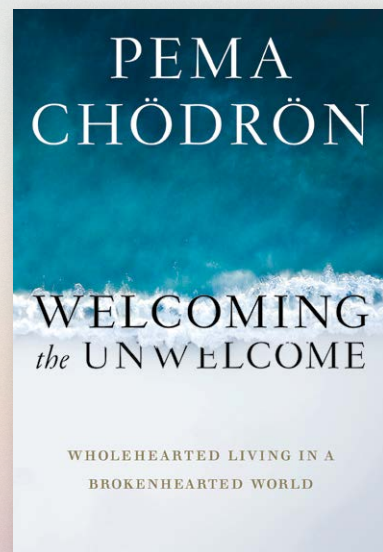
Guidance on how we can go beyond the fleeting attempts to "fix" our pain and, instead, to take our lives as they are as the only path to achieve what we all yearn for most deeply—to embrace rather than deny the difficulties of our lives. Based on fifty-nine traditional Tibetan Buddhist maxims. 9781611805970



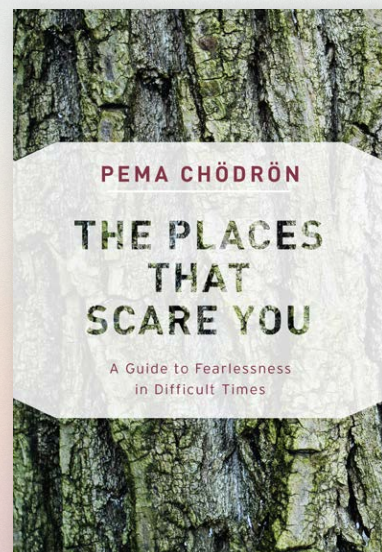
Let compassion and fearlessness guide you and you'll live wisely and effectively in good times and bad. Here Pema Chödrön offers a powerful method to awaken these qualities using a practice called *lojong*. 9781611803648



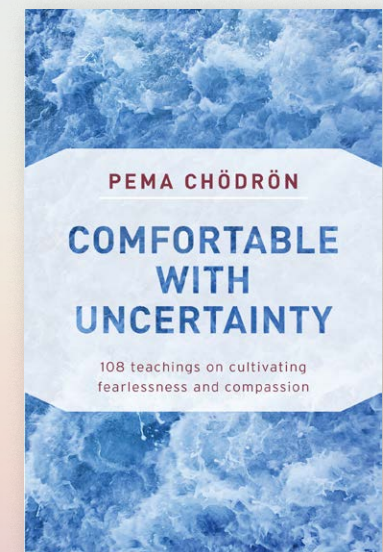
Pema Chödrön shows how certain habits of mind tend to "hook" us and get us stuck in states of anger, blame, self-hatred, addiction, and so much more—and, most of all, how we can liberate ourselves from them. 9781611806830



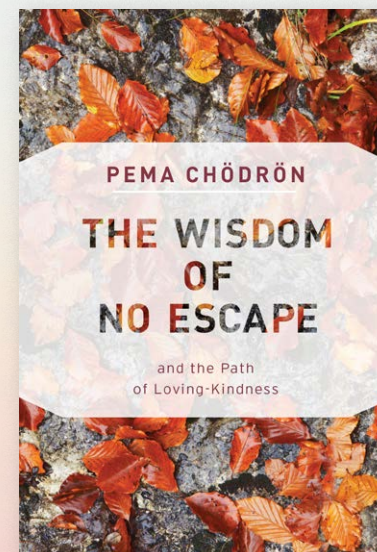
In our polarized world, Pema offers tools to find common ground. Sharing personal stories, simple and powerful everyday practices, and directly relatable advice, she leads the way in showing us how to become triumphant bodhisattvas—compassionate beings—in even the most difficult circumstances. 9781611808681



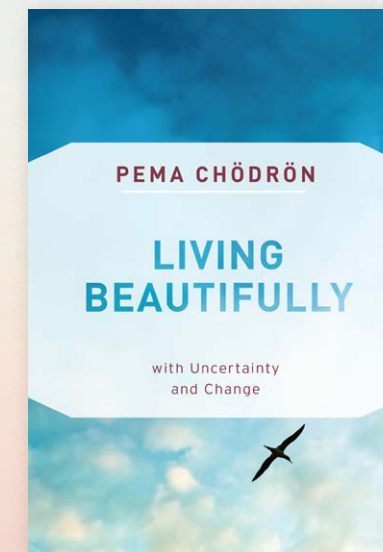
Pema provides essential tools for dealing with the many difficulties that life throws our way, teaching us how to awaken our basic human goodness and connect deeply with others—to accept ourselves and everything around us complete with faults and imperfections. 9781611805963



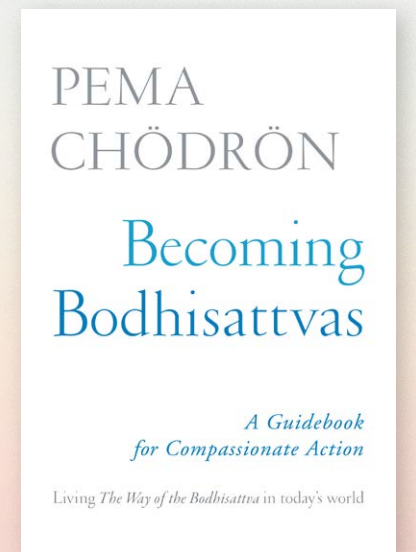
Featuring topics such as lovingkindness, meditation, mindfulness, "nowness," letting go, and working with fear and other painful emotions. Through the course of this book, readers will learn methods for heightening awareness and overcoming habitual patterns that block compassion. 9781611805956



We can only love others when we first love ourselves. And we can only experience real joy when we stop running from pain. The key to understanding these truisms is simple but not easy: learn to open ourselves up to life in all circumstances. 9781611806052



The teachings she presents here—known as the "Three Commitments"—provide a wealth of wisdom for learning to step right into the river, to completely and fearlessly embrace the groundlessness of being human. 9781611806809



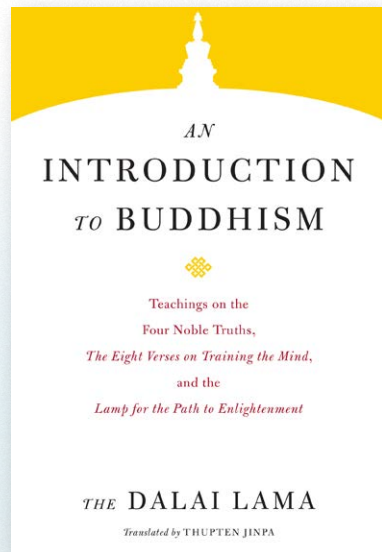
Pema Chödrön here invites you to journey more deeply into the classic Indian work *The Way of the Bodhisattva*, offering both illuminating stories and practical exercises to enrich the text and bring its timeless teachings to life in our world today. 9781611806328



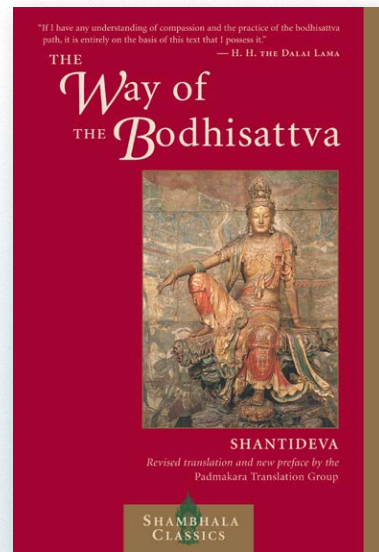
Tibetan Buddhism

The must-have titles from the Buddhist tradition that is the largest part of our Buddhist list

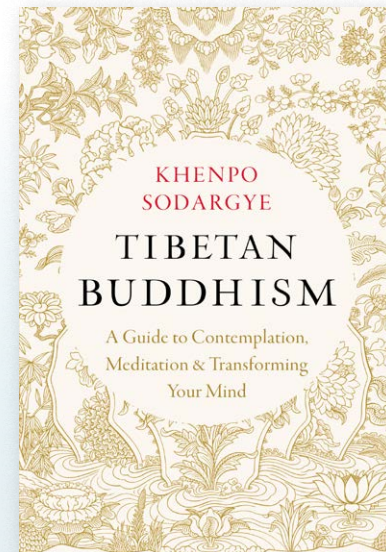
Edelweiss Catalog:
<http://shmb.la/indie-tibetan>



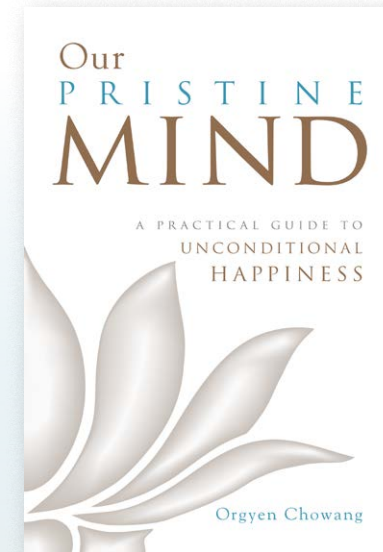
The Dalai Lama presents many of the essential topics of Buddhism in this easy to access overview.
9781559394758



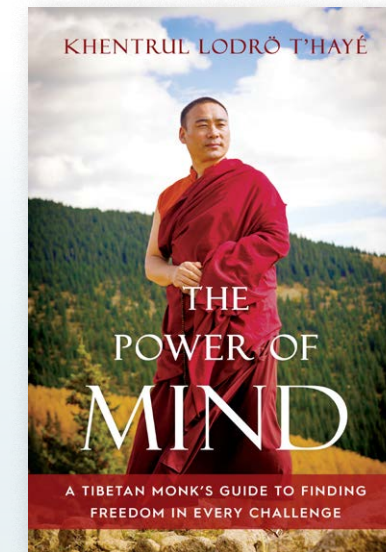
"The classic Buddhist text and, 'essential guidebook,' on the ideal of compassion and the methods of attaining it."
—**Pema Chödrön**
9781590303887



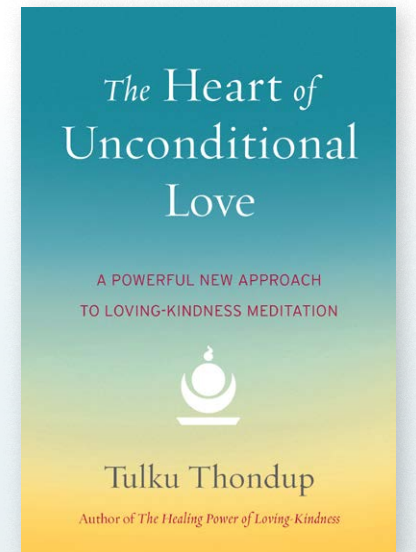
"Simple, profound, and authentic. This most welcome book contributes to establishing a correct understanding of Tibetan Buddhism, at a time when it is most needed."
—**Matthieu Ricard**
9781645472247



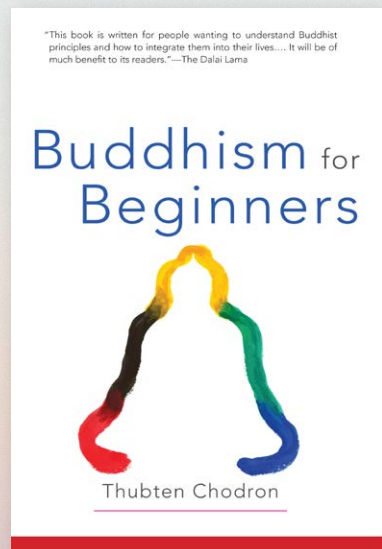
"A beautiful and potentially life-altering book. The teachings here, at once ancient and revolutionary, are offered with astonishing frankness, clarity, and affection. I felt myself improved by my first read and will be going back to read it again at once."
—**George Saunders**, author of *Tenth of December* 9781611803273



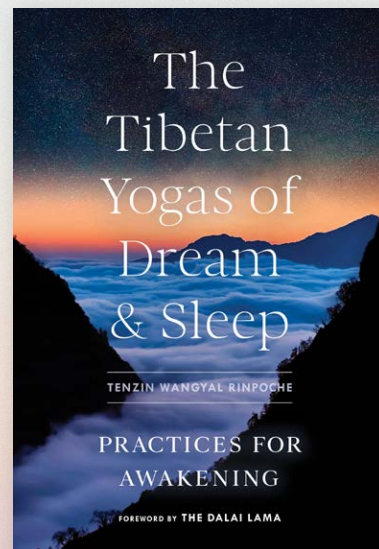
"A deep well of both timeless and practical wisdom, Khentrul Rinpoche's new book helps us uncover the relaxed awareness and freedom that is our very essence."
—**Tara Brach**, author of *Trusting the Gold*
9781645470878



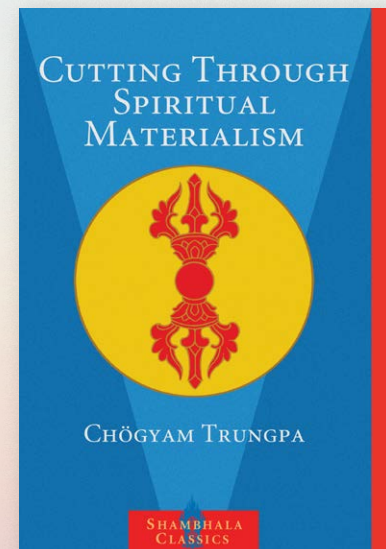
"Tulku Thondup has truly given us a powerful new approach to loving-kindness meditation... This book is a rare treasure."
—**Sharon Salzberg**, author of *Lovingkindness* 9781611802351



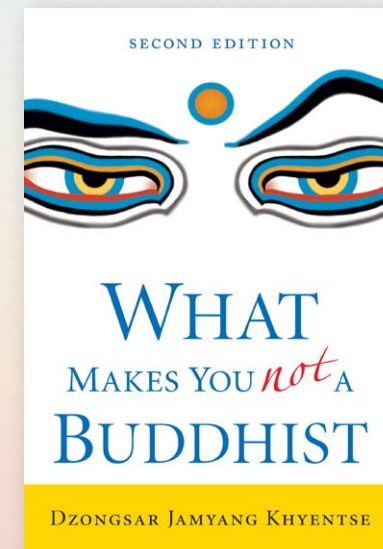
"This easy-to-understand introduction to Buddhism is, 'written for people wanting to understand basic Buddhist principles and how to integrate them into their lives... It will be of much benefit to its readers.'"—The Dalai Lama
—**The Dalai Lama**
9781559391535



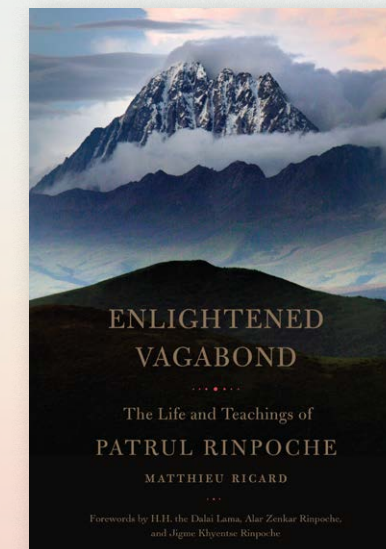
"A detailed guide to using our night-lives for awakening: thought-provoking, inspiring, and lucid."
—**Stephen LaBerge**, PhD, author of *Lucid Dreaming*
978161180951



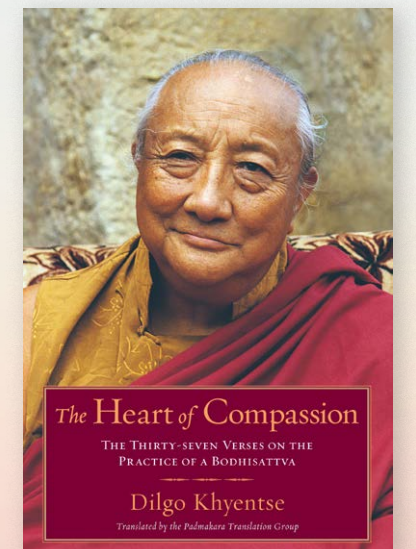
This modern spiritual classic highlights a trick we play on ourselves and offers a brighter reality: liberation by letting go of the self rather than working to improve it.
9781570629570



"Here at last is a crisp new voice in Tibetan Buddhism... There is much food for thought in this short book for Buddhist students and for anyone interested in the ongoing adaptation of traditional Eastern wisdom into postmodern Western settings."
—**Publishers Weekly**
9781590305706 | 9781645474234 (new edition June 2025)



"This wonderful book paints an inspiring portrait of this great master. It will be of great benefit to all those interested in the path of awakening."
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This classic text presents ways that we can work with our own hearts and minds, starting wherever we find ourselves now, to unravel our small-minded preoccupations and discover our own potential for compassion, love, and wisdom. 9781590304570



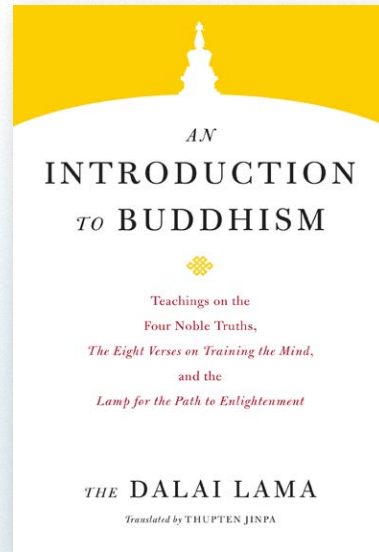
His Holiness the Dalai Lama

We have two dozen works by His Holiness, the Fourteenth Dalai Lama

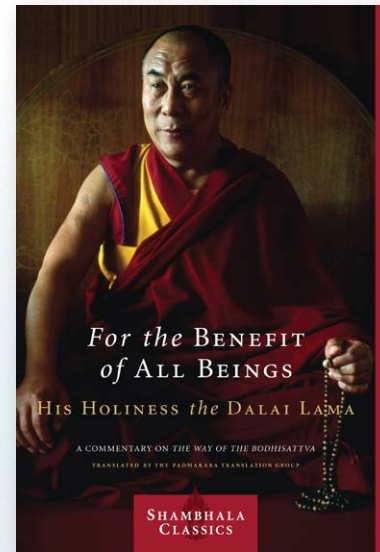
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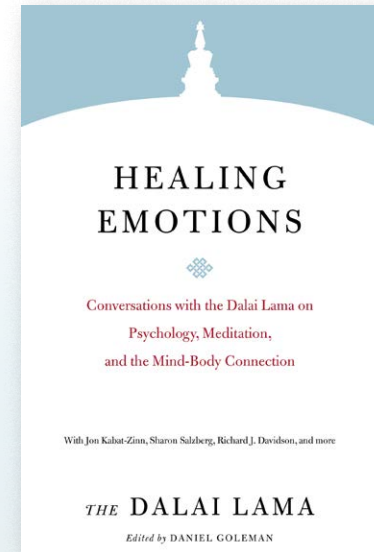
His Holiness the Dalai Lama walks the walk. He is the real deal. We have two dozen titles by him, and this selection, mostly from the Core Teachings of the Dalai Lama series, is a great place to start.



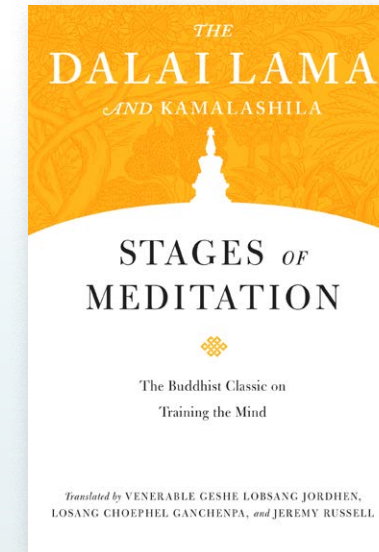
His Holiness the Dalai Lama presents the perfect introduction to traditional Tibetan Buddhist thought and practice, covering the Four Noble Truths and two essential texts.
9781559394758



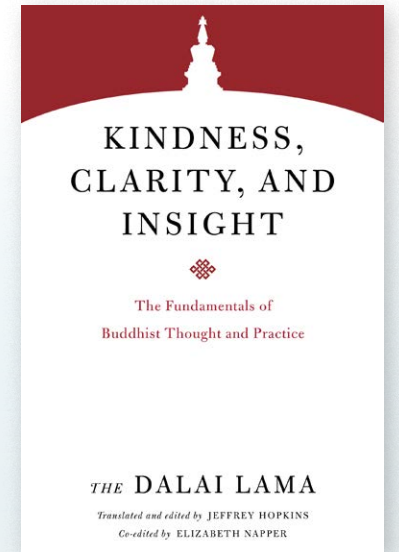
"On many levels, the book is splendid as both an introduction to Buddhist spirituality and an explication of Shantideva for contemporary Westerners."
—*Library Journal*
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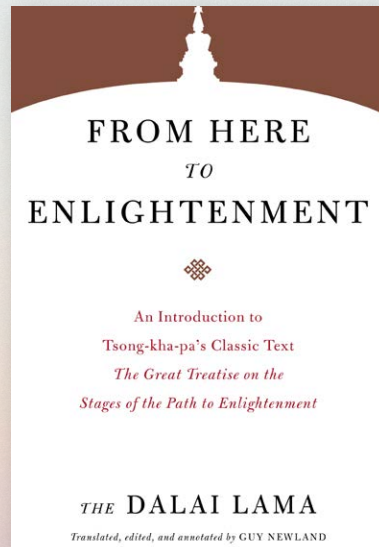
An extraordinary series of encounters between the Dalai Lama and prominent Western psychologists, physicians, and meditation teachers sheds new light on the mind-body connection.
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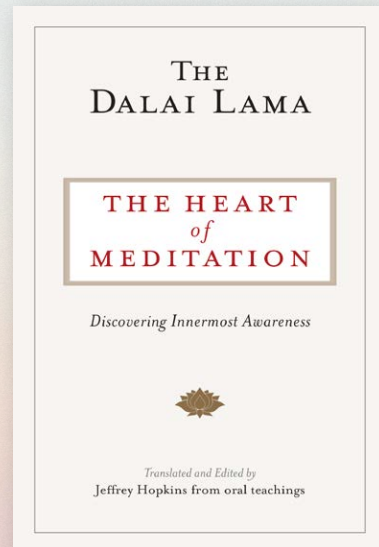
An accessible translation of the ancient classic handbook on Buddhist meditation by Kamalashila—with commentary from the Dalai Lama.
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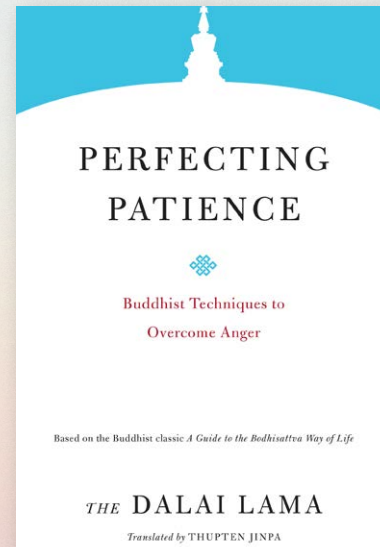
This beloved classic brings together in one volume all the major themes of the Dalai Lama's teachings such as religious values, the four noble truths, karma, compassion, and meditation.
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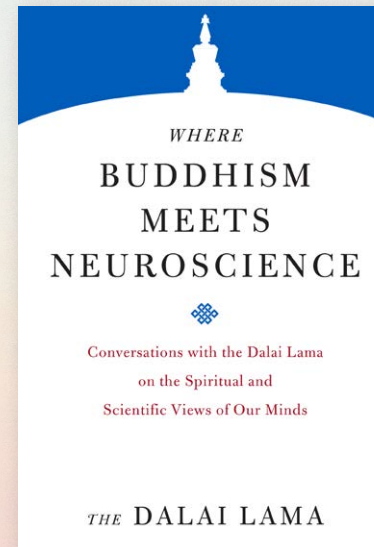
The Dalai Lama's commentary on one of the most important and life-changing works of his tradition, a text he carried with him when he escaped the communist invasion in 1959.
9781611809343



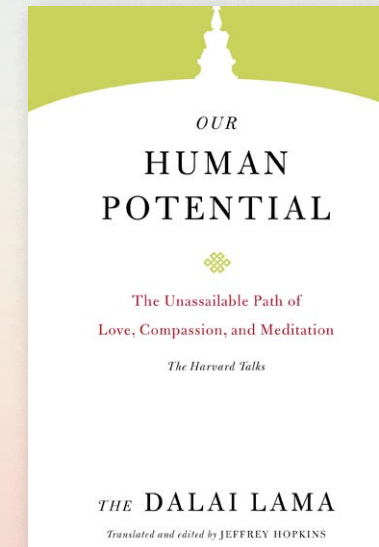
The Dalai Lama reveals how training the mind in compassion for other beings is directly related to—and a prerequisite for—the very pinnacle of Buddhist meditation.
9781611804089



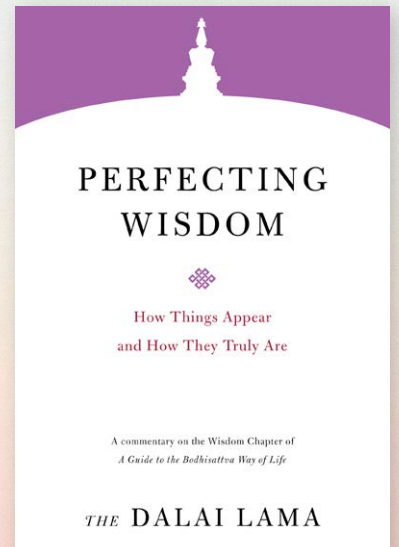
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Designed as a conversation between the Dalai Lama and Western neuroscientists, this book takes readers on a journey through opposing fields of thought—showing that they may not be so opposing after all.
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When the Dalai Lama gave a series of lectures at Harvard University, they fulfilled his intention of providing an in-depth introduction to Buddhist theory and practice. He structured the presentation according to the teachings of the Four Noble Truths and expanded their meaning to cover many of the topics of Tibetan Buddhism.
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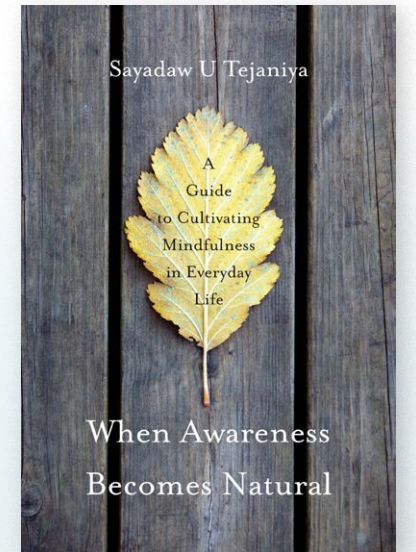
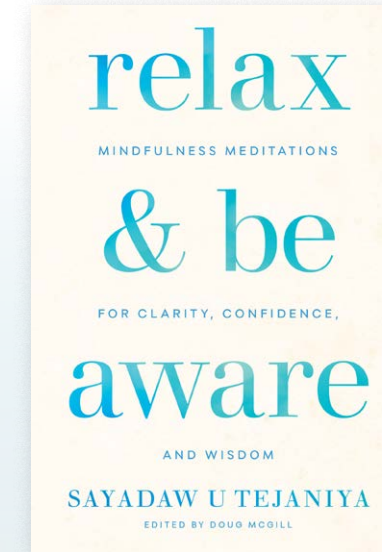
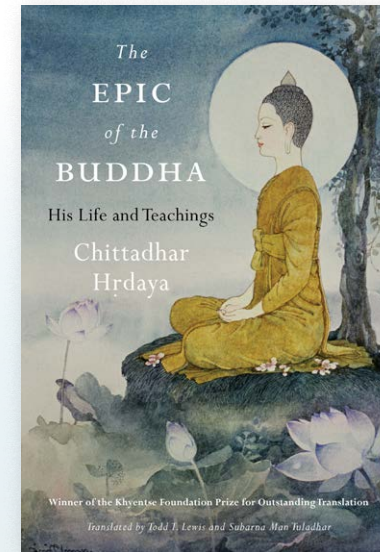
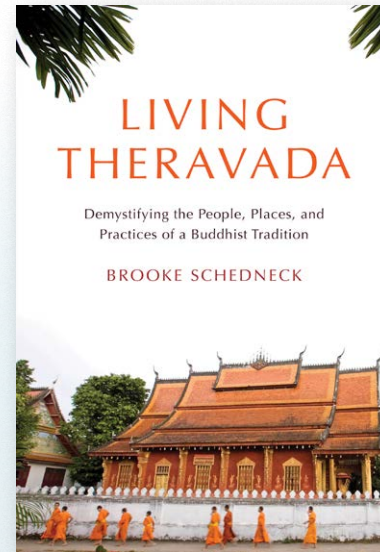
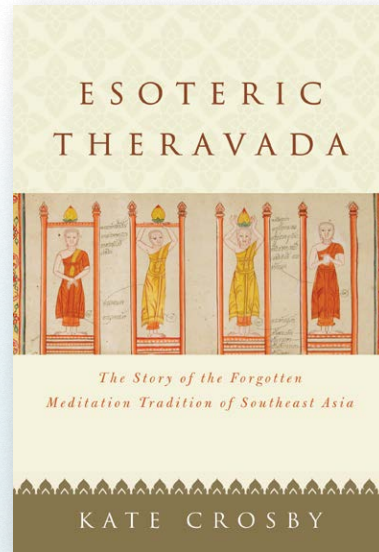
An extraordinarily clear exposition on the wisdom chapter of *The Way of the Bodhisattva*.
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Theravada Buddhism of Southeast Asia

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Considered one of the oldest continuous traditions of Buddhism and in many ways is the root of the modern secular mindfulness movement. The titles below will surprise and delight readers with the richness of this tradition.

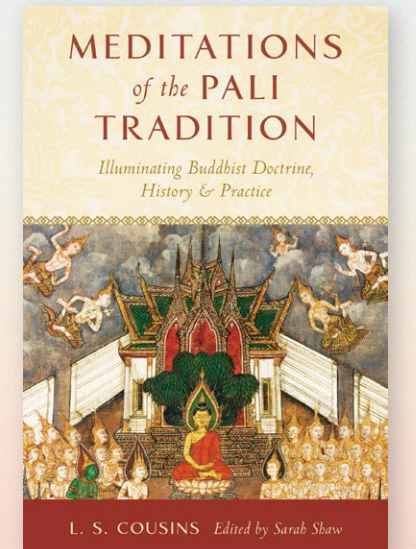
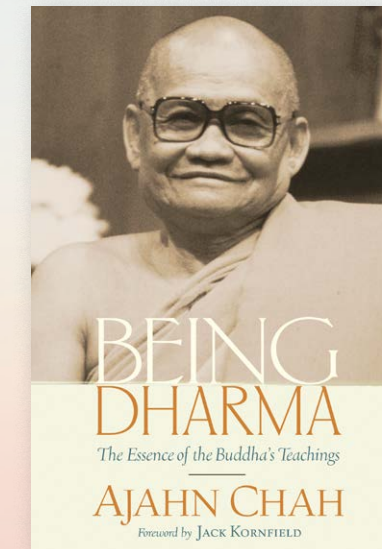
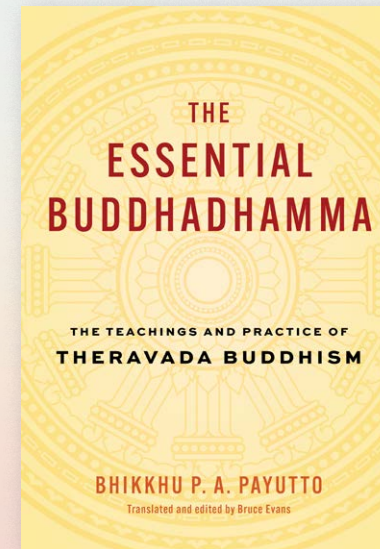
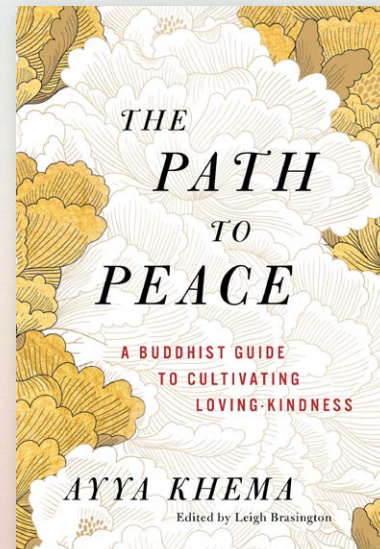
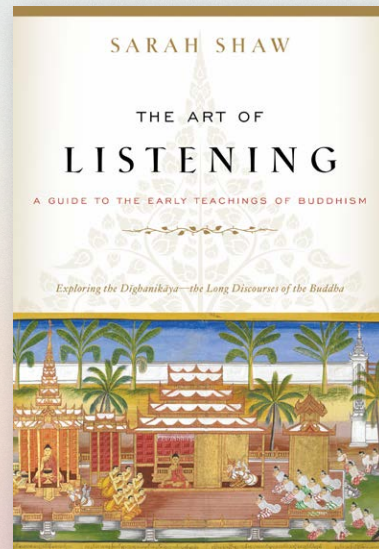
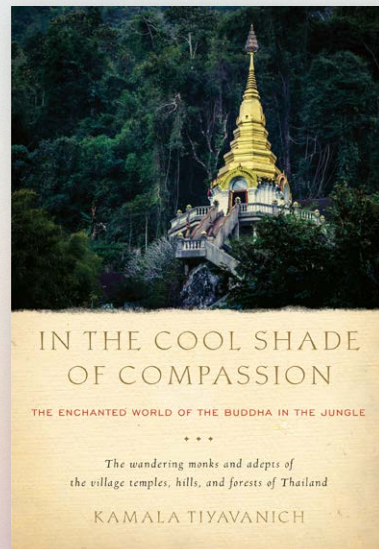
Oxford University's Kate Crosby tells the story of the nearly lost tradition of esoteric Theravada Buddhism, which utilizes a host of somatic and creative imagination practices to make progress on the path. 9781611807943

This is the whole picture. For readers who want to understand the full variety and richness of Theravada Buddhism throughout Southeast Asia and beyond. 9781611809718

This incredible retelling of the life of the Buddha is poetic and moving. The story behind the story is incredible too—written from a jail cell in Kathmandu by one of Nepal's greatest modern wordsmiths. 9781611806199

From a modern meditation master from Myanmar. "This is an enormously helpful approach to mindfulness training. With a focus on the states of mind wherever we are, *Relax and Be Aware* is an invitation to well-being and freedom."
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This book "points the way to a natural awareness that reveals with vivid clarity all the workings of the mind. This is the work of an eminently skilled meditation master, who uses many examples from his own life and practice to help us understand and free our minds."
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The stories of these accomplished meditation masters, snake charmers, and tiger whisperers ring readers right into the heart of the jungle, and the heart of meditation practice. 9781611806496

"Sarah Shaw's book has radically transformed my assessment of this collection. Beautifully written and rich in observations, her inspired work shows the Digha to be perhaps the boldest and most majestic of the four Nikāyas." —Bhikku Bodhi
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German nun Ayya Khema's complete course in the active and intentional process to cultivate peace through *metta*, unconditional love. 9781611809503

Considered by some to be one of the most important works of this tradition written in over 1,000 years. It is a chunk of book, but a reference people will continuously return to. 9781645472353

Ajahn Chah, one of the great Buddhist masters of the 20th century, offers a thorough exploration of Theravadan Buddhism in a gentle, sometimes humorous, style that makes the reader feel as though he or she is being entertained by a story. He emphasizes the path to freedom from emotional and psychological suffering and provides insight into the fact that taking ourselves seriously causes unnecessary hardship. 9781570628085

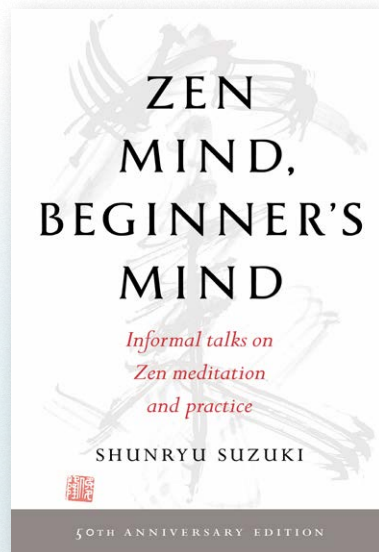
A surprising, groundbreaking, and detailed presentation of the rich system of meditation traditions that have come to us through the Pali tradition of Buddhism. 9781611809879



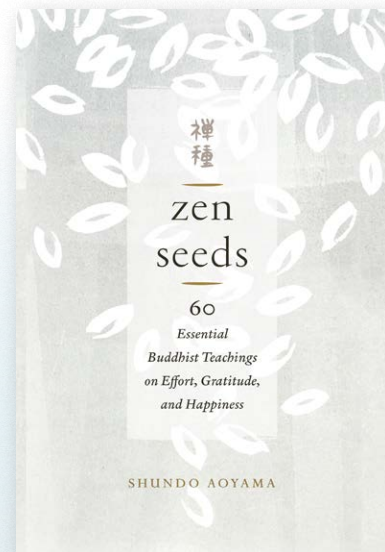
Zen

Zen (Chinese: Chan) Buddhism is one of the most popular forms of Buddhism in the West

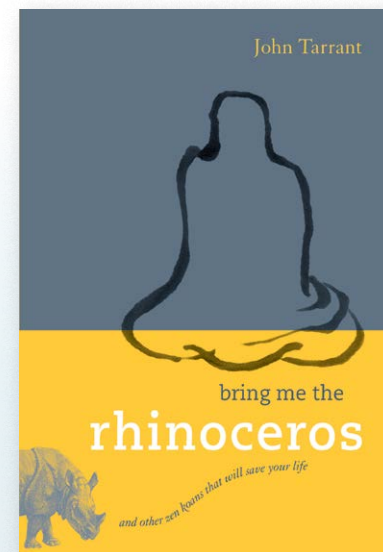
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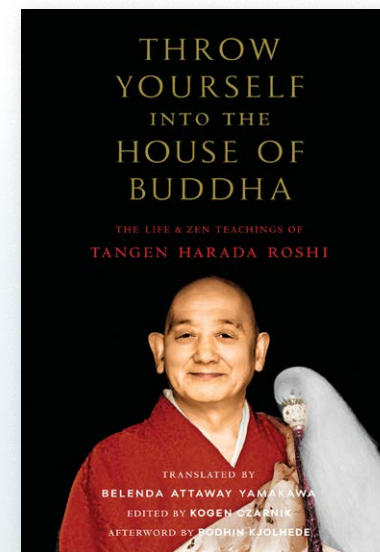
By Shunryu Suzuki Roshi, the most influential Zen teacher in America, this has been the inspiration for countless meditators, including Steve Jobs.
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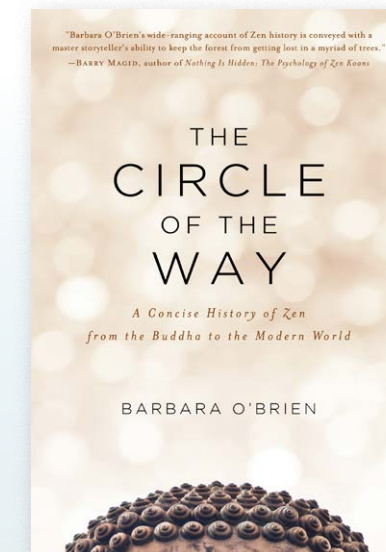
One of the seniormost women of Zen in Japan, Shundo Aoyama is so full of practical wisdom this is a book people return to again and again.
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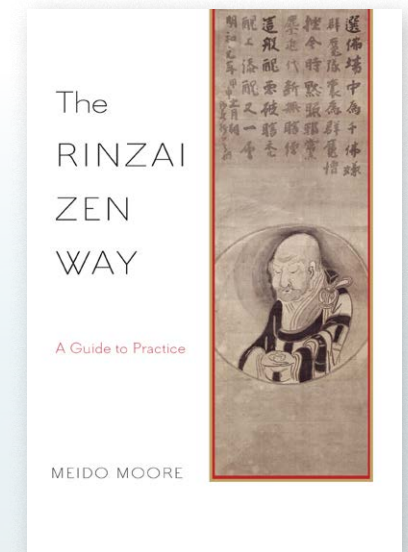
A provocative and playful exploration of the Zen koan tradition that reveals how everyday paradoxes are an integral part of our spiritual journey.
9781590306185



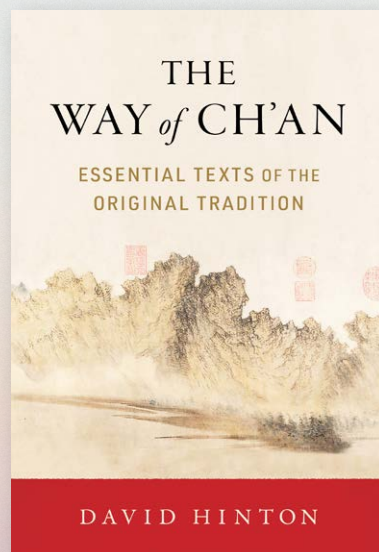
[Harada] "invites practitioners to 'release the desire to look this way and that way outside of yourself, the desire to arrive at the answers rather than to be the answer.' Readers will relish these striking insights into the value of a sincere and devoted Zen practice." —Publishers Weekly
9781645471363



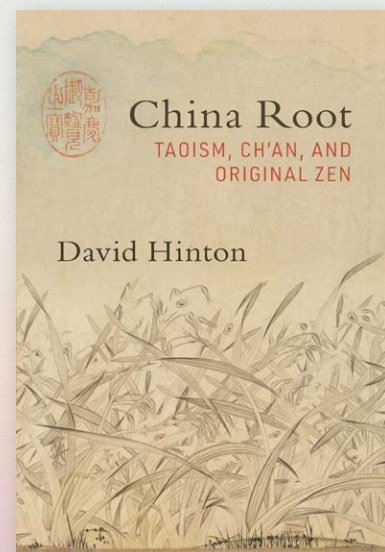
The full story of Zen, from its early days as Chan in China to its flowering in Japan, to its life in the West.
9781611805789



An exploration of one of the two main schools of Zen in Japan.
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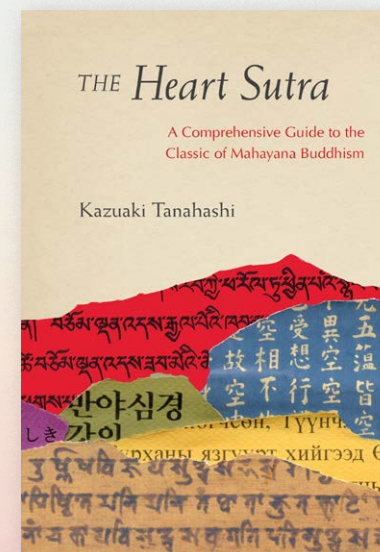
This landmark anthology illuminates the true story of Ch'an (Zen) Buddhism's historical development in China. Here we have the essential source material in its own native understanding, free of the mistranslation and misrepresentation that has characterized it in the modern West. 9781611809237



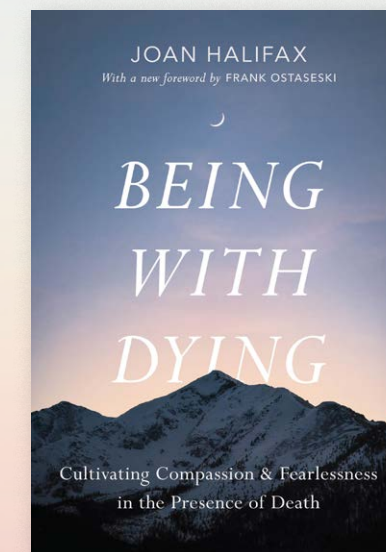
Henry Shukman effused on this exploration by the great David Hinton, proclaiming "this thoroughly gripping book pulls together various threads of David Hinton's prior work into one powerful, concise masterwork."
9781611807134



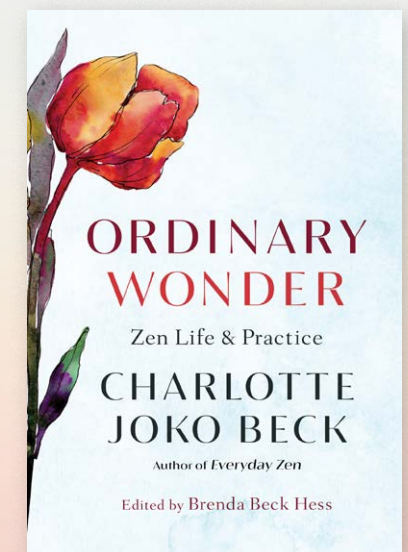
A stunningly beautiful, full-color book of Buddhist paintings by twentieth-century Japanese artist Iwasaki Tsuneo, interpreted by Buddhist scholar Paula Arai. 9781611807561



A personal exploration of the most essential text of the Zen tradition.
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Santa Fe Zen teacher Joan Halifax is as famous for her work off the meditation cushion helping others as she is for her formal teachings. In her classic work, she guides those heading towards death, i.e. all of us.
9781645472872



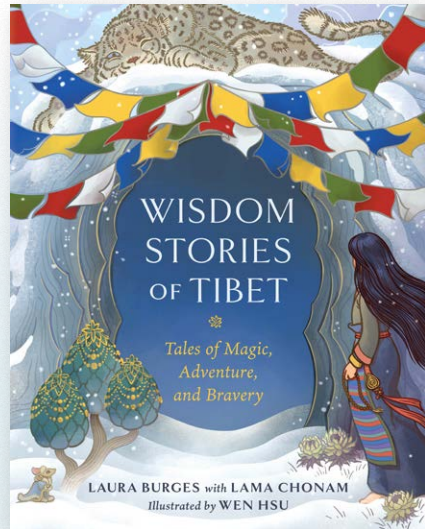
Fresh and never-before published talks on the crux of Buddhist practice and how to uncover wonder in your daily life from legendary Zen teacher and best-selling author Charlotte Joko Beck. 9781611808773



Buddhist and Buddhist-Inspired for Kids

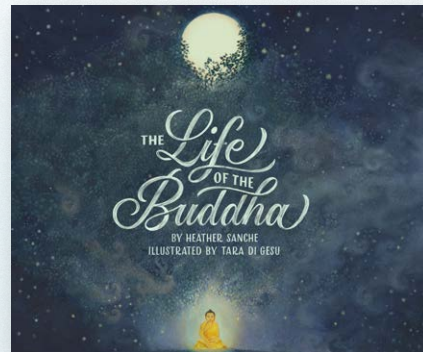
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"This picture book will serve families seeking to share their own Buddhist faith and practice with children as well as independent readers researching spiritual practices. A succinct, beautifully crafted documentation of the origin of Buddhism."

—**Kirkus Reviews** (starred review)

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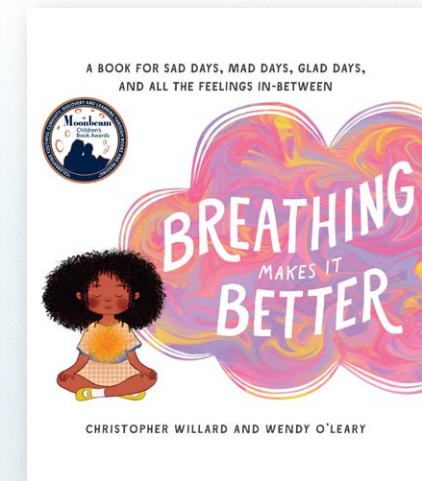


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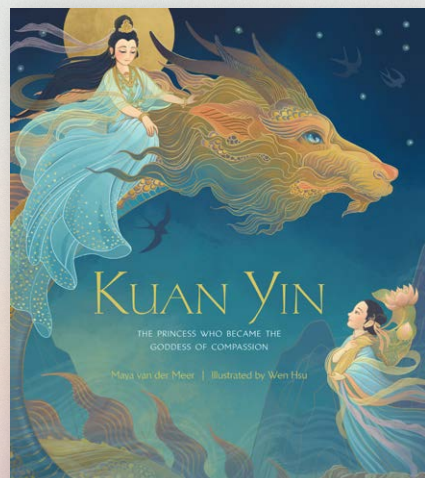


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An engaging and interactive story showing children ages 3-6 the power of breath when dealing with new and difficult emotions.

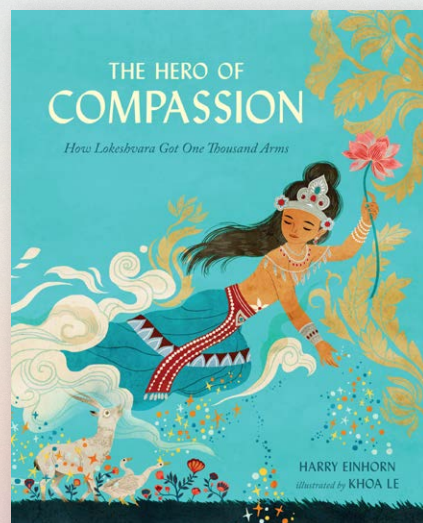
9781611804690



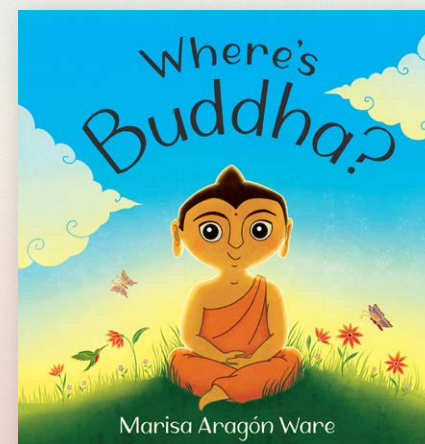
Winner of the 2020 National Parenting Product Award
This colorful deck shares different ways kids can practice being kind to themselves, their families, their communities, and the earth every single day. 9781611808346



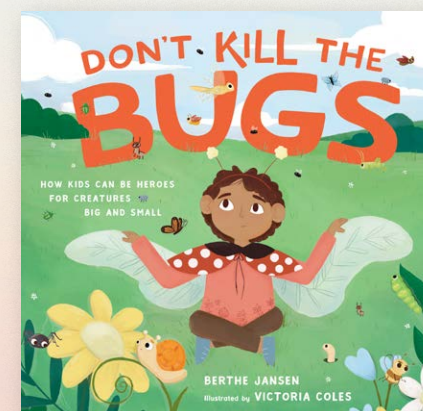
Spirituality & Practice "Best Books of 2021," Bank Street College of Education "The Best Children's Books of the Year," Moonbeam Children's Book Awards "Best Illustrator" Silver Winner
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Bugs are all around us, and with a simple mantra—be kind, don't kill!—children ages 3-7 can all be everyday heroes for the creatures with whom we share our world. 9781611809091



2024 NAPPA Award Winner
A charming and inquisitive story that celebrates tracing the origin of ideas, language, and every day objects, for children 4-8. 9781645471097



Goodreads Best Children's Book of 2022, Kid's Indie Next List Pick
Emile's world shows us that the mind of a quiet child can be as rich, expansive, and bold as that of any other (more extroverted) child. 9781611809848

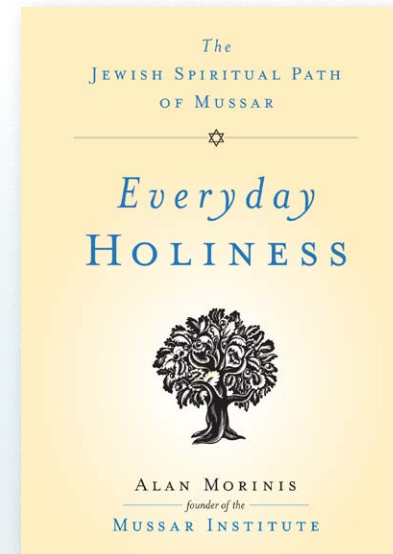
Contemplative Traditions



Judaism

Our bestsellers draw from the Kabbalah and Mussar contemplative traditions

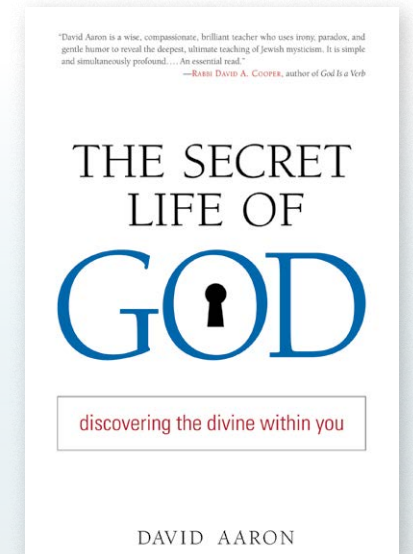
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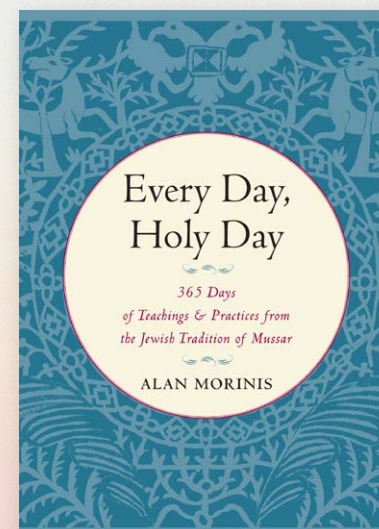
The Jewish spiritual path of Mussar is an illuminating, approachable, and highly practical set of teachings for cultivating personal growth and spiritual realization in the midst of day-to-day life. Here is an accessible and inspiring introduction. 9781590306093



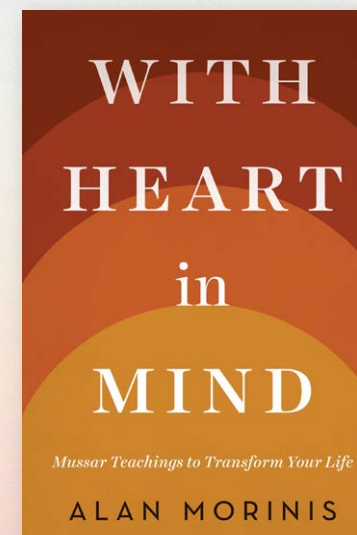
Unraveling the web of ancient traditions hidden in such texts as the *Sefer Yetzirah* and the *Zohar*, this book traces history and offers an accessible introduction to understanding Kabbalah and its practices. 9781611806236



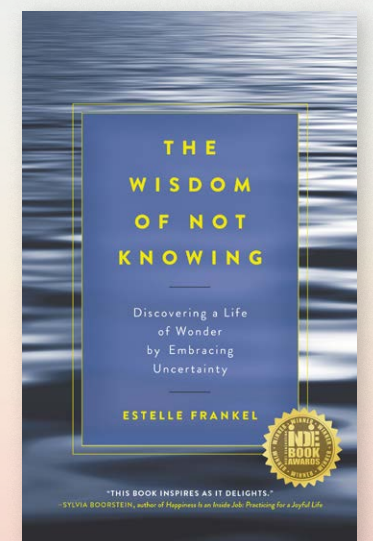
Drawing on teachings of Kabbalah that were secret for millennia, these mystical secrets of Judaism can offer reassuring guidance, meaning, and purpose to the lives of people of all faiths. 9781590302392



An essential companion for anyone who wants to experience the life-changing gifts of Mussar. The book focuses on 26 traits (*middot*)—such as loving-kindness, strength, generosity, compassion, honor, and equanimity in order to develop and refine that quality in yourself. 9781590308103



A weekly spiritual practice for developing a strong and open heart—drawn from Judaism's Mussar tradition. 9781611801521



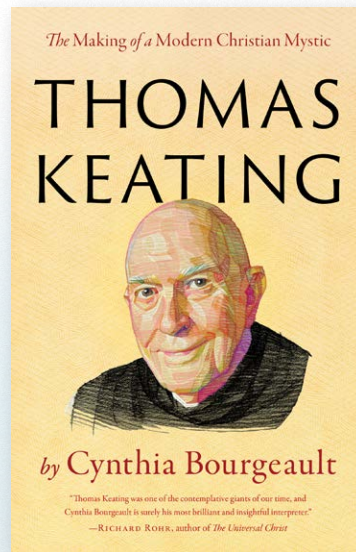
Drawing on insights from Kabbalah, depth psychology, and ancient myth, Frankel explores how we can grow our souls by tapping into the wisdom of not knowing. 9781611802993



Contemplative Christianity

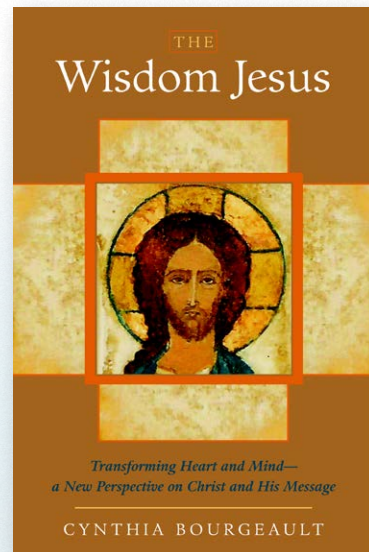
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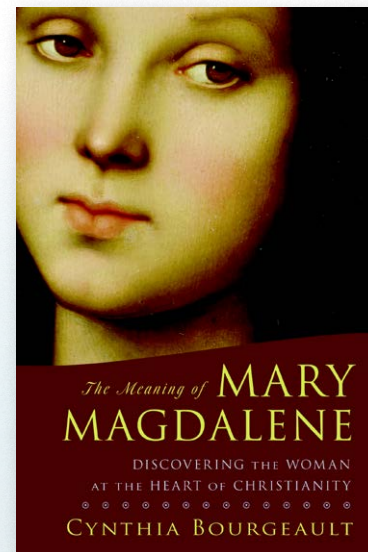
The first portrait of spiritual luminary Thomas Keating's remarkable evolution, in the last decades of his life, into a fully realized modern-day Christian mystic.

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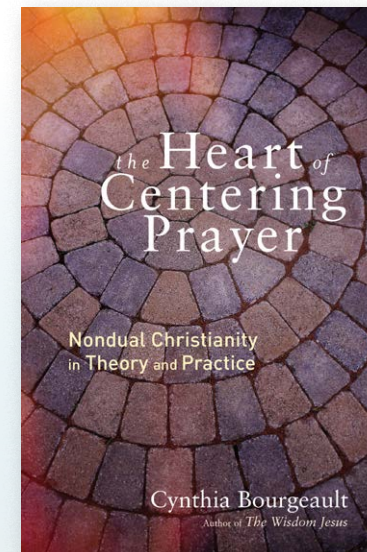
A new perspective on Christ and His message. Cynthia Bourgeault creates a masterful guide to Jesus's vision and the traditional contemplative practices you can use to experience the heart of his teachings for yourself.

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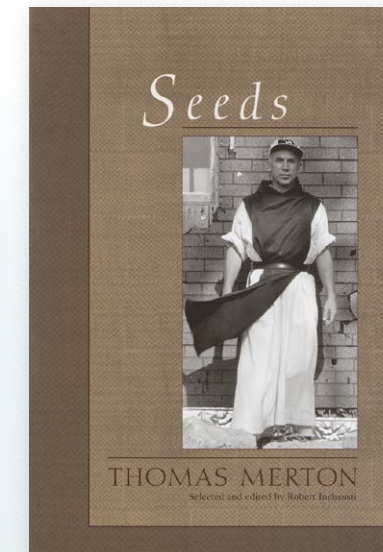
Exploring Mary Magdalene via the Bible, church tradition, art, legend, and newly discovered texts informed by the wisdom of the ages-old Christian contemplative tradition. What emerges is a radical view of Mary Magdalene as Jesus's most important disciple.

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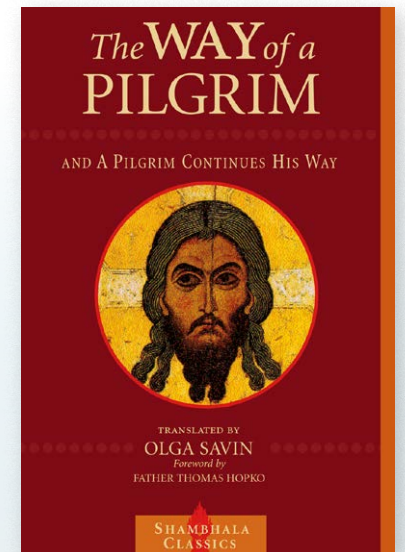
The popular Christian meditation of Centering Prayer provides compelling evidence of how important this transformative practice can be. It will resonate with beginners on the Centering Prayer path as well as with seasoned practitioners.

9781611803143



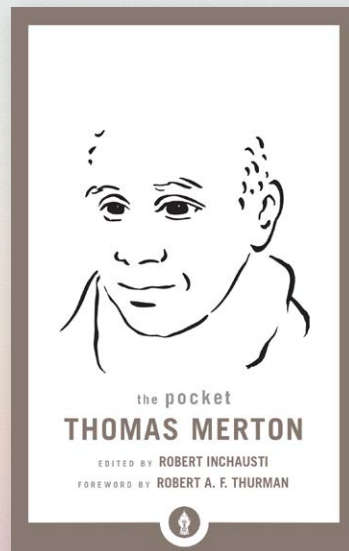
Merton's startling critique of a society driven by technology and rampant acquisition, the politics of "good versus evil," and the self-deluding complacency of the spiritual "lifestyle" demonstrate beyond doubt that his writings are as urgent today as they were in his lifetime.

9781570629303



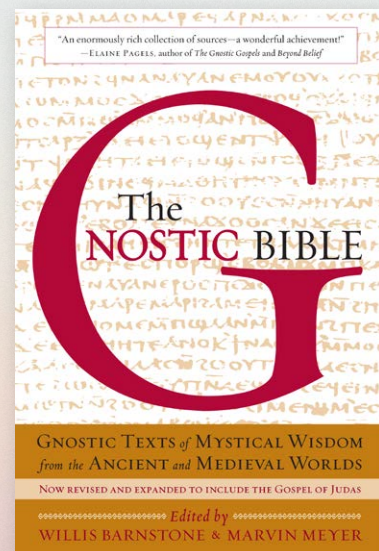
This classic of world spiritual literature is the firsthand account of a pilgrim's journey as he endeavors to live out Saint Paul's instruction to "pray without ceasing." This edition includes the sequel to *The Way of a Pilgrim*, entitled *A Pilgrim Continues His Way*.

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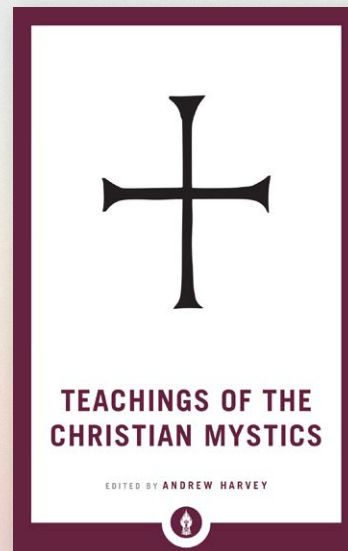
Merton's spiritual journey and meditative reflections. This collection grapples with the complexities of identity, existence, and the human condition, urging readers to confront the illusions that cloud their understanding of self.

9781611803761



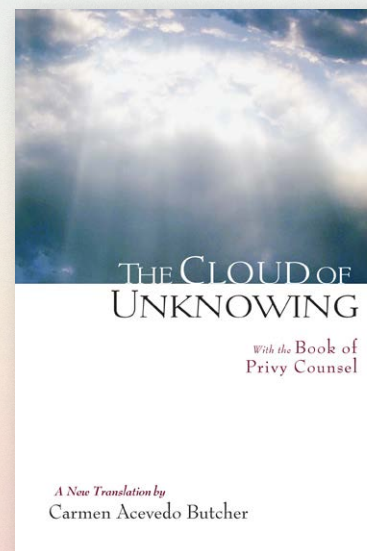
"This book may well be the most comprehensive collection of gnostic materials ever gathered in one volume... A valuable resource for students and scholars." —*Publishers Weekly*

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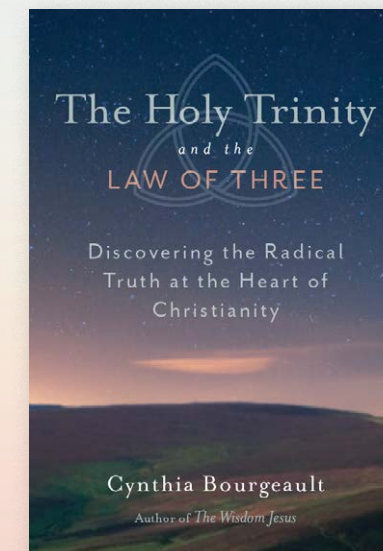
An anthology of excerpts and scriptures from a diverse selection of Christian mystics such as Francis of Assisi, Meister Eckhart, Julian of Norwich, Teresa of Avila, Thomas Merton, Bede Griffiths, and many others.

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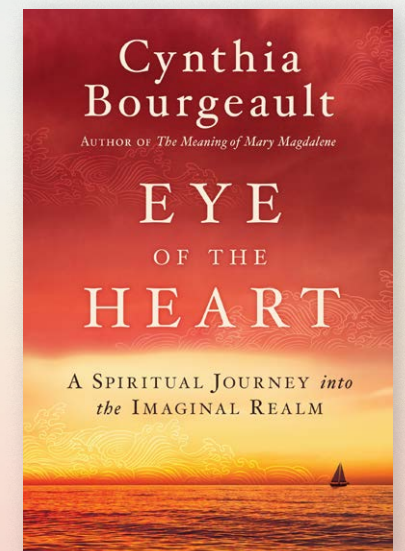
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This groundbreaking book shares the evolution of Cynthia Bourgeault's spiritual journey and offers a new map to understanding energy and our collective reality.

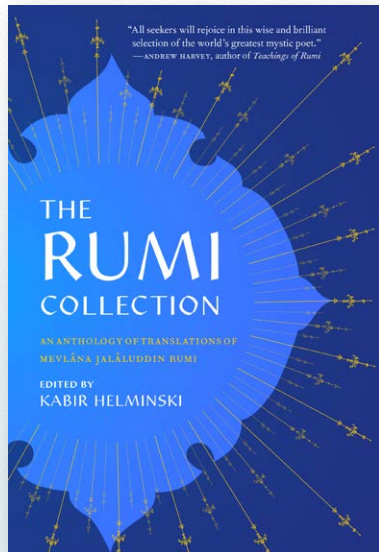
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Sufism

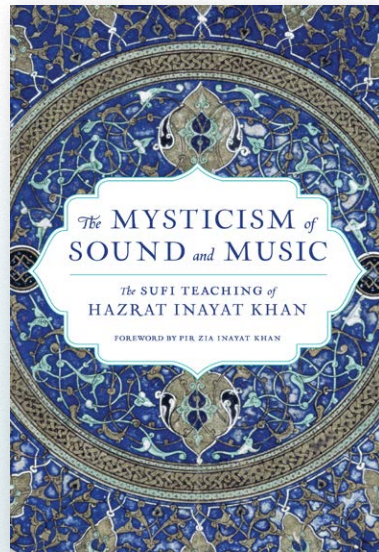
The contemplative and poetic tradition of the Middle East and beyond

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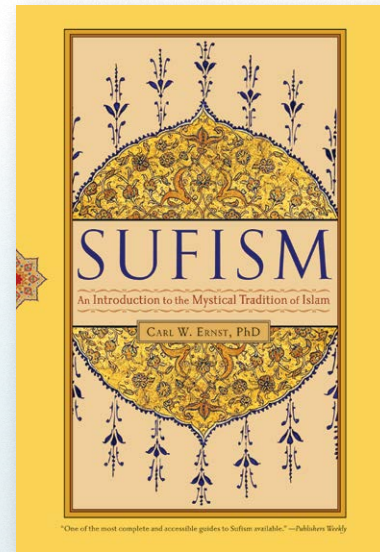
A rich introduction to the work of Rumi by the foremost scholar on the great mystical poet, featuring leading literary translations of his verse by Coleman Barks, Robert Bly, Andrew Harvey, Kabir Helminski, Camille Helminski, and more.

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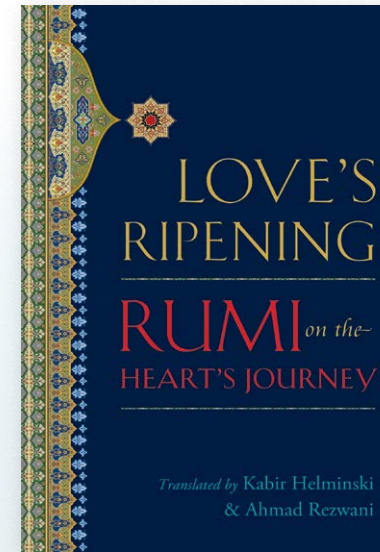
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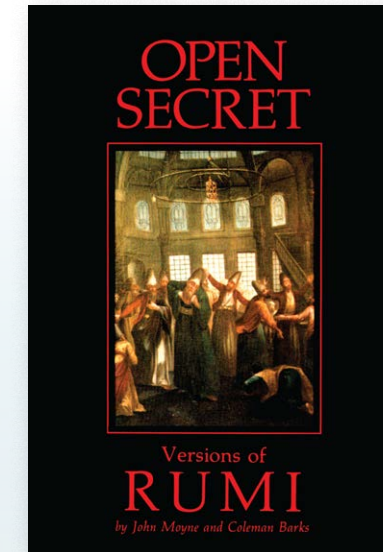
The classic introduction to the philosophies, practices, and history of Sufism, the mystical tradition of Islam.

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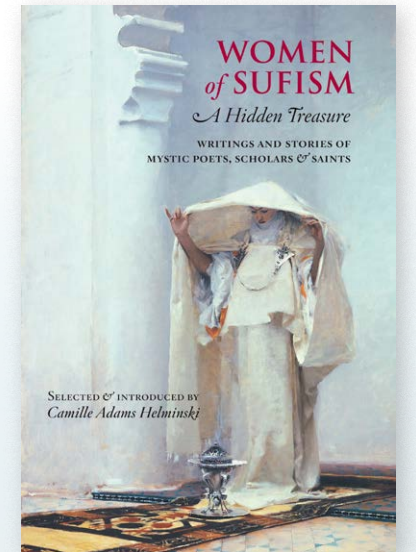
The poems in this collection of Rumi, taken from among the master's many volumes of work, focus on one of his greatest themes: how love grows and matures for those on the spiritual path.

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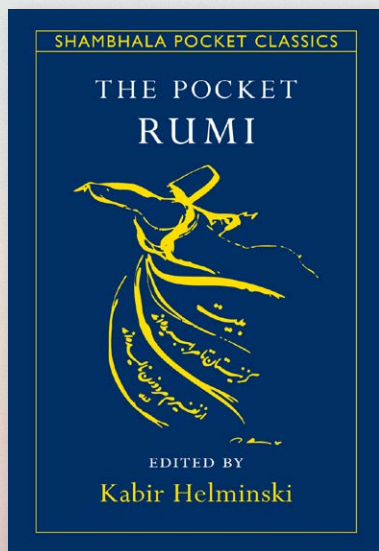
The quatrains and odes in this work reveal a most human and accessible side of the great poet and mystic. They are the personal records of one man's encounter with the Divine.

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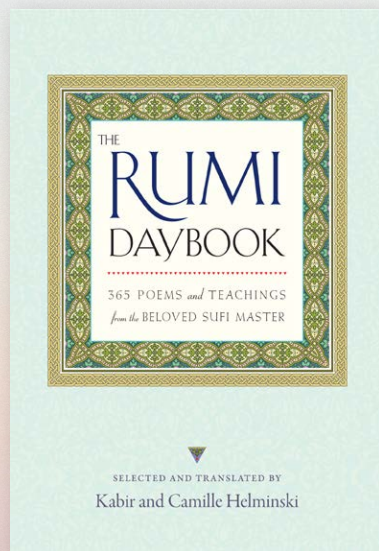
The luminous presence of women who follow the Sufi Way—the mystical path of Islam—is brought to life here through their sacred songs and poetry, their dreams and visions, and stories of their efforts as they witness the Truth in many realms.

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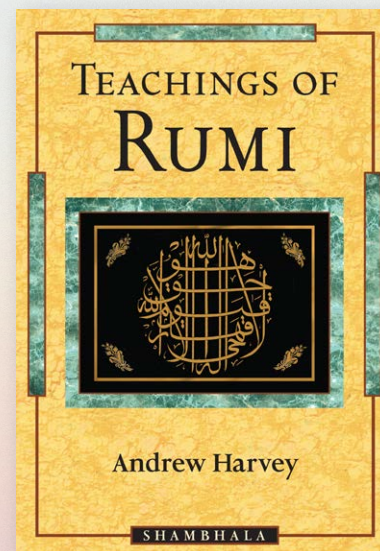
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A treasury of daily wisdom from this most beloved of all the Sufi masters—both his prose and his ecstatic poetry—that you can use to start every day for a year or that you can dip into for inspiration any time you need to break through the granite of your heart.

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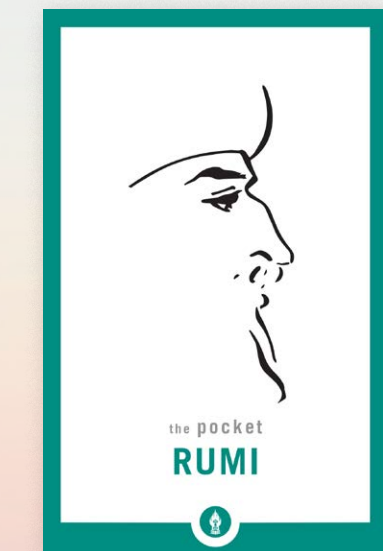
A profound, in-depth collection of Rumi's prose and poetry—from his most celebrated works to his more obscure teachings.

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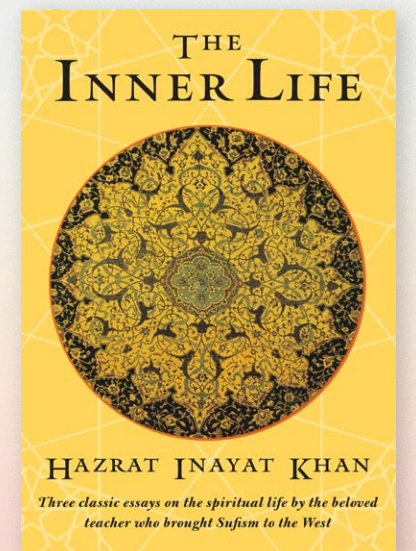
A contemporary exploration into the meaning and possibility of our human existence, through the universal insights of the 13th-century Persian poet and Sufi mystic Rumi—by preeminent Rumi translator, Kabir Helminski.

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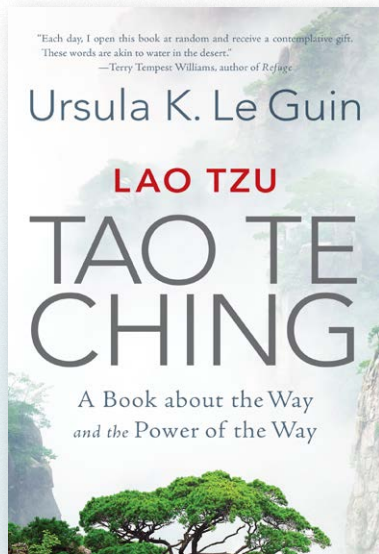
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Taoism

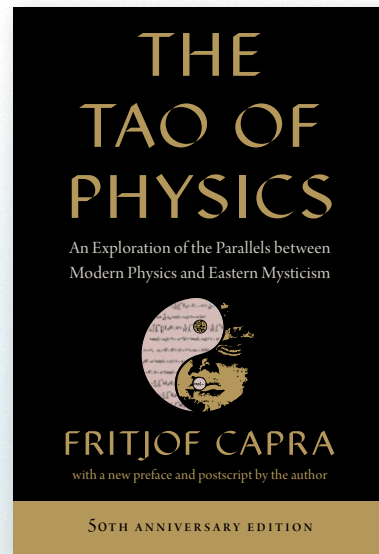
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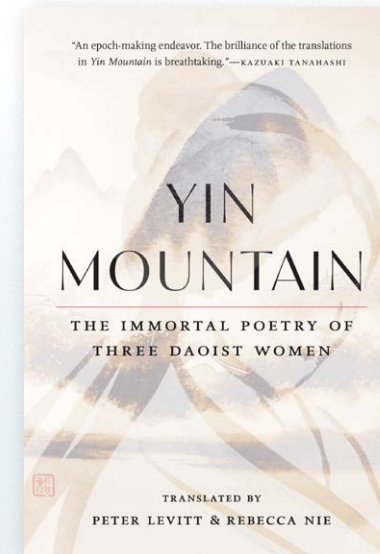
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In what may be the most faithful translation of the *Tao Te Ching*, the translators have captured the terse, enigmatic beauty of the original masterpiece without embellishing it with personal interpretation or bogging it down with explanatory notes.

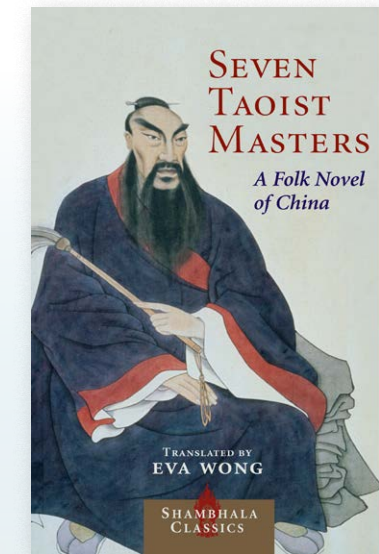
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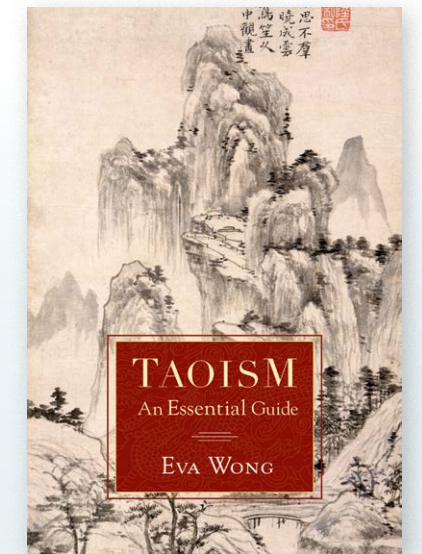
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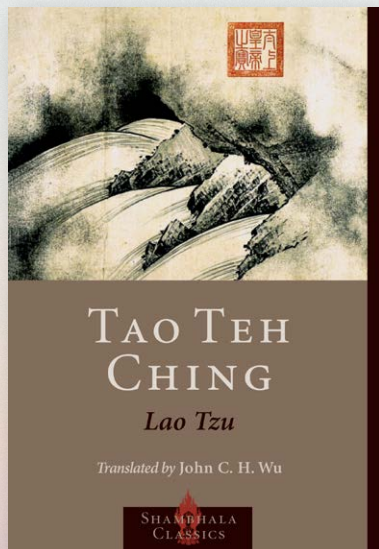


History and legend are interwoven in this novel, bringing to life the essentials of Taoist philosophy and practice, both through the instructions offered—on topics such as the cultivation of mind and body, meditation techniques, and overcoming the obstacles to enlightenment—and through the experiences of the characters. 9781590301760



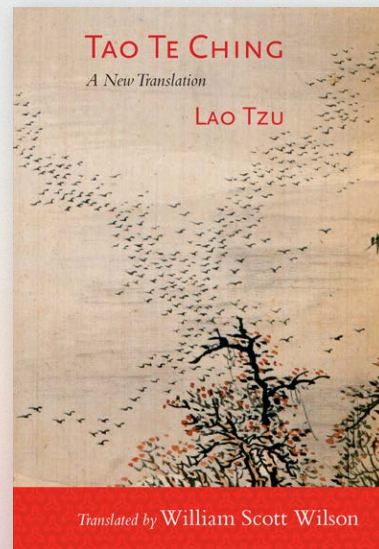
A leading Taoist teacher and feng shui master presents the great depth and diversity of Taoist philosophy, practices, and history in this accessible manual.

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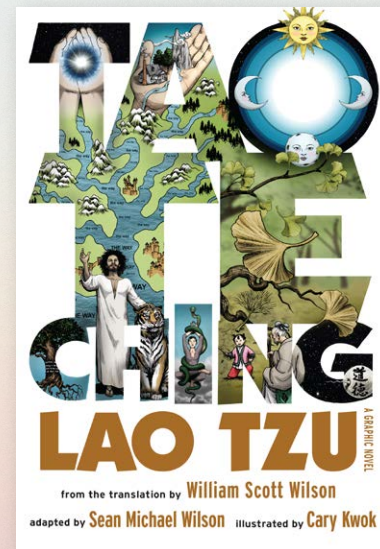
"No better choice of translator could have been made for the *Tao Teh Ching* than Dr. John C. H. Wu, whose rendering is superb... Perhaps we do not realize that some of the wisdom of the *Tao Teh Ching*, which so often reminds one of the Sermon on the Mount, is absolutely necessary for us not only to progress but even to survive."

—**Thomas Merton** 9781590302460

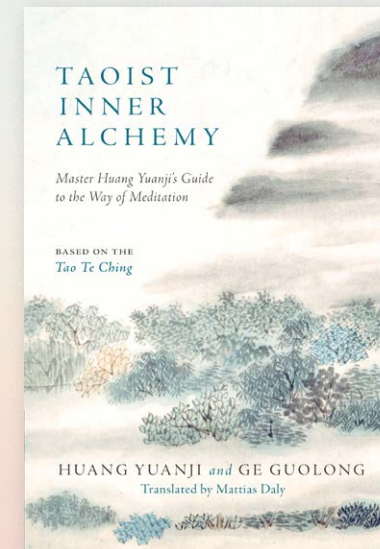


Renowned translator William Scott Wilson has rendered Lao Tzu's classic in the most authentic way possible, using both the ancient text and the even older Great Seal script used during Lao Tzu's time.

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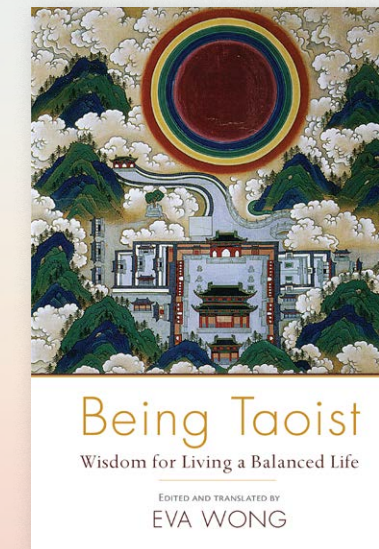


Each of the 81 poem-passages of the *Tao Te Ching* is reinterpreted by award-winning graphic novel writer Sean Michael Wilson and brought to life by the artful illustrations of Hong Kong artist Cary Kwok, who sets the text in various contemporary scenes to bring out the modern relevance. 9781611803280



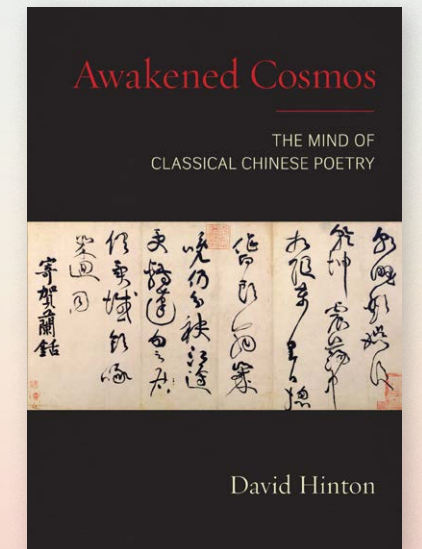
A fascinating guide to the mental, physical, and esoteric spiritual transformative Taoist practices designed to increase longevity and unity with the world—with commentary and interpretation on the traditional text by a contemporary academic and meditation practitioner.

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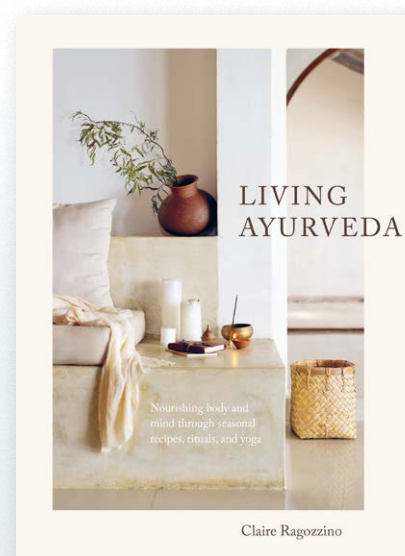
Yoga & Ayurveda



Ayurveda

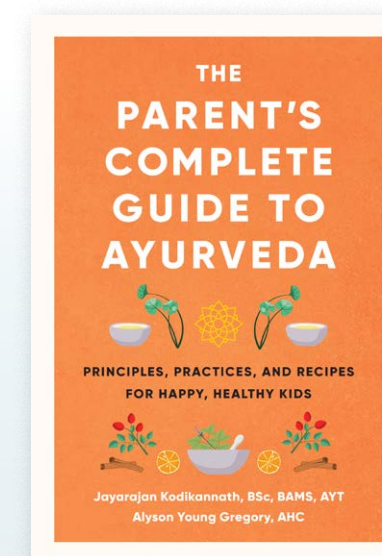
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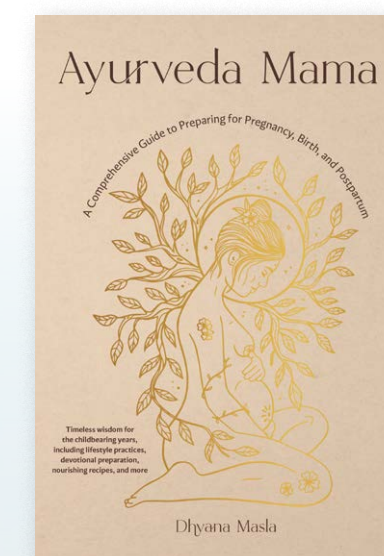
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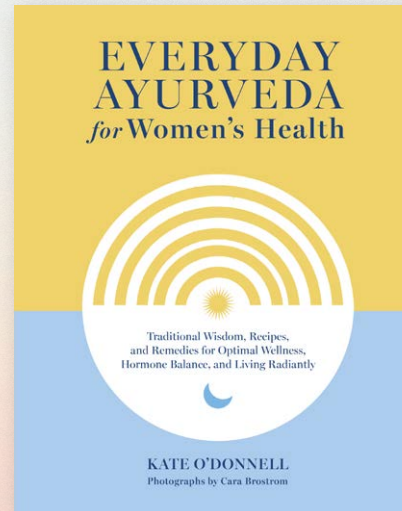
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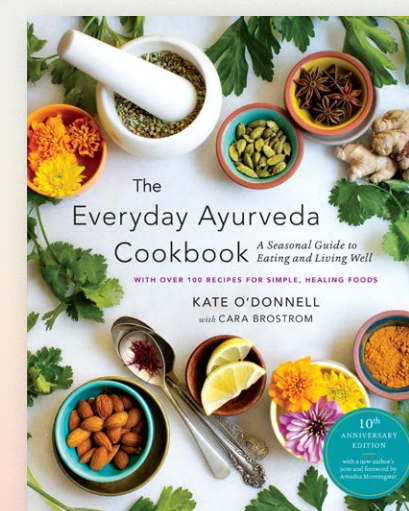
Eat your way to increased energy, balanced emotions, and an overall state of calm and relaxation.

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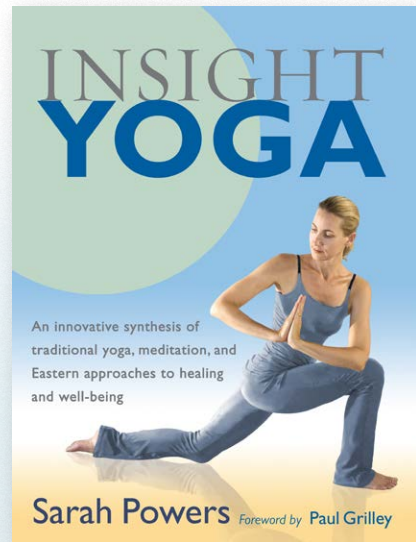
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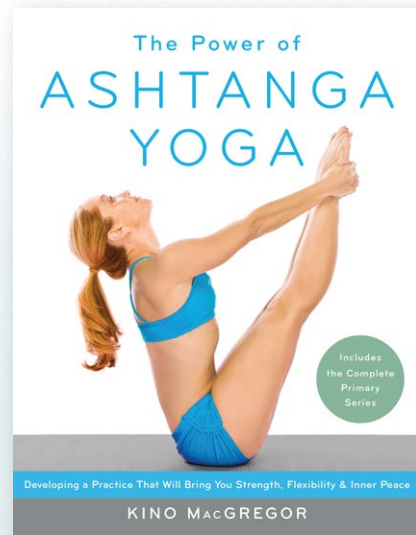
Yoga Practice

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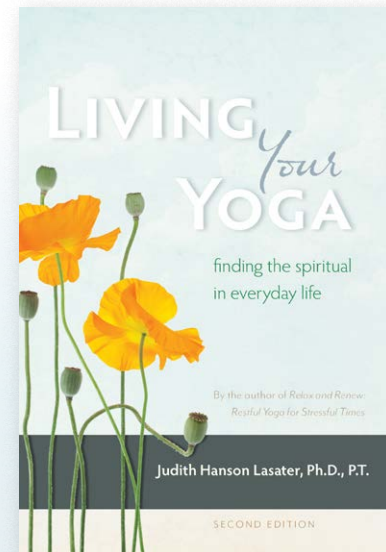
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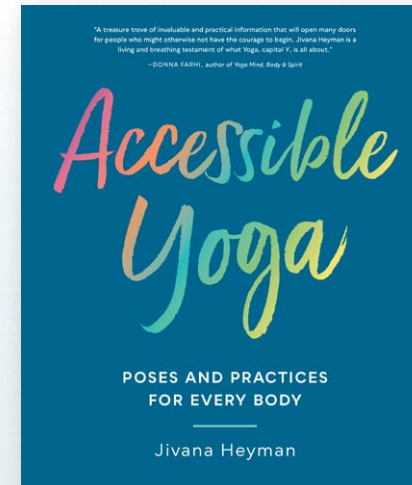
Insight Yoga is a classic that combines traditional yoga with the meridians of Chinese medicine, as well as Buddhist meditation. Using Yin (passive) and Yang (dynamic) poses, she demonstrates a series of different yoga sequences that bring benefit to organs, muscles, joints, and tendons—as well as the mind.
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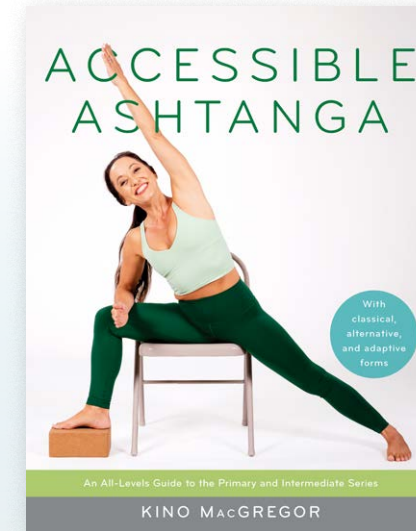
A foremost Ashtanga Yoga teacher tells you “everything you ever wanted to know from a yogi” in this guide for beginners and experienced practitioners alike.
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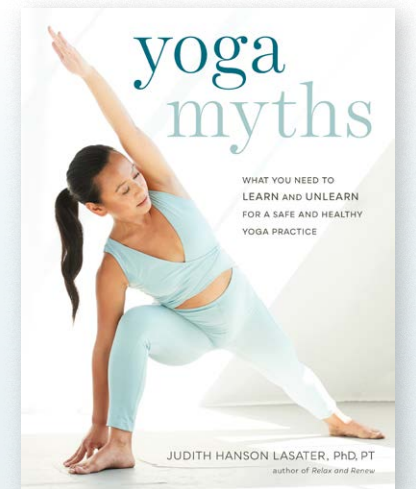
In this second edition of *Living Your Yoga*, Judith Hanson Lasater stretches the meaning of yoga beyond its familiar poses and breathing techniques to include the events of daily life—all of them—as ways to practice.
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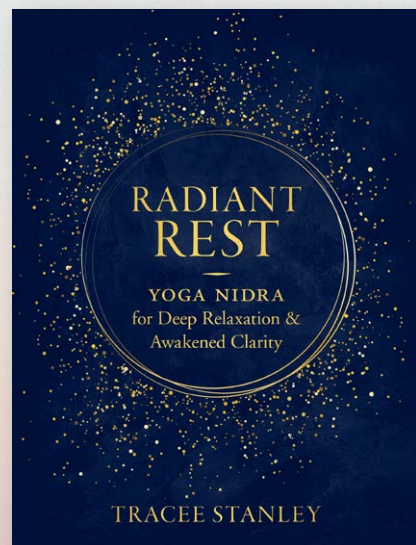
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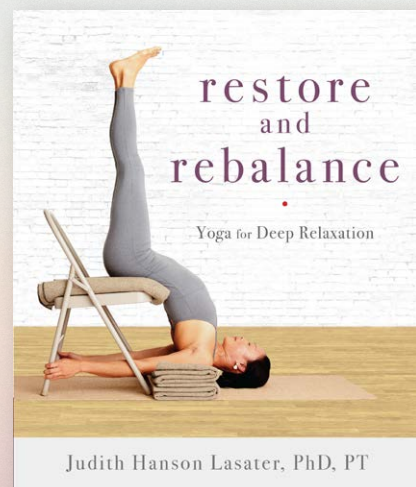
A bold, much-needed guide for Ashtanga Yoga practice, useful for all levels and illustrated with 250 color photos, by one of yoga's best known and respected teachers. 9781645470816



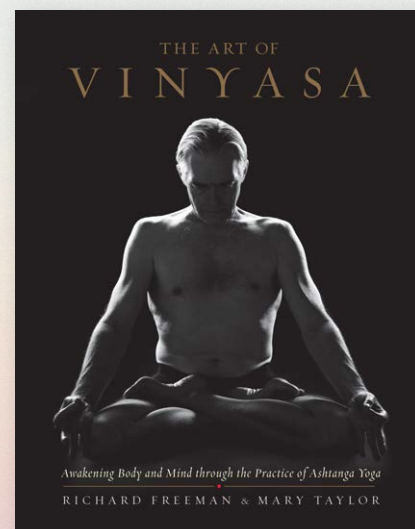
The essential guide to correcting yoga misconceptions and avoiding injuries in your practice from Judith Hanson Lasater, a yoga instructor, physical therapist, and bodywork expert.
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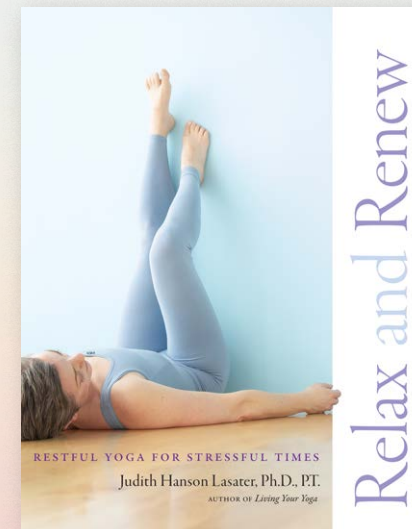
“Tracee Stanley’s *Radiant Rest* shares the transformative power of yoga nidra with beginners and advanced practitioners alike; this work is vital for our world today.”
—**Elena Brower**
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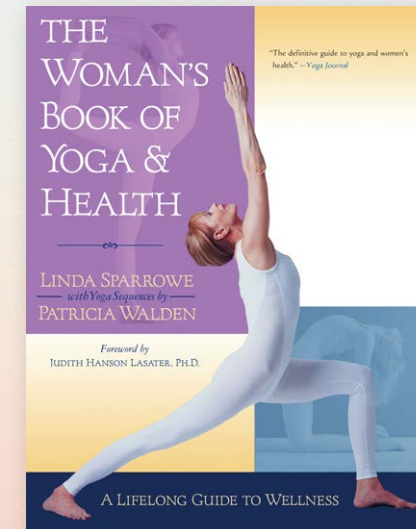
Restorative yoga teacher Judith Hanson Lasater offers a program of yoga poses to help rebalance your mind and body and counteract the effects of chronic stress.
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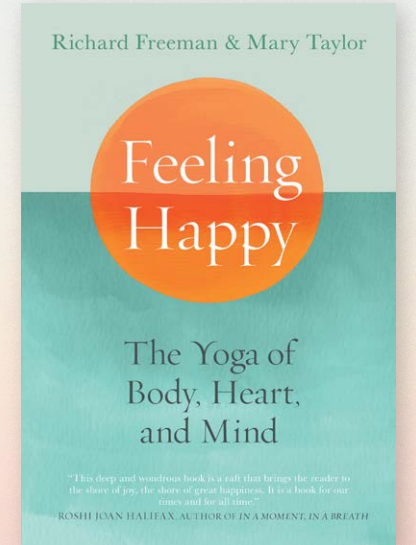
An in-depth explanation of form, alignment, and anatomy, and how they work together in the practice, from two of the best. They present a holistic approach to asana practice that includes an awareness of the subtle breath and seamlessly merges yoga philosophy with practical technique.
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The first comprehensive book about women's health issues and how to treat them with yoga. Includes a complete yoga program for general health as well as pose sequences that address specific health problems—all in the Iyengar tradition.
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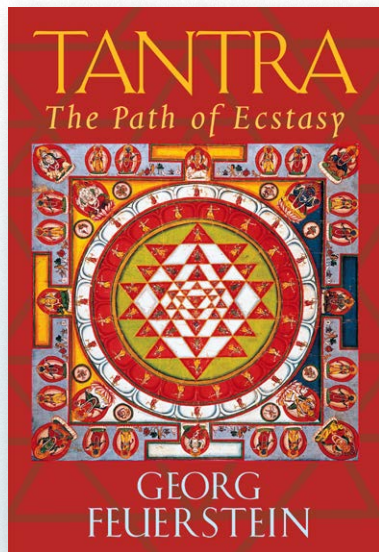
Includes 24 meditations, movements, and breathing exercises, along with 30 black-and-white illustrative photos for guidance. 9781645472339



Yoga Philosophy and Hinduism

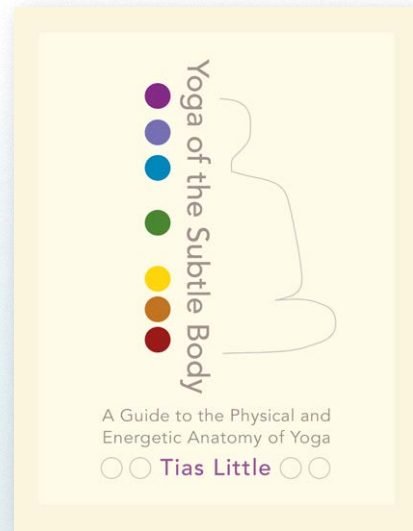
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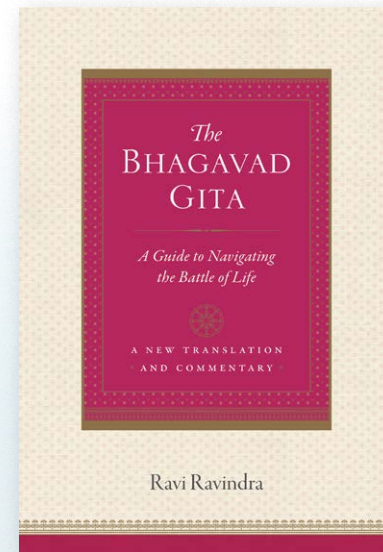
The foremost scholar of yoga offers a clear and lively introduction to the history, philosophy, and practice of the Tantric spiritual tradition.

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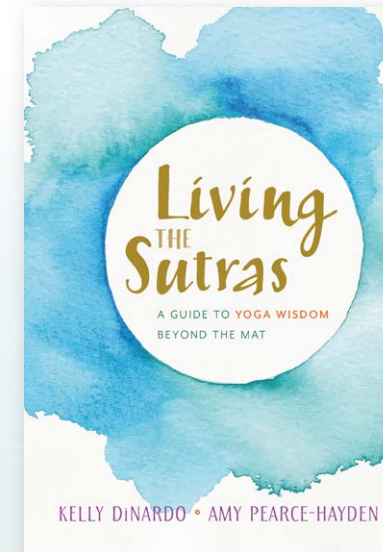
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Dr. Ravindra's fresh prose translation with wide-ranging commentary, is the fruit of that lifelong process. It stands out from the many other versions with its assertion that the Bhagavad Gita is at heart a universal guide to navigating the battle of life required of each and every one of us.

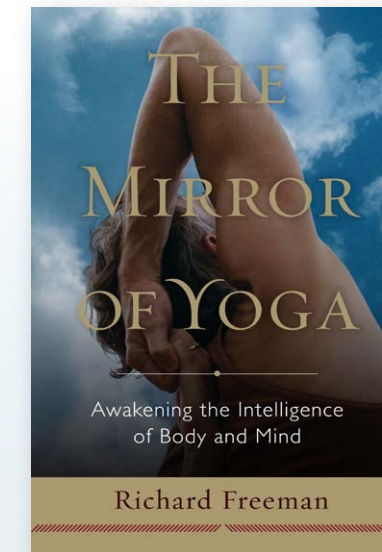
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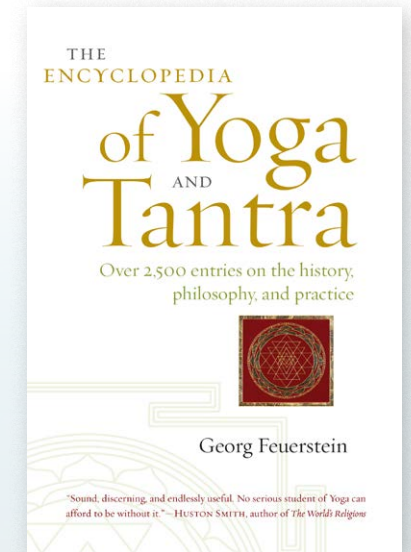
—Book Riot

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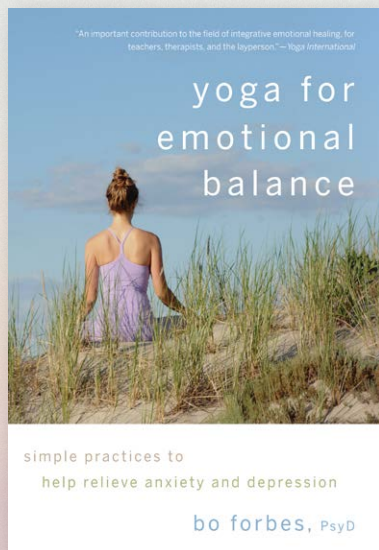
An enlightening overview of the many teachings, practices, and scriptures that serve as the basis for all the schools of yoga—hatha, bhakti, jnana, karma, tantra, and others.

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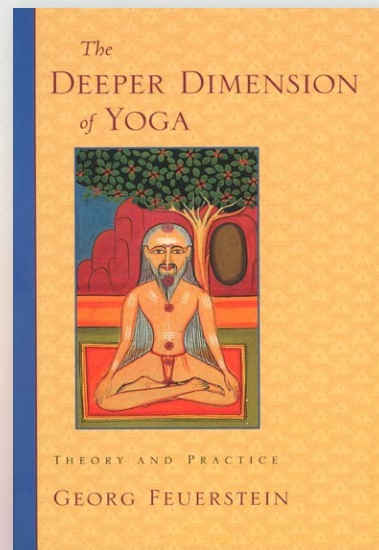
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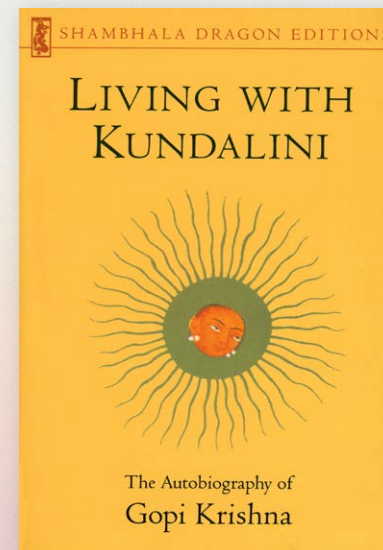
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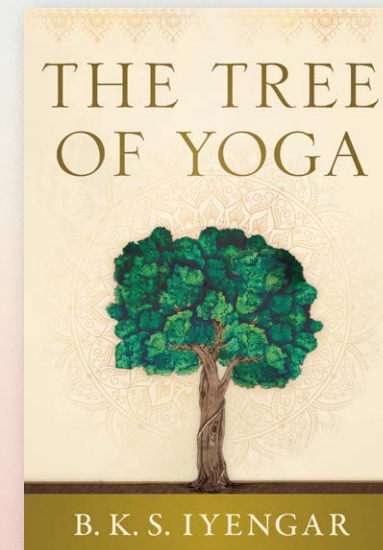
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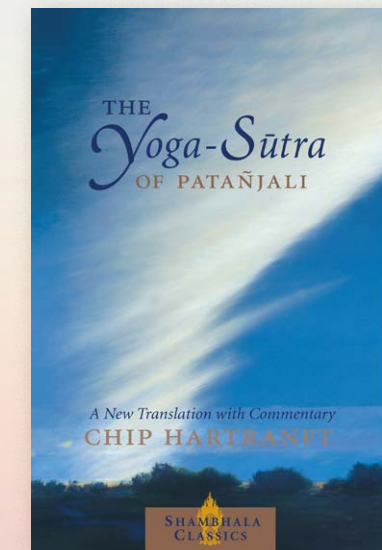
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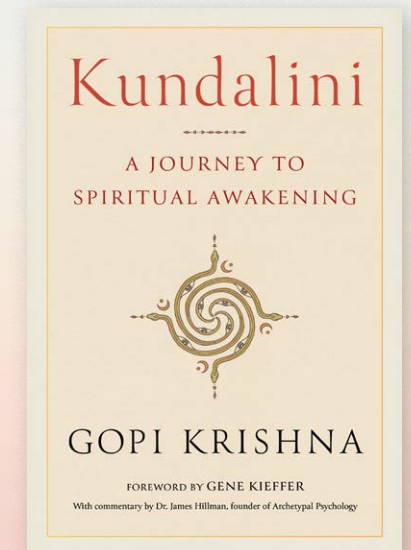
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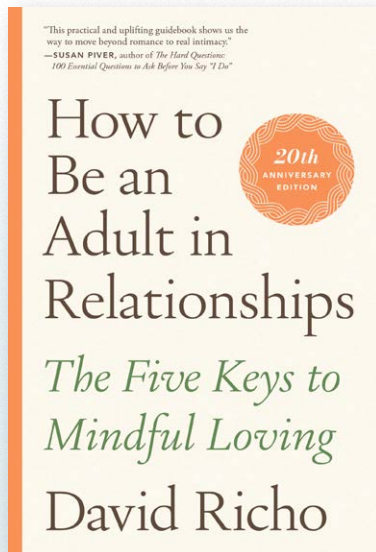
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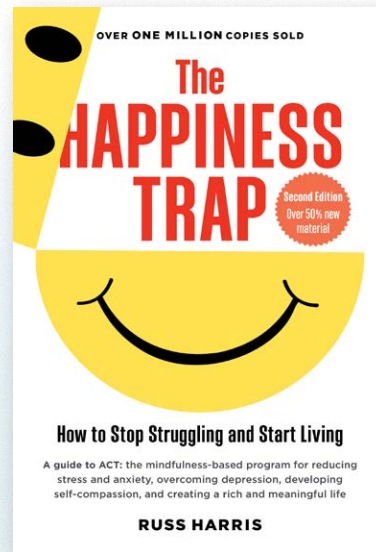
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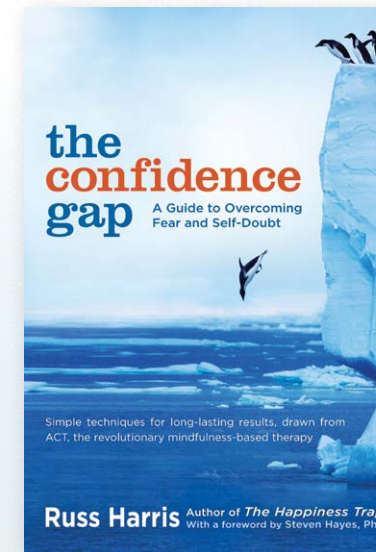
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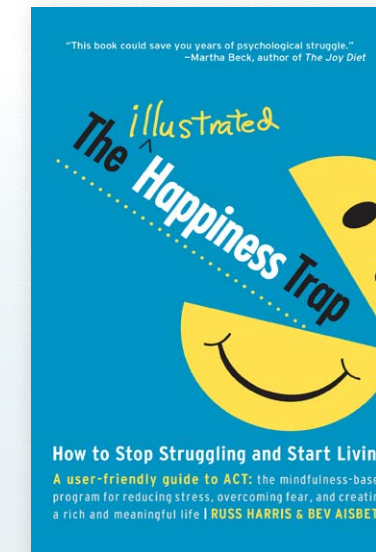
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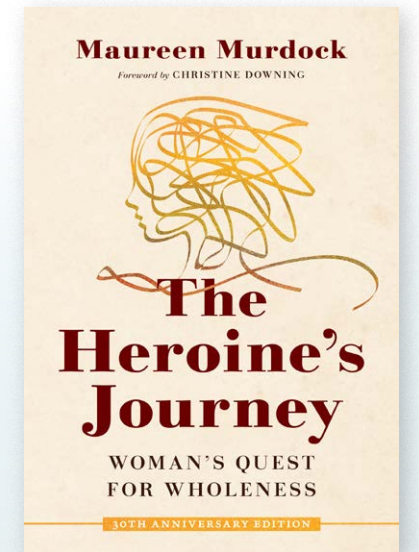
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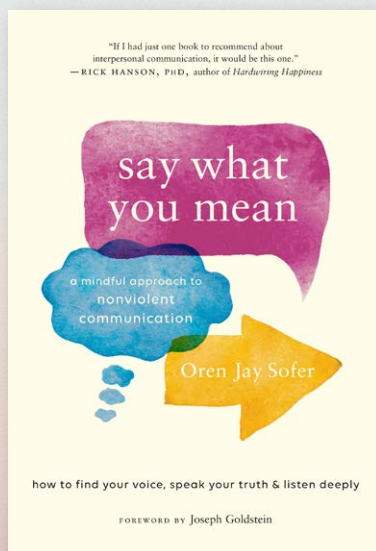
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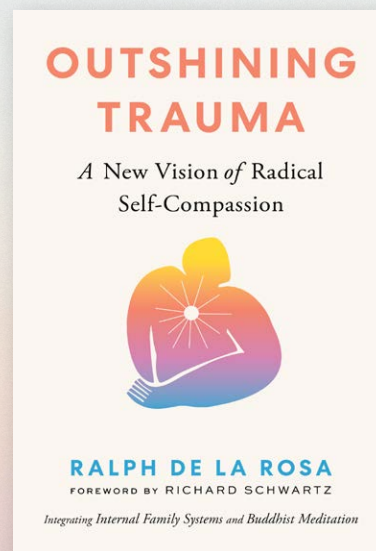
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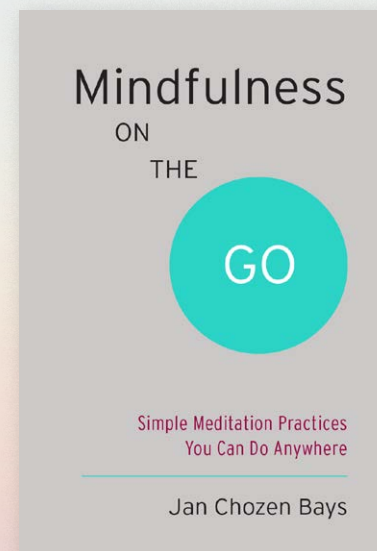
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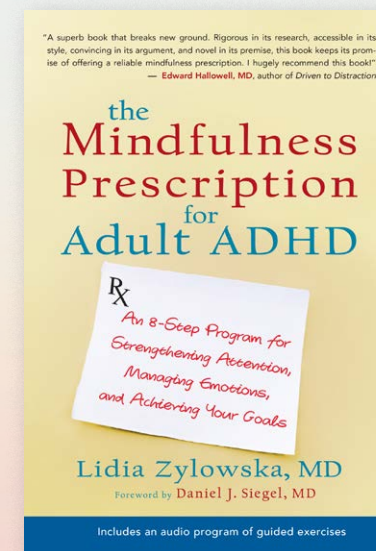
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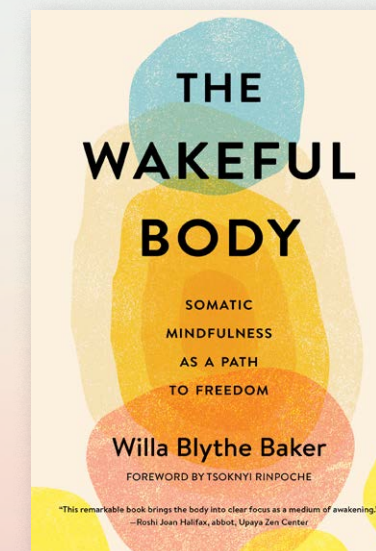
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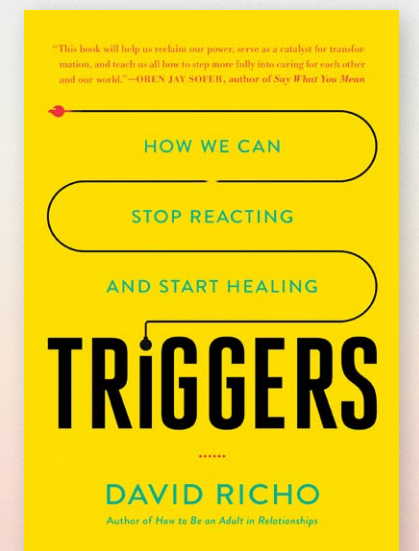
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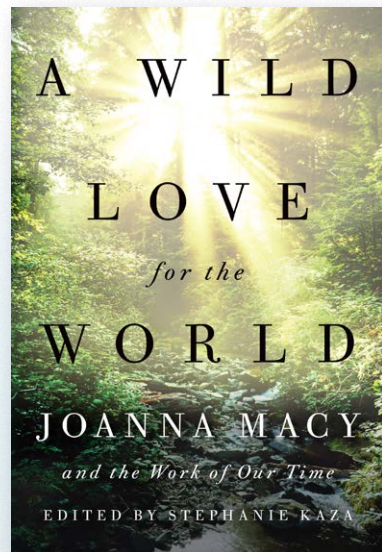
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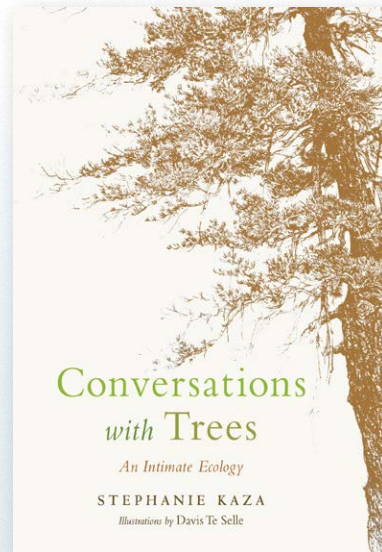
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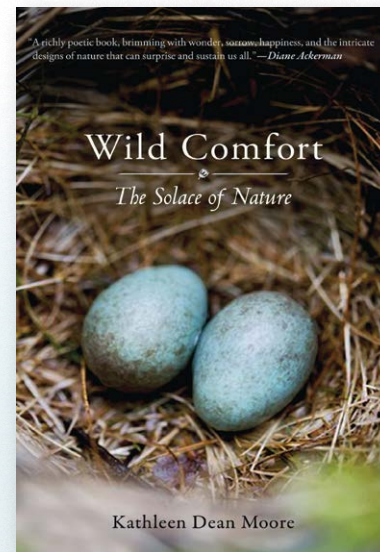
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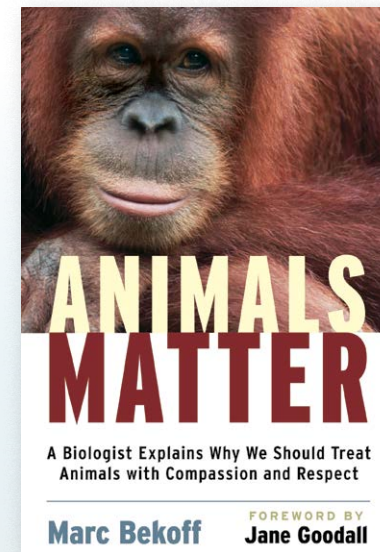
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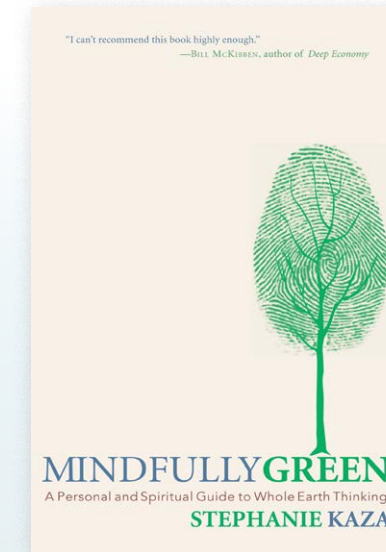
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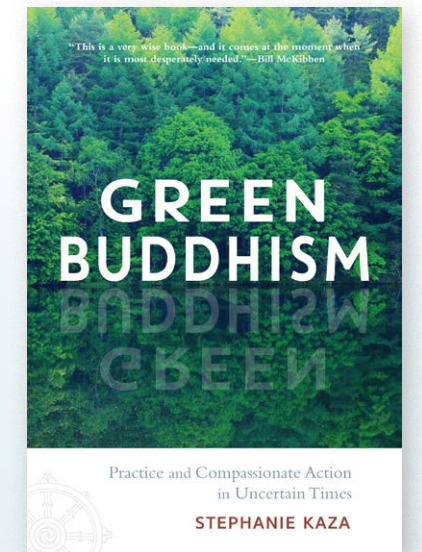
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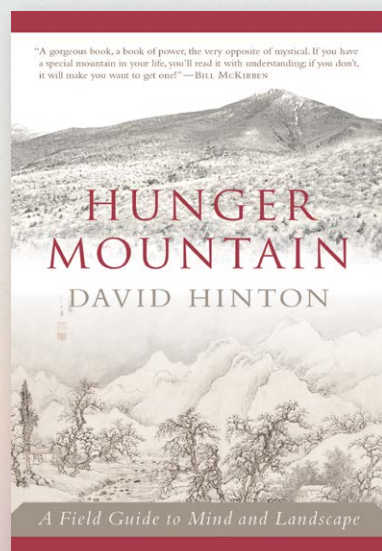
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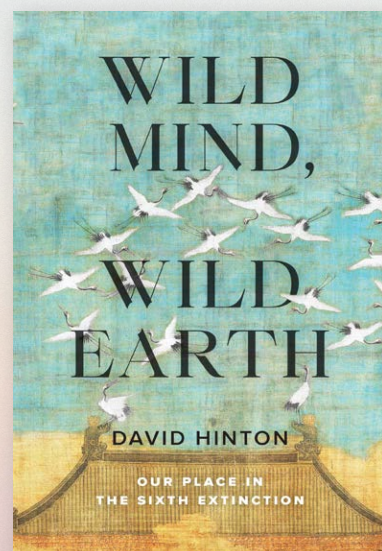
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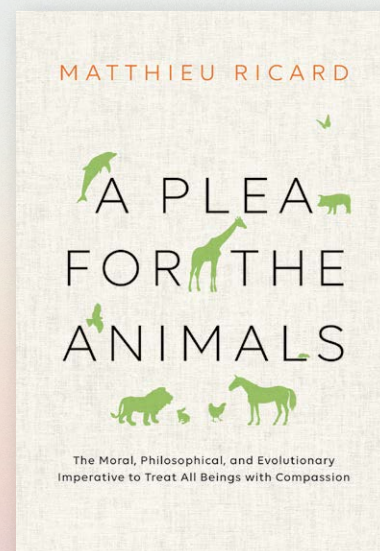
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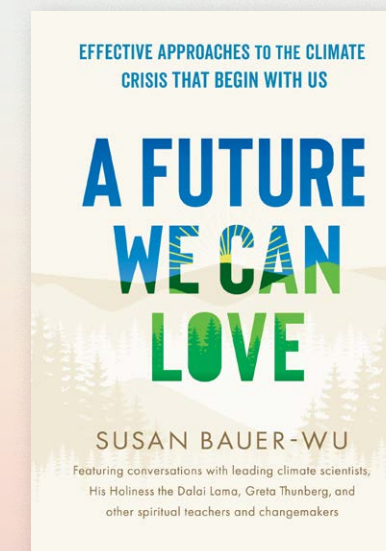
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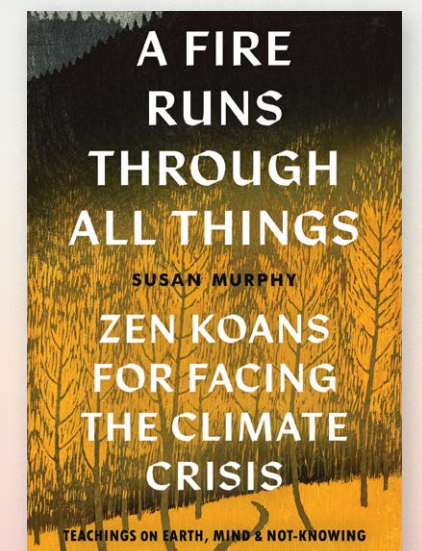
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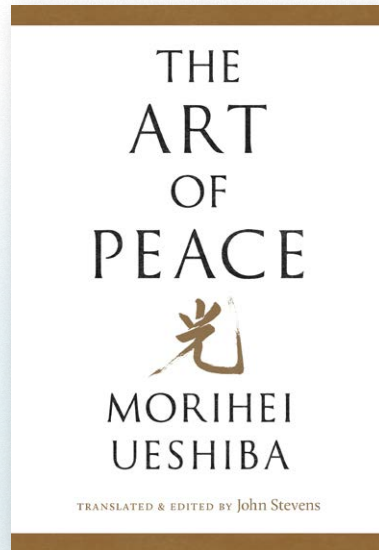
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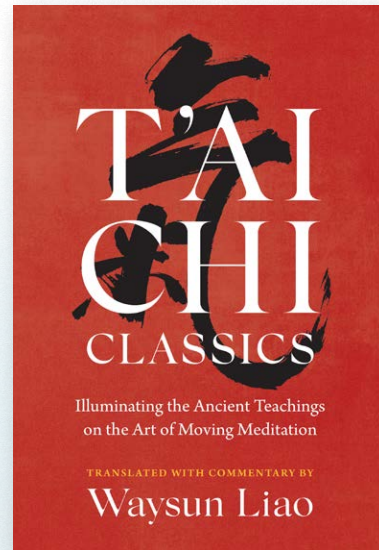
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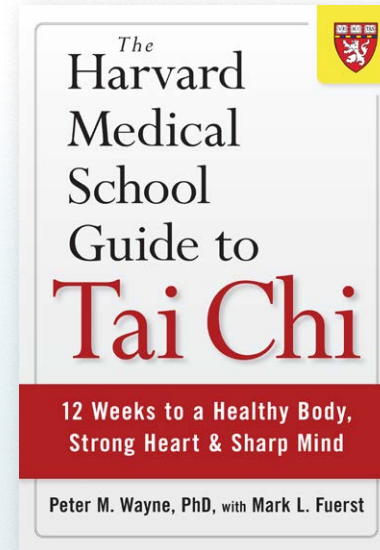


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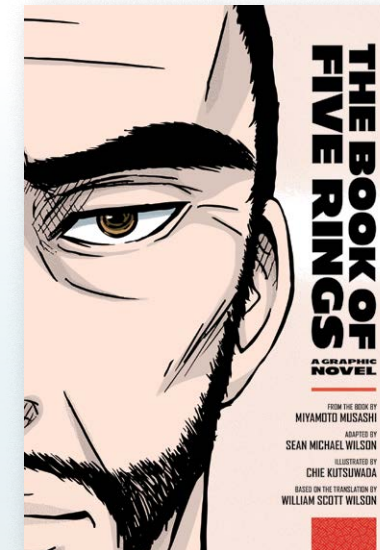


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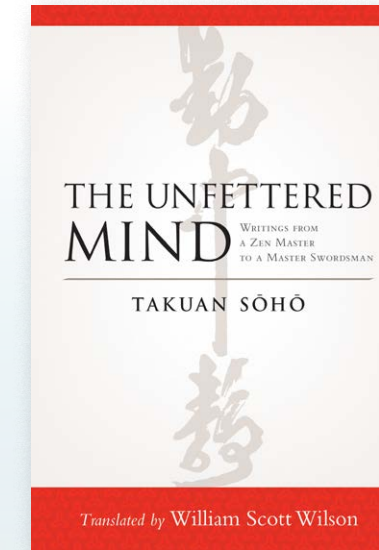
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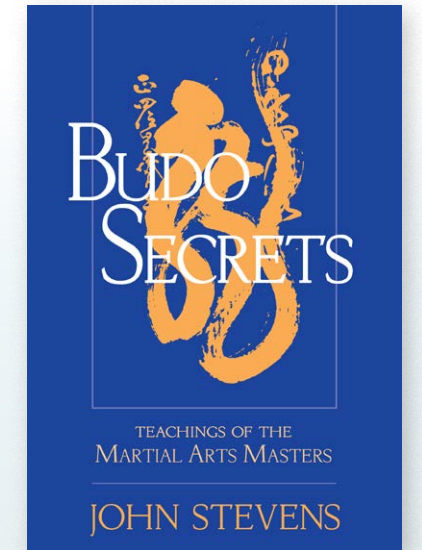
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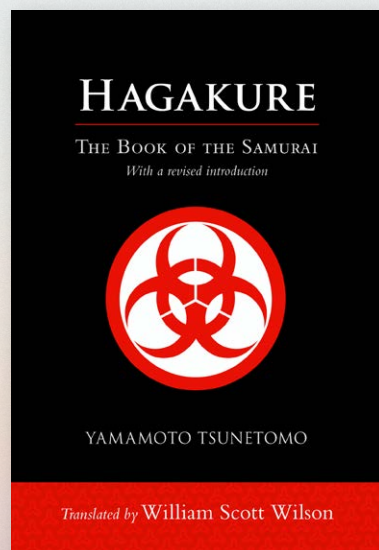
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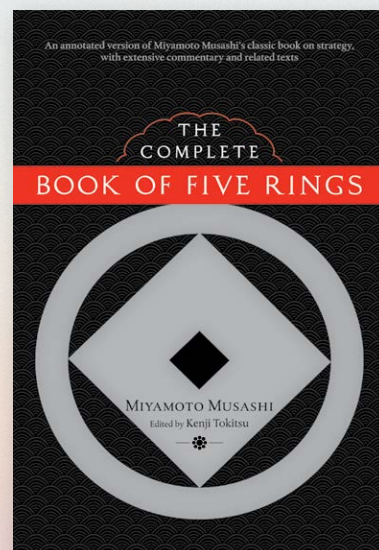
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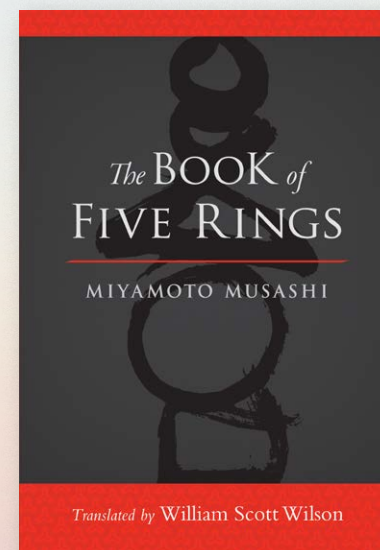
A foremost scholar of samurai texts approaches this martial arts classic as a meditation on the Zen concept of "death of the ego"—offering a fresh translation unlike any other.

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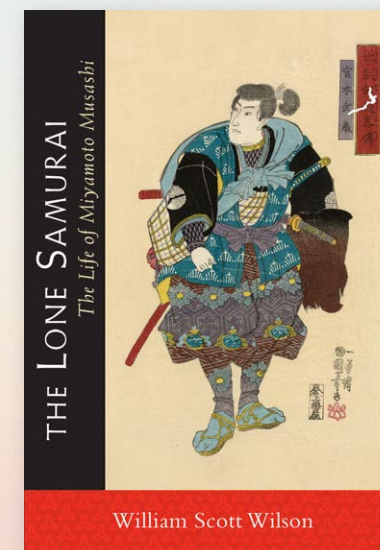
An authoritative version of Musashi's classic *The Book of Five Rings*, translated and annotated by a modern martial arts master, Kenji Tokitsu. Includes several other works by Musashi.

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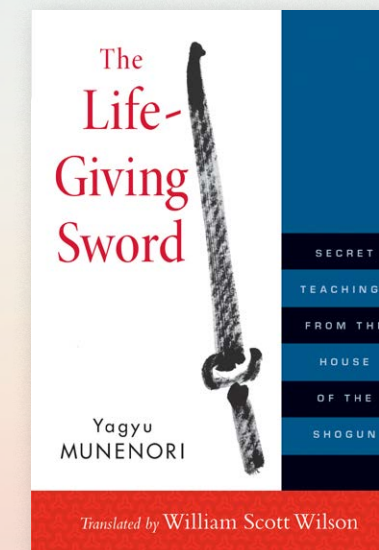
When the undefeated samurai Miyamoto Musashi retreated to a cave in 1643 and wrote *The Book of Five Rings*, a manifesto on swordsmanship, strategy, and winning for his students and generations of samurai to come, he created one of the most perceptive and incisive texts on strategic thinking ever to come from Asia.

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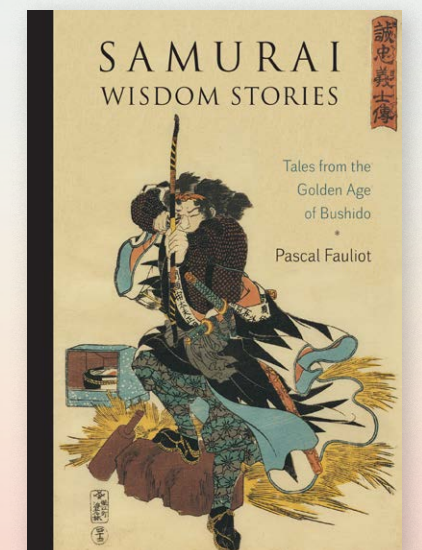
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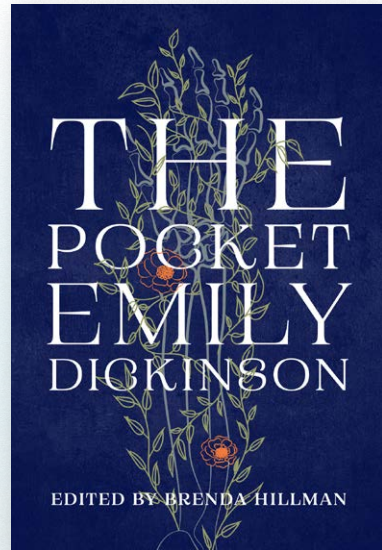
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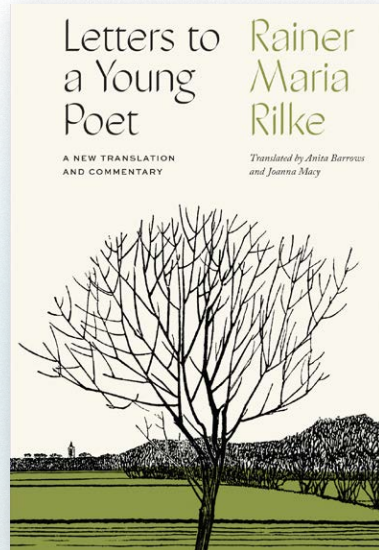
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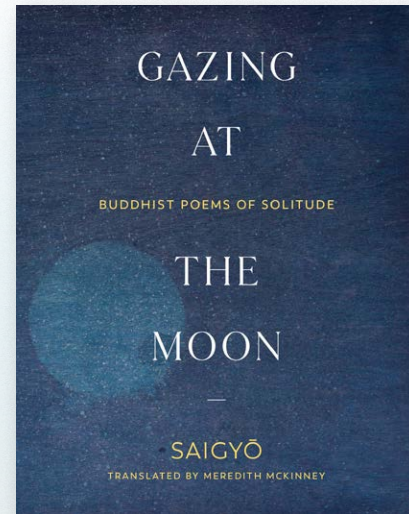
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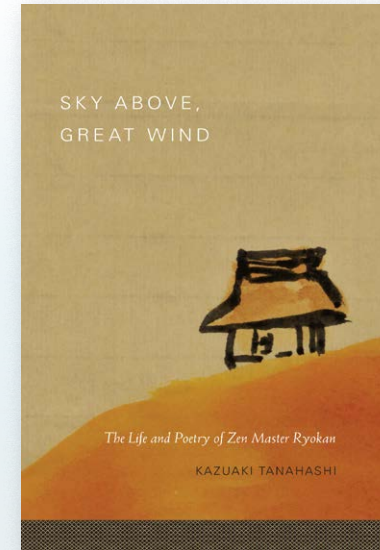
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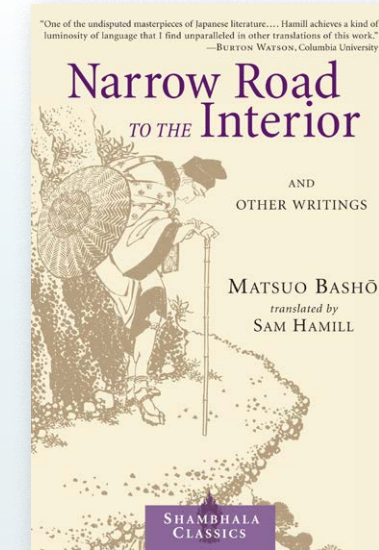
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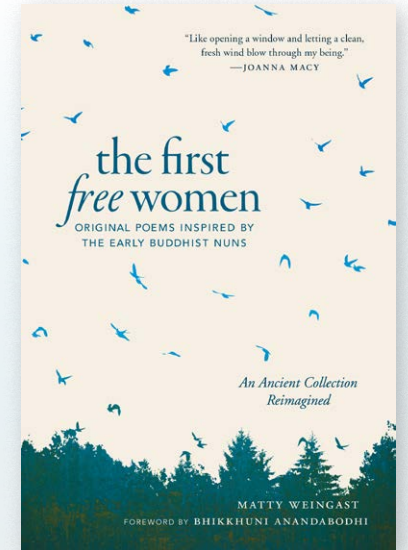
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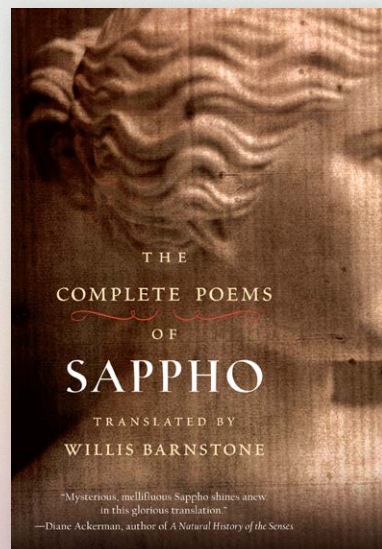
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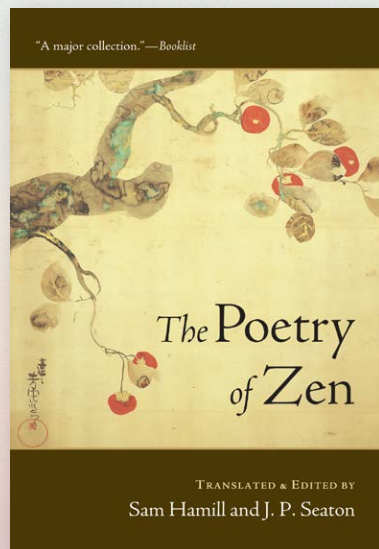
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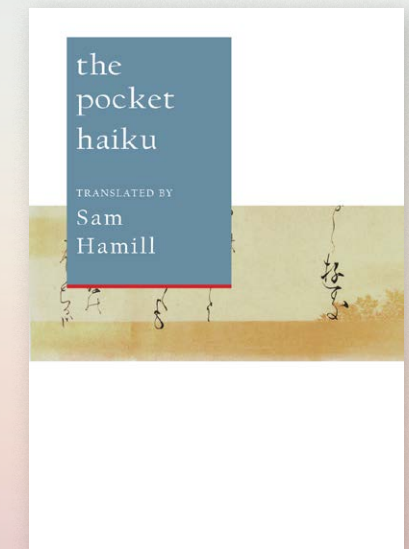
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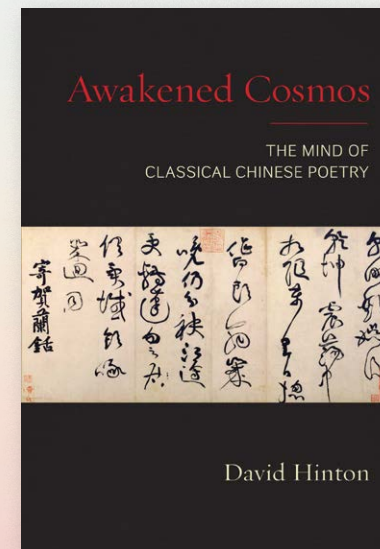
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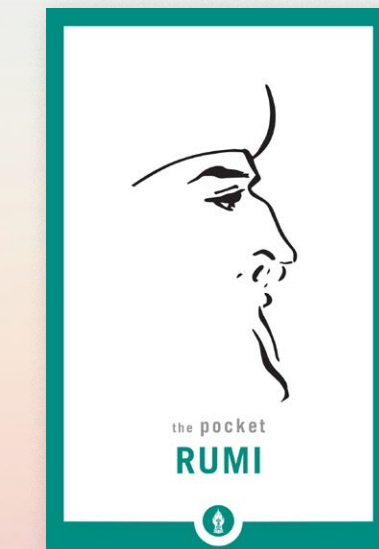
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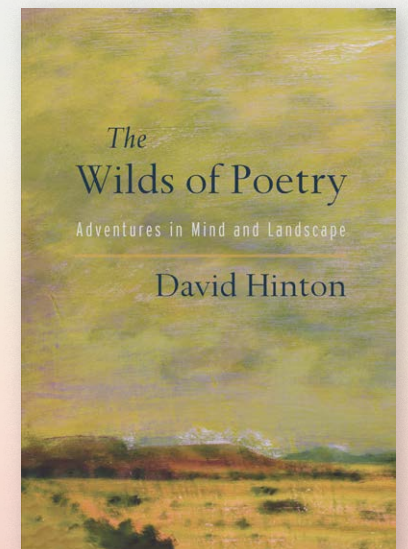
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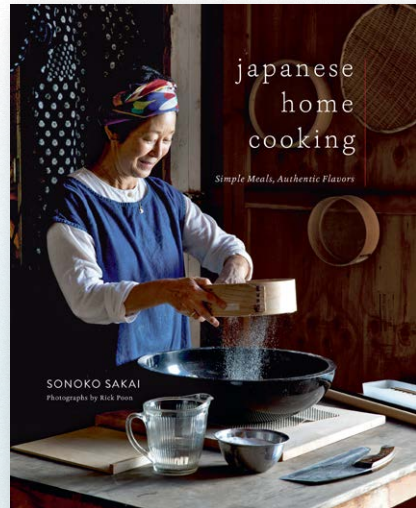
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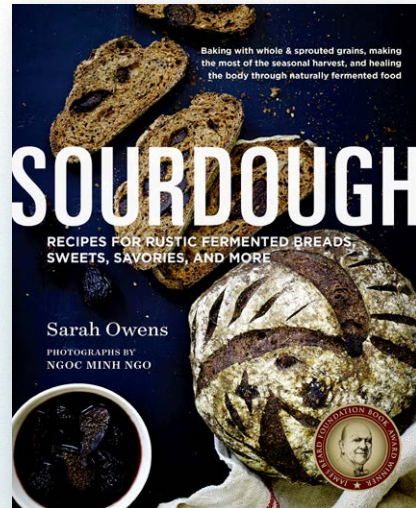
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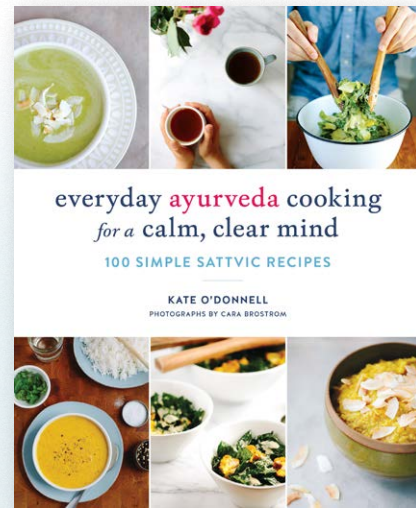
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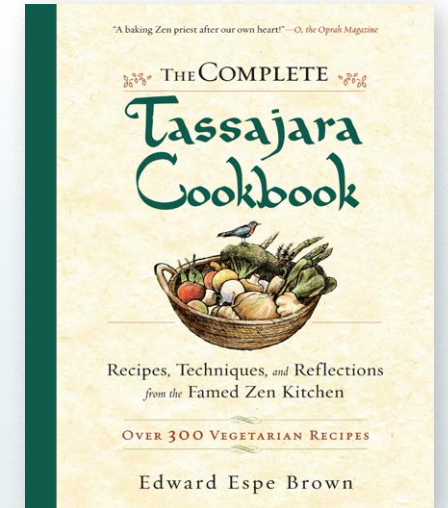
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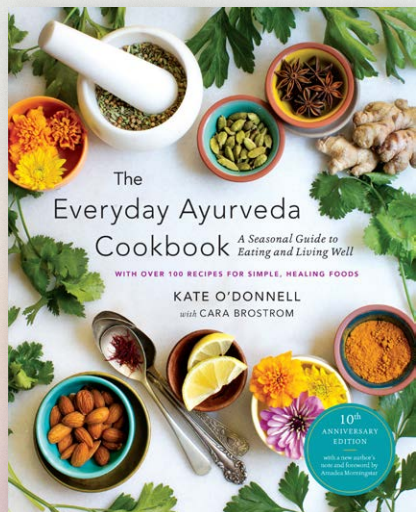
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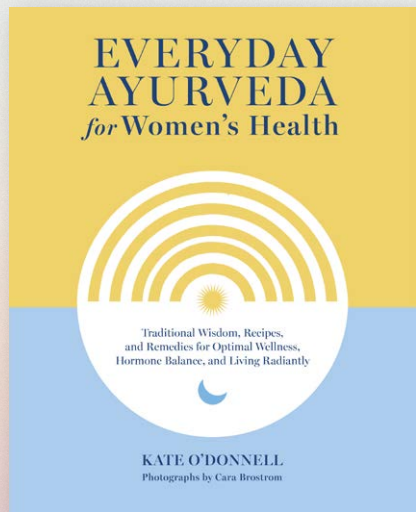
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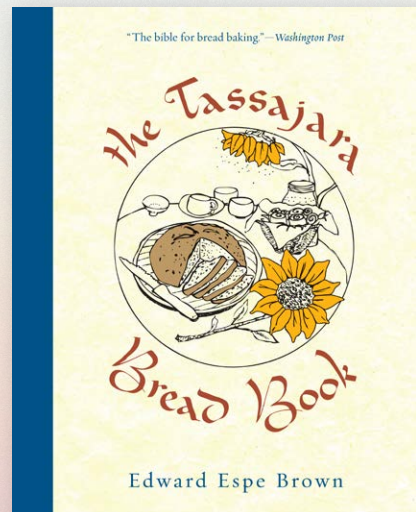
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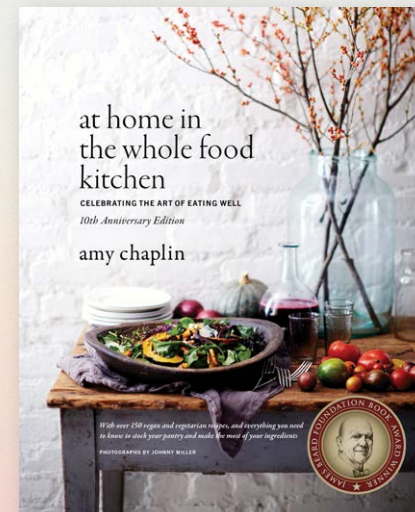
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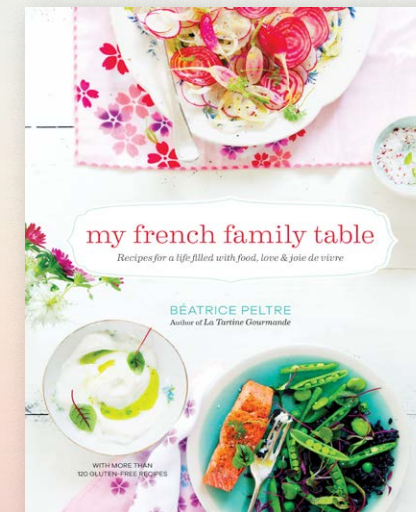
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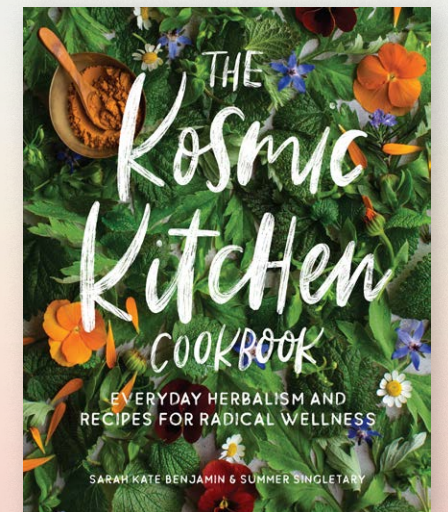
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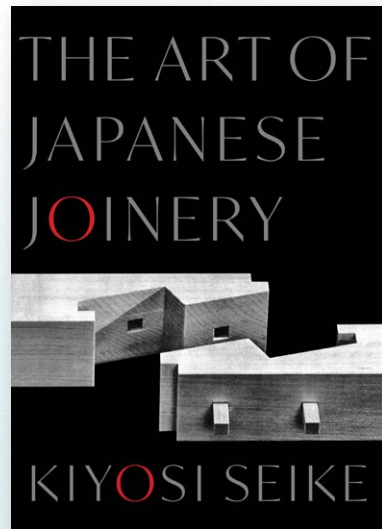
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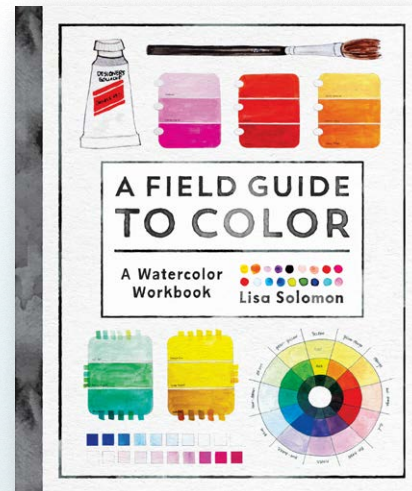
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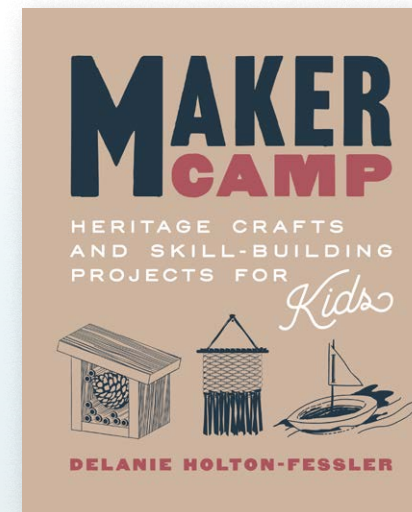
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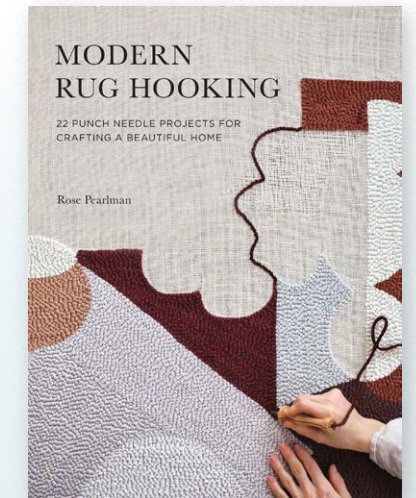
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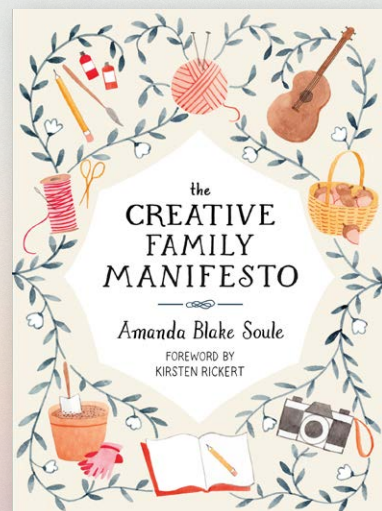
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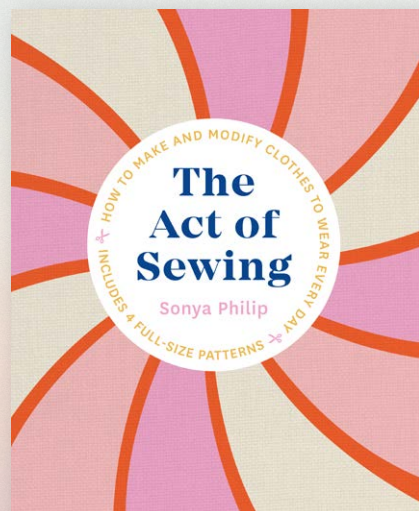
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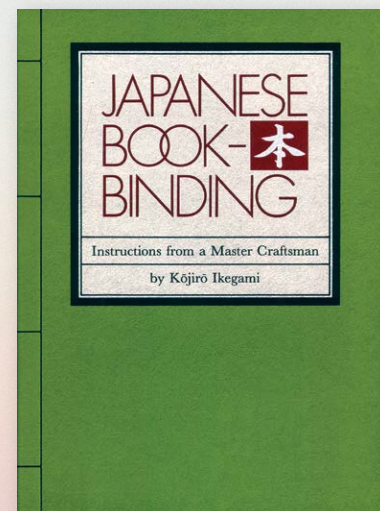
An artist's guide to the craft, beauty, and utility of punch needle rug hooking. 9781611807073



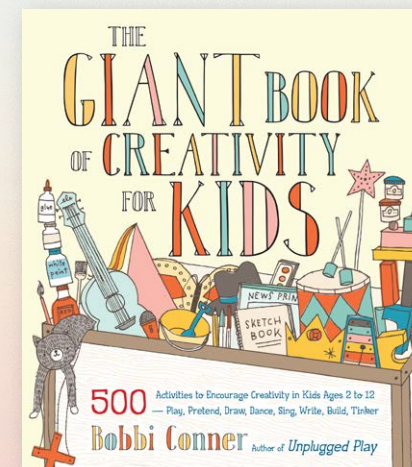
Bring more fun, unity, and love to your household through creative activities the whole family will enjoy—featuring ideas for imaginative play, arts and crafts, nature explorations, and more. 9781611805031



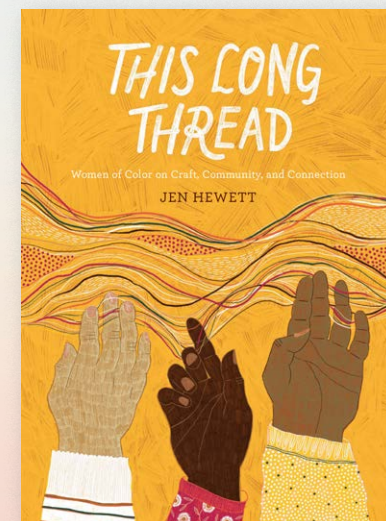
Express your personal style and make clothes that are comfortable for you and your body! 9781611808339



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Winner of the 2015 Parent's Choice Award
This is the ultimate book of ideas for arts and crafts, building and tinkering, writing and rhyming, singing and dancing, and more! This book provides an easy entry point for raising creative kids. 9781611801316



Celebrate the diverse work of people of color in the craft community and explore the personal, political, and creative potential of textile arts and crafts. 9781611808247



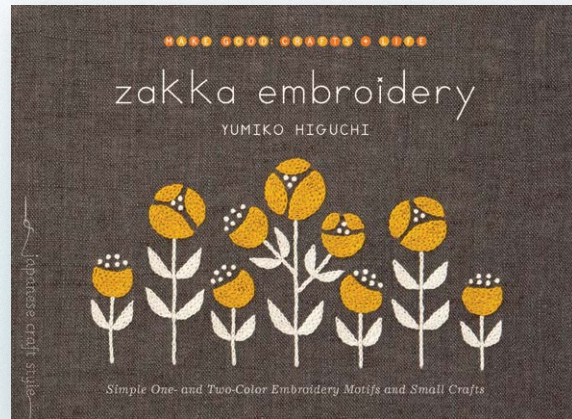
Create bold block prints for a completely custom wardrobe—print fabrics, customize patterns, and sew garments that truly express your own style. 9781611804621



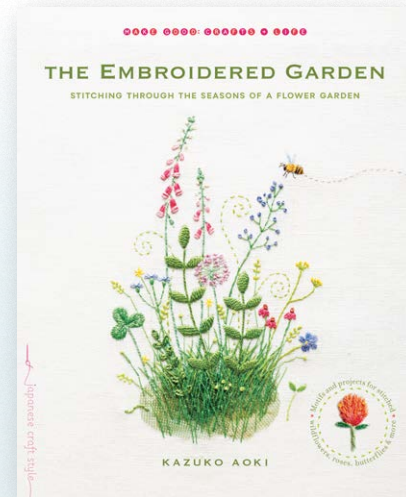
Embroidery from Japan

From some of the best needle artists in Japan including Yumiko Higuchi and Kazuki Aoki

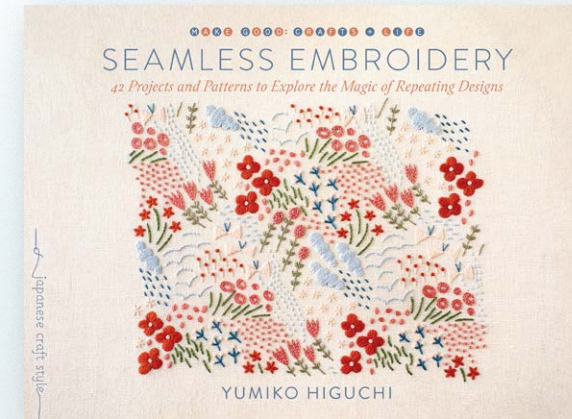
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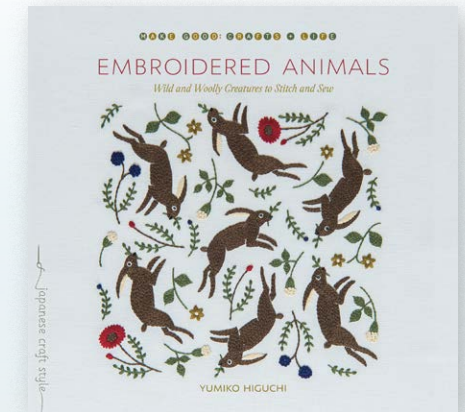
Zakka Embroidery presents designs that are an elegant blend of Japanese and Scandinavian style. The motifs and patterns are spare and graphic yet softened with organic shapes and imagery drawn from nature. 9781611803105



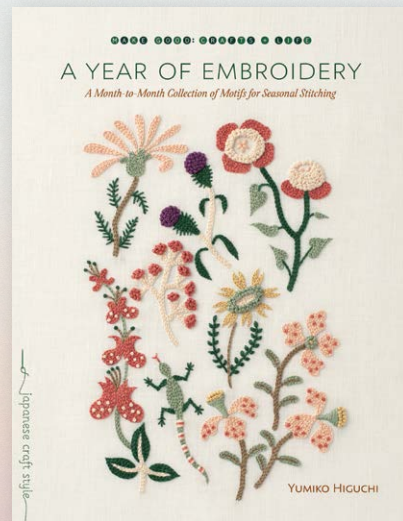
The forty motifs explore the roses and wildflowers that appear season to season, as well as the bees and butterflies that enjoy their nectar. The designs here are exquisite, detailed, and artfully rendered. 9781611802665



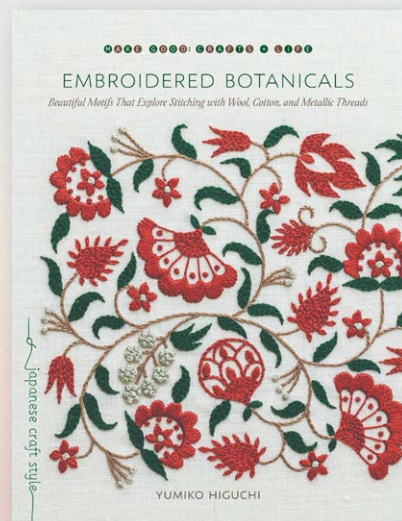
From beautiful botanical latticework to chickens laying eggs, here are 42 inspired patterns and creative projects embracing the endless possibilities of designs that connect and repeat. 9781645471929



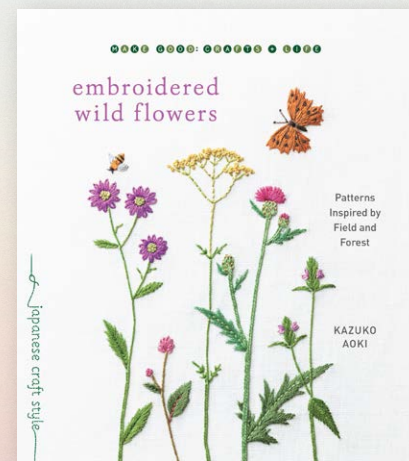
From elegant birds to adorable rabbits and wonderfully simple sheep, the 25 motifs and patterns in this book offer both a modern flair and an organic true-to-nature style. 9781611808865



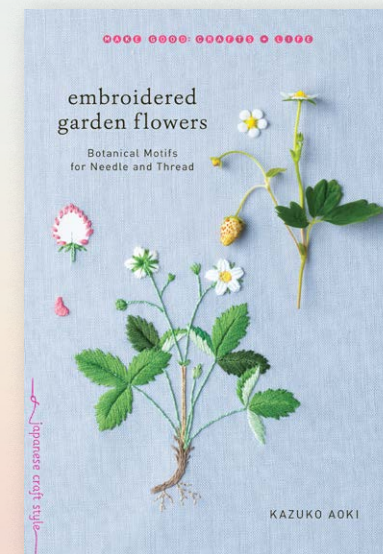
Give each month more beauty by stitching embroidery motifs with unique seasonal designs. Follow the course of a year—from snow flowers and skiing bears in January to lily of the valley in May, seed pods in October, trumpeting angels in December, and much more. 9781611804720



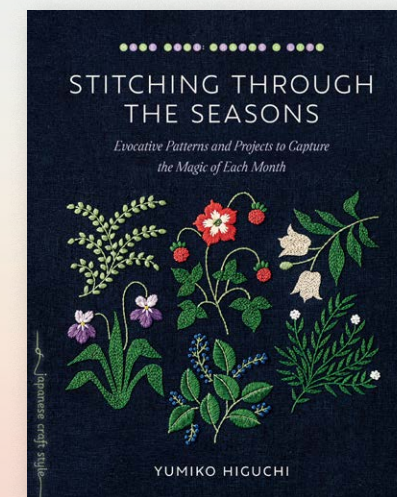
The motifs and patterns offered here are true to Higuchi's trademark zakka style: simple and graphic yet softened with organic shapes and imagery drawn from nature. The result is embroidery that feels modern and nostalgic all at once. 9781611807738



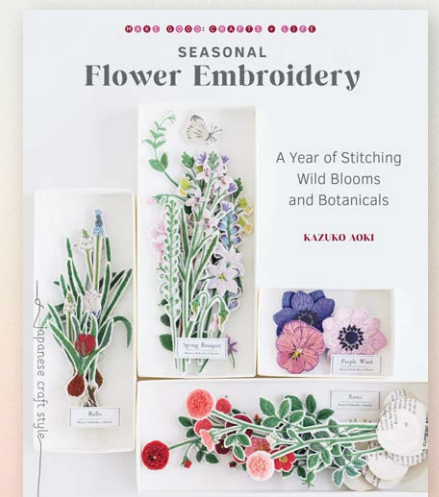
From dandelions and violets to mushrooms and autumn leaves, this collection of embroidery motifs is inspired by nature walks. 9781611808018



From pansies and lilies-of-the-valley to poppies, zinnias, and campanulas, the flowers presented here feature buds, blooms, and roots in stunning detail and charming color combinations. 9781611804546



Beautiful guided stitchwork for every season—featuring fall pumpkins and mushroom wreaths, winter skiers, spring blossoms, summer vegetables, and more! 9781645471837



Inspired by a flower shop in Tokyo, this embroidery collection will take new and seasoned stitchers through a year of beautiful botanicals and whimsical floral scenes. 9781611808926



Español

Shambhala highlights for stores with a Spanish-vlanguage section

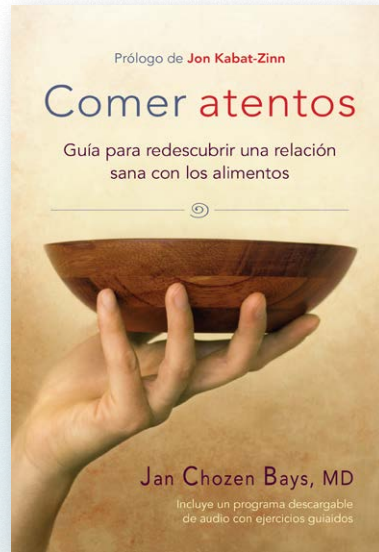
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Register Candy: Little Books for Point of Sale Displays

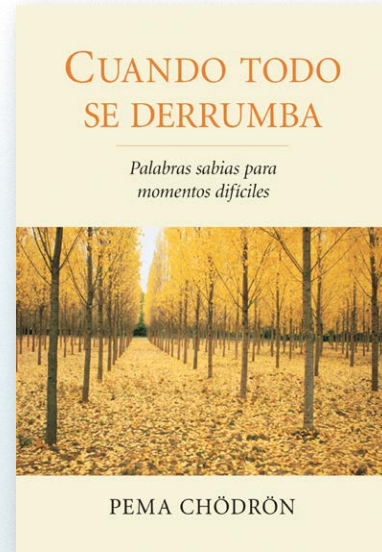
These little guys (3" x 4.5") are all bookseller favorites to stack by the register

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El arte de la atención (mindfulness) puede transformar nuestra cotidiana lucha con las comidas, renovar nuestro sentido del placer, así como nuestra satisfacción con la alimentación.

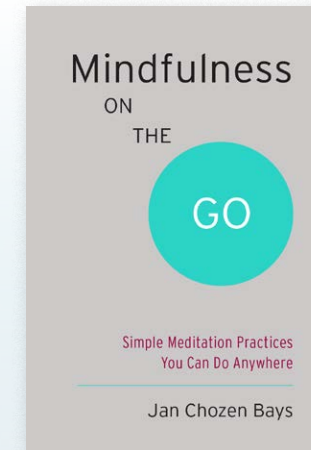
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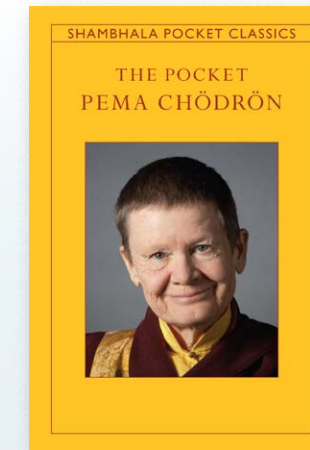
Tenemos a nuestro alcance una oportunidad fundamental de felicidad que por lo general desperdiciamos, irónicamente, por estar atrapados en nuestros intentos por escapar del dolor y el sufrimiento. 9781611800241



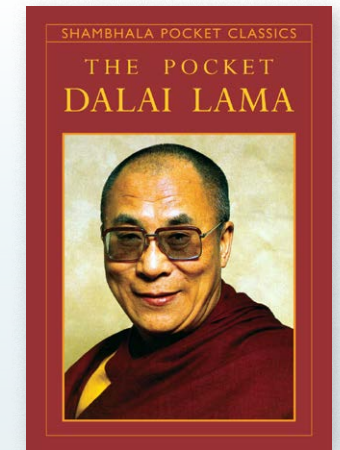
Vivimos en épocas difíciles. En ocasiones la vida parece un río turbulento que amenaza con ahogarnos y destruir al mundo. 9781611802214



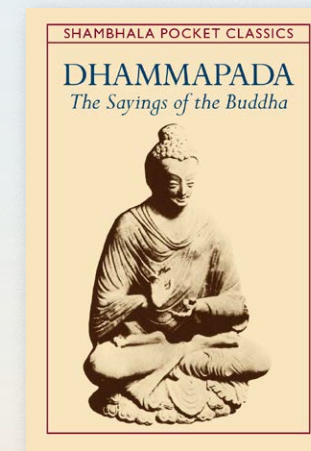
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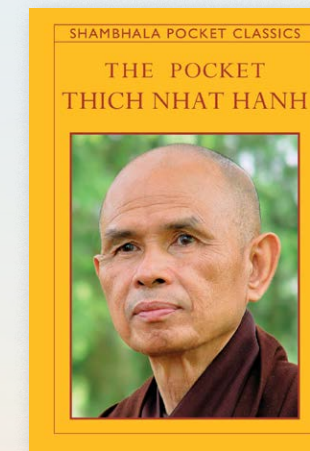
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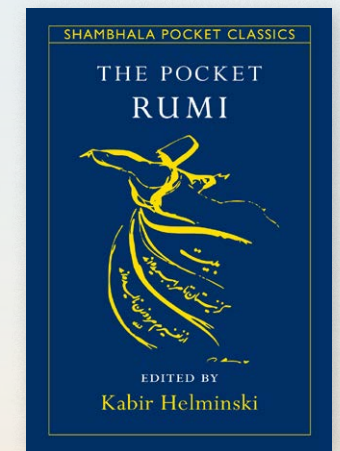
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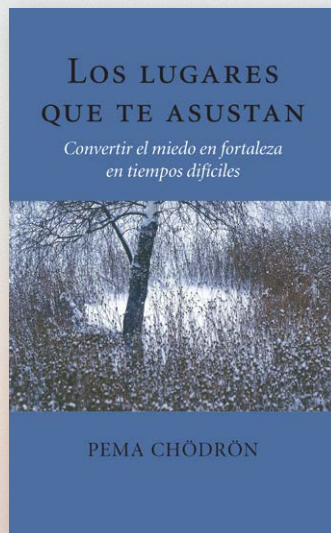
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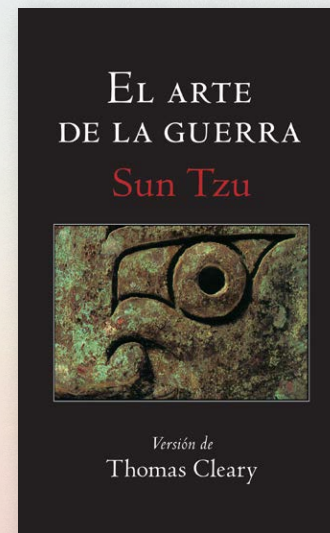
Pema Chödrön nos enseña que siempre tenemos la oportunidad de elegir: podemos permitir que las circunstancias de nuestras vidas nos endurezcan y nos hagan cada vez más resentidos y temerosos, o podemos dejar que nos ablanden y nos hagan más benevolentes. 9781611802238



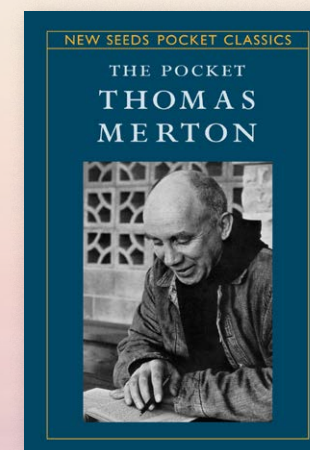
¿Así que crees ser budista? Veamos, reflexiona. El maestro de budismo tibetano Dzongsar Jamyang Khyentse, uno de los Lamas más creativos e innovadores de hoy en día, arroja el guante al mundo budista, desafiando los conceptos erróneos, estereotipos y fantasías más comunes. 9781611800258



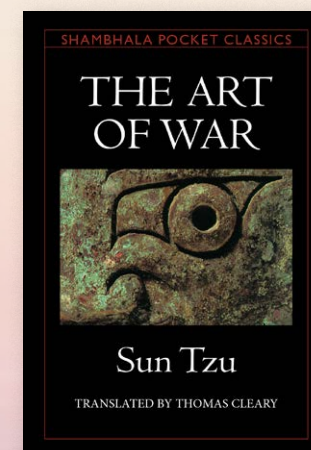
Mente Zen, mente de principiante se ha convertido en uno de los grandes clásicos de la espiritualidad moderna, muy querido, continuamente releído y profusamente recomendado como el mejor libro que se puede leer sobre el Zen. 9781611802245



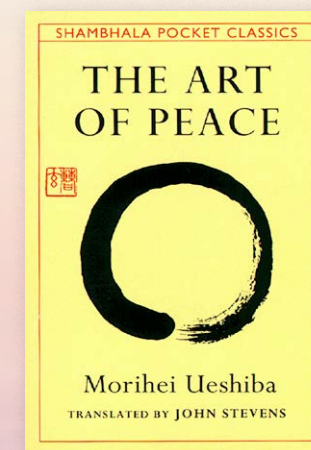
El arte de la guerra sigue siendo, quizás, hoy en día, el libro de estrategia más prestigioso e influyente del mundo, estudiado en Asia por políticos modernos y ejecutivos con el mismo entusiasmo con el que fuera consultado en tiempos antiguos por jefes militares. 9781611800227



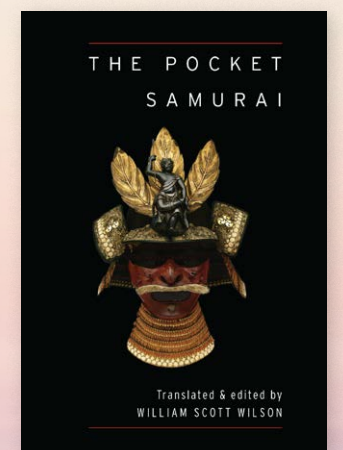
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