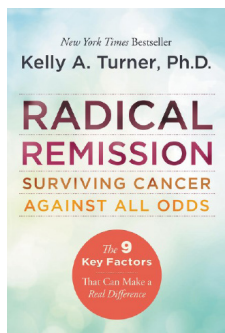


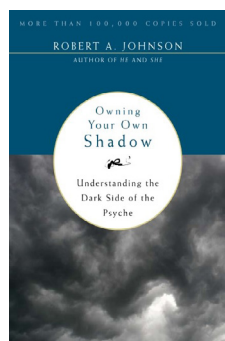
Health, Well-Being & Psychology



Radical Remission
Surviving Cancer Against All Odds
by Kelly A. Turner

In her New York Times bestseller, *Radical Remission: Surviving Cancer Against All Odds*, Dr Kelly A. Turner, founder of the Radical Remission Project, uncovers nine factors that can lead to a spontaneous remission from cancer- even after conventional medicine has failed.

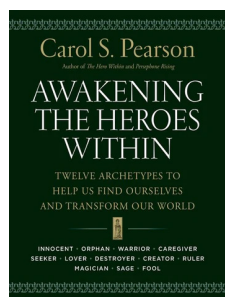
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Owning Your Own Shadow
Understanding The Dark Side of the Psyche
by Robert A. Johnson

Exploring our own need to "own" our own shadow, this book guides the reader through an exploration of the shadow- what it is, how it originates and how it interacts and is made through the process of acculturation.

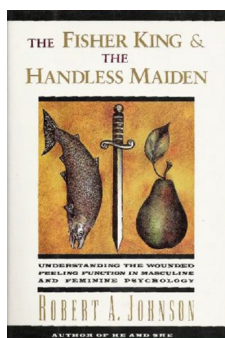
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Awakening The Heroes Within
by Carol S. Pearson

Pearson traces twelve different archetypal patterns that can aid inner development and the quest for wholeness that is life's journey. She offers a deeper exploration of this journey and it's pitfalls, confronting the sorrows that are as much a part development as the victories.

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The Fisher King and the Handless Maiden
by Robert A. Johnson

The author presents a compelling analysis of two myths that go straight to the heart of the dilemma associated with feeling in our culture. Looking to the magical language of myth for a cure for this wound, Johnson once again dazzles readers with his perceptions about our culture.

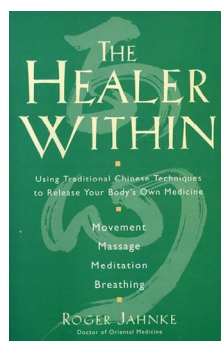
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King Warrior Magician Lover
Rediscovering the Archetypes of the Mature Masculine
by Robert Moore, Douglas Gillette

Jungian analyst Robert Moore and mythologist Douglas Gillette combine in this book that attempts to break the code on the structure of the mature masculine personality. Examining the four mature archetypes the author argue that a man's failure or success in life depends on achieving access to the archetypal energies.

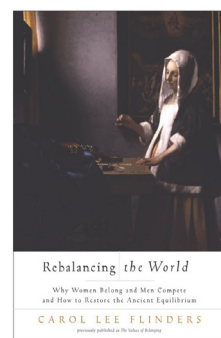
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The Healer Within
Using Traditional Chinese Techniques to Release Your Body's Own Medicine
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Release your natural powers natural healing, endurance and longevity. With this revolutionary guide, you will learn four simple and remarkably effective techniques to release your natural powers for healing.

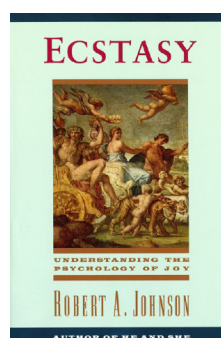
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Rebalancing the World
Why Women Belong and Men Compete and How to Restore the Ancient Equilibrium
by Carol L. Flinders

For all our progress, the world stubbornly retains a male dominated, competitive streak. Flinders argues that the more ancient values of Belonging, traditionally associated with women, have been subsumed by those of Enterprise, associated with men. In the lives of visionaries, artists and mystics, Flinders offers models for a new kind of balance.

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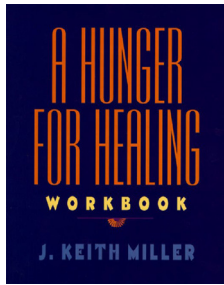


Ecstasy
Understanding the Psychology of Joy
by Robert A. Johnson

Robert A. Johnson has taken tens of thousands of readers on spiritual and psychological journeys towards inner transformation. In 'Ecstasy', he reconnects with the powerful and life-changing ecstatic element that lies dormant – but long-repressed – within us.

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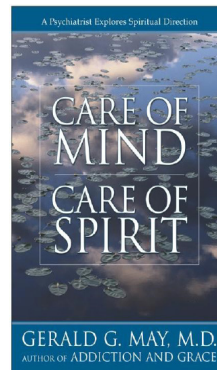
Health, Well-Being & Psychology



A Hunger for Healing Workbook by J. Keith Miller

A practical, exercise-filled companion to *A Hunger for Healing* that puts into practice the Christian principles of healing and growth.

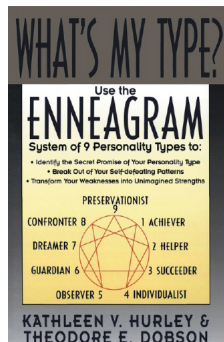
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Care of Mind/Care of Spirit by Gerald G. May

For anyone seeking a richer understanding of spiritual experience comes this classic discussion of the nature of contemporary spiritual guidance and its relationship to counselling and psychotherapy.

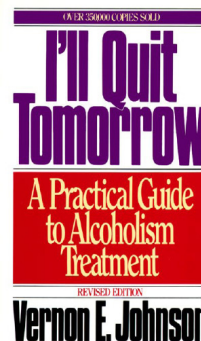
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What's My Type? by Kathleen V. Hurley

This accessible, practical, and easy-to-use Enneagram book reveals how to identify your personality type, break out of self-defeating patterns, and transform your weakness into unimagined strengths.

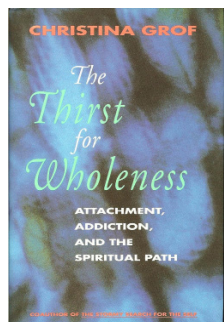
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I'll Quit Tomorrow A Practical Guide to Alcoholism Treatment by Vernon E. Johnson

Written by the founder of the Johnson Institute in Minneapolis, one of the country's most successful training programmes for treatment providers, the book presents the concepts and methods that have brought new hope to alcoholics and their families, friends and employers.

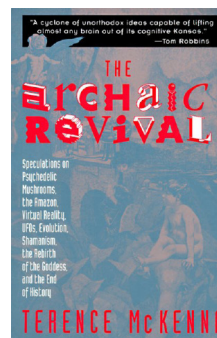
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The Thirst for Wholeness Attachment, Addiction, and the Spiritual Path by Christina Grof

An advocate and spokesperson for the transpersonal psychology movement Grof broadly defines addiction as an exaggerated form of attachment. Spirituality has been acknowledged in the recovery movement with the introduction of the transpersonal view to the principles of 12-step recovery has resulted in a valuable exchange and an enthusiastic response from her workshop participants.

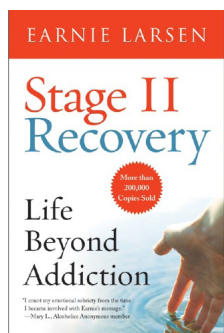
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The Archaic Revival by Terence McKenna

In these essays, interviews and narrative adventures, McKenna takes us on a mesmerizing journey deep into the Amazon as well as into the hidden recesses of the human psyche and the outer limits of our culture, giving us startling visions of the past and future.

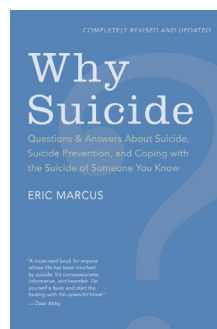
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Sustained abstinence from an addiction is only the first stage of recovery; real recovery begins with Stage II—the rebuilding of the life that was saved in Stage I.

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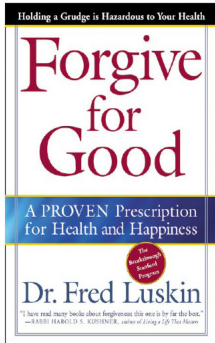


Why Suicide Questions and Answers About Suicide, Suicide Prevention, and Coping with the Suicide of Someone You Know by Eric Marcus

Millions of people are affected by the suicide or attempted suicide of a loved one every year. Eric Marcus offers honest, straightforward answers to all the haunting questions that plague those who are left behind.

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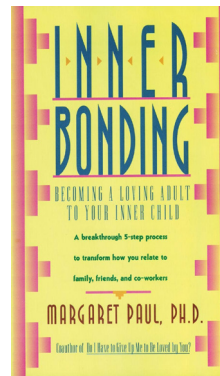
Health, Well-Being & Psychology



Forgive for Good
A Proven Prescription for Health and Happiness
by Dr. Fred Luskin

Luskin has developed an accessible guide to understanding and overcoming the negative effects of anger, bitterness and resentment. This book provides both the tools to learn how to forgive and the scientifically-proven research on the ways in which true forgiveness can lead to greater happiness.

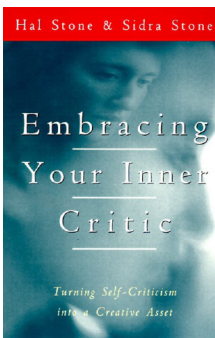
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Inner Bonding
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Inner bonding is the process of connecting our adult thoughts with our instinctual, but feelings - the feelings of the "inner child" - so that we can minimize painful conflict within ourselves. Free of inner conflict, we feel peaceful open to joy and open to giving and receiving love.

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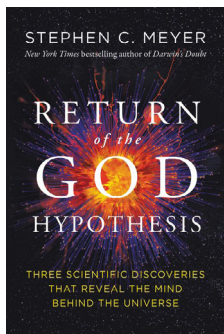


Embracing Your Inner Critic
Turning Self-Criticism into a Creative Asset
by Hal Stone, Sidra Stone

Hal and Sidra Stone are the creators of "Voice Dialogue" process, a therapy that transforms the inner critic from a crippling adversary to a productive ally. Through examples and exercises, the Stones show us how to avoid or minimize "critic attacks" and, most important, how the inner critic can become an intelligent, perceptive and supportive partner in life.

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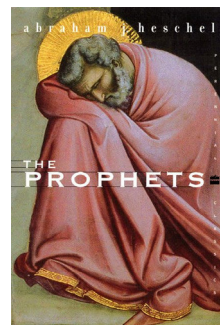
Religion & Mysticism



Return of the God Hypothesis
The Scientific Discoveries that Reveal the Mind Behind the Universe
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The *New York Times* bestselling author of *Darwin's Doubt*, Stephen Meyer, presents groundbreaking scientific evidence of the existence of God, based on breakthroughs in physics, cosmology, and biology.

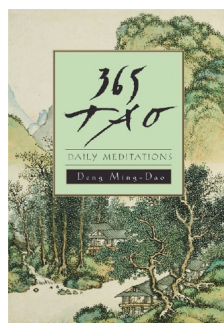
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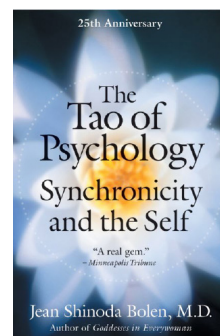
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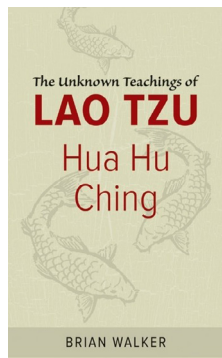


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Synchronicity and the Self
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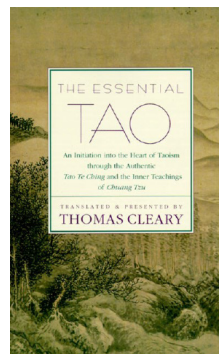
Religion and Mysticism



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The Unknown Teachings of Lao Tzu
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The perfect companion to Stephen Mitchell's version of the Tao Te Ching, this is the astonishing rendering of Lao Tzu's further writings. Each of the eighty-one teachings presented by Taoist scholar and poet Brian Walker are rich with wisdom, mystery and startling enlightenment.

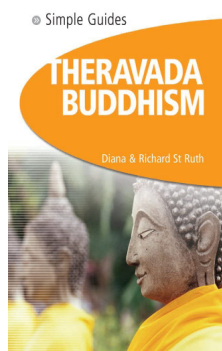
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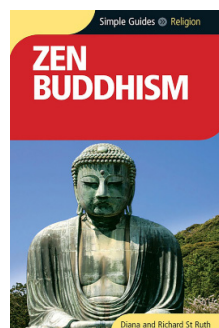


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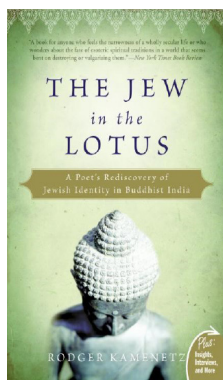


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Simple Guides *Zen Buddhism* will help you to appreciate the significance of this particular school of Buddhism, understand the history of Zen, 'Ways of Zen' and to discover how Zen is a way of life - not a belief system. The guide will also help you to avoid faux pas in conversation, travelling and personal relationships.

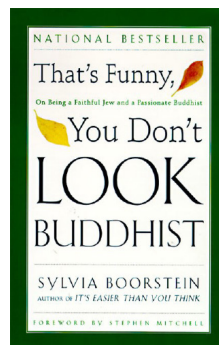
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A Poet's Rediscovery of Jewish Identity in Buddhist India
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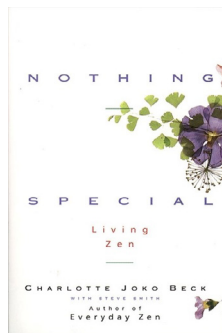
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That's Funny, You Don't Look Buddhist
On Being a Faithful Jew and a Passionate Buddhist
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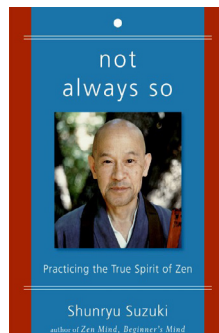
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Nothing Special
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by Charlotte J. Beck, Steven A. Smith

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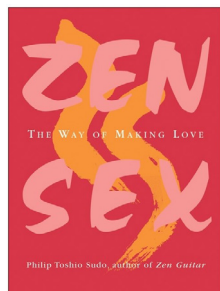


Not Always So
Practicing the True Spirit of Zen
by Shunryu Suzuki, Edward Espe Brown

This book contains Suzuki Roshi's final lectures, given more than 30 years ago when he knew he was dying. Rich with the author's simple, powerful words, topics include living in each moment and self-expression.

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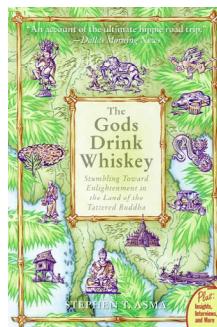
Religion and Mysticism



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The Way of Making Love
by Philip T. Sudo

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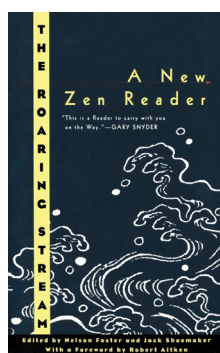
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Stumbling Toward Enlightenment in the Land of the Tattered Buddha
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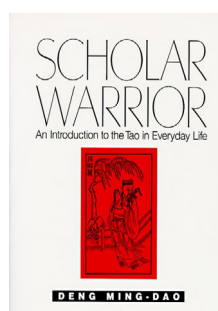
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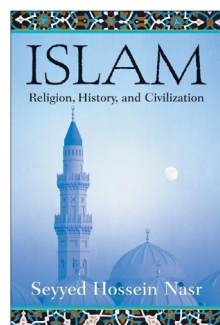
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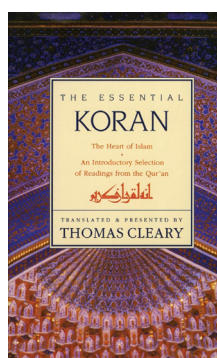
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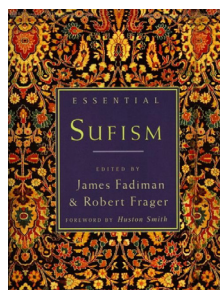
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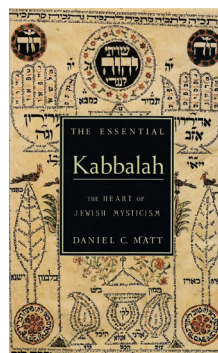
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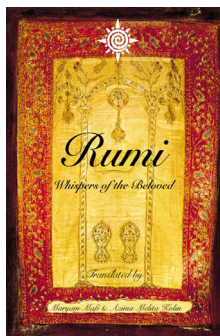


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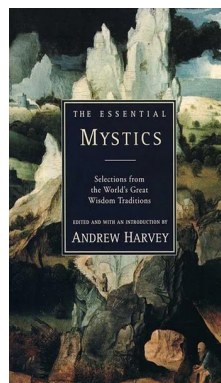
Religion and Mysticism



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A breathtaking new collection of translations of poems by Rumi, one of the worlds most loved mystical teachers. Beautifully packaged and illustrated with Persian calligraphy, this is an ideal gift for every MBS reader.

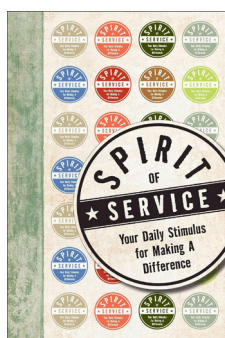
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Whether it is based on the Buddhist vision of the Bodhisattva or the Christian concept of service, the mystic's journey is one taken on behalf of all humanity - and that journey is the same in all traditions. This wide range of selections brings the reader the essential themes and personalities of the mystic experience.

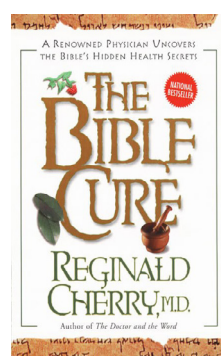
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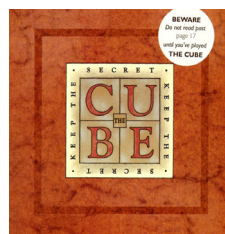
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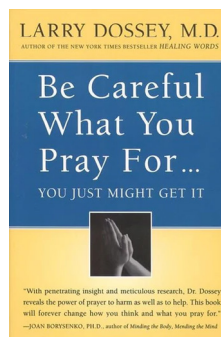
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by Annie Gottlieb, Slobodan Pesic

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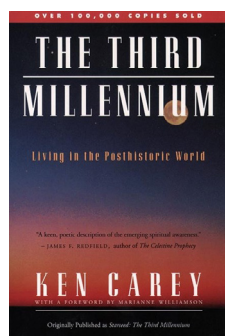


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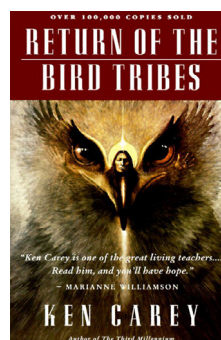
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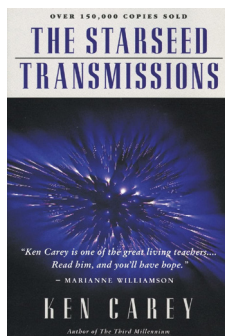


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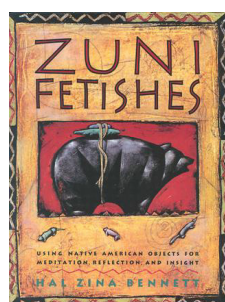
Spirituality, Shamanism & Magic



The Starseed Transmissions
by Ken Carey

The book provides channelled spiritual guidance on the paradigm that seems to be approaching at the same time as the beginning of the third millennium after the birth of Christ - one in which we are moving away from the chronological or serial view of time and toward a more simultaneous view of time.

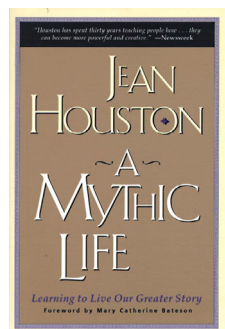
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Zuni Fetishes
by Hal Zina Bennett

In explaining the nature of fetishes and the psychological and spiritual benefits that we can gain from their use, Bennett provides illuminating cross-cultural comparisons, stimulating exercises and journaling opportunities.

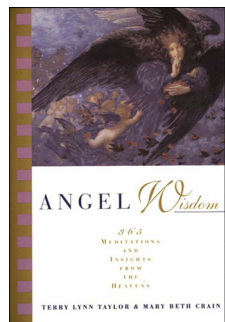
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A Mythic Life
Learning to Live our Greater Story
by Jean Houston

Houston reveals the mythological themes woven into her own life experiences to show each of us live stories that are universal and larger than our particulars.

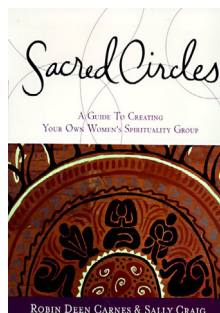
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Angel Wisdom
365 Meditations and Insights from the Heavens
by Terry Lynn Taylor, Mary Beth Crain

Combining the most popular form of daily inspiration with the rage for angels, this warm and whimsical gift book is sure to be a success. Commentaries, exercises, and reflections designed to help readers access their divine inner wisdom appear on each page along with a beautiful line drawing.

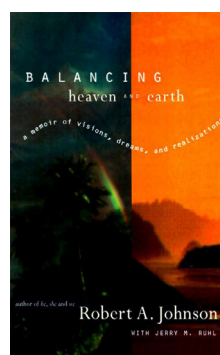
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Sacred Circles
A Guide To Creating Your Own Women's Spirituality Group
by Robin Carnes, Sally Craig

A Guide to Creating Your Own Women's Spirituality Group. This much-needed guide celebrates the rich diversity of women's spiritual lives and offers practical, step-by-step advice for those who want to create and sustain a spirituality group of their own.

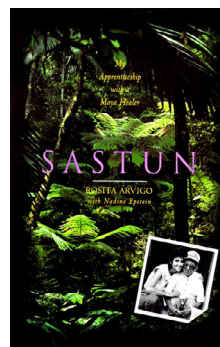
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Balancing Heaven and Earth
A Memoir
by Robert A. Johnson

In this compelling memoir Johnson shares his mystical visions, his encounters with modern sages, and the wisdom of a lifetime devoted to balancing the inner and the outer, the masculine and the feminine, the eternal and the everyday.

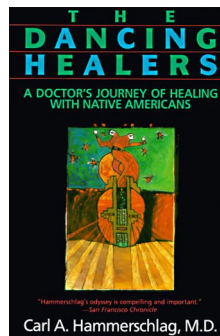
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Sastun
My Apprenticeship with a Maya Healer
by Rosita Arvigo

A *sastun* is a tool of the Maya healer, a kind of supernatural hotline to the spirits that tells a healer of illness is rooted in natural or spiritual forces. *Sastun* is the captivating story of American herbologist Rosita Arvigo's apprenticeship to Don Elijo Panti, one of the last surviving, and most respected, traditional healers of Belize.

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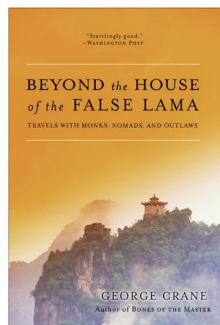


The Dancing Healers
A Doctor's Journey of Healing with Native Americans
by Carl A. Hammerschlag

This fascinating account of a Yale-trained psychiatrist's twenty-year experience with Native American healing interweaves autobiography with stories of the Native Americans who challenged his medical school assumptions about their methods.

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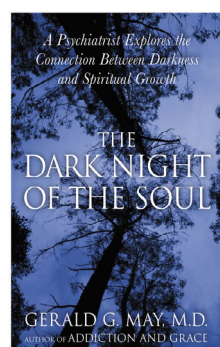
Spirituality, Shamanism & Magic



Beyond the House of the False Lama
Travels with Monks, Nomads, and Outlaws
by George Crane

Traces Crane's adventures as a writer, wanderer, and anarchic but still failing student of Zen. Crane sets out on a new quest, looking to find what the nomads call Windhorse, "the beginning of the wind," but finds what every nomad knows, that every road is more a direction than a destination.

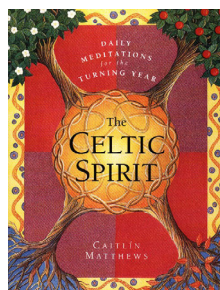
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The Dark Night of the Soul
by Gerald G. May

May argues that the dark "shadow" side of the true spiritual life has been trivialized and neglected to serious detriment; superficial and naively upbeat spirituality does not heal and enrich the soul - only the honest, sometimes difficult, encounters with what Christian spirituality has described can lead to true spiritual wholeness.

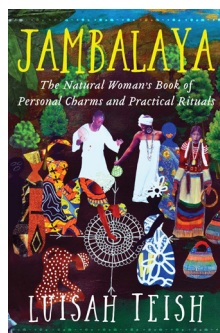
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The Celtic Spirit
Daily Meditations for the Turning Year
by Caitlin Matthews

The ancient Celts and their spiritual mediators, the Druids believed in the communion of all living things and sought harmony between nature and the human soul. With this inspiring book of day-by-day meditations renowned Celtic scholar Caitlin Matthews shows you how to reawaken the power of this age-old spiritual inheritance.

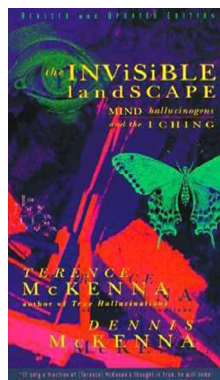
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Jambalaya
The Natural Woman's Book of Personal Charms and Practical Rituals
by Luisah Teish

A marvellous blend of memoir, folk wisdom and Afro-American Beliefs. Actress, storyteller and priestess Luisah Teish dramatically re-creates centuries-old African-American traditions with music, memoir and folk law.

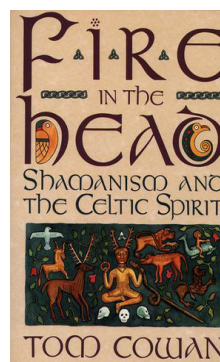
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The Invisible Landscape
Mind, Hallucinogens, and the I Ching
by Terence McKenna

A thoroughly revised edition of the much-sought-after early work by Terence and Dennis McKenna that looks at shamanism, altered states of consciousness and the organic unity of the King Wen sequence of the I Ching.

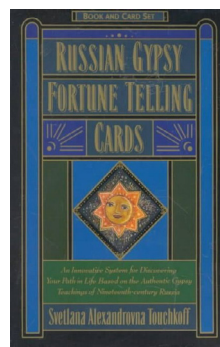
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Fire in the Head
Shamanism and the Celtic Spirit
by Tom Cowan

In this exploration, Tom Cowan employs literary history to discover the shamanic roots of the Celtic spirit. It explores the shamanic roots of Druidism, witchcraft and Celtic Christianity. Cowan draws together the shamans and the bards of old Europe and tells their spellbinding stories of shapeshifting and vision work.

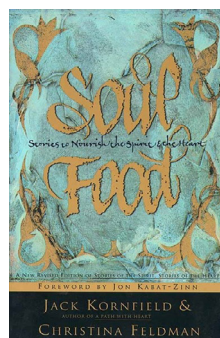
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by Svetlana A. Touchkoff

A stunning package of 25 full-colour cards and an accompanying book that combines the beauty of Russian lacquer box art with the fun of an age-old Russian gypsy method for anticipating the future and illuminating the present.

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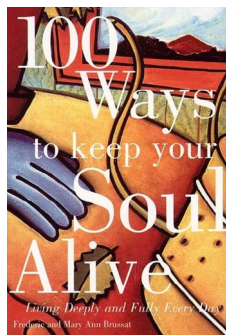


Soul Food
Stories to Nourish the Spirit and the Heart
by Jack Kornfield

This book serves up a delicious banquet of wise tales from the world's greatest spiritual traditions in the pages of this delightful collection. A feast filled with timeless moral and spiritual lessons, these lively stories and inspiring parables from great faiths East and West offer glimpse of revelation, examples of virtue and moments of truth that will sustain you on the path to a more spiritual life.

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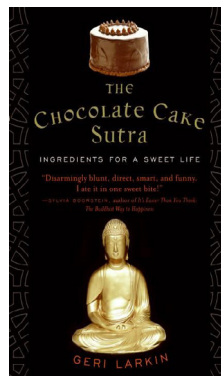
Spirituality, Shamanism & Magic



100 Ways to Keep Your Soul Alive
Living Deeply and Fully Every Day
by Frederic Brussat

This delightful book is truly a care package for the soul, with 100 concise suggestions for day-to-day nurturing and healing of the spirit. Quotations from such diverse sources as Thomas Moore, Zen master Suzuki-roshi, and The Talmud offer strategies that highlight that scared in daily life, providing nourishment for self-esteem, imagination and soulfulness.

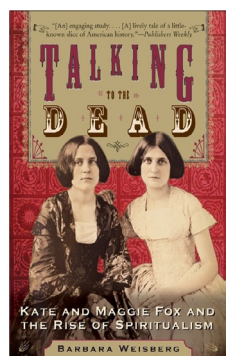
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The Chocolate Cake Sutra
Ingredients for a Sweet Life
by Geri Larkin

The book demonstrates that when the best aspects of a spiritual life converge, we are better able to take the slings and arrows of our lives in stride with grace and grin.

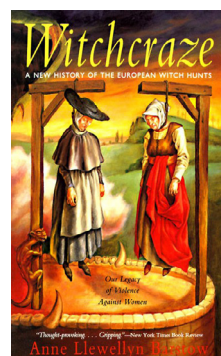
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Talking to the Dead
Kate and Maggie Fox and the rise of
Spiritualism
by Barbara Weisberg

This fascinating story of spirits and conjurers, sceptics and converts in the second half of 19th-century America is viewed through the lives of Kate and Maggie Fox, the sisters whose purported communication with the dead gave rise to the Modern Spiritualism movement.

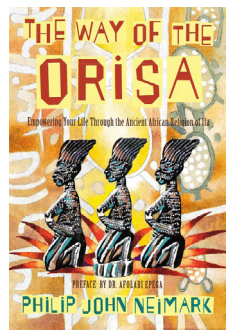
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Witchcraze
New History of the European Witch Hunts
by Anne L. Barstow

The shocking annihilation of women from all walks of life is explored in this brilliant, authoritative feminist history. Barstow exposes an unrecognized holocaust - the "ethnic cleansing" of independent women in Reformation Europe - and examines the residual attitudes that continue to influence our culture.

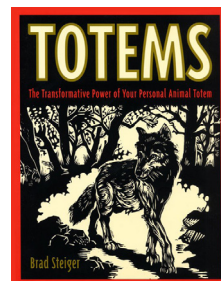
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The Way of Orisa
Empowering Your Life Through the Ancient
African Religion of Ifa
by Philip J. Neimark

This lively introduction to the religious practice of Ifa describes the intoxicating world of its Orisa (or messenger spirits) - their origins and special powers - and shows how to consult your personal guardian Orisa for guidance and wisdom.

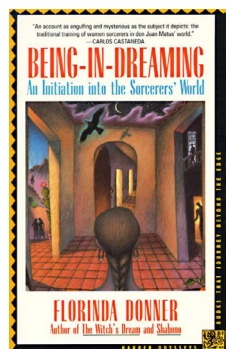
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Totems
The Transformative Power of Your Personal
Animal Totem
by Brad Steiger

Totems are the enduring symbols of ancient Native Americans, the specific animal identifications that mark their souls and allow them to explore the mysteries of life and the spirit world. Bestselling author Brad Steiger shows readers how to experience the sacred powers of totems with exercises and techniques.

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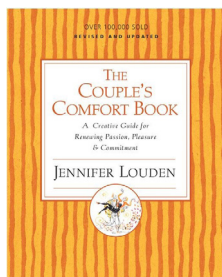


Being-In-Dreaming
An Invitation into the Sorcerers' World
by Florinda Donner

The story of a young woman's travels into Mexico and her initiation into a group of sorcerers - including the infamous Don Juan - whereby she is drawn into the world of being-in-dreaming. Her story fulfils the feminine dimension of the spirit world first introduced by Castenda.

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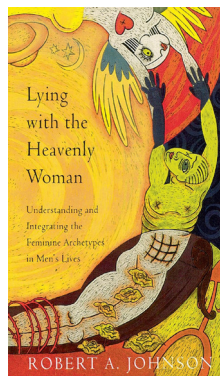
Relationships and Bereavement



The Couple's Comfort Book
A Creative Guide for Renewing Passion,
Pleasure and Commitment
by Jennifer Louden

Filled with fun, nurturing and intimate ideas on everything from housework to sex, this realistic and romantic guide offers the helping hand contemporary couples need to balance the demands of jobs, children and everyday life with the need to nourish their relationships and themselves.

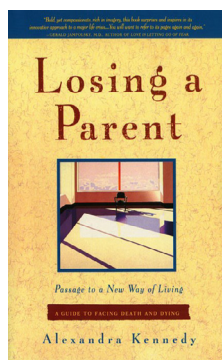
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Lying with the Heavenly Woman
Understanding and Integrating the Feminine
Archetypes in Men's Lives
by Robert A. Johnson

Johnson discusses the manifestation of feminine archetypes in men's lives and illuminates men's relationship to femininity through myths, stories, and anecdotes - encouraging men to recognize feminine elements within him.

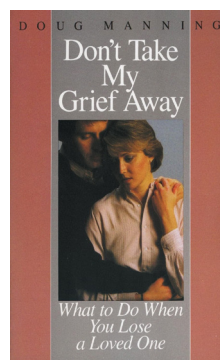
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by Alexandra Kennedy

A guide to dealing with the death of a parent presents self-help exercises to gain insight and promote inner healing.

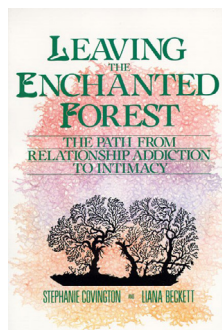
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What to Do When You Lose a Loved One
by Doug Manning

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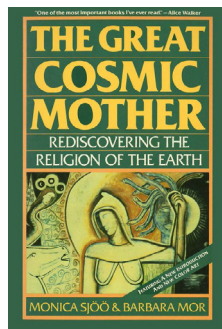


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The Path from Relationship Addiction to
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by Stephanie S. Covington

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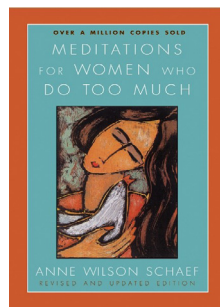
Women's Health and Spirituality



The Great Cosmic Mother
Rediscovering the Religion of the Earth
by Monica Sjoo, Barbara Mor

This classic exploration of the Goddess through time and throughout the world draws on religious, cultural and archaeological sources to recreate the Goddess religion that is humanity's heritage.

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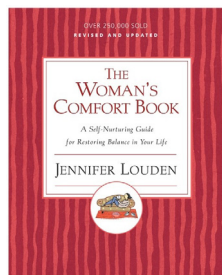


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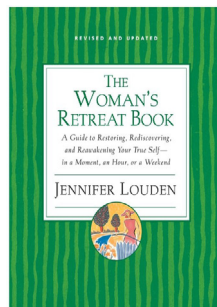
Women's Health and Spirituality



The Woman's Comfort Book
A Self-Nurturing Guide for Restoring Balance in Your Life
by Jennifer Loudon

For every woman too tired, busy and stressed to think of her own well-being, this helpful guide presents 200 time honoured recipes for relaxation and inventive rituals for change. Every modern woman will find comfort and pleasure here.

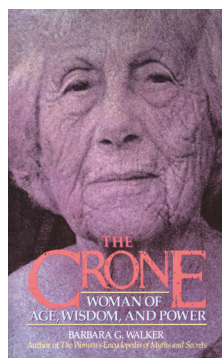
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A Guide to Restoring, Rediscovering and Reawakening your True Self - in a Moment, an Hour or a Weekend: Loudon offers a practical and inspirational handbook - the first to focus on the needs and stresses of women- that walks you step-by-step through planning and savouring a self-led retreat.

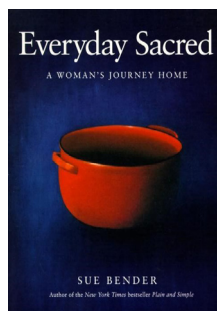
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Women of Age, Wisdom and Power
by Barbara G. Walker

A probing account of the honoured place of older women in ancient matriarchal societies restores to contemporary women an energizing symbol of self-value, power and respect.

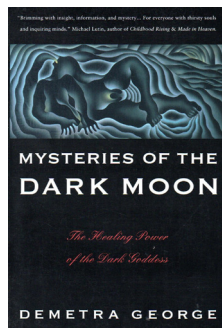
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Everyday Sacred
A Woman's Journey Home
by Sue Bender

This guide aims to show readers how they can experience their lives fully in whatever they are doing at the moment - whether cleaning the kitchen, faced with a frustrating situation or momentarily exhilarated. It shows how to find that which is "just enough" to fill everyday life.

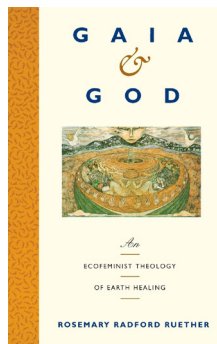
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Mysteries of the Dark Moon
The Healing Power of the Dark Goddess
by Demetra George

A Goddess version of the Jungian concept of the shadow self which examines how we can learn to understand ourselves more fully and weather the bad times by understanding the symbolism of the "dark" Goddesses in ancient lore.

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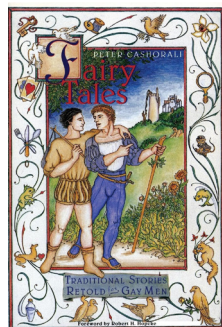


Gaia and God
An Ecofeminist Theology of Earth Healing
by Rosemary R. Ruether

Sifting through the legacy of Christian and Western history, Ruether traces the development of beliefs and ethics that define our relationship with each other and the earth. At once provocative and inspiring, the author's insights assert an ecofeminist vision of a healed world.

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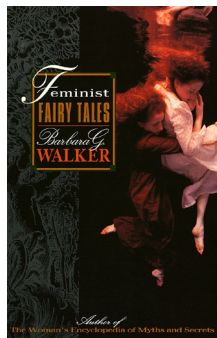
Fiction



Fairy Tales
Traditional Stories Retold for Gay Men
by Peter Cashorali

Using the magical and mythic language of classic stories from around the world, *Fairy Tales* takes familiar myths and folktales and turns them into stories about men coming out, learning to trust themselves, looking for and finding love, facing AIDS and helping those they love.

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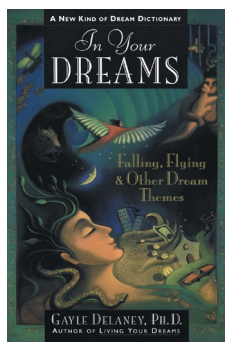


Feminist Fairy Tales
by Barbara G. Walker

Prominent feminist author Barbara Walker has revamped, retold, and infused with life some of your favorite classic fairy tales. No longer are women submissive, helpless creatures in need of redemption through the princely male! Instead they are vibrantly alive, strong women who take fate into their own hands.

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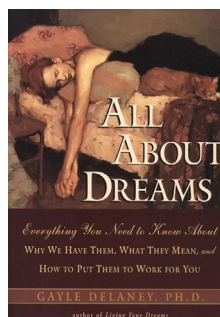
Dreams



In Your Dreams
Falling, Flying and Other Dream Themes
by Gayle M. Delaney

Recognising that dreams can only really be understood in the context of the dreamer's life history, experience and associations with each symbol or topic, Delaney teaches how to look at dreams by theme and setting.

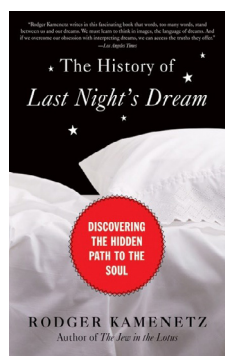
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All About Dreams
by Gayle M. Delaney

Falling, flying, making love to a stranger, being naked in public - we've all woken up, wondering "why did I dream that?" In this guide to the world of night time fantasies, nightmares and visions, dream specialist Gayle Delaney helps readers interpret, understand and direct their dreaming.

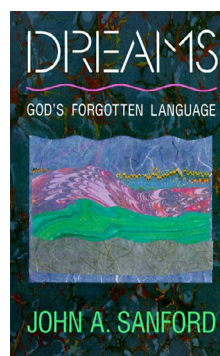
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The History of Last Night's Dream
Discovering the Hidden Path to the Soul
by Rodger Kamenetz

Kamenetz conducts an adventure into the history and meaning of dreams and reveals the gifts they have to offer.

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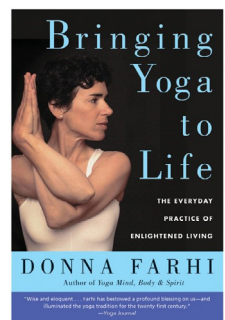


Dreams
God's Forgotten Language
by John A. Sanford

Dreams traces the role of dreams in the Bible, analysing their nature and examining how Christians, through fear and the constraints of dogma, have come to reject the visions through which God speaks to humanity, making dreams - in Sanford's words - "God's forgotten language."

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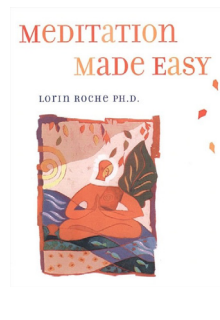
Meditation and Yoga



Bringing Yoga to Life
The Everyday Practice of Enlightened Living
by Donna Farhi

Internationally renowned and bestselling author Donna Farhi moves yoga practice beyond the mat into our everyday lives, restoring the tradition intended function as a complete, practical philosophy for daily living.

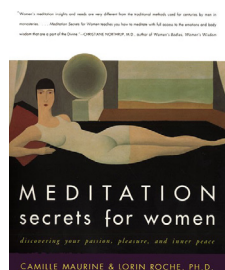
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Meditation Made Easy
by Lorin Roche

In this uniquely accessible guide, Lorin Roche shows that meditation is that easy and pleasurable. Roche answers questions and debunks meditation myths and gives three easy-to-follow techniques for getting started.

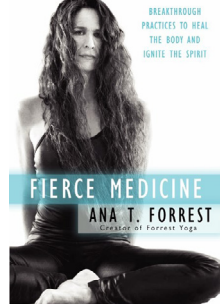
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Meditations Secrets for Women
Discovering Your Passion, Pleasure and Inner Peace
by Camille Maurine, Lorin Roche

Finally an approach to meditation especially for women! The benefits of meditations are manifold but so few practices are tailored to the special needs and interests of women.

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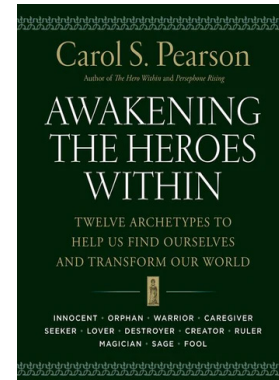
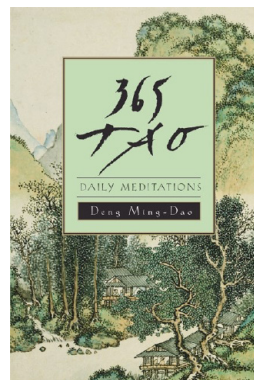
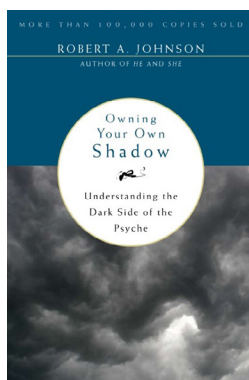
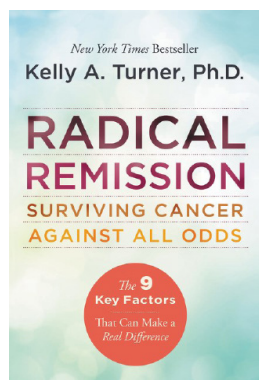


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