

SHAMBHALA PUBLICATIONS

— FOREIGN RIGHTS CATALOG —

Frankfurt Book Fair 2018



SHAMBHALA
PUBLICATIONS



Table of Contents

1	Shambhala • General
35	Shambhala • Buddhist
65	Snow Lion
71	Bala Kids
73	Roost Books
90	Foreign Rights Information

On Thomas Merton

By **Mary Gordon**

\$24.95 - Hardcover

SHAMBHALA PUBLICATIONS

12/04/2018

PAGES: 160

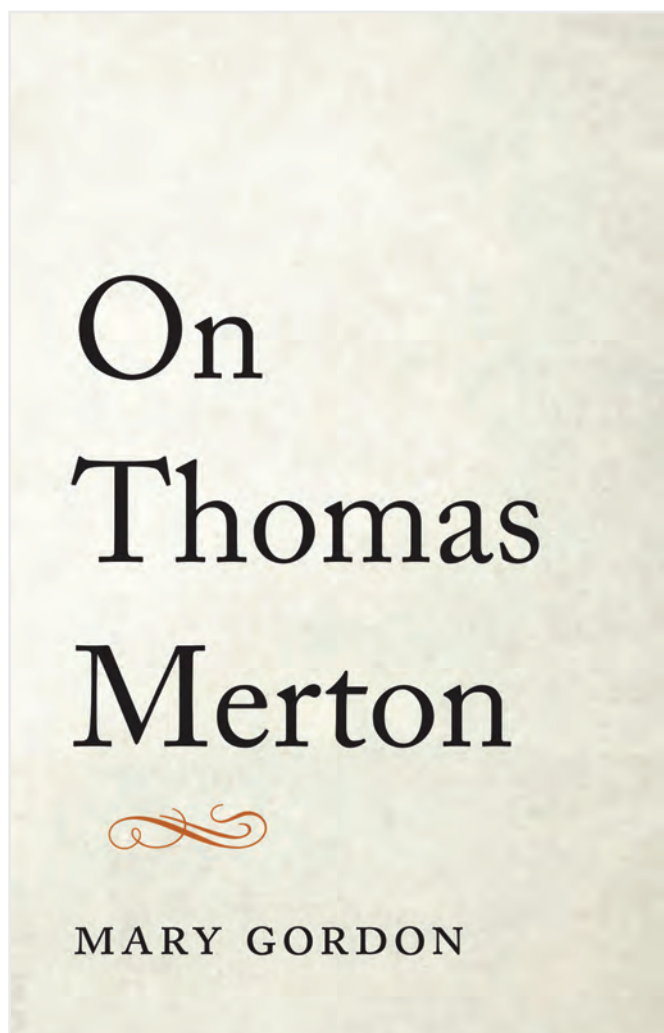
ISBN: 9781611803372

About the Book

Thomas Merton (1815-1968) was a Trappist monk, poet, essayist, activist, and author of some of the most influential spiritual writing of the 20th century. He entered the Trappist monastery of Gethsemani in Kentucky as a young man in his twenties, seemingly abandoning the promising literary career that lay before him. But from the silent cloister in which he spent all but the last few weeks of his life, his influence spread throughout the world through his writing, primarily on topics related to the spiritual life—a subject which he demonstrated to be very broad indeed. His life of dialogue led him to explore a range of contemplative practices, particularly Buddhism, and he was one of the pioneers in raising awareness in Buddhist philosophy and practice among Westerners. Mary Gordon, as a Catholic in critical dialogue with her church, came to explore Merton relatively late in her own journey, becoming fascinated with him through his writing, particularly as a fellow writer. She documents her exploration of Merton through his books—the ups and downs of the experience, areas of disagreement and sympathy, of annoyance and, ultimately, deep connection. It's a profoundly personal view of one of the great spiritual figures of our age, by an interpreter who, while disinclined to go easy on her famous subject, reveals a great admiration and fascination with him.

Author

MARY GORDON, is the author of eight novels, including *There Your Heart Lies*, *The Company of Women*, and *The Love of My Youth*; six works of nonfiction, including *Joan of Arc: A Life* and the memoirs *The Shadow Man* and *Circling My Mother*; and three collections of short fiction, including *The Stories of Mary Gordon*, which was awarded the Story Prize. She has received many other honors, including a Lila Wallace-Reader's Digest Writers' Award, a Guggenheim Fellowship, and an Academy Award for Literature from the American Academy of Arts and Letters. She teaches at Barnard College and lives in New York City.



Reviews

“ Ardent, heartfelt, headlong: with these words Mary Gordon lovingly penetrates to the core of Thomas Merton's ongoing importance, but the same words apply to her achievement. Gordon is the ideal reader of Merton, matching his intelligence, irony, and authentic feel for the world beyond words. Her book brings his books back to life, and belongs with them from now on. ”

James Carroll

Author of *Constantine's Sword* and *The Cloister*

Biography & Autobiography - Religious
Religion - Christianity - Catholic
Religion - Comparative Religion

RIGHTS Some permissions will need to be secured

The Monkey Is the Messenger

Meditation and What Your Busy Mind Is Trying to Tell You

By Ralph De La Rosa

\$16.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

11/13/2018

PAGES: 288

ISBN: 9781611805840

About the Book

It's a common story. Someone wants to take up meditation, but they take themselves to be one of those people for whom it just doesn't work because they think too much. And they give it up in frustration after an hour or a couple weeks or a year. But though it is often taken to be the scourge of meditators, repetitive and excessive thinking is an experience common to everyone. The Buddha famously called it "monkey mind," and that term has become nearly a household phrase. At worst, when people sit down to meditate and invariably find themselves distracted, subtle and not-so-subtle forms of self-aggression and self-recrimination tend to ensue over an experience that is as natural as it is unpreventable. At best, the monkey mind is viewed as an obstruction to a deeper way of being; something to ignore, a pest to move beyond. Such an idea often crops up in today's mindfulness culture, in which a myth prevails that meditation is about "emptying out thoughts" or "shutting off the mind." The truth is, says Ralph De La Rosa, repetitive thinking is a natural function of the human organism that, like all other aspects of our being, serves a purpose—one that is bound up with the activity of awakening. When we stop dismissing this tendency and instead turn toward it, we can discover far-reaching implications in service of well-being, emotional intelligence, cultivating lovingkindness, healing trauma, and developing compassion. Using psychotherapeutic, somatic, and mindfulness-based approaches,

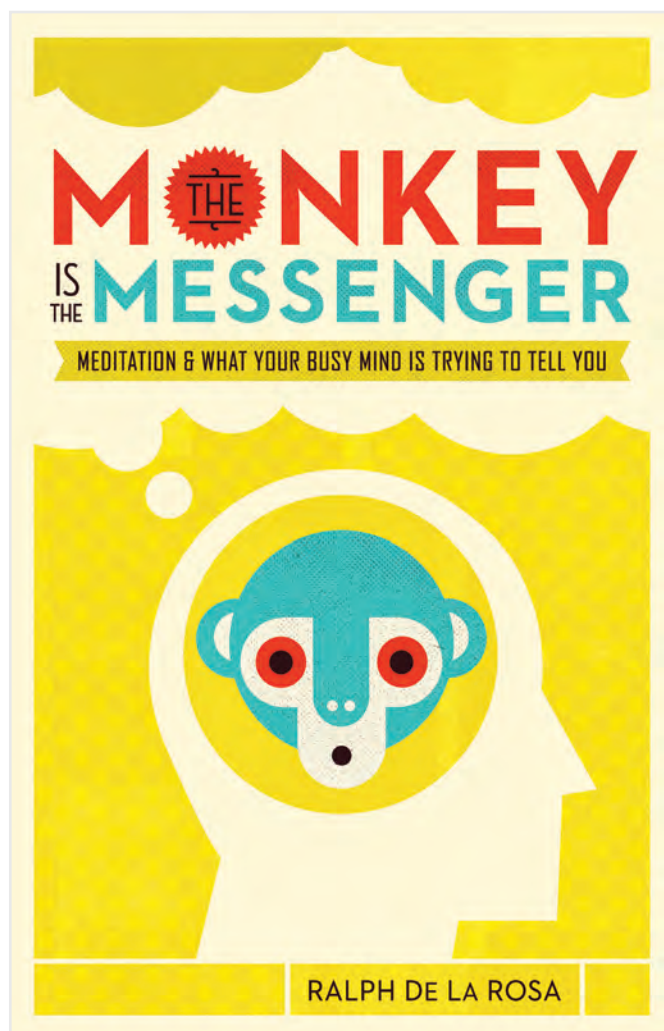
The Monkey Is the Messenger is a guide to working productively in meditation practice, in our psychologies, and even in the broader social issues that often lie behind threatening monkey-mind thinking. It will issue a call for readers to end the war they wage with themselves and to meet their minds in a manner that is appropriately informed, efficacious, and enjoyable.

Biography & Autobiography - Religious

Religion - Christianity - Catholic

Religion - Comparative Religion

RIGHTS World



Author

Ralph De La Rosa is a therapist, meditation teacher, storyteller, and musician. A graduate of Fordham University's Graduate School of Social Services, he is trained in Trauma-Focused Cognitive Behavior Therapy (TF-CBT) and incorporates Internal Family Systems therapy (IFS) alongside traditional psychotherapy in his work. He has been featured in numerous publications including *GQ*, *SELF*, *Women's Health*, and *Elephant Journal*. He currently resides in New York City.

Reviews

"Smart and sure to benefit many. Ralph De La Rosa's book lovingly reframes the parts of us we'd rather avoid, especially our busy and anxious minds, as energies calling us toward a deeper awareness. A very useful contribution to the conversation between Buddhist psychology and Western psychology."

Ethan Nichtern

Author of *The Road Home*

Say What You Mean

A Mindful Approach to Nonviolent Communication

By **Oren Jay Sofer**

\$16.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

12/11/2018

PAGES: 272

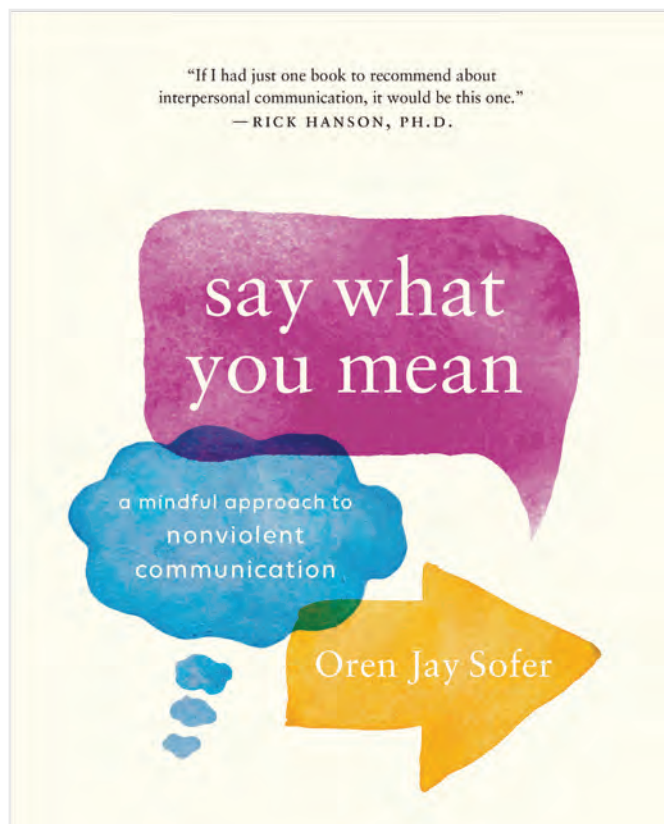
ISBN: 9781611805833

About the Book

Communication is hard. Here's a proven method that makes it not only considerably easier, but also much more effective for people on both sides of the conversation. Oren Sofer's method for effective communication is a unique combination of mindfulness with the modality called nonviolent communication (NVC), a method popular since the 1960s that is based on the belief that all human beings have the capacity for compassion and resort to violence or behavior that harms others only when they don't recognize more effective strategies for meeting needs. NVC provides those peaceful strategies. Oren's unique method for fostering peaceful—and effective—communication has three “steps” or components: (1) presence: bringing mindful awareness to the interaction, (2) intention: clarifying and setting a goal for the interaction, and (3) attention: learning to really hear and understand in a way that enables you to navigate the difficulties, express yourself clearly, and listen like it really matters—which it most certainly does. The steps are accompanied by many practical exercises, and in the course of this three-part training, readers will learn how to apply these skills to personal and social relationships with romantic partners, friends, colleagues, and family

Author

OREN JAY SOFER leads retreats and workshops on mindful communication at meditation centers and educational settings around the United States. A graduate of the IMS-Spirit Rock Teacher Training Program, he holds a degree in Comparative Religion from Columbia University, teaches in the Insight Meditation community, and is a Somatic Experiencing Practitioner and a Certified Trainer of Nonviolent Communication. Oren creates mindfulness training programs for a number of organizations, including Mindful Schools, Kaiser Permanente, and 10% Happier. He lives in Richmond, California. Visit him at www.orenjaysofer.com.



Reviews

“ Unconscious patterns of communication create separation not only in our personal lives, they also perpetuate patterns of misunderstanding and violence that pervade our world. With clarity and great insight, Oren Jay Sofer offers teachings and practices that train us to speak and listen with presence, courage, and an open heart. ”

Tara Brach

Author of *Radical Acceptance* and *True Refuge*

“ Oren Jay Sofer offers us a brilliant intertwining of focused presence and artful engagement. Our work, family, and any other relationships will benefit from his guidance. ”

Daniel Goleman

Author of *Emotional Intelligence* and *Altered Traits*

Self-Help - Communication & Social Skills
Body, Mind & Spirit - Mindfulness & Meditation
Psychology - Interpersonal Relations

RIGHTS World

Notes for the Everlost

A Field Guide to Grief

By **Kate Inglis**

\$16.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

09/18/2018

PAGES: 208

ISBN: 9781611805505

About the Book

When Kate Inglis's twin boys were born prematurely, one survived and the other did not. This is the powerful, unsparing account of her experience, her bereavement, and ultimately how she was able to move forward and help other parents who had experienced such profound loss. Inglis's story is a springboard that can help other bereaved parents reflect on key aspects of the experience, such as emotional survival in the first year after loss; dealing with family, friends, and bystanders post-loss; the unique female state post-bereavement of shame and sorrow at "failing," or somehow not fulfilling your role; the importance of community; recognizing society's inability to deal with grief and loss; how loss breeds compassion; coping with anniversaries; and beginning the work of "integration" (as opposed to "healing").

Author

KATE INGLIS is an author and photographer living on the South Shore of Nova Scotia. She is the author of numerous YA and children's books, including *If I Were a Zombie*, *Flight of the Griffons*, and *The Dread Crew*, which was nominated for Hackmatack Children's Choice and Red Cedar Awards. Kate's writing through the birth of her twins, subsequent loss, and beyond was internationally recognized and widely shared. In 2008, she founded *Glow in the Woods*, a groundbreaking online community for bereaved parents that attracted over five million readers within its first five years. She served as its editor until 2012, and she still writes as a contributor. For six years she headlined the annual Walk to Remember in Edmonton, Alberta, one of the largest and most preeminent memorial events for bereaved parents in Canada. Each year, she delivered a keynote to more than 1,000 parents and family members who had experienced loss. In 2012, she gave a talk at TEDx Halifax called "Parallelism," in which she explored of the similarities between the often solitary journeys of creative work and healing from grief.

Biography & Autobiography - Personal Memoirs

Self-Help - Death, Grief, Bereavement

Family & Relationships - Parenting - Motherhood



Reviews

"Notes for the Everlost is the most beautifully written book I have read in ages, and a great deal more besides: comforting, and sad; full of riddles and wisdom; an unsparing map of grief, with its stubborn terrain and dark jokes and switchback heartbroken roads. This book is great company for terrible times."

Elizabeth McCracken

Author of *Thunderstruck & Other Stories*

"Highly recommended for anyone in the throes of grief, recent or past."

Library Journal (starred review)

"Inglis gently shows bereaved parents what at first is unimaginable: that their grief will not always be suffocating, and that, while they will always be bereaved parents, with-absence a reminder of what might have been, they will also come to be 'countless other things.'"

Foreword Reviews

Be Mindful and Stress Less

50 Ways to Deal with Your (Crazy) Life

By **Gina Biegel**

\$14.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

2/06/2018

PAGES: 216

ISBN: 9781611804942

About the Book

This accessible, user-friendly toolbox for teens introduces them to mindfulness practice and shows them how it can ease their fears and anxieties, reduce their impulsivity, help them develop a more measured response to the stressors around them, and build strong relationships. In fifty very short activity “chapters,” mindfulness teacher and family therapist Gina Biegel offers meditations, breathing and thought exercises, and stress-reducing solutions that can be done as an ongoing practice or in the moment.

The book is divided into three parts. Part One introduces mindfulness and builds an understanding and foundation for going forward. It invites the reader to begin to integrate mindfulness into their life in quick and easy ways. Part Two offers activities for teens to build mindful relationships with themselves and with others. This section focuses on compassion, acceptance, respect, and self-esteem—qualities that are tremendously important for teens to learn as early as possible. Planting these seeds will allow teens to flourish and build more balanced relationships. Part Three includes activities that focus on the cognitive aspect of mindfulness. Teens learn how to use mindfulness to manage difficulties they have in thinking (judgments, negative coping) and reactivity. Self-regulation is an important skill for teens to learn, and mindfulness is a first step to responding consciously rather than reacting automatically.

Authors

Gina M. Biegel, MA, LMFT, is a psychotherapist who teaches Mindfulness-Based Stress Reduction (MBSR) in multiple settings. She adapted the MBSR program typically for adults for a teen population, and created Stressed Teens. She conducts workshops and conferences on MBSR/MBSR-Teens with a variety of populations including professionals, teachers, parents, and teens in the US and internationally. She is the author of *The Stress Reduction Workbook for Teen*.

RIGHTS SOLD French, Bulgarian, Portuguese



Reviews

“ This book brings mindfulness down to earth with many wonderfully simple ways to savor life and come home to yourself. It’s also rich with methods for self-compassion and self-care. Gina Biegel writes with remarkable clarity, simplicity, and heart. A truly beautiful, thorough, helpful book. ”

Rick Hanson, Ph.D.

Author of *Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence*

“ By avoiding a prescriptive tone, Biegel offers an intuitive resource for readers seeking to gain greater control over their emotions and perceptions. ”

Publishers Weekly

Young Adult Nonfiction - Inspirational & Personal Growth

Young Adult Nonfiction - Social Topics - Self-Esteem & Self-Reliance

Young Adult Nonfiction - Paranormal & Supernatural

The Religion of Tomorrow

A Vision for the Future of the Great Traditions – More Inclusive, More Comprehensive, More Complete

By **Ken Wilber**

\$34.95 – Trade Paperback

SHAMBHALA PUBLICATIONS

05/01/2018

PAGES: 816

ISBN: 9781611805727

About the Book

As the world's religions increasingly lose followers, Integral philosopher Ken Wilber asks how humanity can evolve future religions that have discarded their dying forms, while retaining the changeless truths upon which they were founded. Exoteric religions have lost influence primarily because their myths are simply untenable to many people today. The only hope lies in the "inner teachings" of the great traditions, the goal of which is an Awakening to the Ultimate Reality that is every being's True Nature. But for these traditions to attract modern men and women, they must incorporate the extraordinary number of scientific truths learned about human nature in just the past 100 years—about the mind and brain, emotions, and the growth of consciousness—that the ancients were simply unaware of and thus unable to include in their meditative systems.

Using Buddhism as an example, Wilber demonstrates how his comprehensive Integral Approach—which is already being applied to several world religions—can avert a "cultural disaster of unparalleled proportions"—the utter neglect of the glorious upper reaches of human potential by the materialistic postmodern worldview. His most sweeping work since *Sex, Ecology, Spirituality* is an impassioned call for wholeness, inclusiveness, and unity in the religions of tomorrow.

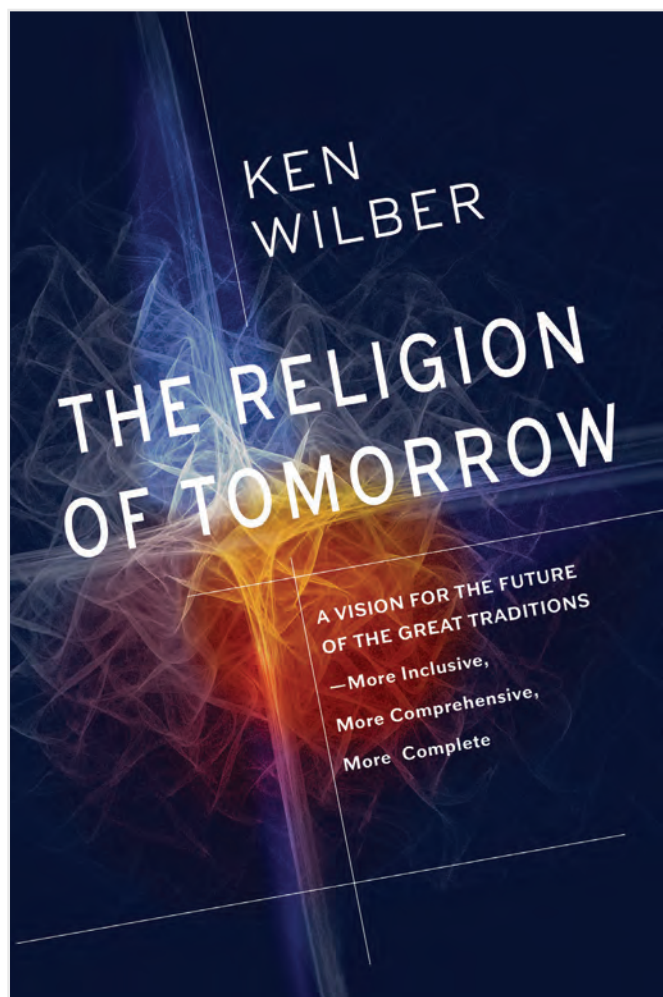
Author

KEN WILBER is the founder of Integral Institute and the cofounder of Integral Life. He is an internationally acknowledged leader and the preeminent scholar of the Integral stage of human development. He is the author of more than twenty books, including *A Brief History of Everything*, *A Theory of Everything*, *Integral Spirituality*, *No Boundary*, *Grace and Grit*, and *Sex, Ecology, Spirituality*.

Philosophy - Religious

Religion - Buddhism - General

Philosophy - Buddhist



Reviews

“ Ken Wilber is today's greatest philosopher and both critic and friend to authentic religion, a true postmodern Thomas Aquinas. ”

Father Richard Rohr

Center for Action and Contemplation

RIGHTS SOLD Korean, Spanish, Russian

AUTHOR'S PREVIOUS BOOKS RIGHTS SOLD Danish, Dutch, German, Italian, Japanese, Portuguese, French, Swedish, Chinese Complex, Chinese Simplified, Bulgarian, Korean, Japanese, Greek, Russian, Polish, Estonian, Hebrew, Hungarian, Czech, Latvian, Indonesian, Catalan, Slavic, Turkish, Norwegian, Thai

Everyday Ayurveda Cooking for a Calm, Clear Mind

100 Simple Sattvic Recipes

By **Kate O'Donnell**

Photographs by **Cara Brostrom**

\$29.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

3/27/2018

PAGES: 344

ISBN: 9781611804478

About the Book

Did you know food can be used not only to promote the health of the body, but also the mind? Ayurveda, India's ancient healing system, describes the three major energies of this universe that affect our mind: Sattva promotes a state of clarity and calm; Rajas stimulates and increases reactivity and excitability; Tamas promotes dull, slow, and stagnant states of mind. This knowledge of how to choose the right foods to balance our states of mind can be used to treat ailments such as sleep difficulties, anxiety, and depression. Showcasing seasonal, whole, unprocessed foods, the recipes work to help maintain consistent energy and an inspired state, while also calming feelings of over-stimulation and building energy if feeling sluggish.

Author

Kate O'Donnell is an Ashtanga yoga teacher, a nationally certified Ayurvedic practitioner, and an Ayurvedic yoga specialist. As an Ayurvedic educator, Kate leads workshops, trainings, and lifestyle retreats in the US and abroad. She is on the faculty for the Kripalu School of Ayurveda and for Ayurvedic Health Education trainings. She lives in Boston.

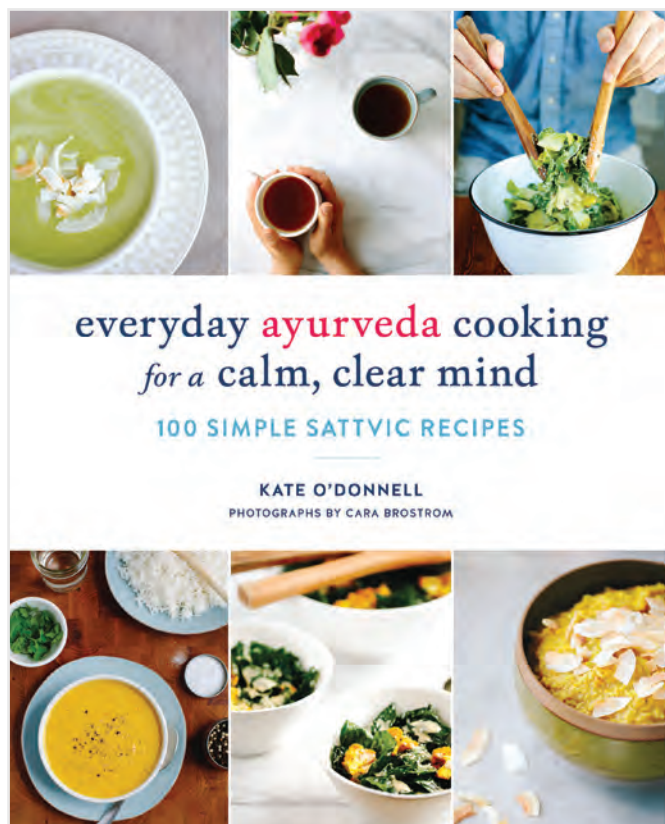
Cooking - Health & Healing - General

Cooking - Vegetarian

Cooking - Specific Ingredients - Natural Foods

RIGHTS SOLD Bulgarian, German

AUTHOR'S PREVIOUS BOOKS RIGHTS SOLD Slovak, Czech, Spanish, Portuguese



Reviews

"Everyday Ayurveda Cooking for a Calm, Clear Mind provides a delicious way to turn eating into a path of living wisdom.."

Scott Blossom, LAc

"One of the best healthy cookbooks to read for ultimate mind body balance."

Women's Health Magazine

PUBLICITY

MIND BODY GREEN The Top 9 Rules Of Ayurvedic Eating For Better Digestion, Less Bloat & More – circ/imp: 5,147,000

LIVE NATURALLY MAGAZINE Review and recipe feature in summer print issue, including cover

VANCOUVER SUN Recipe extract, mung bean fritters – circ/imp: 1,544,415

THE LONDON FREE PRESS recipe feature, mung bean fritters – circ/imp: 435,999

MIND BODY GREEN Sip This Sweet Turmeric Elixir 30 Minutes Before You Eat To HealthyWay – What Is Ghee? Everything You Need To Know About Your New Favorite Ingredient – circ/imp: 856,114

The Sound of Cherry Blossoms

Zen Lessons from the Garden on Contemplative Design

By **Martin Hakubai Mosko** and **Alxe Noden**

\$16.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

3/20/2018

PAGES: 160

ISBN: 9781611804539

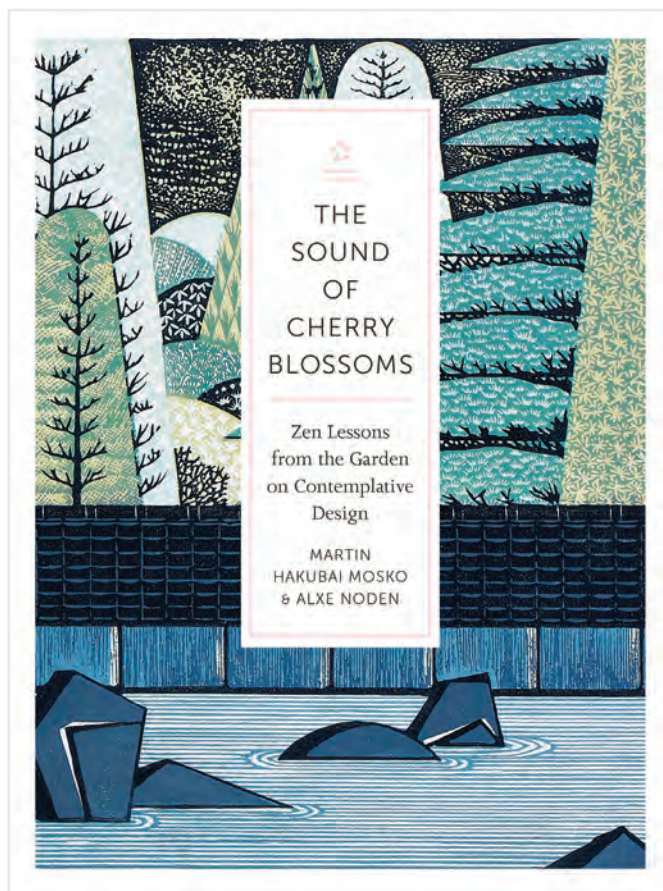
About the Book

“Garden design is the way of discovering the garden. And the Garden is a metaphor for life itself.” At the heart of this practice, and this book, is a question, “Once we are aware of our own habitual patterns and the patterns of the environment, how do we design and build a place that is sacred, sustainable, adaptive, inspiring, and holy?” This book explores the answer and offers insights and tools for gardeners, designers in all disciplines, and anyone looking for fresh perspectives on bringing harmony and balance to their lives. Part garden design philosophy and part Zen Buddhism, this book carefully and eloquently shows us how the principles of garden design are the same guidelines we can follow to design our life. Design work is intentional. If we approach our work in the garden, or in our life, through the practice of contemplative design, Martin Hakubai Mosko shows us that by working with more awareness and understanding of our materials—the rules and elements that make up our design—we can elevate the whole; we can unite the spiritual with the ordinary, we can join heaven and earth.

Authors

MARTIN MOSKO (Hakubai Daishin) is the abbot of Hakubai Temple in Boulder, Colorado, where he teaches Buddhism and design. He is a graduate of Yale University, where he studied art and Sanskrit. In 1974 he founded Marpa, a landscape architecture and building firm whose gardens have won numerous awards and have been published in magazines and books throughout the world.

ALXE NODEN is a writer, editor, and photographer who has written several other books, including *Landscape as Spirit: Creating a Contemplative Garden* (with Martin Mosko), and has made a documentary about the creation of a contemplative garden. She has studied Tibetan Buddhism both in the United States and abroad for more than twenty-five years..



Reviews

“ It was in our monastery’s sacred garden on Kauai island—a garden that Martin Mosko helped create—where this book took wing. Through him and his work, he taught me that if a garden is created with awareness from the beginning, it will become divine. Mosko and Noden can teach us how to make that happen, inside and out. ”

Sadasivanathaswami

Gardening - Japanese Gardens

Design - Essays

Religion - Buddhism - Zen

PUBLICITY

SPIRITUALITY & HEALTH MAGAZINE Author interview and extract

Painting Peace

Art in a Time of Global Crisis

By **Kazuaki Tanahashi**

\$21.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

4/10/2018

PAGES: 240

ISBN: 9781611805437

About the Book

Kazuaki Tanahashi's dramatic art, which takes traditional Asian calligraphy in strikingly modern directions, has been widely praised and exhibited throughout the world. But for Kaz, that art has always been in service of a higher good: it has been his own way of bearing witness to peace in a world overcome by war, division, and strife. Here, in his most deeply personal work yet, Kaz provides an account of how he came to be such an artist and how the work of activism continues to progress in his life. Along with thirty full-color examples of his unique art of witness, he includes accounts of his formative experiences, of the people who influences him—including Daniel Ellsberg, Gary Snyder, and Morihei Ueshiba, founder of Aikido, with whom he studied as a boy in Japan—and many of his poems related to peace. *Painting Peace* is an intimate self-portrait of a great modern artist-activist, and a guide for those who aspire to imitate his example.

Author

KAZUAKI TANAHASHI, a Japanese-trained calligrapher, is the pioneer of the genre of "one-stroke painting" as well as the creator of multicolor enso (Zen circles). His brushwork has been shown in solo exhibitions in galleries, museums, and universities all over the world. Tanahashi is the author of over forty books including *Heart of the Brush* and *The Heart Sutra*.

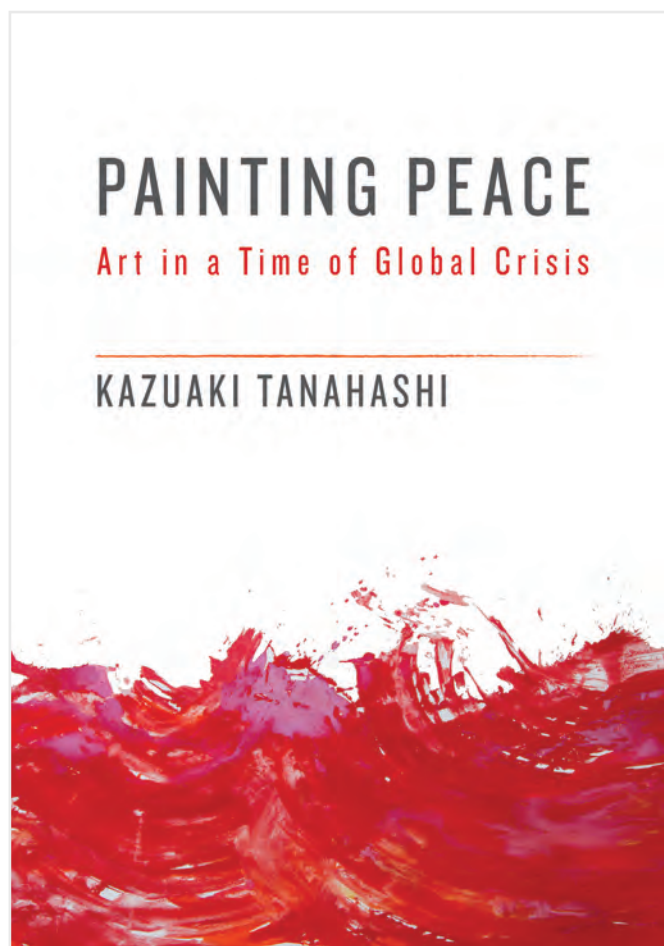
Art - American - Asian American

Art - Art & Politics

Art - Techniques - Calligraphy

PUBLICITY

TRICYCLE Author interview "The Brush Is Mightier: Kazuaki Tanahashi's Guide to Social Transformation"



Reviews

"This gorgeous book reflects a miraculous life of courage, humor, compassion, and wisdom. It is about peace, art, and a weave of remarkable relationships and endeavors that have shaped my good friend Kaz Tanahashi's life and vision."

Joan Halifax

Author of *Being with Dying*

"Kaz Tanahashi recounts adventures from a lifetime of activism and art. A maker of monumental works of calligraphy that incorporate but far transcend tradition and founder of international activist organizations like Plutonium Free Future and World Without Armies, Kaz is legendary. With unassuming yet indomitable energy, he has used his imagination to confront global problems like disarmament and climate change. His simple, clear, positive, non-hectoring tone (no doubt a result of his lifetime study and groundbreaking translations of Zen Master Dogen) will give you the feeling that a Ten Millennium Human Future is possible if only we will roll up our sleeves and get to work manifesting our vision of a peaceful world. This book could not have come at a better time."

Norman Fischer

Author of *What Is Zen? Plain Talk for a Beginner's Mind*

Let the Whole Thundering World Come Home

A Memoir

By Natalie Goldberg

\$16.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

6/5/2018

PAGES: 208

ISBN: 9781611805673

About the Book

Let the Whole Thundering World Come Home begins at the grave of Katagiri Roshi, Natalie's Zen teacher, in Japan. Twenty years after Katagiri's death and Natalie's return to New Mexico, she is permanently settled in Santa Fe with her partner, Yukwan. Except that, as Buddhism teaches us, nothing is permanent. Natalie learns that she has CLL, a potentially fatal form of blood cancer. As the title expresses, *Let the Whole Thundering World Come Home* is so much more than a cancer memoir. Through a direct and grounded narrative, Natalie illuminates a path through illness: that we need to be in love with the lives we have, to embrace the dark and the light in our lives. For Natalie, writing and painting represent the light, and her cancer takes her deeper into her art practices. Balanced with a Zen practice that helps to her face death, this book is a moving meditation on living life in full bloom.

Author

NATALIE GOLDBERG is the author of fourteen books, including *Writing Down the Bones*, which has changed the way writing is taught in this country. She teaches retreats nationally and internationally. She lives in New Mexico.

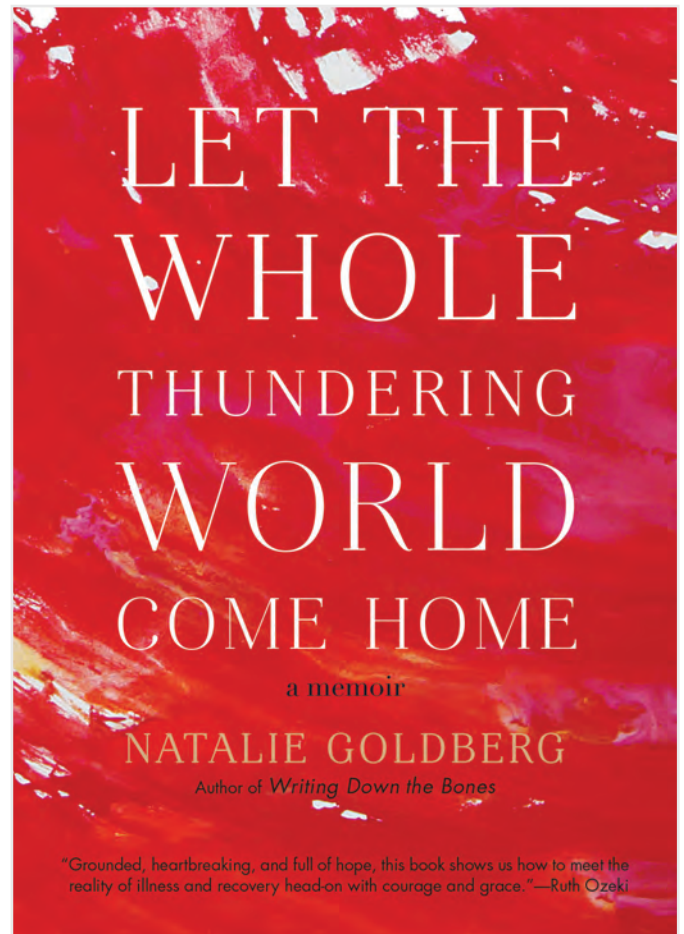
Biography & Autobiography - Personal Memoirs

Health & Fitness - Diseases - Cancer

Family & Relationships - Life Stages - Mid-Life

RIGHTS SOLD Chinese (Complex)

AUTHOR'S PREVIOUS BOOKS RIGHTS SOLD Chinese Complex, Chinese Simplified, Danish, Dutch, Finnish, French, German, Hebrew, Indonesian, Italian, Japanese, Korean, Latvian, Portuguese, Spanish, Swedish, Thai, Lithuanian, Russian.



Reviews

“ Grounded, heartbreaking, and full of hope, *Let the Whole Thundering World Come Home* shows us how to meet the reality of illness and recovery head-on with courage and grace. Natalie Goldberg’s lifelong dedication to writing, art, and her practice of Zen is an inspiration. ”

Ruth Ozeki

Author of *A Tale for the Time Being*

“ In emotionally intense prose, Goldberg skillfully portrays the sorrow that can invade relationships when people are dealing with cancer (‘Cancer demanded that I let the whole thundering world come home, that I accept the horror and unknown of human life-and death’) and recalls her anxiety about death, her fear of the lack of control over her condition, and her desire to avoid acknowledging the impermanence of life. Despite her suffering, Goldberg holds to the teachings of Zen: pay attention to this moment, savor every experience, and live life in full bloom with vigor and gusto. ”

Publishers Weekly, starred review

Hip-Healthy Asana

The Yoga Practitioner's Guide to Protecting the Hips and Avoiding SI Joint Pain

By [Charlotte Bell](#)

\$18.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

6/12/2018

PAGES: 128

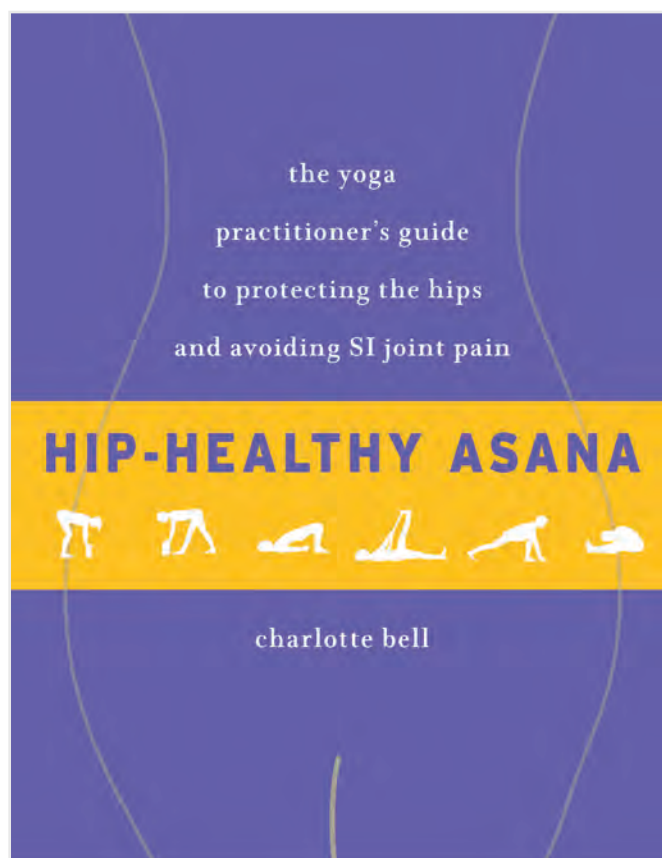
ISBN: 9781611805512

About the Book

The mind and body benefits of daily yoga practice are unquestionably positive, but as yoga has become more popular, an increasing number of yoga practitioners are suffering from hip and lower back pain and intense sacroiliac joint discomfort. The urge to push yourself too far, too fast, along with forceful “adjustments” by well-meaning yoga instructors, can result in hip pain caused by hypermobility—too much flexibility or excessive range of motion. Because of the nature of the hip joint, these enthusiastic practitioners often do not feel the effects of their practice until they wake up one day with immobility and debilitating pain. *Hip-Healthy Asana* is a concise, practical guide that will teach you how to protect your hips as you practice—and will help you adapt your practice as necessary if hip problems do develop. Yoga and meditation teacher Charlotte Bell gives a complete, accessible explanation of the hip structure, and offers practice tips, modifications, and sequences that enhance hip strength and stability for a sustainable practice that can last through every age and stage of life.

Author

CHARLOTTE BELL began practicing yoga in 1982 and began teaching in 1986. Following a 1989 trip to Pune, India, she received teacher certification from B. K. S. Iyengar. She blends the practice of yoga with Insight Meditation. A lifelong musician, she plays oboe and English horn with the Salt Lake Symphony and performs with Scherzando Winds, blue haiku, and Red Rock Rondo. She lives in Salt Lake City. For information about her yoga classes and workshops, visit www.charlottebellyoga.com.



Health & Fitness - Yoga

Health & Fitness - Pain Management

Health & Fitness - Exercise

PUBLICITY

YOGA FOR HEALTHY AGING BLOG Author interview including link to buy book – [circ/imp: 50,000](#) – [Related link](#)

Living the Sutras

A Guide to Yoga Wisdom beyond the Mat

By Kelly DiNardo and Amy Pearce-Hayden

\$16.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

6/12/2018

PAGES: 208

ISBN: 9781611805499

About the Book

The Yoga Sutras, a classical text written by the guru Patanjali over two thousand years ago, is foundational to Yoga philosophy and practice. The 196 aphorisms offer a potent map for how to navigate through the challenges of life. They contain teachings on how to deal with loss, pain, dissatisfaction, and alienation; they provide guidance on how to cultivate joy and lead a healthy, happy, fulfilling life. But as important as these teachings are, they often feel too esoteric and inaccessible to modern practitioners. *Living the Sutras* offers a relevant, understandable, and enjoyable entree to this yoga training for the mind and spirit. The authors introduce a sutra or group of sutras on a related theme, provide a brief commentary, and then offer writing prompts to allow you to reflect on and apply the meaning of the sutras to your life. The book is at once an introduction to the classical philosophy, a quick guide for students and teachers, and an active self-study that allows you to engage with the wisdom in a deeply personal way.

Authors

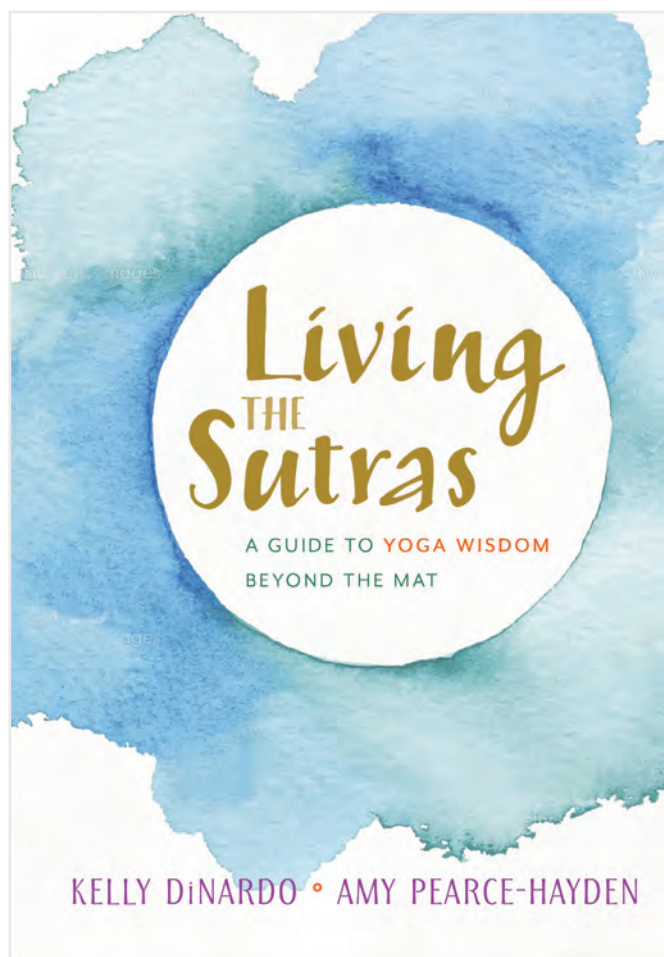
AMY PEARCE-HAYDEN has devoted twenty years of study, practice, and teaching to classical yoga, Ayurveda, Tantra, and meditation. She founded the RajaHatha School of Yoga in 2003, and continues to certify teachers in her 200 and 500 hour lineage. She is also a regular guest contributor to Yoga International and yoga instructor for the Himalayan Institute in Honesdale, Pennsylvania.

KELLY DINARDO is a journalist and author whose work regularly appears in *The New York Times*, *O: The Oprah Magazine*, *National Geographic Traveler*, among others. She is also a yoga instructor and owner of Past Tense yoga studio in Washington, DC.

Health & Fitness - Yoga

Philosophy - Hindu

Self-Help - Spiritual



Reviews

“ *Living the Sutras* will deepen your understanding of the power of the yoga sutras to cultivate and sustain positive change. You’re invited on a journey of self-study in order to balance, clarify, and set clear intentions for the life you’ve always wished to live. ”

Elena Brower

Author of *Practice You* and *Art of Attention*

“ *Living the Sutras* is a tool to make the other aspects of Yoga as approachable and accessible as the asana is today. It’s an opportunity to learn where we are in our mind and spirit and then harness it. It’s a way to make the ancient wisdom found in the Sutras relevant to our modern lives. And it’s a guide for putting it all together so we can live with ease and purpose. ”

Integral Yoga Magazine

The Complete Cold Mountain

Poems of the Legendary Hermit Hanshan

By **Kazuaki Tanahashi** and **Peter Levitt**

\$18.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

6/26/2018

PAGES: 280

ISBN: 9781611804263

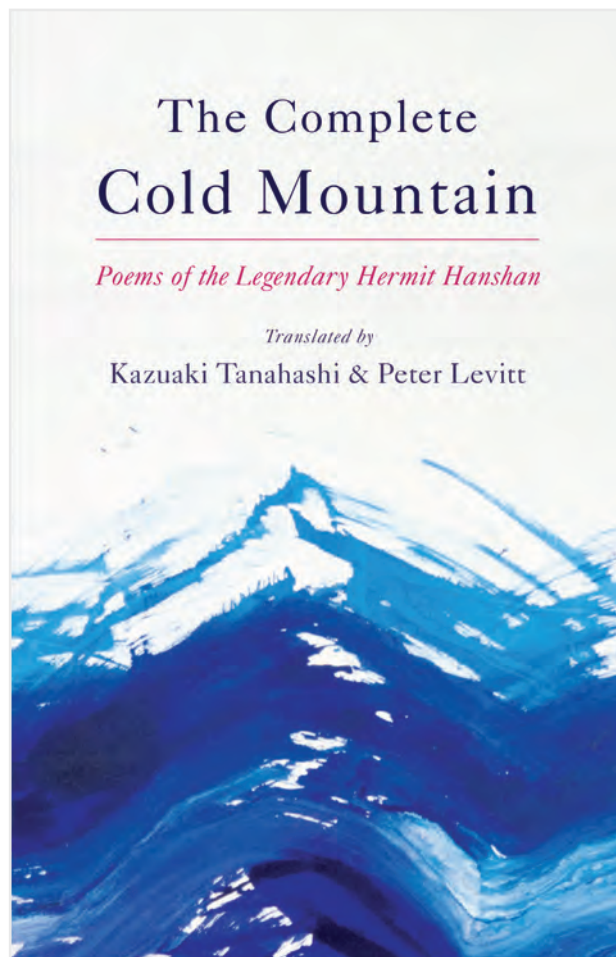
About the Book

The Hanshan (“Cold Mountain”) poems are unquestionably the most enduring works to come out of the poetically rich Tang dynasty (seventh to early tenth century) of China. They entered modern Western consciousness through the influence of the Beat generation writers for whom they were a major influence, and they’re rightfully known as some of the most accessible of classic Chinese poetry—the kind of poetry that speaks even to those who don’t usually relate to poetry. They have been much translated. This new translation is unique both in its scope—it includes all the poems traditionally associated with Hanshan, more than 300—and in its tone: it is a collaboration between two renowned and very different poets and Zen students who honor the Buddhist elements of the verse while perceiving in the Cold Mountain poems a kind of humor and tenderness of heart that makes their renditions particularly delightful. The translation includes the full Chinese text of the poems and a wealth of fascinating ancillary materials. This collection also stands out from the others in its organization: scholars often identify two different authors of the Cold Mountain poems, whereas Tanahashi and Levitt identify three poets from three different periods (explained in a fascinating appendix), and they have arranged the poems accordingly.

Author

KAZUAKI TANAHASHI is a world-renowned calligraphic artist, a Zen teacher, author, environmentalist, peaceworker—and translator, particularly of the works of Eihei Dogen. He is author or translator of numerous books, and his art has been featured in shows throughout the world.

PETER LEVITT is a poet and Zen teacher who lives in British Columbia. He was authorized to teach in the lineage of Shunryu Suzuki by Norman Zoketsu Fischer. He is the author of several collections of poetry and is the recipient of the prestigious Lannan Foundation Award in Poetry. He also teaches creativity in writing and other endeavors in various venues—he is the author of *Fingerpainting on the Moon: Writing and Creativity as a Path to Freedom* (Harmonym, 2003).



Reviews

“ *The Complete Cold Mountain* is an extraordinary collection of the complete works of Hanshan; brilliantly translated by Kazuaki Tanahashi and Peter Levitt, it lifts the spirit in the great mountains and beyond. ”

Joan Halifax

Abbot of Upaya Zen Center

Author of *Full Catastrophe Living*

Poetry - Asian - Chinese

Religion - Buddhism - Zen

Poetry - Anthologies (multiple authors)

AUTHOR'S PREVIOUS BOOKS RIGHTS SOLD Bulgarian, Portuguese, Russian

Desert

Poems

By **David Hinton**

\$16.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

7/10/2018

PAGES: 144

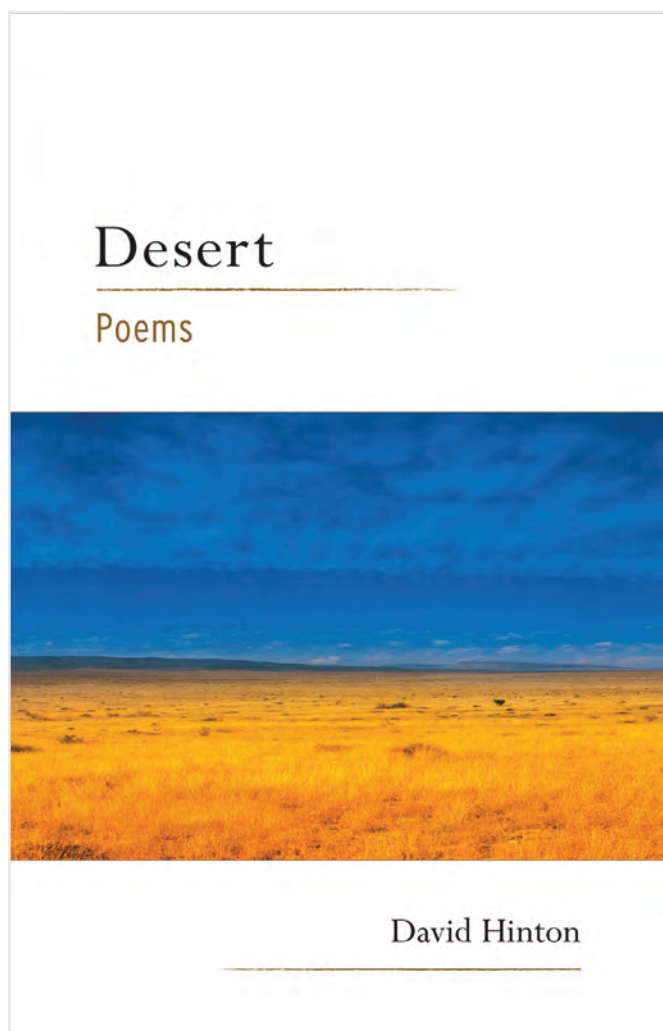
ISBN: 9781611805932

About the Book

David Hinton's poetic sense shines so brightly through his translations of the Chinese poets and in his transcendent prose that one assumes he must write his own verse — and he has indeed been doing so for years, sharing it informally at readings and among his students. Here at last is a collection of Hinton's poetry. The poems sing with his own very distinctive voice, which inevitably echoes the voices of the Chinese classic poets he knows so deeply. The poems in this collection relate to the title — Desert — both literally and figuratively, giving voice to the experience of spending time in places of physical challenge, desolation, and beauty, and also going deeper to the themes of the relative and absolute that dominate Hinton's work overall, as experienced in desert as a place where one is confronted by such ultimate matters in a way that touches the heart and mind profoundly.

Author

DAVID HINTON's many translations of classical Chinese poetry have earned wide acclaim for creating compelling contemporary poems that convey the texture and density of the originals. He is also the first translator in over a century to translate the five seminal masterworks of Chinese philosophy: I Ching, Tao Te Ching, Chuang Tzu, Analects, and Mencius. Hinton has received many national awards, including a Guggenheim Fellowship, both major awards for poetry translation, and most recently, a lifetime achievement award from the American Academy of Arts and Letters.



Poetry - American - General

Poetry - Subjects & Themes - Nature

PUBLICITY

TRICYCLE Poem featured in "Desert New poetry from David Hinton" in Summer 2018 issue

ZEN MOUNTAIN MONASTERY Author presentation at the Buddhist Poetry Festival July 05, 2018 - July 08, 2018

Befriending Your Body

A Self-Compassionate Approach to Freeing Yourself from Disordered Eating

By Ann Saffi Biasseti

\$16.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

8/7/2018

PAGES: 176

ISBN: 9781611806083

About the Book

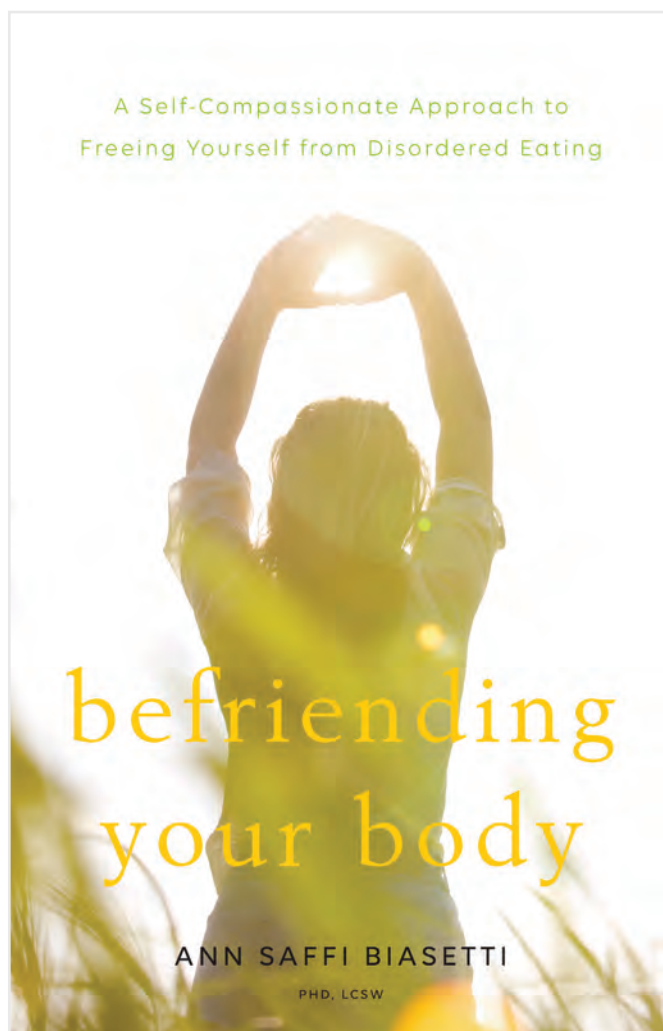
People who struggle with disordered eating find themselves in an unrelenting cycle of harsh self-judgment, painful emotions, and harmful behaviors. The body is seen as an enemy, something to struggle with, and they may withdraw from life and become isolated. This holistic, wonderfully effective approach by psychotherapist, yogi, Buddhist, and meditation teacher Ann Saffi Biasseti focuses on two key areas of growth shared by people who recover successfully: self-compassion and embodiment. This insight, informed by yoga and mindfulness meditation, views the body not just as something to be healed or restored, but as a source of great wisdom and knowledge.

Biasseti guides readers through nine phases of recovery, with experiential exercises, including yoga-based movement, body-awareness practices, meditations, and reflections (journaling prompts). Readers learn how to release long-held habits of self-criticism and perfectionism and instead rebuild self-compassion, self-care, body awareness and acceptance, and reconnection to the self and to other people.

Author

ANN SAFFI BIASSETTI, PhD, LCSW has been a practicing psychotherapist for over twenty-five years and is licensed as a clinical social worker. She maintains a private practice in Saratoga Springs, New York, specializing in somatic psychotherapy and eating disorder recovery. Dr. Biasseti is also a certified yoga teacher, yoga therapist, and mindfulness and self-compassion teacher/trainer, trained in the Mindful Self-Compassion program. She has developed a teacher-training program in mindfulness-based restorative yoga to promote embodiment and embodied awareness

Self-Help - Eating Disorders & Body Image
Psychology - Psychopathology - Eating Disorders
Psychology - Psychotherapy - Counseling



Reviews

“ Dr. Biasseti’s work hits the sweet spot where self-compassion training and eating disorder recovery intersect-the body-and she shows how compassionate, embodied awareness heals. ”

Christopher Germer, PhD

Author of *The Mindful Path to Self-Compassion*

“ *Befriending Your Body* is a valuable resource for creating a new relationship with your body and with food. Full of meditation, yoga, and self-compassion practices, this wise and loving book will be a much needed antidote to body-shaming and self-loathing which plague so many women. This book is a healing gift. ”

Dr. Susan Pollak

Co-founder, Center for Mindfulness and Compassion,
Harvard Medical School

The Five Hurdles to Happiness

And the Mindful Path to Overcoming Them

By Mitch Abblett

\$22.95 - Hardcover

SHAMBHALA PUBLICATIONS

8/7/2018

PAGES: 272

ISBN: 9781611804492

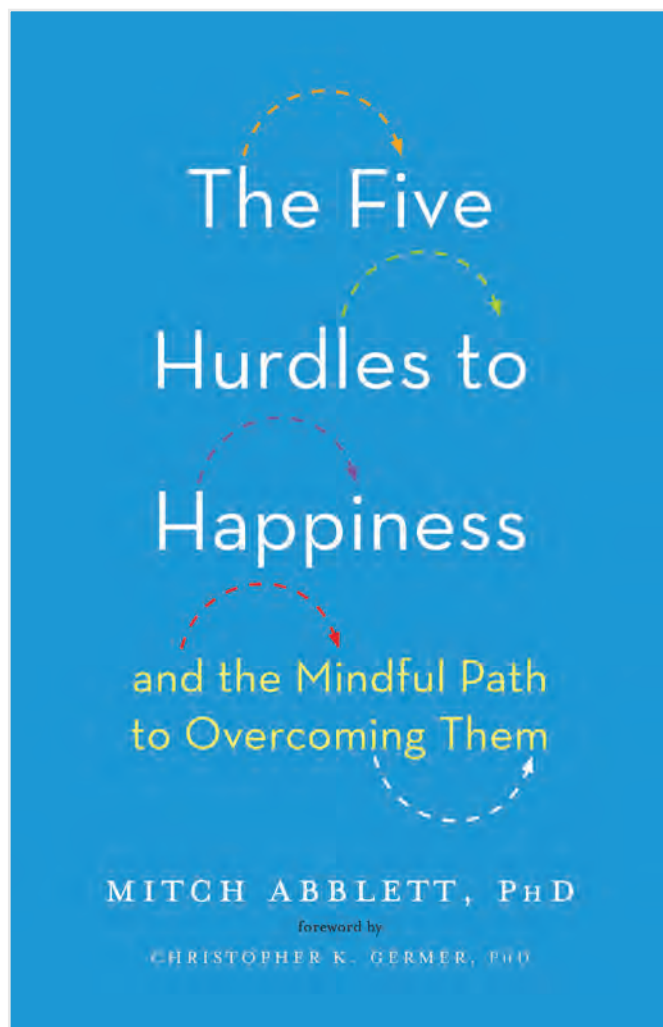
About the Book

The Buddha's teaching on the five hindrances to awakening in the ancient scripture *Samyutta Nikaya*, where he contrasts them to the seven factors of enlightenment. They are a feature of what's taught in all the Buddhist traditions. Mitch Abblett gives the teaching a unique modern and secular interpretation, combining traditional wisdom with contemporary psychology—with examples from the lives of the real people he has worked with on the hindrances in his psychotherapy practice. The hindrances are, according to Mitch's formulation (there are various others): desire, hostility, sluggishness, worry, and doubt. Recognizing how each hindrance manifests in you goes a long way toward freeing yourself from it, but each hindrance also has a corresponding antidote that works like a wonder drug prescribed for a specific illness. The book takes the Buddhist five hindrances beyond their application to meditation and uses them as a frame for engaging readers in a process of contemplating their own life in general and learning to turn into their experience rather than merely repeating bad habits.

Author

MITCH ABBLETT, PhD, is a licensed clinical psychologist and consultant with a private practice. He speaks and trains nationally and internationally on the applications of mindfulness for enhancing professional and personal communication patterns. The author of several previous books, he has been the executive director of the Institution for Meditation and Psychotherapy and was for 11 years clinical director of Manville School at Judge Baker's Children's Center at Harvard University.

Self-Help - Personal Growth - Happiness
Body, Mind & Spirit - Mindfulness & Meditation
Religion - Buddhism - General



Reviews

“ This is a lovely, profound book. It takes the Buddha's ancient teachings about the 5 primary blocks to happiness and inner peace and applies these to our modern, busy, stressful lives. Grounded in science, informed by the penetrating insights of an experienced therapist, and practical on every page, this heartfelt book will help change many lives for the better. ”

Rick Hanson, PhD

Author of *Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness*

“ Full of engaging, provocative insights based on years of both psychological and spiritual practice, Dr. Abblett brings to life the Buddha's insights into how our minds create suffering and how we can transform this suffering into wisdom and compassion. Written with unusual honesty and wit, and full of practical examples and exercises, this book helps us let go of the self-protective habits that make us unhappy, and cultivate instead open, awakened, hearts and minds. ”

Ronald D. Siegel, PsyD

Author of *The Mindfulness Solution: Everyday Practices for Everyday Problems*

The Practice of Pure Awareness

Somatic Meditation for Awakening the Sacred

By Reginald Ray

\$18.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

8/28/2018

PAGES: 304

ISBN: 9781611803815

About the Book

Traditional Tibet held a unique spirituality, one with a depth and power far beyond anything most modern people have experienced. At the same time, its spirituality was often obscured under a heavy overlay of Tibetan cultural assumptions, beliefs, attitudes, and practices. Sometimes, many of us think that the cultural trappings somehow are the essence of Tibetan Buddhism. Then we end up trying to force ourselves into a rigid and alien cultural mold, leading to all kinds of emotional, psychological, and spiritual problems. According to Reginald Ray, the spirituality of Tibet in its most basic and integral form is quite real; but it is not about Tibet, Buddhism, or even religion. It is about how to discover, engage, and realize our deepest and most complete humanity.

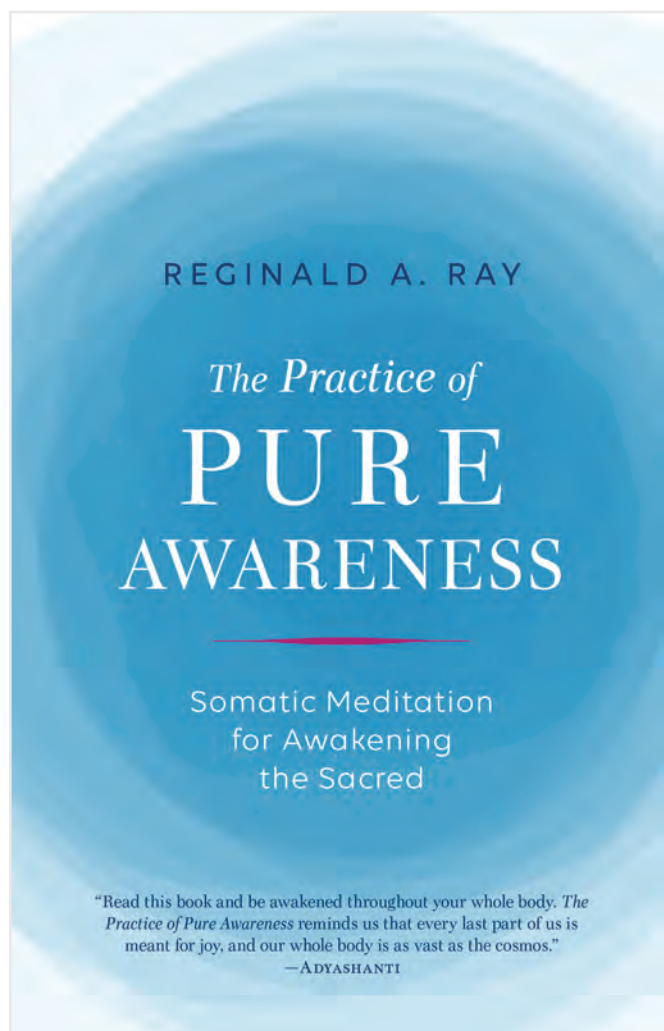
Perhaps the most precious teaching Tibet has to offer us in the modern world is the practice of meditation. Ray presents the core and essence of this tradition through the somatic practice of Pure Awareness—a unique kind of meditation that is thoroughly grounded in the body and in ordinary experience. This fundamentally transformative practice offers the possibility of enlightenment in this present life and invites us into the immensely powerful journey that Tibetan tantric spirituality has to offer.

The book will include links to online audio recordings of the guided meditations to further aid the reader.

Author

DR. REGINALD “REGGIE” RAY is the cofounder and Spiritual Director of the Dharma Ocean Foundation, dedicated to the evolution and flowering of the somatic teachings of Tibetan Buddhism. He is a lineage holder in the tradition of Chögyam Trungpa Rinpoche. Reggie is the author of several books—including *The Awakening Body*, *Indestructible Truth*, and *Secrets of the Vajra World*—as well as audio programs—including *Mahamudra for the Modern World*. He makes his residence in Crestone and Boulder, Colorado.

AUTHOR'S PREVIOUS BOOKS RIGHTS SOLD Italian, Polish, Spanish, Russian



Reviews

“ Read this book and be awakened throughout your whole body. The Practice of Pure Awareness reminds us that every last part of us is meant for joy, and our whole body is as vast as the cosmos. ”

Adyashanti

“ Reginald Ray offers a clear, pragmatic, and systematic guide to liberation, particularly emphasizing the importance of the body in its various energy manifestations as a vehicle for ever-deepening understanding. His long immersion in Tibetan Vajrayana practices and his many years of experience guiding others has made this work an invaluable contribution to those walking on the path to greater freedom. ”

Joseph Goldstein

Author of *Mindfulness: A Practical Guide to Awakening*

Religion - Buddhism - Tibetan

Body, Mind & Spirit - Mindfulness & Meditation

Self-Help - Spiritual

Polynesian Tattoos

42 Modern Tribal Designs to Color and Contemplate

By **Roberto Gemori**

\$17.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

9/25/2018

PAGES: 112

ISBN: 9781611806304

About the Book

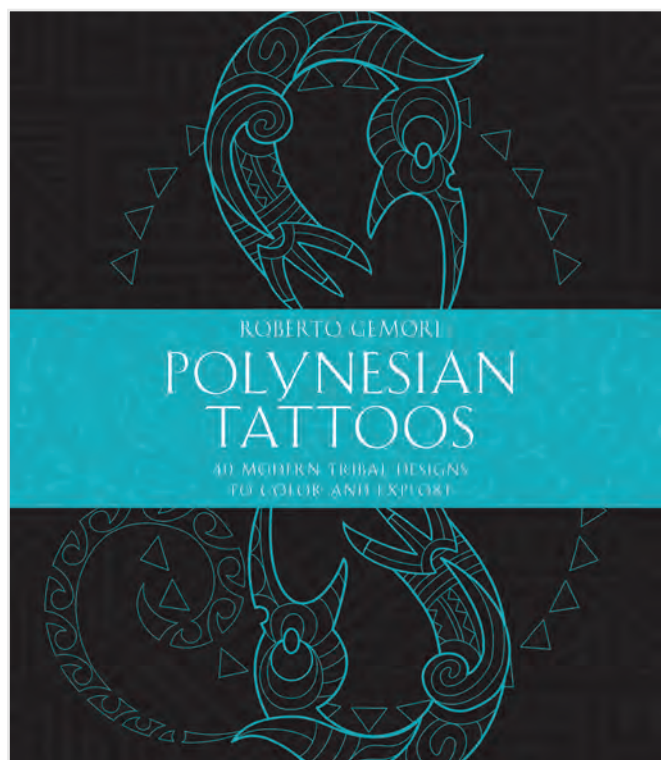
The beauty and depth of Polynesian art is particularly notable in the tradition of Polynesian tattooing, which has existed more than two thousand years. While tattoos can indicate one's status in society and one's genealogy, Polynesian tattooing is also infused with rich symbolism and spiritual meaning. Each person's tattoo is uniquely created for that person, and the symbols in the tattoo express personal qualities and tell one's life story.

Roberto Gemori has been designing tattoos for more than a decade. He has studied Polynesian art and symbolism for twenty years, and through Polynesian designs he creates beautiful, rich, and meaningful tattoos. According to Gemori, each person has a unique story to tell regarding their personal struggles, adversities, and triumphs. In his approach to tattoo art, Gemori takes the meaningful moments of a person's life story and weaves them into a creative design, such that the tattoo itself becomes a form of personal empowerment, representing challenges overcome and qualities a person is working to cultivate in their life.

This book presents tattoo designs inspired by Polynesian art that readers can color and contemplate for empowerment and transformation. It opens with a short introduction on Polynesian art and symbolism. The book then features 40 designs for coloring, each accompanied by a description of the symbolism of each design.

Author

ROBERTO GEMORI draws Polynesian tattoos for the site www.tattootribes.com and collaborates with specialized magazines under the nickname GiErre. Passionate about Polynesian cultures for years, he is among the site's founders and likes to share his works to shed light on this beautiful and meaningful form of art. He is the author of *The Polynesian Tattoo Handbook: A Practical Guide to Creating Meaningful Polynesian Tattoos*.



Art - Body Art & Tattooing

Art - Australian & Oceanian

Games & Activities - Coloring Books

Budoshoshinshu

Essential Teachings on the Way of the Warrior

Translated by William Scott Wilson

\$19.95 - Hardcover

SHAMBHALA PUBLICATIONS

10/30/2018

PAGES: 208

ISBN: 9781611805680

About the Book

When it comes to books on samurai philosophy, Hagakure is iconic to contemporary readers. But *Budōshoshinshu*, which was also written by a respected samurai during the Edo period, was equally influential at the time. Both works address the warrior's role in times of peace and emphasize the importance of living selflessly. Written by Daidoji Yūzan (1639–1730), a Confucian scholar who descended from a long line of prominent warriors, *Budōshoshinshu* comprises 56 pithy instructive essays for young samurai on how to live morally, with professional integrity and a higher purpose; to carry on the true chivalrous tradition of bushido. *Budōshoshinshu* is imbued with classic Confucian philosophy, centered on living one's life with sincerity and loyalty.

Author

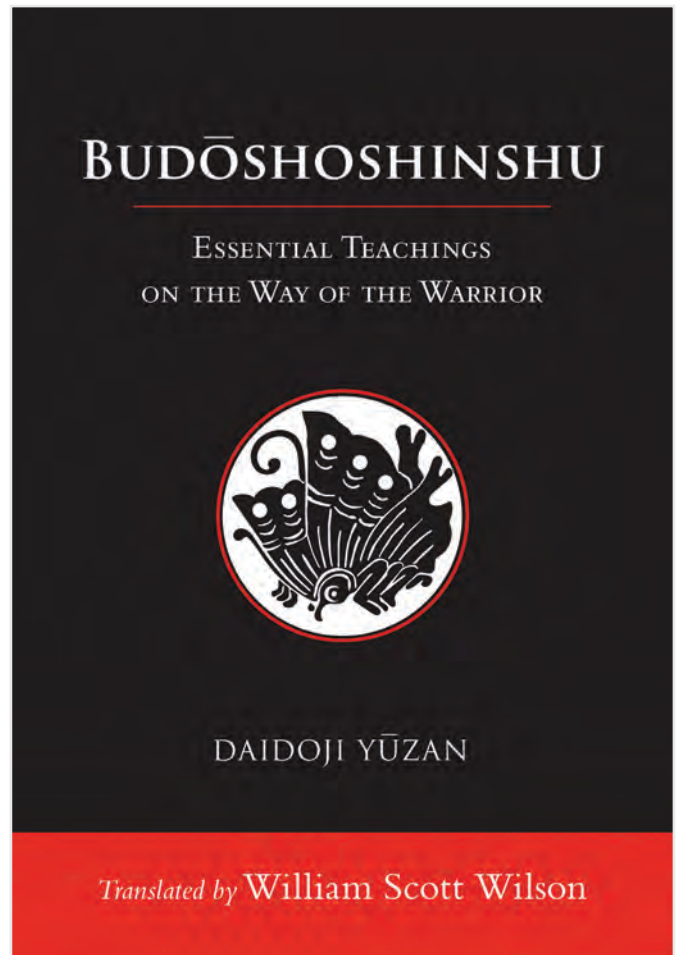
WILLIAM SCOTT WILSON is the foremost translator into English of traditional Japanese texts on samurai culture. He received BA degrees from Dartmouth College and the Monterey Institute of Foreign Studies, and an MA in Japanese literary studies from the University of Washington. His best-selling translations include *Hagakure*, *The Book of Five Rings*, and *Taiko*. He is also the author of *The Lone Samurai*, a biography of the legendary samurai Miyamoto Musashi.

Sports & Recreation - Martial Arts & Self-Defense

Philosophy - Eastern

Religion - Confucianism

AUTHOR'S PREVIOUS BOOKS RIGHTS SOLD Arabic, Chinese Complex, Chinese Simplified, Dutch, Finnish, French, German, Greek, Hungarian, Indonesian, Italian, Latvian, Lithuanian, Portuguese, Russian, Spanish, Thai, Turkish.



Bodyfulness

Somatic Practices for Presence, Empowerment, and Waking Up in This Life

By **Christine Caldwell, PhD**

\$19.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

11/13/2018

PAGES: 304

ISBN: 9781611805109

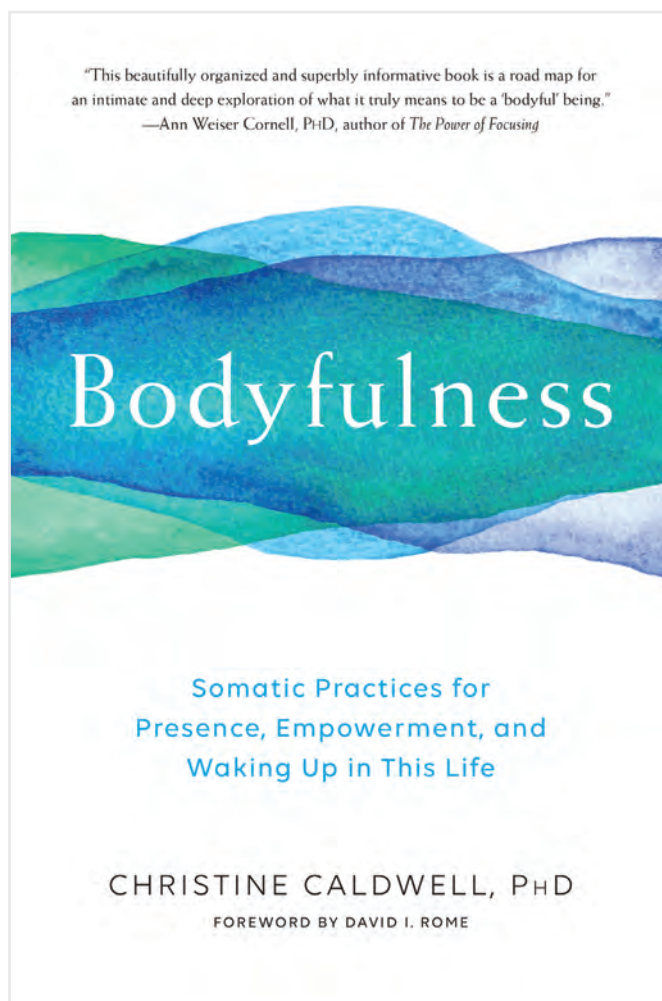
About the Book

A book for contemplative practitioners and people in the helping professions that introduces the importance of somatic awareness, physical self-reflection, and conscious movement practices as a companion to sitting practice. Harnessing both the literal and metaphorical contemplative potency of the principles such as oscillation and balance, which govern the functioning and systems of the body, *Bodyfulness* provides practical guidance for living an embodied contemplative life. Both theoretical and practical, it will educate the reader about the body's role in consciousness, emotional maturity, connection to others, personal and social transformation, and spirituality. Chapter by chapter, the reader will be introduced to practices that help recover lost physical wisdom of sensation, breath, and movement. Most importantly, *Bodyfulness* will assist the reader in reclaiming a body-centered contemplative life, one that values both sensation and thought equally, as well as celebrating their interconnected nature..

Author

CHRISTINE CALDWELL, PhD, founded the Somatic Counseling program in the Graduate School of Counseling and Psychology at Naropa University, where she was a core faculty member for more than thirty years. A practicing psychotherapist with a long-standing practice and an advanced student of Thich Nhat Hanh, Christine runs professional trainings in somatics in both the US and internationally. Her books include *Getting Our Bodies Back* and *Oppression and the Body*.

Body, Mind & Spirit - Mindfulness & Meditation
Psychology - Psychotherapy - General
Self-Help - Personal Growth - General



Reviews

“ This beautifully organized and superbly informative book is a road map for an intimate and deep exploration of what it truly means to be a ‘bodyful’ being. ”

Ann Weiser Cornell, PhD

Author of *The Power of Focusing*

“ *Bodyfulness* is at once a hands-on manual suitable for beginners, a rich resource for somatically-oriented trainers and counselors, and a heartfelt call for humanity to wake up to the untapped resources our bodies hold for living more fulfilling, wise, and ethical lives. I fell in love with this book ... you may well fall in love with it too. ”

from the foreword by

David I. Rome

Author of *Your Body Knows the Answer*

Tao Te Ching

A Graphic Novel

Adapted by **Sean Michael Wilson**

From the Translation by **William Scott Wilson**

Illustrated by **Cary Kwok**

\$15.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

12/11/2018

PAGES: 160

ISBN: 9781611803280

About the Book

This graphic-novel version of the Tao Te Ching—the poetic classic that is the philosophical and religious basis of Taoism—brings the teachings into a modern light in a completely fresh and unique way. 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.

Author

SEAN MICHAEL WILSON is a comic book writer from Scotland, living in Japan. He has had many books published with a variety of US, UK, and Japanese publishers, such as *The Book of Five Rings*, and edited the critically acclaimed *AX: alternative manga* (Publishers Weekly's "Best Books of 2010" in comics). In 2016, his book *Lafcadio Hearn's "The Faceless Ghost" and Other Macabre Tales from Japan* was nominated for the prestigious Eisner Award. And in 2017, his book *Secrets of the Ninja* won an International Manga Award from the Japanese Government.

CARY KWOK is a visual artist based in London. Kwok's work has been exhibited in many of the world's leading private and not-for-profit galleries including Galerie Emanuel Perrotin, Hauser & Wirth, Taro Nasu, Herald Street, FLAG Art Foundation, the ICA, Studio Voltaire and Tate Britain. His work has been featured in a myriad of art titles and *Visionaire* 46, guest edited by Mario Testino

Comics & Graphic Novels - Religious

Philosophy - Taoist

Religion - Taoism



Tantra of the Yoga Sutras

Essential Wisdom for Living with Awareness and Grace

By Alan Finger and Wendy Newton

\$18.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

12/11/2018

PAGES: 128

ISBN: 9781611806151

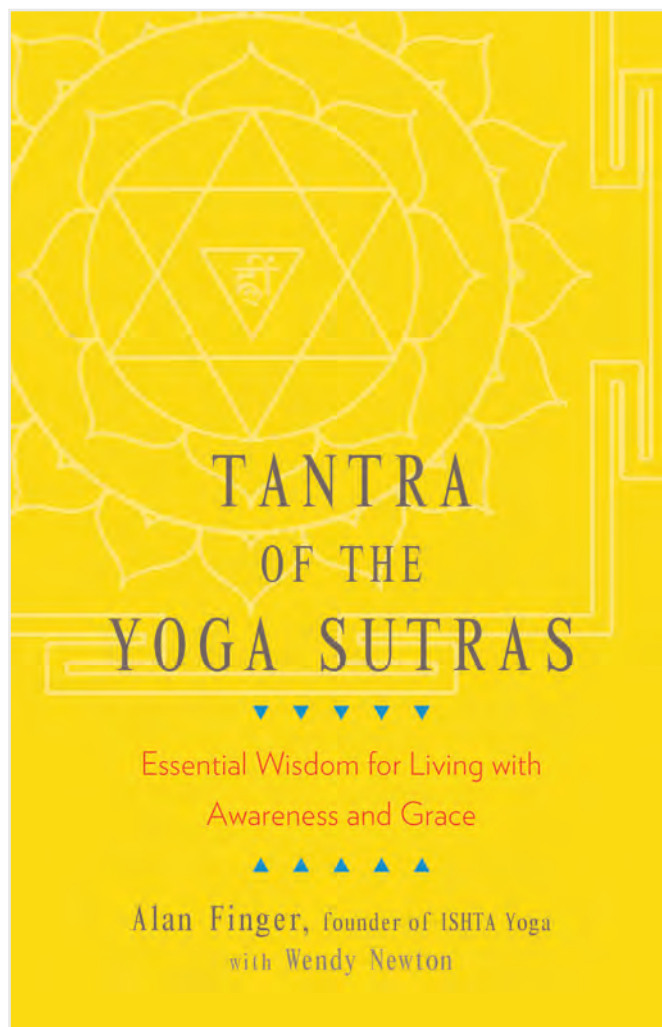
About the Book

The Yoga Sutras are Patanjali's classic on how to experience oneness (Samadhi) within yoga practice. Many serious yoga students want to bring the wisdom of the Sutras to their practice, but often find the text impenetrable and difficult to relate to. *The Tantra of the Yoga Sutras* remedies this by offering an interpretation that is uniquely relatable, teachable, and accessible. Yogi and tantric master Alan Finger shows contemporary practitioners and students that Samadhi is not something that we strive for in the future, but something that we can experience now. Many interpreters of the Yoga Sutras describe Samadhi as an unreachable goal for the ordinary yogi. Finger's interpretation delivers yoga practices that are doable, with attainable and transformative results.

Author

ALAN FINGER was born and raised in South Africa and was a student of Parmahansa Yogananda, Krishnamacharya, and B. K. S. Iyengar, among others. He is nationally known for the depth of his training and for his gentle, friendly teaching style. Finger's wisdom and appeal are reflected in the success of Yoga Works, the studio he founded in Los Angeles; Yoga Zone studios and videos; his four Be Yoga studios in New York; and his work with many prominent celebrities including Robin Williams, Barbra Streisand, Neil Diamond, Joni Mitchell, Diana Ross, and Kim Cattrall. He travels and teaches all over the United States, as well as in Canada, Europe, and South Africa. He lives in New York City.

WENDY NEWTON is a senior teacher at ISHTA Yoga and a lead trainer in the ISHTA teacher training program. She has studied with Kavi Yogiraj Alan Finger since 2002. Newton's private practice combines Polarity and ISHTA Marma energy work, yoga-based counseling, and ISHTA yoga asana, pranayama, and kriya techniques. Her group yoga classes combine subtle body awareness, physical alignment, and breath-based movement to help inspire students to move with grace, no matter what their "condition," and to gain perspective in their lives.



Religion - Hinduism - Sacred Writings

Philosophy - Hindu

Health & Fitness - Yoga

Ashtanga Yoga Practice Cards

The Primary Series

By **Kino MacGregor**

\$29.95 - Kino MacGregor

SHAMBHALA PUBLICATIONS

2/05/2019

PAGES: 68

ISBN: 9781611806489

About the Book

Ashtanga Yoga is one of the most popular and rigorous styles of yoga—and now practicing the Primary Series at home could not be easier! This full-color set of practice cards includes 90 poses (the series plus each pose in Surya Namaskara A and B), each with a photo, instructions, the drishti (point of focus), and a list of benefits.

A fold-out introduction card explains Ashtanga's history and tradition; the essential connection of breath, posture, and gaze that is the core of the practice; and how Ashtanga is fundamentally a path of spiritual transformation and development. Whether you're new to Ashtanga or an experienced practitioner, this card set will be a useful and inspiring support to your practice.

Author

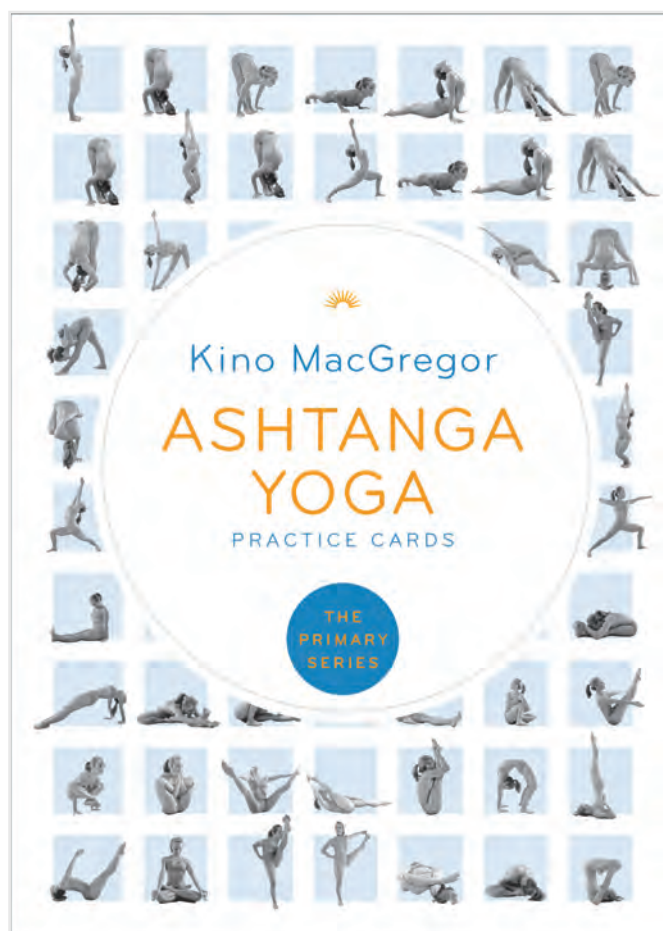
KINO MACGREGOR is the founder of OMstars, a twenty-four-hour online yoga television channel (www.omstars.com). She has an international following of over two million people and a busy teaching schedule worldwide. MacGregor and her husband, Tim Feldmann, are the founders of the Miami Life Center. She is also one of a select few students to receive certification to teach Ashtanga Yoga from her teachers in Mysore, India. She is the author of *The Power of Ashtanga Yoga*, *The Power of Ashtanga Yoga II*, and *The Yogi Assignment*.

Health & Fitness - Yoga

Health & Fitness - Healthy Living

Body, Mind & Spirit - Inspiration & Personal Growth

AUTHOR'S PREVIOUS BOOKS RIGHTS SOLD Bulgarian, Chinese (Simplified) Spanish, Korean, Slovenian, Italian, Czech



Mindful Eating on the Go

Practices for Eating with Awareness,
Wherever You Are

By Jan Chozen Bays

\$12.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

12/24/2018

PAGES: 176

ISBN: 9781611806335

About the Book

Eating should be a source of joy — not a cause of angst, stress, or calorie-counting. Jan Chozen Bays's book *Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food* demonstrated the timeliness of that message in a world where our relationship with food is often negatively charged to the point where eating disorders are epidemic. Her approach ties together the latest science with Buddhist mindfulness techniques (she's an MD as well as a Zen teacher) in a way that's brought amazing results to folks who had no idea eating could be such a fulfilling and fun activity. With this little book, Jan now makes mindful eating even more accessible, providing simple exercises you can use anywhere in a small format you can keep in your pocket or purse to pull out for inspiration wherever you might be — any time you want to find a way to reconnect with eating as one of life's great joys.

Author

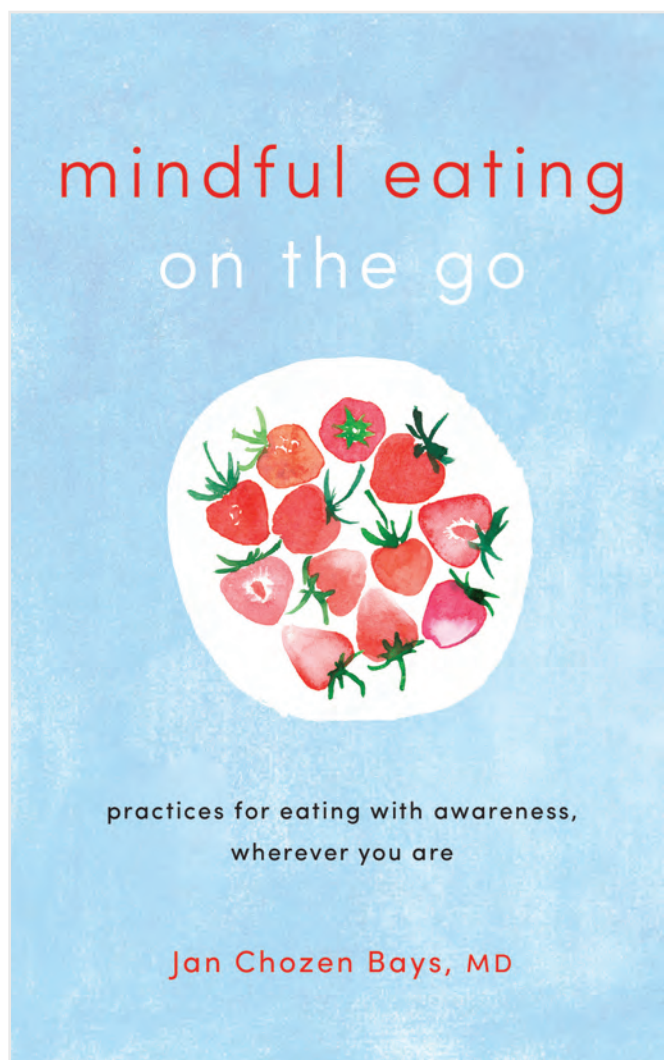
JAN CHOZEN BAYS, MD, is a Zen master in the White Plum lineage of the late master Taizan Maezumi Roshi. She serves as a priest and teacher at the Jizo Mountain-Great Vow Zen Monastery in Clatskanie (Portland area), Oregon. She is also a pediatrician who specializes in the evaluation of children for abuse and neglect.

Body, Mind & Spirit - Mindfulness & Meditation

Self-Help - Eating Disorders & Body Image

Health & Fitness - Healthy Living

AUTHOR'S PREVIOUS BOOKS RIGHTS SOLD Chinese Complex, Chinese Simplified, Czech, Dutch, Finnish, French, German, Hungarian, Italian, Japanese, Korean, Polish, Portuguese, Russian, Spanish, Turkish, Vietnamese



Gurdjieff Reconsidered

The Life, the Teachings, the Legacy

By Roger Lipsey

\$19.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

02/05/2019

PAGES: 288

ISBN: 9781611804515

About the Book

The Greek-Armenian teacher G.I. Gurdjieff was one of the most original and provocative spiritual teachers in the twentieth-century West. Whereas much work on Gurdjieff has been either fawning or blindly critical, acclaimed scholar and writer Lipsey balances sympathetic interest in Gurdjieff and his "Fourth Way" teachings with a historian's sense of context and a biographer's feel for personality and relationships. Using a wide range of published and unpublished sources, Lipsey explores Gurdjieff's formative travels in Central Asia, his famed teaching institution in France, the development of the Gurdjieff Movements and music, and, above all, Gurdjieff's fascinating continuous evolution as a teacher. Published on the 70th anniversary of Gurdjieff's death, *Gurdjieff Reconsidered* delves deeply into Gurdjieff's writings and those of his most important students, including P. D. Ouspensky and Jeanne de Salzmann. Lipsey's comprehensive approach and unerring sense of the subject make this a must-read for anyone with a serious intention to explore Gurdjieff's life, teachings, and reputation.

Author

ROGER LIPSEY is a biographer, art historian, translator, and, for many decades, a participant in the Gurdjieff teaching. He is the author of *Coomaraswamy: His Life and Work*; *An Art of Our Own: The Spiritual in Twentieth-Century Art*; *Angelic Mistakes: The Art of Thomas Merton*; *Make Peace Before the Sun Goes Down: The long Encounter of Thomas Merton and His Abbott, James Fox*; and *Hammaraskjold: A Life*, which has been hailed as the definitive biography of Dag Hammaraskjold. Since the publication of the Hammaraskjold biography, Roger speaks in many parts of the world under the auspices of the United Nations educational service.

Philosophy - Metaphysics

Biography & Autobiography - Religious

Biography & Autobiography - Philosophers

GURDJIEFF RECONSIDERED

The Life, the Teachings, the Legacy



ROGER LIPSEY

Foreword by Cynthia Bourgeault

Five True Things

A Little Guide to Embracing Life's Big Challenges

An abridgment of *Five Things We Cannot Change*

By **David Richo**

\$12.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

02/12/2019

PAGES: 128

ISBN: 9781611806670



About the Book

We want to live a happy and fulfilled life. And yet despite our best efforts, we struggle. In this powerful, pocket-size book David Richo shares that the path to well-being lies in accepting five true things we all experience, rather than fighting against them or wondering why.

These five true things are unavoidable: (1) everything changes and ends, (2) things do not always go according to plan, (3) life is not always fair, (4) pain is part of life, and (5) people are not loving and loyal all the time. Drawing on both psychology and spirituality, Richo offers time-tested insights on finding meaning and joy in life as it really is.

Author

DAVID RICHO, PhD, MFT, is a psychotherapist, teacher, writer, and workshop leader whose work emphasizes the benefits of mindfulness and loving-kindness in personal growth and emotional well-being. He is the author of numerous books, including *How to Be an Adult in Relationships* and *The Five Things We Cannot Change*. He lives in Santa Barbara and San Francisco, California.

Psychology - Interpersonal Relations

Self-Help - Personal Growth - General

Self-Help - Personal Growth - Happiness

AUTHOR'S PREVIOUS BOOKS RIGHTS SOLD Arabic, Bulgarian, Chinese Complex, Chinese Simplified, Croatian, Dutch, Finnish, French, German, Hungarian, Indonesian, Korean, Polish, Portuguese, Romanian, Spanish, Thai, Turkish, Vietnamese

Love between Equals

Relationship as a Spiritual Path

By Polly Young-Eisendrath

\$16.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

01/15/2019

PAGES: 240

ISBN: 9781611804782

About the Book

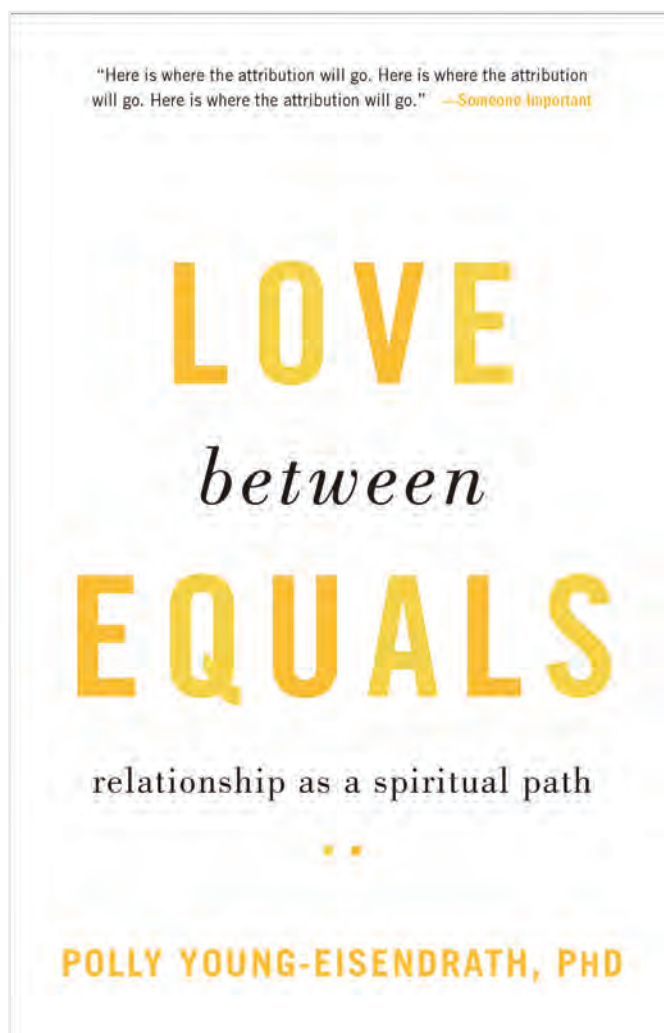
A committed relationship, as most people see it today, is a relationship of equals who share values and goals, a kind of team united by love, a common purpose and philosophy, and dedication to each other's growth on many levels, including spiritually. However, we have failed to recognize what a brand-new model this is in the history of the world. The old archetypes and myths and the reductive biological models do not provide adequate guidance for relationships based on "personal love." We need new guidelines that are rooted in sound understanding of our modern psychology and dilemmas. Young-Eisendrath makes the stand that modern relationships, which demand equality and reciprocity, cannot resort to dominance, control, or trust-breaking. Valuing being "true to yourself" in a relationship means we must learn to ongoingly renegotiate conflicts and needs with our partner, rather than necessarily bailing out at the first upset.

Utilizing wisdom gleaned from her many years of Buddhist practice and teaching and her work in psychotherapy and couples counseling, Young-Eisendrath shows how mindfulness is the key. Her insights and clinical examples are supported by practical application through the provision of mindfulness-based practices, exercises, and dialogue formats she has effectively used in couples counseling. You may not always like the hard truth in what you read, or you might even disagree at times, but Young-Eisendrath is willing to not only dismantle our idealized projections about love, but also offer a way forward to bring our intimate relationships on the spiritual path.

Family & Relationships - Love & Romance

Self-Help - Personal Growth - General

Psychology - Psychotherapy - Couples & Family



Author

POLLY YOUNG-EISENDRATH, PhD, is a Jungian analyst and psychotherapist in private practice. She is the clinical supervisor at Norwich University, Northfield, Vermont, and clinical associate professor of psychiatry, University of Vermont, Burlington. She is the chairperson of the Enlightening Conversations conferences, which bring together participants from the front lines of the interface between Buddhism and psychotherapy. She is the author of numerous books including *The Self-Esteem Trap: Raising Confident and Compassionate Kids in an Age of Self-Importance* (Little, Brown: 2008).

The Mama Sutra

A Story of Love, Loss, and the Path of Motherhood

By Anne Cushman

\$20.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

04/16/2019

PAGES: 208

ISBN: 9781611804638

About the Book

Sutra is the Sanskrit name for a short spiritual teaching in the yogic and Buddhist tradition, and it comes from the same root as the English word suture, or stitch. This story of motherhood as a path to awakening, is, says yoga and dharma teacher Anne Cushman, “an homage to the long threads that run through all human lives, stitching up what’s shredded and ragged in our hearts.” Like Cushman’s widely published personal essays, the book offers deep insight through the intimate details of everyday life. The Mama Sutra spans an eighteen-year journey through motherhood as a spiritual practice, chronicling Cushman’s first pregnancy; her daughter’s tragic stillbirth; the joyful birth of her son; the “home retreat” of early motherhood; the challenges of parenthood; the diagnosis of her son’s developmental disorder; the meltdown of her nuclear family and its reconfiguration into a new and joyful form; and more. Readers—whether they have shared similar parenting experiences or not—will recognize some aspect of themselves in Cushman’s emotions—painful yearning, deep ambivalence, ecstatic joy, bottomless grief, or surrender—in this powerful story of the rawness and beauty of life.

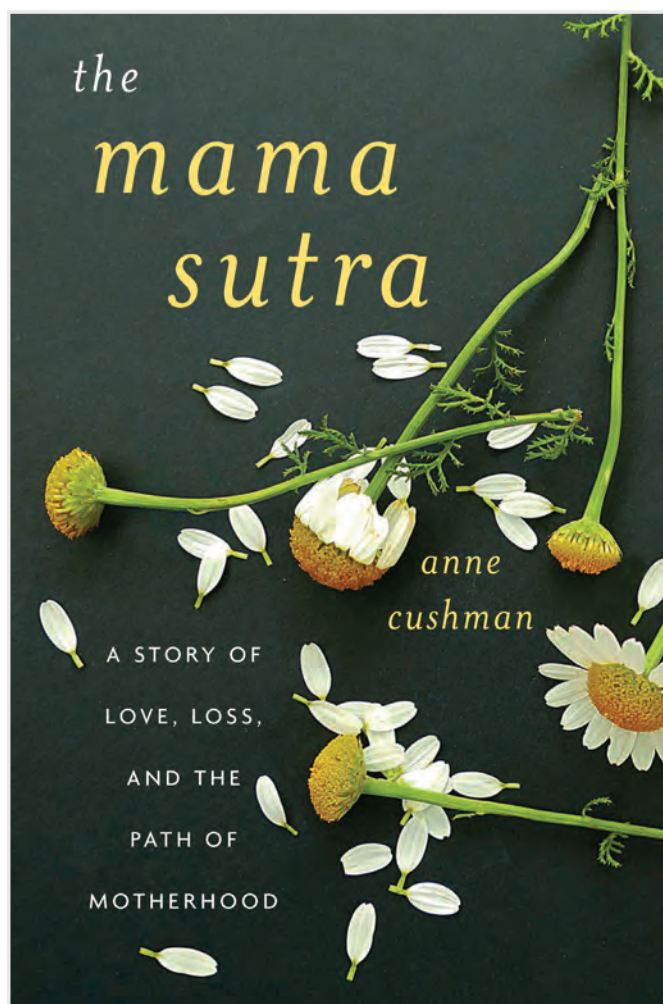
Author

ANNE CUSHMAN is a longtime yoga and meditation teacher whose writing on the intersection of spiritual practice and daily life has been published in the *New York Times*, *O Magazine*, *Yoga Journal*, *Tricycle*, *Lion’s Roar*, and more. She teaches regularly at Spirit Rock, Kripalu, and other venues worldwide on topics including “The Yoga of Parenting.” A former editor of *Yoga Journal* and *Tricycle*, she is the author of several books, including *Moving into Meditation*.

Family & Relationships - Parenting - Motherhood

Religion - Buddhism - General

Biography & Autobiography - Women



Deep Creativity

Seven Ways to Spark Your Creative Spirit

By Deborah Anne Quibell, Jennifer Leigh Selig, and
Dennis Patrick Slattery

\$18.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

03/26/2019

PAGES: 288

ISBN: 9781611806762

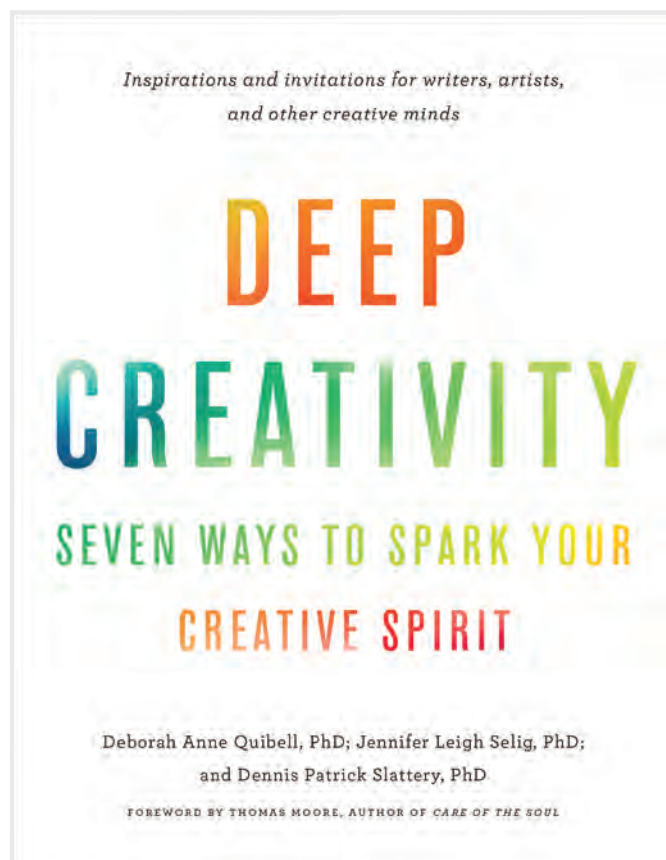
About the Book

Creative expression has increasingly become a prized component in many of our life's endeavors; in fact, there are many paths to instilling and nourishing creativity. The three authors of *Deep Creativity* distil these paths down to the 7 Ways to creativity: The Way of Love, The Way of Nature, The Way of the Muse, The Way of Suffering, The Way of Practice, The Way of the Sacred, and The Way of Art; and invite the reader to explore each for themselves. The authors show how the 7 Ways have informed their own creative process and provide reflective and practical exercises on each. Grounded in Jungian psychology, *Deep Creativity* offers practical guidance for getting in touch with your own unconscious reservoir as well as engaging your everyday world to deepen the source of creative expression. Wherever one is on the creative path—a beginner or established creative—this book offers not only practical workbook-like exercises but is also a contemplation on the creative process itself. The result is a highly resourceful book, which will not only inspire the creative process, but also uniquely contribute to our understanding of creativity as a deeply human and embodied endeavor.

Self-Help - Creativity

Self-Help - Meditations

Psychology - Movements - Jungian



Authors

DEBORAH ANNE QUIBELL, PhD, has published in various academic journals, and has embraced the online publishing world, engaging with some of the top international and widely followed publications (*The House of Yoga*; *Huffington Post*; *Levekunst*, *art of life*; *The Urban Howl*; *Expanded Consciousness*; *Rebelle Society*). She holds a PhD in depth psychology with emphasis in Jungian and archetypal studies; is a senior instructor for The Institute for Inner Studies; and teaches pranic healing, yoga, and meditation in studio, corporate, and online environments. She has an essay published in *Chicken Soup for the Soul: Dreams and Premonitions*.

JENNIFER LEIGH SELIG, PhD, is a lifelong educator with over 27 years of classroom experience and is currently at Pacifica Graduate Institute where she is founding chair of the innovative master's degree program in Engaged Humanities and the Creative Life. Along with teaching and photography, writing is her passion.

DENNIS PATRICK SLATTERY, PhD, has taught for the past 45 years and for the past 20 years, has taught in the counseling and clinical psychology programs at Pacifica Graduate Institute. He is the author, coauthor, editor, or coeditor of 24 books including six volumes of poetry; he also coauthored one novel. He has published over 200 articles on popular culture, mythology, psychology, and more.

Conversations with Trees

An Intimate Ecology

A reissue of *The Attentive Heart*

By *Stephanie Kaza*

\$18.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

04/02/2019

PAGES: 288

ISBN: 9781611806779

About the Book

First published in 1993, Stephanie Kaza's heartfelt book helped thousands of readers kindle a sense of spiritual connection through communing with our ancient relatives - trees. Shambhala Publications is proud to reissue this book, with a beautiful new cover and a new Introduction by the author. More pertinent now than ever, Kaza's intimate exploration of the lives and relationships of individual trees exemplifies the conjunction of inquiry and emotion, of science and spirituality. In an era of species extinction and worsening climate change, this book is a warm and earnest invitation to personal and ecological sanity.

Author

STEPHANIE KAZA is Professor Emeritus of Environmental Studies at the University of Vermont. She is the author of *Mindfully Green: A Personal and Spiritual Guide to Whole Earth Thinking* and *Green Buddhism: Practice and Compassionate Action in Uncertain Times* (forthcoming from Shambhala Publications). She is the editor of *Hooked!: Buddhist Writings on Greed, Desire, and the Urge to Consume* and coeditor (with Kenneth Kraft) of *Dharma Rain: Sources of Buddhist Environmentalism*.

DAVIS TE SELLE attended California College of Arts and Crafts and holds an M.F.A. in printmaking from San Francisco Art Institute where he studied with Kathan Brown, Richard Graf, and Gordon Cook. He has shown his work in group and solo exhibitions on both east and west coasts and most recently received the prestigious James D. Phelan Award for printmaking in California. He has taught drawing and printmaking at the University of Vermont and currently has a studio in Portland, Oregon.

Nature - Ecology

Nature - Essays

Nature - Plants - Trees

Contemplative Caregiving

Finding Healing, Compassion, and Spiritual Growth through End-of-Life Care

By John Eric Baugher

\$18.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

04/16/2019

PAGES: 256

ISBN: 9781611807042

About the Book

After author John Baugher's mother was murdered in 1987, he felt that he was fated to join her killer in life imprisonment—not behind bars, but behind psychological walls of unresolved grief and anger. Baugher turned to hospice volunteering as a way to channel his experience, marking the beginning of a 25-year journey of exploration—in both public hospices and prison hospice programs—and the possibility of discovering compassion and even humor in the face of death. In this beautifully written book, Baugher weaves together insights from his experience with those gleaned from interviews with dozens of hospice volunteers from widely varying backgrounds. "Caring for others at the end of life has shown me that affirming the humanity of others is crucial to my own joy and sense of vibrancy," writes Baugher. Contemplative caregiving can be a spiritual practice in its own right—a practice that parallels the benefits of mindfulness while extending them beyond the personal level to inspire compassionate shifts in families, hospitals, and broader spheres of society.

Author

JOHN ERIC BAUGHER, PhD, is a scholar, writer, and teacher exploring the transformative possibilities of contemplative end-of-life care. Having worked as a professor of sociology at several universities in the US and Germany, he also served as the director of the National Prison Hospice Association and now consults hospices and other end-of-life care organizations around the country. Baugher has served as a hospice volunteer continuously for twenty-five years and regularly offers talks and workshops on spiritual care, grief and loss, and transformative learning. He lives with his wife and two daughters in Cape Elizabeth, Maine.

Self-Help - Aging

Family & Relationships - Life Stages - Later Years

Self-Help - Death, Grief, Bereavement

Conceiving with Love

A Whole-Body Approach to Creating Intimacy, Reigniting Passion, and Increasing Fertility

By Denise Wiesner, L.Ac., FABORM, with Linda Sparrowe

\$16.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

04/23/2019

PAGES: 208

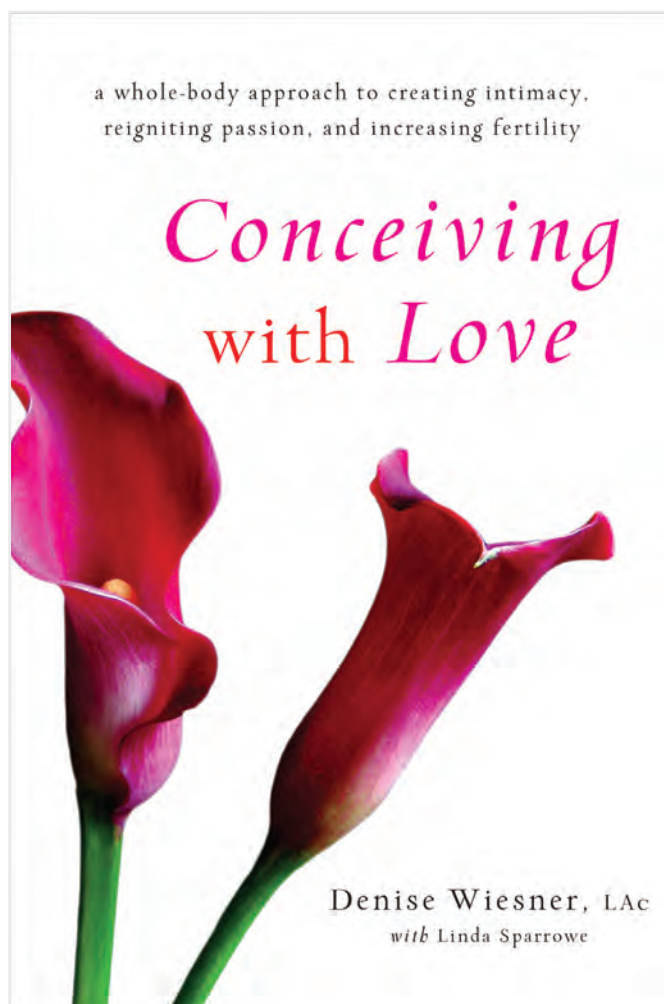
ISBN: 9781611805826

About the Book

The stress of trying to conceive can wreak havoc with a couple's intimate relationship; the stress, shame, and blame they often feel can have a harmful effect and reduce their chances of conceiving. In *The Conception of Love*, Traditional Chinese Medicine specialist Denise Wiesner gives couples the tools they need to repair their sexual relationship, rebuild their self-confidence, and reclaim the intimacy that sparked their desire to have a child in the first place. Wiesner's integrative East-meets-West approach, developed over twenty years of practice, has helped thousands of couples reconnect—and conceive. Wiesner includes advice from leading experts in Western reproductive medicine and Traditional Chinese Medicine; sensual practices from yoga, qigong, and Tantra; and answers questions couples have about sex, intimacy, and fertility—naturally occurring or medically assisted.

Author

DENISE WIESNER, L.Ac., Dipl. Ac., founder of the Natural Healing and Acupuncture Clinic in West Los Angeles, is an internationally recognized Traditional Chinese Medicine practitioner, specializing in the Whole Systems Chinese medicine approach to women's health, sexuality, and fertility. Since 1994, Wiesner has treated and helped women manage challenges from menstrual disorders and menopause to infertility and pregnancy. Using a combination of acupuncture, diet and lifestyle counseling, nutritional supplements, and Chinese herbs, Wiesner has helped thousands of couples navigate the tricky, and often stressful, journey toward fertility, without losing their loving connection. She has a BS in Kinesiology and an MA in Traditional Chinese Medicine. Wiesner teaches professional seminars to medical doctors, OB/GYNs, and nurse midwives on the application of Chinese medicine in obstetrics and gynecology and has published articles on acupuncture and infertility. In addition to a thriving private practice, Denise lectures at conferences, works closely with reproductive endocrinologists, and is a professor in the doctoral program in Chinese Medicine, Fertility, and Women's Health at Yo San University.



Health & Fitness - Infertility

Health & Fitness - Women's Health

Health & Fitness - Sexuality

Being at Your Best When Your Kids Are at Their Worst

Practical Compassion in Parenting

By Kim John Payne

\$18.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

05/21/2019

PAGES: 144

ISBN: 9781611802146

About the Book

In difficult and challenging situations with our kids, every parent wants to react as much as possible in a way that reflects our family values and expectations. And yet when our children “push our buttons,” we often find ourselves reacting in ways that we know are far from our principles, and even seem to further inflame a situation. Most distressing of all is when we feel ourselves falling into these predictable relationship patterns as they begin to happen. It gives us the sinking feeling of, “Oh no, here we go again.”

We know that when our children are at their worst, they need us to be at our best—or as close to it as we can get at the time. But how can we move from a “stress regress” to speaking in a voice that is warm, calm, and firm? Educator Kim John Payne offers techniques that simply but very directly shifts these damaging patterns of communication and parental behavior. It is a grounded and practical tool that he has taught to numerous parents worldwide to

- Slow down the interaction
- Give them a greater feeling of inner spaciousness
- Be more in control of their reactions and the situation
- Sense what their child’s deeper needs are even though they are misbehaving
- Respond in a way that gives the child a feeling of being heard and yet puts a boundary in place

Being at Your Best When Your Kids Are at Their Worst is a technique that you can use in the moment to reframe the situation and help you respond effectively, appropriately, and with kindness.

Author

KIM JOHN PAYNE is a teacher, school counselor, and educational consultant. He has a masters of education from Antioch University. He has been a school counselor for eighteen years and has had a private family practice for fifteen years. He is a consultant and trainer to more than two hundred independent and public schools throughout the United States. In addition, he has consulted for the South African Schools Federation, the Hungarian Ministry of Education, and educational associations in Israel, Russia, Australia, and the UK. Payne has worked extensively with the US and UK Waldorf movements. His website is simplicityparenting.com.

Family & Relationships - Parenting - General
Psychology - Developmental - Child

The World Comes to You

Notes on Practice, Love, and Social Action

By **Michael Stone**

\$16.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

06/11/2019

PAGES: 144

ISBN: 9781611806113

About the Book

These concise, pointed essays by dharma and yogic teacher Michael Stone offer essential wisdom on living the yoga and Buddhist paths in the midst of everyday life and in a world full of challenges. Through the overarching themes of practice, love, and social action, Stone addresses the essential questions of:

- What does daily practice actually look like?
- Where are you going with your practice?
- How do you take your practice into your everyday life?
- How does practice manifest as love?
- How do you act as a steward of society and live in right relationship with each other and the planet?

These essays inspire and guide, appealing to both yogis and dharma practitioners. In this age where we can't turn away from environmental and political issues, Stone reminds us in a clear and encouraging way that practice is always both internal and external.

Author

MICHAEL STONE (1974-2017) was a prominent and innovative Buddhist teacher, yogi, psychotherapist, and author. He was the founder and director of the Centre of Gravity Sangha, a community of yoga and Buddhist practitioners based in Toronto, and he taught widely and had a large international following. He is the author of *The Inner Tradition of Yoga*, *Yoga for a World Out of Balance*, *Freeing the Body*, *Freeing the Mind*, and *Awake in the World*.

Religion - Buddhism - General

Philosophy - Buddhist

Health & Fitness - Yoga

Zen beyond Mindfulness

Using Buddhist and Modern Psychology for Transformational Practice

By Jules Shuzen Harris

\$17.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

03/26/2019

PAGES: 176

ISBN: 9781611806625

About the Book

Zen teacher Jules Shuzen Harris argues that contemporary American Buddhists face two primary challenges: (1) “spiritual bypassing,” which means avoiding or repressing psychological problems in favor of “pretend Enlightenment,” and (2) settling for secularized forms of Buddhism or mindfulness that have lost touch with the deeper philosophical and ethical underpinnings of the religion. Drawing on his decades of experience as a Zen practitioner, teacher, and psychotherapist, Harris writes that both of these challenges can be met through the combination of a committed meditation practice, a deep study of Buddhist psychological models, and tools from a psychotherapeutic method known as “Mind-Body Bridging.” Using this unique approach, students can do the real work of awakening without either denying their embodied emotional life or missing out on the rich array of insights offered by Buddhist psychology and the Zen practice tradition.

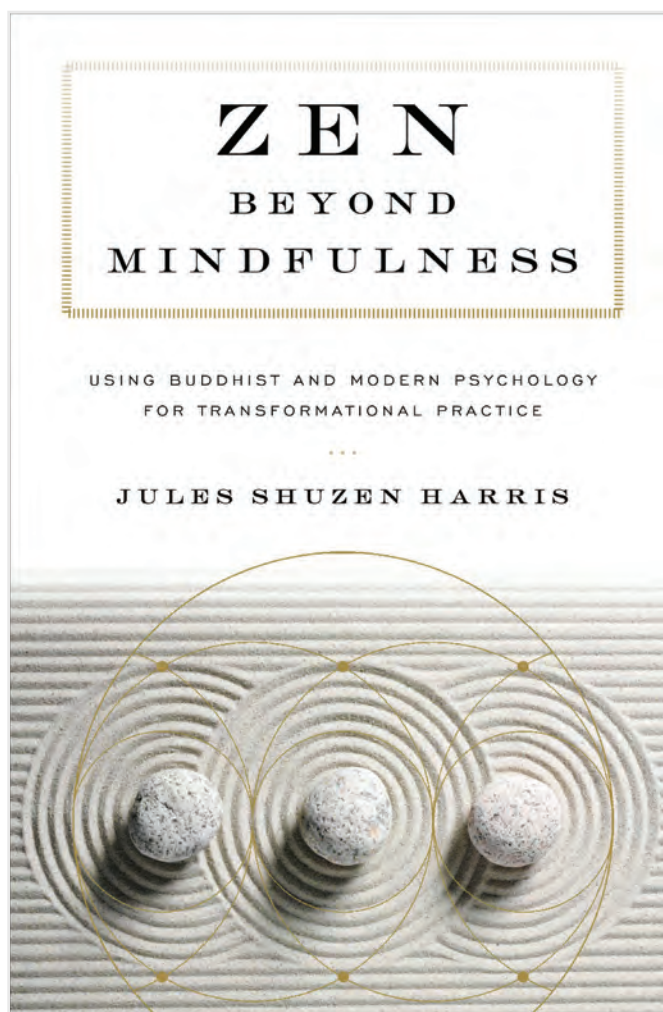
Author

JULES SHUZEN HARRIS is a psychotherapist and Zen teacher, founder, and abbot of Soji Zen Center in Lansdowne, Pennsylvania. Based on his decades of experience working with Zen students and psychotherapy clients, he has created a powerful method that combines the rigor of Zen practice, psychological insights of early Buddhism, and tools from a contemporary psychotherapeutic method known as “Mind-Body Bridging.” He is a dharma heir of Pat Enkyo O'Hara and has practiced with many other Zen teachers, including John Daido Loori and Dennis Genpo Merzel. Born in a working-class town outside of Philadelphia, Harris is the first African-American to have received transmission in the Soto Zen tradition. He has a black belt in the Japanese martial arts of Iaido and Kendo and has published a number of articles in *Tricycle*, *Buddhadharma*, and *Lion's Roar* magazines.

Religion - Buddhism - Zen

Body, Mind & Spirit - Mindfulness & Meditation

Psychology - Psychotherapy - General



From Mindfulness to Insight

The Life-Changing Power of Insight Meditation

By Rob Nairn, Choden, and Heather Regan-Addis

\$17.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

04/02/2019

PAGES: 272

ISBN: 9781611806793

About the Book

This book shows how we can move beyond secular mindfulness and compassion techniques to the cultivation of insight — seeing into and thereby becoming free of the repetitive thinking that keep us trapped in cycles of suffering. Most books in the secular mindfulness tradition stop with mindfulness and self-compassion but do little to uncover the root causes of our suffering. Drawing on both Buddhist analyses of mind and current findings in psychology and neuroscience, the book explains how our thinking becomes fixed and routinized through our engaging with unconscious preferences and reactions. Through the cultivation of insight, we can disentangle ourselves from these patterns, which leads to greater equanimity, freedom, and compassion.

Author

ROB NAIRN is a world pioneer in presenting Buddhist philosophy and practice in a way that is accessible to the Western mind. He practiced and studied under the guidance of lamas and meditation teachers, including Thrangu Rinpoche, Akong Rinpoche, Dhiravamsa, and Joseph Goldstein. In 2010 he founded the Mindfulness Association to deliver this training. He is the author of *Diamond Mind* (2001) and *Living, Dreaming, Dying* (2004).

CHODEN (Sean McGovern) is a monk within the Karma Kagyu tradition of Tibetan Buddhism. He is a director and cofounder of the Mindfulness Association and develops and teaches secular mindfulness, compassion, and insight programs. He cowrote with Paul Gilbert *Mindful Compassion* (2014), which explores the interface between Buddhist and evolutionary approaches to compassion.

HEATHER REGAN-ADDIS is a practicing Buddhist within the Karma Kagyu tradition and a director and cofounder of the Mindfulness Association. She teaches mindfulness, compassion, and insight courses and leads the team that developed and delivers the 8-week Mindfulness-Based Living Course (MBLC) and Compassion-Based Living Course (CBLC).

Body, Mind & Spirit - Mindfulness & Meditation
Religion - Buddhism - Theravada
Philosophy - Buddhist

AUTHOR'S PREVIOUS BOOKS RIGHTS SOLD French, Italian, Portuguese, Spanish

The World Could Be Otherwise

Imagination and the Bodhisattva Path

By **Norman Fischer**

\$15.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

04/30/2019

PAGES: 224

ISBN: 9781611805048

About the Book

The paramitas or “six perfections”—generosity, ethical conduct, patience, joyful effort, meditation, and understanding—are teachings that have been practiced in different Buddhist schools for millennia. In his warm and accessible style, Zen teacher Norman Fischer writes that these practices can become the focus for cultivating a profound and active use of imagination in our lives. With its balance of philosophical and practical resources, Fischer’s interpretation of the paramitas can serve as a basis for practicing the Bodhisattva path of living for the benefit of beings, without fixating on the difference between self and other. Fischer draws on his decades of experience as a poet, Buddhist teacher, and interfaith leader to weave together a fascinating range of references and topics—from the Romantic poetry of Coleridge to the provocative teachings of the thirteenth-century Zen master Dogen and our everyday concerns about relationships, ethics, and consumption to our broadest spiritual yearnings. Depicting imaginative spiritual practice as a largely untapped resource for our troubled times, this book offers hope for Buddhists, practitioners of all religions, and anyone wanting to open their heart and mind to the transformative possibilities of the imagination.

Author

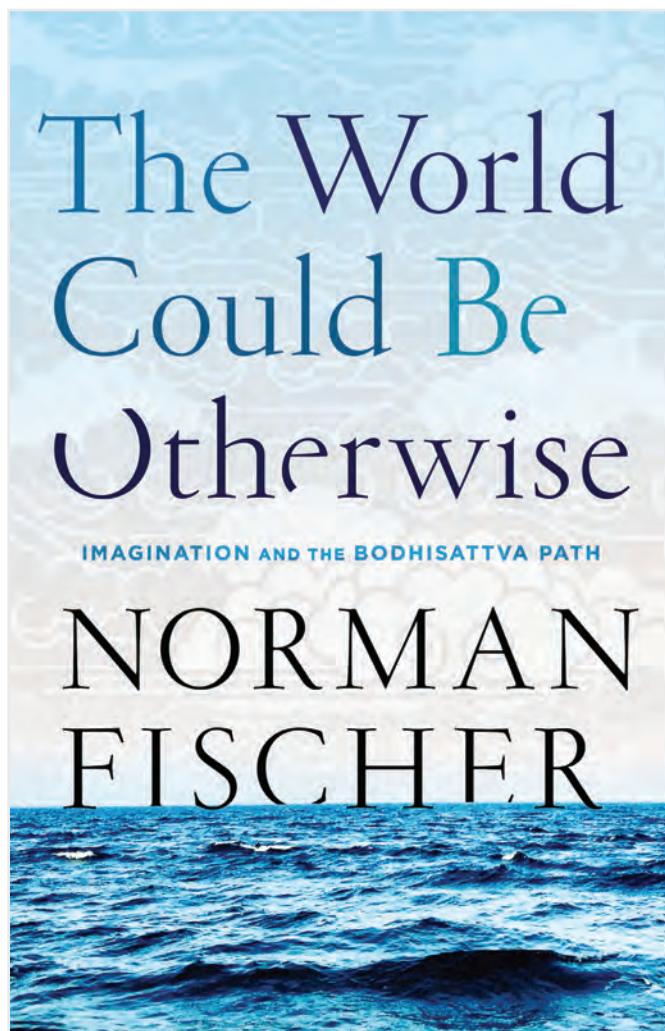
NORMAN FISCHER is a Zen teacher, poet, translator, and director of the Everyday Zen Foundation. A beloved figure in the Buddhist world, he is also well-known for his efforts at interreligious dialogue. His numerous books include *What Is Zen?: Plain Talk for a Beginner’s Mind*, *Training in Compassion: Zen Teachings on the Practice of Lojong*, and *Opening to You: Zen-Inspired Translations of the Psalms*.

Religion - Buddhism - Zen

Religion - Buddhism - Rituals & Practice

Body, Mind & Spirit - Mindfulness & Meditation

AUTHOR’S PREVIOUS BOOKS RIGHTS SOLD Indonesian, Italian, Korean, Spanish



Green Buddhism

Practice and Compassionate Action in Uncertain Times

By **Stephanie Kaza**

\$18.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

03/12/2019

PAGES: 256

ISBN: 9781611806748

About the Book

With species rapidly disappearing and global temperatures and sea levels rising, there is more urgency than ever in the need to understand and act on the ecological and climatic crises. Millions of Westerners are now practicing Buddhism and mindfulness—what perspectives, teachings, and practices can Buddhist traditions contribute to the green conversation? Drawing on her decades of experience as an environmental scientist, teacher, Buddhist practitioner, and nature lover, author Stephanie Kaza offers a range of insights into the meaning and possibilities of *Green Buddhism*. The essays collected in this volume provide a comprehensive guide to the most important topics and developments that have occurred at the intersection of Buddhist practice and environmentalism, as well as helpful guidance for how individuals and communities can use Buddhist worldviews, principles, and practices to live more sustainable and connected lives.

Author

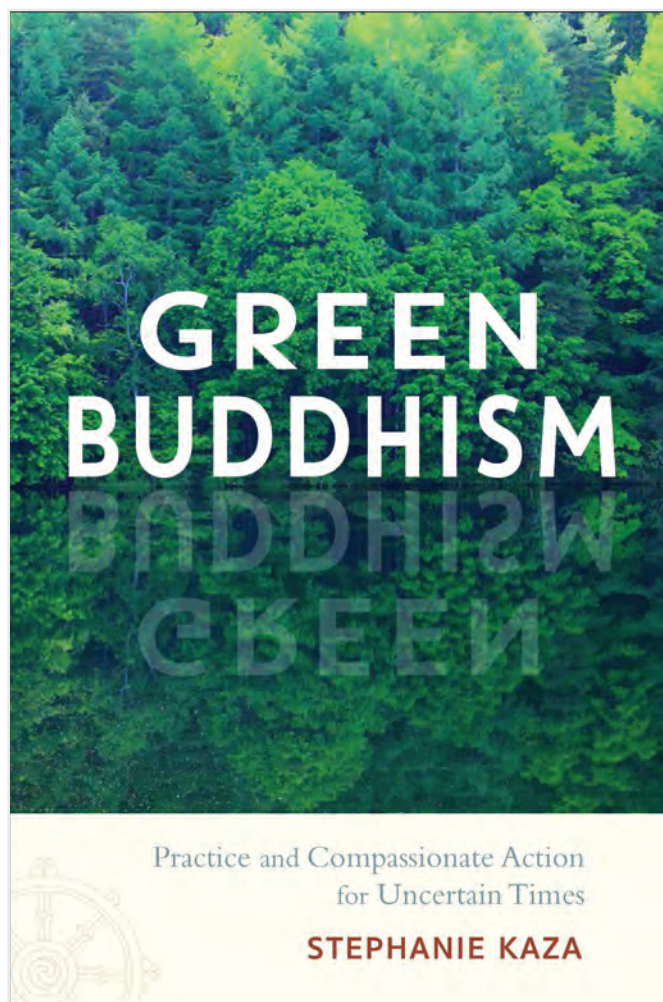
STEPHANIE KAZA is Professor Emeritus of Environmental Studies at the University of Vermont. Her previous books are *Mindfully Green: A Personal and Spiritual Guide to Whole Earth Thinking* and *The Attentive Heart: Conversations with Trees*. She is the editor of *Hooked!: Buddhist Writings on Greed, Desire, and the Urge to Consume* and coeditor (with Kenneth Kraft) of *Dharma Rain: Sources of Buddhist Environmentalism*.

Religion - Buddhism - General

Nature - Ecology

Science - Life Sciences - Ecology

AUTHOR'S PREVIOUS BOOKS RIGHTS SOLD Italian



Stop Biting the Tail You're Chasing

Using Buddhist Mind Training to Free Yourself from Painful Emotional Patterns

By Anyen Rinpoche and Allison Choying Zangmo

\$16.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

7/10/2018

PAGES: 160

ISBN: 9781611805710

About the Book

Are emotions our friends or our enemies? It can seem like they're usually one or the other, depending on whether their content is pleasant or unpleasant. But the Buddhist practice of lojong (mind training) is a way of letting go of attachment to both "positive" and "negative" emotions—and this doesn't lead to a kind of emotional lethargy. On the contrary, it leads to profound insight and to compassion for all, uninhibited by our habitual reactions. The methods of lojong presented here are superbly practical tools that you can use to relieve your own suffering and to extend that relief to others. It's a lifelong process, but with gentle and consistent effort at it, we can experience the joy and happiness that results from liberating ourselves from the torrent of emotional conflict. That newly discovered freedom can then in turn be shared with everyone we encounter in the course of our daily lives.

Author

ANYEN RINPOCHE is a tulku from Tibet of the Nyingma (Longchen Nyinthig) tradition. He is the author of *The Union of Dzogchen and Bodhichitta*, *Dying with Confidence*, *Journey to Certainty*, *Momentary Buddhism*, and with Allison Choying Zangmo, *The Tibetan Yoga of Breath*. He founded the Orgyen Khamdroling Dharma Center and lives in Denver, Colorado.

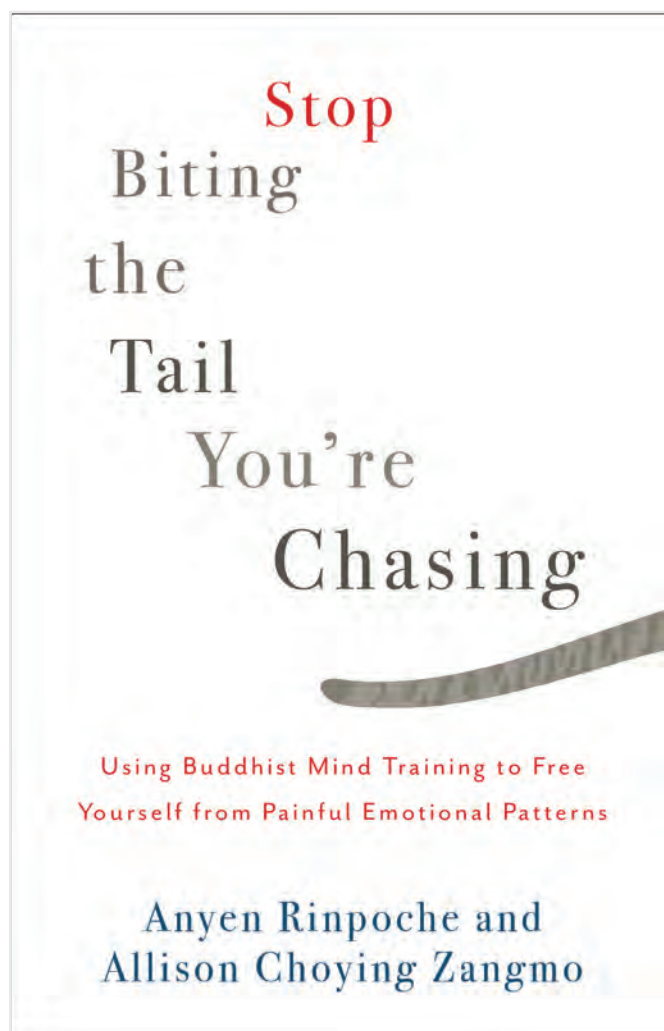
ALLISON CHOYING ZANGMO is Anyen Rinpoche's spiritual partner, personal translator, and a longtime student of both Rinpoche and his root lama, Kyabje Tsara Dharmakirti. She lives in Denver, Colorado.

Religion - Buddhism - Tibetan

Body, Mind & Spirit - Mindfulness & Meditation

Self-Help - Emotions

AUTHOR'S PREVIOUS BOOKS RIGHTS SOLD French, Italian, Russian, Thai



Reviews

“ By training the mind to recognize the power of emotional attachment, Anyen wishes to show how ‘[the] root of all unhappiness is self-cherishing.’ At the core of self-cherishing is an unhealthy attachment to the hope for permanence and an idea of the self, he writes. Anyen’s antidote is threefold: to train the mind to detach emotions from identities and see the former as sources of information, to understand that the nature of everything is empty and illusory, and then to break out of old habitual patterns of emotional and physical behaviors. One is ‘fully responsible’ for dealing with one’s emotions and emotional reactions, he writes, and lojong practice is the way to begin recognizing, applying, and persevering with that responsibility. While Anyen’s book may tread familiar ground, it is a skillful, well-structured, and accessible introduction to the practice of lojong that will appeal to novices of Buddhist meditation. ”

Publishers Weekly

“ *Stop Biting the Tail You're Chasing* offers a myriad of mind-training tools for relieving our suffering, extending that relief to those around us, and experiencing and sharing joy. ”

Lion's Roar

Decoding the Dharma

A Guide to Tibetan Buddhism for the Next Generation

By Avikrita Vajra Sakya

\$14.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

05/28/2019

PAGES: 144

ISBN: 9781611806601

About the Book

This unique and fresh presentation of Tibetan Buddhism provides all the tools a millennial needs to navigate the Buddhist path in a modern world. The twenty-five-year-old lama, Avikrita Vajra Sakya, was born and raised in America and now lives in a monastery in India, training in and teaching meditation and Buddhist philosophy to hundreds of monks and nuns. He has thousands of students all over the world, with over 100,000 people following him on Facebook. His style of writing is frank and open, hitting straight to the heart of young people's concerns for why they should bother with a spiritual path in the age of cell phones and shopping malls.

There is no other book like this available that makes such a direct argument for being a twenty-first century Buddhist, whether you are living in Seattle or in a Himalayan hermitage. Fundamentally, we all have the same hang-ups and all equally have the potential to become buddhas ourselves by cultivating loving-kindness, compassion, and wisdom. And this book teaches readers to do just that.

Author

AVIKRITA VAJRA SAKYA is a young, dynamic Buddhist teacher who is tuned in to Western culture and has trained in the Tibetan Buddhist tradition. Rinpoche straddles both worlds through growing up in America and now living in the Dzongsar Institute in India, studying Buddhist philosophy and teaching monks and nuns throughout the Himalayas. He is Head Lama of Sakya's Phunstok Phodrang and Sakya Monastery in Seattle and is ranked as one of the highest lamas in Tibetan Buddhism. He has thousands of students throughout America, Europe, and Asia and regularly travels internationally to teach..

Religion - Buddhism - Tibetan

Religion - Buddhism - Rituals & Practice

Religion - Buddhism - General

Some Unquenchable Desire

Sanskrit Poems of the Buddhist Hermit
Bhartrihari

By **Bhartrihari**

Translated by **Andrew Schelling**

\$14.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

11/27/2018

PAGES: 96

ISBN: 9781611806663

About the Book

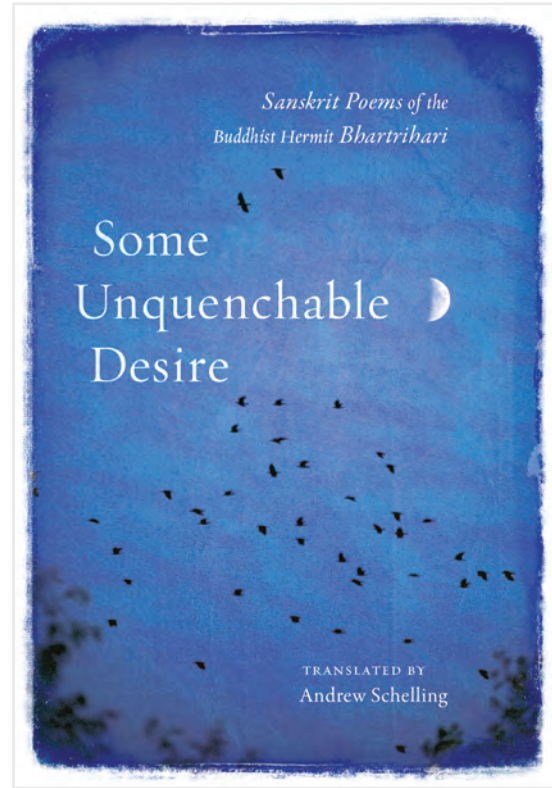
Although few facts are known about his life, the Indian poet Bhartrihari leaps from the page as a remarkably recognizable individual. Amidst a career as a linguist, courtier, and hermit, he used poetry to explore themes of love, desire, impermanence, despair, anger, and fear. "A thousand emotions, ideas, words, and rhythmic syllables stormed through him," writes translator Andrew Schelling in an evocative introduction. "In particular he shows himself torn between sexual desire and a hunger to be free of failed love affairs and turbulent karma." Schelling's translation represents a rare opportunity for English-language readers to become acquainted with this fascinating poet. Attuned to Bhartrihari's unique poetic sensibility, Schelling has produced a compelling, personally curated set of translations. Replete with love, sex, disappointment, Hindu gods, and Buddhist philosophical concepts, this appealing volume brings the world of ancient India to life through the extraordinary voice of one of its beloved poets.

Author

ANDREW SCHELLING poet and translator, has published twenty books. His Sanskrit translations have become touchstones for North America and India. *Dropping the Bow: Poems from Ancient India* received the Academy of American Poets translation award in 1992. A recent anthology, *Love and the Turning Seasons: India's Poetry of Spiritual and Erotic Desire* is, in Gary Snyder's words, "a shivery book we cannot do without." Schelling has taught poetry and Sanskrit at Naropa University since 1990.

Poetry - Ancient & Classical

Religion - Buddhism - General



Reviews

"Imagine you are Percy Shelley sleeping in your favorite snoozing place among the ancient ruins in Pisa, and you awaken to the Sanskrit poems of Bhartrihari instead of to the Greek poets and Ovid's *Metamorphosis*. Will your new poems be splashed with eroticism and awakened with rich theology? Unknown thoughts and imagined odors tremble at your ears like mosquitoes at Behemoth's nose. Bhartrihari's poems are wealthy in the loved sciences-Natural History-and the mammal solidity of exciting emotions changing shape. Breasts and honeyed Lips, not chockablock metamorphoses. Andrew Schelling's genius has given us Bhartrihari's great gifts of overwhelming beauty. Never have Entertainment and Loveliness so melted together! "

Michael McClure

"In *Some Unquenchable Desire*, Andrew Schelling offers a brilliant new rendering of Bhartrihari's Sanskrit lyric poetry. As its title suggests, this collection evokes in blistering rawness a spectrum of emotion: the heat of sexual desire, the longing for a lover's caress, the misery of bodily frailty, the heart-break of ephemeral experience, and the mystical yearning for release from the ordinary world. Although Bhartrihari composed his poems more than a thousand years ago in a world far from our own, Schelling's stunning translations breathe new life into the poet's words for the modern ear with clarity and vitality. "

Andrew Quintman

Associate Professor, Department of Religion, Wesleyan University

The Future Is Open

Good Karma, Bad Karma, and Beyond Karma

By **Chogyam Trungpa Rinpoche**

Edited by **Carolyn Rose Gimian**

\$16.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

11/13/2018

PAGES: 200

ISBN: 9781590309537

About the Book

Karma has become a popular term in the West, often connected with somewhat naive or deterministic ideas of rebirth and reincarnation. It is also often equated with views of morality and guilt. In *The Future Is Open*, Chgyam Trungpa unpacks this intriguing but misunderstood topic. He viewed an understanding of karma as good news, showing us that liberation is possible and that the future is never predetermined. His unique approach to presenting the Buddhist teachings lends itself to an insightful and profound view of karma, its cause and effects, and how to cut the root of karma itself. Topics include: the origin of karma; samsara and the world of ego and how they are shaped by karma; traditional teachings on karma; the difference between karma and fate; individual, group, and national karma; good karma, bad karma, beyond karma; karma and reincarnation; buddha activity and how it relates to ordinary practitioners; and meditation practice as the vehicle to step outside of the normal cycle of karma.

Author

CHOGYAM TRUNGPA (1940-1987) — meditation master, teacher, and artist — founded Naropa University in Boulder, Colorado, the first Buddhist-inspired university in North America; the Shambhala Training program; and an international association of meditation centers known as Shambhala International. He is the author of numerous books, including *Shambhala: Sacred Path of the Warrior*, *Cutting Through Spiritual Materialism*, and *The Myth of Freedom*.

Religion - Buddhism - Tibetan

Philosophy - Buddhist

Body, Mind & Spirit - Inspiration & Personal Growth



Reviews

“ Carolyn Gimian has accomplished a formidable task, boiling down the reflections on ‘karma’ of the ever wise and irascible Chogyam Trungpa. *The Future Is Open*, as in the title itself, sketches a path forward even as it candidly details our karmic dilemma. As always, Trungpa Rinpoche poses us a riddle, this one about the stuff of our lives-and, just perhaps, dangles a solution. ”

Daniel Goleman

Author of *Emotional Intelligence and Force for Good: The Dalai Lama's Vision for Our World*

AUTHOR'S PREVIOUS BOOKS RIGHTS SOLD Bulgarian, Catalan, Chinese Complex, Chinese Simplified, Croatian, Czech, Danish, Dutch, Finnish, French, German, Greek, Hungarian, Italian, Japanese, Korean, Polish, Portuguese, Romanian, Russian, Spanish, Thai

Sadness, Love, Openness

The Buddhist Path of Joy

By Chokyi Nyima Rinpoche

\$15.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

7/3/2018

PAGES: 120

ISBN: 9781611804881

About the Book

This short and easy-to-read guide teaches us to follow the Buddha's path by embracing both joy and sadness in our lives. Through being open to whatever experiences and hardships we may face, we can develop a genuine attitude to help all beings who suffer and to reduce our own greed and aggression. Chokyi Nyima Rinpoche presents accessible and concise instructions on how we can incorporate our own experiences into our spiritual path in order to awaken to how things truly are. Through knowing our own true nature as aware and compassionate, we can progress, step-by-step, on the Buddhist path, and use Rinpoche's teachings along the way as a touchstone.

Chokyi Nyima Rinpoche's fresh and engaged approach to timeless Buddhist wisdom provides an opportunity to deeply connect with the teachings in a modern context. This work is a joy and inspiration to read, outlining the major teachings and practices of Tibetan Buddhism.

Author

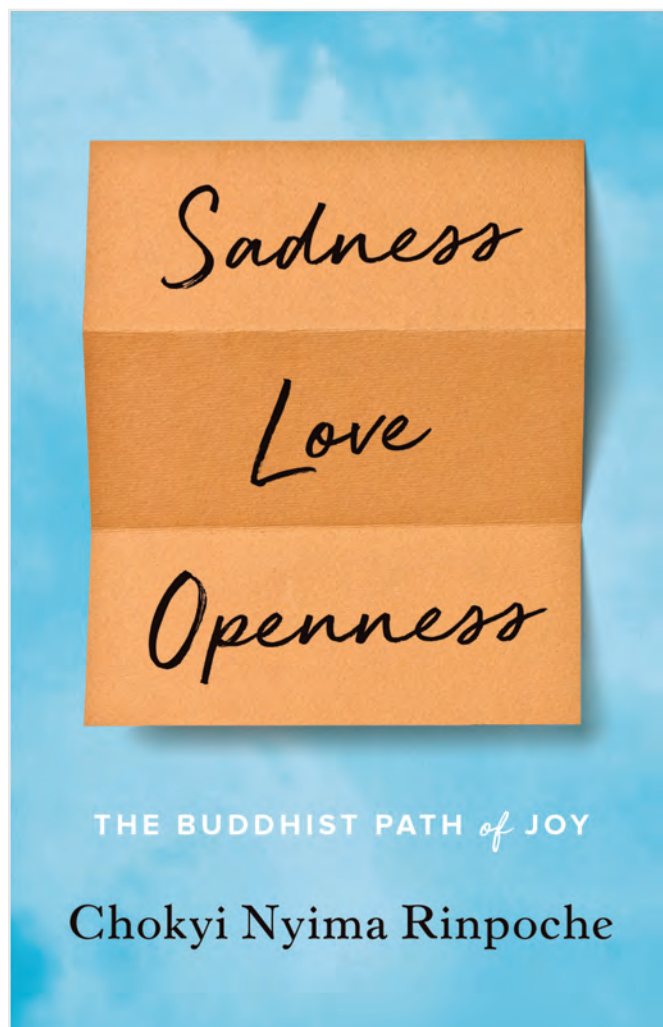
Meditation master and renowned teacher CHOKYI NYIMA RINPOCHE has been teaching audiences around the world for the past 25 years. Known for his warmth, humor and wit, his teachings offer a unique opportunity to directly connect with the Buddhist tradition in a fresh, vital way that is relevant to our lives today. Rinpoche is the founder of the Ka-Nying Shedrub Ling monastery in Kathamandu and the Rangjung Yeshe Institute, an internationally recognized college that teaches Buddhist philosophy and language. Rinpoche travels extensively teaching Buddhism and has students and centers throughout the world.

Religion - Buddhism - Tibetan

Body, Mind & Spirit - Mindfulness & Meditation

Religion - Buddhism - Rituals & Practice

RIGHTS German, Spanish



Reviews

“ Warm and accessible, yet profound and insightful. Chokyi Nyima Rinpoche offers compelling advice for our times. This book is a treasure of timeless wisdom that today is needed more than ever. ”

Cher

“ My friend and teacher Chokyi Nyima Rinpoche is a seasoned and authentic Dzogchen master. He has written a book that throws a lifeline to all of us struggling in the sea of ignorance, desire, and hatred. Dharma can save us from the ocean of forgetfulness so that we may remember who we really are: beings of light, love, and wisdom. Rinpoche takes us through the stages of Buddhist practice leading to the joy and freedom of the Great Perfection, Dzogchen. Rinpoche emphasizes the necessity of embracing the truths of impermanence and dependent origination as the sources of our future enlightenment. This is a truly inspiring book for all practitioners. ”

Richard Gere

No-Gate Gateway

The Original Wu-Men Kuan

By David Hinton

\$16.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

2/27/2018

PAGES: 168

ISBN: 9781611804379

About the Book

Zen is famous for its koans, those seemingly confounding statements, questions, or stories that masters use to gauge their students' practice. Here, the lauded modern master of Chinese poetry translation asks us to reimagine one of the greatest of the koan collections in a new way: as a classic of Chinese philosophical literature in the tradition of the Tao Te Ching or the Chuang Tzu. He presents the *No-Gate Gateway* (variously also familiar to readers as the *Mumonkan*, *Wu-men Kuan*, *Gateless Gate*, or *Gateless Barrier*), in a "bare bones" version, without the usual additional commentary, not intended to be studied in the usual case-by-case method, but to be read as a complete work in itself, one that leads the reader carefully on a path to the discovery of the deep nature of reality—an unconventional way of reading it that can be truly revelatory.

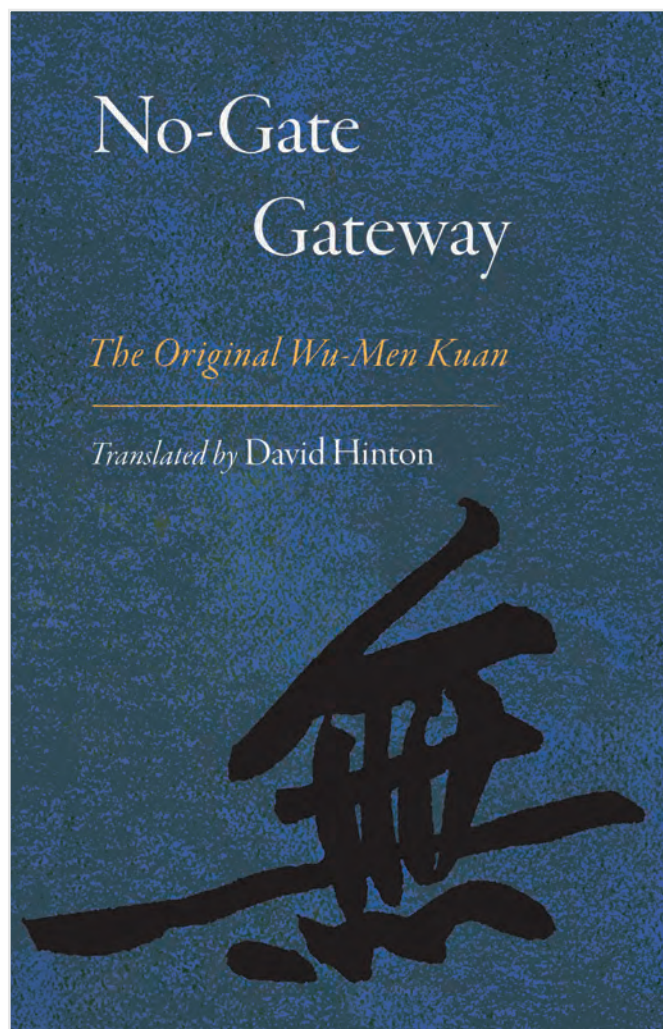
Author

David Hinton's many translations of classical Chinese poetry have earned wide acclaim for creating compelling contemporary poems that convey the texture and density of the originals. He is also the first translator in over a century to translate the five seminal masterworks of Chinese philosophy: *I Ching*, *Tao Te Ching*, *Chuang Tzu*, *Analects*, and *Mencius*. Hinton has received many national awards, including a Guggenheim Fellowship, both major awards for poetry translation, and most recently, a lifetime achievement award from the American Academy of Arts and Letters.

Religion - Buddhism - Zen

Philosophy - Eastern

Poetry - Asian - Chinese



Reviews

" I love this book! The classic koans of the No-Gate Gateway are brilliantly and boldly translated by poet and scholar David Hinton. The introduction and notes are rich resources that open doors to the heart of Zen. "

Roshi Joan Halifax

Author of *ZBeing with Dying* and *Standing at the Edge*

" David Hinton is the best English language translator of classic Chinese poetry we have, and have had for decades. A magician's grace glows through all of the poems, a grace and ease uncommonly found, uncommonly masterful. "

From the citation for the Thornton Wilder Prize for Lifetime Achievement in Translation, American Academy of Arts and Letter

Seeing the Sacred in Samsara

An Illustrated Guide to the Eighty-Four Tantric Mahasiddhas

By Donald S. Lopez Jr.

\$29.95 - Hardcover

SHAMBHALA PUBLICATIONS

05/28/2019

PAGES: 256

ISBN: 9781611804041

About the Book

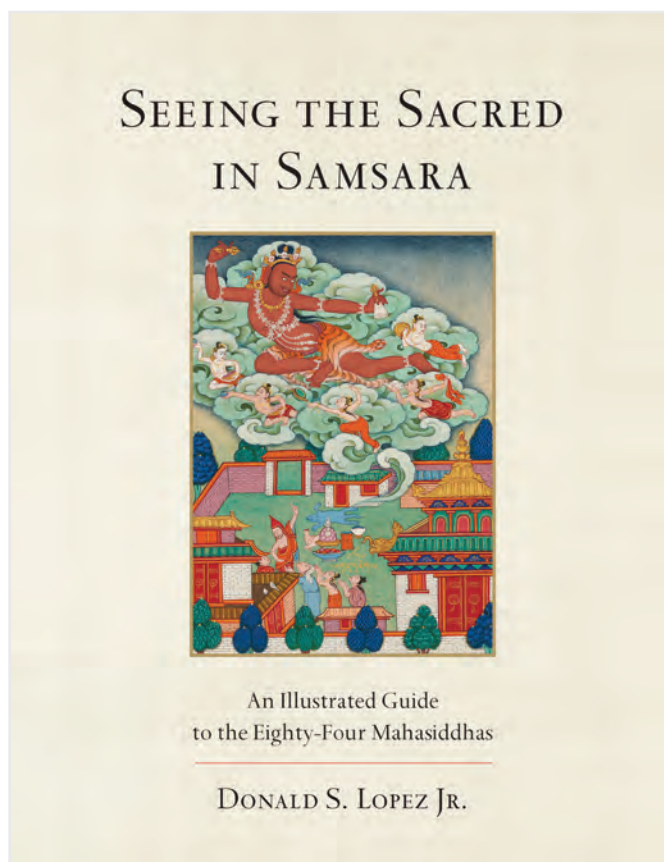
This fresh and beautiful presentation of the lives of the eighty-four mahasiddhas, or “great accomplished ones,” offers a unique glimpse into the world of the famous tantric Buddhist yogis of India. This book includes elegant four-color paintings of each of the mahasiddhas by a master painter from Tibet. The set of paintings is published here for the first time in its entirety and includes translated descriptions of the paintings along with the life stories based on traditional Tibetan Buddhist sources. Donald Lopez provides yet another magnificent contribution to our better understanding of Buddhist history and traditions.

The lives of these tantric saints have captured the imaginations of Buddhists throughout the world for almost a millennium. The common theme among their stories is one of pursuing a spiritual path through uncommon and even subversive means. While some pursue their path of spiritual realization while maintaining their simple occupations as farmers or peasants, others leave behind their lives as householders, scholars, or even royalty, trading in worldly comfort for seclusion, danger, and transgression. These “saints” also include among them pimps, alcoholics, gamblers, and hunters. Many of these bad-boy yogis were known for fornicating in charnel grounds, wearing bone ornaments, and even eating human flesh. Every act, from crushing sesame seeds to meditating in high mountain retreats to drinking alcohol and fornicating, was performed in order to realize the Buddhist teachings of nonduality, compassion, and wisdom. In this context, there is no true difference between samsara and nirvana, thus what is profane is also sacred, the ultimate view of tantric Buddhism.

Religion - Buddhism - Tibetan

Art - Asian - General

Biography & Autobiography - Religious



Author

DONALD S. LOPEZ JR. is the Arthur E. Link Distinguished University Professor of Buddhist and Tibetan Studies and Chair of the Department of Asian Languages and Cultures at the University of Michigan. He specializes in late Indian Mahayana Buddhism and Tibetan Buddhism and is the author of numerous books, including *A Study of Svatantrika*, *The Madman's Middle Way*, and *Prisoners of Shangri-La*.

Gendun Chopel

Tibet's Modern Visionary

By Donald S. Lopez Jr.

\$22.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

5/29/2018

PAGES: 296

ISBN: 9781611804065

About the Book

The first in a new series of accessible biographies of the great thinkers of Buddhism. Poet, prolific writer, Buddhist philosopher, adventurer, madman, and saint can all be used to describe Gendun Chopel (1903-1951). The life and writings of this cultural prophet of the Himalayas represent a key turning point in Tibetan religious and cultural history, when twentieth-century modernity came crashing into Tibet as a result of the Great Game and the invasion of Communist China. Gendun Chopel was a recognized reincarnation (tulku), a Gelukpa monk, and a nonsectarian Buddhist practitioner. He eventually became Tibet's first modern artist and writer, largely due to his extensive time abroad and exposure to Western culture in British India. Gendun Chopel was little appreciated in his lifetime, though he was known by the Tibetan elite for his scholarship and progressivist ideas, which eventually landed him in a Lhasa prison. While he did not accrue many followers in his lifetime, his love of the Dharma and extensive contributions to Tibetan Buddhist philosophy count him among the greatest Buddhist masters to have come from Tibet.

Reviews

“ Since the time of Buddha Shakyamuni himself, Buddhists have been accustomed to recollect the lives of great teachers and practitioners as a source of inspiration from which we may still learn. The Lives of the Masters series continues this noble tradition, recounting the stories, wisdom, and experience of many accomplished Buddhists over the last 2,500 years. I am sure readers will find the accounts in this series inspirational and encouraging. ”

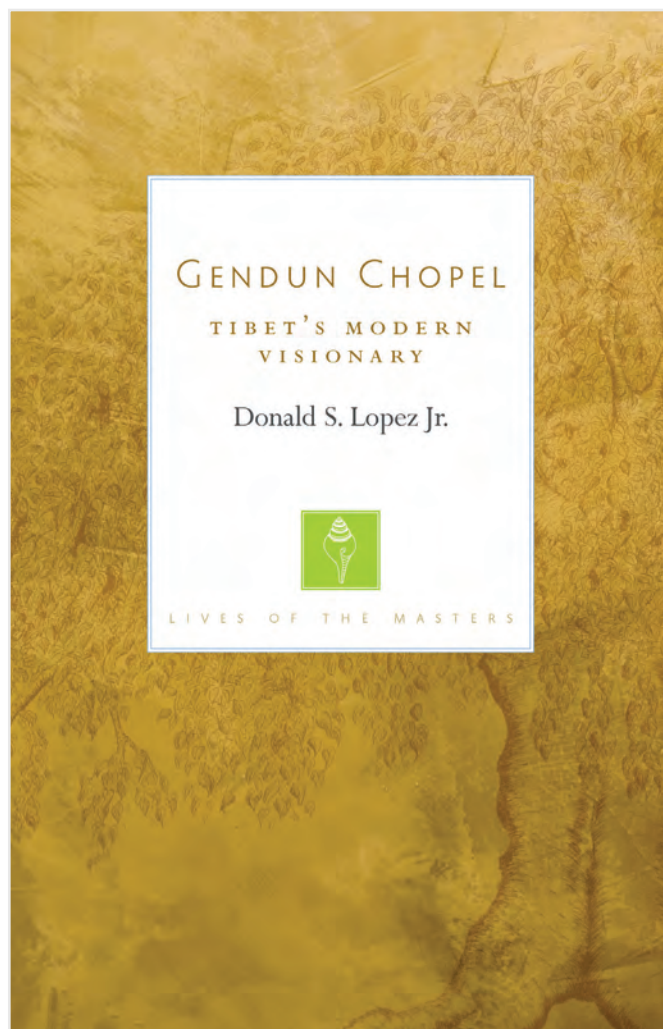
His Holiness the Dalai Lama

Author of *Being with Dying* and *Standing at the Edge*

“ The lives of the most important Buddhist masters in history written by the very best scholars in elegant and accessible prose—who could ask for more? ”

Jose Ignacio Cabezón, Fourteenth Dalai Lama

Professor of Tibetan Buddhism and Cultural Studies, University of California Santa Barbara



“ Lopez's book is freshly-written and is a more than worthy inaugural volume for the Lives of the Great Masters series. This book is essential to understanding how the mind of a modern Buddhist master works. ”

The Asian Review of Books

Author

DONALD S. LOPEZ, JR. is the Arthur E. Link Distinguished University Professor of Buddhist and Tibetan Studies and Chair of the Department of Asian Languages and Cultures at the University of Michigan. He specializes in late Indian Mahayana Buddhism and Tibetan Buddhism and is the author of numerous books, including *A Study of Svatantrika*, *The Madman's Middle Way*, and *Prisoners of Shangri-La*.

Religion - Buddhism - Tibetan

Biography & Autobiography - Religious

History - Asia - India & South Asia

Training in Tenderness

Buddhist Teachings on Tsewa, the Radical Openness of Heart That Can Change the World

By **Dzigar Kongtrul**

Foreword by **Pema Chödrön**

\$14.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

5/22/2018

PAGES: 120

ISBN: 9781611805581

About the Book

The Tibetan term tsewa is difficult to define, but it can be translated, according to Dzigar Kongtrul, as “an open heart, a tender heart, or a warm energy that we express and receive in relation to others, especially those closest to us.” This is his compact guide to developing this wonderful quality in yourself—it’s a quality that leads not only to a transformation in our attitude toward ourselves and those around us, but that we can actually use to heal the world. According to Buddhist teaching, tsewa is, along with the perception of nonduality, one of the two elements of the heart-mind of enlightenment known as bodhicitta. Learning tsewa can be challenging, Rinpoche teaches, but if we want to be truly happy, there’s no alternative, for tsewa is the purest and deepest form of happiness. The other kinds of happiness that we seek are more superficial. They don’t mean much if we lack the joy of an open heart. The good news is that we all have the capacity for it, and it’s a habit that can be cultivated.

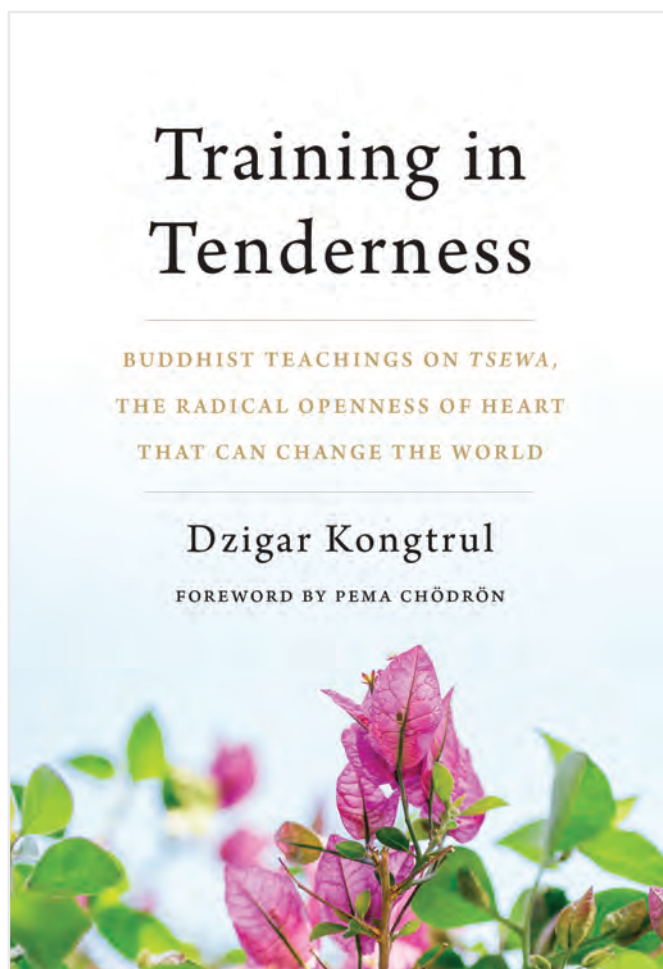
Author

Dzigar Kongtrul grew up in a monastic environment and received extensive training in all aspects of Buddhist doctrine. In 1989, he moved to the United States with his family, and in 1990, he began a five-year tenure as a professor of Buddhist philosophy at Naropa University. He also founded Mangala Shri Bhuti, his own teaching organization, during this period. He has established a mountain retreat center, Longchen Jigme Samten Ling, in southern Colorado. When not guiding students in long-term retreats and not in retreat himself, Rinpoche travels widely throughout the world teaching and furthering his own education.

Religion - Buddhism - General

Religion - Buddhism - Tibetan

Body, Mind & Spirit - Mindfulness & Meditation



Reviews

“Dzigar Kongtrul Rinpoche is one of the most highly qualified people I know. . . . I am hopeful that Rinpoche’s new book will help many of us get to know and make the best of our own warmth of heart. May Training in Tenderness help to heal the anxiety and polarization of our world!” ”

Pema Chödrön

Author of *When Things Fall Apart*

“A warm and affectionate heart frees us from whatever binds us and connects us empathetically with all beings. This simple yet life-changing attitude makes our own life meaningful and has the power to heal the world. I strongly encourage anyone who encounters Kongtrul Rinpoche’s beautiful book to take its profound wisdom to heart ”

Yongey Mingyur Rinpoche

Author of *The Joy of Living*

RIGHTS SOLD Spanish

Best Foot Forward

A Pilgrim's Guide to the Sacred Sites of the Buddha

By Dzongsar Jamyang Khyentse

\$16.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

8/14/2018

PAGES: 168

ISBN: 9781611806267

About the Book

This concise yet profound guide to Buddhist pilgrimage will be an essential companion of any Mahayana or Tibetan Buddhist pilgrim. Dzongsar Jamyang Khyentse's fresh and easy-to-read writing style appeals to anyone generally interested in Buddhist topics; he has a wide audience that extends beyond his personal followers. While a few small presses have published translations of Buddhist pilgrimage guides written by Tibetans, there is currently no major publication written by a contemporary Tibetan master.

Dzongsar Rinpoche begins with teachings on the significance and meaning of holy sites and, in particular, the importance of the four locations of the Buddha's birth, enlightenment, first teaching, and death. After explaining how one should practice at each of these sites, he provides detailed instructions on spiritual practices to be carried out while on pilgrimage, such as taking refuge, making confession, and offering mandalas. Throughout he prepares Westerners for the dusty, chaotic Indian environment and even offers some advice about dealing with fake monks and beggars at the holy sites. The book also includes appendices containing prayers and mantras that can be recited.

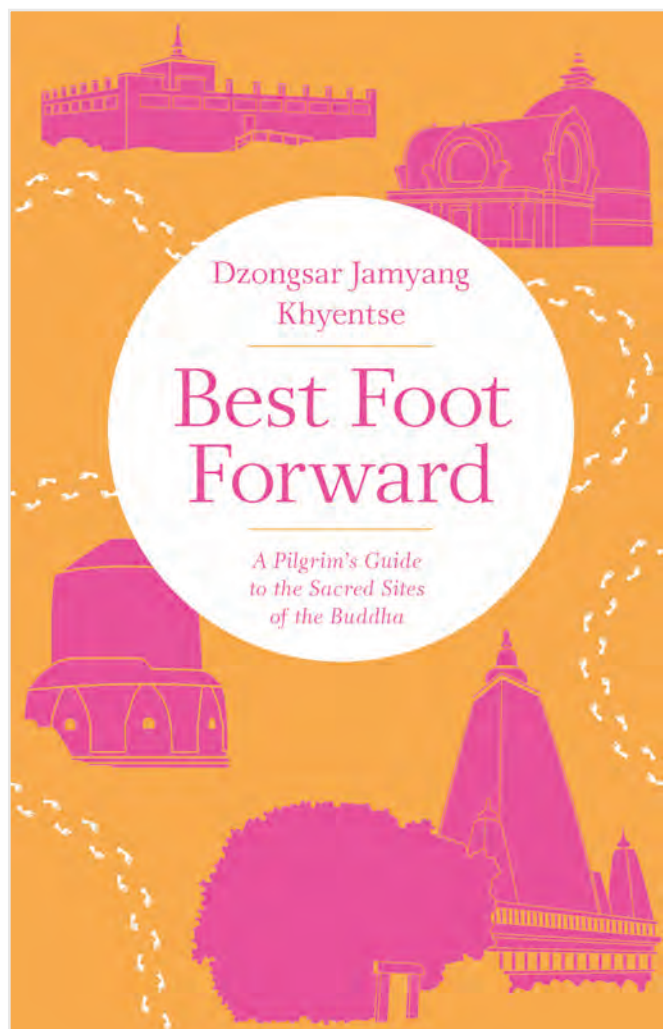
Author

DZONGSAR JAMYANG KHYENTSE (Khyentse Norbu) is a Tibetan Buddhist lama who travels and teaches internationally and is also an award-winning filmmaker (*The Cup*, *Vara*, *Travelers and Magicians*). He is the abbot of several monasteries in Asia and the spiritual director of meditation centers in Vancouver, San Francisco, Sydney, Hong Kong, and Taipei. He is also head of several large Buddhist organizations, including Siddhartha's Intent and the Khyentse Foundation, and serves as the chair of 84000.

Religion - Buddhism - Tibetan

Religion - Buddhism - Rituals & Practice

Travel - Asia - India & South Asia



Reviews

“ *Best Foot Forward* is useful for deepening a pilgrimage experience without having to rely on an in-person guide. Throughout, Dzongsar Khyentse Rinpoche reminds us that by visiting the actual places touched by the historical Buddha—an ordinary being—we realize that the goal of liberation is within reach for us too. ”

Tricycle: The Buddhist Review

The Logic of Faith

A Buddhist Approach to Finding Certainty Beyond Belief and Doubt

By Elizabeth Mattis Namgyel

\$16.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

2/27/2018

PAGES: 160

ISBN: 9781611802306

About the Book

Faith (“the F word,” as the author calls it) is a problematic concept. It has various meanings, including as a way of referring to the kind of religious “faith” that people appeal to as something that gives them all the answers they need — which is the reason so many people reject the notion of faith entirely. But Elizabeth Mattis Namgyel feels that faith is not only a useful concept, but a necessary aspect of the spiritual path, not to be avoided by Buddhists or anyone else. “Faith is a response to the basic human conundrum,” she says, “our desire for an experience of ease in a world that can’t be secured.” It’s a leap, as is sometimes said, but not a leap into easy certainty. That’s why it’s so beautiful. She uses the traditional Buddhist teachings known as the “Middle Way” (Madhyamaka) to show how learning to live between the extremes of faith and doubt is the way to honesty, compassion, and liberation.

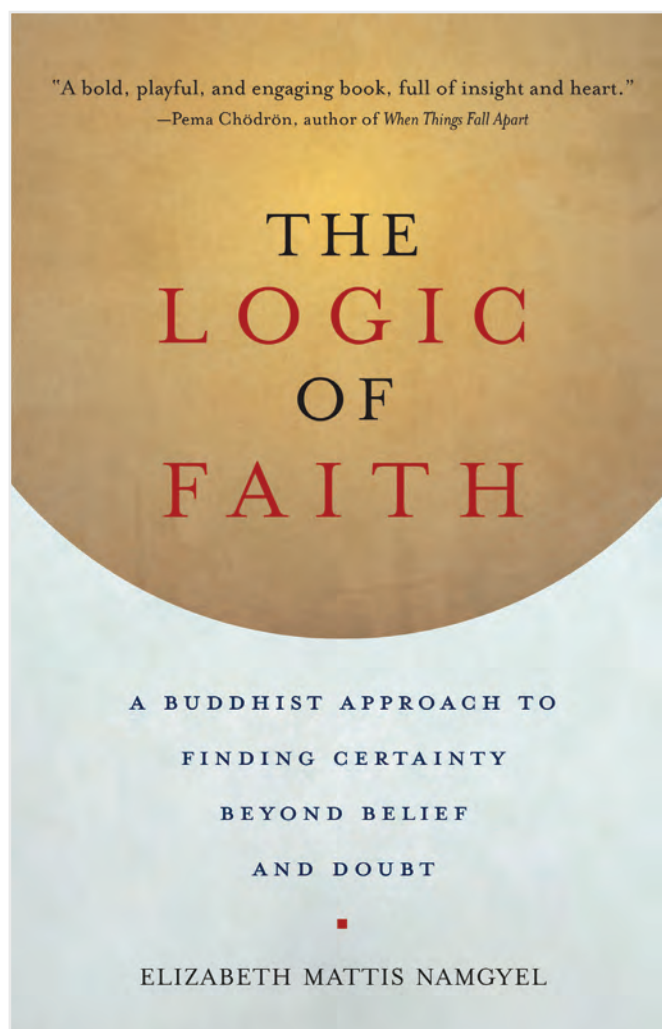
Author

ELIZABETH MATTIS NAMGYEL is the wife and a principal student of Tibetan Buddhist master Dzigar Kongtrül and the editor of two of his books (*It’s Up to You* and *Light Comes Through*). She has studied and practiced in the Tibetan Buddhist tradition for more than thirty years under his guidance and completed years of solitary retreat. As a Buddhist teacher, she leads weekend retreats throughout the United States and Europe.

Religion - Buddhism - Tibetan

Philosophy - Buddhist

RIGHTS World



Reviews

“There is joy in discovering the truth of the Buddhist teachings as a living experience. Elizabeth Mattis-Namgyel takes us on a personal exploration of the Buddha’s most essential insight: pratityasamutpada — a.k.a. dependent arising. A bold, playful, and engaging book, full of insight and heart.”

Pema Chödrön

Author of *When Things Fall Apart*
and *Living Beautifully*

“The beauty of this book by Elizabeth Mattis Namgyel lies in its remarkably creative presentation of this insight of dependent arising. Constantly relating to our everyday experience and gently guiding through a series of self-inquiry, as well as drawing on insights from contemporary science, psychology, as well as literature, the author brings this fundamental insight of the Buddha come to life for the contemporary reader.”

Thupten Jinpa

Author of *A Fearless Heart: How the Courage to Be Compassionate Can Transform Our Lives*

The Magic Life of Milarepa

The Magic Life of Tibet's Great Yogi

By Eva Van Dam

\$14.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

01/15/2019

PAGES: 96

ISBN: 9781611805260

About the Book

From avenging evil sorcerer to devoted Buddhist ascetic to enlightened being—the story of Milarepa's spectacular life is a powerful testimony to self-knowledge, transformation, and liberation. This artistically-rendered graphic novel captures all the grit and drama of Milarepa's story. It is the year 1050, and Milarepa is seeking vengeance on unscrupulous relatives for mistreating his mother and sister. Trained in sorcery, he commands a rain of scorpions, snakes, and lizards to attack the villains. But when his teacher rebukes him for his evil deeds, Milarepa renounces evil magic to seek mystic truth. He retreats to a cave where, after years of intense meditation, he acquires the power to shape-shift. But most importantly he achieves the greatest victory of all—mastery over himself.

Author

EVA VAN DAM is a Dutch artist and illustrator whose work has appeared in numerous books and magazines. She has traveled extensively in Tibet and lived in Nepal for six years, studying Buddhism and Tibetan Buddhist iconography.

Reviews

“ The life of Milarepa has inspired many generations of Buddhist practitioners. Eva Van Dam's powerful and creative rendering in images of the great Tibetan yogi's story reaches an even wider audience, encouraging readers of all ages to set on the path of liberation, wisdom, and compassion. ”

Matthieu Ricard

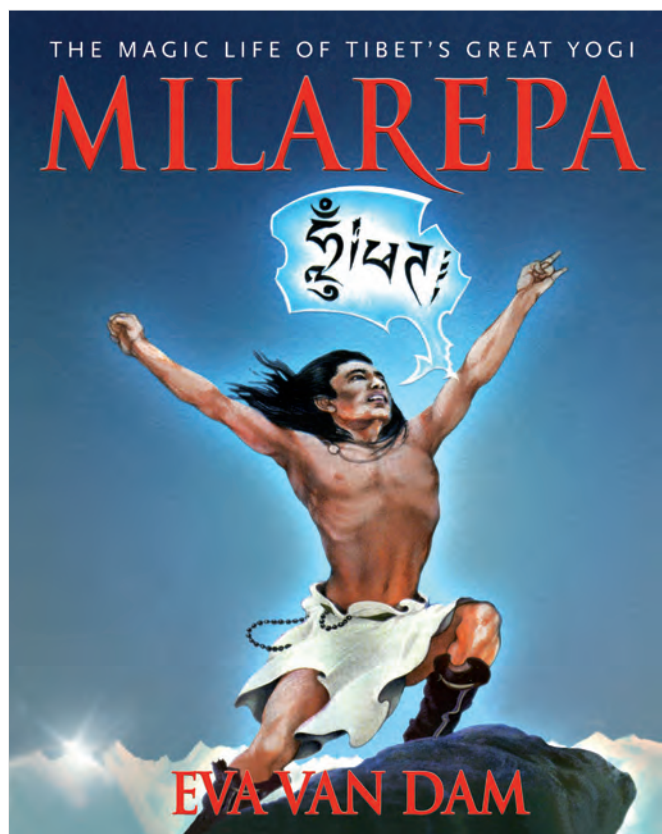
Author of *Enlightened Vagabond*

Religion - Buddhism - Tibetan

Comics & Graphic Novels - Nonfiction - Biography & Memoir

Biography & Autobiography - Religious

RIGHTS SOLD IN THE PAST Chinese, French, Dutch, Japanese



Integral Buddhism

And the Future of Spirituality

By Ken Wilber

\$14.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

3/6/2018

PAGES: 176

ISBN: 9781611805604

About the Book

What might the Buddhism of the future look like? With all that we have learned in the modern and postmodern world, how can Buddhists be true to the central teachings of the tradition while also including themselves in a new framework that is inclusive of ongoing discoveries? Ken Wilber here explores these key questions facing Buddhism and indeed all of the world's great religions today, showing how traditional Buddhist teachings themselves suggest an ongoing evolution leading toward a more unified, holistic, and interconnected spirituality. Touching on all of the key turning points in the history of Buddhism, Wilber describes the unique way in which the tradition has been open to the continuing unfolding and expansion of its own teachings, and he suggests possible paths toward an ever more Integral approach.

Author

KEN WILBER is the founder of Integral Institute and cofounder of Integral Life. He is an internationally acknowledged leader and the preeminent scholar of the Integral stage of human development. He is the author of some twenty-five books that embrace the truths of the world's great psychological, scientific, philosophical, and spiritual traditions. For more information, visit IntegralLife.com.

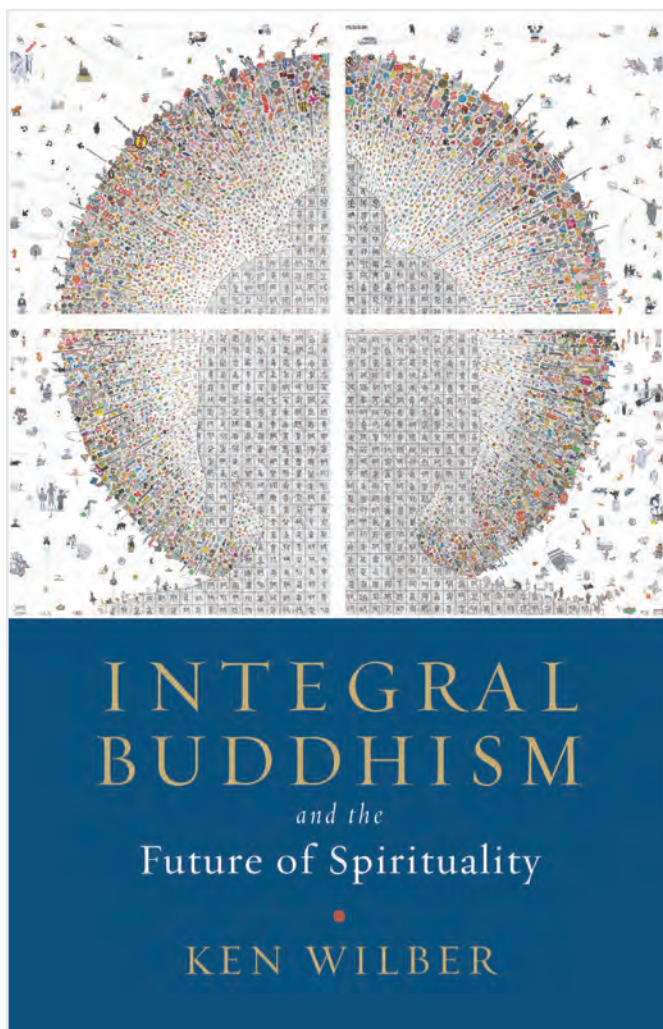
Religion - Buddhism - General

Philosophy - Buddhist

Philosophy - Religious

RIGHTS SOLD Dutch

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The Rinzai Zen Way

A Guide to Practice

By Meido Moore

\$16.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

3/27/2018

PAGES: 224

ISBN: 9781611805178

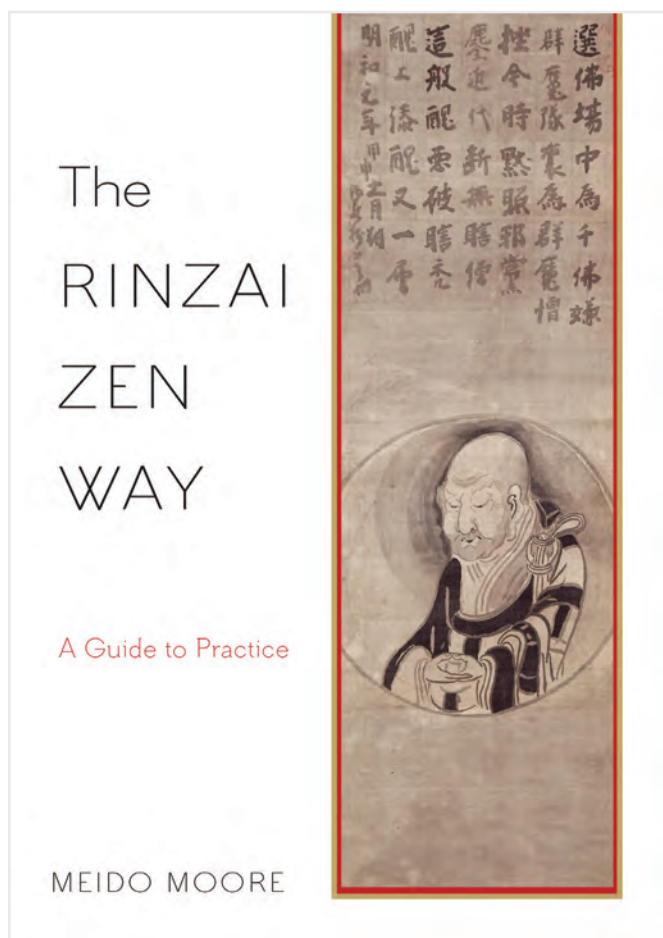
About the Book

Rinzai is, along with Soto, one of the two main schools of Japanese Zen, descended from the Chinese Linji school of Chan and made famous by the great Zen Japanese Master-artist Hakuin Ekaku (1686-1768). Rinzai practitioners in America are in the minority among Zen students, though many Soto Zen practitioners are effectively a mix of Rinzai and Soto. This is the first, accessible introduction to Zen philosophy and practice from a strictly Rinzai perspective, and as such it will be invaluable to students practicing in Rinzai Zen centers—such as the major ones in New York State, Chicago, Seattle, and Hawaii—as well as for everyone who wants to understand what the special emphases of Rinzai are. Compared to Soto Zen, Rinzai is known for a sharp, energetic approach and relies more heavily on the koan practice Zen is famous for. More emphasis is also placed on the experience of seeing through to the nature of reality called kensho. And Rinzai places a great emphasis on expression of Zen teaching in the arts. Rinzai and Soto are not opposed to each other, and share a great deal of theory and practice, but this guide will provide a glimpse of “pure” Rinzai for all interested in practicing it or just finding out about it.

Author

MEIDO MOORE is abbot of Korinji, a Rinzai Zen monastery near Madison, Wisconsin, and is a guiding teacher in the international Rinzai Zen Community organization. He is a lineage holder in the Rinzai school and teaches and leads retreats throughout the United States and Europe.

Religion - Buddhism - Zen
Philosophy - Zen



Reviews

“The word Zen has become an inkblot upon which the West projects its myriad notions of peace, relaxation, and personal fulfillment, usually to commercial ends (there’s a Zen Tanning Salon in LA, after all.) Meido Moore is having none of this. The Rinzai Zen Way is a thorough and accessible primer on the history, principles, and practices of authentic Rinzai Zen Buddhism. He offers detailed instructions on how to meditate, chant, work with a teacher, understand the teachings, and manifest them in your daily life, and so helps to restore the word Zen to its proper place.”

Shozan Jack Haubner

Author of *Zen Confidential* and *Single White Monk*

“Meido Zentetsu Roshi has produced a concise introduction to the practice of Rinzai Zen as understood from the Japanese Ōmori Sōgen tradition within the Tenryū-ji line of Rinzai Zen. This small book encompasses not only the spirit of Zen practice with concrete advice, but also offers practical instructions on how to harmonize the body and breath for deepening one’s practice. It is a wonderful guide for anyone who is serious in taking up the Zen path and working with a teacher.”

Guo Gu

Author of *Passing through the Gateless Barrier*

Radically Happy

A User's Guide for the Mind

By Phakchok Rinpoche and Erric Solomon

Illustrated by Julian Pang

Foreword by Daniel Goleman and Tara Bennett-Goleman

\$24.95 - Hardcover

SHAMBHALA PUBLICATIONS

10/16/2018

PAGES: 240

ISBN: 9781611805277

About the Book

East meets West in a fresh, modern take on a timeless challenge: how to find contentment and meaning in life. A longtime meditator and seasoned Silicon Valley entrepreneur meets a young, insightful, and traditionally educated Tibetan Rinpoche. Together they present a path to radical happiness through accessible meditation and mindfulness techniques. Following three parts, the authors guide readers through Basic Happiness, Interconnected Happiness, and finally Radical Happiness, with each section building on itself to form a complete program. Filled with personal stories, scientific studies, and step-by-step exercises, this is the perfect introduction to meditation and Buddhist thought. It's a thoughtful exploration of modern science and ancient wisdom—there's no dumbing things down—yet it doesn't take itself too seriously.

Reviews

“Radically Happy brings the new and the old together in a beautiful way. Phakchok Rinpoche marries his deep understanding of ancient wisdom with Erric Solomon's experience in the technology-driven modern world. The combination helps us understand how meditation, kindness, and wisdom can make a real difference, moment to moment in daily life.”

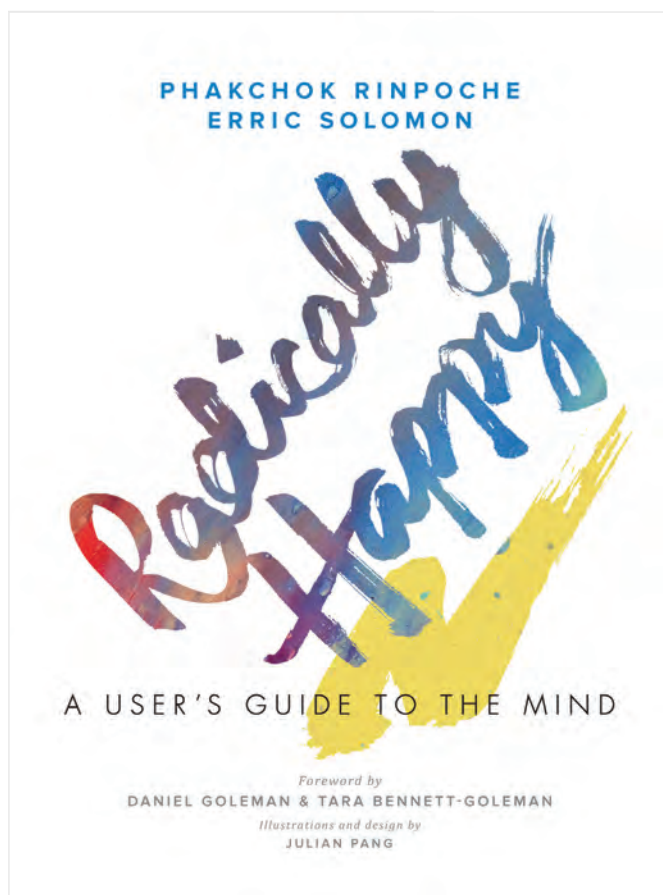
Yongey Mingyur Rinpoche

Religion - Buddhism - Tibetan

Body, Mind & Spirit - Mindfulness & Meditation

Self-Help - Personal Growth - Happiness

RIGHTS SOLD German, Spanish



Author

PHAKCHOK RINPOCHE is a new generation Tibetan Buddhist Master. Born in 1981, Rinpoche was recognized as the seventh Phakchok Rinpoche and incarnation of a great teacher and meditation master. Receiving ordination from His Holiness the Dalai Lama, Rinpoche received a thorough education and training in Buddhist philosophy and meditation, studying with some of the most accomplished masters of modern times, his main teachers being his grandfather Kyabje Tulku Urgyen Rinpoche and Nyoshul Khen Rinpoche. Rinpoche completed his education at the Dzongsar Institute of Advanced Buddhist Studies in Bir, India, where he received the Khenpo title. Rinpoche travels the world, teaching in Buddhist centers, universities, and monasteries from Asia to the US, from South America to Europe.

ERRIC SOLOMON worked as a Silicon Valley technology entrepreneur before becoming a meditation teacher. His experience as a participant in the Logo Group at M.I.T.'s Artificial Intelligence Laboratory inspired a lifelong passion to understand the mind and led him to the study of Buddhism. He has been an invited speaker leading seminars and retreats in corporate settings as well as in prisons, temples, and Buddhist centers across the US and Europe.

Buddhism beyond Gender

Liberation from Attachment to Identity

By Rita M. Gross

\$24.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

3/27/2018

PAGES: 192

ISBN: 9781611802375

About the Book

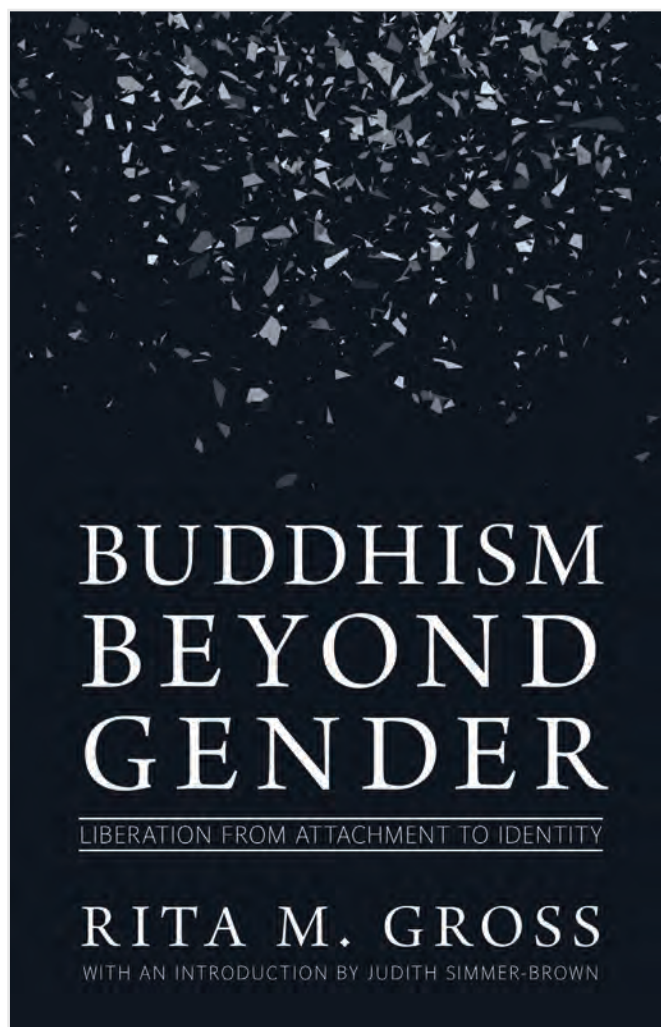
Zen teachers are fond of saying things like “don’t make man, don’t make woman.” Other Buddhist teachers may not use the same Zen-like saying, but they also generally teach that gender, like anything else, is essentially empty and not to be clung to. That’s fine and good, but how does it relate to actual oppression we experience based on gender? It’s complicated, of course.

This book is an examination of those complications as they relate to the lives of Buddhist practitioners, beginning with gender—then moving on to the other, inevitable, manifestations of identity. Rita Gross outlines the issues of gender and identity as they relate to Buddhism and discusses the evolution of these issues throughout the history of Buddhism. Then she delves into these difficult issues as they occur today. Finally, in revealing all the inadequacies involved in clinging to gender identity, she illuminates the suffering that results from clinging to any kind of identity at all..

Author

RITA M. GROSS (1943-2015) was Professor Emerita of Comparative Studies in Religion at the University of Wisconsin, Eau Claire. An important figure in the study of women in religion in general, she was also a Vajrayana Buddhist practitioner and teacher, appointed a lupon by Mindrolling Jetsun Khandro Rinpoche. She is the author, coauthor, or editor of eleven books, including her classic *Buddhism after Patriarchy: A Feminist History, Analysis, and Reconstruction of Buddhism*.

Religion - Buddhism - General
Philosophy - Buddhist
Social Science - Gender Studies



Reviews

“ The Buddhist scriptures tell us that we are neither male nor female—that gender is an illusion, and that clinging to it just brings suffering. In this, her last book, Rita Gross, one of the founding figures in the feminist study of religion, explains why this is so. One of the few academics to speak from an insider’s perspective, Professor Gross devoted most of her life to challenging the structures of patriarchy and oppression in the Buddhist tradition—to ‘repairing’ the tradition and making it more just. Buddhism beyond Gender is Rita Gross at her very best: clear, direct, insightful, and uncompromising. The book is not just an important contribution to Buddhism and gender studies, it is a practical guidebook on how to see through the fictions of gender identity and free oneself from the prison of gender roles so as to lead a more liberated life. ”

Jose Ignacio Cabezón

Dalai Lama Professor, University of California, Santa Barbara

The Buddhist Psychology of Awakening

An In-Depth Guide to Abhidharma

By **Steven Goodman**

\$26.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

08/27/2019

PAGES: 336

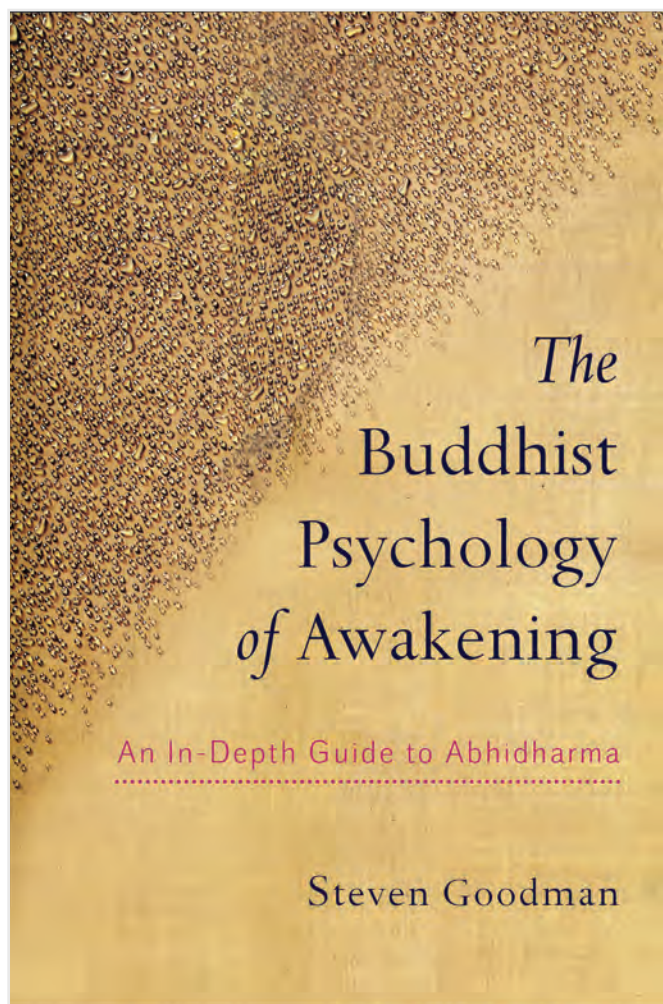
ISBN: 9781559394222

About the Book

Abhidharma (Sanskrit for “special teaching”) is a detailed analysis of the Buddha’s teaching on suffering and its eradication that goes back to the early Buddhist text Abhidhamma Pitaka—one of the “three baskets” that make up the traditional Buddhist canon, and which was elaborated upon further by such figures as the philosopher Vasubandhu in his great work Abhidharmakosa. Often referred to as “Buddhist psychology,” the abhidharma is known for being complex and challenging to understand in all its details. Steven Goodman’s step-by-step analysis makes abhidharma accessible and, most important, applicable to the lives and spiritual practice of ordinary people rather than scholars. It’s based on a course he gave to Buddhist practitioners at Lerab Ling, a Tibetan Buddhist center in France founded by Sogyal Rinpoche. Along with his careful analysis of the many terms, concepts, and lists, the book includes transcripts of the numerous question-and-answer sessions, which really help clarify the teachings and bring them to life.

Author

STEVEN D. GOODMAN is codirector of Asian and Comparative Studies at California Institute of Integral Studies (CIIS) in San Francisco. He received his PhD in Far Eastern studies from the University of Saskatchewan, and he has lectured and taught Buddhist philosophy and comparative religion at the University of California at Berkeley and Santa Barbara, Rice University, the Graduate Theological Union, the Nyingma Institute, and Naropa University. In 1994, Steven was awarded a Rockefeller Fellowship at Rice University Center for Cultural Studies for the study of Tibetan mystical poetry. He is the coeditor of *Tibetan Buddhism: Reason and Revelation* (SUNY Press, 1992) and the author of “Transforming the Causes of Suffering” in *Mindfulness and Meaningful Work* (Parallax Press, 1994).



Religion - Buddhism - Tibetan

Religion - Buddhism - Theravada

Philosophy - Religious

The Compassionate Kitchen

Buddhist Practices for Eating with
Mindfulness and Gratitude

By Thubten Chodron

\$14.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

12/11/2018

PAGES: 144

ISBN: 9781611806342

About the Book

Every aspect of our daily activities can be a part of spiritual practice if done with that in mind. This is a compact guide for making eating—and all the activities related to it—into a discipline that generates wisdom, insight, and compassion. This little book is based on a series of talks that Thubten Chodron gave over two months in 2016 to her monastic community of Svastri Abbey in Washington state and to her many lay students who had asked her to teach on the topic of food and how to use it to nourish mind as well as body. She shows how eating, and everything related to it—preparation of food, offering and receiving it, eating it, and cleaning up after—can contribute to awakening and to increased kindness and care toward others. It's based on traditional Buddhist teachings and on the particular practices used at Svastri Abbey, with advice for taking the principles used there into one's own home in order to make the sharing of food a spiritual practice for anyone.

Author

VENERABLE THUBTEN CHODRON has been a Buddhist nun since 1977. She has been a close student of the Dalai Lama, with whom she has coauthored several books. She is abbot of Svastri Abbey, a Tibetan Buddhist monastery in Newport, Washington, and she teaches regularly throughout the United States, Europe, and Asia.

Reviews

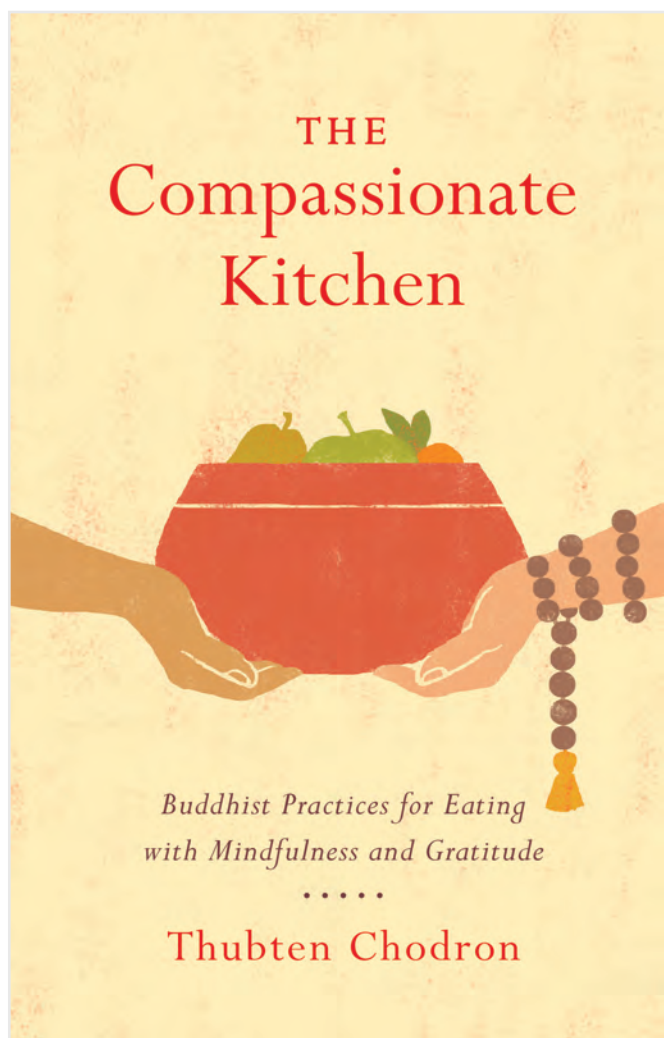
“ This precious book reveals mealtime as meditation, and cooking and dining as sacred offerings to the noble ones. Venerable Chodron generously guides us to transform once and for all our relationship with food.

A fresh and unique treasure! ”

Judith Simmer-Brown

Distinguished Professor, Naropa University

Author of *Dakini's Warm Breath: The Feminine Principle in Tibetan Buddhism*



Religion - Buddhism - Tibetan

Body, Mind & Spirit - Mindfulness & Meditation

Religion - Buddhism - Rituals & Practice

AUTHOR'S PREVIOUS BOOKS RIGHTS SOLD Czech, Dutch, German, Indonesian, Italian, Japanese, Korean, Portuguese, Mongolian, French, Polish, Portuguese, Russian, Spanish,

Zen in the Age of Anxiety

Wisdom for Navigating Our Modern Lives

By **Tim Burkett**

Edited by **Wanda Isle**

\$16.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

06/05/2018

PAGES: 184

ISBN: 9781611804867

About the Book

Burkett provides wisdom from Zen (channeled through his many other experiences of psychotherapy and life) for first identifying the problems of pain and anxiety particularly where they most strongly manifest for modern people—in stuff like money, self-worth, sex, success vs. failure, and so forth. He then shows how if we understand our essentially undivided nature, it becomes clear that healing these negative states is effected only by going into them—not assailing them as though there were a solid “me” capable of eradicating them through assault. Each of the ten chapters ends with a section called “Doing the Work,” which consists of three or four questions and/or meditative exercises. This section brings home the main points of the chapter, applying them directly to the reader’s own life situations.

Author

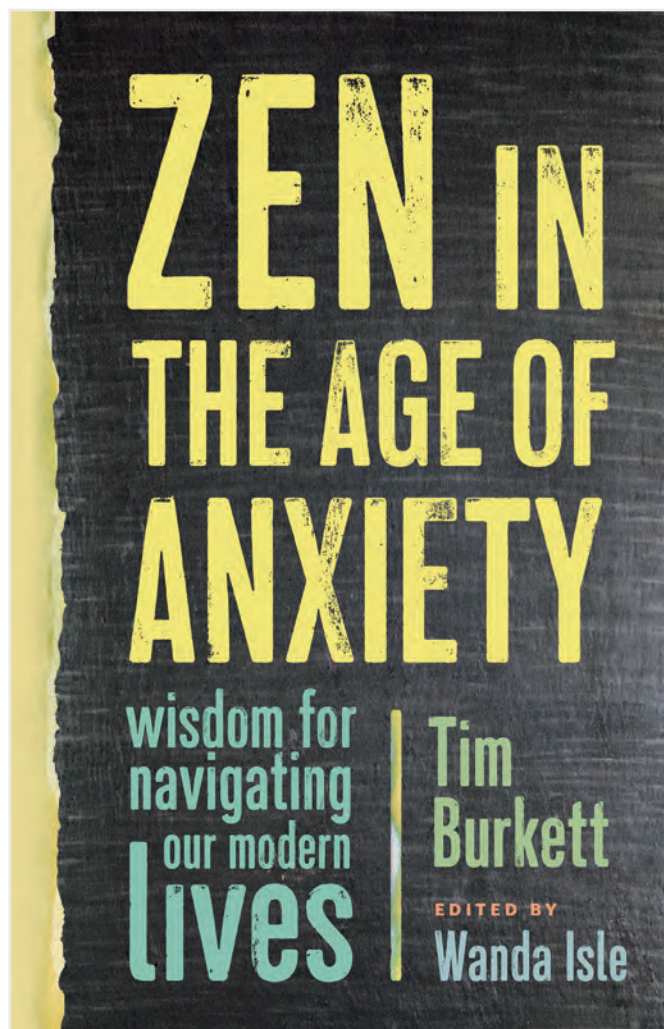
TIM BURKETT, PhD, is a psychologist, a Zen Buddhist priest, and the Guiding Teacher of Minnesota Zen Meditation Center. He was a student of Shunryu Suzuki Roshi and later of Dainin Katagiri Roshi, in whose lineage he is a dharma heir. He is also the author of *Nothing Holy About It*.

Reviews

“ This is a book imbued with love and wisdom, full of passages of fluid prose, woven in with carefully chosen Zen stories, poetry, and relevant research findings. It includes clear explanations of the power of diligent meditation practice to transform our various human difficulties into clear seeing, equanimity, and ease, followed by practical exercises about how to go about this work. This is a book about the substance and beauty of Zen practice, a book I will happily read and recommend to my own students. ”

Jan Chozen Bays

Author of *Mindful Eating* and *How to Train a Wild Elephant*



“ Now the guiding teacher at the Minnesota Zen Meditation Center in Minneapolis, Burkett uses his teacher’s advice to frame a thoughtful life manual for modern seekers and meditators—especially those who, like Burkett, lean away from the rigidity of formal religion. For Burkett, the Buddhist precepts are gifts, not rules, that frame a wholesome life. *Zen in the Age of Anxiety* can help nontraditionalists find their way with those gifts in hand. ”

Tricycle: The Buddhist Review

“ Using an informal, friendly tone, Burkett offers clear explanations and examples to illustrate core Zen ideas. Compiled from Burkett’s former talks, this light book will appeal to readers who are new to Buddhism. ”

Publishers Weekly

Religion - Buddhism - Zen

Self-Help - Self-Management - Stress Management

Body, Mind & Spirit - Mindfulness & Meditation

Zen Master Yunmen

His Life and Essential Sayings

Translated and edited by **Urs App**

\$19.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

07/03/2018

PAGES: 320

ISBN: 9781611805598

About the Book

Yunmen Wenyan (c. 864-949) was a master of the Chan (Chinese Zen) tradition whose name is associated with one of Chan's renowned "Five Houses"—the five great schools that arose during the Tang dynasty. The Yunmen school is an ancestor of the Zen Rinzai school that was so influential in Japan and that has been one of the formative strains of Zen in America. Yunmen was a simple and very practical teacher—and he shows up as a character in a number of famous koans, in one of which he's credited with the famous line, "Every day is a good day." His primary focus was curing his students of the "disease" of duality, which he often achieved through a process of questioning that cut through their discursive thinking. This classic introduction to Yunmen provides translations of his numerous talks and dialogues, and it also includes a brief history of Chinese Zen, a biography of Yunmen, and summary of his teaching, along with a wealth of resource materials.

Author

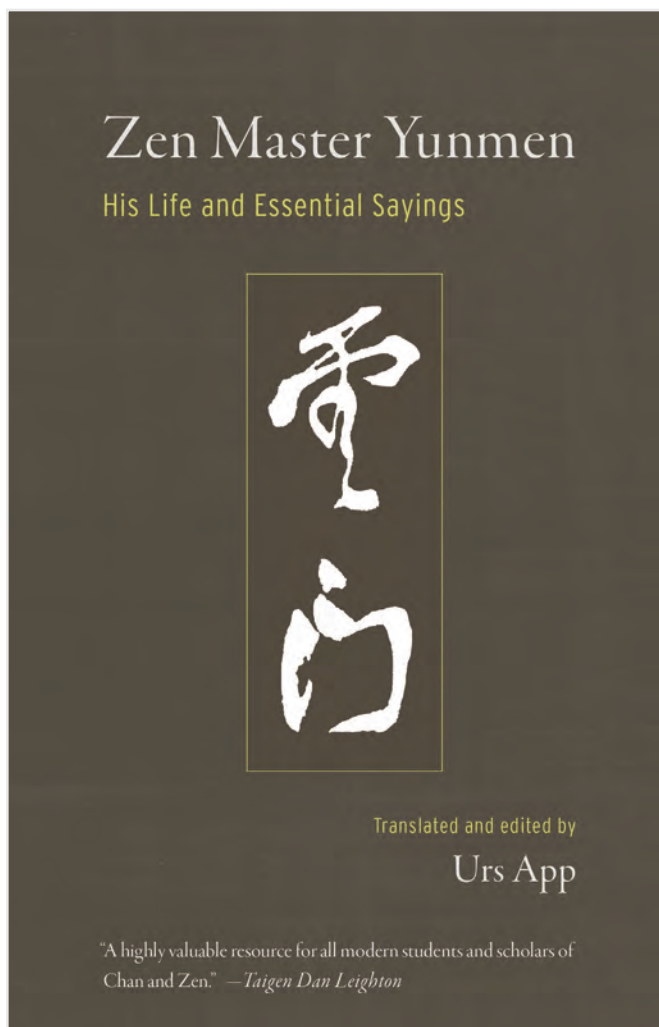
URS APP, PhD, is a Swiss scholar of Buddhism and of the history of religions and ideas, specializing in Zen. He was, for many years, professor of Buddhism at Hanazono University in Kyoto and Associate Director of the International Research Institute for Zen Buddhism. He has since devoted himself to writing books and producing documentaries while engaging in research at various academic institutions in Asia and Europe.

Reviews

"A highly valuable resource for all modern students and scholars of Chan and Zen. "

Taigen Dan Leighton

Religion - Buddhism - Zen



The Life of Jamgon Kongtrul the Great

By Alex Gardner

\$29.95 - Hardcover

SHAMBHALA PUBLICATIONS

05/21/2019

PAGES: 400

ISBN: 9781611804218

About the Book

Known as the “king of renunciates,” Jamgon Kongtrul Lodro Taye (1813-1899) forever changed the face of Buddhism through collecting, arranging, and disseminating the various lineage traditions of Tibet across sectarian lines. His extensive treasury collections of profound Buddhist teachings continue to be taught and transmitted throughout the Himalayas by all major traditions and represent the breadth and profundity of Tibetan Buddhist philosophy and practice. Jamgon Kongtrul was a polymath, dedicated retreatant, writer, and teacher from the eastern Tibetan kingdom of Derg. During the nineteenth century, this region experienced extreme sectarian and political divides, during which Jamgon Kongtrul, along with Jamyang Khyentse Wangpo and Chokgyur Lingpa, set about collecting, teaching, and transmitting the major practice traditions found in Tibet. They focused particularly on preserving declining lineages. This conservation project, which did not adhere to the traditional divides of the Tibetan “schools” and included both tantric lineages coming from India as well as Tibetan treasure (terma) lineages, came to be known as the Rim or “unbiased” tradition. Jamgon Kongtrul is perhaps the most famous among these Rim figures.

This is the most accessible work available on Jamgon Kongtrul’s life, writings, and influence, written as a truly engaging historical biography. Alexander Gardner, who is a specialist of Jamgon Kongtrul, provides an intimate glimpse into the life of one of the most important Tibetan Buddhist teachers to have ever lived.

Author

ALEXANDER GARDNER is Director and Chief Editor of the Treasury of Lives. Alex completed his PhD in Buddhist Studies at the University of Michigan in 2007.

Religion - Buddhism - Tibetan

Biography & Autobiography - Religious

History - Asia - India & South Asia

The Complete Foundation

The Systematic Approach to Training the Mind

Originally published as **Path to Bliss**

By **The Dalai Lama**

\$18.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

8/14/2018

PAGES: 256

ISBN: 9781559394765

About the Book

Clear, eloquent, simple, and profound, His Holiness's teachings are easily accessible to beginning practitioners yet richly nourishing to those more advanced in practice. In *The Complete Foundation*, the Dalai Lama shows how visualization, reason, and contemplation can be systematically crafted to enhance personal development. Beginning with practices designed to create an effective mental outlook, His Holiness skillfully guides the student to more advanced techniques for developing the mind's deepest potential and happiness. With an impeccable attention to the correctness of detail, he manages at the same time to convey a sense of playfulness, a balance of specific technical guidance, and delightful asides. It exemplifies the sophistication and elegance of Tibetan Buddhist methods for spiritual development.

Author

HIS HOLINESS THE FOURTEENTH DALAI LAMA is considered the foremost Buddhist leader of our time. The exiled spiritual head of the Tibetan people, he is a Nobel Peace Laureate, a Congressional Gold Medal recipient, and a remarkable teacher and scholar who has authored over one hundred books.

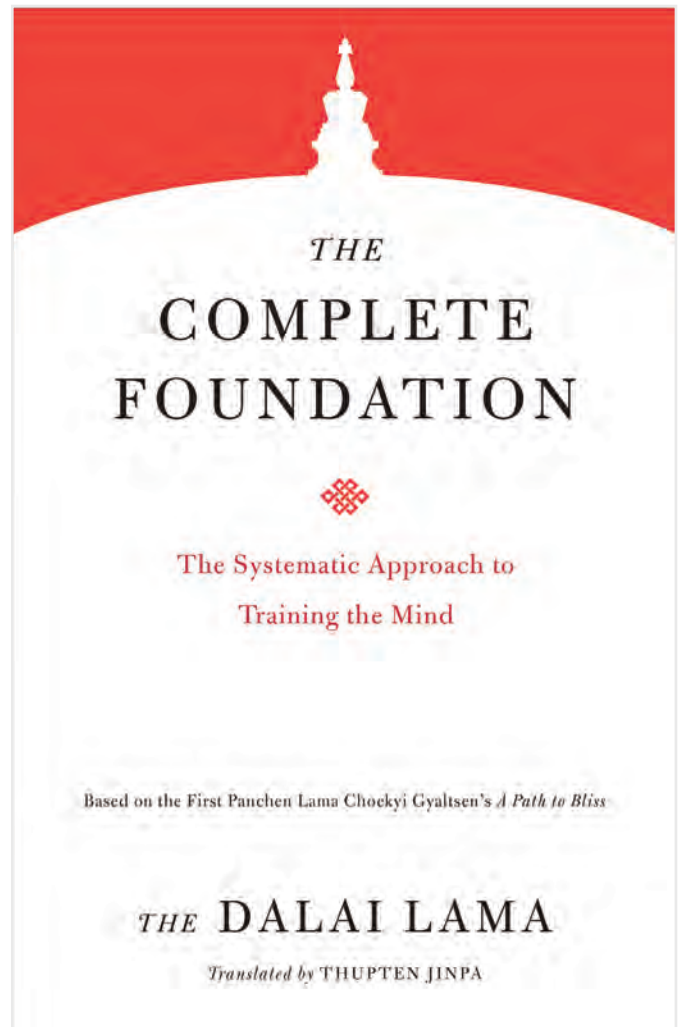
Religion - Buddhism - Tibetan

Religion - Buddhism - Rituals & Practice

Body, Mind & Spirit - Mindfulness & Meditation

***RIGHTS SOLD** Chinese Complex, French, German, Italian, Japanese, Korean, Polish, Portuguese, Spanish

*Many might be available again



Where Buddhism Meets Neuroscience

Conversations with the Dalai Lama on the Spiritual and Scientific Views of Our Minds

Originally published as *Consciousness at the Crossroads*
By The Dalai Lama

\$16.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

10/30/2018

PAGES: 216

ISBN: 9781559394789

About the Book

Organized by the Mind and Life Institute, this discussion addresses some of the most troublesome questions that have driven a wedge between Western science and religion. *Where Buddhism Meets Neuroscience* resulted from meetings of the Dalai Lama and a group of eminent neuroscientists and psychiatrists. Is the mind an ephemeral side effect of the brain's physical processes? Are there forms of consciousness so subtle that science has not yet identified them? How does consciousness happen? The Dalai Lama's incisive, open-minded approach both challenges and offers inspiration to Western scientists. The book consists primarily of dialogue and intense, frank conversations between the Dalai Lama and participants. Questions of perception, dualism, categories of consciousness, memory, dreams, the nature of mental illness, and the mind during and after death are all explored.

Author

THE DALAI LAMA is considered the foremost Buddhist leader of our time. The exiled spiritual head of the Tibetan people, he is a Nobel Peace Laureate, a Congressional Gold Medal recipient, and a remarkable teacher and scholar who has authored over one hundred books.

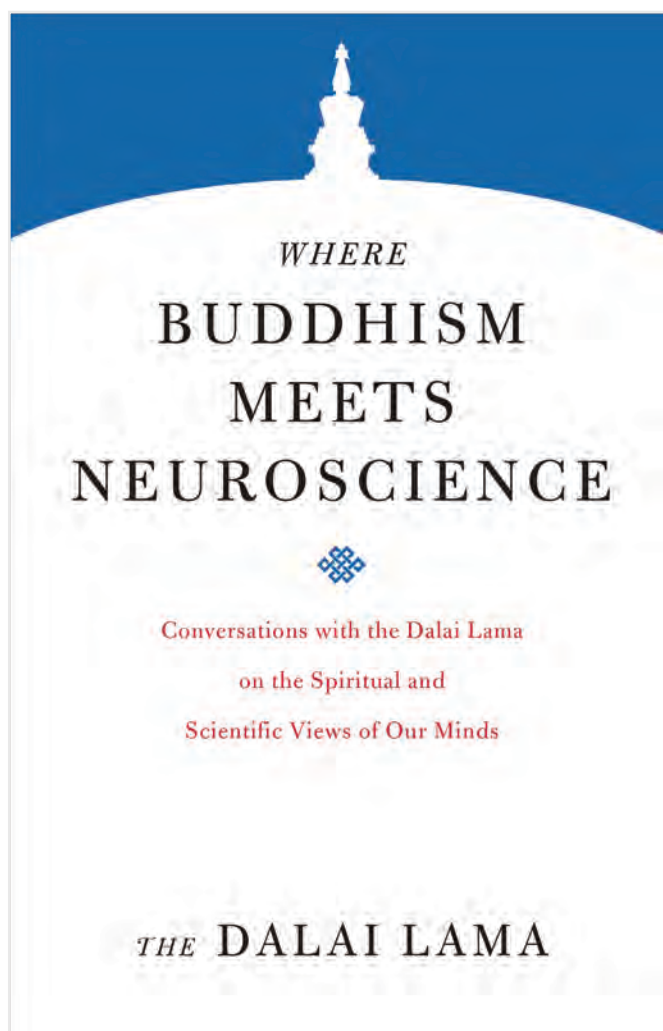
Religion - Buddhism - Tibetan

Philosophy - Buddhist

Science - Life Sciences - Neuroscience

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Our Human Potential

The Unassailable Path of Love, Compassion, and Meditation

Originally published as **The Dalai Lama at Harvard**

By **H.H. the Fourteenth Dalai Lama**

\$18.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

05/28/2019

PAGES: 256

ISBN: 9781611806786

About the Book

His Holiness the Dalai Lama gave a series of lectures at Harvard University expertly fulfilling 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 most of the topics of Tibetan Buddhism. The Dalai Lama's combination of superb intellect, power of exposition, and practical implementation are evident in these lectures. He covers a broad spectrum of topics including: the psychology of cyclic existence; consciousness and karma; cessation and Buddha Nature Paths; and the utilization of bliss techniques for meditation, altruism, valuing enemies, wisdom, and much more.

Author

THE DALAI LAMA is considered the foremost Buddhist leader of our time. The exiled spiritual head of the Tibetan people, he is a Nobel Peace Laureate, a Congressional Gold Medal recipient, and a remarkable teacher and scholar who has authored over one hundred books.

Religion - Buddhism - Tibetan

Philosophy - Buddhist

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Stages of Meditation

The Buddhist Classic on Training the Mind

By H.H. the Fourteenth Dalai Lama

\$16.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

02/19/2019

PAGES: 224

ISBN: 9781611806823

About the Book

The Dalai Lama explains the principles of meditation in a practice-oriented format especially suited to Westerners. Based upon the middle section of the Bhavanakrama by Kamalashila—a translation of which is included—this is the most extensive commentary given by the Dalai Lama on this concise but important meditation handbook. It is a favorite text of the Dalai Lama, and he often takes the opportunity to give teachings on it to audiences throughout the world. In his words, “This text can be like a key that opens the door to all other major Buddhist scriptures.” Topics include the nature of mind, how to develop compassion and loving-kindness, calm abiding wisdom, and how to establish a union of calm abiding and special insight.

Author

THE DALAI LAMA is considered the foremost Buddhist leader of our time. The exiled spiritual head of the Tibetan people, he is a Nobel Peace Laureate, a Congressional Gold Medal recipient, and a remarkable teacher and scholar who has authored over one hundred books.

Religion - Buddhism - Tibetan

Religion - Buddhism - Rituals & Practice

Religion - Meditations

***RIGHTS SOLD** Chinese Complex, Danish, French, German, Hungarian, Indonesian, Italian, Japanese, Korean, Polish, Portuguese, Russian, Spanish, Swedish, Thai

*Many might be available again

Perfecting Patience

Buddhist Techniques to Overcome Anger

Originally published as **Healing Anger**

By **H.H. the Fourteenth Dalai Lama**

Translated by **Thupten Jinpa**

\$16.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

11/27/2018

PAGES: 240

ISBN: 9781559394796

About the Book

All the world's major religions emphasize the importance of the practice of love, compassion, and tolerance. This is particularly true in the Buddhist traditions, which unanimously state that compassion and love are the foundation of all paths of practice. To cultivate the potential for compassion and love inherent within us, it is crucial to counteract their opposing forces of anger and hatred. In this book, the Dalai Lama shows how through the practice of patience and tolerance we can overcome the obstacles of anger and hatred. He bases his discussion on *A Guide to the Bodhisattva Way of Life*, the classic work on the activities of bodhisattvas — those who aspire to attain full enlightenment in order to benefit all beings.

Author

THE DALAI LAMA is considered the foremost Buddhist leader of our time. The exiled spiritual head of the Tibetan people, he is a Nobel Peace Laureate, a Congressional Gold Medal recipient, and a remarkable teacher and scholar who has authored over one hundred books.

Religion - Buddhism - Tibetan

Self-Help - Emotions

Religion - Buddhism - Rituals & Practice

***RIGHTS SOLD** Chinese Complex, Dutch, French, German, Italian, Korean, Polish, Portuguese, Russian, Spanish, Thai, Vietnamese

*Many might be available again

A Compendium of the Mahayana

Asanga's Mahayanasamgraha and Its Indian and Tibetan Commentaries

By **Asanga**

Translated and Introduced by **Karl Brunnholzl**

\$79.95 - Hardcover

SNOW LION

12/18/2018

PAGES: 1,824

ISBN: 9781559394659

About the Book

These three volumes discuss virtually everything anybody might want to know about the Yogacara school, one of the two mainstream approaches of the mahayana. The ten chapters of the Mahayanasamgraha present a complete overview of the Yogacara view, such as the nature and operation of the eight kinds of consciousnesses, the often-misunderstood notion of "mind only" (cittamatra), dependent origination, the cultivation of the path, and its fruition in terms of the four wisdoms and the three kayas of a buddha.

Author

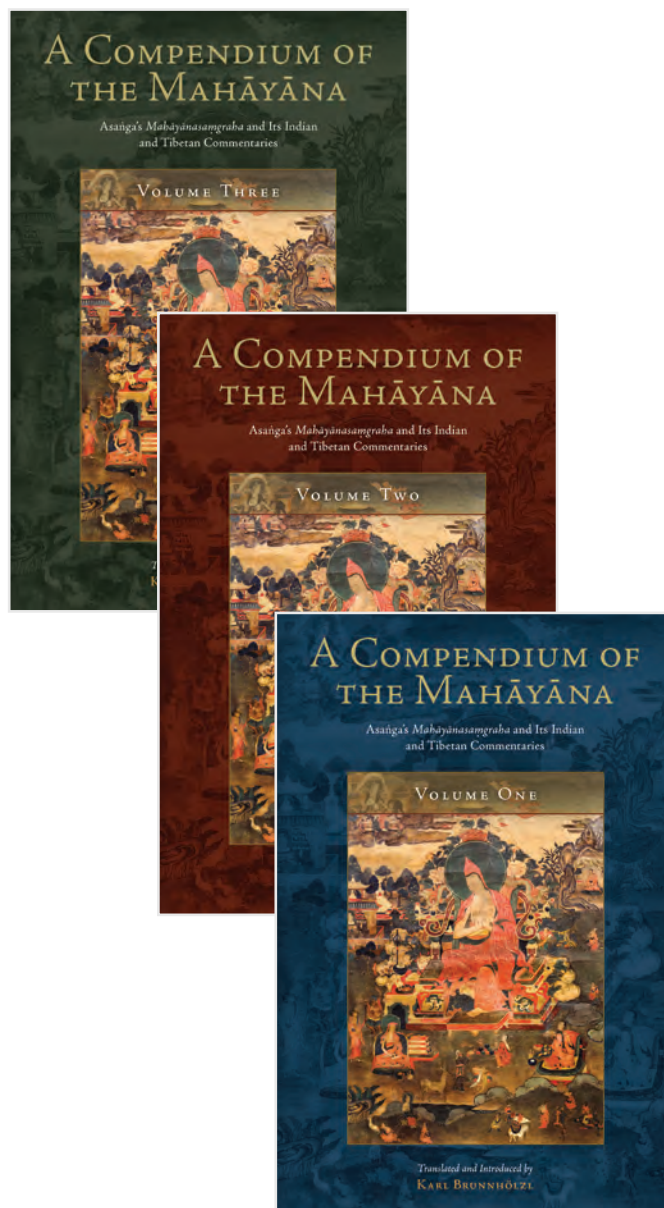
ASANGA (fourth century C.E.) is recognized as a preeminent luminary of the Buddhist mahayana tradition and one of its greatest philosophical innovators. He is credited with having authored the main texts of the Yogacara canon, which exerted an immense influence not only in the Indian subcontinent but also throughout most of Central and East Asia.

KARL BRUNNHOLZL was trained as a physician and presently works as a Tibetan translator and Buddhist teacher. He studied Tibetology, Buddhology, and Sanskrit at Hamburg University and Tibetan language and Buddhist philosophy and practice at the Marpa Institute for Translators in Kathmandu. Currently he works as a translator and interpreter for Nalandabodhi and the Nitartha Institute. He is the author and translator of over 10 volumes on Buddhist philosophy.

Religion - Buddhism - Tibetan

Religion - Buddhism - History

Religion - Buddhism - Sacred Writings



Reviews

“ I am delighted that Karl Brunnholzl's new translation of Asanga's Mahayanasamgraha and its Indian and Tibetan commentaries is being published. An important text in the Sanskrit Yogacara tradition, the Mahayanasamgraha and several of its commentaries were translated into Tibetan. However, it never gained as prominent a position in the Tibetan tradition as it had held in Sanskrit or in the Chinese Buddhist tradition. For this reason, this translation, which contains resources from the Indian, Tibetan, and Chinese traditions, is especially helpful. The inclusion of Chinese materials is particularly valuable as it was in China that the text spread most widely and had the greatest influence. I am delighted that it is now available for students to study and contemplate in English. ”

Khenchen Thrangu Rinpoche

Author of *Luminous Clarity*

Moonbeams of Mahamudra

By **Dakpo Tashi Namgyal**

Translated by **Elizabeth Callahan**

\$59.95 - Hardcover

SNOW LION

03/12/2019

PAGES: 84

ISBN: 9781559394802

About the Book

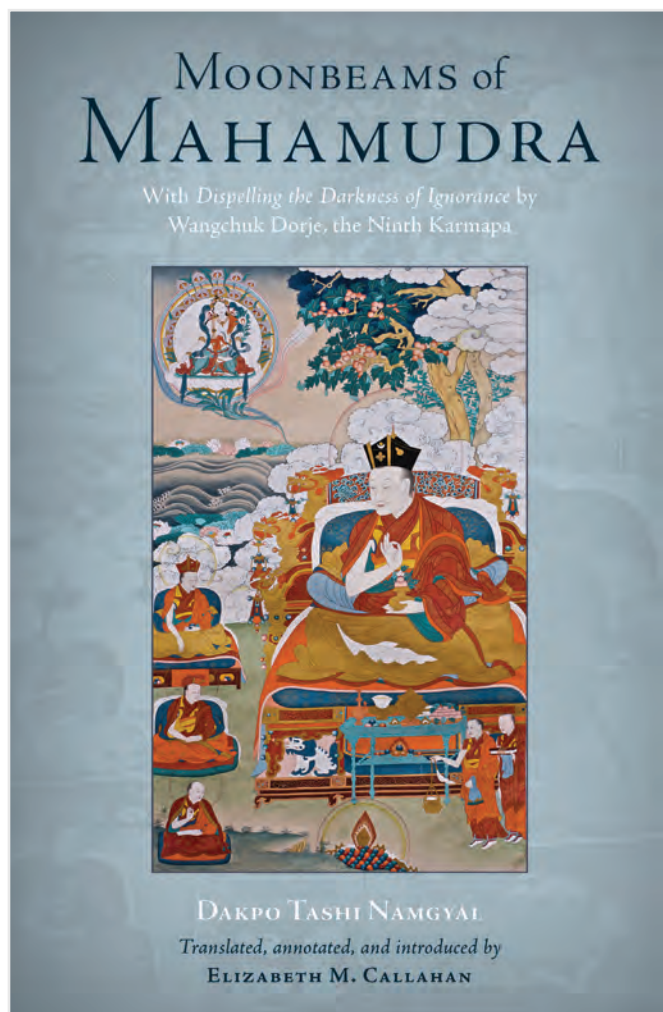
This monumental work, written in the sixteenth century, comprehensively outlines the scope of the Mahamudra Buddhist tradition. This tradition, which was systematized in Tibet over 900 years ago, focuses on the familiarization of the nature of one's mind, also described as the experience of mahamudra or "great seal," as the primary means to realize ultimate reality and thus attain buddhahood. Countless Buddhist teachings and meditation instructions have been attributed to Mahamudra, which blends practices from both the sutra and tantra traditions. While the Tibetan Kagyu school are known as the primary holders of the tradition, Mahamudra is taught and practiced by all major schools of Tibetan Buddhism.

Dakpo Tashi Namgyal is one of the greatest writers and masters of Mahamudra to have ever lived. His manual is the most important single work on the subject, systematically introducing the teachings and associated practice techniques in a progressive manner. *Moonbeams of Mahamudra* is to this day the most studied work on Mahamudra in the Kagyu monasteries throughout Tibet and the Himalayas. Elizabeth Callahan, a seasoned translator of Kagyu material, has provided us with this new translation along with ancillary materials and annotations, giving us the necessary tools to properly study and apply the Mahamudra teachings in a modern context. This is a historic contribution for scholars and students of Tibetan Buddhism.

Religion - Buddhism - Tibetan

Religion - Buddhism - Sacred Writings

Philosophy - Buddhist



Author

DAKPO TASHI NAMGYAL (1513-1587) was the first recognized reincarnation of Gampopa and an important master of the Dakpo Kagyu tradition. He wrote two highly acclaimed texts on Mahamudra practice: *Moonbeams of Mahamudra* and *Clarifying the Natural State*.

ELIZABETH M. CALLAHAN is a Tibetan translator of the Kagyu tradition. She completed two three-year retreats at Kagyu Thubten Choling in New York, is a student of Khenpo Tsultrim Gyamtso Rinpoche, and has been a Tsadra Foundation Fellow since 2002. Her previous translations include *The Treasury of Knowledge: Frameworks of Buddhist Philosophy* by Jamgon Kongtrul and *The Profound Inner Reality* by the Third Karmapa Rangjung Dorje.

The Mahamudra Lineage Prayer

A Guide to Practice

By **Khenchen Thrangu**

\$16.95 - Trade Paperback

SNOW LION

9/25/2018

PAGES: 176

ISBN: 9781559394819

About the Book

In 29 lines, the *Mahamudra Lineage Prayer* lists the great adepts of the Karma Kagyu lineage, reviews the common and special preliminaries, provides instructions for calm abiding and special insight meditation, sets forth the essentials of Mahamudra meditation, and finally makes an aspiration to achieve enlightenment. It thus summarizes the key elements of the path to enlightenment. Khenchen Thrangu's oral teachings on this prayer have been collected and edited to form a complete commentary on the prayer that emphasizes Mahamudra meditation as especially suitable for Western practitioners who complain of having little time for practice. Many chapters include questions from the audience and his replies, which give the book an intimate feeling. Appendices that give details on related topics and the explanatory endnotes make this an invaluable resource for Mahamudra practitioners.

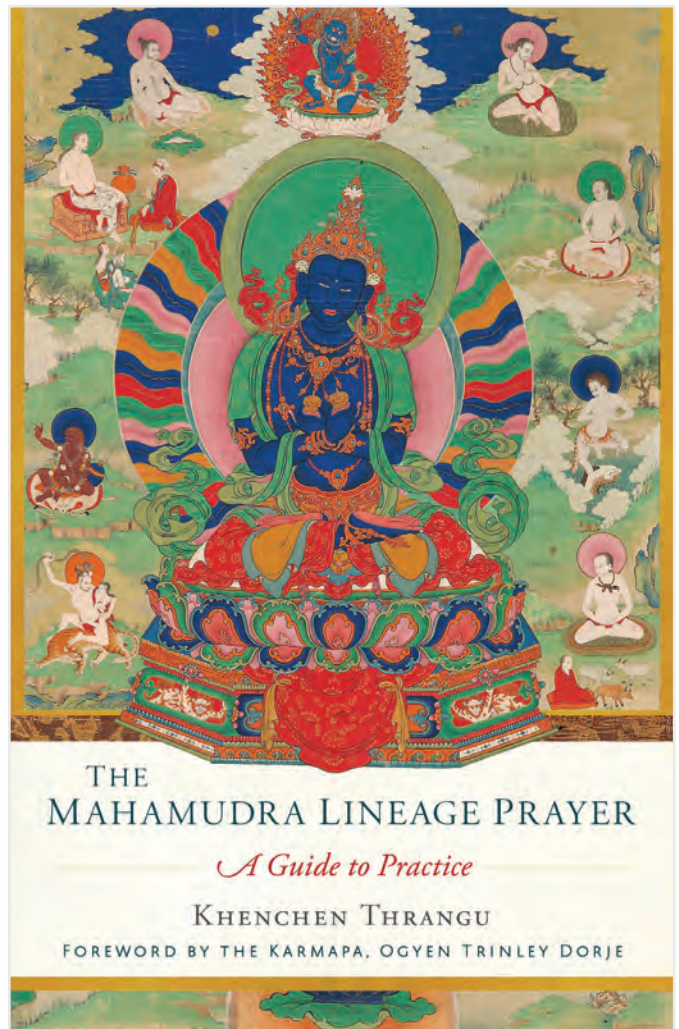
Author

KHENCHEN THRANGU is an eminent teacher of the Kagyu tradition of Tibetan Buddhism. He was appointed by the Dalai Lama to be the personal tutor for His Holiness the Seventeenth Karmapa and has authored many books, including *Pointing Out the Dharmakaya*, *Everyday Consciousness and Primordial Awareness*, and *Vivid Awareness*.

Reviews

“ Khenchen Thrangu Rinpoche is a great scholar, a great practitioner, and contemporary Karma Kagyu master, who has dedicated his whole life to the service of the Dharma. . . . He has given many teachings on the practice of Mahamudra and classical Mahamudra texts. I, therefore, welcome the publication of this compilation of his teachings on *The Mahamudra Lineage Prayer*, which extend over nearly forty years. ”

From the foreword by the Karmapa **Ogyen Trinley Dorje**



Religion - Buddhism - Tibetan

Religion - Buddhism - Rituals & Practice

Body, Mind & Spirit - Mindfulness & Meditation

AUTHOR'S PREVIOUS BOOKS RIGHTS SOLD Chinese Simplified, Chinese Complex, French, Greek, Italian

Inseparable across Lifetimes

The Lives and Love Letters of the Tibetan Visionaries Namtrul Rinpoche and Khandro Tare Lhamo

By **Namtrul Jigme Phuntsok** and **Khandro Tare Lhamo**

Translated by **Holly Gayley**

\$24.95 - Trade Paperback

SNOW LION

02/26/2019

PAGES: 352

ISBN: 9781559394642

About the Book

In the wake of the Chinese Cultural Revolution that led to the systematic suppression of Buddhism in Tibet, two spiritual masters fell in love before ever meeting in person. After hearing of the reincarnate lama Namtrul Rinpoche, Khandro Tare Lhamo, who was six years his senior, wrote a letter in verse urging them to spread the Dharma teachings throughout Tibet. Their courtship was thus initiated in 1978 through letters they exchanged in secret recalling their past lives together and envisioning a future where they restore Buddhism in the region.

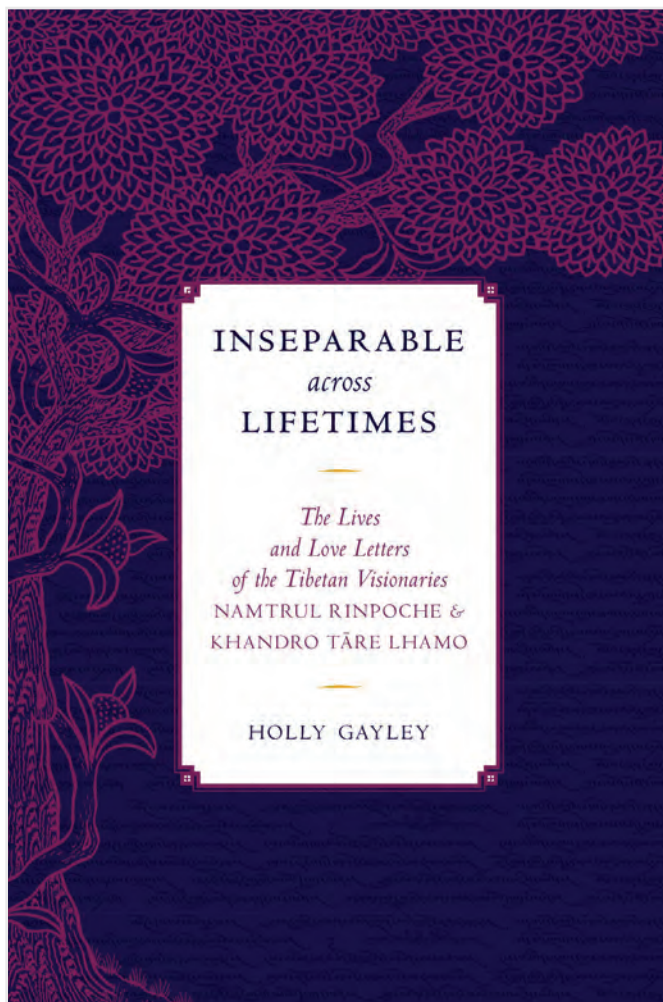
While Namtrul Rinpoche resided in Serta in Sichuan Province, Khandro Tare Lhamo lived in Padma in Qinghai Province in the eastern Tibetan region of Golok. Since travel was restricted, they wrote more than fifty letters over the course of two years, meeting only once during that time. The letters are poetic, affectionate, prophetic, and written in a traditional folk style. These inspiring exchanges reflect the sacred bond these realized Buddhist masters shared over the course of countless lifetimes, and their connection in this life would eventually help to reinvigorate Buddhism in Tibet.

In 1980, Khandro Tare Lhamo joined Namtrul Rinpoche in Serta, where they rebuilt Nyenlung Monastery. Over the following decades they traveled together throughout the region, teaching side-by-side, building stupas, raising funds for monasteries, and conducting Buddhist rituals. Holly Gayley, who was given their letters by Namtrul Rinpoche himself, has translated their lives and letters in order to share their incredible story with the world.

Religion - Buddhism - Tibetan

Biography & Autobiography - Religious

History - Asia - General



Author

HOLLY GAYLEY is associate Professor in the department of religious studies at the University of Colorado, Boulder. Her research focuses on the revitalization of Buddhism in contemporary Tibet, and she has traveled extensively throughout South Asia and China. Her publications address issues of Buddhist ethics, literature on Buddhist women, and studies of collective trauma in Tibet. She is currently conducting research on the Larung Buddhist Academy in Serta.

The Emanated Scripture of Manjushri

Shabkar's Essential Meditation Instructions

By **Shabkar**

Translated by **Sean Price**

\$29.95 - Hardcover

SNOW LION

01/01/2019

PAGES: 240

ISBN: 9781559394611

About the Book

Shabkar provides practical instructions that cover the entire Tibetan Buddhist path to enlightenment, from the pith instructions of the graded stages of the path (lam-rim), to the practice of calm abiding and special insight, bodhicitta, the bodhisattva vow and the practice of the six perfections, mahamudra, and dzogchen. Throughout, his teachings stress the importance of having a nonsectarian outlook.

Author

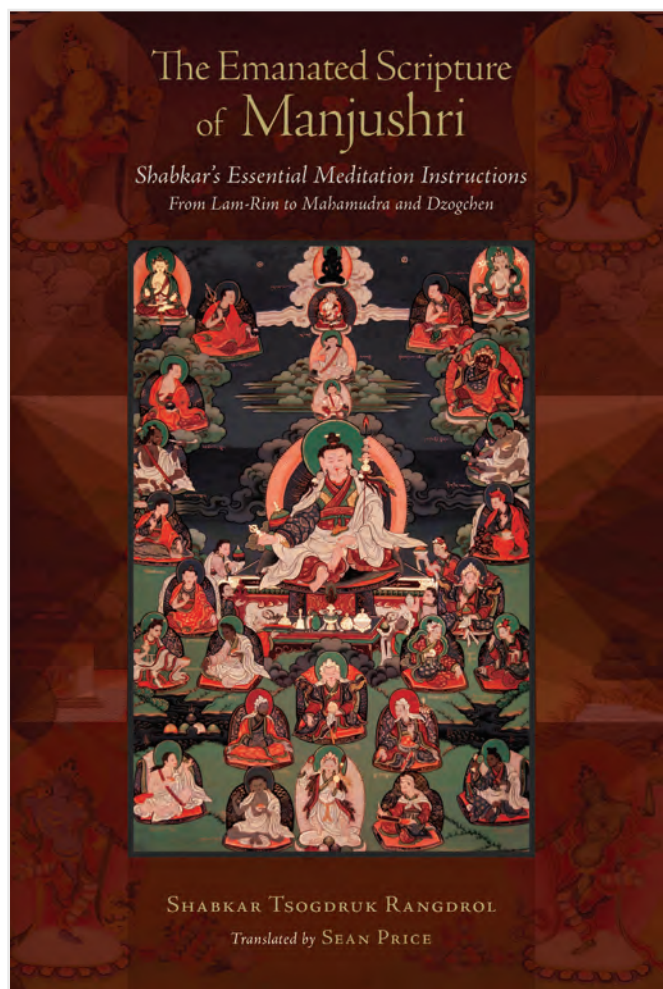
SHABKAR TSOKDRUK RANGDROL was born in 1781 to a family of yogins in Rebkong, Amdo. After studying and practicing under the guidance of local masters, he left to study and practice under the guidance of his root master Chogyel Ngakgi Wongpo, a king in Mongolia. Having received ample instruction and clarification, he spent the rest of his life wandering around the Himalayan regions, practicing for long periods contemplative retreat, teaching, and performing virtuous deeds on a vast scale. It is said that wherever he went he left the footprint of virtue — hence his name, Shabkar, the white-footed. After a life dedicated to Buddhist practice and altruistic pursuits, he passed away amid wondrous signs in 1851.

SEAN PRICE is the director of Tsadra Foundation's Tibetan Publications. A Buddhist monk, he has lived and studied in East Asia for almost thirty years. He resides primarily at Shechen Tennyi Dhargye Ling Monastery where, under the guidance of Shechen Rabjam Rinpoche, he locates and publishes rare Tibetan books and translates practice materials.

Religion - Buddhism - Sacred Writings

Religion - Buddhism - Tibetan

Religion - Buddhism - Rituals & Practice



Beyond the Ordinary Mind

Dzogchen, Rimé, and the Path of Perfect Wisdom

Translated by Adam Pearcey

\$21.95 - Trade Paperback

SNOW LION

2/6/2018

PAGES: 192

ISBN: 9781559394703

About the Book

This selection features profound, provocative, and at times humorous texts from some of the leading figures associated with the Rimé tradition of Tibetan Buddhism, including Patrul Rinpoche, Jamgön Mipham, and Dodrupchen Jigme Tenpe Nyima. The emphasis of these works is on the esoteric path of Dzogchen, or the Great Perfection, through which the nature of reality is pointed out directly, just as it is. Throughout the book the translator provides clear, succinct introductions to the translations, masterfully setting the scene and seamlessly threading together the individual works to tell a story of intellectual renaissance, intersectionarian debate, and the transmission of cherished insights. The overall effect is to immerse the reader in a world in which scholarly analysis is of limited benefit and genuine wisdom means transcending the ordinary mind.

Author

ADAM PEARCEY is a full-time translator of Tibetan Buddhist texts. He is the founder of Lotsawa House, an online library featuring several hundred translations. His previous publications include (as translator) *Mind in Comfort and Ease* by His Holiness the Dalai Lama and Ga Rabjampa's *To Dispel the Misery of the World*.

Reviews

“ This anthology of some of the greatest scholar-saints of Tibet makes absolutely clear that Dzogchen, Mahamudra, and Madhyamaka practices come to the same point of realization. This is a great contribution to the understanding of Rime and a wonderful translation. ”

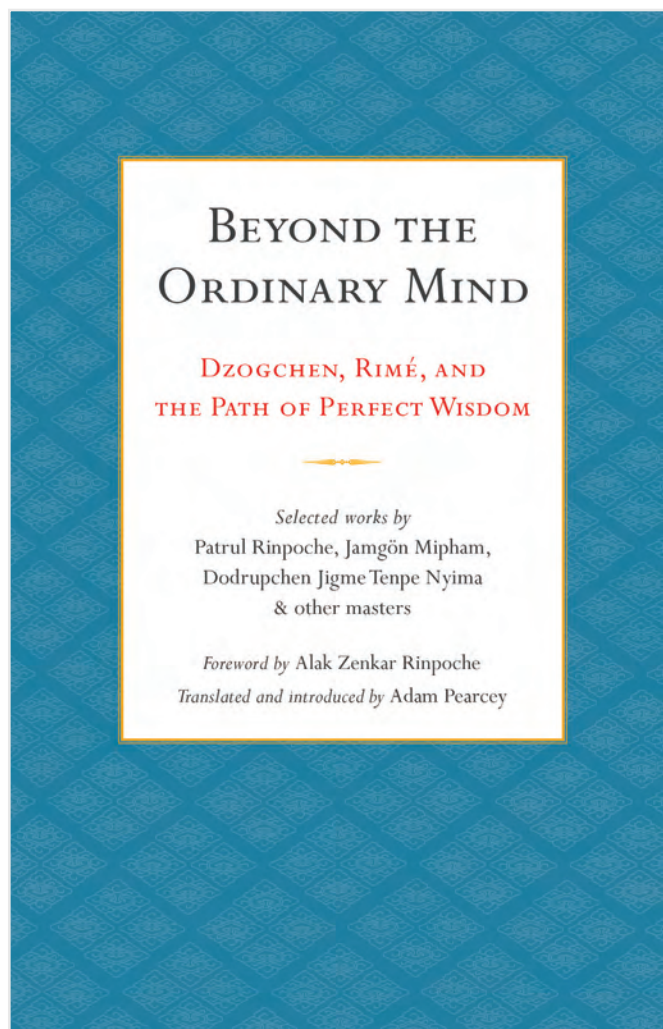
Ringu Tulku

Author of *The Ri-Me Philosophy of Jamgön Kongtrul the Great*

Religion - Buddhism - Tibetan

Religion - Buddhism - Rituals & Practice

Body, Mind & Spirit - Mindfulness & Meditation



“ Among the wealth of precious texts translated from Tibetan, Adam Pearcey's *Beyond the Ordinary Mind* stands out. Here is a wisely chosen collection of instructions from some of the most eminent masters of recent times, clarifying crucial points related to the nature of mind and the union of emptiness and appearances—a book to be cherished, especially by those who aspire to deepen their understanding of Buddhist practice. ”

Matthieu Ricard

Author of *Enlightened Vagabond: The Life and Teachings of Patrul Rinpoche*

“ Beautiful. Meaningful. A rich array of key texts that carry us past the limitations of ordinary mind. These works are clear portals to the Great Middle Way, to the heart of Dzogchen, touching also on Mahāmudrā, and displaying an open, non-biased perspective. This readable translation brings new access to some of the greatest and most original minds of the last two centuries in Tibet. ”

Anne C. Klein

Translator of of Khetsun Rinpoche's *Strand of Jewels: My Teachers' Essential Guidance on Dzogchen*

Everything Is Connected

By Jason Gruhl

Illustrated by Ignasi Font

\$16.95 - Hardcover

BALA KIDS

02/05/2019

PAGES: 36

ISBN: 9781611806311

About the Book

Playful illustrations and funny, rhyming text show readers all of the many ways we are linked to every big, small, hairy, slimy, snuggly, scaly, floppy, flappy, bristly, buzzy, beautiful creature on Earth.

Author

JASON GRUHL believes that all kids are smart, brave, kind, and creative, and he writes books to help them remember that. Originally from Minnesota, he lives in Colorado with his family. Jason looks for the connection in everything because it's always there... if you open your eyes.

IGNASI FONT is an award-winning artist and illustrator. As Art Director for Bungalow Studio, he creates expressive and poetic ways to communicate ideas through animation, music artwork, editorial illustration, and children's books. Art connects us all—even "strangers in Spain." Ignasi and his family live in Barcelona, Spain.

Juvenile Nonfiction - Social Topics - Values & Virtues

Juvenile Nonfiction - Religion - Buddhism



Where's Buddha

By Marisa Aragón Ware

\$16.95 - Hardcover

BALA KIDS

02/12/2019

PAGES: 32

ISBN: 9781611805871

About the Book

This playful picture book follows Buddha all over the world—from the depths of the ocean to a rocket in outer-space. Author Marisa Argon Ware shows readers that Buddha can be found everywhere—both within the world and within oneself.

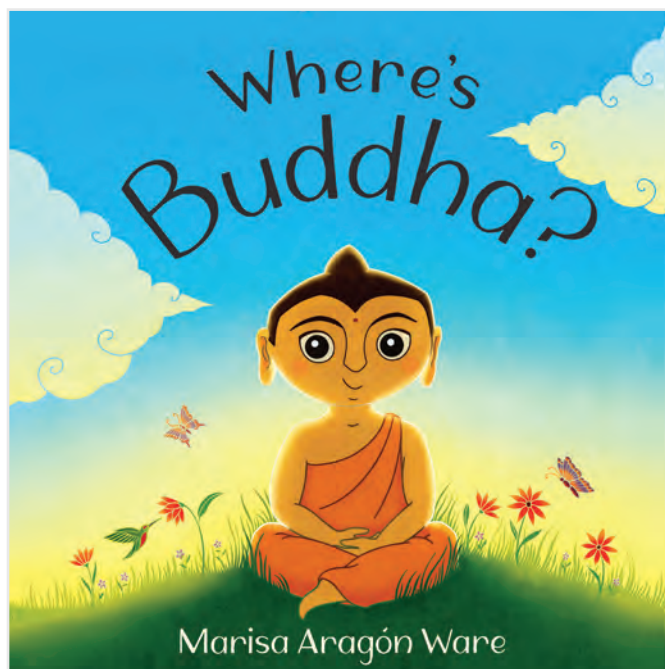
Author

MARISA ARAGON WARE is a professional illustrator and tattoo artist living in Boulder, Colorado. Born and raised in Boulder, Colorado, Marisa garnered her deep appreciation of nature from a childhood spent enveloped in the forests and glades of the Rocky Mountains. Those formative experiences heavily influence both her art and outlook, and she strives to depict the beauty of the natural world to help others connect with its abundant primordial magic. Marisa attended the Academy of Art University to earn a master's degree in Traditional Illustration. She is represented by Mendola Artist Representatives. Previous clients include Disney, Gallo Wines, Shambhala Publications, Conscious Alliance, Yonder Mountain String Band, JJ Grey, The Polish Ambassador, and Ayla Nereo..

Juvenile Nonfiction - Religion - Buddhism

Juvenile Nonfiction - Health & Daily Living - Mindfulness & Meditation

Juvenile Nonfiction - People & Places - Asia



Simply Vibrant

All-Day Vegetarian Recipes for Colorful Plant-Based Cooking

By **Anya Kassoff**

Photography by **Masha Davydova**

\$35.00 - Hardcover

ROOST BOOKS

02/06/2018

PAGES: 336

ISBN: 9781611803846

About the Book

Cooking vibrant, healthy vegetarian dishes doesn't need to be time-consuming. These simple, everyday recipes are in the same signature style of cooking that Anya Kassoff shares in *The Vibrant Table* and on her popular blog, but with an emphasis on easy-to-find ingredients and simple preparations. With practicality in mind, discover ways to make cooking easier and go farther: focus on using in-season produce, learn how to use the parts of produce often thrown in the compost, and discover ways to give new life to leftovers.

Reviews

"Anya's approach to food and the seasons always stands out as creative, inventive, and colorful. *Simply Vibrant* contains an abundance of inspiring recipes and clever tricks to add more nourishment and adventure to your everyday meals. "

Amy Chaplin

James Beard award-winning author of *At Home in the Whole Food Kitchen*

"We are longtime fans of Golubka Kitchen and Anya's creative and beautiful plant-based recipes. Her new book is jam-packed with healthy, flavorful, and simple recipes and lots of interesting suggestions on how to cook with the odds and ends of produce that usually are discarded-like making marmalade from watermelon rinds and risotto using broccoli stems. So clever!" -David Frenkiel and Luise Vindahl, creators of the blog *Green Kitchen Stories*. "No more dreary plates of dingy, overcooked vegetables. Kassoff has banished dullness from the vegetarian diet. She offers a wealth of recipes, all of which promise to stimulate both taste buds and retinas. "

Booklist

"What made me want to cook from *Simply Vibrant* is its more relaxed approach to plant-based cooking" -Toronto Star "Simply Vibrant captures the kind of accidentally-vegetarian food we want to eat right now. "

Bon Appetit



Author

ANYA KASSOFF is the author of *The Vibrant Table* cookbook and the recipe developer for her successful, plant-forward food and lifestyle blog, Golubka Kitchen. Her blog is a two time finalist of the Saveur Food Blog Awards, and her recipes have been featured in numerous publications, including *Food & Wine*, *Vegetarian Times*, Oprah.com, BonAppetit.com and TheGuardian.com. Anya works in collaboration with her older daughter, Masha Davydova, who photographs her work and contributes to recipe testing and editing. Anya lives in Florida.

MASHA DAVYDOVA is a self-taught photographer and wellness enthusiast, who runs the plant-forward recipe and lifestyle blog, Golubka Kitchen together with her mother, Anya Kassoff. She takes all the photos and videos for the blog and contributes to recipe development and editing. Masha works part-time in fashion design and lives in New York City.

Cooking - Vegetarian

Cooking - Vegan

Cooking - Specific Ingredients - Natural Foods

Southern from Scratch

Pantry Essentials and Down-Home Recipes

By **Ashley English**

Photographs by **Johnny Autry**

\$35.00 - Hardcover

ROOST BOOKS

04/24/2018

PAGES: 256

ISBN: 9781611803310

About the Book

Build your own from-scratch Southern pantry with recipes for flavorful bases: From pickles and relishes to jams and spreads, sauces and vinegars, and more, you'll find recipes for 50 key pantry essentials with tips and information on how to use them. From there, Ashley English opens up a world of Southern cuisine by sharing ideas and recipes that incorporate those base recipes. Have a batch of Dill Pickles? Make Fried Dill Pickles with Sorghum Mayo. Not sure what to do with that Muscadine Jelly? Make some Pork Meatballs with a Muscadine Glaze. With recipes for grits, buttermilk biscuits, BBQ sauce, bacon, and more you'll discover the flavors of southern Appalachia.

Reviews

“ This volume is an inspiring resource for homesteaders, but even urbanites will like the ideas for putting up seasonal abundance, Southern style. This book is full of tempting foods that will have you reaching for your wooden spoon, castiron-skillet, and claw hammer (for knocking together another pantry) all at once. ”

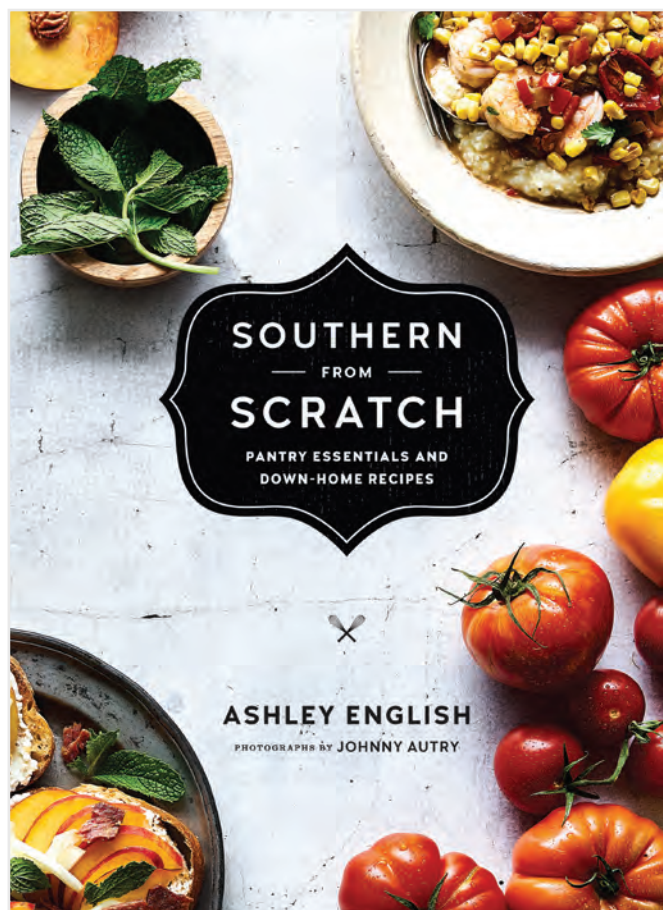
Foreword Reviews

“ Alongside beautiful photography from G&G contributor Johnny Autry, Ashley English shares steadfast recipes that build on the pillars of the Southern larder, like pickled okra and dilly beans, plus some with unexpected twists you'll want to try tonight, like macaroni and cheese with a potato chip crust. ”

Garden & Gun

“ Cookbook author and homesteader Ashley English is proof that a grandmother's influence during a child's formative years can fire the imagination and cultivate a life's work.. ”

Southern Living



Author

ASHLEY ENGLISH is a lifelong cook, baker, and gardener with a wide breadth of knowledge on issues of sustainability and foodways. She has earned degrees in both holistic nutrition and sociology. She is a member of Slow Food USA and has worked over the years with a number of non-profit organizations committed to social and agricultural issues. She maintains a blog at www.small-measure.blogspot.com and a bi-monthly column at Design*Sponge (200K regular readers). Her *Homemade Living* series (Lark) launched in Spring 2010 includes four books total. She has regular columns in the new magazines *Where Women Cook* and *Taproot*. Ashley and her husband currently reside in Candler, NC, with their young son and a menagerie of chickens, dogs, cats, and bees, where they are converting their land into a thriving homestead.

JOHNNY AUTRY's work has been featured in *Victuals* by Ronni Lundy, *Poole's* by Ashley Christensen, and *Buxton Hall Barbeque's Book of Smoke* by Elliot Moss, as well as in *Bon Appetit*, *Cooking Light*, *Southern Living*, *Better Homes & Gardens*, *GQ*, and more.

Cooking - Regional & Ethnic - American - Southern States
Cooking - Methods - Canning & Preserving
Cooking - Seasonal

The Young Adventurer's Guide to (Almost) Everything

Build a Fort, Camp Like a Champ, Poop in the Woods—45 Action-Packed Outdoor Activities

By Ben Hewitt

Illustrated by Luke Boushee

\$18.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

04/16/2019

PAGES: 208

ISBN: 9781611805949

About the Book

Once upon a time, kids learned the most amazing and unusual things. They learned how to shelter and clothe themselves, how build a fire, tie knots, and read a compass. They learned how to spend a comfortable night in the forest without a nylon tent. The Young Adventurer's Guide brings back forgotten skills like using the stars instead of GPS and building forts out of foraged sticks. This handbook empowers kids to explore the natural world (starting in the comfort of their own backyard) through a whole new set of skills. Featuring 65 different skills in sections that include: Secrets of the Woods, The Best Camping Trip, Make Cool Stuff That's Actually Useful, and Turn the Ordinary into the Extraordinary.

Author

BEN HEWITT is the author of five books, including *The Town That Food Saved*, *Home Grown*, and *The Nourishing Homestead*. Over the past year, since the release of *Home Grown*, he has become a nationally recognized figure in the movement to reconnect children with the natural world. His blog, www.benhewitt.net, averages over 50,000 views monthly. He speaks frequently on the importance of empowering children through practical skills and wilderness immersion. He and his family founded and run Lazy Mill Living Arts, which is dedicated to reviving traditional skills of hand and land.

LUKE BOUSHEE has spent time at many wilderness schools as both a student and instructor. He lives in Vermont with his wife and kids.



Juvenile Nonfiction - Sports & Recreation - Camping & Outdoor Activities

Juvenile Nonfiction - Activity Books

Juvenile Nonfiction - Science & Nature - General

Extra Helping

Recipes for Caring, Connecting, and Building Community One Dish at a Time

By Janet Reich Elsbach

\$19.95 - Trade Paperback

SHAMBHALA PUBLICATIONS

11/13/2018

PAGES: 256

ISBN: 9781611806021

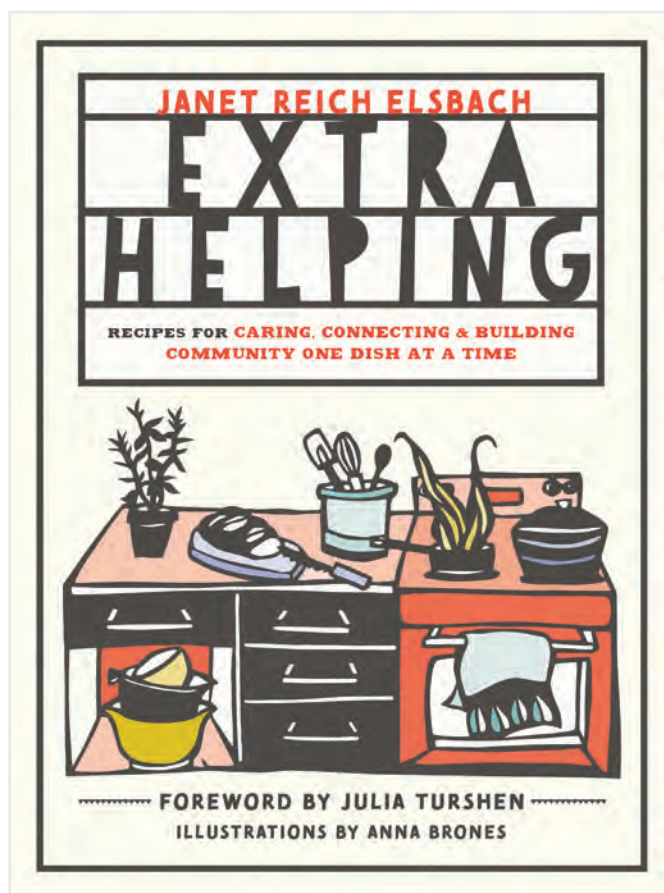
About the Book

Helping is for anyone who wants to respond to the challenge of baby announcements, PTO meal chains, and CaringBridge alerts with compassion and creativity; who wants to send something to a niece overcome by finals week or a neighbor who is grieving; who wants to rise above their default setting; and whose limits of time and other resources leave them feeling more confused than inspired. With recipes tailored to meet many of the dietary modifications that illness and recovery (not to mention modern life) often entail, as well as suggestions that range from mailing a kick-ass care package to bringing over a full, hot meal, *Extra Helping* frames a philosophy of support, a personal identity of tending, a creative and unique-to-you style of saying, “I am here for you” — one delivery at a time.

Author

JANET REICH ELSBACH lives in a rural community in Western Massachusetts. She teaches writing to high school students and to adults with developmental disabilities and, for over ten years, was a counselor to new and growing families. She writes about how all the numerous things going on in the average life collide with making dinner on her blog *A Raisin & a Porpoise*. Janet is a graduate of Stanford University with a degree in Anthropology and a focus on writing and holds a Masters in Education from New York University. She has chased strange ingredients, healing nutrition, and good food all her life and is a regular contributor to the Berkshire Festival of Women Writers. Her writing has appeared on *Food52*, *Modern Loss*, *Manifest Station*, *Role/Reboot*, and *Verily Magazine*.

Cooking - Health & Healing - General
Social Science - Philanthropy & Charity
Social Science - Volunteer Work



Reviews

“ There’s a ton of wisdom in this book. Truthfully, it’s not so much a cookbook as it is a manual about how to nurture with recipes as the supporting actors. But those recipes happen to be quite alluring. I’ve been immersed in recipes for forty years, and this lineup really offers a new slant. It made me want to go straight to the kitchen and start cooking. ”

Sara Moulton

Host of *Sara’s Weeknight Meals*

Author of *Sara Moulton’s Home Cooking 101*

“ Just reading *Extra Helping* is healing, as it gently talks you through the sort of sustenance that will get you through a tough spell, as well as provide you with enough support to help someone you care about in a meaningful way. Everything is restoratively delicious—the broths and soups are effortless and the hot drinks feel imperative. And in case you’re wondering, the cookies, meatballs, tiny pancakes, and teeny cakes all feel like exactly what I want to eat to feel well and good and happy, always. ”

Maggie Battista

Author of *Food Gift Love*

The Fountain Tarot Journal

A Year in 52 Readings

By **Dainin Katagiri**

Design by **Andi Todaro**

Illustrations by **Jonathan Saiz**

\$16.95 - Trade Paperback

ROOST BOOKS

10/02/2018

PAGES: 160

ISBN: 9781611806359

About the Book

The Fountain Tarot Journal is a daily tool for introspection, empowerment, and connection. Designed to be used with any tarot deck, it contains entries and prompts for every week of the year. By diving deeply into questions, reflections, and patterns, readers can begin to uncover the hidden workings of their thoughts, desires, and emotions. Like The Fountain deck, this journal comes in a luxurious package full of beautiful art and 52 undated journal entries for readings throughout the year.

Author

JASON GRUHL is the former executive director and founder of The Joshua School (a school for children with Autism Spectrum Disorders and Developmental Disabilities in Boulder and Denver, CO). Jason holds a Master's degree in counseling psychology and a Bachelor's degree in English and Psychology, and dedicates his life to self-discovery through meditation and reflection.

ANDI TODARO is a graphic designer whose projects have taken her across the US and into Europe: from her recent work with MSNBC in NYC for their coverage of "The Feast," to her designs for the "Belle Epoque" and "Bollywood" Galas of the American School of Paris.

JONATHAN SAIZ's paintings and sculptures are in private and commercial collections worldwide and are exhibited in the US and the UK.

Body, Mind & Spirit - Divination - Tarot

Body, Mind & Spirit - Inspiration & Personal Growth

Body, Mind & Spirit - Mysticism



Print, Pattern, Sew

Block-Printing Basics + Simple Sewing Projects for an Inspired Wardrobe

By Jen Hewett

\$29.95 - Hardcover

ROOST BOOKS

05/22/2018

PAGES: 176

ISBN: 9781611804621

About the Book

Infuse your everyday style with more color, more pattern, and more personality. Printmaker and textile designer Jen Hewett presents her distinctive process for block-printing yards of fabric with garment sewing in mind. Explore the process of designing and printing fabric through step-by-step instruction on carving blocks and printing pattern repeats. Hewett makes creating custom, hand-printed fabric approachable and doable. Inspired by her California home, Hewett's designs reference the plants and landscape around her through botanical motifs, organic shapes, and a bold graphic quality. Paired with a playful use of color, the pattern designs here offer the perfect place to start with block-printing. Once you've printed your fabric, it's time to sew. With sewing patterns for simple garments and accessories, you'll discover the play between fabric and finished project and work toward building a highly customizable wardrobe. With step-by-step photos, clear instructions, and full-size sewing patterns this is a complete guide to sewing clothes that truly reflect your style and personality.

Author

JEN HEWETT is a printmaker, surface designer, textile artist, and teacher. A lifelong Californian, she combines her love of loud prints and saturated colors with the textures and light of the landscapes she grew up with to create printed textiles that are both highly tactile and visually layered. Her hand-printed textile collages have been exhibited at Rare Device in San Francisco, and Artstream Gallery in New Hampshire, and her work has been featured in print (*Anthology Magazine*, *Uppercase*, and *Taproot*) as well as online (Design*Sponge, Today is Going to Be Awesome) and in a number of books. When not creating in her tiny (54 square feet!) San Francisco studio or teaching her popular block printing on fabric classes, she can be found cycling around San Francisco on her pink bike, chatting with her neighbors at the local wine bar, walking her tiny rescue dog Gus, gossiping with friends, redecorating her apartment, or noodling on her couch.



Reviews

“ This alluring how-to guide combines block printing with garment sewing to yield dreamy bohemian scarves, preppy printed aprons, elegant summer dresses, and more. Hewett, a designer in San Francisco who teaches screen printing classes online, divides her book into three sections. In “Print,” she lays out basics of block-printing, which involve a block, carving tools, ink, and fabric. She then moves to graphic prints, detailing repeat patterns (straight, half-drop, and bricked) and creating multicolor prints. Throughout, Hewett offers tips, troubleshooting, and practical guidelines. Her detailed instructions-right down to describing the sound of gloppy ink-suit the needs of the advanced beginner, who wants to customize scarves, dresses, blouses, and even espadrilles. The projects are ambitious, but Hewett’s gorgeous book will entice many crafters to give them a try. ”

Publishers Weekly

“ The wide variety of techniques used to create these projects means that this book is packed with information, making it useful to readers looking for a specific part of the process as well as those who want to complete the projects from start to finish. ”

Booklist

Crafts & Hobbies - Fiber Arts & Textiles

Crafts & Hobbies - Sewing

Crafts & Hobbies - Printmaking & Stamping

The Stars within You

A Modern Guide to Astrology

By [Juliana McCarthy](#)

\$18.95 - Trade Paperback

ROOST BOOKS

10/23/2018

PAGES: 288

ISBN: 9781611805116

About the Book

Where have we been? Where are we going? There is no greater roadmap than the stars for helping us to recognize habitual patterns, discovering our gifts, and figuring out how to move toward greater joy and contentment. *A Modern Guide to Astrology* provides readers with a fresh perspective on the fundamentals of astrology and how to read their own birth charts. With accessible depictions of the astrological signs and symbols, this guide opens up the rich world of astrology as a tool to deepen self-awareness and lead a more fulfilling life.

The book highlights the basic concepts of astrology that provide entryways into an understanding of the factors that shape our lives in fundamental ways. This book weaves together the whole tapestry, showing readers that reading and understanding astrology charts is within reach.

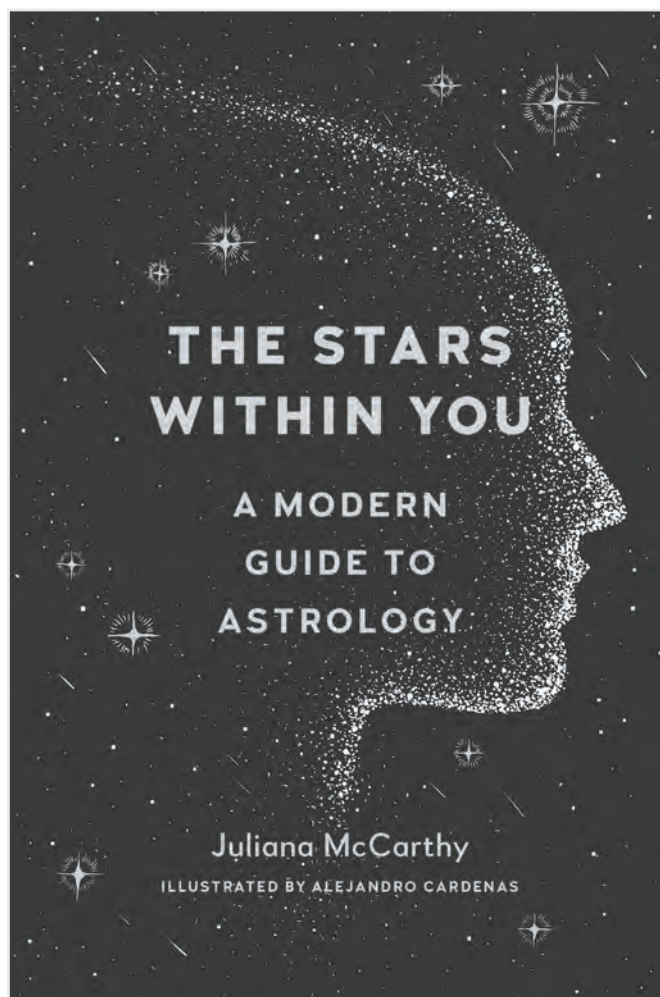
Author

JULIANA MCCARTHY has been practicing and studying astrology for almost twenty years, finding it to be a powerful tool for self-exploration and examining how we relate to others. She loves working with people and helping them understand their authentic selves—their complexities, gifts, karma, and life paths. An avid writer and lover of art, she writes articles for her website, [etherealculture.com](#), and runs a popular Instagram feed by the same name, [@etherealculture](#). Juliana is also an energy healer and Shambhala Buddhist, and lives by the ocean in Greenport, New York.

Reviews

“ [The Stars Within You] offers a fresh perspective on the fundamentals of astrology. Juliana McCarthy guides you through how to use astrology to explore where you’ve been and where you’re going, with the goal of ultimately becoming more self-aware and mindful of your place in the universe. ”

Bustle



Body, Mind & Spirit - Astrology - Horoscopes

Body, Mind & Spirit - Divination - General

Self-Help - Personal Growth - General

I Love Birds!

52 Ways to Wonder, Wander, and Explore
Birds with Kids

By Jennifer Ward

\$15.95 - Trade Paperback

ROOST BOOKS

02/26/2019

PAGES: 176

ISBN: 9781611804157

About the Book

Part journal, part field guide, *Wild about Birds!* is chock-full of the activities, information, and rich resources that will fuel discovery and inspire families, urban and rural, with everything bird. Through sensory, hands-on, creative explorations that involve birding basics and the how's and why's of bird behavior, parents are invited share the joy of birds with children ages 4 to 8. The activities here will engage children's imagination and sense of wonder as they observe birds in the wild, become citizen scientists, delve into their DIY and artistic side, and enjoy the simple bounty of bliss birds provided merely by engaging with them — all the while forging a deeper understanding, appreciation, and stewardship toward nature, our planet, and all things feathery.

Author

JENNIFER WARD is a naturalist and an award-winning author. Jennifer has authored numerous award-winning books for children, often inspired by concepts found in nature and science. She is involved with birds, their habits, and their habitats daily and participates annually in the Great Backyard Bird Count, sponsored by the National Audubon Society and the Cornell Lab of Ornithology. She is a member of the American Birding Association, the Cornell Lab of Ornithology, and the National Audubon Society.

Family & Relationships - Activities

Nature - Animals - Birds

Education - Early Childhood (Incl. Preschool & Kindergarten)

RIGHTS SOLD OF AUTHOR'S PREVIOUS TITLES Chinese Complex, Russian, Turkish



Rip All the Pages!

52 Tear-Out Adventures for Creative Writers

By Karen Benke

\$12.95 - Trade Paperback

ROOST BOOKS

03/05/2019

PAGES: 128

ISBN: 9781611806571

About the Book

This is the activity book for out-of-bounds creative writing fun. Full of zany, silly, and thoughtful prompts, this book will help you take your writing to new places, literally! Write a wish and fold it up into a paper crane; write a secret poem then place it somewhere for a stranger to find; write your hopes and dreams and then send them soaring as a paper airplane—there's no end to the imaginative ways to use words and paper. Unleash your creativity!

Author

KAREN BENKE has inspired children—and even a few adults—in the art of creative writing for over twenty years as a Poet in the Schools, writing coach, and visiting author. She specializes in leading on-the-spot creative writing workshops and has been known to get even the most reluctant writer to reach for a pen. Her poetry has appeared in many anthologies and national literary journals (*Ploughshares*, *Rattle*, *Hawaii Pacific Review*, *Poetry Daily*) and her books have been featured in *Family Fun* magazine, the *San Francisco Book Review*, *Kids' Book Review* (Australia), and elsewhere. The recipient of two teaching grants from Poets & Writers and residencies from Djerassi Resident Artists Program and Hedgebrook, she runs The Writers Nest and lives north of the Golden Gate Bridge with her teenage son, magic cat Clive, and rescue dog Rasco Roon. Visit her virtually at www.karenbenke.com.

Juvenile Nonfiction - Language Arts - Composition & Creative Writing

Juvenile Nonfiction - Language Arts - Journal Writing

Juvenile Nonfiction - Activity Books



Prep

The Essential College Cookbook

By **Katie Sullivan Morford**

\$19.95 - Trade Paperback

ROOST BOOKS

04/16/2019

PAGES: 172

ISBN: 9781611806106

About the Book

Whether following a new interest, craving independence, or about to live on their own for the first time, this is the perfect guide for teaching teens how to make simple meals on their own. Organized around basic cooking building blocks, each chapter presents a fundamental skill and a sampling of recipes that move the lessons into practice. From cooking eggs to making little meals, prepping veggies, and cooking for friends, this is the go-to guide for cooking basics. Also included are notes on knife skills, rudimentary cooking tools, the basics of nutrition and a balanced plate, shopping for good and economical ingredients, navigating the grocery store, and tips on cleaning up when you're done.

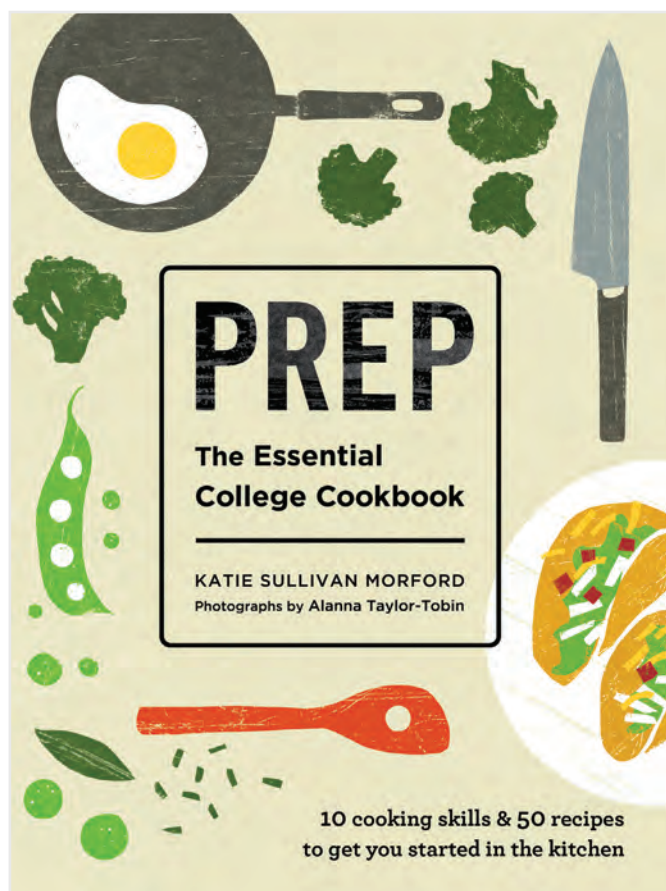
Author

KATIE SULLIVAN MORFORD, MS, RD, is a freelance food and nutrition writer with more than 20 years of professional writing experience. She has been published in the *New York Times*, the *San Francisco Chronicle*, *Real Simple*, *Cooking Light*, *Bon Appetit*, *Shape*, *Self*, and *Fit Pregnancy*. Katie is the author of *Rise & Shine* and *Best Lunch Box Ever* (Chronicle Books, 2013), and she writes the blog *Mom's Kitchen Handbook*, which she launched in December 2010. Katie has a master's degree in clinical nutrition from New York University and a bachelor's degree in English literature from Loyola Marymount University. When not cooking, you can usually find her curled up with a book, practicing yoga, or traveling with her husband and three daughters. She lives in San Francisco.

Cooking - Methods - Quick & Easy

Cooking - Methods - Low Budget

Cooking - Methods - Cookery For One



Crafting a Patterned Home

Painting, Printing, and Stitching Projects to Enliven Every Room

By **Kristin Nicholas**

Photographs by **Rikki Snyder**

\$24.95 - Hardcover

ROOST BOOKS

4/10/2018

PAGES: 208

ISBN: 9781611803495

About the Book

Jump into the world of pattern—get a crash course on the types of patterns and how they are made; learn how to gain inspiration and ideas from a variety of sources; explore ways of pairing different patterns together; and make patterns of your own to embellish your home. Kristin Nicholas takes us through her unique and dynamic farmhouse—and into her pottery studio and surrounding fields—and shares one-of-a-kind projects along the way. From a Geometric Striped Tablecloth for the kitchen to a Ceramic Tile Fireplace Surround in the library and a Printed Polka Dot Pillow for the bedroom, you'll discover both bold and subtle ways to add pattern to your home. Full of inspiration, and with bright photographs throughout, this is a vibrant guide to creating a home that sings with handmade touches.

Author

KRISTIN NICHOLAS has been designing for the knitting and needlework industry for over thirty years, and was the creative director at Classic Elite Yarns for sixteen years. Kristin is a knitting expert on PBS's *Knit and Crochet Now* and has appeared on *Martha Stewart TV* and many DIY television shows. She is the author of numerous books, including *Crafting a Colorful Home*. Kristin met her farmboy husband, Mark Duprey, at Oregon State University. Together with their teenage daughter, Julia, they operate Leyden Glen Farm in western Massachusetts. The pasture-based sheep and lamb business focuses on supplying the local community with grass-fed lamb. Kristin writes the popular blog *Getting Stitched on the Farm*. You can see more of her work on her website, www.kristinnicholas.com.

Crafts & Hobbies - Decorating

Crafts & Hobbies - Needlework - Knitting

Crafts & Hobbies - Needlework - Embroidery



Reviews

“ [Kristin Nicholas’] thirtysomething patterns feature color washing and stenciling, other painting gigs, knitting, crochet, and ceramics, all with intricate directions and upfront notations about pattern, style, repeat, and techniques. Don’t skip to the designs. Start at the very beginning, where she shares insights on patterns and combinations. ”

Booklist (starred review)

“ From knitting and embroidery to painting, stamping, even DIYing your own ceramic tiles, Nicholas provides the intel and encouragement you need to color your world with patterns. ”

Vogue Knitting

“ This is a lavishly illustrated guide to how to cram a profusion of pattern into a bright and harmonious home, through DIY projects. ”

Mason Dixon Knitting

The Skillful Forager

Essential Techniques for Responsible Foraging and Making the Most of Your Wild Edibles

By **Leda Meredith** i

\$24.95 - Trade Paperback

ROOST BOOKS

03/12/2019

PAGES: 288

ISBN: 9781611804836

About the Book

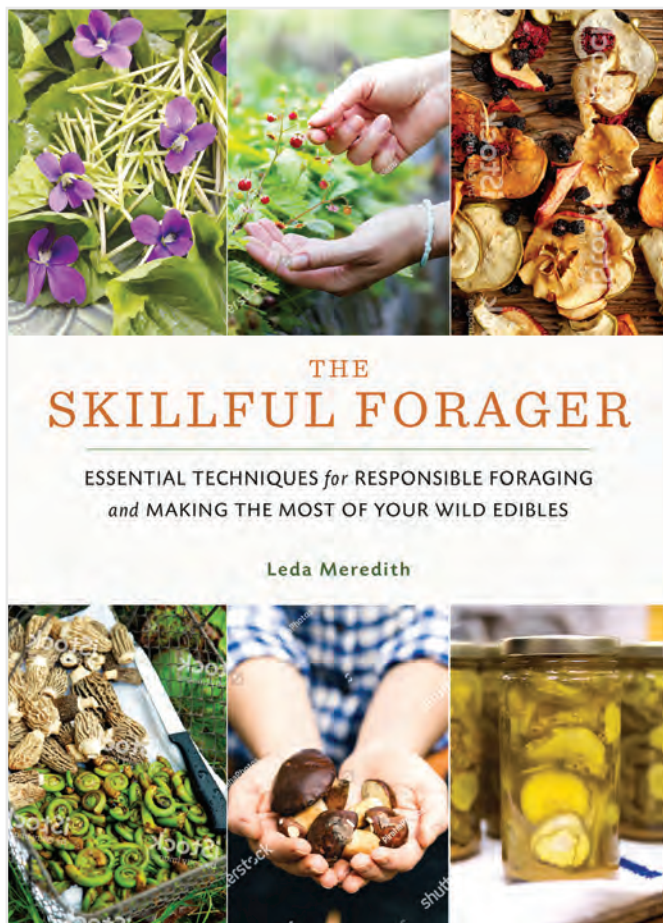
The Skillful Forager goes beyond simply identifying wild edibles. It is your guide to the best techniques for working with any edible wild plant in the field, kitchen, or campsite. Although it will include detailed identification information for over 40 wild edibles that have a wide distribution, those species profiles will serve as examples of techniques that can be applied to hundreds of other edible plants.

All of the ingredient sections will include advice on the best ways to prepare that type of wild ingredient (shoots, leaves, berries, etc.), as well as information on the best ways to preserve that type of foraged ingredient. It will also highlight seasonal culinary combinations such as bread made with dried mulberries in the spring and roasted black walnuts in autumn. Each example plant within the different sections will be given a full field guide entry, including a clear guide to the identifying characteristics of that plant. But it will also be pointed out that the sustainable harvesting techniques and preparation methods for that individual plant apply to all plants within that category.

High quality photos from the author's own collection will illustrate the book as well as some from the collections of friends and colleagues. Additional photographs will be taken by the author for the book, and these will include images depicting the harvesting and preparation methods described in the book.

Author

LEDA MEREDITH has been foraging since she was a toddler (it's her great-grandmother's fault). She is the author of five books including *Northeast Foraging* and *The Forager's Feast*. Leda is an instructor at the New York Botanical Garden and the Brooklyn Botanic Garden and a contributor to numerous publications including *Mother Earth News*.



Nature - Plants - General

Cooking - Specific Ingredients - Vegetables

House & Home - Sustainable Living

Radiant

The Cookbook

By Mafalda Pinto Leite

\$26.95 - Trade Paperback

ROOST BOOKS

12/04/2018

PAGES: 288

ISBN: 9781611805093

About the Book

Discover the unadulterated, exquisite flavors and healing magic of whole foods. With a passion for kitchen alchemy using ingredients that will make you positively glow, chef and nutritionist Mafalda Pinto Leite will show you how you have everything you need to be beautiful right here, right now. *Radiant* is about falling in love with pure, good food and receiving the dynamic life-force energy these superfoods naturally provide. With the healing energy of raw vegetables, fruits, petals, herbs, roots, nuts, and seaweeds, you can age gracefully, ease stress, sleep better, and even feel more confident and creative. As you follow Mafalda's joyful "inside out" approach, you'll experience bountiful energy, acute brain power, luminous skin, elevated mood, and restored digestion. These restorative recipes are your guide to choosing foods that have the power to change your life.

Author

Based in Portugal, MAFALDA PINTO LEITE has been researching, cooking, writing, and teaching about food, organic beauty, and health for the last fifteen years. Mafalda attended school for health-focused culinary education at The Natural Gourmet Institute in NYC (expertise in the areas of Food Therapy, Culinary Nutrition, Sustainable Farming, Raw and Living Foods, Food Entrepreneurship and Writing for Food Media). In 2000, she graduated as a Certified Culinary Chef and Nutritional Practitioner. An avid plant-based chef, she has spent the last fifteen years creating delectable recipes from foods in her kitchen and herbs from her garden. She has published 7 best-selling cookbooks in Europe, has a popular cooking show, and is a Certified Health Coach in the Institute of Integrative Nutrition.

Cooking - Vegan

Cooking - Methods - Raw Food

Cooking - Specific Ingredients - Natural Foods



Reviews

“ Without doubt one of the most delightfully delicious, radiantly healthy, and beautiful collection of recipes ever compiled, Mafalda has elevated the art of eating to a new level. Radiant is not only a book of delicious recipes, but a sensible and sane guide to eating for good health, beauty, and joy. ”

Rosemary Gladstar

Herbalist

Author of *Medicinal Herbs: A Beginner's Guide*

“ Mafalda is a living example of just how positively powerful food truly is-she glows! And now she is sharing her deep wisdom and experience with us all, showing how we too can nourish our precious bodies from the inside out to rise up and meet our full radiance potential. Her approach empowers us to take health and beauty into our own hands and lovingly guides us toward the most nutrient-dense foods to look and feel our best at any age and stage of life. She has created a true encyclopedia of vibrancy, and whether you are a superfood junkie or a wellness rookie, this book will educate and inspire you to use food as an ally in your journey toward ultimate health. ”

Sarah Britton, CNP

Founder of the blog My New Roots

Author of *Naturally Nourished*

A New Way to Food

100 Recipes to Encourage a Healthy Relationship with Food, Nourish Your Beautiful Body, and Celebrate Real Wellness for Life

By Maggie Battista

\$29.95 - Hardcover

ROOST BOOKS

02/05/2019

PAGES: 304

ISBN: 9781611806175

About the Book

Until Maggie Battista discovered the foods and recipes that made her finally see herself as worthy of good health, she had a lifetime of struggle with eating. In this kind and generous cookbook she shares more than 100 mostly wholesome, mainly dairy-free, plant-based, and always refined sugar-free recipes that helped her find her way to good health, lose 70 pounds, and rid herself of years of chronic aches and pains. *A New Way to Food* is a nourishing cookbook with heart that will guide you to a new way to eat. Gain the inspiration and motivation to make healthy eating work for you, and discover ways to make wholesome organic ingredients permanent fixtures in your kitchen. The over 100 recipes here cover breakfasts, quick lunches, and nourishing dinners, and offer healthy updates on comfort foods and date night dinners. With a focus on plant-based eating, some meat dishes are also included.

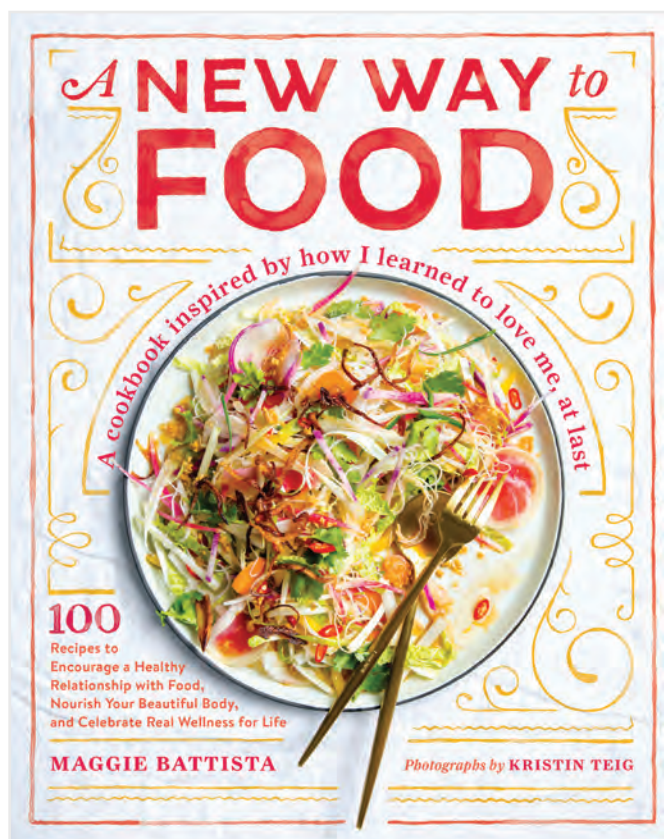
Author

MAGGIE BATTISTA is the founder and director of Eat Boutique, an award-winning online boutique and story-driven recipe site. She has built a business and life as a tastemaker, excelling in bringing people together (both online and in real life) and inspiring them through her own recipes (including her cookbook, *Food Gift Love*); collections of hand-chosen, small-batch food from the very best food and drink makers; one-of-a-kind events and pop-up markets for 20,000+ guests; and speaking engagements where she shares her insights on food, technology, and social marketing. She's currently working on opening her first permanent Eat Boutique, a food retail concept space that provides a new way to food in Boston and then beyond.

Cooking - Health & Healing - Weight Control

Cooking - Specific Ingredients - Natural Foods

Health & Fitness - Diet & Nutrition - Weight Loss



Double Awesome Chinese Food

Irresistible and Totally Achievable Recipes from Our Chinese-American Kitchen

By Margaret, Irene, and Andrew Li

\$35.00 - Hardcover

ROOST BOOKS

02/05/2019

PAGES: 288

ISBN: 9781611805574

About the Book

Double Awesome Chinese Food brings the warmth and flavor of three fun-loving, food-loving Chinese-American siblings—Margaret, Andrew, and Irene Li, the siblings behind Boston's acclaimed Mei Mei Restaurant and Street Kitchen—directly to your kitchen table. Their creative and accessible recipes infuse familiar dishes with classic Chinese techniques, add a fresh seasonal twist to beloved Chinese restaurant dishes, and layer exciting Asian ingredients into everyday family meals. Celebrate local veggies with a quick weeknight meal of Farmers Market Fried Rice or Summer Noodle Salad with Ginger Garlic Dressing. Invite all your friends over for an action-packed dumpling-making party featuring Sweet Potato, Feta, and Brown Butter Dumplings and the famous Double Awesome scallion pancake sandwich

You'll love this glimpse behind the scenes of a modern restaurant family, including start-up stories alongside go-to sauces to amp up any meal, and even vegetable-centric desserts. Packed with pro cooking tips, sustainable sourcing advice, and over 100 delicious recipes, *Family Style* will bring fascinating new flavors and crave-worthy dishes to your home kitchen.

Author

MARGARET, IRENE, AND ANDREW LI are the sibling co-owners of a food truck and restaurant in Boston, Massachusetts. Their food truck, Mei Mei Street Kitchen, opened in 2012 and was soon awarded Boston's Best Meals on *Wheels by Boston Magazine*. Their brick-and-mortar restaurant opened in late 2013 and was named Eater Boston's Restaurant of the Year. Margaret (aka Mei) currently lives in Atlanta, Georgia, with her husband and daughter and an ever-growing collection of cookbooks and board games. Irene is a four-time James Beard Rising Star Chef semi-finalist who loves rescue dogs and hip-hop dance videos. She lives in Boston with her husband. Andrew enjoys grilling, binge reading science fiction novels, and visiting every bouncy house in Greater Boston with his son, Jackson.



Cooking - Regional & Ethnic - Chinese

Cooking - Regional & Ethnic - Asian

Cooking - Regional & Ethnic - International

Real-Life Rules

A Young Person's Guide to Self-Discovery, Big Ideas, and Healthy Habits

By Mariah Bruehl

\$22.95 - Trade Paperback

ROOST BOOKS

09/04/2018

PAGES: 272

ISBN: 9781611800531

About the Book

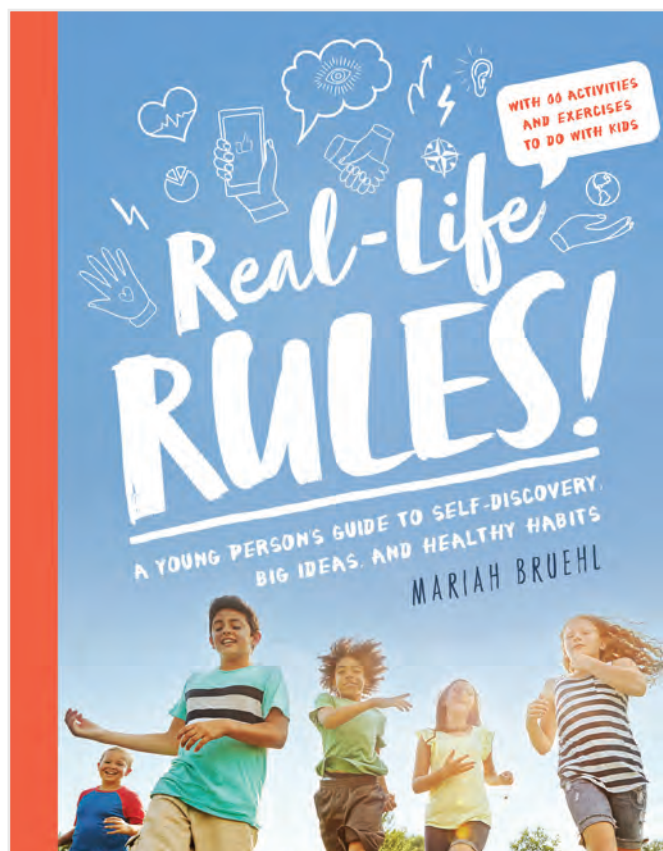
As children grow, their social worlds begin to expand, and they spend less and less time at home. As parents and educators we want to feel as if we have given them everything they need to successfully navigate all that life has to offer. This book will offer insight and concrete experiences that will serve children well as they begin to find their way independently in the world. Through hands-on projects, vivid graphic printables, and interactive activities, children, families, and teachers will have the opportunity to explore, discuss, and experience both the concrete and abstract concepts that are critical for living a meaningful, thoughtful life.

Chapters include Habits of Heart and Mind, on exploring the qualities that make for strong character such as gratitude, courage, integrity, and generosity; Know Thyself, exercises on self-exploration; Well Being, on health and nutrition; Building Community, on connecting with friends and others, resolving conflict, and empathy; Mindful Manners, on simple etiquette; Creating Value with Values, on exploring fiscal responsibility; and Digitally Savvy, on best practices for social media and navigating the digital world.

Family & Relationships - Life Stages - School Age

Family & Relationships - Activities

Education - Elementary



Author

MARIAH BRUEHL is a parent, educator, entrepreneur, and author of the book *Playful Learning* (Shambhala Publications, 2011). With over twenty-five years of experience working in the field of education and a master of science degree in education from Bank Street College, she has worked as both a teacher and lower-school director at highly respected schools such as the Dalton School in Manhattan and Ross School in East Hampton, New York. In 2015, Mariah opened Playful Learning Studio where she teaches local children and develops curricula for the Teacher's Lounge, an online resource for early childhood educators.

Growing up, Mariah was always that girl sitting in class thinking about how she would do things differently if she were the teacher. Now, she is happily working with a team of gifted educators to bring life-changing lessons to children, families, and schools around the world. In her free time she can be found taking long walks, enjoying a cup of tea, or swimming in the Atlantic with her husband and two daughters.

Draw, Paint, Sparkle

Creative Projects from an Elementary Art Teacher

By **Patty Palmer**

\$22.95 - Trade Paperback

ROOST BOOKS

08/21/2018

PAGES: 160

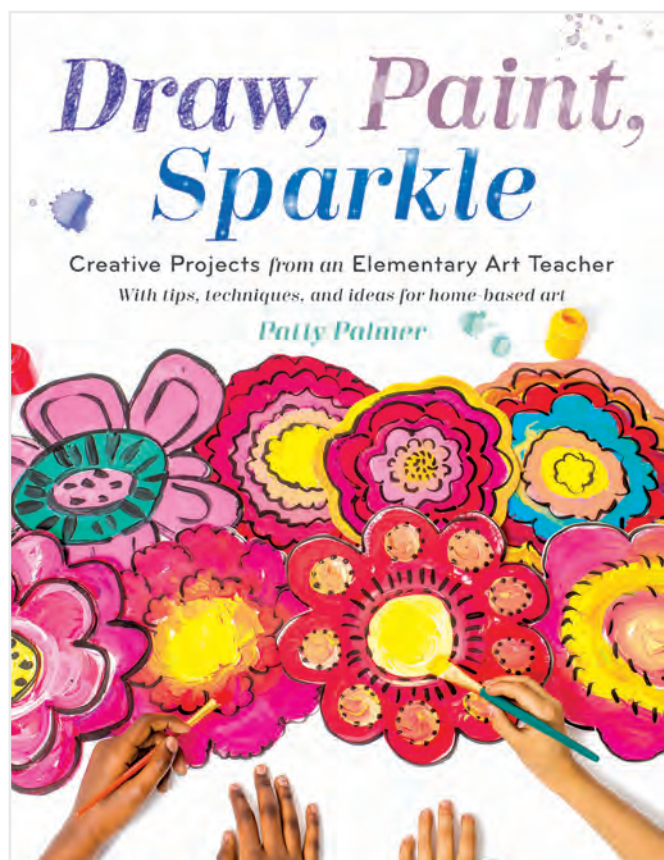
ISBN: 9781611804713

About the Book

Encourage and empower kids to make art. The 25 art lessons in this book present detailed drawing instructions paired with a range of painting techniques and styles for endless creative exploration. Especially helpful for those overwhelmed by the blank page or unsure of where to begin, each lesson provides concrete methods for getting started using clear steps for drawing, and then invites kids to unleash their creativity through color and paint. Along the way, learn tips on using different art materials and discover art techniques to add variety and ease to the projects. More than just a simple how-to draw and paint book, *Draw, Paint, and Sparkle* guides parents in feeling confident in their ability to have a role in their child's artistic development. Developed by an experienced art teacher, Palmer holds your hand from the beginning all the way to displaying your child's finished artwork.

Author

PATTY PALMER has built a successful online business around art education. She has been teaching art to children in the classroom setting for twelve years and decided in 2009 to share her lessons online. What started out as a venue to share ideas quickly and seamlessly grew into a business. Deep Space Sparkle (DSS) is recognized around the world for providing art inspiration, teaching resources, and project ideas. Thousands of teachers and parents have taken Deep Space Sparkle art e-courses and over twenty-thousand people have purchased DSS products. Patty holds her own Deep Space Sparkle conferences and is sought after to speak at other art and education conferences. She is a master educator and savvy business woman who has an eye for great design and a keen awareness of what parents and educators want and need in this space. She lives in Santa Barbara, CA, with her husband and three children.



Crafts & Hobbies - Crafts for Children
Art - Study & Teaching
Family & Relationships - Activities

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