

NORTH ATLANTIC BOOKS

RIGHTS GUIDE

NEW RELEASES

2023



NORTH ATLANTIC BOOKS is a nonprofit publisher committed to healing and the bold exploration of the relationships among mind, body, spirit, culture, and nature. Operating in the unceded Ohlone land Huichin (Berkeley, CA) since 1977, NAB has been at the forefront of publishing a diverse range of original books in bodywork and somatics, ecology and sustainability, health and healing, Indigenous cultures and anthropology, psychology and personal growth, social justice and engaged activism, and spirituality and liminality. NAB's Blue Snake Books imprint is one of the largest sources of internal and historical martial-arts books in the world.

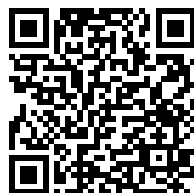
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A teal-colored mandala with a complex, symmetrical geometric pattern of interlocking shapes, creating a star-like or floral effect. The pattern is centered around a large white circle.

Psychology

The Evolved Nest

Nature's Way of Raising Children and Creating Connected Communities

DARCIA NARVAEZ, PhD AND G. A. BRADSHAW, PhD
FOREWORD BY GABOR MATÉ, MD

A fascinating look into nurturing and parenting in the natural world, supplemented with original illustrations.

For readers of *Becoming Animal* and *World of Wonders*

A beautiful resource for Nature advocates, parents-to-be, Animal lovers, and anyone who seeks to restore wellbeing on our planet, *The Evolved Nest* reconnects us to lessons from the Animal world and shows us how to restore wellness in our families, communities, and lives.

Each of 10 chapters explores a different animal's parenting model, sharing species-specific adaptations that allow each to thrive in their "evolved nests." You'll learn:

- How Wolves build an internal moral compass
- How Beavers foster a spirit of play in their children
- How Octopuses develop emotional and social intelligence
- How, when, and whether (or not) Brown Bears decide to have children
- What their lessons can teach you—whether you're a parent, grandparent, caregiver, or childfree

Psychologists Drs. Darcia Narvaez and Gay Bradshaw show us how each evolved nest offers inspiration for reexamining our own systems of nurturing, understanding, and caring for our young and each other. Alongside beautiful illustrations, stunning scientific facts, and lessons in neuroscience, psychology, and evolutionary biology, we learn to care deeper: to restore our innate place within the natural world and fight for an ecology of life that supports our flourishing in balance with Nature alongside our human and non-human family.

FOR NATURE LOVERS: Offers fascinating animal facts and glimpses into family styles in the natural world.

FOR GIFT-GIVERS: Package, design, and animal-focused content make a perfect gift for the nature lover, budding ecologist, animal lover, or naturalist. Also a fabulous gift for baby showers, parents, and parents/grandparents-to-be.

GORGEOUS ILLUSTRATIONS: Of orcas, bears, elephants, and more open each chapter and bring Evolved Nests to life.

RESTORES INDIGENOUS WAYS OF KNOWING: That Western cultures have lost, but that can help us regain balance and solve ecological crises.

A NEW TAKE ON THE NATURAL WORLD, presenting for the first time the idea of the Evolved Nest. Innovative and fresh but rooted in ancestral wisdom and evolutionary biology.

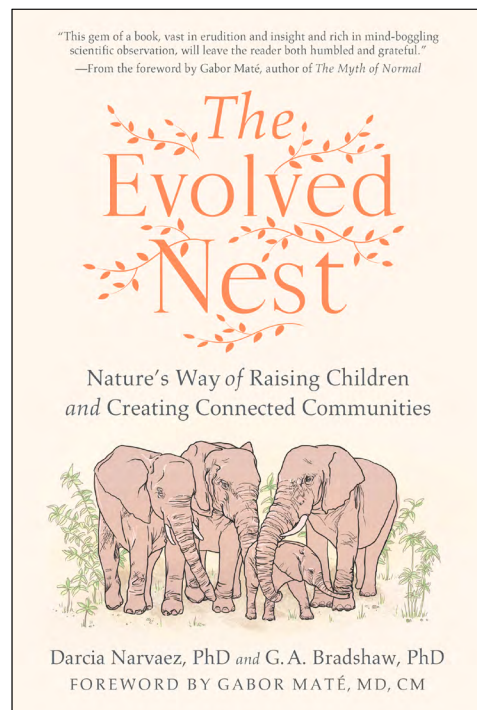
ACCESSIBLE YET ERUDITE: Well situated for both the casual animal-loving reader and the science/nature reader with a more sophisticated understanding of ecology, zoology, and evolutionary biology.

GROWING MARKET among younger readers, who are increasingly opting out of the attention economy to connect to the natural world; readers of childbearing age who are considering how to best raise children (or not) in an increasingly precarious world.

URGENT TOPIC: The US ranks 41st out of 41 developed countries in policies that support families with little (or no) support for families and moms. This book offers creative, back-to-nature solutions to a problem that our government isn't addressing.

AUTHOR BIOS

DARCIA NARVAEZ is a Professor of Psychology Emerita at the University of Notre Dame and founder of The Evolved Nest Initiative, focused on developing appropriate baselines for lifelong human wellness by meeting the biological needs of infants. Dr. Narvaez is the author or editor of over twenty books and dozens of articles. **G.A. BRADSHAW** is the founder and director of The Kerulos Center for Nonviolence. Her diagnosis of post-traumatic stress disorder in free-living elephants launched the field of trans-species psychology. She holds doctorate degrees in ecology and psychology and a master's in geophysics and was a Fellow at the National Science Foundation National Center for Ecological Analysis and Synthesis.



ON SALE 8/8/2023

RIGHTS: WORLD except Turkish

TR: 9781623177676 / \$17.95/\$23.95

Page Count: 248 Trim Size: 6 x 9

Illustrations: 10 B&W ILLUSTRATIONS

BISAC 1: Psychology - Developmental - Child

BISAC 2: Family & Relationships - Parenting - General

BISAC 3: Psychology - Animal & Comparative Psychology

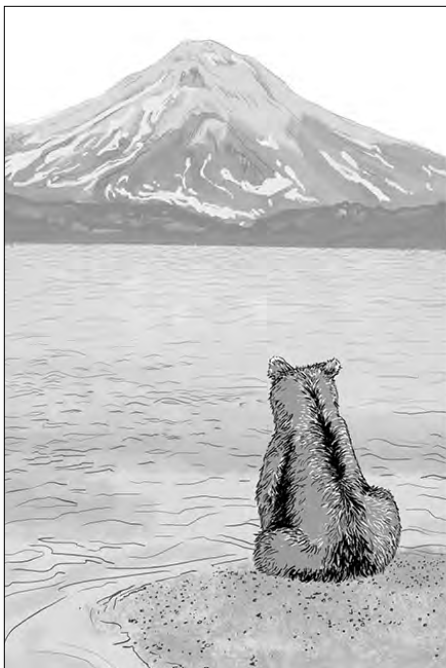
CONTENTS

Chapter One: Should I Have Children? Brown Bear Decision and Nest Making
 Chapter Two: Sharing Responsive Care: The Emperor Penguin Model of Attachment
 Chapter Three: Play and Positivity: Elephant Love and Joy
 Chapter Four: The Breastfed Baby: Sperm Whales Accomplish the Impossible Underwater
 Chapter Five: Communal Care: How Sociable Weavers Create a Village to Raise a Child
 Chapter Six: Being Your Environment: The Oneness of Orca Life
 Chapter Seven: The Integrative Dance: Naturing and Nurturing of Amazon Parrots
 Chapter Eight: Developing an Engagement Ethic: How Gorillas Build an Internal Moral Compass
 Chapter Nine: From Trauma to Wellness-Informed Care: Octopuses as Models of Wellbeing

TARGET CONSUMERS

PRIMARY: Readers of books about animals and nature facts; naturalists, armchair ecologists; readers of *World of Wonders* and *Becoming Animal*.
 SECONDARY: Gift-givers buying for parents, parents-to-be, grandparents, and readers who appreciate gifty books about animals or the natural world.
 ACADEMIC: Ecology, evolutionary anthropology, animal behavior studies, Indigenous studies.

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Raising Multiracial Children/Nayani, Farzana/TR	9781623174491	3/20/20	North Atlantic Books	\$17.95/\$23.95	6.8k
Growing Sustainable Together/Shea, Shannon Bresch.../TR	9781623174712	6/16/20	North Atlantic Books	\$16.95/\$22.95	1.8k
Sacred Instructions/Mitchell, Sherri/TR	9781623171957	2/13/18	North Atlantic Books	\$17.95/\$23.95	20.2k
Mirrors in the Earth/Suler, Asia/TR	9781623176914	6/28/22	North Atlantic Books	\$19.95/\$25.95	10.3k
Transracial Adoption/Guida-Richards, Meli.../TR	9781623175825	10/05/21	North Atlantic Books	\$18.95/\$24.95	4.3k
Fresh Banana Leaves/Hernandez, PH.D., Je.../TR	9781623176051	1/18/22	North Atlantic Books	\$17.95/\$23.95	20.7k



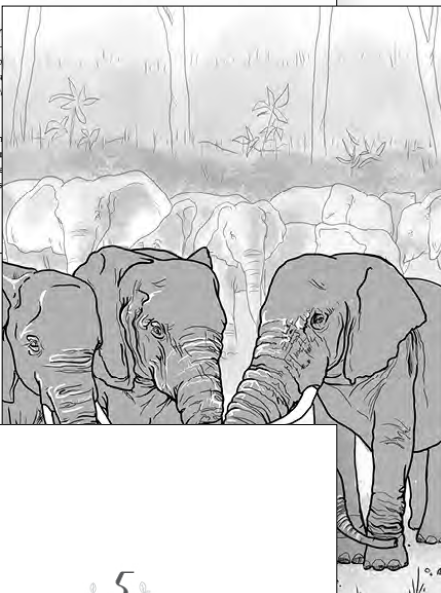
2

Should I Have Children?

Brown Bears

The chill sun
wind. Salt—
winter was a
pluck comes a
It was time to

The turn
scape is in a
Some reside
season's last

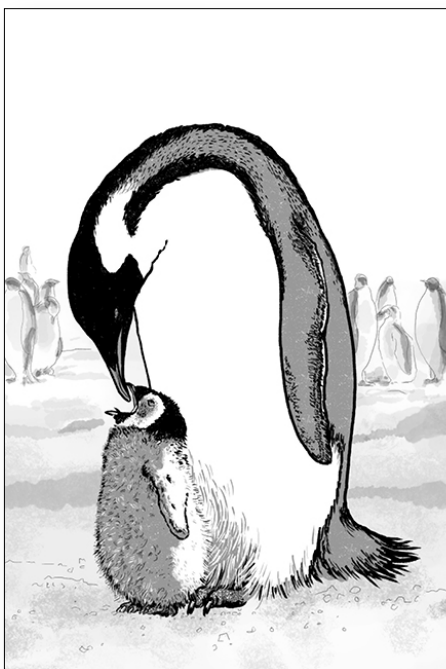


3

Mutual Accompaniment

African Elephants

The cloudless, airless sky almost swallows the land. As she raises her trunk to taste the weather, the mother's face suddenly stills. A rolling lurch pulls her attention inward. The moment has come. Huge, wrinkled, gray shoulders lean in. Red dust billows and pillows as other mothers trace a circle around the laboring mother. Blood stains her legs. She sways, and the miracle begins—the slippery sliding of an infant pushing its way out from her womb into the space below, a patch of Earth amid churning feet. Like so many tentacles, trunks wind their way, touching and caressing the newborn as his trunk wriggles free from the amniotic sac and he takes his first breath of Africa. One mind, one body, is pulled into the constellation of many. A baby Elephant is born.



5

Sharing Responsive Care

Emperor Penguins' Model of Attachment

Whoosh, whoosh
out in being
he became a
sensation, a
voices, more
slightly faster
ment of his fu

As the f
bodies begi



7

Touch

Amazon Parrots

They knew it was happening even before the shell was breached. They heard and felt a gentle—but urgent—rocking. Something grayish-black begins to push through: a chick. A second and third follow, and before long, there are three gaping, crying mouths reaching up to their parents' beaks. Mother and father, crossing beaks briefly, bend down to greet their children's eager faces. Father flies off, returning within minutes to offer regurgitated fruit to the newborns. Beaks almost larger than the heads that support them are open wide. Bawling voices, mixed with joy and anxious need, pull the parents closer as they feed and touch the nest full of new chicks.

~*~

Touch is the earliest form of sensory and growth-promoting experience that teaches infants to be a member of their species, their family, and their community! Even precocial species, such as Rattlesnakes, cluster together

Dissociation Made Simple

A Stigma-Free Guide to Embracing Your Dissociative Mind and Navigating Daily Life

With Exercises and Reflections

JAMIE MARICH, PhD

Dissociation 101: The go-to guide for understanding your dissociative disorder, breaking the stigma, and healing from trauma-related dissociation.

“Just as important as *The Body Keeps the Score* (but an easier read for me).”
—5-star reader review

Guided by clinical counselor Jamie Marich—a trauma-informed clinician living with a dissociative disorder herself—this book tells you everything you need to know about dissociation . . . but were too afraid to ask. Here, you'll learn:

- What dissociation is—and why it's a natural response to trauma
- How to understand and work with your “parts”—the unique emotional and behavioral profiles that can develop from personality fragmentation There's nothing shameful about dissociating—that, in fact, we can all dissociate
- Skills and strategies for living your best, authentic, and most fulfilled life
- What to look for in a therapist: choosing a healer who sees you and gets it
- Foundational elements of healing from trauma, including PTSD and C-PTSD

With practical guided exercises like “The Dissociative Profile” and “Parts Mapping,” this book is written for those diagnosed with dissociative disorders, clinicians and therapists who treat trauma and dissociation, and readers who are exploring whether they may have dissociative symptoms or a condition like dissociative identity disorder (DID). *Dissociation Made Simple* breaks it all down accessibly and comprehensively, with empowerment and support—and without stigma, judgment, or shame.

FOR PEOPLE LIVING WITH DISSOCIATION, trauma, PTSD, and Dissociative Identity Disorders.

NOVEL AND UP-TO-DATE APPROACH: This book normalizes dissociation as a response to trauma and other life events, without stigmatizing or pathologizing it (or those who experience it).

DISSOCIATION HOT TOPIC IN MENTAL HEALTH, IG, AND TIKTOK: Dissociation and dissociative identity disorder-related content is exploding on TikTok, as younger audiences redefine their relationship to trauma and dissociation. More teens and young adults are self-diagnosing, which makes this book a needed resource.

WRITTEN FOR THE LAYPERSON: Most books on dissociation are written for clinicians; this book speaks directly to the reader living with dissociation or dissociative disorders in a friendly, clear, and empathetic voice.

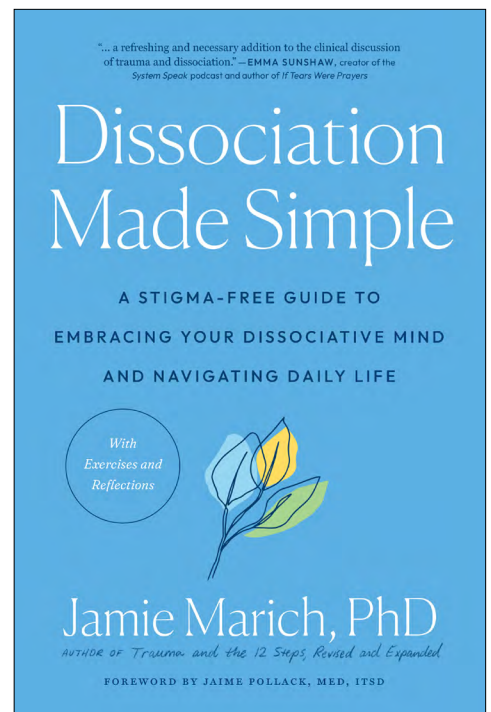
DESTIGMATIZES DISSOCIATION: A lot of comp books (and other media) portray dissociation and dissociative identity disorder in extreme, sensationalized ways that add unnecessary stigma to dissociation: a normal adaptive trauma response. This book is compassionate, understanding, and fights back against the stigma that keeps people suffering and/or in hiding.

EXPERT AUTHOR, PERSONAL EXPERIENCE: Marich not only studies dissociation and trauma responses, but has lived with a dissociative disorder for much of her life. She writes with the expertise of a therapist and the empathy of someone who has been stigmatized and pathologized for having a dissociative identity.

LARGE PLATFORM: An author, respected clinician, EMDR practitioner, and person with dissociative tendencies, Marich has a solid and well targeted platform.

AUTHOR BIO

JAMIE MARICH, PhD (she/they) speaks internationally on topics related to EMDR therapy, trauma, addiction, dissociation, expressive arts, yoga, and mindfulness, and maintains a private practice in her home base of Warren, OH. Marich has written numerous books, notably *Trauma and the 12 Steps: An Inclusive Guide to Recovery*. She has won numerous awards for LGBT+ and mental health advocacy, specifically in reducing stigma around dissociative disorders through the sharing of her own lived experience.



ON SALE 1/10/2023

RIGHTS: WORLD

TR: 9781623177218 / \$17.95/\$23.95

Page Count: 288 Trim Size: 6 x 9 Carton Count: 32

Illustrations: 14 B&W ILLOS 6 B&W PHOTOS

BISAC 1: Self-Help - Mood Disorders - General

BISAC 2: Self-Help - Post-Traumatic Stress Disorder (Ptsd)

BISAC 3: Health & Fitness - Mental Health

CONTENTS

Introduction: Changing the Conversation Around Dissociation
 Chapter 1: Dissociation Fundamentals: Understanding the Basic Steps
 Chapter 2: Building Mindfulness Skills (Even When You're Used To Escaping Mindfulness)
 Chapter 3: The Dissociative Profile: Learning the Mind's Choreography
 Chapter 4: The Wide World of Parts
 Chapter 5: Parts Mapping for Navigating Life
 Chapter 6: Options for Treatment and Healing
 Chapter 7: Removing the Stigma
 Conclusion: The Gifts of Dissociation
 Appendix: For Professionals

TARGET CONSUMER

PRIMARY 1: People diagnosed with a dissociative condition. They're looking for resources on coping with DID or dissociative symptoms generally. Survivors of all kinds of trauma, from "little-t" traumas to complex PTSD.

PRIMARY 2: People who are self-diagnosed or are looking into it. Readers who experience dissociation. Readers familiar with dissociation/DID through media or social media who feel resonance with symptoms and experiences. Audience skews younger (TikTok).

SECONDARY: Professional audience of therapists, guidance counselors, psychologists, trauma counselors, somatic clinicians, and EMDR clinicians.

TERTIARY: Parents, caregivers of teens experiencing dissociative symptoms.

Author's Similar Titles	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Trauma 12 Steps Rev/Marich, Jamie/TR	9781623174682	7/07/20	North Atlantic Books	\$17.95/\$23.95	11.3k
Transforming Trauma Jiu-Jitsu/Marich, Jamie Phd/TR	9781623176150	3/15/22	North Atlantic Books	\$18.95/\$24.95	2.4k
Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Accessing the Healing Power/Rosenberg, Stanley/TR	9781623170240	12/05/17	North Atlantic Books	\$25.95/\$34.95	106.3k
Trauma and Memory/Levine, Peter A. Phd/TR	9781583949948	10/27/15	North Atlantic Books	\$21.95/\$28.50	42.5k
In an Unspoken Voice/Levine, Peter A., PH.../TR	9781556439438	9/28/10	North Atlantic Books	\$23.95/\$31.95	142.3k



"Dissociation filled the shoes of a lot of things I was missing."

—PAULA

"Most people think it's bad but it can save your life."

—CRYSTAL

"You can still have a very fulfilling, successful life with DID."

—THE GARDEN SYSTEM

"If you are out there and you have DID, you're gonna make it, keep working on it. If the counselor you have isn't a fit for you, go and look for someone else. You do what you need to do for yourself even if your family or religious organization discourages it. You know in your gut what you need."

—KATHLEEN

Embodied Activism

Engaging the Body to Cultivate Liberation, Justice, and Authentic Connection—A Practical Handbook for Transformative Social Change

RAE JOHNSON, PHD

A radically different approach to social and environmental justice work for fans of adrienne maree brown and Bessel van der Kolk

Instead of thinking about social justice as a process that starts with changing people's minds, *Embodied Activism* understands our bodies—how we feel in them and relate to others through them—as the sites of transformation

How do ordinary people with busy lives leverage our actions in support of liberation, justice, and authentic connection? How can activists and social change-makers avoid burning out? How does the body factor into what our social movements miss?

Drawing on the somatic arts, trauma-informed psychology, and anti-oppressive movements, *Embodied Activism* helps us explore and transform the political realities of our everyday lives in a new way: by harnessing the felt experience of our bodies as the sites of our activism.

Rae Johnson teaches us to listen to our body language—and to question body image norms. They show us how to reconnect to our sensual capacities, which we can lose sight of in a non-stop, nervous-system-hijacking world. They give us tools and exercises to nourish ourselves and protect our bodies, minds, and spirits from the toll that activism can take. And they teach us about nonverbal communication styles and how to connect with each other in joyful, authentic community.

Embodied Activism is written for embodiment professionals, community organizers, and all readers looking for new tools and perspectives for changing the world, one body at a time.

FOR THIS GENERATION OF SOCIAL-CHANGE ACTIVISTS: Current, fresh, and grounded in an understanding that reflects where activism is now, this book asks readers to examine and understand the body as a site of social change.

ADDRESSES BURNOUT: Commonly experienced by activists and social-change workers. Provides solutions and inspiration for combatting the harsh toll that activist work can enact on the body, mind, and spirit.

TIMELY THEMES: Discusses body image and body norms, sensuality, agency, empathy, and the body of the earth's role in positive social change.

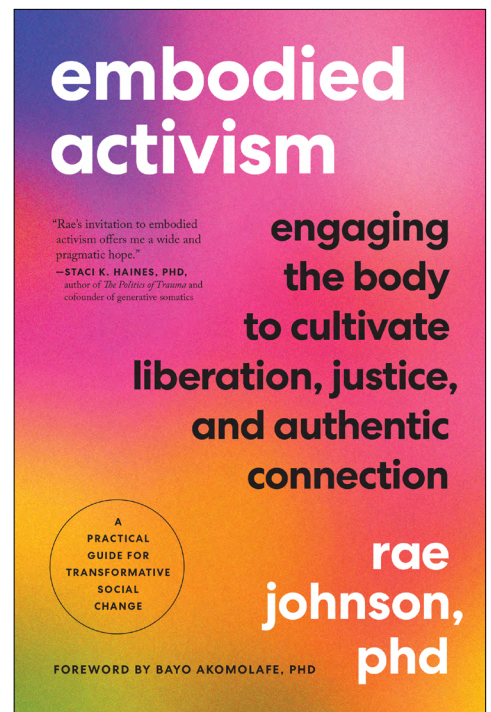
URGENT AND RELEVANT: To the fast-growing market of social-change and social-justice readers. Readers—not just those who identify as activists—are more socially and politically engaged than ever. This book urgently meets a critical resource need.

FRESH ANGLE: Combines social-justice work with embodiment practices.

EXPERT AUTHOR: Rae Johnson is a well-known expert in activist and somatics spaces. An experienced academic, here, they write to a broader social-justice audience.

AUTHOR BIO

RAE JOHNSON, PhD, RSW, RSMT, BCC is a social worker, somatic movement therapist, and scholar/activist working at the intersections of embodiment and social justice. Rae's approach to embodied activism has been shaped by decades of frontline work with street youth, women in addiction recovery, psychiatric survivors, and members of the queer community. Since completing their doctoral studies, Rae has held academic positions in several somatic psychology programs, including at Naropa University and Pacifica Graduate Institute. They currently teach somatic psychology at the California Institute of Integral Studies and co-direct an online certificate program in embodied social justice.



ON SALE 5/30/2023

RIGHTS: WORLD

TR: 9781623176990 / \$15.95/\$21.95

Page Count: 240 Trim Size: 6 x 9

BISAC 1: Social Science - Body Language & Nonverbal Communication

BISAC 2: Social Science - Discrimination

BISAC 3: Psychology - Interpersonal Relations

CONTENTS

Chapter One: Reconsidering, Reframing, and Re-toolin

Chapter Two: Our Body Stories

Chapter Three: Coming to our Sense

Chapter Four: Rewriting Body Language

Chapter Five: Revisioning Body Image

Chapter Six: Activism in Embodied Relationship

Chapter Seven: Bringing it All Home

TARGET CONSUMER

PRIMARY: Readers of adrienne maree brown (*Emergent Strategy, Pleasure Activism*), Staci Haines (*The Politics of Trauma*), and Bessel van der Kolk (*The Body Keeps the Score*).

SECONDARY: Activists, embodiment professionals, and community organizers who are interested in transformative justice and want to improve their efforts. Open to integrate body-based strategies into social change work.

TERTIARY: Graduate students interested in somatic work across psychology, education, social work, and movement theory.

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Four Pivots/Ginwright, Shawn A..../TR	9781623175429	1/25/22	North Atlantic Books	\$17.95/\$23.95	22.8k
Politics of Trauma/Haines, Staci K./TR	9781623173876	11/19/19	North Atlantic Books	\$19.95/\$25.95	12.6k
Practice of Embodying Emotions/Selvam, Phd, Raja/TR	9781623174774	3/22/22	North Atlantic Books	\$21.95/\$28.95	4.8k
Somatic Ifs Therapy/Mcconnell, Susan/TR	9781623174880	9/22/20	North Atlantic Books	\$24.95/\$33.95	15.5k
Belly of the Beast/Harrison, Da'shaun L.../TR	9781623175979	8/10/21	North Atlantic Books	\$14.95/\$19.95	13.4k
Fat Girls in Black Bodies/Cox, Joy Arlene Rene.../TR	9781623174996	9/29/20	North Atlantic Books	\$16.95/\$22.95	3.0k
Oppression and the Body/Caldwell, Christine/TR	9781623172015	3/20/18	North Atlantic Books	\$19.95/\$25.95	3.2k

Essential Clinical Care for Sex Workers

A Sex-Positive Handbook for Mental Health Practitioners

With Assessment Tools, Self-Evaluations, and Treatment Resources

THEO BURNES, PhD & JAMILA M. DAWSON, LMFT

An affirming and sex-positive guide to working with sex workers: uncovering clinical biases, creating safe spaces, and dismantling the whorearchy.

Despite the wide range of sex work—from street-based to OnlyFans—clinicians too often focus on what they think sex workers need, instead of building trust, developing rapport, and really doing the work to understand the unique stressors that make quality mental health care essential for sex worker communities.

Sex-positive therapists Theodore Burnes and Jamila Dawson break down everything that mental health providers need to know to work effectively with sex workers, while dispelling the tired, pervasive myths that continue to impact treatment today. Readers will learn about:

- Who sex workers are; different types of sex work; and sex workers' specific therapy needs
- How outdated research methodology results in bad data and poor care
- The whorearchy—the sex-work hierarchy—and why we need to dismantle it
- How to recognize and move beyond personal biases
- How to provide effective, affirming, and better clinical care
- What words not to use—and what they reveal about the sexism, racism, misogyny, and transphobia embedded in our society (and our practices)

As sex work changes and evolves, encompassing everything from brothels to cam work, clinical care needs to catch up. This book shows you how.

FOR PROGRESSIVE, SEX-POSITIVE THERAPISTS: For clinicians who want to learn how to offer better, more informed care (and for those who already do...but want to learn more).

UNDERPUBLISHED TOPIC FOR UNDERSERVED CLIENTS: While sex workers face high rates of stress, standard mental health care isn't equipped to offer affirming, evidence-based services. This is the first book to teach clinicians how to work with diverse and stigmatized sex worker populations.

MEETS CLINICIANS WHERE THEY ARE: Written accessibly without presupposing advanced knowledge or experience.

UNAPOLOGETICALLY SEX-POSITIVE: Other books pathologize sex workers or assume that sex workers are flawed, traumatized, or struggle with substance use disorder.

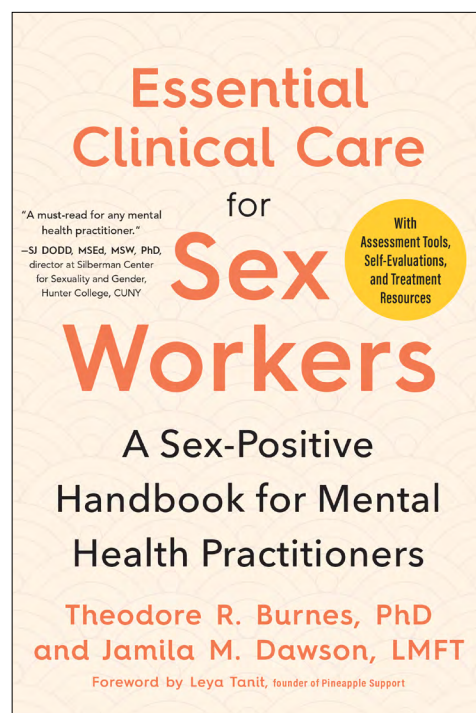
INTERSECTIONAL LENS: Examines the complexity of race, gender, queerness, and class in sex work and advocates for communities that are typically invisibilized.

NECESSARY CONVERSATION: Sex work is evolving (and it's not going anywhere). More students than ever are choosing sex work to cover tuition; sites like OnlyFans are capitalizing on an industry that has long been marginalized and maligned. This book showcases that sex work isn't restricted by age or identity, moving the conversation forward in necessary ways.

AUTHOR BIO

DR. THEO BURNES (he/him/his), PhD is a licensed psychologist and professional clinical counselor in California. His work focuses on human sexual expression and sex-positivity; social justice and advocacy; mental health and wellness for LGBTIQ+ individuals; and qualitative research. He is a fellow of the APA and board member for the California Association for Licensed Professional Clinical Counselors.

JAMILA M. DAWSON (she/her/hers), LMFT, helps people in kink/polyamory/swinger communities explore their sexuality and enhance their relationships, provides personal and career development for new clinicians, and supports Black and POC thrive despite racial battle fatigue. She's lectured at several universities and collaborated with *Buzzfeed*, *Playboy*, and *Harper's BAZAAR*.



ON SALE 1/24/2023

RIGHTS: WORLD

TR: 9781623176808 / \$19.95/\$25.95

Page Count: 192 Trim Size: 6 x 9

BISAC 1: Psychology - Clinical Psychology

BISAC 2: Psychology - Human Sexuality (See Also Social Science - Human Sexuality)

BISAC 3: Social Science - Prostitution & Sex Trade

CONTENTS

Acknowledgments

Foreword by Leya Tanit

How to Use This Book

CHAPTER 1 - Introduction

CHAPTER 2 - Types of Sex Work

CHAPTER 3 - Historical Perspectives of Sex Work in Mental Health Practice

CHAPTER 4 - Self-Examination of Attitudes toward Sex Work

CHAPTER 5 - Assessments and Establishing Connection

CHAPTER 6 - Conceptualizing Treatment

CHAPTER 7 - Clinical Interventions and Clinical Process

Epilogue

Appendix: Resources

Notes

About the Consultants

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About the Authors

TARGET CONSUMER

PRIMARY: Mental health clinicians, supervisors, or administrators hoping to build a sex-worker friendly practice; are sex-positive or want to be; have an existing fluency in issues of gender, sexuality, trauma, race, and intersections of power and oppression.

SECONDARY: Therapists, psychologists, and social workers who have worked with sex workers before and noticed client dissatisfaction or their own discomfort; or who haven't yet worked with sex workers but want to offer the best possible mental health care.

TERTIARY: Students and teachers in mental health and therapy-adjacent fields.

COMP TITLES BY OTHER AUTHORS	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Politics of Trauma/Haines, Staci K./TR	9781623173876	11/19/19	North Atlantic Books	\$19.95/\$25.95	12.6k
Oppression and the Body/Caldwell, Christine/TR	9781623172015	3/20/18	North Atlantic Books	\$19.95/\$25.95	3.2k
Good Sex/Graham, Jessica/TR	9781623172343	11/07/17	North Atlantic Books	\$16.95/\$22.95	3.7k
Practical Guide Dev Trauma/Heller, Laurence PhD/TR	9781623174538	7/26/22	North Atlantic Books	\$24.95/\$33.95	8.2k

A teal-colored mandala with a central circle and multiple layers of pointed, petal-like shapes radiating outwards, creating a symmetrical, star-like pattern.

Health

Functional Anatomy of Movement

An Illustrated Guide to Joint Movement, Soft Tissue Control, and Myofascial Anatomy

For yoga teachers, pilates instructors, and movement and manual therapists

JAMES EARLS

A unique and comprehensive approach to functional anatomy through the lens of myofascial continuities, from the coauthor of *Fascial Release for Structural Balance*

Whether we describe them as anatomy trains, myofascial chains, meridians, or slings—insights into the interconnected nature of fascial tissue have had a profound impact on our understanding of anatomy.

The concept of tensegrity—the idea that changes in tension may affect the whole body rather than just one part—has likewise opened up new appreciations for the complex and interdependent nature of real-world bodily movements. But musculoskeletal anatomy still tends to be taught in a drastically simplified fashion, through the study of fixed anatomical positions that do little to prepare us for the reality of actual movements.

In *Functional Myofascial Anatomy*, James Earls suggests that we need a new set of tools and vocabulary for watching and describing anatomy in motion. Earls argues that it is seeing movement in action—in different bodies and in different environments—that should inform our understanding of anatomy, rather than the other way around.

By situating the different theories and metaphors of myofascial continuities against the context of common real-life movements such as sports exercises and yoga asanas, Earls explains how each theoretical system may be useful in different situations and applicable to different issues.

Using up-to-date research, Earls digs into important questions for physical and manual therapists: which tissues really are contiguous? Does continuity of tissue actually show or demonstrate transmission of force and communication along those lines? And does fascial tissue have to be continuous for the body to actually transfer force?

Accessibly written and fully illustrated, *Functional Myofascial Anatomy* offers practical applications for physical therapists, chiropractors, and bodyworkers, as well as new tools for teachers of yoga and pilates to develop a deeper understanding of anatomy and movement.

FOR MOVEMENT AND PHYSICAL THERAPY PRACTITIONERS

EXPERT AUTHOR: with a proven track record. Earls also lectures internationally

NEW FRAME: that introduces a new set of tools for describing and understanding movement in action

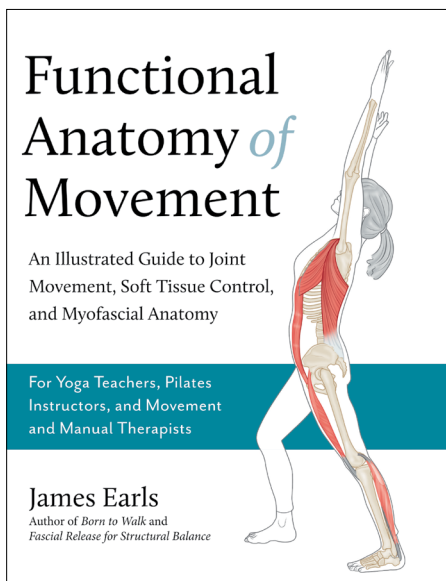
SITUATIONAL APPLICATIONS: Earls explains how each theoretical system is useful in different situations and applicable to different issues

HOT TOPIC IN ANATOMY: The concept of anatomy trains and continuities is a trending topic in physical therapy

FULL COLOR ILLOS THROUGHOUT

AUTHOR BIO

JAMES EARLS, MSc, is a writer, lecturer, and bodywork practitioner specializing in functional movement and structural integration. He is the director of Born to Move, an education platform teaching real-life anatomy for movement and manual therapists, and he is a popular presenter at conferences and workshops around the world. He is active in several organizations, including the International Association of Structural Integrators, the Sports Massage Association (UK), the Institute of Sports and Remedial Massage (UK), and the Association of Physical and Natural Therapists. Earls also writes regularly for professional magazines and journals, such as *Massage World* and *Today's Therapist*. He's also been published in *In Touch*, the magazine for physiotherapists in private practice, and has collaborated with many authors in the production of their titles. Earls is the author of *Born To Walk: Myofascial Efficiency and the Body in Movement* and the coauthor, with Thomas Myers, of *Fascial Release for Structural Balance*.



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Chapter 4. Frontal Plane – Coming to Terms with Complexity

Chapter 5. Spirals and the All-Powerful Transverse Plane

Chapter 6. The Power of Language

Chapter 7. Applications – Seeing and Using Chains in Exercise and Real-Life

TARGET CONSUMER

PRIMARY: Movement and manual therapy practitioners, physiotherapists, osteopaths, chiropractors, and massage therapists

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Born to Walk, Second Edition/Earls, James/TR	9781623174439	6/23/20	North Atlantic Books	\$29.95/\$39.95	1.8k
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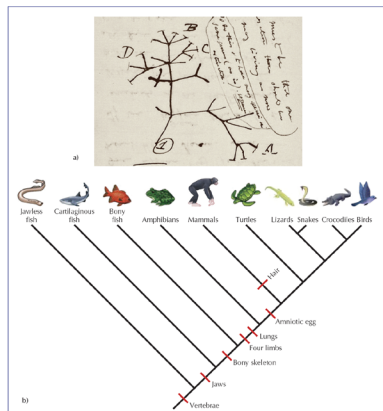


Figure 2.1. (a) Darwin first sketched his idea of the tree-like branching arrangement of the evolution of life in 1837. The tree-like image should not be interpreted as indicative of a progression or advancement—rather, it is simply a convenient form to represent the relationships between organisms. (b) Groups of animals evolved from earlier animal forms, all were formed by adaptation of the DNA of those that came before them. We think of birds, reptiles, and mammals as being quite different, but, because they all belong to the vertebrate group, they share many skeletal similarities despite differing in whether they have, for instance, a jaw, a bony rather than cartilaginous skeleton, or lungs.

Only speech therapists and voice coaches tend to take a deep interest in this wonderful tool—and it is wonderful because its directional movement is almost limitless.

Contrast your tongue's movement around your mouth with the potential motion between your humerus and ulna. The density of the upper limb bones and the arrangement at the elbow joint create limits that do not exist for the tongue.

Read that short paragraph again, but read it aloud—or silently if you prefer, but let your mouth move with the words. Be aware of the harmonious symphony of coordinated movement between your tongue and your lips—can you imagine trying to speak with a jointed tongue or bony lips? It might be disconcerting to think that we have something resembling a rigid tentacle in our mouth but the tongue's malleability—its shape-shifting form—is an essential part of sound production, food processing, and swallowing.

The presence of bones within our soft tissues provides passive support to our long limbs and reduces the amount of muscle effort spent to hold us up—without the bones' support,

Each species has its own signature locomotor strategy and, even as children, we can mimic the full body expressions of many animals. We can differentiate the stink of a cat, the lumber of a bear, and the side-to-side amble of a crocodile. Without even thinking about it, we can morph our bodies to imitate each species—the tip-toe of a cat, the plantigrade bear, and the turned-out limbs of the crocodile with its cross-patterned walk. In each case, our movement imitation carries through our whole body as it adapts to the movement style.

Although each of us can demonstrate an inner appreciation of the body's interconnectedness without even thinking about it, textbook analysis is usually restricted to single joints and their movements.

One of the problems for texts has been to find a starting point. How does one begin to investigate the complexity of the body in movement—do we begin by looking at the skeleton and then the soft tissue? Or is it the soft tissue that drives the skeleton? Or are both the skeletal and muscular systems controlled by the all-powerful nervous system? Giving precedence—consciously or unconsciously—to isolated systems is fundamentally flawed and

tissue continuity but continuity of movement control through the body's sequenced chain of reaction.

It is not magic and there is no mystery. It is my intention to demystify the rather vague notion that "it's all connected" so we can grasp the basics of the interrelationship between movement direction, joint alignments, and soft tissues. We will then put in place the final piece of the puzzle by being clear with how to describe movement and tissue reactions.

Going Back to Go Forward

You cannot connect the dots looking forward; you can only connect them looking backward.

—Steve Jobs, "Connect the Dots" speech

Understanding—really understanding—any subject begins with a firm grasp of the basics. There is always the temptation to jump ahead and try to delve into the complexities, because that makes us feel good about ourselves (if we can understand them, that is). However, we can soon get in over our heads. The learning process is easier, quicker, and more rewarding



Figure 2.4. There have been many evolutionary changes to the human shoulder complex through time, but one of the most significant benefits for throwing was the development of lumbar extension.

taking a step forward, both figuratively into our past and laterally by stepping back.

When we need more power, we often start by going backward. Think about how you throw

ways, and I am sure we could use different vocabularies to do so. However, I hope that most of us could agree that she is using her whole body and not just the muscles around the right shoulder—an ability that is almost uniquely human, which, about two million years ago, was not present in our evolutionary lineage.

Homo erectus wandered onto the African landscape two million years ago and is generally regarded as the first of our ancestors to possess relatively modern human anatomy. One of the most significant features of *H. erectus* is its long waist; previous *Homo* species had very little space between the pelvis and rib cage. Even the very agile present-day apes have retained a relatively fixed relationship between the ribs and pelvis. We can see how the ape torso acts mostly as

one unit when we observe its gait because it lacks lumbar extension, which, frankly, makes apes even worse salsa dancers than me.

Our salsa dancing prowess is all thanks to the first *H. erectus*. The evolution of a longer waist—with increased lumbar movement that allowed the pelvis to move relatively independently of the rib cage—created new movement potentials for our ancestors. Communication of force through the whole body from extension into flexion was enhanced by an "uncoupling" of the thorax and pelvis.

Whether you salsa dance or not, almost everyone has tried to keep a hula-hoop spinning around their waist. We keep our ribs quite stable as we frantically gyrate our pelvis in synchrony with the turn of the hoop. If we

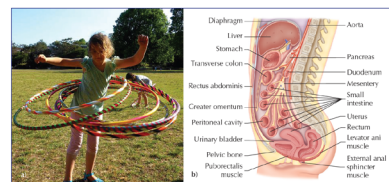


Figure 2.5. (a) Our mobile waist requires muscular control and myofascial support and has similarities with the muscular hydrostat arrangements of our tongue, elephant trunks, and octopus tentacles. (b) Three muscle layers with alternating fiber directions encompass a fluid-filled cavity enclosed between the respiratory and pelvic diaphragms. The abdominal muscles can therefore control both intra-abdominal pressure and direction of movement between the ribs and pelvis. (From Thomas Myers and James Earl, *Fascial Release for Structural Balance* (Iolus, 2018).)

adjustment from "hinge" to "hinge-like" in response to the current trend of challenging the language of anatomy. Analyzing the meaning, intention, and implications of words is extremely important and a very useful exercise—language, by its nature, provokes images of what things look like. Our joints do not resemble mechanical hinges except in their preferred direction of movement.

Our "hinge" joints do have some degree of motion, or "joint play," in directions beyond simple flexion/extension—perhaps you have experienced some doors like that? Our goal here is to create a global view and understanding of movement that allows us to see and assess individuals in movement. Within that we have to recognize that language is here as a tool toward that learning—sometimes we will benefit from pedantry and sometimes sticking to absolutes will get in the way.

One of the reasons for moving away from using the term "hinge joint" is because, unlike a mechanical hinge, there is no single fixed point around which movement occurs. A wider implication is that there can therefore be no levers. Levers are a common tool used by biomechanists in their analyses of movement, especially for measuring force and power output—however, this concept and use of language is objected to by many in the tenacity field. You will be glad to know that we do not have to revisit our physics skills, but we should dig a little deeper to understand the difference between levers (rigid members rotating around a fixed point) and leverage (how limb length, for example, can influence force production).

The joint movements that we call flexion and extension generally give us the largest ranges

of motion—think of your elbows, knees, and spines. Each of those joints provides a lot of relatively free movement. While no joint acts as a pure lever, both the length of the bones and the length of our body contribute toward leverage, which can provide more force for individual movements. Importantly, it is not any single joint that provides the leverage, rather the accumulated range through a number of joints.

Before two million years ago, our ancestors had longer upper limbs and shorter lower limbs as a hangover from an earlier tree-dwelling species. Moving around and in between trees did not require an upright stance, and the ability to balance was probably enhanced by having short, flexed lower limbs (figure 2.7).

As we spent more time on the ground and harvested the benefits of an upright stance, there was greater impetus toward improved movement efficiency and getting our head above our straighter lower limbs. Increasing the range of motion through our lumbar spine came with other secondary benefits, because we could now extend through our entire body and increase our overall range of movement. Not only could we get our head almost directly above our feet, but the body's increased range of movement helped lengthen our stride (figure 2.8), our overhead reach, and our backward reach for those throws we looked at earlier (see figure 2.4).

Orthopedic-based anatomy has drawn our attention to the importance of range of motion for each joint and within each range. While it is extremely useful to assess and monitor individual joint range, it is also informative to consider the body's overall range of movement.

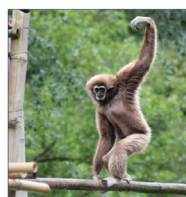


Figure 2.7. Although apes can walk upright, they do so with flexed hips and knees—but that is not because they cannot extend those joints. Apes have to keep their lower limbs flexed to help bring their torso over their feet because they cannot extend their spines enough. The knee and hip flexion is a compensation for lack of spinal extension.

Our stride length and the cocking phase for a throw are particular examples of how our overall body plan has allowed for increased distance between supporting and working limbs. In the gait, the supporting back leg helps propel the working leg forward, and in



Figure 2.8. Our increased spinal mobility allows for longer strides (though that stride length is also made up of a series of joint extensions and quite a lot of rotation).

movement travels through the whole body. The communication of force, particularly seen in the throwing action, is made possible

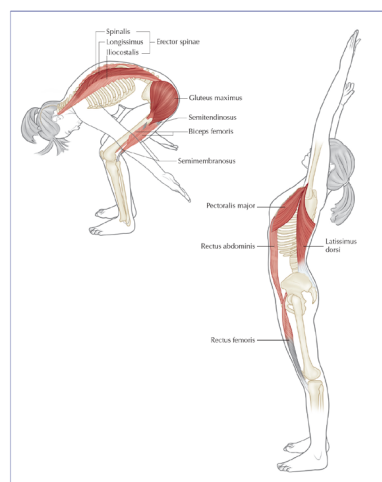


Figure 4.6. Standing in a comfortable neutral, bring your arms overhead and then swing them forward and down, up and back, and repeat.

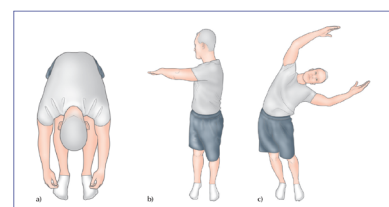


Figure 4.7. Movement in the (a) sagittal (flexion/extension) and (b) transverse planes (rotation) will take some parts of the body out of sight when viewed from the front. (c) Frontal plane movement (side flexion, adduction and abduction, inversion and eversion) keeps it all in sight. It is important to remember that this is only an aide-memoire. Frontal plane movement will be combined with movements in the other planes, and therefore parts will constantly come and go from view during real-life movement.

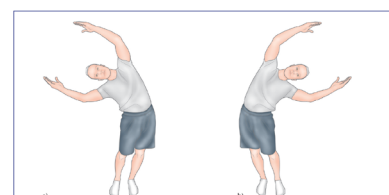


Figure 4.8. Starting in neutral with your arms overhead, swing your arms in the left and right. Frontal plane motion causes the bones to tilt left and right, and the joints to adduct, abduct, invert, evert, and side flex.

Anatomy, Physiology, and Pathology, Third Edition

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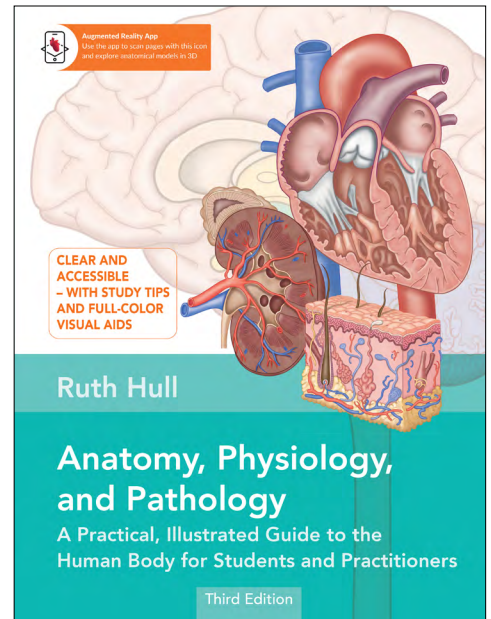
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EXPERT AUTHOR: Ruth Hull has studied, lectured on, and practiced complementary therapies internationally since 1999.

AUTHOR BIO

RUTH HULL is an integrative health consultant and author who has been working in natural health since 1999 as a therapist, lecturer, and writer. Born and educated in Zimbabwe, Hull holds a degree in philosophy and literature as well as a master's degree in health and homoeopathy. She studied and practiced complementary therapies in London and worked as a homoeopathic doctor and lecturer in South Africa. The author of several books, such as *The Complete Guide to Reflexology*, Hull lives in Western Australia.



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Chapter 12: The Urinary System

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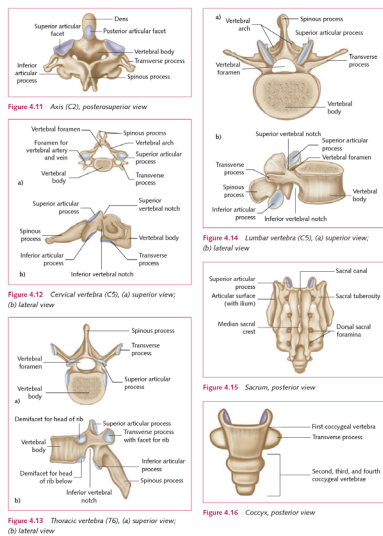
TARGET CONSUMER

PRIMARY: Medical, bodywork, physical therapy, and sports physiology students.

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Intervertebral discs

Intervertebral discs are found between the vertebrae. They are composed of an outer ring of fibrocartilage called the **annulus fibrosus** and a soft, elastic inner core called the **nucleus pulposus**. Intervertebral discs form strong joints that allow the spinal column to move in many directions, and they also provide a cushioning that can flatten and absorb vertical shock when under compression.

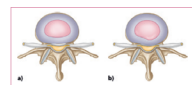


Figure 4.17 (a) A normal intervertebral disc; (b) a compressed intervertebral disc (superior view)

Infobox

Anatomy and physiology in perspective

A slipped disc is not a disc that has slipped out of the spinal column. It is actually a herniated disc, and is often called a **prolapsed intervertebral disc (PID)**. This means that the disc's outer ring of fibrocartilage has ruptured and its inner nucleus pulposus is protruding. This usually occurs when the ligaments surrounding the discs are injured or weakened and the discs are put under excess pressure.



help maintain balance, and absorb shock. They are named after the vertebrae that form them:

- Cervical curve
- Thoracic curve
- Lumbar curve
- Sacral curve

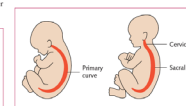


Figure 4.19 Curves of the spine

Infobox

Anatomy and physiology in perspective

A slipped disc is not a disc that has slipped out of the spinal column. It is actually a herniated disc, and is often called a **prolapsed intervertebral disc (PID)**. This means that the disc's outer ring of fibrocartilage has ruptured and its inner nucleus pulposus is protruding. This usually occurs when the ligaments surrounding the discs are injured or weakened and the discs are put under excess pressure.

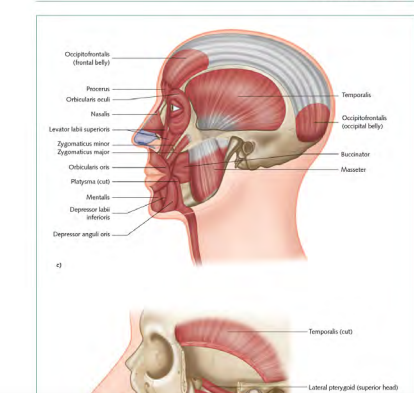


Figure 5.1 Muscles of the head and neck. (a) Superior view; (b) lateral view; (c) medial view

Muscles	Origin	Insertion	Nerve	Action
FACE AND SCALP MUSCLES				
Scalp				
Occipitofrontalis	Frontal belly: skin of eyebrows. Occipital belly: lateral two-thirds of superior nuchal line of occipital bone. Mastoid process of temporal bone.	Galea aponeurotica.	Facial nerve (VII).	Frontal belly: raises eyebrows and wrinkles skin of forehead horizontally. Occipital belly: pulls scalp backward.
Temporoparietalis	Fascia above ear.	Lateral border of galea aponeurotica.	Facial nerve (VII).	Tightens scalp. Raises ears.
Ear				
Superior Auricular	Fascia in temporal region above ear.	Superior part of ear.	Facial nerve (VII).	Elevates ear.
Anterior Auricular	Anterior part of temporal fascia.	Into helix of ear.	Facial nerve (VII).	Draws ear forward and upward.
Posterior Auricular	Mastoid process of temporal bone.	Posterior part of ear.	Facial nerve (VII).	Pulls ear backward and upward.
Eye/lids				
Circularis Oculi	Orbital part: frontal bone. Frontal process of maxilla. Medial palpebral ligament. Palpebral part: lateral palpebral raphe.	Orbital part: circular path around orbit, returning to origin. Palpebral part: lateral palpebral raphe.	Facial nerve (VII).	Orbital part: strongly closes eyelids. Palpebral part: gently closes eyelids.
Levator Palpebrae Superioris	Root of orbit (lesser wing of sphenoid bone).	Skin of upper eyelid.	Oculomotor nerve (III).	Raises upper eyelid.
Compressor Nasalis	Medial end of superciliary arch of frontal bone.	Deep surface of skin under medial half of eyebrows.	Facial nerve (VII).	Draws eyebrows medially and downward.
Nose				
Procerus	Fascia over nasal bone. Upper part of lateral nasal cartilage.	Skin between eyebrows.	Facial nerve (VII).	Produces wrinkles over bridge of nose.
Nasalis	Transverse part: maxilla just lateral to nose. Alar part: maxilla over lateral incisor.	Transverse part: joins muscle of opposite side across bridge of nose. Alar part: alar cartilage of nose.	Facial nerve (VII).	Transverse part: compresses nasal aperture. Alar part: draws cartilage downward and laterally.

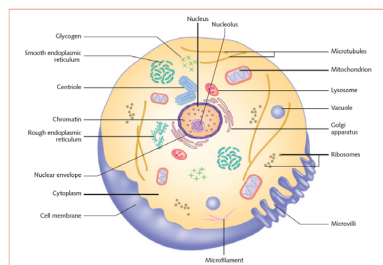


Figure 2.10 Structure of a generalized animal cell

Infobox

Anatomy and physiology in perspective

Active cells that need a lot of energy – for example, muscle cells – contain many mitochondria.

- **Ribosomes:** These tiny granules are the actual sites of protein synthesis in the cell – they are where proteins are made. Some ribosomes float freely in the cytoplasm and are called **free ribosomes**. Others are attached to the endoplasmic reticulum.
- **Endoplasmic reticulum (ER):** This is a network of fluid-filled cisterns (channels or tubules) that coils through the cytoplasm. It provides a large surface area for chemical reactions, and also transports molecules within the cell. There are two types of endoplasmic reticulum:
 - **Rough ER:** This has ribosomes attached to it and provides a site for protein synthesis. It also temporarily stores new protein molecules and

participates in the formation of glycoproteins. In addition, the rough ER works together with the Golgi complex to make and package molecules that are to be secreted from the cell.

- **Smooth ER:** This has no ribosomes attached to it and therefore no proteins are made here. Instead, it provides a site for the synthesis of certain lipids (fatty acids, phospholipids and steroids) and the detoxification of various chemicals such as alcohol, pesticides and carcinogens.
- **Golgi complex:** The Golgi complex, or Golgi apparatus, is located near the nucleus. It is made of flattened cisterns with tiny vesicles attached to their edges, and it processes, sorts and packages proteins and lipids for delivery to the plasma membrane. It also forms lysosomes and secretory vesicles.
- **Lysosomes:** These vesicles are formed inside the Golgi complex. They contain powerful digestive enzymes and are able to break down and recycle many different molecules. They help recycle the cell's own worn-out structures as well as foreign substances.

Infobox

Anatomy and physiology in perspective

Lysosomal enzymes help digest any cellular debris at sites of injury, thus preparing the area for repair.

- **Proteasomes:** These are vesicles containing enzymes that destroy any potentially harmful substances in the cell.
- **Centrosomes:** These are found near the nucleus and have two roles. In non-dividing cells they organise the microtubules which help support and shape the cell and move substances. In dividing cells they form the mitotic spindle (see section 'Cell division', below). Centrosomes contain centrioles.
- **Centrioles:** These are found within the centrosomes and play a role in cell division and also in the formation and organisation of flagella and cilia. **Flagella** are projections on the outside of cells which enable them to move – a sperm cell, for example, has a flagellum. **Cilia** are hairlike projections which enable a cell to move substances across its surface – for example, ciliated cells of the respiratory tract move mucus.

Nucleus

The nucleus is the largest structure in the cell and controls all cellular structure and activities. It also contains most of the hereditary units, known as genes (mitochondria also contain a few genes). Almost all body cells except for red blood cells contain a nucleus, while some cells – such as skeletal muscle cells – contain several nuclei.

The nucleus is surrounded by a nuclear envelope.

- **Chromatin:** Chromatin is only present in cells that are not dividing. It is a mass of chromosomes all tangled together. During cell division the chromatin condenses and coils (see section 'Cell division', below).
- **Genes:** These are the hereditary units of the cell and control its structure and activity. Genes are arranged along structures called chromosomes.

Inclusions

Inclusions form a diverse group of substances that are temporarily produced by some cells – for example, melanin and glycogen.

The cell in a nutshell

Imagine the cell as a bakery.

- The plasma membrane is the building's walls and doors.
- The cytoplasm is the bakery floor.
- The nucleus is the manager.
- Mitochondria are the generators.
- Ribosomes are the ovens.
- The endoplasmic reticulum is the production line.
- The Golgi complex is the packing and distribution department.
- Lysosomes are the recycling site.
- Peroxisomes are the cleaners.

Life Cycle of a Cell

A cell has two distinct periods in its life cycle: **interphase** and **cell division**.

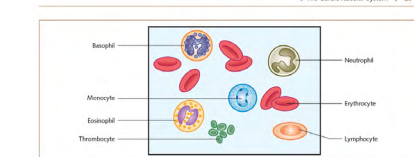


Figure 9.3 Blood cells

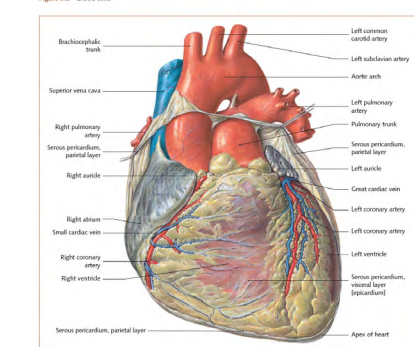


Figure 9.4 Coronary blood vessels

Heart

Anatomy of the heart

The heart has the sole, but important function of pumping blood around the entire body. Yet, despite its importance, it is actually an uncomplicated structure. The heart is a hollow, muscular organ divided into two halves.

- The right side of the heart receives deoxygenated blood from the body and pumps it to the lungs for oxygenation.
- The left side of the heart receives oxygenated blood from the lungs and pumps it to the rest of the body.

Each of these halves both receives and delivers blood, and so each has:

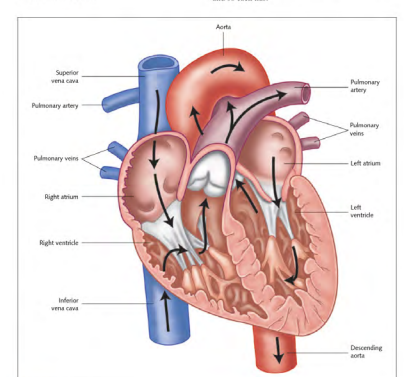


Figure 9.5 The heart

The Pocket Atlas of Trigger Points

A User-Friendly Guide to Muscle Anatomy, Pain Patterns, and the Myofascial Network for Students, Practitioners, and Patients

SIMEON NIEL-ASHER

A simple, go-to guide to treating chronic pain with trigger point therapy for physical therapists, bodyworkers, and patients

From the bestselling author of *The Concise Book of Trigger Points*

This pocket-sized guide covers practical information about the trigger points—the painful knots that can form in tissues like muscles and fascia—that are central to addressing chronic pain with massage, bodywork, and physical therapy. Full-color illustrations and charts help practitioners, students, and patients identify trigger points and address referred pain patterns with ease.

The first chapter introduces relevant information on fascia and myofascial meridians and provides an overview of trigger point symptoms, classification, and formation. Subsequent chapters are organized by muscle group and feature concise—yet comprehensive—sections on each of the main skeletal muscles and their trigger points. Conditions that commonly occur in the general population, such as headaches and back pain, are explored for all of the muscle groups, including the muscles of the:

- Face, head, and neck
- Trunk and spine
- Shoulder and arm
- Forearm and hand
- Hip and thigh
- Leg and foot

Written in clear, accessible language, this go-to guide offers a wealth of knowledge to the lay reader, the student, or the practitioner.

FOR BODYWORK PROFESSIONALS, STUDENTS, AND PATIENTS: An accessible resource that is suitable for all, regardless of scientific background.

GO-TO GUIDE: Compact, concise, and easy to reference on the go.

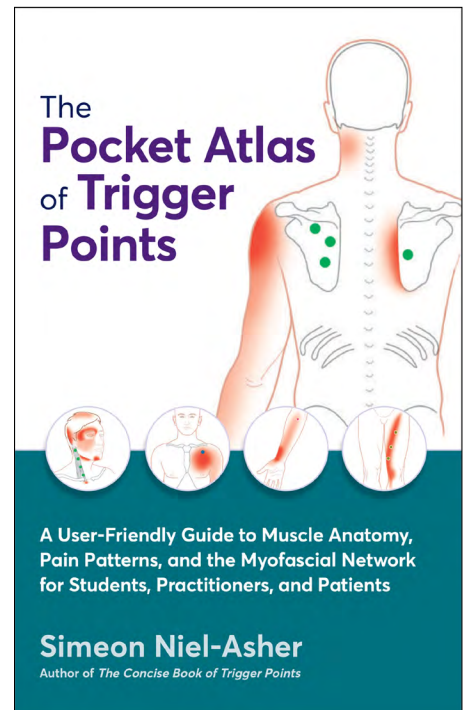
UP-AND-COMING PAIN MANAGEMENT TECHNIQUE: The demand for trigger point therapy is growing, and with it, the need for resources on the subject.

EXPERT AUTHOR: Simeon Niel-Asher is the bestselling author of *The Concise Book of Trigger Points*. The Niel-Asher technique, his non-surgical approach to treating frozen shoulder syndrome, is practiced by over 80,000 practitioners worldwide.

FULL-COLOR GRAPHICS: Concepts are clearly demonstrated through colorful illustrations, charts, and color-coded formatting.

AUTHOR BIO

SIMEON NIEL-ASHER has studied and worked with trigger points since 1990, dedicating a large part of his career to scientific research, medical trials, and the exploration in the field of manual medicine. In 1992, he received his BSc (Ost) from the British School of Osteopathy and has been named one of the top ten Osteopaths in London by the Evening Standard. After inventing the Niel-Asher technique (TNAT) in 1997, he has taught courses on trigger point therapy throughout North and South America, Europe and the Middle East. More than 80,000 practitioners use his ground-breaking non-surgical approach for treating frozen shoulder syndrome, TNAT, worldwide. His other books include *Treat Your Own Frozen Shoulder*, which won him the 2006 CAM award for outstanding practice, and *The Concise Book of Trigger Points (Third Edition)*, a bestseller for North Atlantic Books.



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Page Count: 208 Trim Size: 4-1/2 x 7-1/10

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BISAC 1: Health & Fitness - Acupressure & Acupuncture

BISAC 2: Medical - Anatomy

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Appendix I: Dermatomes and Sensory Nerve Supply
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References

TARGET CONSUMER

PRIMARY: Bodywork professionals, massage therapists, physical therapists, acupuncturists.

SECONDARY: Bodywork students.

TERTIARY: Patients who need to self advocate or help their practitioner identify their trigger points.

Author's Similar Titles	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Concise Book of Trigger, Third/Niel-Asher, Simeon/TR	9781583948491	9/16/14	North Atlantic Books	\$29.95/\$35.00	13.0k
Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Pocket Atlas Anatomy Revised/Jarmey, Chris/TR	9781623177348	3/01/22	North Atlantic Books	\$16.95/\$22.95	4.8k
Fascial Release Struct Rev/Myers, Thomas/TR	9781623171001	5/23/17	North Atlantic Books	\$34.95/\$47.00	9.3k

Muscle Morphology and Trigger Points

Trigger points tend to develop in the belly of the muscle around the neuromuscular junctions (NMJs) or motor end plates (MEPs), Figure 1.1.

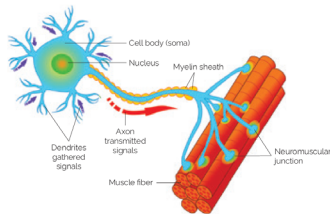


Figure 1.1: Motor unit of a skeletal muscle.

Muscles come in a variety of shapes according to the arrangement of their fascicles. The reason for this variation is to provide optimum mechanical efficiency for a muscle in relation to its position and action.

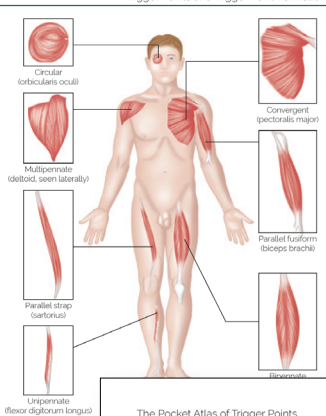
The most common arrangement of fascicles yields muscle shapes which can be described as parallel, pennate, convergent, and circular, with each of these shapes having further sub-categories. Trigger points may occur simultaneously in multiple heads of a bipennate or multipennate muscle (Figure 1.2).

Trigger Points and Muscle Fiber Type

All muscles contain a blend of type 1 and type 2 fibers (Janda 2005; Levitt 1999). This has a direct correlation with how chronic symptoms might develop if left untreated.

1. Type 1 fibers are postural and tend to respond to stress or overuse by shortening and becoming hypertonic. A trigger point in a

Trigger Points and Trigger Point Formation

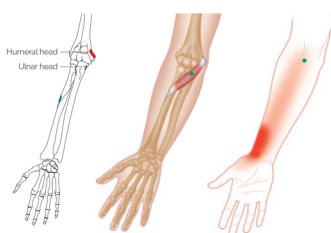


muscle with a big respond to treatment.

2. Type 2 fibers are better to become weak or sustained end use high percentage of to treatment.

The Pocket Atlas of Trigger Points

Pronator Teres



Latin, pronate, to bend forward; teres, rounded, finely shaped.

Origin

Humeral head: medial epicondyle and adjacent supra-epicondylar sulcus.

Basic Functional Movement
Examples: pouring liquid from a container, turning a doorknob.

Referred Pain Patterns
Strong pain "deep" into palmar surface of wrist (lateral), radiating lateral forearm.

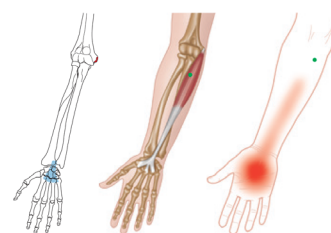
Muscles of the Forearm and Hand

sports (e.g., forehand spin with racket, using ski poles), occupational.

Differential Diagnosis
De Quervain's tenosynovitis.
Carpal tunnel swelling.
Osteoarthritis of proximal

thumb joint. Distal radioulnar disopathy. Epicondylitis.
Connections
Finger flexors, scalenes, pectoralis major, pronator quadratus.

Palmaris Longus



Latin, palmaris, relating to the palm; longus, long.
Absent in 14% of the population.

Origin

Medial epicondyle of humerus.

Insertion

Palmar aponeurosis of hand.

Nerve

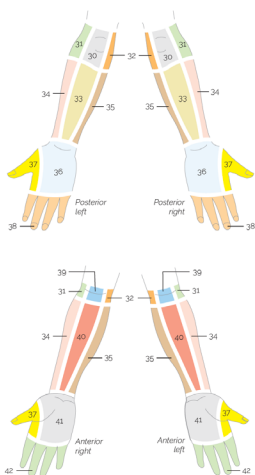
Median nerve C(6), 7, 8.

Action
Flexes wrist joint. Tenses palmar fascia.

Basic Functional Movement
Examples: grasping a small ball, cupping the palm to drink from the hand.

Referred Pain Patterns
Diffuse pain in anterior forearm; intense pain zone 2-3 cm in

Elbow, Forearm, Wrist, and Hand Pain

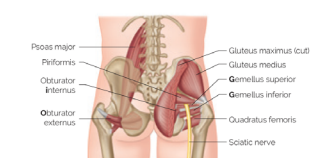


Trigger Points and Trigger Point Formation

- | | |
|-----------------------------|-------------------------------|
| 30. Triceps brachii | 37. Supinator |
| Serratus posterior superior | Scalenes |
| 31. Supinator | Brachialis |
| Hand/finger extensors | Infraspinatus |
| Triceps brachii/anconeus | Hand/finger extensors |
| Supraspinatus | Adductor/opponens pollicis |
| 32. Triceps brachii | Subclavius |
| Pectoralis major | First dorsal interosseous |
| Pectoralis minor | Flexor pollicis longus |
| Serratus anterior | 38. Finger extensor digitorum |
| Serratus posterior superior | Hand interosseous |
| 33. Triceps brachii | Scalenes |
| Teres major | Pectoralis major |
| Hand/finger extensors | Pectoralis minor |
| Coracobrachialis | Latissimus dorsi |
| Scalene | Subclavius |
| Trapezius | 39. Brachialis |
| 34. Infraspinatus | Biceps brachii |
| Scalene | 40. Palmaris longus |
| Brachioradialis | Pronator teres |
| Supraspinatus | Serratus anterior |
| Subclavius | Triceps brachii |
| 35. Latissimus dorsi | 41. Hand/finger flexors |
| Pectoralis major | Opponens pollicis |
| Pectoralis minor | Pectoralis major |
| Serratus posterior | Pectoralis minor |
| 36. Hand/finger extensors | |
| Subscapularis | |
| Coracobrachialis | |
| Scalenes | |
| Latissimus dorsi | |
| Serratus posterior | |
| First dorsal interosseous | |
| Trapezius | |

The Pocket Atlas of Trigger Points

"GIGO" Muscles



The short lateral rotators of the hip consist of (in anatomical sequence): gemelli superior, obturator internus, gemelli inferior, obturator externus, and quadratus femoris.

The muscles in this group often work together kinetically. They start at the top of the femur and run down, to insert on the posterior aspect of the femur and greater trochanter. Pain is generally felt locally—at the greater trochanter, over the buttock into the groin, and in the posterior thigh.

While it is often difficult to distinguish between the gemelli and the obturator muscles, the quadratus femoris is distal on the lower portion of the

greater trochanter, which makes it somewhat more readily accessible. The gemelli and obturator muscles are difficult to treat with manual therapy but often respond well to dry needling. We will focus here on obturator internus.

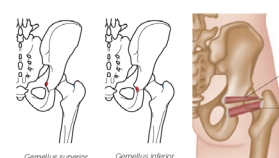
Differential Diagnosis

Acute gluteal pain in athletes.

- Strains/avulsions
- Hamstring
- Gluteal
- Adductor
- External rotators
- Fracture
- Slipped capital femoral epiphysis
- Labral injuries
- Lumbar radiculopathies

Muscles of the Hip and Thigh

Gemelli



Latin, gemellus, a twin/double; superior, upper; inferior, lower.

Origin

Superior: external surface of ischial spine.
Inferior: upper aspect of ischial tuberosity.

Insertion

Superior: along length of superior surface of obturator internus tendon and into medial side of greater trochanter with obturator internus tendon.
Inferior: along length of inferior surface of obturator internus tendon and into medial side of greater trochanter with obturator internus tendon.

Nerve

Superior: nerve to obturator internus, L5, S1.
Inferior: nerve to quadratus femoris, L5, S1, S(2).

Action
Laterally rotate hip. Abduct flexed femur at hip joint. Help hold head of femur in acetabulum.

Basic Functional Movement
Example: bring first leg out of a car.

Safe Movement for All Spines

A Guide to Spinal Anatomy and How to Work with 21 Spine and Hip Conditions

For Yoga Teachers, Pilates Instructors, Personal Trainers, and More

GWEN MILLER

A comprehensive resource for yoga teachers, pilates instructors, and movement therapists—exercises, ergonomic adjustments, and daily-living activities for back pain, scoliosis, disc disease, and 18 other spinal conditions

Safe Movement for All Spines is an essential guide for all movement therapists and teachers. With ready-made exercises and easy adaptations, yoga instructors, pilates teachers, and fitness instructors will learn:

- How to distinguish among different common spinal pathologies and mechanical dysfunctions—plus appropriate interventions and adjustments for each
- All about osteoporosis, spinal stenosis, hypermobility syndromes, and more
- Guidelines for appropriate movement and injury prevention
- How to work safely and effectively with both pre- and post-surgical clients
- Targeted programs for specific back-pain issues

Accessible and easy to understand, the lessons and practices from *Safe Movement for All Spines* are appropriate to share with clients practicing at home or in the studio. Each condition is clearly explained with detailed illustrations and real-life examples, making for an empowering and educating experience. An invaluable resource, *Safe Movement for All Spines* is an up-to-date must-have for every yoga or pilates teacher's reference library.

FOR YOGA TEACHERS, PILATES INSTRUCTORS, AND MOVEMENT THERAPISTS: While other books on the market focus on either yoga or pilates, this is inclusive of and adapted for all movement therapists and instructors.

REFERENCE GUIDE FOR SPECIFIC CONDITIONS: Comprehensive, covering conditions like spinal stenosis, spondylosis, ankylosing spondylitis, generalized pain, scoliosis, and more.

SPECIAL MARKETS: Can be sold in alternative health clinics and pharmacies, including chiropractic, physical therapy, and naturopathic clinics; Pilates, yoga, and movement studios; fitness facilities and gyms; and at trade shows, conferences and workshops.

READY-TO-USE EXERCISES: Written with the busy teacher in mind. Comes complete with sets of suggested regimens for yoga teachers, pilates instructors, and PT/movement therapists. Exercises are quick and easy to locate.

ACCOMPANYING COURSE: In development; approved by the National Pilates Certification Program and Yoga Alliance.

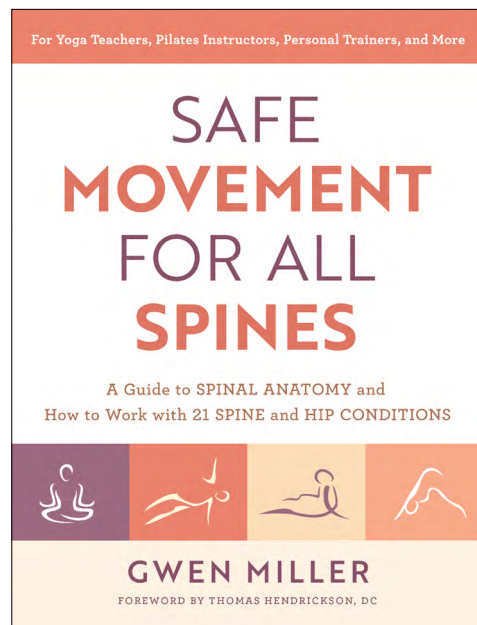
BACK PAIN: is one of the most widespread medical issues in the U.S. 75–85% of Americans will face significant back pain at some point in their lives, while ~65 million live with chronic spine-related issues.

FOR ALL LEVELS: Written accessibly for the introductory-level practitioner but comprehensive enough for the intermediate or advanced reader.

EXPERT AUTHOR: Miller is an authorized Master Scolio-Pilates Teacher; is on the faculty of Balanced Body Education; and is certified as a Yoga Therapist with International Association of Yoga Therapists.

AUTHOR BIO

GWEN MILLER is the owner of Gwen Miller Studio, an integrated clinical movement and manual therapy system and studio. Her specialty and passion is facilitating healing through education, empowerment, and movement. Miller is an experienced continuing education provider through Pilates Method.



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Illustrations: 367 BW PHOTOS & ILLOS

BISAC 1: Health & Fitness - Pain Management

BISAC 2: Sports & Recreation - Health & Safety

BISAC 3: Medical - Anatomy

CONTENTS

Chapter One: Disc Derangement. Move beyond “no loaded flexion” into a realm of powerful, proven tools and techniques to facilitate healing and help restore vitality.

Chapter Two: Osteoporosis. Is it realistic to “mummify” everyone with bone density loss? Explore movement to help prevent fractures and rebuild bone density.

Chapter Three: Spinal Stenosis. Proven, multi-disciplinary approaches to organize movement effectively for pain relief, strength, flexibility, and long-term quality of life.

Chapter Four: Spondylosis/Spondylolysis/Spondylolisthesis. What are these? How do you pronounce them? What is the difference? Understand and learn to apply specific guidelines for safe movement and healthy maintenance of the “spondy” spine.

Chapter Five: Ankylosing Spondylosis. Learn about the stages of this progressive form of arthritis and become empowered to guide and experience healthy and appropriate movement at each stage.

Chapter Six: SIJ Dysfunction. Explore the sacrum as the “keystone” for stability, movement and force transference between the spine, pelvis, and femurs. Learn simple yet effective solutions for issues that can affect this delicate interplay to help restore and maintain pain free movement.

Chapter Seven: Hips and Pelvis. Beyond the total hip replacement (THR): Learn to assess and understand soft-tissue “issues,” hip degeneration and normal variants in hip structure. Apply intelligently designed movements for optimal healing and utilize specific guidelines for safe exercise participation.

Chapter Eight: Hypermobility Syndromes. Learning and understanding hypermobile physiology, neurology, and assessment leads to application of uniquely developed exercises for hypermobile people in this engaging lesson.

Chapter Nine: Scoliosis. So much is written and taught about scoliosis, how do you really know what to do? We move from a “fixing” mindset to facilitating a mutually empowering relationship with the person who has scoliosis. Understand the various methodologies, the theories that support them, and how to determine which methods to employ and when.

Chapter Ten: Special Cases and the Language of Healing.

Special Cases: What happens when someone has multiple pathologies, and some of the contraindications are conflicting? Learn to develop a priority hierarchy for these special cases.

The Language of Healing: How our language choices may affect ourselves and others, and how our tone sets the stage for creating a safe space for healing. Explore what inclusion means from physical, cultural, and spiritual perspectives to have a conversation with truly heart-centered and empathetic lovingkindness.

TARGET CONSUMER

PRIMARY: Yoga teachers, pilates instructors, and bodyworkers who want to grow their knowledge of spinal conditions and better support students with specific back conditions or general pain.

SECONDARY: Yoga and pilates teacher-trainers.

TERTIARY: Lay readers struggling with back pain or specific diagnosed spinal conditions like scoliosis or ankylosing spondylitis. Want to augment medical treatment with movement therapy.

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Anatomy of Sports Injuries Sec/Walker, Brad/TR	9781623172831	9/04/18	North Atlantic Books	\$24.95/\$33.95	5.2k
The Yoga Engineer's Manual/Ricard, Lmt, Richell.../TR	9781623176334	8/17/21	North Atlantic Books	\$29.95/\$39.95	768
Mark Stephens Yoga Adj Deck/Stephens, Mark/NT	9781623174552	2/11/20	North Atlantic Books	\$29.95/\$39.95	2.5k
Yoga Adjustments/Stephens, Mark/TR	9781583947708	6/03/14	North Atlantic Books	\$24.95/\$28.95	41.0k

turned my dad into a lifelong exerciser. Fifty years later, he still exercises morning and night and hasn't had another "slipped disc" or ever needed to have back surgery.

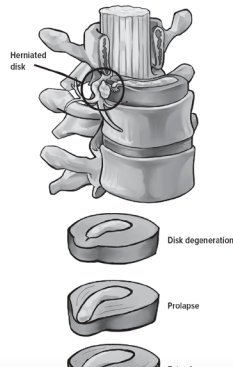
Now I know that what Dad instinctively did when the pain got too bad was a type of spinal decompression. By lying down, he reduced the compression from gravity on his spinal discs. Dad also found that gentle, careful, daily morning floor exercises over time strengthened his core and got him, and have kept him, safely on his feet. We can learn from this story and use it to help others who experience disc derangements or herniations.

What Is Disc Derangement?

Disc derangement happens when the load on the spine is uneven and compresses one side of a vertebral joint but not the other. This can happen from a sudden and severe trauma, such as a bad fall or car accident, or from repetitive wear and tear over a long time, such as poor posture or habitual movement patterns either in sports or work. Discs act as cushions or shock absorbers between the vertebral bodies and, as such, have a fibrous ring, the annulus, that surrounds a squishy, pliable center, the nucleus pulposus. When a sudden, severe trauma happens, the annulus can be damaged so that it no longer properly holds its shape and sometimes the nucleus pulposus also squishes out, or extrudes, from the center of the disc.

Often people will say they were bending over to perform a simple, innocuous task such as brushing their teeth or picking up a grocery bag when the pain suddenly began. It could have been brewing for a long time, a result of loading the spine improperly, or unevenly. Disc derangement is usually caused by flexing the spine and asking the back muscles to lift the load of the torso (or more!) without support from the core abdominal muscles. Flexion—bending forward from the spine—with rotation is a classic movement pattern that creates uneven pressure on the discs and may cause disc derangement. The disc material can intrude into the space that contains the spinal nerves, or even onto the nerves, creating pressure that causes pain. In the top illustration on the following page, one can see how part of the nuclear material from the damaged disc is touching the nerve, which causes pain.

There are four stages of disc derangement, as seen in the bottom illustration on the following page. You can see that the fibrous ring has become damaged, creating a weakened area that does not hold the nucleus in place as well. The nucleus progressively pushes into the damaged area, further stressing the fibrous ring and widening the damaged area, until finally the nuclear matter extrudes outside the fibrous wall in a prolapse. When a portion of the nucleus breaks free of the disc, it is called a sequestration.



face, or thumbs can be facing forward with palms facing the sides of your body. You can do this exercise sitting in a chair, kneeling, or standing.



TADASANA (MOUNTAIN POSE) ON A WALL: Stand about six inches away from a wall. Lean back and press your buttocks, upper back, head, and arms against the wall with palms facing outward, while keeping your feet slightly in front of you. Be careful to keep your neck from bending backward. If you cannot touch the wall with the back of your head, place a pillow or folded towel behind your head. Pull your abdominals in and slide your shoulder blades down. See if you can create the feeling of becoming a little bit taller by reaching up through the crown of your head and down through your tailbone. Hold this position for ten breaths (about twenty seconds). Over time, increase your hold time up to one minute.

WALL SIT: From Tadasana (Mountain Pose) on the wall, walk your feet away from the wall far enough that you can slide down the wall by bending your knees, keeping your hips on the wall. Slide down until you feel your thigh muscles are working. Make sure that you are careful to lower down only as far as you can press back up. Gently

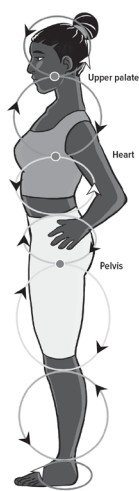


HANGING WITH FEET ON THE FLOOR: With a doorway pull-up bar installed, place your hands with palms facing away from you on the pull-up bar, keeping your feet on the floor. It is very important that your feet do not lift off the floor. Pull your abdominals in and slowly bend your knees and hips to lower your torso until you feel a comfortable stretch throughout your back. The end position ideally feels like a relief of pressure on your spine. Your goal in this exercise is to lengthen your rib cage away from your hips. If your shoulders are too uncomfortable, or if this elicits pain anywhere in your body, try lowering the height of the bar or standing on a sturdy step stool to decrease pressure on your shoulders.



SINGLE-LEG STANCE / VRKSHASANA (TREE POSE): Stand next to a wall or counter for safety when you begin practicing this exercise. Begin by finding your best posture; draw your abdominals in, and lift your pelvic floor (see Urdhva Hastasana (Upward Salute) to Tadasana (Mountain Pose) / Chest Expansion for specifics on pelvic floor lift). Shift your weight to your right leg, keeping your hips level. Begin to lift your left foot off the floor. If you feel you need to keep both feet on the floor for safety, you

Focal Point



For Pilates Teachers

Specific Repertoire to Avoid or Customize

Avoid prone hyperextension exercises like Swan and Rocking for both lumbar and cervical stenosis. Use caution or avoid full Swimming and instead offer an opposite hand and leg lift pattern, with the other two limbs pressing into the mat. This technique recruits the anterior oblique sling and thus helps avoid hyperextension. For lumbar stenosis, avoid transitions from High Bicycles or Scissors directly into Shoulder Bridge due to the hyperextension of the lumbar spine.

Because of its extension moment in the lumbar spine, Neck Pull is not advisable unless it is modified to eliminate the extension moment.

Specific Repertoire and Techniques to Emphasize

Bottom Lift and Bridging exercises can be taught, emphasizing a combination of abdominal recruitment with glute activation. Strong use of the abdominals to maintain a flexion-biased spine is a similar muscle recruitment to a plank, in that the plank is meant to be an isometric exercise. Emphasizing increased abdominal recruitment is dissimilar to a plank because it will not be a true co-contraction of the torso musculature. Strong abdominal contraction in the Bridging series will reciprocally inhibit the spinal muscles to decrease the resting tone of these muscles, if they are overly tight, or if the person tends to be hyperlordotic in the lumbar spine.

Hanging on the Trapeze Table (without extension) and Riser Hang and Pull-ups prone on the Long Box on the Universal Reformer are examples of good ways to offer axial elongation to someone with stenosis.



ELASTIC BAND ROW: Place the center of a five-to-six-foot-long piece of elastic resistance band or tubing around an attachment point such as a door handle or bannister. Stand facing the attachment point and hold an equal length of the elastic in each hand. Pull your abdominals in. Bend your elbows to pull the tubing toward you. Straighten your arms forward in a controlled fashion. This exercise strengthens the back and posterior shoulder muscles. Do five to ten repetitions.



THERABAND CHEST EXPANSION: The setup is the same as the previous one. In this movement, the arms remain straight. Stand facing the attachment point, holding an equal length of the elastic in each hand. Bring your shoulders back and down as you pull the elastic toward you and downward, until your arms are beside you. Press your arms down as you lift your chest. It is important to bring your arms beside you, not behind you, to create optimal postural improvement. Do five to ten repetitions.



COMBINATION ROW + CHEST EXPANSION: This exercise combines the previous two movements into a corrective exercise. Place the elastic so that about one-third is on one side of the attachment point and about two-thirds is on the other side. Stand facing the attachment point, hold the short length of the resistance tubing with the hand on the side of your thoracic convexity (the side with the ribs that are more prominent posteriorly), and hold the longer piece with the hand on the side of the thoracic concavity. Pull your abdominals in. Pull the longer tubing toward your side and downward while keeping your arm straight, as you pull the shorter tubing toward you by bending your elbow. Hold the end position and pull your shoulder blades down to expand the chest and breathe. Bring your arms forward in a controlled fashion. Do five to ten repetitions.

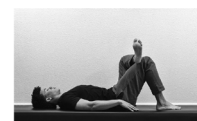


FIGURE 4 HIP STRETCH: Lie on your back with both knees bent and feet on the floor. Cross one ankle over the opposite thigh. You can pull your thighs in toward your body with your hands or hold a yoga strap around the bottom thigh and bend your elbows to increase the stretch if needed.

For more variations of the Figure 4 Stretch, please see chapter 1, "Disc Herniation and Derangement" (p. 22).

A Practitioner's Guide to Clinical Cupping

Effective Techniques for Pain Management and Injury

Contains QR-code links to 26 instructional videos

DANIEL LAWRENCE

A modern approach to the medical practice of dry cupping—to reduce inflammation and stimulate immune response; assist in myofascial release; relieve pain; and improve healing and recovery

Includes links to instructional online video content

A Practitioner's Guide to Clinical Cupping provides a concise, practical, and easy-to-understand guide to safe and effective cupping techniques, integrating up-to-date research on physiology, neuroscience, and biomechanics.

Physiotherapist Daniel Lawrence—known for his popular “RockPods” cupping training courses—includes all the information a new practitioner needs to get started, including a basic history of cupping and theoretical overview; how to apply and remove cups, and how long to leave them on the skin; how to use oils and creams to assist “glide cupping” techniques, and more.

Chapters detail specific cupping practices for different parts of the body and common ailments, including:

- Achilles tendon and shin pain
- Knee, hamstring, and quad pain
- Hip problems
- Back and neck pain
- Carpal tunnel and other wrist pain
- Other common sports and overuse injuries

Featuring full-color photos throughout to clearly illustrate techniques, and video links for more detailed visual instruction, *A Practitioner's Guide to Clinical Cupping* offers a complete and immersive learning experience.

FOR PHYSICAL THERAPISTS, sports medicine therapists, others who work with athletes and sports injuries. Sports medicine practitioners.

COMPREHENSIVE, BEGINNER-FRIENDLY: Includes all the info a beginner needs to get started, including in-depth instruction on the basics of placement, timing, and mechanisms.

SAFE, EFFECTIVE, AND UP-TO-DATE: With info on neuroscience and biomechanics.

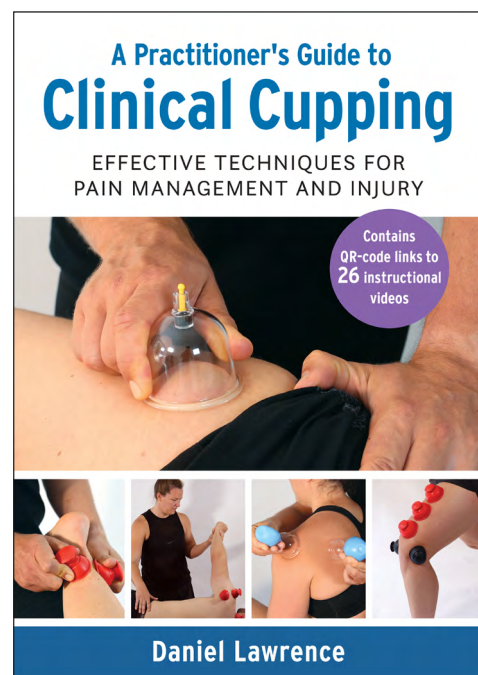
HOT TOPIC: The technique and methodology of cupping is being modernized from its roots in TCM to its current uses in sports medicine, physical therapy, and pain management.

SUPPLEMENTAL VIDEO: Links to instructional video content online.

EXPERT AUTHOR: Daniel Lawrence is a well-platformed physiotherapist and author who gives frequent workshops on this topic.

AUTHOR BIO

DANIEL LAWRENCE BSc, MCSP is a UK Chartered Physiotherapist, published author, and international lecturer. Lawrence holds separate post-graduate qualifications in musculoskeletal medicine and education. Having completed 10 years as a University lecturer for Plymouth University based in Truro, he now combines teaching and writing with running an NHS funded clinic in his local area. Daniel is also on the board of directors for RockTape UK, StickMobility UK and PhysioBooks Ltd. He has delivered lectures and workshops on tendon-related subjects throughout the UK including, Therapy Expo, COPA, private physio groups, the Shoulder Symposium, South West Seminars and the British Fascia Symposium 2018. Daniel frequently attends conferences as a guest lecturer and delivers bespoke training to professional groups. During 2020 and 2021, his cupping (RockPods™) course became the most popular RockTape UK based course, as many professionals sought to extend their practice to offer this unique treatment.



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BISAC 1: Sports & Recreation - Training

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 - i. Shearing Technique for the Pectoralis Major

TARGET CONSUMER

PRIMARY: Physical therapists, sports therapists, and bodyworkers, including alternative and holistic practitioners.

CHAPTER

The History of Cupping Therapy

Exploring the Origins of an Ancient Treatment Practice

Early History

Cupping is mentioned in historical texts from around the world, including Egypt, China, Europe, and America. Throughout history it has been closely associated with Egyptian, Greek, Chinese, and Arabic cultures, among others. It is also embedded in Sunni Islamic texts.

From Egypt, the Ebers Papyrus (circa 1550 BCE) is one of the oldest surviving medical texts and the oldest surviving evidence of cupping. It is commonly agreed, however, that cupping may have already been practiced by civilizations for thousands of years before this, and we cannot assume that the ancient Egyptians invented it. In fact, while the earliest documentary evidence of many ancient medical practices comes from ancient Egypt, this may be the result of the ancient Egyptians' culture of recording and documenting, using materials that withstand aging

and decay. And the Ebers Papyrus itself is thought to have been copied from earlier texts (see box).

The ancient Greeks are thought to be one of the first cultures to have contact with the ancient Egyptians, and it is believed that Greek medicine was significantly influenced by Egyptian practices. The Greek physician Hippocrates (460–375 BCE) (figure 1.2)—often described as the father of medicine—used cupping extensively, writing about and teaching his students how to perform cupping therapy.

Another noteworthy physician who advocated the use of cupping was Galen (129–216 CE) (figure 1.3), an early medical “influencer” who posthumously had a far-reaching impact on medicine and philosophy throughout Europe and the Middle East until the mid-seventeenth century.

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The Ebers Papyrus

The Ebers Papyrus (figure 1.1) is part of a collection of six ancient Egyptian medical texts from around 1500 to 2000 BCE. It is thought that these texts may have been based on earlier texts from around 3000 BCE (Frey 1986). The Ebers Papyrus was said to have been found between the legs of a mummy in the Assasif district of the Theban Necropolis next to the Nile in Egypt. A necropolis is a cemetery, usually with impressive architectural monuments. The word “necropolis” is derived from ancient Greek and translates as “city of the dead”—which sounds like a rather terrifying place to visit, but probably interesting for sightseers and historians.

Following its discovery in the mid-nineteenth century, the papyrus was bought by

and treatments, which include a blend of folklore and science. The prescribed remedies take the form of ointments, enemas, and medicinal substances to be used in a variety of ways, including gargling, smoking, and swallowing. The papyrus contains chapters on contraception, diagnosis of pregnancy and other gynecological matters, intestinal diseases and parasites, eye and skin problems, dentistry and the surgical treatment of abscesses and tumors, bonesetting, and burns.



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Figure 2.3. Glass cups with a rubber bulb



Figure 2.4. Glass cups with a flame

the vacuum or require a flame to create a vacuum within the cup just prior to application (figure 2.4). Glass cups have a quality feel to them, with smooth, beveled edges around the cup's rim. They are not suitable for the movement-based interventions covered in this book. Essentially—glass breaks!

There are also some more high-tech cups arriving on the market to service the increased demand for cupping therapy. Companies such as Achedaway have developed a battery-operated, pulsing



Figure 2.5. Achedaway's battery-operated cup

An overview of some of the different vacuum cups available is outlined in the

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Different Types of Vacuum Cups			
Cup Design	Vacuum Mechanism	Benefits	Limitations
Silicone cups, e.g. RockPods	Deformation and reformation of the cups	<ul style="list-style-type: none">• Can be applied quickly• Inexpensive• Softer edges• Easy to clean• Will not break if dropped	<ul style="list-style-type: none">• Unable to see the skin inside the pod• Too soft for glide cupping
Glass vacuum cups (with bulb)	Rubber bulb attached to the top of the glass cup	<ul style="list-style-type: none">• Easy to apply• Smooth edge around the rim	<ul style="list-style-type: none">• Not suitable for active movement-based interventions due to fragility of the glass
Glass vacuum cups (no bulb)	Flame	<ul style="list-style-type: none">• Smooth but firm edges are good for glide cupping	<ul style="list-style-type: none">• Risk of burns and fire• Increased insurance premium
Automatic vacuum cups, e.g. Achedaway Cupper	Automatic	<ul style="list-style-type: none">• Easy for self-application• Can offer pulsatile vacuum• Novel experience	<ul style="list-style-type: none">• Difficult to customize the vacuum pressure• More complex to use• Expensive



Demonstration of different cups in use

hypoallergenic materials such as glass, plastic, and silicone, the introduction of oil-based lubricants may pose a risk to patients with sensitive skin or allergies. Make sure you ask your patients if they have any known allergies. For example, a nut allergy would preclude the use of any nut-based waxes and oils.

Using Oils, Creams, and Waxes

Using a form of lubricant can help to secure the seal between the edge of the cup and the skin. Lubricant will also be needed if you wish to glide the cups along the skin. While cups are made from

If you are aiming for the cup to fix on the skin and not glide, so that it creates a fixed handle for soft-tissue mobilization, then I recommend applying only a thin layer of wax or oil around the rim of the cup to help secure a good vacuum but prevent the cup from sliding over the skin.

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Most solid cups have rolled edges, and the softer silicone cups have a flat edge to disperse this compressive force. A vacuum device with a sharper rim would cause a higher compressive force and be a potential cause of discomfort. It is important to remember when applying cups to painful regions that although the cup lifts the skin, it does so by compressing the skin underneath its perimeter edge. Care should be taken to ensure a comfortable placement or to utilize a sufficiently wide cup that spans over a painful region.

We often refer to the skin within the cup as undergoing decompression as it is sucked up into the cup. This is supported by simple ultrasonography tests, which show increases in the subcutaneous space (figure 3.2). It is important to understand how this decompression occurs and the tensile nature of the physical stress it places on the tissues beneath the skin, which include the fragile capillary network. The tensile stress on the capillaries causes the

reddening (ecchymosis) that we witness following sustained or high-vacuum applications (see also chapter 4).

Tham et al. (2006) noted that the tensile stress occurs mostly in the mid-portion of the cup and extends down to the muscle layer. The maximum tensile stress on the skin occurs just inside the rim of the cup as a result of the skin being both anchored by the rim and stretched up into the cup by the vacuum. This helps to explain the pattern of ecchymosis seen after cupping: a reddening that usually begins in a ringlike pattern before filling the center of the circle (figure 3.3).

It appears that the tissue tension from cupping does not extend beyond the area enclosed by the cup. However, this finding relates to static cupping and does not consider the movement of the cups while they are fixed on the skin. This shearing style of treatment is likely to broaden the distribution of the tensile stress through the skin (figure 3.4).

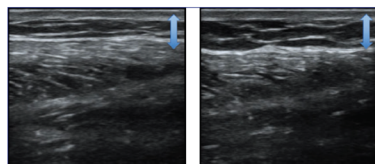


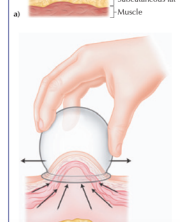
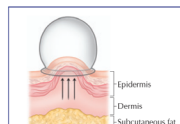
Figure 3.2. The subcutaneous space with and without cupping



Figure 3.3. The ecchymosis seen after cupping is reddening that usually begins as a ring and later fills in

The skin under the rim of the cup remains under a compressive load, which will not cause capillary rupture. Reddening of the skin may occur under the rim of the cup following repeated twisting, which could create a damaging level of friction between the cup and the skin and should be avoided.

While some traditional teachings suggest that smaller cups will produce a deeper effect, research indicates



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Passive, active, and glide for hamstrings

Quadriceps Techniques

As stated at the beginning of this chapter, soft-tissue mobilization, stretching, and strengthening exercises for the quadriceps often lead to both short-term and longer-term relief from knee pain. Cupping can be used to facilitate and enhance these treatment goals as well as provide treatment for more direct quadriceps issues like exercise-induced muscle soreness.

Passive Quadriceps Cupping Techniques

With the patient sitting comfortably, apply one or two cups over the thigh to mobilize the underlying soft tissue (figure 7.10).

Active Quadriceps Cupping Techniques

Apply the cups over the thigh and then instruct the patient to perform an active movement that lengthens and contracts the quadriceps. This could be achieved



Figure 7.10. Passive quadriceps cupping with (a) one cup over the thigh and hand stabilizing the leg and (b) two cups over the thigh being mobilized by hand

in a non-weight-bearing position (figure 7.11) or a weight-bearing position (figure 7.12).

Glide Cupping Techniques for the Quadriceps

Apply one rigid cup over the thigh with the patient in a comfortable and stable resting position. As with all glide techniques, ensuring a degree of skin tension, but not necessarily stretch, will prevent the skin from puckering along the leading edge of the gliding cup (figure 7.13).

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Figure 7.11. Cups over thigh, non-weight-bearing knee bend

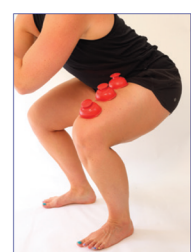


Figure 7.12. Cups over thigh and a squat action



Figure 7.13. Patient long sitting supine with one thigh off the side of the couch so that knee flexion allows a tensioning over the anterior thigh



Passive, active, and glide for quadriceps

Adductor Techniques

Naturally, the inner thigh is a more neurologically sensitive and personally intimate part of the body in comparison to the lateral side of the leg. For this reason, some patients may not feel comfortable receiving cupping treatment

A teal-colored mandala pattern on a white background. The pattern is symmetrical and features a central circle surrounded by multiple layers of stylized, pointed shapes that resemble petals or leaves. The lines are thick and dark teal.

Fitness & Yoga

Yoga Anatomy Made Simple

Your Illustrated Guide to Form, Function, and Posture Groups

Key Concepts for Every Damn Day

STUART GIRLING

A fun introductory guide to yoga anatomy for new and experienced yoga teachers, practitioners, and enthusiasts

Knowledge of anatomy is a crucial part of every effective yoga practice, but the subject can be dry and difficult. *Yoga Anatomy Made Simple* provides a fun solution—it's a go-to guide to functional yoga anatomy, written for yoga practitioners looking to jump in and start applying key concepts to their work. Here, longtime yoga teacher Stuart Girling pairs his expertise with real-life examples and colorful, jaunty illustrations to create a book that serves as a playful introduction and refresher course for yogis, teachers, and trainers.

The *Yoga Anatomy Made Simple* provides simple explanations of key yoga-anatomy concepts, like patterns, variety, breath, and strength. The illustrations are diverse, body-inclusive, joyful, and fun—and mirror the author's own accessible, unpretentious approach to practical yoga anatomy. Concepts are demonstrated on different body parts, as well as the following posture groups:

- Forward bends
- Hip rotations
- Backbends
- Twists
- Postures involving the shoulders
- Inversions
- Arm balances

Girling ties everything together in a holistic framework with a playful touch on every page—one that embraces each student's lifestyle, environment, and life history. Yoga teachers will learn to elevate their ability to analyze yoga postures from a physical perspective, sequence more effectively, avoid unnecessary injury, and appreciate the importance of individuality within postural yoga.

FOR YOGA TEACHERS: A functional understanding of yoga anatomy is an in-demand skill for yoga teachers at any stage of their career. The content of this book is highly relevant for both new and experienced yoga teachers.

EXPERT AUTHOR: Stuart Girling is a longtime yoga instructor, teacher trainer, and founder of the Love Yoga Anatomy platform (114K YouTube subscribers, 12K Instagram followers, 10K FB followers).

MAKES ANATOMY ACCESSIBLE: Features common names and simple explanations that will appeal to all readers, including those with little to no background knowledge in anatomy.

FOCUS ON PRACTICAL APPLICATIONS: Avoids the information overload found in typical anatomy books. Delves straight into thinking about the makeup of the human body and how that influences the ability to create yoga poses.

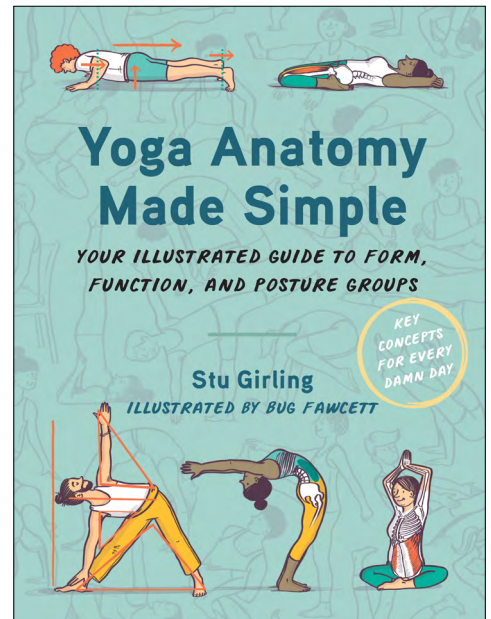
VISUALLY ENGAGING: Full color illustrations based on real people from the author's yoga classes add a playful, personal touch to nearly every page.

BODY INCLUSIVE: Demonstrates how exercises can work differently on a wide range of body types and physical abilities.

AUTHOR BIO

STUART GIRLING is the owner and developer of Love Yoga Anatomy site that was founded in 2013. He is a bodyworker specializing in the treatment of yogis with injuries or tension patterns. He has a BSc in Health Studies, has been practicing Ashtanga Yoga for many years, and also teaching Anatomy & Physiology on Yoga Teacher Training programs and workshops.

Illustrator BUG FAWCETT was born and raised in Zimbabwe and studied Visual Arts at the University of Stellenbosch. She works as an illustrator and graphic recorder and her clients range from fortune 500 companies to (humble) yoga anatomy teachers. Bug is super excited to have worked on a project that combines both her passions for yoga and drawing. As a fledgeling yoga teacher, she finds the content not just easy to understand but also relevant to enhancing her own practice and allowing her students.



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TARGET CONSUMER

PRIMARY: Yoga teachers and yoga students who want simple anatomy explanations; particularly those of a younger demographic.

SECONDARY: New and aspiring yoga teachers and teacher-trainers, broadly.

Wild Asana

Animals, Yoga, and Connecting Our Practice to the Natural World

ALISON ZAK

Ever wonder about the dog in Downward Dog or the pigeon in Kapota? Rewild your yoga practice by connecting to the animals behind the asanas.

For nature-loving yogis and readers of *World of Wonders* and *Yoga Mythology*

From Downward Dog to Cobra, *Wild Asana* invites you into an embodied exploration of the animals that inspire familiar yoga poses. Drawing on wildlife science, anthropology, Hindu mythology, Eastern philosophy, and personal stories, this insightful guide by environmental educator and yoga instructor Alison Zak explores the connections among our bodies, our minds, and the animals that inspire our practice.

In illustrated chapters on asanas like *Tittibhasana* (Firefly), *Garudasana* (Eagle), *Bidasana* (Cat), and *Ustrasana* (Camel), Zak invites you to bring the deep nature of animals into breath and movement.

You'll learn to:

- Respect the monkey in "monkey mind" to honor—not tame—your own wildness
- Fly like an eagle to move from imprisonment to liberation
- Embody a pigeon's stillness and nonattachment
- Imbue your practice with the agility, flexibility, and fierce commitment of a cat
- Incorporate asana variations, mudras, and meditations inspired by animal nature
- Practice lovingkindness meditations that include the more-than-human world

With an encompassing ecological compassion, gorgeous original illustrations, profound insight into animal wisdom, and the humor and perspective of lived experience, Zak offers a path to deepen and enliven your practice. Whether you're an animal lover, a first-time yoga student, or an experienced practitioner, *Wild Asana* is a practical and accessible guide to becoming animal on your yoga mat.

FOR YOGA PRACTITIONERS WHO LOVE ANIMALS & THE NATURAL WORLD: Connects yoga poses to the animals they're named after, encouraging readers to infuse their practice with animal wisdom; for fans of *World of Wonders*.

MARKET POTENTIAL: Mid- to high-income women who are interested in wellness, animals, or environmental books; readers who buy gifty books on animals; readers of publications like *Yoga Journal*, *Tricycle*, *Orion*, and *Mindful*.

GREAT GIFT BOOK, ORIGINAL ILLUSTRATIONS: Accessible, funny, and light in tone, this makes a good gift for people who love animals or are interested in starting a yoga practice. It features black and white linework illustrations of each animal-inspired pose.

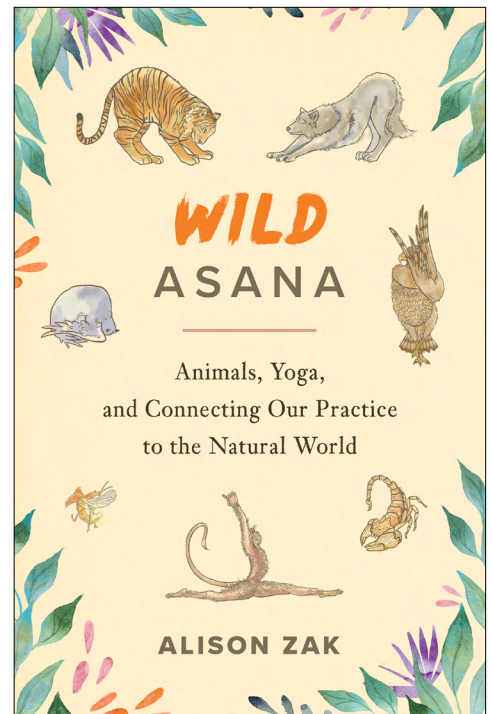
TIMELY: Very relevant in the face of climate crisis, wildlife destruction, and biodiversity collapse: nature writing has been finding a larger audience.

INTERDISCIPLINARY APPROACH: Zak has a master's in anthropology and is a National Geographic certified educator, an RYT 200 Yoga Alliance teacher, and Executive Director at Human-Beaver Coexistence Fund. In addition to yoga, the book incorporates wildlife science, anthropology, Hindu mythology, memoir, and Eastern philosophy.

EASY-TO-DO: With clear and accessible asana variations, mudras, and meditations.

AUTHOR BIO

ALISON ZAK is an author, yoga teacher, anthropologist, and animal. She lives in northern Virginia with her husband Vishu, Meeko the dog, and Monkey the adopted budgie. In addition to her writing and spiritual practices, Zak runs the Human-Beaver Coexistence Fund and regrets that there is no yoga pose named after the incredible ecosystem engineer, the beaver. Learn more about her at www.alisonzak.com and follow her on Twitter and Instagram @animal_asana.



ON SALE 6/27/2023

RIGHTS: WORLD

TR: 9781623178079 / \$17.95/\$23.95

Page Count: 256 Trim Size: 6 x 9

BISAC 1: Nature - Animals - Wildlife

BISAC 2: Health & Fitness - Yoga

BISAC 3: Nature - Essays

CONTENTS

Introduction: This chapter will introduce the concept of the book, define key terms such as 'anthropomorphism' and 'species' and answer the following questions: Who are animals? What is yoga? And what do these two things have to do with each other?

Chapter 1: Matsyasana—Fish Can we let the gilled and finned into our hearts as gracefully as we open our chests in fish pose? In this chapter, the author applies her experience studying animal behavior to forge more meaningful and intimate connections with the resident of a freshwater aquarium in her own home.

Chapter 2: Garudasana—Eagle This chapter is a multi-species exploration of fertility of the body and the spirit. Comparing the author's own experience of on-going 'unexplained infertility' with the effect of DDT and other pesticides on raptor reproduction, it inspires the reader to surrender to life's uncertainty's with strength and grace.

Chapter 3: Kapotasana—Pigeon A seemingly simple encounter with a suburban mourning dove demonstrates how easy it can be to connect with another being. Animal encounters, like yoga poses, are for everyone when we open our minds to understanding these concepts in more accessible and diverse ways.

Chapter 4: Marjaryasana/Bitilasana—Cat/Cow This chapter will discuss the role of animals as vehicles of the gods, using Durga and her tiger vahana as an example. What can we, as humans, learn from the ways that deities, buddhas, and bodhisattvas encounter animals? This chapter also discusses an experience of potong sapi, or cow sacrifice, on Eid al-Adha in Indonesia as an invitation to thinking differently about ahimsa (non-harming) and our connection to animals through direct consumption.

Chapter 5: Tittibhasana—Firefly People cherish whimsical memories involving fireflies and warm July dusks, but what realities do these glowing beetles experience? While beautiful to the human eye, their lives are fraught with cannibalism, fatal trickery, and the struggles of an evolutionary arms race. The yoga pose is no summer picnic either!

Chapter 6: Bhujangasana—Serpent Venomous snakes are associated with gods and demons, simultaneously representing the best and worst of our human relationships with wildlife and nature. Meanwhile, the deceptively simple cobra pose can be as misunderstood by yoga students as snakes are by people across the world.

Chapter 7: Hanumanasana—Monkey Monkeys have a poor reputation in the mindfulness community; but, years of studying primatology and the lore and asana associated with Hanuman the Hindu monkey god have illuminated the positive ways in which we are not so different from our ‘wild’ fellow primates. This chapter urges readers to consider how ‘monkey mind’ might actually be a good thing.

Chapter 8: Vrschikasana—Scorpion This challenging pose and the sighting of a live scorpion elude the author, but she did wake up a room away from a squashed one in an Iban longhouse in Borneo. In the same way that the sting does not define the life of a scorpion, the ability to practice vrschikasana does not define a yogi.

Chapter 9: Makarasana—Crocodile This chapter asks the questions: Where is home? What does it feel like in the body? It does so by considering the reptilian behaviors and bodies of the crocodilian family and the adaptations they use to survive in their own complex and swampy homes.

Chapter 10: Utrasana—Camel

Chapter 11: Adho Mukha Svanasana—Dog What is the difference between downward facing dog and downward facing coyote? This chapter will examine our often taken-for-granted relationships with companion canines and the complete attitude shift that occurs when dogs decide to live on the edges of human existence instead of pampered inside our homes.

Chapter 12: Kurmasana—Turtle Turtles are about so much more than withdrawing into their shells. This chapter is an exploration of pratyahara (one of the eight limbs of yoga, defined as the withdrawal of the senses), and an ode to animals who literally are their own homes. What can we discover about these critters beyond their stereotypical portrayals in our society?

Chapter 13: Savasana—Corpse

Chapter 14: Conclusion—Mountain Pose

Chapter 15: Wild Asana Pose Sequence

TARGET CONSUMER

PRIMARY: Yoga students/teachers who wish to connect their practice to the natural world; animal-loving yogis; self-help, self-care, wellness, and ecology readers.

SECONDARY: Mid- to high-income women into wellness, animals, or environmental books.

TERTIARY: Readers of books by ecological writers like Aimee Nezhukumatathil and Sy Montgomery; gift-buyers for friends/family who love animals and/or yoga; readers of *Yoga Journal*, *Orion*, *Tricycle*, and *Mindful*.

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Stalking Wild Psoas/Koch, Liz/TR	9781623173159	5/7/19	North Atlantic Books	\$19.95/\$25.95	5.4k
Mirrors in the Earth/Suler, Asia/TR	9781623176914	6/28/22	North Atlantic Books	\$19.95/\$25.95	9.9k



Chapter 2 GARUDA—EAGLE

Do eagles struggle with infertility? They used to. In Rachel Carson's *Silent Spring* we learned that on the west coast of Florida in the late 1940s, a researcher named Charles Boyley observed a severe decline in the population of young bald eagles. A few years later, at Hawk Mountain in Pennsylvania, Maurice Brown observed the same trend—many more adult birds than juveniles migrating over this famous geographic bottleneck. Locations around the country reported similar results. Although eagles were nesting and laying eggs, eaglets were increasingly rare. Carson wrote that it was likely insecticide use that affected eagle reproduction, and subsequent studies confirmed it. Research on quail and pheasants revealed that the chemical compound nicknamed DDT (dichloro-diphenyl-trichloroethane) harmed the processes of egg production and embryo development and decreased hatching survival rates. Traces of the insecticide were found in the reproductive

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Wild Asana

It is Hanuman's fearless faith and devotion that give him the confidence to accomplish difficult tasks such as leaping across an ocean¹⁰ the way living monkeys leap across gaps in the forest canopy. The split, with legs reaching in opposite directions, is a unifying posture. It bridges, bringing two separate things together. The trick is that we are that to which we are devoted. Our monkey minds can help us recall our own divinity. But here's the best part: Hanuman forgets his divinity too. Although he is always praying for the strength and grace to achieve difficult things, he is fully capable of it all from the start.¹¹ How primate of him. And of us. So much forgetting and remembering. This is the practice. Hanuman is our guide. May you carry mountains of devotion always in your heart.

Practice "UNTAMING THE MIND MONKEYS" MEDITATION

Sit in a comfy spot with your spine nice and long. Root down into your seat with the groundedness of the terrestrial monkeys—the baboons and the macaques whose feet and hands touch the earth. Breathe in the grace of mindful and mischievous arboreal monkeys the world over—the spider monkeys and howlers

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Chapter 4 BIDALA/GO—CAT/COW

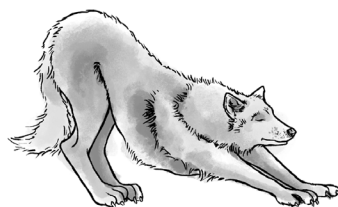
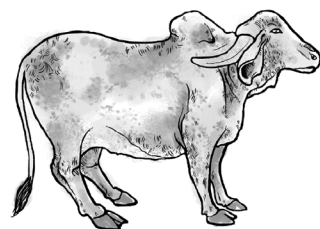
Inhale prey....

"Mau lihat?" ("Do you want to watch?")

My friends repeated this question in Indonesian until finally, anxious, I walked from the front porch over to the corral.

The human and beyond-human beings around me seemed stressed and excited, stimulated by an abundance of activity and new smells in the air. In the Islamic tradition, the Qur'an permits animal sacrifice on Eid al-Adha to commemorate Ibrahim's devotion to Allah and his willingness to sacrifice his son, Ismail. In Sulawesi, an island in the Indonesian archipelago, the holiday involves *potong sapi*, which literally translates as "cow cutting." Part of me wanted to observe this ritual that I knew was so important to my Muslim friends, but in the end, I averted my eyes.

Months later at the local university, as I sipped sweet coffee and waited for GIS 4, I noticed a potong sapi. I saw another person's laptop. I wanted to as a long panicker. A co chair, w "He



Chapter 11 SVANA—DOG

Don't worry. The (domestic) dog doesn't die in this chapter. I am not willing to accept that "my" dog, Meeko, will ever die. But many coyotes and wolves—also dogs—will, and did, and still do. Humans love certain dogs and despise others to a degree that howls hypocrisy. Relationships with our canine companions are often affectionate, yet they change dramatically when the dogs live on the edges of human existence instead of pampered inside our homes.

Ethologists Wolfgang Schleidt and Michael Shalter claimed that wolves domesticated us as much as we domesticated wolves,¹ during a process that began between ten and forty thousand years ago.² Whether or not this theory holds up in our ever-changing understanding of the topic, the idea of a reciprocal process, a mutual coevolution, resonates with me. Our ancestors were part of a multispecies becoming into what our relationship with canines is today, for better or worse. Pondering the object of the leash, only briefly, demonstrates how "domination, domestication, and love are deeply entangled" in the words of anthropologist Anna Tsing.³

We know of one famous wolf from his tangled encounter with St. Francis and the people of Gubbio, a small town in the Apennine Mountains of Italy. As the story goes, a wolf was causing problems for the town's residents, feeding on livestock, and sometimes attacking people. One night St. Francis traveled to the edge of the forest to confront the wolf, who immediately approached with teeth bared and hackles raised. When St. Francis held up his hand, the wolf froze and lay down at his feet. St. Francis could see that the wolf was hungry and just as scared as the townspeople. He arranged

Deconstructing the Fitness-Industrial Complex

How to Resist, Disrupt, and Reclaim What It Means to Be Fit in American Culture

EDITED BY JUSTICE ROE WILLIAMS, ROC ROCHAN, AND LAWRENCE KOVAL

Perspectives from QTBIPOC, fat, and disabled trainers, bodyworkers, and coaches on reimagining fitness for all bodies.

For readers of *Belly of the Beast*, *Care Work*, and *The Body is Not an Apology*

Fit is subjective. Who our society designates as fit—and who gets to be fit in our society—is predefined by the coaches, gyms, and systems at large that uphold and reproduce the Fitness Industrial Complex for their own structural and material gain.

The Fitness Industrial Complex uplifts some bodies while denigrating others. Bodies that are Black, Brown, queer, trans, poor, fat, and disabled—bodies that don't conform, that resist and disrupt—are excluded from being "fit." Through the stories and experiences of activist trainers, coaches, and bodyworkers of diverse identities and experiences, this anthology interrogates:

- The ideas and beliefs we've internalized about health, fitness, and our own and others' bodies
- How to deconstruct and re-envision fitness as a practice for all bodies
- The fitness industry's role in upholding and reinforcing oppression
- Exclusivity, unsafety, and harm in mainstream fitness spaces
- How to empower ourselves and our communities to push back against the FIC

Speaking directly to sick, queer, trans, disabled, and BIPOC readers, *Deconstructing the Fitness Industrial Complex* is part urgent inquiry, part radical deconstruction, and part call to action: to build spaces that welcome and work for all; to reclaim movement as a vital and liberatory practice; and to embody a model of joy and community care outside the mainstream fitness culture.

FOR READERS EXCLUDED FROM FITNESS CULTURE: Speaks directly to the needs and experiences of disabled, sick, queer, trans, fat, and BIPOC readers who have been excluded from or denigrated in mainstream gyms and fitness spaces.

RESISTS, DISRUPTS, AND DREAMS A BETTER FUTURE: Gives readers the tools to organize, find community, and build joyful movement spaces.

BODY- AND IDENTITY-AFFIRMING: Moves beyond "body-positive" toward a frame of empowerment and unconditional acceptance with teeth.

WHAT READERS ARE ASKING FOR: Readers are hungry for inclusive content that challenges wellness capitalism and centers their bodies, identities, and experiences.

GROWING PLATFORM: Justice Roe Williams' Fitness4AllBodies platform is expanding, with frequent talks and events like the Deconstructing Fitness Culture Cohort and courses for fitness professionals.

TOPIC IN DEMAND: This is the first book to propose alternative options and focus on how the FIC affects trans, BIPOC, disabled, and fat folks.

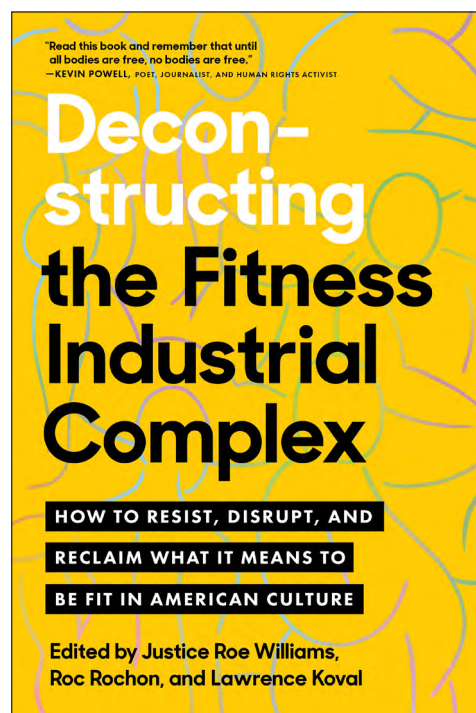
MEDIA-WORTHY: Timely, relevant, newsworthy, and controversial in its disruption of a mainstream paradigm.

AUTHOR BIO

JUSTICE ROE WILLIAMS (he/him) is a Certified Personal Trainer; founder of The Queer Gym Pop Up and BodyImage4Justice; ED of Fitness4AllBodies; and a trans, body-positive activist who works with people of all backgrounds to address and dismantle toxic masculinity. He's been featured in *Refinery29*, *Good Housekeeping*, *NPR*, *Pink News*, and more.

ROC ROCHAN (they/them) is a trans masculine educator and doctoral student in the Department of Sport Management at FSU focusing on physical culture and the active body. They founded Rooted Resistance and served as the Director of Educational Leadership for GO! Athletes.

LAWRENCE KOVAL (they/he) is a movement instructor, writer, and analyst. His work is greatly informed through the lens of his own identity and experience: white, nonbinary, trans masculine, autistic, ADHD, and more.



ON SALE 5/2/2023

RIGHTS: WORLD

TR: 9781623177270 / \$17.95/\$23.95

Page Count: 240 Trim Size: 6 x 9

BISAC 1: Health & Fitness - LGBTQ+ Health

BISAC 2: Social Science - Biracial & Multiracial Studies

BISAC 3: Sports & Recreation - Essays

CONTENTS

SECTION 1: Ideology: The Ideas & Beliefs We Have Framed and Formed about our Bodies & Other Bodies

1. The Personal is Political: Defining the Fitness Industrial Complex by Justice Williams
2. Voices and Visions by Lawrence Koval
3. My Body, Anarchy by M Camellia

SECTION 2: Personal Experiences with Others and Institutions

4. Dismantling the Master's Home Gym by Courtney Marshall
5. At the Intersection by Teresa Ellis

SECTION 3: How We Empowered Ourselves to Move Forward

6. Weightlifting as a Tool for Embodiment by Asher Freeman
7. Gender as Movement by Beck Beverage
8. You Are Enough: Turning Trauma into Triumph by Kanoelani Patterson
9. To Take Up Space Is to Take it Back, by Joy Cox
10. Moving from Allyship to Solidarity by Rebby Kern

TARGET CONSUMER

PRIMARY: Readers who don't feel at home in normative gym spaces/mainstream fitness culture: Trans, queer, NB, disabled, fat, chronically ill and/or BIPOC readers interested in fitness and physical health.

SECONDARY: Gym owners/fitness industry folks who want to make their spaces more safe, accessible, and inclusive.

ACADEMIC: Society, culture, queer studies, disability studies.

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Belly of the Beast/Harrison, Da'shaun L.../TR	9781623175979	8/10/21	North Atlantic Books	\$14.95/\$19.95	13.2k
A Queer Dharma/Ballard, Jacoby/TR	9781623176518	11/23/21	North Atlantic Books	\$17.95/\$23.95	4.4k
Fat Girls in Black Bodies/Cox, Joy Arlene Rene.../TR	9781623174996	9/29/20	North Atlantic Books	\$16.95/\$22.95	3.0k
We've Been Too Patient/Green, L. D./TR	9781623173616	7/9/19	North Atlantic Books	\$17.95/\$23.95	3.1k

A teal-colored mandala with a complex, symmetrical geometric pattern of interlocking shapes, creating a star-like or floral effect. The pattern is centered on the page and fills the background.

Self-Help

How to Hold Power

A Somatic Approach to Becoming a Leader People Love and Respect

30+ embodiment practices to empower your team and lead with intention

PAVINI MORAY, PHD

Essential skills for today's leaders: learn how to embody your ethics, earn your team's trust, and dismantle toxic work culture

Leaders and managers everywhere are learning the importance of creating safe, satisfying workplaces rooted in principles of social justice. But many of us who try to lead with ethics and integrity struggle with embracing a position of power and authority. You might worry about "being bossy," unintentionally disrespecting others, or making the wrong call—and in the process, put your mind and body under so much stress that you burn out.

Somatic educator and coach Pavini Moray argues that the secret to being an ethical, inspirational boss is rooted in our own bodies. In more than 30 simple exercises, reflections, and daily practices, you'll learn how to:

- Nurture trust with clients and coworkers
- Ground and re-center when you're thrown off by a mistake or problem
- Soothe the "Ouch!" of negative feedback
- Break away from grind and hustle culture
- Turn workplace conflict into a source of positive change and growth
- Help your employees voice their own needs and feel heard
- Understand the nuances of consent beyond contract negotiations
- Gracefully acknowledge mistakes
- Repair relationships with employees, colleagues, and clients

Drawing from client case studies and their own experience as a manager, Moray teaches foundational embodiment practices—breath, grounding, observing, centering, and moving—through concrete examples that show how to use these skills in a variety of common workplace settings. By learning to practice embodied leadership presence, you can become a boss who truly listens to your employees; leads with inspiration; and brings your whole self to work every day.

FOR VALUES-BASED BOSSES looking to lead with people-first, social-justice-informed practices.

THE ANTI-GRIND BOSS: Recognizes that organizations are made up of people, and that people need to be taken care of for an organization to thrive; no "hard-core" undertones.

INCLUSIVE, QUEER-FRIENDLY LENS: Informed by the author's professional expertise and lived experience as a queer, trans, fat, nonbinary founder.

INCLUDES 30+ EXERCISES and practical skill-building opportunities for leaders (like "practice moments").

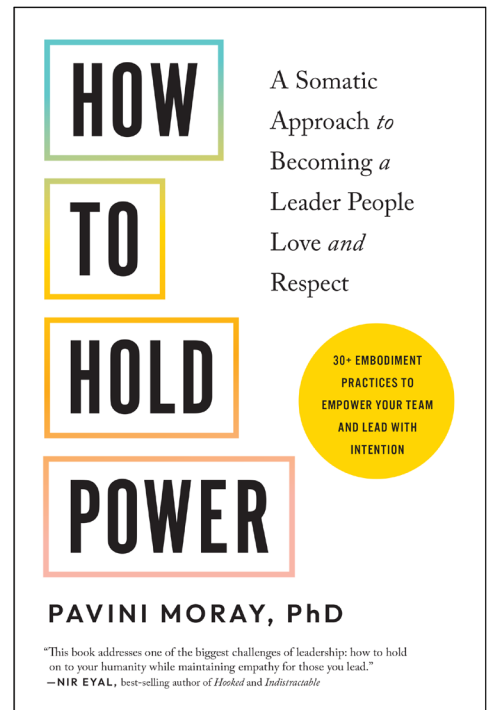
EQUIPS LEADERS WITH NECESSARY SKILLS that are required to succeed, grow, and be respected (even beloved) within their organizations.

NOT YOUR 1990's LEADERSHIP READ: What it means to be a good leader has evolved—and this book reflects the times.

EMBODIMENT: Centers the idea that good leadership starts with the body and shows you how to ground yourself, react to situations, and reflect on what to do next from an aware and embodied place.

AUTHOR BIO

PAVINI MORAY has started, succeeded, and failed at many businesses. These experiences of success and failure have shaped them into a leader who aims to work in service, meeting students and co-workers where they are. As a serial entrepreneur, they have built private practices, a worker collective, and a for-profit company. Their leadership ability, along with thirty years of experience as a Montessori educator, have honed their skills in creating accessible pathways to learning. Moray is also a somatic coach, specializing in sex and relationships and helping partners find their way to harmony. They have developed pedagogy and methodology for embodied relationships, teaching hundreds of students how to lead and learn through embodiment and engagement. Their identity as a queer, trans, non-binary founder gives them insight into the practices of Outsider Culture and accessibility. Moray holds an M.Ed in Curriculum and Design, as well as a PhD in Somatic Psychology.



ON SALE 10/10/2023
RIGHTS: WORLD
TR: 9781623179243 / \$19.95/\$25.95
Page Count: 240 Trim Size: 6 x 9

BISAC 1: Business & Economics - Leadership
BISAC 2: Self-Help - Communication & Social Skills
BISAC 3: Health & Fitness - Work-Related Health

CONTENTS

PART I — INHABITING YOUR SOMATIC SELF

- Chapter 1 You Have a Body!
- Chapter 2 Living in Your Body
- Chapter 3 Muscle Contractions
- Chapter 4 Foundational Embodiment Skills

PART II — EMBODIED LEADERSHIP IN ACTION

- Chapter 5 Inhabit Your Power!
- Chapter 6 Embodying Your Leadership
- Chapter 7 Trauma and Triggers
- Chapter 8 Somatic Boundaries
- Chapter 9 Consent—The Secret to Being a Leader
- Chapter 10 Developing Your Listening Superpower
- Chapter 11 Navigating Conflict
- Chapter 12 Putting It All Together

TARGET CONSUMER

PRIMARY: Progressive bosses and leaders who want to create safe, people-first work environments for their staff (while also being at the top of their game). New managers who need guidance on translating their values into effective leadership practices. Anti-grind/hustle-culture bosses.

SECONDARY: Management/staff coaches and HR leaders who advise employees on best practices and want to be up to date with emerging leadership trends.

TERTIARY: Aspiring leaders.

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Four Pivots/Ginwright, Shawn A..../TR	9781623175429	1/25/22	North Atlantic Books	\$17.95/\$23.95	27.5k

Excerpt from *How to Hold Power*

“Becoming embodied means starting to listen to your body, which is essential for building trust with your body. This will enable you to have more compassion for the experiences and needs of others. In addition, your employees will trust your decisions more because they observe your groundedness and self-care. A well-rested, well-fed, hydrated boss who moves their body is more resilient, more patient, and more in tune with others.

The skills that got you into leadership are not necessarily the same skills that make you an excellent leader. In order to get where you are, you have likely had to hustle and grind, stay focused and exert effort. And it may be surprising to learn that hustling and grinding are not necessary skills for embodied leadership. Embodied leaders are not urgent. They are present. Your nervous system is guiding everyone you lead. Take note: *they will respond to how you are more than to what you say.*”

The Grieving Therapist

Caring for Yourself and Your Clients When It Feels Like the End of the World

LARISA A. GARSKI, LMFT & JUSTINE MASTIN, LMFT

For readers of *No Cure for Being Human* and *Simple Self-Care for Therapists*, a witty and compassionate field guide to the 10 realms of grief—and how to navigate them yourself and with clients.

How do you practice good therapy when it's the end of the world as we know it . . . and no one feels fine?

The planet is burning, friends and family are falling to cults and QAnon, and we're all living through the collective trauma of a global pandemic. Among therapists and healers, burnout is rampant; hopelessness and despair are, too. In *The Grieving Therapist*, psychotherapists Larisa Garski, LMFT, and Justine Mastin, LMFT, give voice to the difficulties of therapising in today's world—and offer a grief-informed framework for taking care of yourself as you take care of others.

Informed by narrative, internal family systems, fanfic, and trauma-sensitive therapy, Garski and Mastin examine what it means to be a therapist at the end of the world (or what feels like it). They break down 10 realms of grief that are critical to understand and work with today, but likely weren't taught to you in therapy school. Each chapter includes:

- Grieving tools that can be adapted for both client and therapist
- Tips for supervisors and supervisees
- Skills for maintaining healthy outside-the-office relationships
- Support for current therapy students (and therapists new to the field)
- Advice on how to hold space and work with clients who have the same questions—and are navigating the same issues—as you
- Meditations on love, life, death, and connection

Garski and Mastin also share helpful guidance around working with clients whose social or political beliefs differ from yours; when therapeutic self-disclosure makes sense; honoring the information that countertransference is trying to give you; and how to sit with (or step away from) triggers in your work.

With humor, compassion, irreverence, and more than a little whimsy, *The Grieving Therapist* shows you how to show up for yourself, and your clients—in your own full humanity, amidst it all.

FOR PROGRESSIVE THERAPISTS: Helps therapists navigate issues like climate change, loved ones falling prey to right-wing conspiracies, and chosen family—timely topics that clients and therapists alike struggle with today. Explicitly progressive lens.

GRIEF TOOLS, URGENT AND UPDATED: Most manuals that deal with grief focus on helping clients navigate the death of a loved one—they're behind the times on helping clients navigate the existential threats of climate change and collapse. This is the manual therapists need today.

FOR THE CLIENT, FOR THE THERAPIST: Centers and acknowledges that the issues clients are bringing into session overlap with the issues affecting therapists, too. Readers will feel seen, validated, and supported.

PRACTICAL TOOLS that help therapists evaluate the degree of their countertransference, how to work with clients with diverging social or political beliefs, and how to sit with (or step away from) triggers in their work.

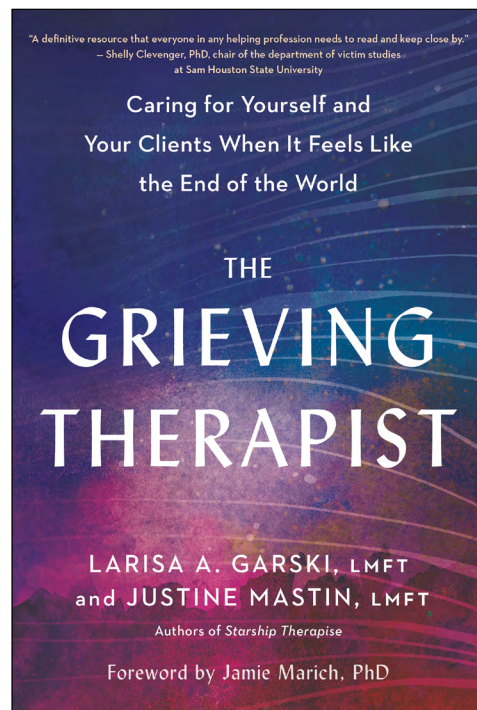
APPROACHABLE (SOMETIMES IRREVERENT) TONE: Covers serious issues with dashes of humor and levity. Reminds readers that there are still spots of brightness, joy, and even silliness amid the stresses and tragedies of everyday 21st-century life.

TEN REALMS OF GRIEF: Introduces the ten realms of grief, which are inclusive of planetary/ecological grief, pandemic grief, spirituality and meaning-making, and more.

INCLUSIVE AND QUEER-FRIENDLY: Gives just as much weight to chosen family as family of origin. Antiracist and intersectional approach.

AUTHOR BIOS

JUSTINE MASTIN, MA, LMFT, LADC, E-RYT 200, YACEP is the owner and founder of Blue Box Counseling; creator of YogaQuest, an organization that blends narratives with yoga and mindfulness; and co-host of the Dark Side of the Mat podcast. Mastin serves as an adjunct instructor at St. Mary's University of Minnesota in the MFT Master's program. **LARISA A. GARSKI, MA, LMFT**, is a psychotherapist and Chief of Clinical Staff at Empowered Therapy in Chicago, IL. Garski is an AAMFT-approved supervisor. Find her at www.empoweredtherapy.org. Both authors specialize in working with clients who identify as being outside the mainstream, like those in the geek, secular, and LGBTQIA+ communities. They co-authored *Starship Therapise* and co-host the podcast *Starship Therapise*.



ON SALE 7/25/2023

RIGHTS: WORLD

TR: 9781623178451 / \$17.95/\$23.95

Page Count: 256 Trim Size: 6 x 9

BISAC 1: Psychology - Grief & Loss

BISAC 2: Self-Help - Death, Grief, Bereavement

BISAC 3: Psychology - Emotions

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 Chapter 1. The Realm of Our Plague
 Chapter 2. The Realm of Our Health
 Chapter 3. The Realm of Our Earth
 Chapter 4. The Realm of Our Origins
 Chapter 5. The Realm of Our Kin
 Chapter 6. The Realm of Our Republic
 Chapter 7. The Realm of Our Faith
 Chapter 8. The Realm of Our Crisis
 Chapter 9. The Realm of Our Industry
 Chapter 10. The Realm of Our Meaning
 Grieving Supports
 Acknowledgments
 Notes
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 About the Authors

TARGET CONSUMER

PRIMARY: Younger, social-justice-informed, progressive therapists at the LMFT-, LCSW-, or MA-level. Queer- or queer-friendly, antiracist, feminist. Open to approaching serious topics with humor.

SECONDARY: Healers in client-facing roles with a progressive, intersectional, social-justice-informed worldview.

TERTIARY: Anxious, progressive self-help readers with a sardonic sense of humor and/or an interest in fanfic, narrative therapy, or trauma-informed approaches to managing and mitigating grief and climate anxiety.

Author's Similar Titles	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Starship Therapise/Garski, Lmft, Larisa.../TR	9781623175641	5/4/21	North Atlantic Books	\$19.95/\$25.95	1.7k
Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Grief on the Front Lines/Jones, Rachel/TR	9781623176402	5/17/22	North Atlantic Books	\$19.95/\$25.95	1.7k
Healing Power of Storytelling/Brewster, Annie, MD/TR	9781623176693	2/1/22	North Atlantic Books	\$17.95/\$23.95	3.2k
Wild Edge of Sorrow/Weller, Francis/TR	9781583949764	9/15/15	North Atlantic Books	\$15.95/\$21.95	85.6k

The Language of Breath

Discover Better Emotional and Physical Health through Breathing and Self-Awareness

With 20 holistic breathwork practices

JESSE COOMER

For fans of James Nestor and Wim Hof who want to go deeper—
20+ science-backed breathing practices to boost your energy, unlock
your mind-body connection, and heal from chronic stress

Breathwork expert Jesse Coomer reveals how to breathe our way to better health, increased vitality, and mental clarity by unlocking *The Language of Breath*.

Using powerful, proven breathwork exercises, Coomer delivers a new paradigm to the world of breathwork: one that reconnects us to our innate mind-body wisdom and bridges the evolutionary disconnect between our bodies, brains, and the stressors of modern-day life.

By engaging with our breath as a language that we can listen to and learn, we can:

- Combat the dysregulation, disconnection, and stressors of our always-on, hamster-wheel culture
- Learn why contorting our natural sleep, wake, and eating cycles to fit modern-day schedules is making us sick
- Use breathwork to reset and reclaim our natural agency and innate wisdom
- Guard against the physical effects of overwork and chronic stress

With practical exercises and simple techniques, this book provides a step-by-step approach to using breath as a tool for self-discovery and transformation. From overcoming stress and anxiety to managing chronic illness, *The Language of Breath* is a must-read for anyone seeking to harness the power of their own breath to live a healthier, happier life.

FOR READERS OF: *Breathwork* and *Essential Pranayama*; for fans of James Nestor and Patrick McKeown.

SCIENCE-BACKED AND PRACTICAL: Unlike many other breathwork books, Coomer turns to science rather than mystical, spirituality-centered systems to back up his claims.

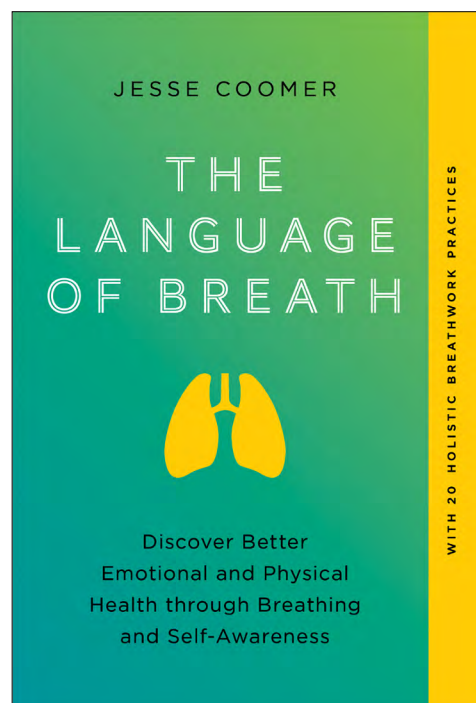
FOCUSED ON INDIVIDUATION: Coomer presents readers with options and tools to select which techniques best suit the needs of their unique bodies and nervous systems.

ESTABLISHED AUTHOR AND PLATFORM: Coomer's previous book, self-published, has sold 8k+ copies in all formats since September 2020. His platform is growing both online and offline through his courses, his video content, and his speaking engagements.

GROWING INTEREST: People are becoming increasingly interested in new healing methods to understand and address their chronic health issues.

AUTHOR BIO

JESSE COOMER is one of the foremost voices in the world of breathwork today. In 2009, he began a life transformation mission that led him to discover how our physiology and psychology often conflicts with the modern world and each other. In 2020, after studying with neuroscientists and breathworkers from various traditions, Coomer released his first book on breathwork, *A Practical Guide to Breathwork*, which offered the world a clear and concise understanding of how human physiology and breathing are interconnected. His book has sold thousands of copies all around the world and is one of the most recommended books on the topic of breathwork. Today, Coomer is a Human Performance Specialist, Breathworker, and renowned speaker in the field of Breathwork. He trains athletes, CEOs, first responders, military, and everyday people who seek to optimize their performance, reduce their anxiety levels, and live a healthier life.



ON SALE 10/24/2023

RIGHTS: WORLD

TR: 9781623179366 / \$19.95/\$25.95

Page Count: 240 Trim Size: 6 x 9

Illustrations: 10 BLACK AND WHITE ILLUSTRATIONS

BISAC 1: Self-Help - Self-Management - Stress Management

BISAC 2: Health & Fitness - Alternative Therapies

BISAC 3: Self-Help - Emotions

CONTENTS

- Chapter 1. Misconceptions Lead to Disconnections
- Chapter 2. Action Is the Strategy
- Chapter 3. The Language of Breath
- Chapter 4. Learn to Hear the Voice of Your Unconscious-Self
- Chapter 5. The Rosetta Stone of The Language of Breath
- Chapter 6. Your First Words
- Chapter 7. Learn Breath Mechanics
- Chapter 8. Active Listening
- Chapter 9. Building a Vocabulary For Every Occasion
- Chapter 10. Love Your Nose
- Chapter 11. Team Building
- Chapter 12. Superventilation, Circular Breathing, Hypocapnia, and Bliss
- Chapter 13. Connecting To Emotions
- Chapter 14. Use the Language of Breath to Take Positive Actions

TARGET CONSUMER

PRIMARY: Readers who experience depression, anxiety, and other issues related to dysregulated stress responses. Fans of Wim Hof and James Nestor. Biohackers.

SECONDARY: People interested in breathwork who have been turned off by the mystical or pseudo-spiritual approaches. Looking for a science-backed approach.

TERTIARY: Bodyworkers, somatic practitioners, and others who are interested in learning more about breathwork and how that can be incorporated into a daily practice.

ANCILLARY: Mental and physical health professionals interested in new, alternative healing approaches.

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Slowing Down to Run Faster/Yu, Edward/TR	9781623174903	6/30/20	North Atlantic Books	\$23.95/\$31.95	1.3k
Moving from the Inside Out/McLennan, Lesley/TR	9781623175085	7/28/20	North Atlantic Books	\$21.95/\$28.95	1.6k
American Detox/Kelly, Kerri/TR	9781623177249	6/7/22	North Atlantic Books	\$18.95/\$24.95	6.9k
Body Aware/Hornthal, Erica/TR	9781623176891	8/9/22	North Atlantic Books	\$17.95/\$23.95	2.6k

Excerpt from *The Language of Breath*

“Most people approach breathwork in the old paradigm. They ask, ‘What is a technique for xyz problem?’ They are searching for a code to input into their machine to get the machine to do the thing they want it to do—commands for their flesh robot. This is like learning to speak without planning to hear a reply.

Another thing that people will do is learn a breathing technique (again, for a specified list of benefits that they expect to plug into their flesh robot) and never practice it. Then one day, when they feel overwhelmed and flush with anxiety, they will try that breathwork technique they learned that is supposed to be good for this kind of thing. Again, results will be limited. Breathwork is not a code for your robot. It is a language. Like any language, it is full of nuance and takes patience and practice.

At first, it might sound like gibberish, but in time, you’ll understand what your unconscious-self is trying to say.”

Creating Stillness

Mindful Art Practices and Stories for Navigating Anxiety, Stress, and Fear

RACHEL ROSE

Discover the healing power of expressive arts with this hands-on guide to using creative mindfulness to reduce stress, find presence, and unlock self-knowledge

Expressive arts educator Rachel Rose weaves together mindfulness practice and art therapy to demonstrate how tapping into your own innate creativity can help you find peace in a stressful world

This self-directed guide teaches ten key principles of mindfulness through ten creative invitations, along with a series of simple exercises and guided prompts to help you start noticing and flexing your creative mindfulness muscles:

- Anchoring your practice with ritual
- Setting intentions
- Honoring your impulses
- Trusting the process
- Non-striving
- Letting go

Requiring no prior experience of the arts or mindfulness meditation, *Creating Stillness* provides tools to explore difficult emotions and find insight into personal struggles and traumatic wounds.

In each chapter, Rose draws from her personal experience as a teacher and facilitator of creative mindfulness to share stories and examples that help ground exercises like sketching, creative writing prompts, and more.

Rose carefully walks through the process each time, explaining how to set intention and arrive in the present moment before embarking on your mindful art session; how to use objects and thoughts as creative prompts; how to return your attention to your work as you move forward; and how to distill the wisdom you have found in the process.

For seasoned artists, creative mindfulness offers a chance to slow down and rediscover the transformative power that art can offer when it is detached from the need to produce something beautiful or useful. For those coming to expressive arts with existing mindfulness practices or engaged in a therapeutic process, a mindful arts practice may reveal a passion for creation you didn't know existed. And for everyone, creative mindfulness can help us make sense of our feelings and find new ways of expressing ourselves—in art and in life.

FOR THE MINDFUL LAY AUDIENCE: Rose writes to those who might approach expressive arts as clients. She hopes to eliminate jargon and barriers to entry while still explaining the benefits of the practice from a psychological perspective.

MINDFUL ART FOR ADULTS: Not a coloring book, and not a book about raising mindful and creative children—fills a gap in the market for adult consumers who want to thoughtfully and artistically engage with their mental and emotional worlds beyond mandala coloring and doodle journals.

INCREASED INTEREST IN ART THERAPY FOR MENTAL HEALTH: As talk therapy is becoming more accepted in the mainstream, so too are other forms of mental health that rely on embodiment and expression.

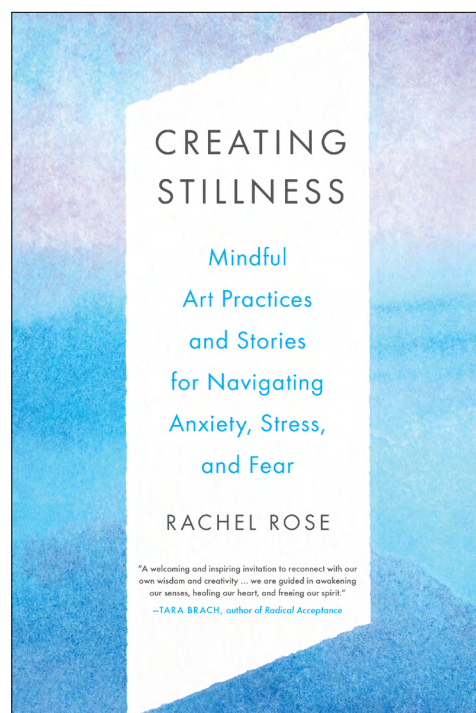
AUTHOR PLATFORM: Through her site, The Workshop Muse, Rose has garnered several fans and followers who pay for her video content and classes.

ANTI-HUSTLE CULTURE: Reinforces that art doesn't need to be commodified or perfected to be of value, contrary to what Instagram and influencer culture might tell us. Rose champions the idea that art can be done for the sake of creation, expression, and passion, and that nothing needs to be perfected, because the process itself can be healing and illuminating.

EXERCISES ARE PRACTICAL AND OPEN-ENDED: Each chapter includes an activity that the author demonstrates through images and a story, and then elaborates on with modifications and riffs. These artistic prompts come along with reflective questions so the reader can relate their creative processes to their emotional processes. The author emphasizes that all activities in the book can be done with any medium over any timeline, and frequently reminds the reader that her examples are only meant to be inspirations and suggestions.

AUTHOR BIO

RACHEL ROSE is an educator, writer, and contemplative artist fusing mindfulness practices with the creative arts. She holds a Masters in Adult Education with a focus on Arts Based Research and transformative learning and is a Registered Expressive Arts Consultant/Educator with the International Expressive Art Therapy Association. Through her education portal Workshop Muse, Rose has created both a beacon and home for people to come to learn about creative knowing, as well as how to practice creative mindfulness in their own lives. She continues to champion and explore these concepts in her workshops, writing, and as she shares with intimacy about how her own creative practice brings her awareness and insight. Her favorite tools for creation are textiles, paper, the natural world, and words. Rachel makes her home on the traditional territories of the people of the Treaty 7 region in Calgary, Alberta. Learn more at www.workshopmuse.com.



ON SALE 3/7/2023**RIGHTS: WORLD****TR: 9781623177591 / \$17.95/\$23.95****Page Count: 256 Trim Size: 6 x 9****Illustrations: 10 B&W PHOTOS****BISAC 1: Self-Help - Emotions****BISAC 2: Self-Help - Creativity****BISAC 3: Art - Techniques - General****CONTENTS****PART I: The Shape of Knowing**

1. The Impulse to Create
2. The Language of Expression
3. Creative Mindfulness
4. Living a Creative Life

PART II: Meditations and Creative Invitations

5. Transition, Change, and the Unexpected
6. The Root of Exhaustion
7. Straddling the In-Between
8. In the Fog of Anxiety
9. The Need to Be Useful
10. Welcoming Fear
11. Our Elusive Inner Worlds
12. The Impermanent Permanent
13. Surrendering Control and Beginner's Mind
14. Letting Go of Attachment
15. Knowing Life Through Art

TARGET CONSUMER

PRIMARY: Readers with mindful art practices—adult coloring books, meditative art—looking for new resources to wind down and recenter. Have time to dedicate to an expressive arts practice; may be retirees.

SECONDARY: Mental health readers looking for new ways to navigate difficult emotions or self-express amid uncertainty, distress, or emotional tumult.

TERTIARY: Creatives and art-minded readers with existing artistic practices. Expressive arts therapists. Students, professionals who need an outlet to process or release stress and difficult emotions who may not identify as mental health readers—may see themselves as more artsy/expressive than seeking self-help. Would buy a guided journal with meditative reflection prompts, but not necessarily a book on anxiety or depression.

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Healing Trauma W/ Guided Draw/Elbrecht, Cornelia/TR	9781623172763	12/4/18	North Atlantic Books	\$29.95/\$39.95	9.5k
Healing Power of Storytelling/Brewster, Annie, MD/TR	9781623176693	2/1/22	North Atlantic Books	\$17.95/\$23.95	2.9k
Reclaiming Calliope/Krucker, Fides/TR	9781623177065	8/2/22	North Atlantic Books	\$19.95/\$25.95	741
Ensemble!/Katzman, Jeff M.D./TR	9781623176297	6/1/21	North Atlantic Books	\$16.95/\$22.95	768

The Practice of Belonging

Six Lessons from Vibrant Communities to Combat Loneliness, Foster Diversity, and Cultivate Caring Relationships

LISA KENTGEN, PhD

An inspirational guide to the 6 core qualities of healthy communities, for anyone looking to build community as a source of connection and a vehicle for social change

After two years meeting with different communities in the US, psychologist Lisa Kentgen identified 6 key traits of vibrant, healthy communities that we can all apply to our own lives and networks:

- Commitment to care
- Acceptance
- Diversity
- Skillful conflict resolution
- Bonding rituals
- Hospitality

Each chapter focuses on one of these traits, highlighting a particular community as a case study of how it can be put into practice. You'll learn about a wide range of successful community models, including a tiny-home village for people who had been chronically houseless in Austin, Texas; a study circle to build connection between Native and non-Native people in a small town in South Dakota; a 500-member community choir in Columbus, Ohio; and a Buddhist center in Barre, Massachusetts committed to bringing greater diversity to the Dharma.

Throughout the book, you'll reflect: How can we cultivate these traits of vibrant community in our own lives? What would it look like to prioritize caring and acceptance in our interactions with others? How can we create a climate of true inclusivity, one where our differences both challenge and strengthen us? How can we learn to feel more comfortable with tension and acquire the skills to move through conflict toward creative solutions? What would happen if we incorporated meaningful rituals into our communities and made a point of celebrating each other?

With intention and practice, we can transform our social relationships and build communities that appreciate difference, encourage authentic expression, and foster an environment of belonging and mutual care. This book will inspire you to make the transformative leap from "me" to "we," creating communal, loving spaces in which to connect—and thrive—together.

FOR OPTIMISTS, CHANGEMAKERS, AND DOERS: Speaks to an audience of dreamers, builders, and community-minded readers who want to connect and thrive in supportive, real-life social networks.

EVERGREEN TOPIC: We're in a digital age where getting in touch is easy but getting connected is hard. People long for belonging yet find breaking out of habitual relationships or into existing gatherings more and more difficult.

REAL CONNECTIONS: The more globalized society becomes—and the more we have to distance and isolate ourselves, whether because of natural disaster or capitalism—the more we'll long for community and togetherness.

STORIES AND LESSONS: From the different communities Kentgen profiles.

MORE THAN A TRENDY BOOK ABOUT THE BENEFITS OF COMMUNITY: Unlike other comps, this book uses real examples and highlights the experiences of people in community, including how they navigate struggles and mediate conflict. The author does not provide a utopian view of community but rather shows how community takes effort and also is a whole greater than the sum of its parts.

DEDICATED, EXPERT AUTHOR: Kentgen is dedicating the rest of her career to the study of belonging. In a recent conversation we had, she described how many of her clients tell her that they have meaningful intimate relationships but still feel a hollowness from not having a larger network—not friendships or partnerships, but a large supportive entity that they know exists on a larger scale.

AUTHENTIC COMMUNITY: Kentgen expands on her previous work on authenticity to explore how an individual's authentic expression can still thrive in a community setting—and how a community is most successful when it allows authenticity to thrive.

AUTHOR BIO

LISA KENTGEN is a psychologist with over three decades' experience as a clinician, educator, and speaker. She is the author of *An Intentional Life: Five Foundations of Authenticity and Purpose*. Dr. Kentgen has published scientific articles on the development of conscious awareness, biological correlates of depression and anxiety, and identifying emotional difficulties in children. She believes that creating vibrant communities is the path forward through the unprecedented social, psychological, and existential crises we face. Read more about her at www.drlisakentgen.com.

the practice of belonging

six lessons from vibrant communities to combat loneliness, foster diversity, and cultivate caring relationships

lisa kentgen, ph.d.

ON SALE 4/4/2023

RIGHTS: WORLD

TR: 9781623177638 / \$17.95/\$23.95

Page Count: 208 Trim Size: 6 x 9

BISAC 1: Family & Relationships - Friendship

BISAC 2: Self-Help - Communication & Social Skills

BISAC 3: Self-Help - Motivational & Inspirational

CONTENTS

Introduction: A Crisis in Belonging

Chapter 1. A Revolution of the Heart

Chapter 2. A Common Commitment to Care

Chapter 3. The Vulnerable Help Us Shed Our Masks

Chapter 4. Inclusion Is a Spiritual Practice

Chapter 5. Transforming Tension into Possibility

Chapter 6. Ritual Connects and Points Beyond

Chapter 7. This Being Human Is a Guest House

Chapter 8. Vibrant Community Is Ever Evolving

TARGET CONSUMER

PRIMARY: Motivated, change-minded, and proactive readers looking for concrete ways to build and nurture community. Have time and community resources. Creative, community-minded optimists and dreamers.

SECONDARY: Readers of aspirational books like *The More Beautiful World Our Hearts Know Is Possible*, *The Nurture Effect*, and *The Neighborhood Project*; earnest social idealists invested in prosocial values.

TERTIARY: Faith-based communities/spiritual seekers/intentional community folks looking to learn new strategies for creating and maintaining happy, fulfilling communities.

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Radical Wholeness/Shepherd, Philip/TR	9781623171773	11/21/17	North Atlantic Books	\$17.95/\$23.95	6.6k
Joyous Resilience/Sherin, Anjali/TR	9781623174231	1/26/21	North Atlantic Books	\$19.95/\$25.95	1.5k
Ensemble!/Katzman, Jeff M.D./TR	9781623176297	6/1/21	North Atlantic Books	\$16.95/\$22.95	768
Critical Hope/Grain, Phd., Kari/TR	9781623176372	5/3/22	North Atlantic Books	\$18.95/\$24.95	1.4k

The Mind-Body Guide to the Twelve Steps

Finding Joy, Sensuality, and Pleasure in Recovery

Integrative spiritual and somatic practices for healing from trauma and addiction

NINA PICK

A trauma-sensitive companion to the Twelve Steps: body-based exercises for deepening your recovery, expanding your spiritual practice, preventing relapse, and understanding the root of your addiction.

For readers of *In the Realm of Hungry Ghosts* and *Trauma and the 12 Steps*

Considering addiction through a trauma-informed lens, *The Mind-Body Guide to the Twelve Steps* offers an accessible, lyrical, and practical guide to Twelve Step recovery that emphasizes self-compassion, relationship, embodied awareness, and ecological connection.

Whether you're suffering from an active addiction, seeking freedom from self-limiting behaviors, or hoping to establish or grow your spiritual practice, this innovative guide offers a holistic roadmap to navigating the journey of recovery.

Somatic and spiritual counselor, educator, and writer Nina Pick shows how addiction is rooted in survival strategies that protect us from overwhelmingly painful experiences.

Pick draws on attachment theory, polyvagal theory, somatics, mindfulness, trauma therapy, Jewish and integrative spirituality, and her own long-time experience in recovery to expand the Twelve Step practice beyond the conventional cognitive approach into one of "soul recovery"—a profound and sensuously embodied spiritual path.

With reflections and practices designed to complement the literature and tools offered by your specific Twelve Step program, *The Mind-Body Guide to the Twelve Steps* shows you how to:

- Explore powerlessness and unmanageability
- Integrate dance, vocalization, and other creative arts to enhance your recovery
- Create transformative ritual and ancestral healing practices
- Expand your ideas of Higher Power and prayer
- Forgive yourself and others
- Cultivate daily practices for reflection and meditation
- Understand the intersections of addiction, developmental trauma, and intergenerational trauma

Drawing on plant medicine, mindfulness, poetry, self-directed touch, ritual, and guided imagery, *The Mind-Body Guide to the Twelve Steps* nurtures a joyful and heart-centered path to recovery and complements the healing work of Peter Levine, Bessel van der Kolk, and Arielle Schwartz.

FOR READERS OF TRAUMA-INFORMED ADDICTION LITERATURE: Including fans of Jamie Marich, Staci K. Haines, Stephanie Covington, Gabor Mate, and Johann Hari.

RECOVERY LITERATURE: An essential complement to approved program literature.

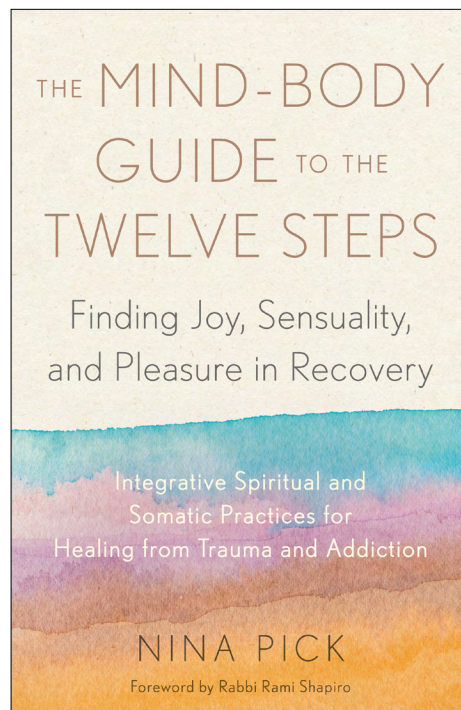
GROUNDING SOMATICS: The conversations around somatics and its potential applications to mainstream healing programs and modalities continues to expand.

EXPERT AUTHOR: Pick is a seasoned practitioner with a decade of recovery and multiple degrees and certificates that have contributed to a successful counseling and spiritual coach practice.

SPIRITUALLY INCLUSIVE LENS: Pick applies an agnostic and animist approach in contrast to, but not in conflict with, traditional Christian-facing approaches.

AUTHOR BIO

NINA PICK is a spiritual and somatic counselor, a school counselor at a Waldorf school, and a fellow at the Yiddish Book Center's Wexler Oral History Project. Using Twelve-Step programs, Pick has been in recovery since 2009. She received an MA in Counseling Psychology from Pacifica Graduate Institute, an MA in Comparative Literature from UC Berkeley, and an ordination from the Kohenet Hebrew Priestess Institute. She has certificates in Integrative Somatic Trauma Therapy and Somatic Attachment Therapy and is a certified Havening Techniques® practitioner and a certified provider of the Safe and Sound Protocol and training in Emotionally Focused Therapy, Somatic Stress Release™, SEGAN: The Sensory Mosaic of Healing®, Waldorf pedagogy, and Reiki. Her books include, *At the Edge of the Dirac Sea*, *A Luz*, *Leaving the Lecture on Dance*, *Tall Oak and Small Owl*, and *The Gardener Says*. Pick was born in NY, NY and lives in Great Barrington, MA.



ON SALE 9/5/2023

RIGHTS: WORLD

TR: 9781623179403 / \$18.95/\$24.95

Page Count: 192 Trim Size: 5-1/2 x 8-1/2

BISAC 1: Self-Help - Twelve-Step Programs

BISAC 2: Self-Help - Substance Abuse & Addictions - General

BISAC 3: Psychology - Psychopathology - Addiction

CONTENTS

Introduction

Step One: We admitted we were powerless over _____, that our lives had become unmanageable.

Step Two: We came to believe that a power greater than ourselves could restore us to sanity.

Step Three: Made a decision to turn our will and our lives over to the care of God as we understood God.

Step Four: Did a searching and fearless moral inventory of ourselves.

Step Five: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Step Six: Were entirely ready to have God remove all these defects of character.

Step Seven: Humbly asked God to remove our shortcomings.

Step Eight: Made a list of all persons we had harmed, and became willing to make amends to them all.

Step Nine: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Step Ten: Continued to take personal inventory, and when we were wrong, promptly admitted it.

Step Eleven: Sought through prayer and meditation to improve our conscious contact with God, as we understood God, praying only for knowledge of God's will for us and the power to carry it out.

Step Twelve: Having had a spiritual awakening as the result of these steps, we tried to carry the message, and to practice these principles in all our affairs.

Epilogue

Appendix

Notes

TARGET CONSUMER

PRIMARY: Twelve-steppers looking for books that bring embodiment to the Twelve Steps; people in recovery who want an alternative to Twelve-Step programs.

SECONDARY: Somatic practitioners who read books about healing modalities that are beginning to integrate somatics techniques.

TERTIARY: Drug and Alcohol counselors and Twelve-Step sponsors looking to further understand embodiment practice and the role it can play in addiction and recovery.

ANCILLARY: Potential Twelve steppers who want a bodily way into understanding the steps before they commit to their first meeting or choosing a sponsor; Twelve steppers in search of books without a Christian-centered lens.

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Trauma 12 Steps Rev/Marich, Jamie/TR	9781623174682	7/20/20	North Atlantic Books	\$17.95/\$23.95	11.7k

A teal-colored mandala with a central circle and multiple layers of pointed, petal-like shapes radiating outwards, creating a symmetrical, star-like pattern.

Spirituality

Refuge in the Storm

Buddhist Voices in Crisis Care

NATHANIEL JISHIN MICHON

24 wise and compassionate Buddhist perspectives on crisis care—contemplative practices and spiritual principles to help individuals, families, and communities in crisis and the care providers who support them.

Refuge in the Storm presents a wide range of Buddhist perspectives on crisis care. Written by experienced chaplains, spiritual teachers, psychotherapists, pastoral counselors, medical providers, and scholars, the essays in this timely anthology explore a spectrum of personal and global crises: climate chaos, COVID, natural disasters, racism, social inequity, illness, and dying.

Drawing on Buddhist principles and practices, these essays offer a wealth of insights for supporting individuals and communities in crisis as well as preventing fatigue and burnout in care providers. The 24 essays in this anthology show readers how to:

- Provide spiritual companionship to ill, aging, and dying clients
- Infuse crisis care with mindfulness, compassion, prayer, and even playfulness
- Prevent burnout with self-care practices rooted in Buddhist principles
- Develop self-awareness and self-knowledge as a care provider
- Pursue the path of Buddhist chaplaincy

Edited by Nathan Jishin Michon—Buddhist priest, chaplain, meditation teacher, and editor of *A Thousand Hands: A Guidebook to Caring for Your Buddhist Community*—this one-of-a-kind anthology helps care providers develop the compassion, attention, wisdom, and presence needed to support individuals and communities to move through suffering into healing.

FOR BUDDHIST CARE PROVIDERS: Offers support to psychotherapists, social workers, chaplains, nurses, doctors, volunteers, and other spiritual care providers.

FOR INDIVIDUALS AND FAMILIES: Offers insights to individuals experiencing crisis and the families and friends of individuals in crisis.

CARE FOR THE CAREGIVERS: Support and practices for care providers experiencing fatigue, grief, and burnout.

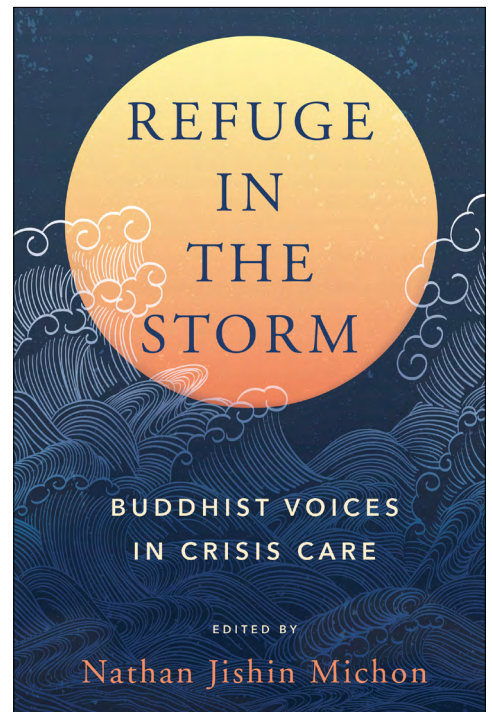
TIMELY: Addresses climate change, grief, loss, COVID, racial injustice, natural disasters.

BEAUTIFULLY WRITTEN ESSAYS FROM A WIDE RANGE OF PERSPECTIVES: Contains 24 essays by experienced chaplains, spiritual teachers, psychotherapists, pastoral counselors, medical providers, and scholars who are experts in their fields.

A ONE-OF-A-KIND ANTHOLOGY: A unique look at crisis care through the lens of Buddhist principles and philosophy.

AUTHOR BIO

NATHAN JISHIN MICHON is JSPS Visiting Scholar at Ryukoku University, focused on Buddhist Chaplaincy. Michon received a PhD in Buddhist Studies from the Graduate Theological Union in Berkeley and holds an MDiv in Buddhist chaplaincy, an MA in Comparative Religion, and a certificate in Advanced Peace and Conflict Studies. He trained at monasteries in Thailand, Taiwan, Korea, the US, and Japan, where he became ordained in the Japanese Shingon Buddhist tradition. He received a Fulbright to complete his dissertation research in Japan to study the emergence of Buddhist chaplaincy after the devastating 2011 tsunami. His own chaplaincy experience includes assisting disaster survivors and leading training workshops. He lives in Japan.



ON SALE 6/6/2023

RIGHTS: WORLD

TR: 9781623178093 / \$18.95/\$24.95

Page Count: 256 Trim Size: 6 x 9

BISAC 1: Religion - Buddhism - General

BISAC 2: Medical - Caregiving

BISAC 3: Self-Help - Death, Grief, Bereavement

CONTENTS

Five irises for Mary Oliver —Mushim Ikeda

Introduction —Nathan Jishin Michon

Part One: Buddhist Approaches to Large-Scale and Community Crisis

1. The Ecology of the Bodhisattva —Victor Gabriel
2. Responding to Multiple Crises and the Roles of Community Chaplaincy —Dawn Neal
3. Crisis: The Second Dart of Suffering —Vimalasara
4. Cultivating a Sense of Identity: Won Buddhist Practice in Immigrant and Second-Generation Identity Crises —Hojin (Hye Sung) Park, PhD
5. Psycho-Spiritual Relief Work in the Tsunami Areas and the Potential of Rinsho Buddhism —Rev. Jin Hitoshi
6. Café de Monk: Kaneta Taiō and the Mobile Deep Listening Café —Nathan Jishin Michon
7. Lotus in a Sea of Fire: The Hong Kong case in 2019 and 2020 —Chun Fai (Jeffrey) Ng
8. Finding Flow in Crisis Care — Dr. g

Part Two: Sickness, Aging, and Death: Caring for Lifecycle Crises

9. Staying Cool During a Code Blue: Caring for a Distressed Fiancée —Manling Lim
10. A Buddhist Chaplain's Prayer —Anna Gagnon
11. Making Friends with the Aneurysm in My Brain —Noel Alumit
12. A Buddhist Counseling Approach for Advanced Cancer —Kin Cheung (George) Lee, PhD
13. Accompanying the Dying: Applying Non-Invasive Dharma for Non-Buddhists —Dian (Dee) Sutawijaya
14. In the Charnel Ground of a Dying Latinx Man: Practicing with Emilio, El Niño Fidencio and La Santa Muerte —Lourdes Argüelles (Lopon Dorje Khando), PhD, LMFT

Part Three: Caring for Crisis Workers: Buddhist Approaches to Stress Management and Self-Care

15. Reflecting Clear Moonlight: When Modern Chaplaincy Embodies a Living Koan —Shushin R. A. Peterson
16. ICU Staff Anxieties: Originations and Cessations —Xiaoxi Wang
17. Buddhas in the Medical Intensive Care Unit: Reflecting a Work Space in the Mandala —Stephanie Barnes (Repa Nyima Ozer)
18. Experiments in Mindfulness: A Collaborative Healthcare Staff Support Program —Shushin R. A. Peterson
19. Chaplains Need Chaplains Too —Chenxing Han
20. A Playful Dharma: onnecting to our Bodies, Connecting to One Another —Alex Baskin

Part Four: Becoming a Buddhist Care Worker: Training Programs and Buddhist Education

21. The Heart Consultation Room: Post-Disaster Care and Adapting Chaplaincy in Japan —Taniyama Yōzō, PhD
22. Aging in China and the Life Care Program of Shanghai Jade Buddha Temple —Wang Fengshuo
23. The Path to Buddhist Chaplaincy in the US: Academic Education, Religious Endorsement, Professional Board Certification —Jitsujo T. Guathier, Daijaku Judith Kinst, Leigh Miller, Elaine Yuen
24. "Suffering is not an Emergency....and, it Matters to End It": Outcomes of Training Tibetan Buddhist Scholar-Practitioners for Professional Spiritual Care —Leigh Miller, PhD

TARGET CONSUMER

PRIMARY: Care providers (psychotherapists, social workers, chaplains, nurses, doctors, volunteers) who are Buddhist, work with Buddhist clients, and/or wish to apply a Buddhist or spiritual framework to their work; care providers suffering from burnout who want to learn self-care practices to better support themselves in their work.

SECONDARY: Readers who wish to apply Buddhist principles to their personal experience of crisis. Readers interested in bringing a Buddhist framework to understanding and responding to global crises like climate chaos, war, racial and social injustice, and natural disasters.

TERTIARY: Families of people facing trauma who wish to support them with compassionate practices and frameworks based in Buddhist principles.

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Be the Refuge/Han, Chenxing/TR	9781623175238	1/26/21	North Atlantic Books	\$17.95/\$23.95	3.2k
Reimagining Death/Herring, Lucinda/TR	9781623172923	1/8/19	North Atlantic Books	\$21.95/\$28.95	3.9k
Advocating for the Environment/Inches, Susan B./TR	9781623176174	7/13/21	North Atlantic Books	\$19.95/\$25.95	2.1k

one long listening

a memoir of grief, friendship, and spiritual care

CHENXING HAN

For readers of *The Wild Edge of Sorrow* and *Crying in H-Mart*—a profound and searching memoir of life, loss, grief, and renewal from one of American Buddhism's most vital new voices.

How do we grieve our losses? How can we care for our spirits? *one long listening* offers enduring companionship to all who ask these searing, timeless questions.

Immigrant daughter, novice chaplain, bereaved friend: author Chenxing Han (*Be the Refuge*) takes us on a pilgrimage through the wilds of grief and laughter, pain and impermanence, reconnecting us to both the heartache and inexplicable brightness of being human.

Eddying around three autumns of Han's life, *one long listening* journeys from a mountaintop monastery in Taiwan to West Coast oncology wards, from oceanside Ireland to riverfront Phnom Penh. Through letters to a dying friend, bedside chaplaincy visits, and memories of a migratory childhood, Han's startling, searching memoir cuts a singular portrait of a spiritual caregiver in training.

Just as we touch the depths, bracing for resolution, Han's swift, multilingual prose sweeps us back to unknowingness: 不知最親切. Not knowing is most intimate. Chinese mothers, hillside graves. A dreamed olive tree, a lost Siberian crane. The music of scripts and silence. These shards—bright, broken, giddy, aching—are mirrors to our own lives in joy and sorrow.

A testament to enduring connection by a fresh and urgent new literary voice, *one long listening* asks fearlessly into the stories we inhabit, the hopes we relinquish, and what it means simply to be, to and for the ones we love.

FOR READERS OF GRIEF MEMOIR: like *The Wild Edge of Sorrow* and *Crying in H-Mart*

FOR READERS WHO HAVE LOST LOVED ONES: To illnesses including cancer. Han's intimate, funny, and heartrending letters to a lost friend speak directly to what it means to grieve—and love—a dear one.

FROM A CHINESE-AMERICAN WRITER and voice underrepresented in both literary memoir and spiritual care. Han brings a much-needed perspective to grief and American Buddhism, with fresh and nuanced observations of loss, impermanence, our connections, and the human experience.

UNDERPUBLISHED PERSPECTIVE: Chaplaincy is rarely explored outside of a Christian perspective. This book meets a moment in spiritual care as the field moves to encompass more and other faiths.

GROUNDBREAKING AUTHOR: Han has emerged as a groundbreaking voice in American Buddhism, giving much-needed visibility to the enduring lineage of Asian American Buddhists and breaking open conceptions of 'Western' Buddhism.

BEAUTIFUL WRITING: Haunting, witty, evocative—a gorgeous and heartbreaking exploration of impermanence, humanity, and the ties that build us into communities.

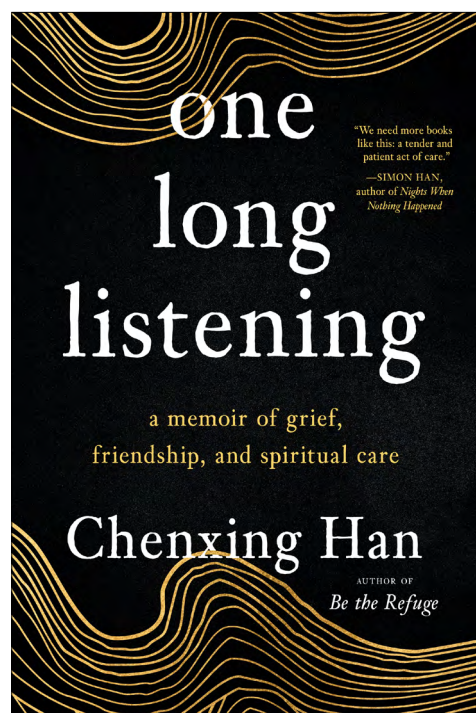
UNIQUE FORM AND STYLE: Han's approach to form and language offers a reading experience that is both engaging and provocative, asking the reader to sit with silence and experience the paradoxical intimacy of untranslatability.

BUDDHIST MARKET: There are 3-4m Buddhists in the U.S., the majority of whom are of Asian descent. This book speaks to Buddhist themes of impermanence, practice, and spiritual care while exploring cultural, migratory, and loss-of-place grief.

AUTHOR BIO

Chenxing Han is the author of the widely reviewed *Be the Refuge: Raising the Voices of Asian American Buddhists* (North Atlantic Books, 2021). She is a regular contributor to *Lion's Roar*, *Tricycle*, *Buddhadharma*, and other publications, and a frequent speaker and workshop leader at schools, universities, and Buddhist communities across the nation. She has received fellowships from Hedgebrook, Hemera Foundation, the Lenz Foundation, and the Institute of Buddhist Studies.

Chenxing holds a BA from Stanford University and an MA in Buddhist Studies from the Graduate Theological Union. Her chaplaincy training began in Cambodia and continued in the San Francisco Bay Area, where she completed a yearlong residency on an oncology ward. She is a coteacher of Listening to the Buddhists in Our Backyard at Phillips Academy Andover and a co-organizer of May We Gather: A National Buddhist Memorial for Asian American Ancestors.



ON SALE 4/11/2023

RIGHTS: WORLD

TR: 9781623177850 / \$17.95/\$23.95

Page Count: 288 Trim Size: 6 x 9

BISAC 1: Family & Relationships - Death, Grief, Bereavement

BISAC 2: Religion - Buddhism - General

BISAC 3: Biography & Autobiography - Cultural, Ethnic & Regional - Asian & Asian American

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 part iii: dreaming awake
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 part v: distance no matter
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 part vii: *ichinen sanzen*
 unglossary

Author's Similar Titles	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Be the Refuge/Han, Chenxing/TR	9781623175238	1/26/21	North Atlantic Books	\$17.95/\$23.95	3.2k
Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Wild Edge of Sorrow/Weller, Francis/TR	9781583949764	9/15/15	North Atlantic Books	\$15.95/\$21.95	82.7k
A Bigger Sky/Weiss, Pamela/TR	9781623174750	7/14/20	North Atlantic Books	\$17.95/\$23.95	2.0k
Grieving While Black/Wade, Breeshia/TR	9781623175511	3/2/21	North Atlantic Books	\$14.95/\$19.95	4.4k

Home Is Here

Practicing Antiracism with the Engaged Eightfold Path

REV. LIÊN SHUTT

A guide to living the Engaged Four Noble Truths: antiracist practices for wholeness, healing, and collective liberation.

For readers of *Be the Refuge*, *The Way of Tenderness, Love and Rage*, and *Radical Dharma*.

Home Is Here builds on foundational Buddhist teachings—the Four Noble Truths and the Eightfold Path—offering an intersectional frame to help you embody antiracist practices and tend to your own healing under racism and oppression.

Grounded in practice, memoir, and mindful self-help skill-building, Rev. Liên Shutt's Engaged Four Noble Truths illuminate a path toward healing and liberation. She shares her own experiences with anti-Asian hate—as a teen riding her bike, meditating in whitewashed monasteries—and asks, *what does it mean to attend to our suffering in body, heart, and mind when racism can cause such intense hurt and pain?* What does it look like to heal?

While written mainly for Asian American Buddhists and other BIPOC practitioners, *Home Is Here* moves us all from knowing and contemplation to a place of action and wholeness.

In the doing is the realization, and in practicing antiracism, we build a home for all beings. This is reflected in Rev. Shutt's choice to frame each step of the Engaged Eightfold Path not as “right” but as “skillful”—to convey both the knowing *and* the practices essential to healing harm. In this way:

- **Skillful view** helps us understand and unpack the layers of our racial conditioning within systemic white supremacy.
- **Skillful motivation** allows us to understand our agency and align our actions with wholeness.
- **Skillful effort** guides us when working through difficult or triggering situations
- **Skillful speech** helps us communicate wholly truthfully, even (and especially) when navigating challenging conversations.

An engaged reframing of core Buddhist spiritual principles, *Home Is Here* connects foundational practices to urgent causes—and invites readers on a path home to wholeness.

FOR ASIAN AMERICAN BUDDHISTS: Centers Asian American voices in engaged Buddhism and builds on the work of Chenxing Han's *Be the Refuge*. Breaks down stereotypes of Asian American Buddhist practice, letting Asian American Buddhists lead the way.

FOR READERS OF RADICAL DHARMA, BE THE REFUGE, AND LION'S ROAR: Joins leading voices in American Buddhism explicitly calling for anti-racist sanghas with more accountability, authentic representation, and true inclusivity.

HEARTFELT AND BEAUTIFULLY WRITTEN: Weaves the author's moving personal stories together with practices, skills, and spiritual wisdom in an accessibly written and easy-to-understand style.

UNDER-PUBLISHED AREA: American Buddhism is still whitewashed, with white converts taking up disproportionate space and recognition. Despite a ready audience, books for Asian American practitioners represent an under-published market.

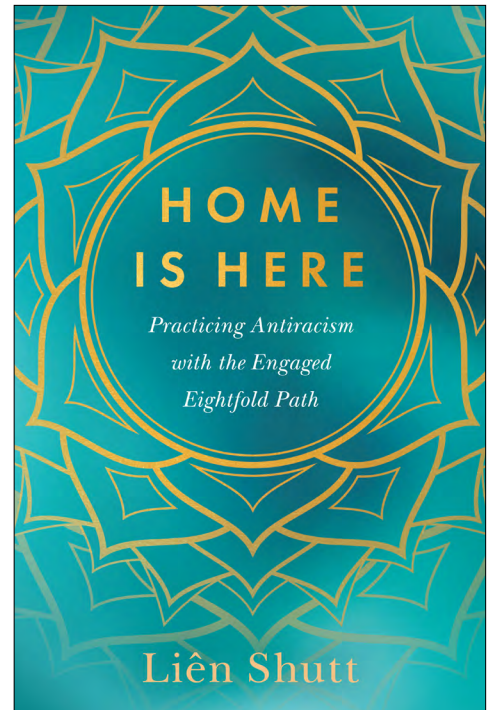
AN ENGAGED-BUDDHIST REFRAME of the Four Noble Truths and Eightfold path adapted for a socially and politically active audience of Buddhist practitioners.

CONNECTS FOUNDATIONAL PRACTICES TO URGENT CAUSES: Shutt frames anti-oppression work in the Four Noble Truths and the Eightfold Path, grounding urgent social-justice issues in canonical Buddhist philosophy and making space for wholeness and collective healing.

OPEN TO BEGINNERS: Doesn't presuppose readers' familiarity with Buddhist teachings or history; the guide is accessible to intro readers.

AUTHOR BIO

REV. LIÊN SHUTT is a recognized leader in the movement that breaks through the wall of American white-centered convert Buddhism to welcome people of all backgrounds into a contemporary, engaged Buddhism. As an ordained Zen priest, licensed social worker and longtime educator/teacher of Buddhism, Shutt represents new leadership at the nexus of spirituality and social justice, offering a special warm welcome to Asian Americans, all BIPOC, LGBTQIA+, immigrants, and others seeking a 'home' in the midst of North American society's reckoning around racism, sexism, homophobia and xenophobia. Shutt was a co-founder of Buddhists of Color in 1998 and founder of Access to Zen in 2014. As the creator, producer, and host, she is launching a podcast series Opening Dharma Access: Listening to BIPOC Teachers with Kaira Jewel Ling and Lama Karma Yeshe Chodron.



ON SALE 8/22/2023

RIGHTS: WORLD

TR: 9781623179045 / \$17.95/\$23.95

Page Count: 256 Trim Size: 6 x 9

BISAC 1: Religion - Buddhism - Rituals & Practice

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BISAC 3: Social Science - Activism & Social Justice

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Chapter 1. We are Complete and Whole

Chapter 2. Skillful View

Chapter 3. Skillful Concentration

What the World Needs Now

Chapter 4. Skillful Motivation

Chapter 5. Skillful Effort

Chapter 6. Skillful Mindfulness

The Wholeness of the World

Chapter 7. Skillful Speech

Chapter 8. Skillful Enacting

Chapter 9. Skillful Living

Chapter 10. Home is Here

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Be the Refuge/Han, Chenxing/TR	9781623175238	1/26/21	North Atlantic Books	\$17.95/\$23.95	3.3k
Radical Dharma/Williams, Rev. Angel.../TR	9781623170981	6/14/16	North Atlantic Books	\$12.95/\$16.95	38.2k
A Queer Dharma/Ballard, Jacoby/TR	9781623176518	11/23/21	North Atlantic Books	\$17.95/\$23.95	4.6k

A teal-colored mandala with a central circle and multiple layers of pointed, petal-like shapes radiating outwards, creating a symmetrical, star-like pattern.

**Mind, Body,
Spirit**

I Ching, The Oracle

A Practical Guide to the *Book of Changes*

An updated translation annotated with cultural and historical references, restoring the *I Ching* to its shamanic origins

BENEHELL WEN

Benebell Wen's (*Holistic Tarot* and *The Tao of Craft*) historic new translation of the *I Ching* brings the power and mysticism of *The Book of Changes* to contemporary readers.

Now in a beautiful hardcover format with a ribbon bookmark.

Through in-depth annotations, cultural and historical references, and magical practices, Wen amplifies the wisdom—both profound and practical—of the 3,000-year old text. She includes aspects of the *I Ching* that have never before been translated into English, offering fresh perspectives on a classic work.

Rooted in her experience and knowledge as a Taiwanese-American occultist and Buddhist with deep family ties to Taoist mysticism, Wen's groundbreaking translation is accompanied by a critical analysis of earlier *I Ching* transmissions. Readers will learn how to:

- Situate the *I Ching* within its historical and cultural context
- Interpret the hexagrams and utilize various divination methods, such as yarrow stalk, coin toss, cowrie shells, and rice grains
- Work with the *I Ching* for personal guidance and developing intuitive wisdom
- Understand correspondences of Taoist mystical tradition with other schools of metaphysics, including shamanism, faith healing, and soul retrieval
- Approach the *Book of Changes* as a grimoire and attain a foundational understanding of the eight trigrams and Wu Xing five alchemical phases

Whether you're new to the *I Ching* or an experienced occultist, *I Ching, The Oracle* will deepen your understanding of esoteric Taoism and the art and craft of divination. Highlighting the two main schools of interpretation—Image and Numbers and Meanings and Principles—and exploring Taoist cosmology, mysticism, ritual practice, and the shamanic origins of the *I Ching*, Wen provides you with everything you need to apply the *I Ching* for life guidance, spiritual practice, and ancestral connection.

FOR ASIAN-AMERICAN READERS and others interested in a historic new translation of the *I Ching* by an Taiwanese-American woman

HELPS ASIAN-AMERICAN READERS CONNECT TO THEIR CULTURAL ROOTS and new readers of the *I Ching* connect to its practices in a relevant and accessible way

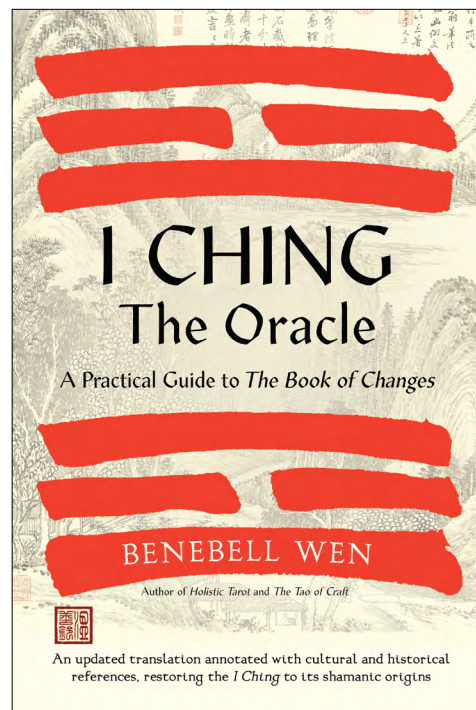
A HISTORIC TRANSLATION BY A TAIWANESE-AMERICAN WOMAN: While most prior translations of the *I Ching* were authored by white men, Wen's translation is rooted in her experience as an occultist, witch, and Buddhist/Taoist woman

POTENTIAL TO REACH ONLINE FOLLOWING including Wen's YouTube subscribers (24.2K subscribers) and Instagram followers (19.6K followers)

COMPREHENSIVE OVERVIEW OF THE I CHING: The go-to guide for everything a reader needs to know about the *I Ching*, including historical and cultural context, Taoist mysticism, the hexagrams, divination methods, and correspondences with other traditions

AUTHOR BIO

Benebell Wen is an occultist born and raised Buddhist with deep family ties to Taoist mysticism as practiced in southern Taiwan. She has taught *I Ching* divination, Taoist metaphysics, and East Asian modalities of mystical practices for over a decade. Wen has been a featured keynote speaker on various metaphysical and occult topics at national and international conferences. Her other works include *The Tao of Craft* and *Holistic Tarot*. Wen is a corporate transactions attorney licensed to practice law in CA and NY.



ON SALE 9/26/2023

RIGHTS: WORLD

HC: 9781623178734 / \$39.95/\$53.95

Page Count: 960 Trim Size: 6 x 9

Illustrations: B&W ILLOS THROUGHOUT

BISAC 1: Body, Mind & Spirit - I Ching

BISAC 2: Religion - Taoism

BISAC 3: Body, Mind & Spirit - Divination - General

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2. Myths, Legends, and Cultural Heroes of the I Ching

3. Yi Xué: An Overview of I Ching Discourse

4. Interpreting the Hexagrams

5. The Eight Trigrams (Bā Guà)

6. The Five Phases of Change (Wu Xing)

7. Divination Methods

8. *I Ching: The Book of Changes*

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Appendix C: Trigrams and Feng Shui

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TARGET CONSUMER

PRIMARY: Asian American readers interested in magic, the occult, divination practices, and/or ancestral reverence practices; *I Ching* and divination enthusiasts more broadly; readers interested in a historic new translation of the *I Ching* by an Taiwanese-American woman; fans of Wen's *Holistic Tarot* and *Tao of Craft*; fans of Wen on YouTube and IG.

SECONDARY: Readers interested in Taoist philosophy, cosmology, spirituality, and mythology; East Asian scholars and historians

TERTIARY: Occult and witchy readers, broadly.

Author's Similar Titles	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Holistic Tarot/Wen, Benebell/TR	9781583948354	1/6/15	North Atlantic Books	\$29.95/\$35.00	43.4k
The Tao of Craft/Wen, Benebell/TR	9781623170660	9/27/16	North Atlantic Books	\$29.95/\$39.99	7.4k

2

Myths, Legends, and
Cultural Heroes of the I Ching

A REVOLUTION BIRTHS THE I CHING. It's the Bronze Age—Around 1050 BC, King Wen is imprisoned by King Zhou of Shang for seven years,² and during his imprisonment, Wen stacks the eight trigrams of the Ba Gua in combinations for a total of sixty-four hexagrams. A divination



FIGURE 2-3 King Wen combines trigrams to form hexagrams

10 I Ching, the Oracle

system—the Book of Changes—reveals itself to King Wen, empowering the people with knowledge of the Divine Will. The Oracle's first prophecy: the coming of a new age.

FIGURE 2-4
National Museum of China

46 I Ching, the Oracle

older preexisting metaphysical principles in Yi Xue with the works of Meng Xi 孟喜, one of the most influential I Ching scholars of the Former Han (206 BC–AD 8), and of his student Jing Fang 京房 (77–37 BC), a mathematician and astrologer.

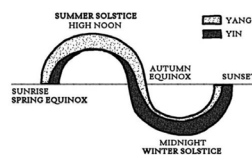


FIGURE 3-6 Gua Qi yin and yang fluctuations

Meng Xi proposed a system of fortune-telling using the hexagrams, whereby yang lines mark warmer weather and the day, while yin lines mark cooler weather and the night. Jing Fang, a New Text school adherent, expanded on his teacher's theories and proposed that the sixty-four hexagrams mark the progression of the seasons, hours, and changes in weather; and basis

Yi Xue: An Overview of I Ching Discourse 47

line as the months get progressively warmer. As we peak toward the summer solstice, all six lines in the hexagram function are yang. As the weather cools toward autumn, cold *qi* or yin lines rise from the bottom up.

The twelve hexagrams in the I Ching that correspond with the functions of the twelve lunar months in the lunisolar calendar system are called the Twelve Sovereign Hexagrams (the Bi Gua, 辟卦), also known as the Twelve Ruling Hexagrams (the Bi Gua, 辟卦).³² Jing Fang proposed that these twelve ruling hexagrams (辟卦, *pián guā*) correspond with the lunar months based on their patterns of yin and yang fluctuations.

TABLE 3-1 The Twelve Hexagrams of the Son of Heaven (Tiānzi Guā)³³

MONTH 11 Dec.–Jan.	MONTH 12 Jan.–Feb.	MONTH 1 Feb.–Mar.	MONTH 2 Mar.–Apr.	MONTH 3 Apr.–May	MONTH 4 May–June
Hexagram 24 子 Zǐ Rat Water	Hexagram 19 丑 Chǒu Ox Earth	Hexagram 11 寅 Yín Tiger Wood	Hexagram 34 卯 Mǎo Rabbit Water	Hexagram 43 辰 Chén Dragon Earth	Hexagram 1 巳 Sì Snake Fire
MONTH 5 June–July	MONTH 6 July–Aug.	MONTH 7 Aug.–Sept.	MONTH 8 Sept.–Oct.	MONTH 9 Oct.–Nov.	MONTH 10 Nov.–Dec.
Hexagram 44 午 Wǔ Horse Fire	Hexagram 33 未 Wèi Goat Earth	Hexagram 12 申 Shēn Monkey Metal	Hexagram 20 酉 Yǒu Rooster Metal	Hexagram 23 戌 Xū Dog Earth	Hexagram 2 亥 Hài Boar Water

Note: Month 11 always corresponds with the winter solstice. Beneath each hexagram correspondence is the lunar month's earthly branch, nodal animal ruler for the month, and governing Wu Xing phase of change.

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TABLE 5-12 Seal Script (Zhou Dynasty) for the Eight Trigrams and Wu Xing Correspondences

離	河	坤	震	洛	兌
震	坤	圖	雷	書	兌
Thunder	Earth	Mountain	Mountain	Water	Heaven
Hé Tū 河圖: Fuxi's Ba Gua			Ló Shù 洛書: King Wen's Ba Gua		
Wu Xing Five Phases Correspondences to the Trigrams					
火	水	木	金	土	火
4	9	2	3	5	7
8	1	6	7	2	4
木	土	水	火	金	木
Wood	Earth	Water	Fire	Metal	Wood

The Eight Trigrams (Ba Gua) 171

Thus, the exercise of correspondences is more about discerning which trigram best enables us, the mortals, to connect with them and learn from these ascended masters. The presentation of these differing perspectives on correspondences also challenges you to not blindly follow any table given to you, but rather to think for yourself.

For those preferring to follow the orthodox majority view, Zou's treatise on I Ching studies provided in table 5.10 is the most frequently accepted standard, though it is not the one observed herein.

TABLE 5-13 Zodiac Wheel and King Wen's Eight Trigrams

	蛇 Snake	馬 Horse	羊 Sheep
Dragon			
	Southwest	South	Southeast
	Wind	Fire	Earth
	Cardinal Spring	Winter Solstice	Cardinal Winter
	East	West	West
Rabbit			
	Thunder	Earth	Lake
	Cardinal Summer	Summer Solstice	Cardinal Spring

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Mountain (Gén), Knowledge: The Alchemist

Trigram Name	Oracle Bone Script	Nature	Oracle Bone Script
Mountain		山	

Wu Xing	Qi Quality	Direction	Ritual Tool	Planet	Zodiac Animals
	Earth	東北 Northeast	廣鼓 Fish drum	土星 Earth-star	牛 Ox
	Stillness, to stop, to halt; Serenity, tranquility; Inactivity, Quietude; Lull, Standstill. Preserving, stabilizing, balancing force; Cultivating knowledge; Excelling in ceremonial magic (有術, fāng shù, or 藝術, yìshù).				
		Moon Phase	Waiting crescent	Qi in Nature	山 Mountain
					虎 Tiger

Key Associations	Gateways, vines, tall and strong trees
Part of the Body	The hands
Traits You'll Notice	Skilled, clever, introverted, stubborn, stagnant, quiet unless spoken to, resistant to change, pensive, philosophical
Personages	Peak of life, someone self-assured and independent thinking; builder, architect, geologist, historian, archaeologist
Materials	Clay, stone, earthy materials
Land Forms	Hills and mountains, forests, small paths not often traveled, rocky terrain; caves or dark caverns within the mountain (if combined with Fire or Thunder, could indicate volcano)
Building Structures	Industrial buildings or complexes; religious buildings
Weather	Unpredictable
Travel Forecast	Travel delays

The Eight Trigrams (Ba Gua) 219

Hour(s)	1 a.m.–5 a.m.
Sound	Dark, rounded timbres, precise pitches
Totemic Animal	Wolf/Dog ³⁴

Zhang Guo Lao

張果老

According to legend, Zhang Guo Lao was a peasant boy, and one day on his way to market with his donkey, he made a detour to a mysterious abandoned monastery where he found a bubbling cauldron of stew. Starving, he ate from the cauldron and fed some of the stew to his donkey. Little did he realize that the cauldron contained an alchemical elixir of immortality. After he became

FIGURE 5-21 Zhang Guo Lao: The Alchemist. Qing dynasty woodblock print.³²

New Moon Magic

13 Anti-Capitalist Tools for Resistance and Re-Enchantment

RISA DICKENS & AMY TOROK

Harness the power of lunar magic with 13 essential practices for the modern witch—one for each New Moon of the year

For readers of *Psychic Witch* and *The Spell Book for New Witches*

In *New Moon Magic*, *Missing Witches* authors Risa Dickens and Amy Torok offer Witchy practices to change your life and reshape the world, without falling prey to the commercialization that belies the true heart—and power—of magic.

Witchcraft is praxis: how we do what we believe, and how we make those beliefs manifest. *New Moon Magic* is an offering to all witches, honoring the Craft's roots in centuries of empowerment, survival, and resistance—despite capitalism's attempts to co-opt and dilute its practice.

Here, Dickens and Torok reclaim tools of witchcraft as the ways and means of enchantment, imbued with magic that resists commodification and capitalism. The authors introduce 13 New Moon practices, each paired with a Witch who embodies the Craft:

- Potions with Cerridwen and St. Hildegard von Bingen
- Divination with Lozen and Harriet Tubman
- The Garden with Mayumi Oda
- Ritual & Ceremony with Genesis P-Orridge and Dion Fortune
- The Circle with Audre Lorde

Through historical research, interviews, and the authors' own raw personal stories, *New Moon Magic* offers wisdom and guidance from real Witches past and present. It shows you how to take up tools and practices, discover (or rediscover) your own magic, and nurture a Witchcraft that creates instead of consumes.

Fresh, fierce, and unapologetically feminist, this is both guidebook and rallying cry—an intersectional and inclusive magical praxis that resists, disrupts, and opens the door to nourishment, abundance, and transformation.

FOR ALL WITCHES: Written for witches (and maybe-witches) of all backgrounds, genders, races, and ages. Meets a market moment among readers looking for serious content that's accessible and engaging.

ANTI-CAPITALIST TOOLS: Resists the commodification of witchcraft; explicitly doesn't require buying stuff to practice. Reorients witchcraft in roots of empowerment and resistance within a market that has co-opted and diluted the practice.

EXPANDS HISTORY INTO PRACTICE: Builds on *Missing Witches*' spotlight on feminist history in the history of witchcraft, this book explores the lives of practicing witches as context for 13 different essential practices, like divination, potions, the circle/coven, gardening, and more.

STRONG & GROWING AUTHOR PLATFORM: *Missing Witches* has sold more than 10K copies since 2021. The authors continue to invest in their podcast, events, and Patreon.

WITCHCRAFT AS MOVEMENT: Not just a trend. The authors have intentionally shaped this as a practice book not just for self-care but community-building as well. They eschew some comps' focus on materials and products, looking instead to creation versus consumption as the book's guiding principle.

RELATIONAL: Guides readers to form meaningful relationships with their communities, the spaces they inhabit, the living earth, and witches who came before them.

GREAT GIFT: For budding and established witches, tarot enthusiasts, etc.

AUTHOR BIO

DICKENS AND TOROK are authors of *Missing Witches* and hosts of the *Missing Witches* podcast. In books, conversations, and magic circles, they continually ask what stories and ideas have been erased by the whitewashing, commodification, and global persecution of Witches and other magical practitioners and seek ways to practice without perpetuating colonial violence.



ON SALE 9/12/2023

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BISAC 1: Body, Mind & Spirit - Witchcraft (see also RELIGION - Wicca)

BISAC 2: Religion - Paganism & Neo-Paganism

BISAC 3: Social Science - Feminism & Feminist Theory

CONTENTS

Introduction

- Chapter 1. The Blade - Dihya al-Kahina (April - Aries) I have become a woman who carries a knife. Dihya al-Kahina, witches as warriors, witches as leaders, witches who cut. Athames and the daily uses of a knife. Tin Hinan.
- Chapter 2. The Body - (May - Taurus) Gaura Devi Your own body ultimately is the site of your own power. Putting our bodies on the line for the greater body of the earth. Stripped of everything, witches still radiate world changing potential. Sex magic and masterbation. Habit and repetition and the marks it leaves on our bodies—my own experience of chronic pain and Alexander Technique. Connection with our ancestors through gesture, where do we store trauma and how do we heal. Building new habits that normalize our bodies and bring us home to them - not temples or sites of shame, just the simple astonishing ugly beautiful fact of these living, frail, healing, moving thinking systems of matter. Our bodies are the most profound evidence of magic. Breath and water and the porousness of ourselves.
- Chapter 3. The Garden - Mayumi Oda, Hattie Carthan (June - Gemini) As Spring gives birth to Summer, we examine how Witches use (and are used by) the Earth and our Gardens to create magic, healing, and (pun intended) Growth. The Garden, much like we Witches, both Requires and Provides nurturing and nourishment. It is a window into the cycle of life.
- Chapter 4. Dance - Cecile Fatiman (July - Cancer) Dance in Vodou. A history of dances outlawed. Anna Halprin and the community dance that caught a serial killer. Korean Gut. Heartbeat as a starting place for magic dance. Movement and repetition and play both for individual healing and connection beyond words/ego - a tool for connection to the communal mind.
- Chapter 5. Music - Buffy Sainte Marie, Wendy Carlos & Delia Derbyshire (August - Leo) As Kurt Vonnegut wrote “Music is, to me, proof of the existence of God.” Music is both Science and Soul. It is personal, political, provocative and healing. Many religious, magical practices, even sports games begin or end with singing because this act has the power to transform our moods, spaces and minds. Frequency. Vibration. Harmony.
- Chapter 6. Ritual & Ceremony - Genesis P. Orridge/Migene Gonzales Wippler (September - Virgo) All humans have Rituals and Ceremonies. To some extent, every act can be thought of as ceremonial: performing certain actions in certain orders to obtain certain results. The Witch recognizes this Ritual of Life, and renders these moments sacred.
- Chapter 7. Geometry - Lady Frieda Harris (October - Libra) Balance and shapes in the world, shapes and how we understand the universe and what is possible. The cone of power, the circle. Runes and sacred geometry, the tree of life and the pentagram. The math of the natural world, of blossoming. The perfect geometry of crystals. Maryam Mirzakhani and the magic wand problem: geometry revealing unknowable spaces. Theano and the Pythagoreans. Silvia Federici and Feminist geographer Doreen Massey on Geometries of Power. Dolores Hayden and the powers of place, the shape of utopias.
- Chapter 8. The Circle - Audre Lorde - intersectional feminism, conversation (November - Scorpio) The Circle is perhaps the Witch’s most powerful tool. It is how we change the world, bit by bit: together. It is gathering in honesty, vulnerability, cooperation and collaboration, the halving of problems and the doubling of dreams. The Circle is where we See and Hear and are Seen and Heard. A perpetual motion machine where we both produce and absorb energy, an infinite ouroboros, a ring of power and protection. Not just a safe space, but a Brave Space, where difference is a resource.
- Chapter 9. Potions - St. Hildegard von Bingen (December - Sagittarius) Witches and midwives contributions to contemporary medicine. Cooking, fermenting, brewing, leavening. Julia Skinner of Root Kitchen and fermentation as radical practice and meditation, Cerridwen and the brew of knowledge. Von Bingen and beer and visions. The ways engaging with food, drink, medicines, potions weaves us back in - on a cellular and bacterial level - to the natural world.
- Chapter 10. Divination - Harriet Tubman (January - new moon in Capricorn) Lozen. Most Witches practice some form of divination, from Tarot Cards to Cowrie shells there are hundreds if not thousands of methods that Witches use to tell the future, or analyze the present or past. World changers like Harriet Tubman and the indigenous warrior Lozen used their “psychic abilities” and divination tools to evade capture and win battles, but each of us has a personal power of Divination that can be nurtured, and must be trusted. It’s called Intuition.
- Chapter 11. The Word - Terry Tempest Williams (February - new moon in Aquarius) Toni Morrison. This chapter acknowledges that Words Are Spells. “A pencil is a wand and a weapon.” TWilliams. Here we examine the “Book of Shadows” and secularized versions of the BOS: scrapbooks, grandma’s recipe collection, To Do lists, diaries, poetry and prose to see how many ways we can use Words to make Magic.
- Chapter 12. Art - (March - new moon in Pisces) Marjorie Cameron Hilma af Klint and other visionary artists. Chaos magic and making your own meaning. Art and getting lost on trips, art and finding your way back. Making your own tarot and oracle deck. Feeling allowed to make art. Making my matryoshka dolls and embroidered cityscapes - pieces that helped me move through time. Things I turned and turned in my hands as I re-enchanted my own life.
- Chapter 13. The Web - Bonus - Conclusion - Donna Haraway and Oddkin. Brenda Laurel and the digital web that serves the living web. Tech witches and finding each other. Techno Pagans, podcasts, blogs, the Babaylan online, the pandemic and the emergence of even more virtual practice. Being in an ecosystem. The weavers.

TARGET CONSUMER

PRIMARY: Progressive, feminist witches/readers of witchy content. Readers of Missing Witches, Psychic Witch, and Practical Magic for Beginners.

SECONDARY: Astrologers, tarot enthusiasts, etc.

TERTIARY: Witchy gift-buyers.

Author’s Similar Titles	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Missing Witches/Dickens, Risa/TR	9781623175726	3/23/21	North Atlantic Books	\$17.95/\$23.95	11.2k

Poetry as Spellcasting

Poems, Essays, and Prompts for Manifesting Liberation and Reclaiming Power

TAMIKO BEYER, DESTINY HEMPHILL & LISBETH WHITE

Poems, essays, and prompts to sing a new world into being—Queer & BIPOC perspectives on poetry as an insurgent ritual for manifesting liberation and reclaiming power.

Written for poets, spellcasters, and social justice witches, *Poetry as Spellcasting* reveals the ways poetry and ritual can, together, move us toward justice and transformation. It asks: *If ritualized violence upholds white supremacy, what ritualized acts of liberation can be activated to subvert and reclaim power?*

In essays from a diverse group of contributing poets, organizers, and ritual artists, *Poetry as Spellcasting* helps readers explore, play, and deepen their creativity and intuition as integral tools for self- and communal healing and social change. Each section opens with a poem and includes prompts that invite the reader to engage more deeply with:

- **Portals of Inheritance:** Ancestral Teachings, Possible Futures opens portals to messages from ancestors and for survival
- **Languages of Liberation, Disruption, and Magic** explores how poetry and spellcasting allow us to enter into and harness language in active, heightened ways that both reflect reality and manifest alternatives.
- **Invoking Radical Imagination** leans into the incantatory possibilities of poetry as prayer and poetry as enchantment.
- **Sacred Practices: Rituals of Repair and Revision** explores writing as ritual, ritual as practice, and practice as doing, drawing connections between the creative practices of poetry and spellwork.
- **Lighting Fires, Breaking Chains** focuses on the explicitly magical and political nature of poetry as spellcasting.
- **Elemental Ecologies, Spiritual Technologies** wrestles with concepts of home, colonization, and belonging

Both poetry and occult studies have been historically dominated by white, cisnet writers; here, *Poetry as Spellcasting* reclaims the centrality of queer and BIPOC voices in poetry, magic, and liberatory spellwork.

FOR WITCHY QT/BIPOC POETS: Centers Queer and BIPOC voices, experiences, and lenses on the art of using poetry for transformative (magical) change.

NEW LENS ON POETRY AND METAPHYSICAL PRACTICE: This book connects the ritualized aspects of writing poetry with the compositional aspects of spellwork, and exposes the personal and communal power of reclaiming language arts for transformation and liberation.

ON-TREND RELEVANCE: Poetry is having a resurgence in the cultural consciousness, moving away from academia and toward pop culture, new modes of publication and transmission, and uplifting marginalized voices.

BROADENS TRANSFORMATIVE WITCHCRAFT TREND: Books like *Hexing the Patriarchy* and *Revolutionary Witchcraft* are beloved and widely read among those looking to transform systems through magic—but they fall short on inclusivity. We know that readers are hungry for magical content written by BIPOC authors—this book fills an urgent hole in the marketplace.

UNDER-PUBLISHED PERSPECTIVES ON A POPULAR TOPIC: Both poetry and occult studies have been historically dominated by white authors. Poetry as Spellcasting continues the work of reclaiming the centrality of these voices and the stories they've already been telling on both of these fronts.

SPECIAL MARKETS POTENTIAL: Magick shops and conferences; herbal and plant medicine stores, conferences, and festivals; via collaborations with BIPOC land projects or at BIPOC-centered healing/ healing justice retreats; writers conferences and workshops.

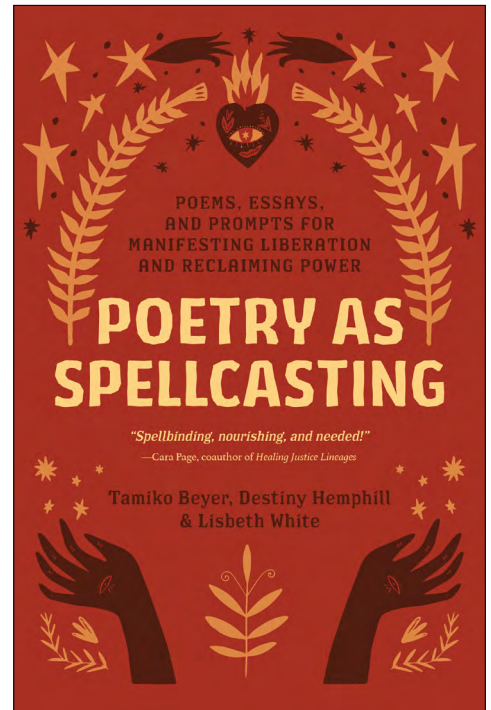
BEAUTIFUL PACKAGE: Gifty with on- trend, social-shareable aesthetics and design/packaging bells and whistles.

AUTHOR BIO

Tamiko Beyer is the author of the poetry collections *Last Days* and *We Come Elemental*. Her poetry and articles have been published by *Denver Quarterly*, *Black Warrior Review*, *Lit Hub*, and the *Rumpus*. Beyer publishes *Starlight and Strategy*, a monthly newsletter for living life wide awake and shaping change.

Destiny Hemphill is a Black daughter of the U.S. South with nearly a decade of experience in co-creating spaces devoted to poetry, communion, and transformation. She has received fellowships from Tin House, Callaloo, and Naropa University, and is a co-poetry editor of *Southern Cultures*.

Lisbeth White has worked in private practices as an arts therapist for 13 years, supporting individual and community mental health. She has facilitated community-based workshops for healing justice work, including Black artist-activist residencies at Blue Mountain Center, and has taught and coordinated healing spaces for Black Love Convergence, BIPOC yoga teacher trainings, and Parenting for Liberation. She is the author of the poetry collection *American Sycamore*.



ON SALE 5/16/2023

RIGHTS: WORLD

TR: 9781623177195 / \$16.95/\$22.95

Page Count: 288 Trim Size: 6 x 9

Illustrations: 5 B&W PHOTOS

BISAC 1: Body, Mind & Spirit - Witchcraft (see also RELIGION - Wicca)

BISAC 2: Language Arts & Disciplines - Writing - Poetry

BISAC 3: Social Science - Activism & Social Justice

TARGET AUDIENCE

PRIMARY: BIPOC readers with spiritual, ritual, and magical practices; readers of books like Postcolonial Astrology, Holistic Tarot, and Kissing the Limitless. Readers looking for creative practices to manifest social justice, dismantle white supremacist and cisheteropatriarchal culture.

SECONDARY: Poets, writers, and artists interested in social justice and spirituality.

TERTIARY: Organizers, activists, and cultural workers for healing justice/ transformative justice who are open to utilizing new creative/spiritual practices; poets invested in their practice, generally.

CONTENTS**Opening the Circle**

Awakening of Stones: Hypothesis/Central Argument by Lisbeth White
 how we got our blues-tongue by Destiny Hemphill
 February by Tamiko Beyer
 Introduction
Ritual for Setting the Space

Portals of Inheritance: Ancestral Teachings, Possible Futures

Survival Radio by Alexis Pauline Gumbs
Writing to Your Absent Presence
 I Am by Laurin DeChae
 & the portal appears by Destiny Hemphill

Languages of Liberation, Disruption, and Magic

Text of Bliss: Heaping Disruption at the Level of Language by Kenji C. Liu
Working with Power Words
 Articulating the Undercurrent by Dominique Matti
 Awakening of Stones: Results by Lisbeth White

Invoking Radical Imagination

Enchantment: The Liberatory Gift of Wonder by Lisbeth White
Writing Exercise for Reenchantment
 Poetry as Prayer by Hyejung Kook
 prayer for healing by Hyejung Kook

Sacred Practices: Rituals of Repair and Revision

Revision as Mutability by Amir Rabiya
Creating a Pre-Writing Ritual
 Practice: Repetition and Return by Tamiko Beyer
 & I repeat to myself by Tatiana Figueroa Ramirez

Lighting Fires, Breaking Chains

Poetry as Praxis for Spellworking by Lou Florez
Rite of the Violet Moon
 Spell for Safety by Ching-In Chen

Elemental Ecologies, Spiritual Technologies

Inig'luu—perpetually by Joan Naviyuk Kane
Writing Home: Bodies
 A Korean Orphan Undergoes Catholic Training for Future Poets by Sun Yung Shin
 Because Death and Birth Are of the Same Stream by Tamiko Beyer

Summoning Power and Closing the Circle

Ain't Got Long to Stay by Destiny Hemphill
Writing a Collective Poem
 Wander, Weave, (Un)know, Re-member by the editors
 Poetry as Spellcasting
 Additional Prompts
Contributors
Acknowledgments

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Missing Witches/Dickens, Risa/TR	9781623175726	3/23/21	North Atlantic Books	\$17.95/\$23.95	11.0k
Postcolonial Astrology/Sparkly Kat, Alice/TR	9781623175306	5/18/21	North Atlantic Books	\$17.95/\$23.95	14.6k
Hoodoo for Everyone/Shone, Sherry/TR	9781623177089	8/23/22	North Atlantic Books	\$18.95/\$24.95	2.4k

A teal-colored mandala pattern on a white background. The pattern is symmetrical and features a central circle surrounded by multiple layers of stylized, pointed shapes that resemble petals or leaves. The lines are thick and dark teal.

Society & Culture

Daughters Healing from Family Mobbing

Stories and Approaches to Recover from Shunning, Aggression, and Family Violence

STEPHANIE SELLERS, PhD

A galvanizing call to end family-based anti-female violence, shaming, and shunning—stories and practices for healing from Family Mobbing.

“Family Mobbing” is a strategic process of power and control. When daughters are mobbed, they’re not just shunned, attacked, or slandered: they’re also subjugated by a system of family rules that reinforces patriarchal oppression. What makes mobbing so insidious—and so under-reported—is that here, family itself is the site of violence, trauma, and shame.

Family violence against girls and women is still legal—even in America, and even now. Across cultures, girls and women may be shunned or shamed, emotionally mistreated, or physically attacked by their families to maintain status, social conventions, and the family’s own standing within their community. Family Mobbing tactics can include slander, gossip, rejection, beatings, anti-Queer violence, and even honor killings, child marriages, and forced abortion.

Author Stephanie Sellers—herself a survivor—explores the global phenomenon of Family Mobbing, revealing the secrets and patterns that play out behind closed doors and remain unseen, unacknowledged, and unaddressed. She discusses:

- Why families and communities alienate members of their groups
- Why women, girls, and LGBTQIA2S+ people are at higher risk of mobbing The ramifications of raising daughters to be submissive
- How (and why) mothers and grandmothers perpetuate cycles of Family Mobbing against their daughters
- How to move on after being mobbed, shunned, or shamed
- Firsthand accounts from people all over the world who were mobbed by their families
- How different religious worldviews inform the practice and perpetuation of Family Mobbing

Sellers offers stories, definitions, and solutions to help women, girls, and people of all genders who have been mobbed by their families. She remembers and honors vast, ancient traditions that recognize female sanctity and personhood as paths forward to healing, with a focus on the practices and worldviews of Mother-first cultures that can illuminate the path toward honoring, valuing, and respecting daughters.

FOR DAUGHTERS AND SURVIVORS of family mobbing, violence, scapegoating, and shunning who may be struggling with shame, guilt, isolation, and trauma.

REAL-LIFE STORIES: from survivors of different kinds of family mobbing, like honor killings, child marriages, forced abortion, physical abuse, shaming, and anti-Queer violence.

DUAL AUTHOR EXPERTISE: Sellers is a nationally recognized women’s and Native American studies educator and a target of family mobbing.

TIMELY: Addresses a phenomenon both historical and ongoing amid increased rates of violence against women during the pandemic and the global rise of new authoritarianism.

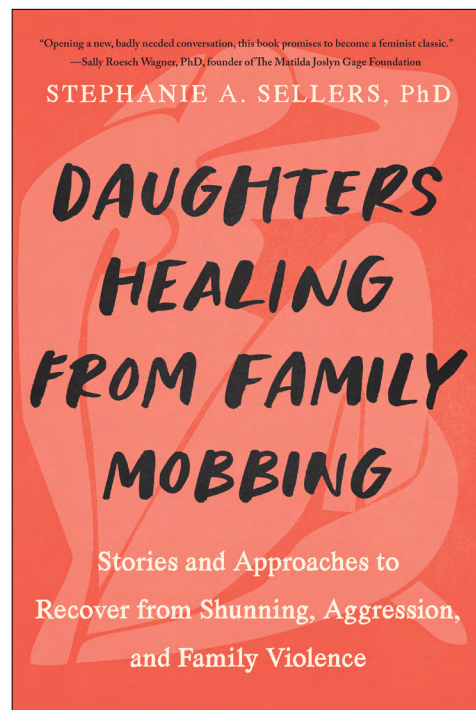
ADDRESSES VIOLENCE AGAINST NATIVE WOMEN: Who face statistically higher rates of violence (4 out of 5 in their lifetime) yet are much less likely to get justice.

PRESENTS SOLUTIONS and focuses on Mother-First cultures to show us a path toward valuing and honoring women, girls, and nonbinary people.

STRENGTH OF WRITING: The author is a skilled writer and educator, integrating the personal stories of both her and other survivors of family mobbing into the text.

AUTHOR BIO

STEPHANIE A. SELLERS holds a PhD in Native American Studies with a research focus on women’s issues. She’s a committed volunteer victim’s advocate and professor at Gettysburg College. She’s authored two books, *Native American Autobiography Redefined: A Handbook* and *Native American Women’s Studies Primer* and is a founding member of a collegiate women’s leadership committee for the American Association of University Women.



ON SALE 4/18/2023

RIGHTS: WORLD

TR: 9781623178437 / \$17.95/\$23.95

Page Count: 240 Trim Size: 6 x 9

BISAC 1: Social Science - Women's Studies

BISAC 2: Social Science - Sociology - Marriage & Family

BISAC 3: Self-Help - Abuse

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A Note from the Author

Letter to the Daughters

Introduction

My Story of Mobbing

Chapter 1 Unearthing the Roots of Mobbing

A NEW ZEALAND DAUGHTER SPEAKS

Chapter 2 The Dangerous Terrain of Family Mobbing

A SYRIAN DAUGHTER SPEAKS

Chapter 3 The Twenty-First Century Dark Ages: Extreme Forms of Mobbing

AN AMERICAN DAUGHTER SPEAKS

Chapter 4 Group Identity (with Tentacles): The Family Octopus

AN AMERICAN DAUGHTER SPEAKS

Chapter 5 Breaking an Ancient Bond: Mothers Mobbing Daughters

A CANADIAN DAUGHTER SPEAKS

Chapter 6 Double-Talk for Daughters

AN AMERICAN SON SPEAKS

Chapter 7 Twice Harmed: Rejection of LGBTQIA2S+ Relatives

AN AMERICAN TRANSDAUGHTER SPEAKS

Chapter 8 Telling Friends and Covert Mobbing

Chapter 9 Reconnecting

Chapter 10 Healing the Trauma of Mobbing

Chapter 11 Reclaiming Your Place at the Table

Notes

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About the Author

TARGET CONSUMER

PRIMARY: Victims of family mobbing—women, girls, and LGBTQIA2S+ readers who've experienced trauma, violence, or isolation by family.

SECONDARY: Counselors who work with victims of family mobbing.

TERTIARY: Academic—women's, gender, and Native American/Indigenous studies.

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Sacred Instructions/Mitchell, Sherri/TR	9781623171957	2/13/18	North Atlantic Books	\$17.95/\$23.95	19.6k
Fresh Banana Leaves/Hernandez, PH.D., Je.../TR	9781623176051	1/18/22	North Atlantic Books	\$17.95/\$23.95	19.4k
Regretting Motherhood/Donath, Orna/TR	9781623171377	7/11/17	North Atlantic Books	\$15.95/\$20.95	7.6k
Trauma 12 Steps Rev/Marich, Jamie/TR	9781623174682	7/7/20	North Atlantic Books	\$17.95/\$23.95	11.3k
The Smell of Rain on Dust/Prechtel, Martín/TR	9781583949399	4/14/15	North Atlantic Books	\$16.95/\$19.95	28.9k

When We Walk By

Forgotten Humanity, Broken Systems, and the Role We Can Each Play in Ending Homelessness in America

KEVIN F. ADLER AND DONALD W. BURNES

WITH AMANDA BANH AND ANDRIJANA BILBIJA

How to end homelessness in America: a must-read guide to understanding housing instability, supporting our unhoused neighbors, and reclaiming our humanity.

A deeply humanizing analysis that will change the way you think about poverty and homelessness—for the socially engaged reader of Isabel Wilkerson's *Caste* and Matthew Desmond's *Evicted*.

Think about the last time that you saw or interacted with an unhoused person. What did you do? What did you say? Did you offer money or a smile, or did you avert your gaze?

When We Walk By takes an urgent look at homelessness in America, showing us what we lose—in ourselves and as a society—when we choose to walk past and ignore our neighbors in shelters, insecure housing, or on the streets. And it brilliantly shows what we stand to gain when we embrace our humanity and move toward evidence-based people-first, community-driven solutions, offering social analysis, economic and political histories, and the real stories of unhoused people.

Authors Kevin F. Adler and Donald W. Burnes, with Amanda Banh and Andrijana Bilbija, recast chronic homelessness in the U.S. as a byproduct of twin crises: our social services systems are failing, and so is our humanity. Readers will learn:

- Why our brains have been trained to overlook our unhoused neighbors
- The social, economic, and political forces that shape myths like “all homeless people are addicts” and “they’d have a house if they got a job”
- What conservative economics gets wrong about housing insecurity
- What relational poverty is, and how to shift away from “us versus them” thinking
- That for many Americans, housing insecurity is just one missed paycheck away
- Who “the homeless” really are—and why that might surprise you
- What you can do to help, starting today

A necessary, deeply humanizing read that goes beyond theory and policy analysis to offer engaged solutions with compassion and heart, *When We Walk By* is a must-read for anyone who cares about homelessness, housing solutions, and their own humanity.

FOR READERS OF *EVICTED*, *CASTE*, AND *BOWLING ALONE*: Big-picture, social-issues readers who want to learn about systemic problems and become part of the solution.

DUAL ANALYSIS: Unlike comps that talk about issues at the policy *or* the personal level, this book does both. It seamlessly integrates the big-picture and the individual, showing how reader-mindset shifts and systemic changes are necessary and interrelated.

NEW POINT OF VIEW / ROOTED IN MORE THAN THE ECONOMY AND POLITICS: This book offers a fresh take for policy people and everyday citizens alike.

URGENT ISSUE AMERICAN READERS CARE ABOUT: Chronic homelessness is a critical issue in the United States, and we haven’t figured it out yet—readers will be interested in a new take.

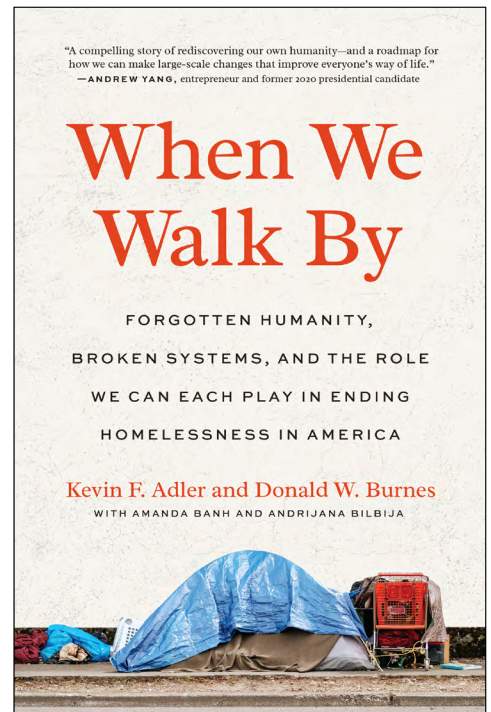
EXPERT AUTHORS: Adler and Burnes are long-time housing experts. Burnes is cofounder of The Burnes Institute for Poverty Research at the Colorado Center on Law and Poverty and Adler is the founder and CEO of the Miracle Messages nonprofit. Bilbija is program manager at Housing and Neighborhood Development Services, Inc.

OPTIMISTIC AND EMPOWERING: Makes you feel like you can be part of the change. Offers advocacy opportunities; ways to change the systems that create obstacles to housing; and suggestions for building support networks based on existing models.

DEBUNKS MYTHS OF HOMELESSNESS: Showing how housing insecurity is more the result of systemic failures than individual choices. Pushes back against the criminalization and dehumanization of unhoused folks.

AUTHOR BIOS

KEVIN F. ADLER is the founder and CEO of the nonprofit Miracle Messages. He holds a Masters in Sociology from the University of Cambridge and a Bachelors in Politics from Occidental College. In his work on homelessness, he has pioneered the concept of “relational poverty” as an overlooked form of poverty severely affecting unhoused individuals. He previously authored *Natural Disasters as a Catalyst for Social Capital*. **DONALD W. BURNES** funds The Burnes Institute for Poverty Research at the Colorado Center on Law and Policy and teaches at Denver’s Academy for Lifelong Learning. He was an adjunct professor and scholar-in-residence at the University of Denver Graduate School of Social Work. He co-authored *Journeys Out of Homelessness: The Voices of Lived Experience* and *A Nation in Denial: The Truth About Homelessness* and co-edited *Ending Homelessness: Why We Haven’t, How We Can*. **AMANDA BANH** and **ANDRIJANA BILBIJA** contributed research throughout.



ON SALE 11/7/2023**RIGHTS: WORLD****TR: 9781623178840 / \$19.95/\$25.95****Page Count: 348 Trim Size: 6 x 9****BISAC 1: Social Science - Poverty & Homelessness****BISAC 2: Social Science - Discrimination****BISAC 3: Political Science - Human Rights****CONTENTS**

Preface

Introduction

Part I. Humanity

Chapter 1. Relational Poverty

Chapter 2. Stigma, Stereotypes, and Shame

Chapter 3. Exclusion

Chapter 4. Paternalism

Chapter 5. Individualism

Part II. Systems

Chapter 6. Housing

Chapter 7. Work, Wages, and Wealth

Chapter 8. Health Care

Chapter 9. Mental and Behavioral Health

Chapter 10. Criminal Justice

Chapter 11. Youth Development

Part III. Solutions

Chapter 12. Fixing Broken Systems

Chapter 13. Healing Our Humanity

10 Simple Ways You Can Help Address Homelessness

Acknowledgements

About the Authors

TARGET CONSUMER

PRIMARY: Readers of big-picture social-change books like *Evicted* and *Caste*. Liberal or progressive-leaning; erudite; optimistic/idealistic. Readers of communities impacted by homelessness. Readers of economic privilege who feel shame around not doing more to help.

SECONDARY: Social workers, non-profit workers, those who work with unhoused communities or clients. Veterans Affairs workers/administrators

TERTIARY: Academic and professional.

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
American Detox/Kelly, Kerri/TR	9781623177249	6/7/22	North Atlantic Books	\$18.95/\$24.95	6.9k
Four Pivots/Ginwright, Shawn A..../TR	9781623175429	1/25/22	North Atlantic Books	\$17.95/\$23.95	27.5k
Politics of Trauma/Haines, Staci K./TR	9781623173876	11/19/19	North Atlantic Books	\$19.95/\$25.95	13.5k
The Trauma of Caste/Soundararajan, Thenm.../TR	9781623177652	11/15/22	North Atlantic Books	\$18.95/\$24.95	7.7k

Healing Justice Lineages

Dreaming at the Crossroads of Liberation,
Collective Care, and Safety

CARA PAGE & ERICA WOODLAND

A profound offering and call to action—collective stories, testimonials, and incantations for renewing political and spiritual liberation grounded in Black, Indigenous, People of Color, and Queer and Trans healing justice lineages

We reclaim the power, resilience, and innovation of our ancestors through this book. To embody their wisdom across centuries and generations is to continue their legacy of liberation and healing.

In this anthology, Black Queer Feminist editors Cara Page and Erica Woodland guide readers through the history, legacies, and liberatory practices of healing justice—a political strategy of collective care and safety that intervenes on generational trauma from systemic violence and oppression. They call forth the ancestral medicines and healing practices that have sustained communities who have survived genocide and oppression, while radically imagining what comes next.

Anti-capitalist, Black feminist, and abolitionist, *Healing Justice Lineages* is a profound and urgent call to embrace community and survivor-led care strategies as models that push beyond commodified self-care, the policing of the medical industrial complex, and the surveillance of the public health system.

Centering disability, reproductive, environmental, and transformative justice and harm reduction, this collection elevates and archives an ongoing tradition of liberation and survival—one that has been largely left out of our history books, but continues to this day.

In the first section, “Past: Reckoning with Roots and Lineage,” Page and Woodland remember and reclaim generations-long healing justice and community care work, asking critical questions like: How did our ancestors transform trauma and violence in their liberation work? What were our ancestors reckoning with—and what did they imagine?

The next sections, “Origins of Healing Justice” and “Alchemy: Theory + Praxis,” explore regional stories of healing justice in response to the current political and cultural landscape. The last section, “Political + Spiritual Imperatives for the Future,” imagines a future rooted in lessons of the past; addresses the ways healing justice is being co-opted and commodified; and uplifts emergent work that’s building infrastructure for care, safety, healing, and political liberation.

HEALING JUSTICE: Presents lineages in an area of growing interest among readers looking to heal from oppression, trauma, and white supremacy.

URGENT AND TIMELY: In a time where white supremacy, cisheteropatriarchy, and extractive capitalism are rampant and voracious, the strategies, histories, and models of care in *Healing Justice Lineages* are urgent, life-saving, and necessary.

EXPERT AUTHORS: The editors (and contributors) are prominent figures in the healing justice community with the experience and authenticity necessary to successfully engage audiences in healing justice lineages. Erica Page, with the Kindred Healing Justice Collective, is the creator of healing justice.

PAST, PRESENT, FUTURE: Examines healing justice and community care models as vital to past and present survival—and imagines what comes next.

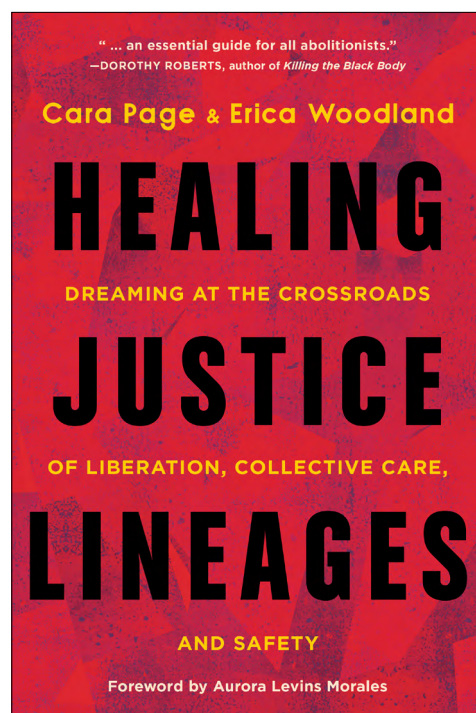
FOR SOCIAL JUSTICE READERS: As the concept of healing justice moves from emergent to more mainstream, this book advances the dialogue and exploration of a critical movement and its applications to readers.

NONTRADITIONAL FORMAT: In addition to essays, this anthology includes original art, poetry, and other nontraditional elements.

AUTHOR BIO

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TARGET CONSUMER

PRIMARY: Healers and readers in transformative justice movements. BIPOC audiences. Queer audiences. Fans of adrienne maree brown, Prentis Hemphill, Resmaa Menakem. Readers of Emergent Strategy, Healing Resistance, Beyond Survival. Anticapitalist, Black feminist, disability justice readers with fluency in movement and existing awareness of healing justice models - not your 101 social justice reader.

SECONDARY: Movement organizers, cultural workers, spiritual practitioners, and coaches.

TERTIARY: Academic.

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