



RIGHTS GUIDE

2026 NEW TITLES

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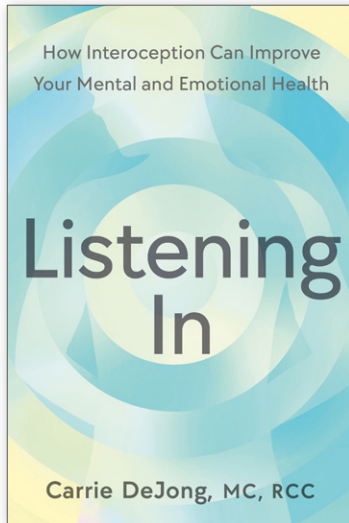
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Listening In

How Interoception Can Improve Your Mental and Emotional Health

CARRIE DEJONG, MC, RCC



ON SALE 27-OCT-2026

ISBN: 9798889843764

PAGE COUNT: 256

TRIM SIZE: 6" X 9"

WORLD RIGHTS

Unlock the hidden sense of interoception with this book whether you're a therapist, trauma survivor, or self-help reader looking for new tools to heal and thrive

Interoceptive awareness, your inner sense, is the hidden eighth sense that sends messages between your brain, your body knowledge, and your environment. When interoception is working well, it gives you crucial clarity, emotional wisdom, and gut-level insight into nearly every aspect of your life. But what happens when trauma, chronic stress, illness, and attachment wounds disrupt our nervous systems? How do we heal? *Listening In* is your guide to the interoceptive sensory system and its unseen but vital cues. Informed by somatics, neuroscience, trauma therapy, and a unique interoceptive body-signal framework, this book includes practices to help you strengthen emotional regulation, calm your nervous system, disentangle your mind-body wiring, and rebuild trust in your body.



CARRIE DEJONG, MC, RCC, is a Registered Clinical Counselor with the British Columbia Association of Clinical Counsellors and has more than 25 years of experience exploring how the body, brain, and emotions interact. DeJong has worked in trauma-treatment programs for children, youth, and families and in a residential addiction treatment center, and now maintains a private practice integrating Polyvagal Theory and other mind-body approaches. She serves on the board of Avalon Recovery Society, a non-profit supporting women in recovery, and teaches clinicians about the links between stress, trauma, and substance use.

Learn more:
www.carriedejong.com

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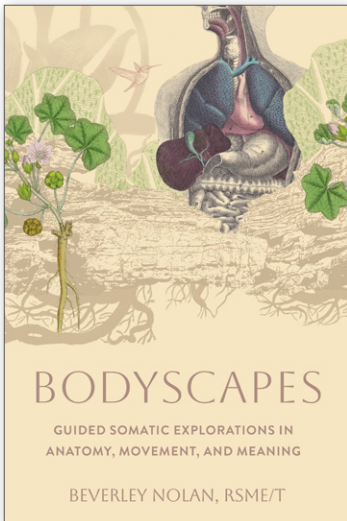
Some interoceptive signals are easy to identify—hunger, thirst, or the need to empty the bladder. But interoception extends far beyond these basics. It provides essential information that shapes our physical health, emotional states, decision-making, and sense of self. Interoceptive awareness offers a powerful lens for understanding many of the challenges people face today, including anxiety, depression, addiction, trauma, chronic pain, and relationship issues.

”

Bodyscapes

Guided Somatic Explorations in Anatomy, Movement, and Meaning

BEVERLEY NOLAN, RSME/T



ON SALE 03-NOV-2026

ISBN: 9798889843726

PAGE COUNT: 310

TRIM SIZE: 6" x 9"

20 BW IMAGES

WORLD RIGHTS

A body-based journey of renewal, transformation, and discovery with somatic practices and embodied tools for those new to somatic exploration or a seasoned practitioner

Moving from the smallest cell to the complexity of the fascial web, *Bodyscapes* shares affirming practices to reclaim your innate somatic wisdom and come to a new understanding of the curious wonders and unexpected connections of your body. The book is organized in 10 body systems, and each chapter explores the basic anatomy of each system such as FEEL into your heart and its blood flows or SATISFY your relationship with fat, a powerhouse energy. Interwoven with myth, story, and folklore, *Bodyscapes* opens us up to ourselves and to the systems that often go unclaimed as the intelligent, supportive pieces of us that they are and nourishes a new way of moving, transforming, and showing up to the world.



BEVERLEY NOLAN is a somatic movement educator, yoga teacher, and writer with nearly four decades of experience exploring the intelligence of the body. An ISMETA Registered Somatic Movement Educator and Therapist and Yoga Alliance E-RYT 500, she blends yoga, Body-Mind Centering, the Feldenkrais Method, and integrated bodywork to offer experiential approaches to anatomy and movement. Nolan is the founder and director of Barefoot Body Training, a Cambridge-based school providing somatic and trauma-informed yoga teacher trainings. She has taught widely in the UK and Europe as international faculty for Linda Hartley's somatic education programs.

Learn more:
www.beverleynolan.com

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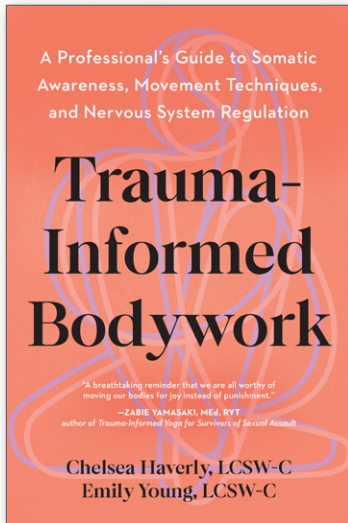
Experiential anatomy, sometimes known as embodied anatomy, is a somatic practice that asks you to gather information about your body systems and structures from your own experience. In this way, they become embodied across your soma, that is to say, through all the layers of your being: tissues, thoughts, feelings, imagination, and the mystery.

”

Trauma-Informed Bodywork

A Professional's Guide to Somatic Awareness, Movement Techniques, and Nervous System Regulation

CHELSEA HAVERLY, LCSW-C AND EMILY YOUNG, LCSW-C



ON SALE 31-MAR-2026

ISBN: 9798889843177

PAGE COUNT: 224

TRIM SIZE: 6" x 9"

15 BW IMAGES

WORLD RIGHTS EXCEPT
SERBIAN

A vital framework for understanding embodied trauma and helping clients heal —a trauma-informed guide for somatic practitioners, movement therapists, bodyworkers, and personal trainers

If trauma happens to the body, healing happens through the body. Guided by this principle, authors Chelsea Haverly and Emily Young explain how trauma is stored in the body and how this makes movement-based practices an essential tool for trauma recovery. They cover key concepts like complex trauma, vicarious trauma, body-related trauma, and nervous system regulation, including how these show up when working with clients. There is also a designated chapter that explores trauma-informed personal training principles and business frameworks. Each chapter includes exercises, reflection questions, and key takeaways.



CHELSEA HAVERLY is a Licensed Clinical Social Worker (LCSW-C) and the creator/founder of Hope Ignited Training, an organization that provides training on trauma-informed practices. Haverly also works and co-owns Anchored Hope Therapy, a collaborative trauma-specific therapy practice in her community.

Learn more:

[IG @the.embodiedtherapist](#)
(20K followers)



EMILY YOUNG is a Licensed Clinical Social Worker (LCSW-C) and a Certified Personal Trainer (NSCA-CPT). She is a co-creator and the lead presenter of the Trauma-Informed Personal Training (TI-PT) Certification program through Hope Ignited Training.

Learn more:

[IG @theembodiedtrainer](#)
(2.5K followers)

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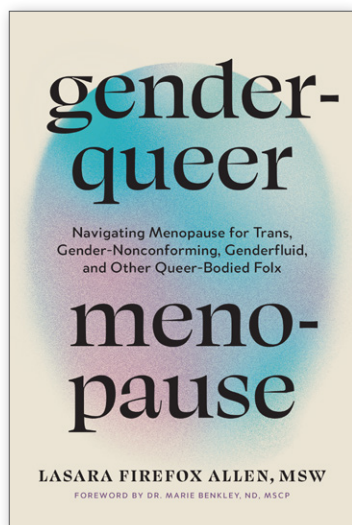
We believe that healing trauma is a collective endeavor and has the power to create ripples of change that our world deeply needs. We are in times of stress, dysregulation, and chaos. Our bodies feel this. We believe that if you work with bodies, then you work with trauma; and if trauma happens to the body, healing happens through the body. Our intention is to provide you with tools for integrating somatic awareness, movement, and nervous system regulation into your practice. This framework is a toolbox for *letting the body lead*.

”

Genderqueer Menopause

Navigating Menopause for Trans, Gender-Nonconforming, Genderfluid, and Other Queer-Bodied Folx

LASARA FIREFOX ALLEN, MSW



ON SALE 13-JAN-2026

ISBN: 9798889842798

PAGE COUNT: 256

TRIM SIZE: 6 x 9

WORLD RIGHTS

A queer, gender-affirming guide to navigating menopause—prompts, tools, and expert wisdom for living well through menopause and beyond

Menopause can be a time of both grief and celebration for many of those in the trans, nonbinary, and genderqueer communities. *Genderqueer Menopause* is an empowering resource for those navigating symptoms and seeking gender-affirming care during the menopause transition. With prompts, tools, and expert wisdom, menopause doula and coach, and genderqueer educator Lasara Firefox Allen helps you enhance your awareness of menopause, manage symptoms like brain fog, and define your own menopause experience.



LASARA FIREFOX ALLEN, MSW, they/them/Mx, is a bestselling author, coach, and educator. They are a Menopause Doula, certified with The Menopause School, and a gender-affirming menopause coach. Firefox Allen graduated with a master's in social work (MSW) from Cal Poly Humboldt. They completed the San Francisco Sex Information (SFSI) Sex Educator Training in 2000 and have designed and presented safer sex and other sex+ workshops for more than three decades for various groups.

Learn more:

lasarafirefoxallen.substack.com

IG @lasara_firefox_allen
(3.6K followers)

“Lasara Allen has made a significant contribution to the conversation around menopause by specifically addressing the experiences of genderqueer and nonbinary individuals. Allen’s work is crucial—it provides much-needed visibility and resources for this community, helping to deconstruct the gendered narratives around menopause. Allen not only offers practical information but also helps to normalize the experiences of genderqueer people during this life transition.”

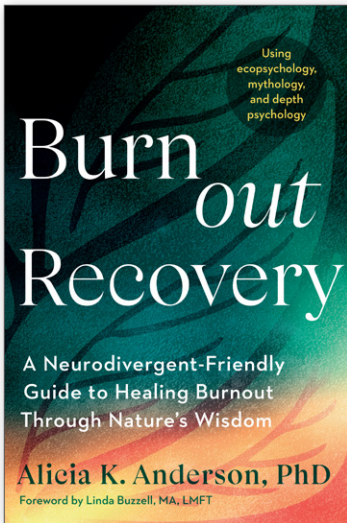
—DR. MARY CLAIRE HAVER, board-certified OBGYN and author of
The New York Times bestseller *The New Menopause*



Burnout Recovery

A Neurodivergent-Friendly Guide to Healing Burnout Through Nature's Wisdom

ALICIA K. ANDERSON, PHD



ON SALE 24-MAR-2026

ISBN: 9798889843139

PAGE COUNT: 208

TRIM SIZE: 6" x 9"

1 BW IMAGE

WORLD RIGHTS

A neurodivergent-friendly and holistic self-help guide to identifying, recovering, and growing from the stress and burnout cycle

In this self-help guide, Alicia King Anderson argues that for many of us, burnout is not just a symptom of a stressful workplace. When reducing our workload slightly or taking a vacation doesn't seem to help, we need to consider the entire network of intersecting stresses in our life: physical, psychological, sensory, social, environmental, and political. This unique book addresses all kinds of burnout, including autistic and ADHD burnout, creative burnout, and professional burnouts. It introduces grief work as an essential part of burnout recovery and provides step-by-step guidance to identify where you are in the burnout cycle. Each chapter includes a variety of practical tools, including self-discovery exercises, activities, rituals, and journal prompts.



ALICIA KING ANDERSON has a Ph.D. in Mythological Studies and Depth Psychology from Pacifica Graduate Institute. She has presented at the American Folklore Society annual meeting, the London Arts-Based Research Center conference "The Art of Storytelling: Archetypes in Focus," and at the Progressive Connexions conference "Trauma, Shame, and Testimony." She offers workshops, 1:1 coaching, and on-demand online courses on achieving lasting burnout recovery.

Learn more:

aliciakinganderson.com

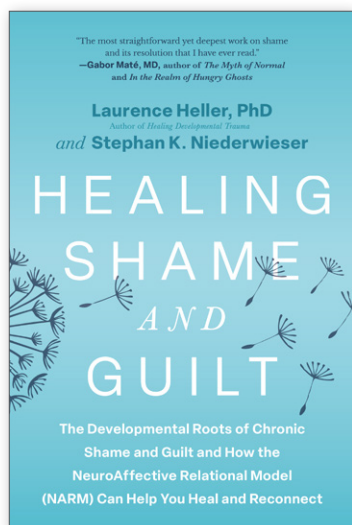
"Rather than simply diagnosing the problem, *Burnout Recovery* provides concrete exercises, rituals, and support strategies that acknowledge burnout as a systemic issue while empowering individual healing. This is essential reading for anyone seeking to heal from burnout or support others through it."

**— FIONA WILKINSON, PsyD, behavioral psychologist,
psychological therapist, and ADHD clinician**

Healing Shame and Guilt

The Developmental Roots of Chronic Shame and Guilt and How the Neuroaffective Relational Model (Narm) Can Help You Heal and Reconnect

LAURENCE HELLER, PHD AND STEPHAN K. NIEDERWIESER



ON SALE 12-MAY-2026

ISBN: 9798889842897

PAGE COUNT: 366

TRIM SIZE: 6" x 9"

4 IMAGES

**WORLD RIGHTS EXCEPT
DANISH, DUTCH, FRENCH,
GERMAN, AND ROMANIAN**

An innovative, trauma-informed approach to resolving chronic shame and guilt for readers of *The Practical Guide for Healing Developmental Trauma* and therapists and clinicians

Shame and guilt are core emotions that can significantly limit our lives. In this book, therapists Laurence Heller, PhD, and Stephan K. Niederwieser provide practical tools for identifying and treating chronic shame using the NeuroAffective Relational Model (NARM). Part 1 of the book explains how guilt and shame are not actually emotions and how shame is learned in childhood and processed as we grow up. Part 2 of the book, designed for therapists and clinicians, provides an in-depth, practical guide for addressing chronic shame using the NARM approach. Originally designed for treating C-PTSD or developmental trauma, the NARM approach to overcoming chronic shame targets the roots and helps us truly shed shame, develop self-confidence, and find inner peace.



DR. LAURENCE HELLER is the creator of the NeuroAffective Relational Model (NARM®) and Founder of the NARM Training Institute. Dr. Heller has conducted NARM trainings and case consultations for thousands of therapists throughout the United States and Europe.



STEPHAN KONRAD NIEDERWIESER is a NARM Master Practitioner. He provides advanced seminars, individual and group supervision, and certifies future NARM Master Practitioners. Niederwieser has a private practice in Berlin, Germany and has written several books on healing from the effects of developmental trauma.

Learn more:
drlaurenceheller.com
narmtraining.com

ALSO BY LAURENCE HELLER

Healing Developmental Trauma (2012)

- ▶ 104.5K copies sold domestically all formats
- ▶ 15 languages licensed

The Practical Guide for Healing Developmental Trauma (2022)

- ▶ 29.9K copies sold domestically all formats
- ▶ 6 languages licensed

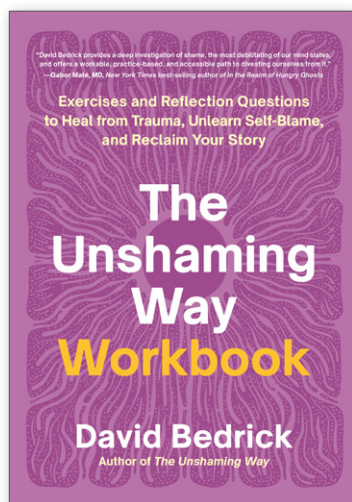
The Workbook for Healing Developmental Trauma (2025)

- ▶ 2.4K copies sold domestically all formats
- ▶ 1 language licensed

The Unshaming Way Workbook

Exercises and Reflection Questions to Heal from Trauma, Unlearn Self-Blame, and Reclaim Your Story

DAVID BEDRICK



ON SALE 17-MAR-2026

ISBN: 9798889840770

PAGE COUNT: 160

TRIM SIZE: 7" x 10"

WORLD RIGHTS

A companion to the beloved bestseller *The Unshaming Way*—a step-by-step guide to free yourself from shame and trauma with practical prompts, personal reflections, and self-help exercises

Author, mental health expert, and professor David Bedrick has returned with a companion workbook with thoughtful questions and write-in exercises that walk us through the three keys to healing our shame: seeing, feeling, and believing. By going through guided reflections, Bedrick teaches us how to unburden ourselves of complex and childhood trauma. This book is for readers with experiences of shame or therapists, counselors, and healers working with clients who experience shame.



DAVID BEDRICK, JD, DIPL. PW, is a speaker, counselor, and attorney. He is the founder of the Santa Fe Institute for Shame-based Studies, where he offers facilitation training to deepen the skills and awareness of therapists, coaches, and healers as well as workshops for individuals to further their own personal development. He is a writer for *Psychology Today* and the author of three books including *Talking Back to Dr. Phil* and *You Can't Judge a Body by Its Cover*.

Learn more:

www.davidbedrick.com

IG @david.bedrick (58K followers)

ALSO BY THE AUTHOR

The Unshaming Way

- ▶ 8.2K copies sold domestically all formats
- ▶ 8 languages licensed

“

And the key to healing from shame—to be able to say and to believe *I matter, I am trustworthy, this happened to me*, and to treat yourself accordingly, like the precious human being that you are—is to be witnessed with love.

When you are seen, heard, and believed with love, compassion, and curiosity, shame falls away. And you can do this for yourself.

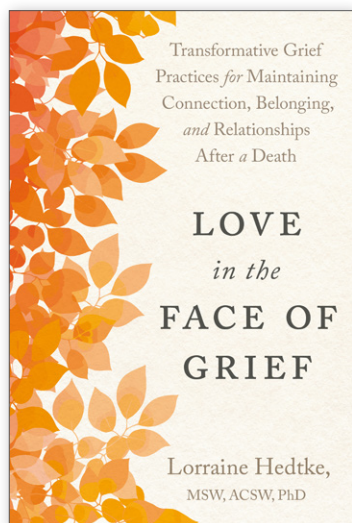
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Love in the Face of Grief

Transformative Grief Practices for Maintaining Connection, Belonging, and Relationships After a Death

LORRAINE HEDTKE, MSW, ACSW, PHD



ON SALE 01-DEC-2026

ISBN: 9798889843641

PAGE COUNT: 236

TRIM SIZE: 6" x 9"

WORLD RIGHTS

A deeply human guide for anyone experiencing grief and loss

Drawing on decades of professional and personal experience with grief, counselor and professor Lorraine Hedtke offers a layered, relational approach to grief that helps you continue your bond with your loved one, even after the one you love is gone. Through client stories, practical tools, and powerful rituals, Hedtke shows you how connection to your loved one can be found in the most unlikely of places and cultivated throughout a lifetime. *Love in the Face of Grief* is a balm, an invitation, and necessary counterbalance to a culture that asks us to close up and move on.



LORRAINE HEDTKE, MSW, ACSW, PHD, is a veteran narrative therapist who has helped reshape modern grief psychology. A counselor and Professor Emerita at California State University, San Bernardino, she specializes in post-structural, narrative approaches with people who are dying and with families after a death. Lorraine is the proprietor of the Fabula Center for counseling and training in Redlands, California. She lectures internationally to counselors, therapists, and medical professionals, and her work has been translated into Japanese, Chinese, Spanish, Russian, and German.

Learn more:

www.rememberingpractices.com

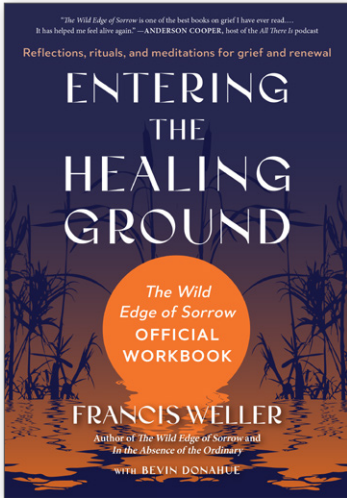
“This book doesn’t just rethink loss; it invites us into a living conversation with it. With profound clarity and quiet courage, it offers a practice of continued belonging to our loved ones who have died, challenging the worn scripts of ‘move on’ by teaching us practices of loving relatedness with our grief. Deeply humane, richly insightful, and radically compassionate, Lorraine’s work will transform how we understand love, loss, and the enduring presence of those we carry forward.”

—EMILY M. DOYLE, PhD, registered psychologist and master of counselling program director at Athabasca University, Calgary, Canada

Entering the Healing Ground

The Wild Edge of Sorrow Official Workbook

FRANCIS WELLER WITH BEVIN DONAHUE



ON SALE 24-FEB-2026

ISBN: 9798889843313

PAGE COUNT: 96

TRIM SIZE: 7" x 10"

WORLD RIGHTS

The official companion to *The Wild Edge of Sorrow*—reflection prompts, timely exercises, and rituals of renewal for moving with grief and loss

Chapter by chapter, Francis Weller walks readers through writing exercises, embodied practices, guided reflections, and rituals from *The Wild Edge of Sorrow*. The workbook is designed to be flexible: you can work section by section as you read the book or dip into standalone chapters that resonate with your own specific experiences. Weller invites you to cultivate a conversation with your grief, to understand your pains and losses in new and poignant ways, and he welcomes you into a deepened relationship with the anima mundi, the soul of the world.



FRANCIS WELLER is a psychotherapist, writer, and soul activist. He is a master of synthesizing diverse streams of thought from psychology, anthropology, mythology, alchemy, indigenous cultures, and poetic traditions. He has introduced the healing work of ritual to thousands of people. He founded and currently directs WisdomBridge. His writings have appeared in anthologies and journals exploring the confluence between psyche, nature, and culture, including *The Sun* magazine, the *Utne Reader*, *Kosmos Journal*, and *Ruminate*.

Learn more:

www.francisweller.net

ALSO BY THE AUTHOR

The Wild Edge of Sorrow

- ▶ 250K copies sold domestically all formats
- ▶ 10 languages licensed

In the Absence of the Ordinary

- ▶ 75K copies sold domestically all formats
- ▶ 1 language licensed

“

We cannot possibly respond to the immense currents of grief alone. Realizing we are part of an emergent community of soul activists helps us maintain our affection for this tender, struggling world.

”

Queer Expressions

Expressive Art and Somatic Therapy Practices for Healing Body Trauma

WEDNESDAE REIM IFRACH, REAT, ATR-BC, CLAT



ON SALE 23-JUN-2026

ISBN: 9798889843191

PAGE COUNT: 286

TRIM SIZE: 6" x 9"

BW IMAGES

WORLD RIGHTS

A creative, body-based guide to healing for queer, trans, and gender-expansive readers—somatic tools and expressive arts to feel safer in your body, rewrite your story, and sustain connection

Queer Expressions is a self-help guide to healing body trauma through embodiment and creativity. Whether you're navigating dysphoria, eating disorder recovery, chronic stress, or nervous system dysregulation, Wednesdae Reim Ifrach draws on somatic therapy and the arts such as gentle movement or breathwork and collage art or dance. They share grounded practices, client stories, and simple rituals to help you move from shut down or on high alert into steadier, more connected living. Warm and inclusive, *Queer Expressions* is usable on your own or with a therapist.



WEDNESDAE REIM IFRACH (REAT, ATR-BC, CLAT) is a trans/non-binary art therapist and counselor. They co-own and operate Rainbow Recovery, offering clinical supervision, consultations, trainings, workshops, counseling, and art therapy services to clients in Connecticut and Pennsylvania. As a full-time professor at Moravian University, Wednesdae teaches mental health counseling, social work, and expressive art courses, inspiring future professionals. Over the past decade, they have led trainings and workshops for organizations such as the American Art Therapy Association, National Alliance for Eating Disorders, and Yale University, among others.

Learn more:

www.wednesdae.org

IG @queer.art_therapist
(4.3K followers)

“

Queer communities have always known how to create alchemy from the raw material of our survival. The dance floor at a gay bar. The catwalk at a drag ball. The swell of voices chanting at a protest. These are not just sites of entertainment or politics; they are somatic laboratories, places where bodies learn new rhythms of safety and expression.

These embodied practices are not separate from healing; they are healing, especially for bodies told they do not belong.

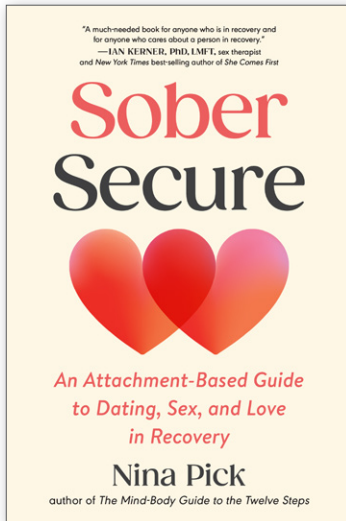
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Sober Secure

An Attachment-Based Guide to Dating, Sex, and Love in Recovery

NINA PICK



ON SALE 11-AUG-2026

ISBN: 9798889843740

PAGE COUNT: 288

TRIM SIZE: 6" x 9"

WORLD RIGHTS

Practical, body-based tools for dating, intimacy, and partnership in sobriety

Recovery isn't just about staying sober—it's about learning to love and be loved securely. *Sober Secure* reframes recovery through attachment, giving people in sobriety the practical tools to heal early relational wounds, regulate the nervous system, and create the connections that sustain a joyful, durable recovery. Nina Pick, integrative somatic counselor, draws on attachment science, polyvagal theory, and somatic therapy while honoring the strengths of Twelve Step communities. Each chapter includes somatic practices, prompts, partner exercises, including an appendix for facilitators and group work.



NINA PICK is an integrative somatic counselor and certified NeuroAffective Touch practitioner focused on helping individuals with early relational wounds live full, embodied, and connected lives. She received an MA in counseling psychology with a focus on marriage and family therapy from Pacifica Graduate Institute and an MA in comparative literature from UC Berkeley, and has certifications in a range of modalities, including Somatic Attachment Therapy, Integrative Somatic Trauma Therapy, the Safe and Sound Protocol, the Havening Techniques, and Reiki.

Learn more:

www.ninapick.com

ALSO BY THE AUTHOR

The Mind-Body Guide to the Twelve Steps

- ▶ 2.3K copies sold domestically all formats
- ▶ Translation rights available

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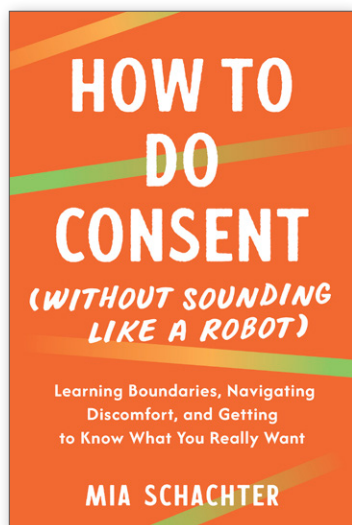
It is impossible to talk about addiction without talking about love. We might mourn the loss of love, numb our hearts to it, or compulsively seek it in sex or substances. The more conscious we are, however, of love's lack as the core wound of which addiction is but a symptom, the more we can turn to love as addiction's mitigating force. For addiction stems from a wound to the heart, and the deepest remedy for addiction is love.”

”

How to Do Consent (without Sounding Like a Robot)

Learning Boundaries, Navigating Discomfort, and Getting to Know What You Really Want

MIA SCHACHTER



ON SALE 15-SEP-2026

ISBN: 9798889843665

PAGE COUNT: 256

TRIM SIZE: 6" x 9"

WORLD RIGHTS

Empowered practices, embodied skills, and frame-changing advice for navigating consent and sex, pursuing pleasure, and building connection in the real world

How to Do Consent (Without Sounding Like a Robot) offers essential and up-to-date guidance on sex for anyone who's having it or wants to have it. This book explores practical tools for embodied sexual self-knowledge, including defining self-consent, boundaries, and getting to know what gets you off. It also shows how to navigate conflict beyond blame and shame, working through boundary violations, misalignment, and miscommunication. Essential reading for anyone having sex in the 21st century, *How to Do Consent* moves the conversation past stale and rigid assumptions toward one rooted in connection, fulfillment, and self-discovery.



MIA SCHACHTER (they/them) is a writer, consent educator, and intimacy coordinator. A queer, millennial artist and philosopher, they are the creator of Consent Wizardry, an online consent school serving over a thousand students seeking more easeful relationships, clearer boundaries, and authentic self-expression. Mia is Tinder's Resident Consent Educator and has taught and spoken for organizations including Planned Parenthood, XBiz, and the Directors Guild's Women's Steering Committee.

Learn more:
www.consentwizardry.com

“

You'll find in this book a thorough analysis of consent in many realms of life, from sex to friendships to creativity and art. You'll also encounter some ideas about consent that you likely have not heard before. Some of those conceptions might challenge your understanding of what consent is and isn't and how it can be used and even weaponized.

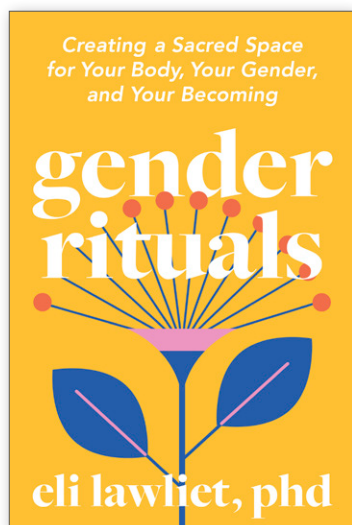
No matter where you're at in your journey with consent, prepare to have your mind expanded.

”

Gender Rituals

Creating a Sacred Space for Your Body, Your Gender, and Your Becoming

ELI LAWLIET, PHD



ON SALE 25-AUG-2026

ISBN: 9798889843252

PAGE COUNT: 288

TRIM SIZE: 6" x 9"

WORLD RIGHTS

Rituals and practices for reclaiming your gender journey, nurturing trans joy, and coming home to your innate, embodied sacredness

Drawing from his lived experience as a trans person, his training as a gender doula, and years of leading ritual and body-based healing work, Eli Lawliet offers tools for both personal transformation and collective survival so you can live your gender journey wholly and unapologetically. In *Gender Rituals*, he explores how to experience your gender journey as affirming and includes ritual practices like cleansing, grounding, and shielding against transphobia and harm. In a world that tries to define you, erase you, or make you small, *Gender Rituals* helps you reclaim your gender journey as sacred, powerful, and fully your own—an act of healing, resistance, and joy.



ELI LAWLIET, PHD (he/him) is the dreamer and weaver of The Gender Doula. In addition to a decade of experience researching trans healthcare, law, policy, and history, he has formal training as a full spectrum doula, breathwork facilitator, and tarot reader, as well as many years of surviving the world of poverty wages and retail work. Eli has been seeing clients since January of 2020 and has worked with hundreds of trans folks nationally and internationally in sessions, classes, and workshops.

Learn more:

www.thegenderdoula.com

IG @thegenderdoula

(16.4K followers)

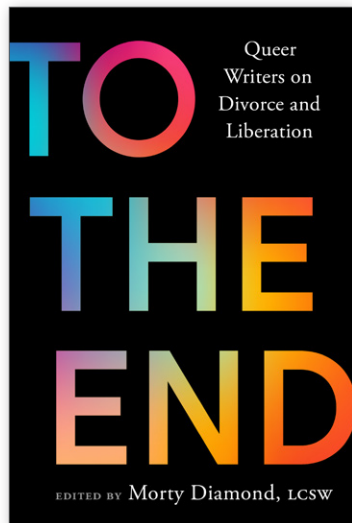
“*Gender Rituals* takes care of one of the most pertinent questions of being trans today: how to make more time, in the form of habits, patience, and history, for one another. Go read this book. It is both hands-on and gentle. In it, Dr. Lawliet teaches you how to be available for all kinds of things: opening and closing a container, grounding yourself where you are at, waiting for trust, and being a friend.”

—ALICE SPARKLY KAT, author of *Postcolonial Astrology*

To the End

Queer Writers on Divorce and Liberation

MORTY DIAMOND, LCSW



ON SALE 10-NOV-2026

ISBN: 9798889843986

PAGE COUNT: 288

TRIM SIZE: 6" x 9"

WORLD RIGHTS

24 stories of queer divorce—a groundbreaking book of essays that unflinchingly explores love, loss, and liberation beyond the confines of cishet marriage

Across 24 essays, queer, trans, nonbinary, and intersex writers share their firsthand accounts of divorce, separation, and transformation, giving readers an intimate look at the stories that are often elided in straight, mainstream narratives. Diamond and contributors foreground real stories of what happens when love ends, through specific queer lenses: When your partner won't accept your transition. When covert narcissistic abuse destabilizes your world. When your Daddy bails in an email after 20 years. When you trade "legitimacy" for a part of yourself. The essays highlight, too, the unexpected joys, profound liberations, and necessary transformations we discover when we find our way back to ourselves.



MORTY DIAMOND is a trans and queer therapist, artist, and writer based in California. A licensed clinical social worker with an MSW from San Francisco State University, he is Grants Coordinator and instructor in the School of Social Work and also maintains a private psychotherapy practice. Morty is the creator of To the End, a weekly salon that supports LGBTQ+ people navigating divorce and its aftermath. He is the director of the film Trans Entities (2008), which screened at more than 30 film festivals and is held in multiple university collections.

Learn more:
www.mortydiamondlcsw.com

“

I have found that many queer, trans, and nonbinary people become critical of the institution of marriage after divorce. I also see people breaking the colonialist structures of gender, romance, and relationships after divorce. This book is meant to grease the wheels for conversations—with yourself and with your community—on what is possible after divorce.

”

The Tyranny of Thinness

Understanding and Resisting the Pressure to Be Skinny

CÉLINE LEBOEUF, PHD



ON SALE 06-OCT-2026

ISBN: 9798889844068

PAGE COUNT: 288

TRIM SIZE: 6" x 9"

WORLD RIGHTS

A fearlessly feminist philosophical approach to defying diet culture, cultivating radical self-care, and rediscovering empowered embodiment

Drawing on memoir, feminist theory, and cultural analysis, *The Tyranny of Thinness* explores how the skinny ideal shapes our earliest memories and experiences and steals joy, agency, and self-determination from our adolescences, our social identities, our ambitions, and even our sense of moral worth. From the resurrection of heroin chic and thinspo to the rise of #SkinnyTok and Ozempic, Céline Leboeuf exposes how thinness becomes a political weapon and shows how the body positivity movement has been coopted and repackaged. This book is an elevated must-read for anyone struggling with body image and every reader searching to understand what the culture dictates about beauty and perceived worth.



CÉLINE LEBOEUF, PHD is an Associate Professor of Philosophy and Affiliate Faculty in Women, Gender, and Sexuality Studies at Florida International University. Drawing on both feminist philosophy and her own recovery from restrictive eating, her work blends theory, personal narrative, and cultural criticism to challenge our fixation on thinness. Her essays have appeared in outlets such as Medium, the Project Vox blog, and Psyche, and her writing has been recognized by the American Philosophical Association. She has been featured as an expert in *VOGUE*, *The Atlantic*, and *The New York Times*.

Learn more:
www.ccleboeuf.com

“

The stakes are high: Body dissatisfaction predicts disordered eating and other mental health conditions. That's why it's more urgent than ever to fight back. Let's reject comparing our bodies to those of others, and let's teach younger generations to do the same. Let's practice intuitive eating and other forms of self-care. Let's endorse flexible beauty ideals. And let's create spaces that accommodate a wide range of body types, including those with physical disabilities.

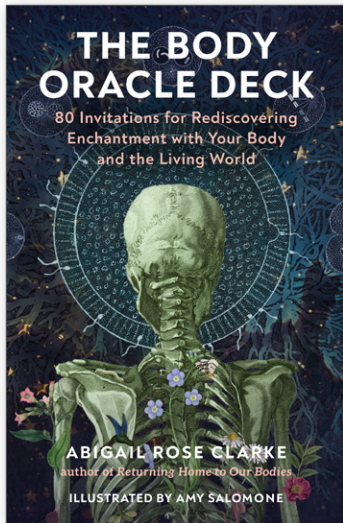
”



The Body Oracle Deck

80 Invitations for Rediscovering Enchantment with Your Body and the Living World

ABIGAIL ROSE CLARKE



ON SALE 25-AUG-2026

ISBN: 9798889842934

BOOKLET PAGE COUNT: 56

CARDS: 84

TRIM SIZE: 3-1/4" x 5"

80 COLOR IMAGES

WORLD RIGHTS

Includes 84 lushly illustrated cards with original collage art, body-based exercises, and an accompanying guidebook

Created to help you connect to the innate and beautiful wisdom of your body and to the living world, *The Body Oracle Deck* helps us awaken to ourselves and our senses so we can awaken to the world and stay present and engaged even through heartbreak and hopelessness. Structured in four sections, the deck blends biology, nature, somatics, and cosmic awe to guide us through embodied knowing. It can be used for creative inspiration, in daily ritual, as part of an existing somatic practice, or in structured contemplation.

ALSO BY ABIGAIL ROSE CLARKE

Returning Home to Our Bodies

- ▶ 10.5K copies sold domestically all formats
- ▶ 1 language licensed



ABIGAIL ROSE CLARKE is a somatic facilitator, and she utilizes somatics and mindfulness in helping people return to a comfortable relationship with their bodies. Clarke holds a weekly somatic learning space called Anchor Continuum, and she is the creator of The Somatic Tarot, a method of engaging with the archetype Tarot in ways rooted in liberatory practices, as a guide to a healing future. Her work is enormously influenced by her study and practice of Embodyoga®, of which she is a senior teacher, as well as her background in kinesiology and psychology.

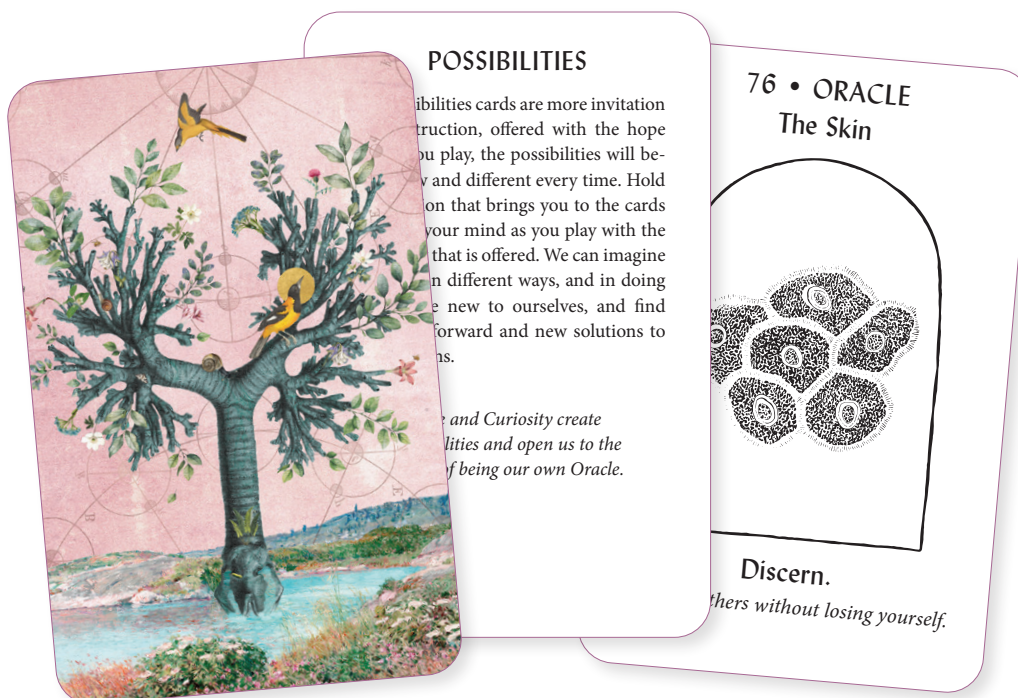
Learn more:

www.abigailroseclarke.com

IG @abigail.rose.clarke

(21K followers)

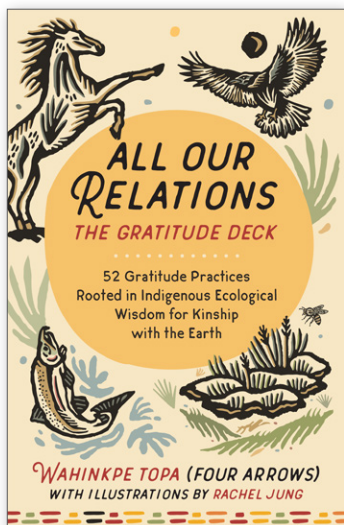
AMY SALOMONE of “Forms Most Beautiful” is a mixed media digital collage artist combining her extensive background in science and art to create works that explore man’s place in the natural world. Her educational and professional background in science is evident in her work which communicates concepts such as evolution and natural selection, animal behavior, the limitations of human perception and our story within a larger cosmological and biological story.



All Our Relations—The Gratitude Deck

52 Gratitude Practices Rooted in Indigenous Ecological Wisdom for Kinship with the Earth

WAHINKPE TOPA (FOUR ARROWS)



ON SALE 10-MAR-2026

ISBN: 9798889842491

BOOKLET PAGE COUNT: 14

CARDS: 52

TRIM SIZE: 3 1/4x5

52 COLOR IMAGES

WORLD RIGHTS

The first card deck designed for learning the importance of non-human sentient beings in maintaining ecological balance on Mother Earth

Author Four Arrows (Wahinkpe Topa) invites you to reconnect to your truest self and the more-than-human world and to move in kinship with the plants and animals that nourish and sustain all of life. This 52-card deck includes a folding booklet and woodblock-inspired plant and animal illustrations. It is a guidebook that offers teaching myths from 52 Indigenous Nations. Whether you're a spiritual seeker, nature lover, or mindfulness practitioner, this deck will root you in a sacred, healing awareness that has the power to bring new spiritual insights, daily wonders, and interconnected kinship to your life.



WAHINKPE TOPA (FOUR ARROWS),

aka Don Trent Jacobs, Ph.D., Ed.D., is internationally respected for his research and publications about Indigenous worldview and education. Formerly Dean of Education at Oglala Lakota College, he is currently a professor with Antioch University. Selected as one of 27 "Visionaries in Education, he has authored many publications, including Restoring the Kinship Worldview.

Learn more:

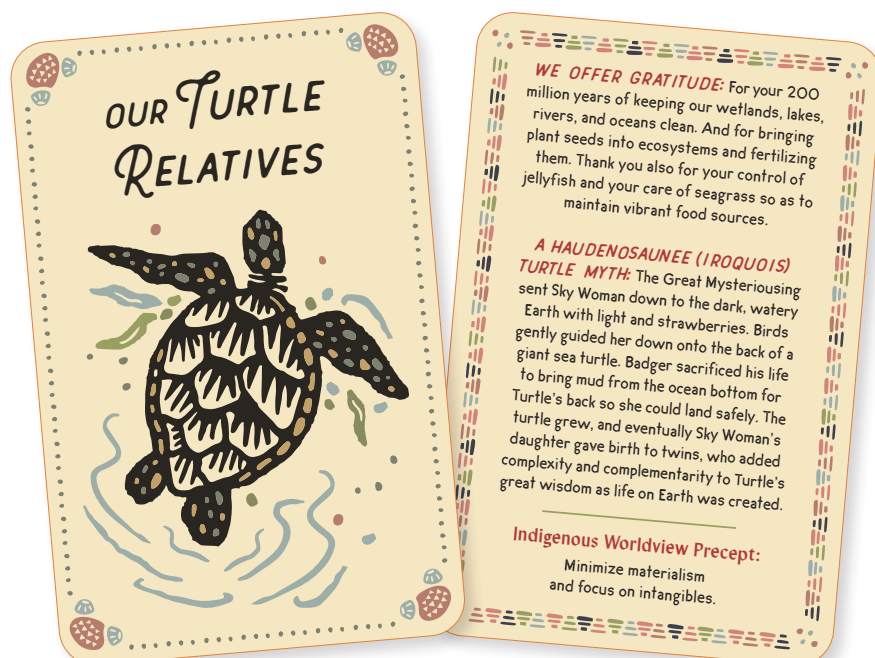
www.fourarrowsbooks.com

RACHEL JUNG is a graphic designer/illustrator and the face behind Rayco Design. Her art is inspired by her greatest passions: the outdoor culture, adventure world, and of course, dogs.

ALSO BY WAHINKPE TOPA

Restoring the Kinship Worldview

- ▶ 26.2K copies sold domestically all formats
- ▶ 1 language licensed





Who We Are Becoming Matters

The Courage, Wisdom, and Aloha We Need in a Timeplace of Collapse

NORMA KAWELOKU WONG



ON SALE 10-FEB-2026

ISBN: 9798889843214

PAGE COUNT: 136

TRIM SIZE: 5 1/2x8 1/2

WORLD RIGHTS EXCEPT OLELO
HAWAI'I

Poetic and practical advice on who we are—and what we need to become—to move forward in togetherness and mutual responsibility in an age of uncertainty and climate chaos

Who We Are Becoming Matters invites readers into a deeper examination of how we grow, relate, and lead in times of uncertainty. Drawing on decades of Zen training, Indigenous Hawaiian knowledge, political strategy, and community practice, Wong explores the internal and collective shifts required to evolve with intention. Her teachings challenge us to release the logic of othering and splintering, to root ourselves in the mutual responsibilities of aloha and kuleana, and to step into the messy work asked of us in a timeplace of collapse.



NORMA KAWELOKU WONG, a life-long resident of Hawai'i, is a descendant of Native Hawaiians and Hakka Chinese immigrants. She has decades of experience in organizing, policy, strategy, and politics in Hawai'i, particularly in the area of Native Hawaiian issues, serving in the Hawaii State Legislature and as a policy lead and negotiator for Governor John Waihe'e, Hawai'i's first Native governor. Norma began her spiritual practice at the same time as her political life unfolded. She is a thought partner, a strategist, and a teacher.

Learn more:

www.normawong.com

ALSO BY THE AUTHOR

When No Thing Works

- ▶ 15.6K copies sold domestically all formats
- ▶ Translation rights available

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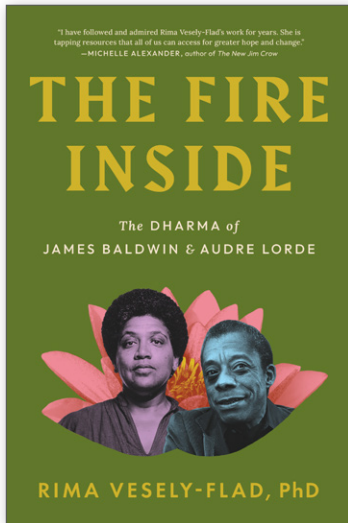
What are we choosing into? To move beyond what we are comfortable about and what it is we know. To stretch into what we don't yet know to evolve and become the humans these times and this earth requires of us. To choose not to settle for what we know.

”

The Fire Inside

The Dharma of James Baldwin and Audre Lorde

RIMA VESELY-FLAD, PHD



ON SALE 03-FEB-2026

ISBN: 9798889842583

PAGE COUNT: 208

TRIM SIZE: 6" x 9"

WORLD RIGHTS

***The Fire Inside* explores the writings of Audre Lorde and James Baldwin through a dharmic lens, revealing for the first time how two of America's greatest literary voices reflect and expand Buddhism's most timeless truths toward justice and liberation**

Dr. Rima Vesely-Flad dives deeply into a dharma of liberation as lived by Baldwin and Lorde, offering timely lessons to help us each meet this moment. She explores the writers' enduring legacies to show that liberation depends not only on organizing and mass movements, but the generative power of inner well-being, authenticity, art, and embodiment. This book offers space for emerging conversations within spiritual communities and centers Black, queer, radical thought. Each chapter shares how looking inward is the way forward and includes a prayer or meditation practice.



RIMA VESELY-FLAD, PHD is the founder of the Initiative for Black Buddhist Studies and the recipient of grants from the Fetzer Institute, the Henry J. Luce Foundation, the Fredrick P. Lenz Foundation, the Crossroads Program, and the US Department of State Fulbright program. She is a contributing writer for *Lion's Roar* and other publications and the author of two academic books.

Learn more:
www.blackbuddhiststudies.org

“

This book is a testament to the messages of freedom in Baldwin, Lorde, and the Buddha.

If Black Radical writers have urged me to decolonize my mind, Buddhist teachings and practices have provided a salient, clear way to do it. But it is a cyclical process. We cannot only be focused on internal liberation. We are compelled to change oppressive conditions that lead to suffering, too.

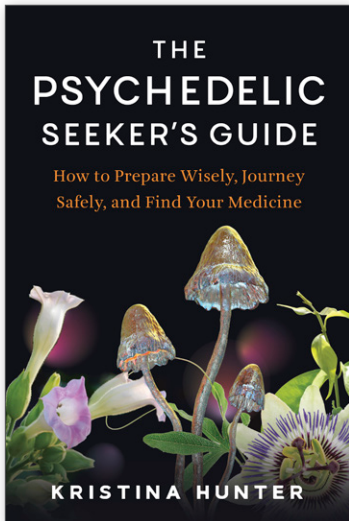
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The Psychedelic Seeker's Guide

How to Prepare Wisely, Journey Safely, and Find Your Medicine

KRISTINA HUNTER



ON SALE 13-OCT-2026

ISBN: 9798889843115

PAGE COUNT: 248

TRIM SIZE: 6" x 9"

WORLD RIGHTS EXCEPT
JAPANESE

The essential guide for anyone seeking clarity, safety, and empowered transformation in the rapidly evolving world of psychedelic healing

Grounded in science, expert information, and trauma-informed psychology, this book is a resource for anyone seeking the transformative benefits of healing in expanded states. It explores psychedelic care from understanding your “why” to choosing a practitioner or from navigating your journey to integrating its insights. Hunter dedicates an unprecedented three chapters to exploring the ethics and power dynamics of psychedelic guiding, offering a necessary update on classic psychedelic explorers’ guides that’s firmly rooted in 21st-century realities. Readers will learn which red (and orange) flags to look out for and come away equipped with knowledge on consent, suggestibility, therapeutic alliances, and navigating transference.



KRISTINA HUNTER is a psychedelic educator, integration counselor, and Certified Hakomi Practitioner. From 2022 to 2025, she served as Program Coordinator and Practicum Supervisor for UC Berkeley’s Center for the Science of Psychedelics’ Psychedelic Facilitation Certificate Program. A stage four cancer survivor, Hunter draws on her own healing with psychedelic medicines and two decades of study with Indigenous and mestizo teachers in South America. She maintains a private practice supporting preparation and integration, consults on ethical psychedelic care, and leads supervision groups for practitioners.

Learn more:
www.kristinahunter.com

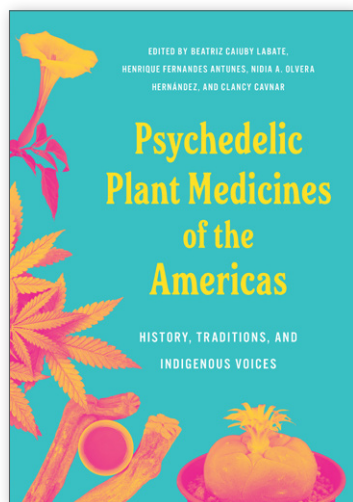
“The Psychedelic Seeker’s Guide guides you through the preparation that is necessary for a safe and valuable journey into psychedelic realms. The book is easy to read, packed with grounded advice, and will serve as a foundational reference for the expanding psychedelic community of both providers and travelers.”

—RACHEL HARRIS, PhD, author of *Listening to Ayahuasca*
and *Swimming in the Sacred*

Psychedelic Plant Medicines of the Americas

History, Traditions, and Indigenous Voices

BIATRIZ C. LABATE, HENRIQUE ANTUNES, NIDIA OLVERA HERNANDEZ, AND CLANCY CAVNAR



ON SALE 26-MAY-2026

ISBN: 9798889842439

PAGE COUNT: 440

TRIM SIZE: 7" x 10"

WORLD RIGHTS

An essential new anthology that reveals the cultural, medicinal, and spiritual traditions behind marijuana, mushrooms, ayahuasca, and other psychedelics, informed by both Western and Indigenous science

With 23 psychedelic-specific articles, this book includes interviews with Indigenous Latin American practitioners and a deep understanding of Western science. There are topics such as Psilocybin mushrooms' actual traditional use or Ayahuasca and peyote's roles in Native rituals, including many more psychotropic drugs. The anthology is a critical reminder, at a time when psychedelics continue to become more popular and accepted within Western society, that in many places these practices are central to the culture. Gaining a greater understanding of why people have used and continue to use these psychedelics is only growing more important. There's never been a better time to not only gain a greater understanding of yourself, but also a deeper, more rooted understanding of psychedelics.

DR. BIA LABATE is an anthropologist, educator, author, speaker, and activist. She has a PhD in Anthropology, and she is author, co-author and co-editor of twenty-eight books, one journal special edition and several peer-reviewed articles.

DR. HENRIQUE FERNANDES ANTUNES holds a Ph.D. in anthropology from the University of São Paulo (2019) and has been a visiting scholar at UC Berkeley. Currently, he is Research Coordinator at the Chacruna Institute. His research focuses on the global regulation of ayahuasca.

NIDIA A. OLVERA HERNÁNDEZ is a Mexican historian and anthropologist. She has a Ph.D. in modern and contemporary history at the Mora Institute in Mexico City. Currently she is a Postdoctoral Researcher at the Project "Poison, Medicine or Magic Potion? Shifting Perspectives on Drugs in Latin America (1820-2020)" at Radboud University, Netherlands.

CLANCY CAVNAR, PSY.D., is a clinical psychologist in San Francisco, Co-Founder of the Chacruna Institute for Psychedelic Plant Medicines, and a research associate with NEIP. She holds an MFA in Painting, a Master's in Counseling, and completed the Certificate in Psychedelic-Assisted Therapy at CIIS.

“

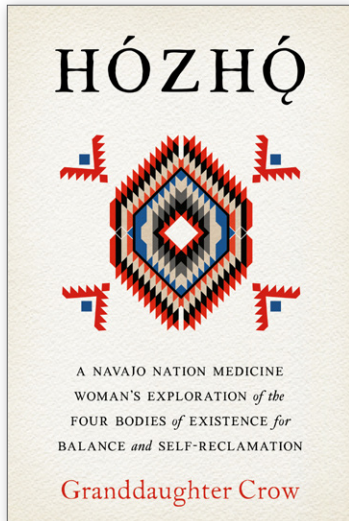
This book highlights the incredible biodiversity of the Americas through its exploration of a wide range of psychoactive plants, including marijuana, peyote, ayahuasca, coca, tobacco, jurema, psilocybin mushrooms, and toé (*Brugmansia suaveolens*). By focusing on specific psychoactive plants within their geographical and cultural contexts and beyond, this volume offers a cohesive and interdisciplinary analysis that draws on anthropology, sociology, history, and geography. Each chapter examines how these plants function as agents of cultural continuity and transformation, shedding light on their roles in rituals, healing practices, and identity formation.

”

Hozho

A Navajo Nation Medicine Woman's Exploration of the Four Bodies of Existence for Balance and Self-Reclamation

GRANDDAUGHTER CROW



ON SALE 05-MAY-2026

ISBN: 9798889841999

PAGE COUNT: 192

TRIM SIZE: 6" x 9"

WORLD RIGHTS EXCEPT
ITALIAN

Discover the **Four Bodies of Existence**—
reshape your self-knowledge, empower your
story, and embody a happier, healthier life

Hozho teaches us how to examine and then improve our inner narratives by listening more closely to our **Four Bodies of Existence**: our **physical bodies**, our **hearts**, our **brains**, and our **souls**. Granddaughter Crow teaches us to explore how each body shows up in our embodied experiences, works together, and operates on its own. Supplemented with journal prompts, reflections, and exercises, this work invites you into deeper awareness of your authentic story and offers a new path to self-discovery.



GRANDDAUGHTER CROW holds a doctorate in leadership. Internationally recognized as a medicine woman, she comes from a long line of spiritual leaders as a member of the Navajo Nation. She is an award-winning author with books translated into other languages. She is a bridge for wisdom and transformation between the Indigenous native worldview and modern Western worldview. More than that, she has dedicated her life to inspiring, encouraging, and empowering individuals to be their authentic selves.

Learn more:
www.granddaughtercrow.com

“

There is a school of thought that we have four bodies of existence: the physical body, the emotional body, the mental body, and the spiritual body. As a medicine woman or Shaman, everything that I do is shaped by this school of thought. It is one of the ways that I see the world. The concept of the four bodies of existence is slightly different from thinking, “I am a spirit that experiences emotions and thoughts, housed within a physical body.” Instead, my worldview is that *each of these parts of self has a body*.

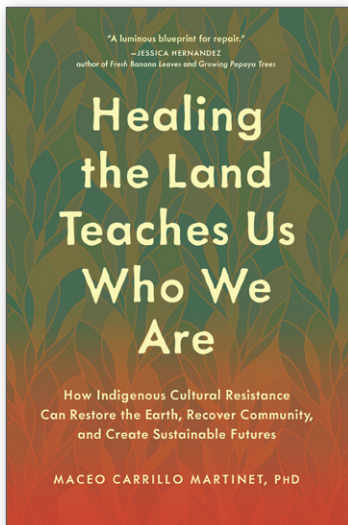
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Healing The Land Teaches Us Who We Are

How Indigenous Cultural Resistance Can Restore the Earth, Recover Community, and Create Sustainable Futures

MACEO CARRILLO MARTINET, PHD



ON SALE 09-JUN-2026

ISBN: 9798889843559

PAGE COUNT: 286

TRIM SIZE: 6" x 9"

10 BW IMAGES

WORLD RIGHTS

Rooted in Indigenous wisdom and a four-element framework, this book invites readers to rediscover the truth that caring for ourselves and caring for the living Earth are one and the same

Maceo Carrillo Martinet, PhD, builds on the work of Indigenous scholars like Robin Wall Kimmerer and Jessica Hernandez to share how not only are climate solutions still possible, they already exist, and they're being practiced by communities around the world. This book offers a framework rooted in reciprocity, resistance, and kinship with the living Earth and is built around four life-giving elements: **water, earth, fire, and air**. Combining the four elements, Martinet shows how enduring human and ecological systems are built upon the interconnectedness of collective action, cultural appreciation, and diverse, restorative relationships with the natural world.



DR. MACEO CARRILLO MARTINET

is an award-winning restoration ecologist and has been involved in co-creating, implementing, and collaborating on community-based restoration and education projects for the past two decades. Since 2008, Dr. Martinet has worked with the Partners for Fish and Wildlife Program which is dedicated to assisting private landowners, Tribes, Cities, and Counties ways to enhance and restore ecological health and biodiversity. His work as a restoration ecologist and planner has taken him across the U.S. southwest and overseas. He has been invited to serve on various advisory boards and study groups on water conservation, environmental education, and teaches a university class on watershed and community restoration.

“

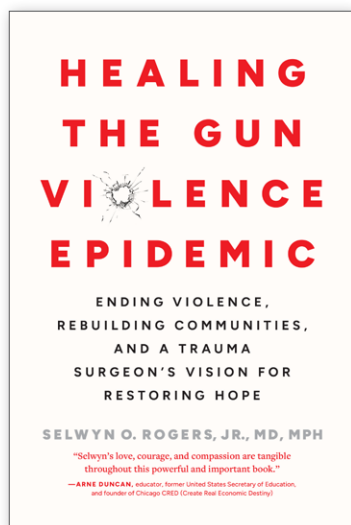
Given the global scale of humanity's impact, the need for ecological restoration is massive and omnipresent. We would be hard pressed today to find a habitat on earth that hasn't experienced some deleterious impact of stress from human society. Heck, chemical toxins and caffeine are found even in the most remote places on the planet, where hardly any people are present. The world is chock-full of eroded and abandoned lands, bodies of water swirling with some toxic mixture of runoff and plastic. The same could be said for our bodies.

”

Healing the Gun Violence Epidemic

Ending Violence, Rebuilding Communities, and a Trauma Surgeon's Vision for Restoring Hope

SELWYN O. ROGERS JR., MD MPH



ON SALE 07-JUL-2026

ISBN: 9798889842477

PAGE COUNT: 208

TRIM SIZE: 6" x 9"

WORLD RIGHTS

For readers seeking solutions to finally end the gun violence that kills tens of thousands of people each year in the United States

Healing the Gun Violence Epidemic shares the stories of the victims Dr. Rogers has met in his work, and the lessons he's taken from bearing witness to so much trauma. The book traces the origins of gun violence in Chicago's South Side and compares the lives of the young people he treats to his own path: from humble beginnings to using his Ivy League education to aid others and to end the cycles that have kept countless people trapped in never-ending agony. In the end, Dr. Rogers shares his insights into what policies have failed and which solutions have succeeded, making him believe that the devastation and trauma can end not just in Chicago, but across the United States.



SELWYN ROGERS, JR., MD, MPH,

serves as the section chief of Trauma and Acute Care Surgery and the James E. Bowman, Jr., MD Professor at The University of Chicago Medicine, where he also helped launch the Violence Recovery Program. Dr. Rogers earned his undergraduate degree at Harvard College magna cum laude and his medical degree from Harvard Medical School. He completed both his surgery residency and surgical critical care fellowship at the Brigham and Women's Hospital (BWH). Dr. Rogers also holds a master's degree in public health from Vanderbilt University. He is an acclaimed trauma and critical care surgeon and public health expert who has served in leadership capacities at health centers across the country. In 2024, he was elected to the National Academy of Medicine.

Learn more:

X @selwyn_rogers (2.7K followers)

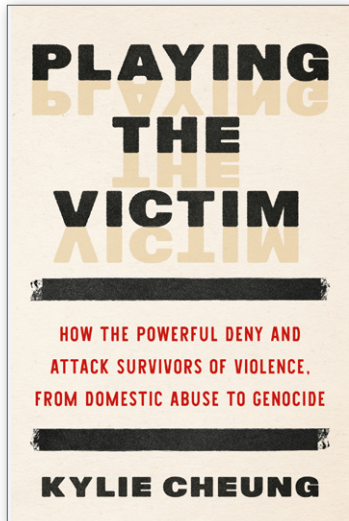
"No one understands the visceral horror and relentless toll of gun violence more intimately than a trauma surgeon. In Dr. Selwyn Rogers's unflinching account from the South Side of Chicago, we encounter not only the brutal immediacy of shattered bodies and grieving families, but also the unyielding compassion of a physician who refuses to look away, and what it means to care, to lead, and to hope amid despair."

—RANDALL P. WHITE, PhD, coauthor of *Breaking the Glass Ceiling*

Playing the Victim

How the Powerful Deny and Attack Survivors of Violence, from Domestic Abuse to Genocide

KYLIE CHEUNG



ON SALE 20-OCT-2026

ISBN: 9798889844020

PAGE COUNT: 200

TRIM SIZE: 5-1/2x8-1/2

WORLD RIGHTS

Journalist Kylie Cheung delivers an urgent, incisive look at how abusers, from empires to intimate partners, use the same gaslighting playbook to oppress victims, silence their voice, and stay in power

From the genocide in Gaza to the state-sanctioned control of women's bodies, Kylie Cheung confronts the most urgent moral and political crises of our time through an incisive, illuminating lens: **DARVO—Deny, Attack, Reverse Victim and Offender**. While DARVO originated in the psychology of domestic abuse and intimate partner violence, Cheung shows how it's deployed at every level and how it can become the blueprint for empire itself. Essential for anyone seeking to understand how power works in the 21st century and at whose cost, this book is piercing, clear-eyed, and rigorously researched. Unpacking how domestic abuse, intimate partner violence, colonial violence, and capitalist cruelty function as interlocking systems of control, Cheung helps readers understand how power hides behind ersatz victimhood and how this plays us all.



KYLIE CHEUNG is a journalist who reports on gender and power at the intersections of politics, culture, and state violence. She is the staff reporter on reproductive rights, health, and justice for Abortion, Every Day, and previously worked on staff at Jezebel and Salon. Her reporting and commentary have appeared in outlets such as Rolling Stone, Teen Vogue, The Guardian, and others. A graduate of the University of Southern California, Cheung writes from Brooklyn, bringing an Asian American, feminist perspective to her work on reproductive justice and state power.

Learn more:

www.kyliewrites.net

IG @kylietcheung (13K followers)

ALSO BY THE AUTHOR

A Woman's Place

► 973 copies sold domestically all formats

► Translation rights available

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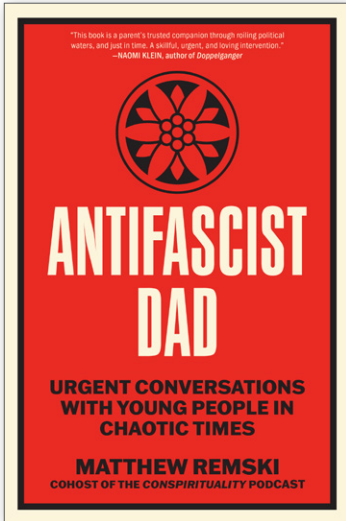
DARVO isn't just a framework to understand interpersonal violence. It's also a framework to understand state violence, fascist political movements, imperialist warfare, colonial occupation, the full range of state-sanctioned attacks on our bodies and lives. When you peel back the layers, you find the language and strategies of DARVO everywhere.

”

Antifascist Dad

Urgent Conversations with Young People in Chaotic Times

MATTHEW REMSKI



ON SALE 21-APR-2026

ISBN: 9798889843290

PAGE COUNT: 296

TRIM SIZE: 6" x 9"

WORLD RIGHTS

A timely, bold, and necessary guide for parents who want to fight the rise of fascism and right-wing extremism—starting at home

With hit shows like *Adolescence*, we're being told that today's boys are not ok. The algorithm feeds manosphere content straight to their screens. Brofluencers sell alpha answers to complex problems. And far-right radicalization is at a fever pitch. But if there's a crisis among young people in 2026, it won't be solved by talking about them. We should be talking to them: about their needs, their fears, the world they're inheriting...and what they can do about it. Author Matthew Remski explores 12 urgent conversations for antifascist homes. He breaks down complex ideas to help families understand why the alt-right mirror world is so seductive to this generation of young people and strategies and tools to create safety, care, and community.



MATTHEW REMSKI is an author and freelance journalist, with by-lines in *The Walrus*, *GEN by Medium*, *TIME*, the *Boston Globe*, and the *Globe and Mail*. He's a former yoga teacher whose research is informed by his past experiences as a member of two cults. He's published eight books of poetry, fiction, and nonfiction and has cohosted the *Conspirituality* podcast since 2020.

Learn more:

matthewremski.com/wordpress

ALSO BY THE AUTHOR

Surviving Modern Yoga

- ▶ 1.4K copies sold domestically all formats
- ▶ Translation rights available

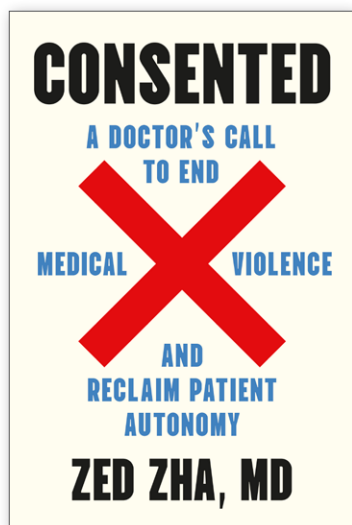
"This book is a parent's trusted companion through roiling political waters, and just in time. A skillful, urgent and loving intervention."

—Naomi Klein, author of *Doppelganger*

Consented

A Doctor's Call to End Medical Violence and Reclaim Patient Autonomy

ZED ZHA, MD



ON SALE 14-APR-2026

ISBN: 9798889842965

PAGE COUNT: 296

TRIM SIZE: 6" x 9"

WORLD RIGHTS

For a diverse range of readers, a groundbreaking look at how the healthcare industry ignores patients' agency and perpetuates violence

Even the best and most caring doctors can fall prey to what Dr. Zha identifies as medical rape culture: a system of beliefs and practices that enable and normalize the violation of patients' autonomy. Dr. Zha explores how the history of medicine—from the invention of the speculum to eugenics—contributes to this system. With first-hand patient stories and her own personal journey, she identifies four key problems of consent within medical practice and offers a new vision of medical consent culture that embraces collectivity, accessibility, and compassion. *Consented* will validate anyone who has been dismissed, blamed, gaslit, or violated in the doctor's office and inspire those working in the healthcare system to push for change.



ZED ZHA, MD is a board-certified family physician, author, and medical historian. A graduate of the Geisel School of Medicine at Dartmouth, she trained at the Mayo Clinic and completed a fellowship in Underserved Dermatology. She is a fellow and faculty member of the AAFP and a frequent speaker at national conferences. Her research has been published widely, and her award-winning medical justice writings have appeared in several major outlets.

Learn more:

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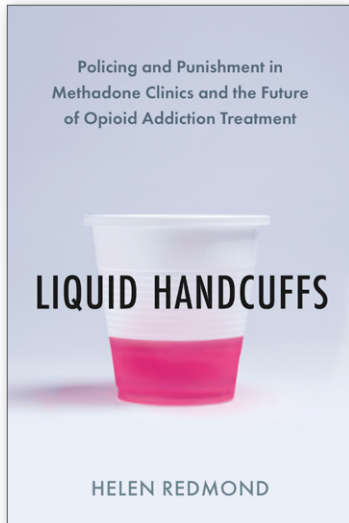
“[A]n unflinching review . . . examining everything from consent forms to pain management under the harshest fluorescent lights, highlighting the many ways we fail ourselves and our patients, despite our best efforts. Not even Dr. Zha herself is safe from her own criticism, as she vulnerably shares the lessons she learned from times she did not live up to her own standards. Where others might stop at describing the problem, Dr. Zha shares a vision of a different future, one in which both patients and physicians are far better served.”

— ARGHAVAN SALLES, MD, PhD, bariatric surgeon, Special Advisor for DEI Programs in Stanford's Department of Medicine, and national leader in gender equity

Liquid Handcuffs

Policing and Punishment in Methadone Clinics and the Future of Opioid Addiction Treatment

HELEN REDMOND, LCSW



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A hard-hitting exposé of how methadone clinics fail people in recovery and an urgent, unapologetic case for their abolition

Social worker and journalist Helen Redmond provides a detailed history of how methadone was first developed and why the current system for dispensing methadone arose in the U.S., tracing its entanglement with the prison system and the “War on Drugs” as well as private equity firms and tech companies. She details the numerous barriers to enter and remain in treatment and explores the nuances of resistance to methadone clinics within communities of color. Redmond persuasively makes the case for removing police agencies like the Drug Enforcement Administration from clinic administration and shows how a transition to provider-prescribed pharmacy pickup, along with other tools of harm reduction, would restore dignity to patients struggling with addiction and save thousands of lives.



HELEN REDMOND is a Harlem-based documentary filmmaker, journalist, and licensed clinical social worker. She has worked with people who use drugs for over two decades in medical, harm reduction-based housing, and community mental health settings. Redmond is a senior editor and a multimedia journalist at Filter and writes about drugs, with a focus on methadone, nicotine, and tobacco harm reduction. Her short videos appear on the website <https://filtermag.org/author/helen-redmond>. Redmond is an adjunct assistant professor at New York University’s Silver School of Social Work.

“Helen Redmond fearlessly takes on the militarization of methadone clinics. Her searing analysis, which ends with a call to dramatically retool drug policy and uplift peer-led activist organizations, is crucial reading for those of us who work and live in health and social service systems.”

— **HELENA HANSEN, MD, PhD**, professor at UCLA’s David Geffen School of Medicine and coauthor of *Whiteout*

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