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The Barefoot King
A Buddhist Story about Feeling Frustrated

By Andrew Jordan Nance
Illustrated by Olivia Holden

$16.95 - Hardcover

About the Book

Told in rhyming couplets, The Barefoot King recounts the story of a young king named Creet who rules a land where people walk around with bare feet. Easily distracted, one day King Creet stubs his toe on a rock and is shocked by the pain. Never wanting to experience that discomfort again, the king decides to cover his whole kingdom in leather, with unfortunate consequences. This short and silly story helps parents discuss concepts of acceptance, awareness, and responsibility with kids. Seeing the consequences of King Creet’s decision, kids will learn to navigate challenges in their own lives and the opportunities for growth that obstacles provide. A short “reader’s guide” accompanies the story, aiding parents and teachers in discussions of how to handle life’s bumps with conscious breaths and mindful steps.

Author

ANDREW JORDAN NANCE is an educator with more than twenty-five years in the classroom and the author of Puppy Mind and Mindful Arts in the Classroom. He is the founder of Mindful Arts San Francisco, whose mission is to provide volunteer mindful educators to teach at underserved San Francisco schools. Nance is also an award-winning actor and director.

Emotions & Feelings
Social Themes – Values & Virtues
Religion – Buddhism
Breathing Makes It Better
A Book for Sad Days, Mad Days, Glad Days, and All the Feelings In-Between

By Christopher Willard and Wendy O’Leary

$16.95 - Hardcover

About the Book

Read aloud and breathe along with this sweet story teaching children how to navigate powerful emotions like anger, fear, sadness, confusion, anxiety, and loneliness. With rhythmic writing and engaging illustrations, Breathing Makes It Better guides children to breathe through their feelings and find calm with recurring cues to stop and take a breath. Simple guided practices, like imagining you are a tree blowing in the wind, follow each story to teach children how to apply mindfulness techniques when they need them the most.

Author

DR. CHRISTOPHER WILLARD is an author and educator who teaches at Harvard Medical School and serves on the board of the Mindfulness in Education Network and the Institute for Meditation and Psychotherapy. An established speaker in both meditation and psychotherapy communities, he regularly leads workshops and presents at conferences around the world.

WENDY O’LEARY, MEd, is a holistic health educator and certified yoga teacher with over twenty-five years of experience developing and teaching programs with a focus on social-emotional learning, mindfulness, and mind-body strategies for well-being. She has extensive direct experience working with children and teens in schools, nonprofit organizations, and afterschool programs; and she provides staff development trainings and parent workshops in addition to individual and group work with people from pre-K through adulthood.

Mindfulness & Meditation
Emotions & Feelings
Self-Esteem & Self-Reliance
Everything Is Connected

By Jason Gruhl
Illustrated by Ignasi Font

$16.95 - Hardcover

**About the Book**

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

**Author**

JASON GRUHL is the former Executive Director and founder of The Joshua School (a school for children with Autism Spectrum Disorders and Developmental Disabilities in Boulder and Denver, CO) and a Psychotherapist. Jason holds a Master’s degree in Counseling Psychology and a Bachelor’s degree in English and Psychology.

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

**Reviews**

“One of Bala Kids’s inaugural releases, this waggish picture book takes its title to heart, emphasizing readers’ connection to an eclectic roundup of people, objects, and phenomena.”

*Publishers Weekly*

Juvenile Nonfiction - Social Topics - Values & Virtues
Juvenile Nonfiction - Religion - Buddhism

**FOREIGN RIGHTS SOLD** Italian, Spanish
Krit Dreams of Dragonfruit
A Story of Leaving and Finding Home

By Natalie Becher and Emily France
Illustrated by Samantha Woo

$17.95 - Hardcover

BALA KIDS
03/24/2020
PAGES: 32
ISBN: 9781611807752

About the Book

Krit and his dog, Mu, love their beautiful home in Thailand—full of golden temples, colorful mountainsides, and endless adventures. Everything seems perfect until Krit’s mother announces they will be moving to the frigid city of Chicago. At first, Krit tries to adjust to this unfamiliar place, but he can’t do any of the things he used to love. Missing Thailand, Krit asks his mother to tell him a story about home. But instead of a story, she gives Krit a koan—a Zen riddle—to puzzle through. Krit wonders what the story about a blade of grass and Buddha’s smile have to do with home, but in solving the puzzle, Krit meets a new friend and learns that home is wherever he makes it.

Author

EMILY FRANCE is the critically acclaimed young adult author of Zen and Gone (a Washington Post Best Book for Young Readers) and Signs of You. She graduated from Brown University and also holds an MFA in Creative Writing and a JD.

NATALIE BECHER was born and raised in Bangkok, Thailand and has moved all over the world. She graduated from Brown University and holds an MA in Organizational Psychology from Columbia University. Today, after living on three different continents, she has returned to Bangkok where she lives with her husband and two children.

Social Themes – New Experience
Religious – Buddhist
The Life of the Buddha
A Story of Leaving and Finding Home

By Heather Sanche
Illustrated by Tara di Gesu

$17.95 - Hardcover

About the Book
Over 2,000 years ago, a young Indian prince named Siddhartha was born into a sheltered life of luxury. One day he ventured beyond the palace walls and came face-to-face with the sufferings of the world for the first time. Realizing how his luxury had blinded him, he gave up his status, all his possessions, and vowed to find a way to save everyone from misfortune. Siddhartha wandered for years as a beggar before coming to a large tree by a flowing river. Here he resolved to meditate until he found an answer to why bad things happened. He succeeded and found peace, awakening as the Buddha. Today there are millions of Buddhists living all over the globe who are guided by the Buddha’s teachings on wisdom, love, and compassion. In The Life of the Buddha, the Buddha’s entire life story is told to younger audiences for the first time through twenty-two magical watercolor paintings by artist Tara di Gesu. This inspiring story of a prince who changed the course of his story will captivate parents and children interested in the original act of compassion that inspired Buddhism.

Author
HEATHER SANCHE has more than 20 years of teaching experience in a wide variety of cultures and settings. She holds an undergraduate degree in contemplative early childhood education from Naropa University and a post graduate diploma in intercultural and cross-cultural education and training from the University of Victoria, British Columbia. She was a Khyentse Foundation committee member for education and authored several articles about contemplative approaches to education and parenting for Buddhist Door International.

TARA DI GESU began painting at a young age. While living in Nepal, she found the brilliant traditional Tibetan artist Jamyang Gyatso, who specialized in thangka painting, and quickly became inspired to study with him.

Biography & Autobiography – Historical
People & Places – Asia
Religion – Buddhism
The Monkey Mind Meditation Deck
30 Fun Ways for Kids to Chill Out, Tune In, and Open Up

By Carolyn Kanjuro

$17.95 - Card Deck

About the Book

Help your child become more focused, calm, and capable of dealing with overwhelming emotions. The *Monkey Mind Meditation Deck* explores the playful and powerful qualities of animals and nature to inspire your child to discover the same qualities in themselves and others. Vibrant images from illustrator Alexander Vidal are paired with key phrases and short meditations or activities to help children learn about themselves without judgment. By getting to know the impulses that give rise to their actions, children can become empowered to make choices that truly serve them best. The deck includes a short booklet explaining the various ways to use the cards and additional notes to tailor the meditations and activities to meet the needs of your child. Encourage playful discovery to help your child learn how to be a captain of their own ship, appreciate the present moment, and venture outside their cocoon.

Author

CAROLYN KANJURO is a writer and creative collaborator. She has taught meditation, theater, and contemplative archery to children throughout North America.

Originally from New Mexico, ALEXANDER VIDAL studied cultural anthropology, and spent time living in Africa and Asia before starting his career in illustration. Travel, exploration, and a love for animals and wild spaces continue to drive the themes of his work. A recent graduate of ArtCenter College of Design, his clients have included the California Academy of Sciences, The Sierra Club, The National Wildlife Federation, and The Monterey Bay Aquarium.

Mindfulness & Meditation
Self-Esteem & Self-Reliance
Games & Activities – Card Games
Where’s Buddha
By Marisa Aragón Ware

$16.95 - Hardcover

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

Author
MARISA ARAGON WARE is a professional illustrator and tattoo artist living in Boulder, Colorado. Marisa attended the Academy of Art University to earn a master’s degree in Traditional Illustration.

Reviews
“Ware’s picture-book representation of the belief that Buddha’s nature is in all of creation is perfect for Buddhist families or others open to the teachings of the Buddhist faith.”

Kirkus Reviews (starred review)

Religion – Buddhism
Mindfulness & Meditation
People & Places – Asia
Welcoming the Unwelcome
Wholehearted Living in a Brokenhearted World
By Pema Chödrön

$24.95 - Hardcover

About the Book
In her first new book of spiritual teachings in over seven years, Pema Chödrön offers a combination of heartfelt advice, wise teachings, and the signature mix of humor and insight that have made her a beloved figure to turn to during times of change. In an increasingly polarized world, Pema shows us how to strengthen our abilities to connect with one another, even when we disagree, and influence our environment in positive ways. Sharing never-before told personal stories from her remarkable life, simple and powerful everyday practices, and directly relatable advice, Pema encourages us all to become triumphant bodhisattvas—compassionate beings—in times of hardship. Welcoming the Unwelcome includes teachings on the true meaning of karma, recognizing the basic goodness in ourselves and the people we share our lives with—even the most challenging ones, transforming adversity into opportunities for growth, and freeing ourselves from the empty and illusory labels that separate us. Pema also provides step-by-step guides to a basic sitting meditation and a compassion meditation that anyone can use to bring light to the darkness we face, wherever and whatever it may be.

Author
PEMA CHÖDRÖN is an American Buddhist nun in the lineage of Chogyam Trungpa and resident teacher at Gampo Abbey in Nova Scotia, the first Tibetan Buddhist monastery in North America established for Westerners. She is the author of many best-selling books, including When Things Fall Apart and The Places That Scare You.

Reviews
“[Chödrön’s] trademark tenacity and wisdom provide meditative practices and convincing rationale for more empathetic living.”
Publishers Weekly

“Anyone seeking strategies for navigating and finding peace within an increasingly polarized world will find this text useful, as well as individuals seeking an accessible introduction to key principles of Buddhist thought.”
Library Journal

FOREIGN RIGHTS SOLD French, Dutch, German, Polish, Portuguese (Brazil), Spanish
How Not to Be a Hot Mess
A Survival Guide for Modern Life
By Craig Hase and Devon Hase

$18.95 - Hardcover

About the Book

It may seem like the world is going to hell in a hand basket right now. Whether it’s big stuff like politics and climate change, or just the daily spin of paying your bills, getting to work on time, and fending off social media trolls, we can all admit, modern life ain’t easy. Here are six really good guiding principles, inspired from the ancient wisdom of Buddhism and mindfulness practice, to keep you anchored and steady amidst the chaos.

Authors

CRAIG AND DEVON HASE are the cofounders of SATI Mindfulness, which provides personal coaching, online classes, and mindfulness workshops and retreats throughout North America and Europe. Devon serves on retreat teams for the Insight Meditation Society and Spirit Rock, is a mentor in Jack Kornfield and Tara Brach’s Mindfulness Meditation Teacher Certification Program, and is a coach on the Ten Percent Happier app. Craig holds a PhD in counseling psychology, works as a therapist and coach, and teaches on the online platform Simple Habit.

Reviews

“Smart, deep, and inspiring, this ‘survival guide’ shines a light on the societal forces that confuse our minds and close our hearts, and offers do-able and rewarding ways to clear, heal, and free ourselves. You have in your hands a fun-to-read book that can up-level your game as an awake, honest, kind, generous, happy being.”

Tara Brach, author of Radical Acceptance
Accessible Yoga
Poses and Practices for Every Body
By Jivana Heyman

$24.95 - Trade Paperback

SHAMBHALA PUBLICATIONS
11/05/2019
PAGES: 224
ISBN: 9781611807127

About the Book

Yoga practice has so much to offer us physically, emotionally, mentally, and spiritually. But many of us feel discouraged to practice because we see young, slim, flexible, well, and able-bodied people dominating yoga spaces. Yet, yoga is truly a practice for all—conferring enormous benefits to our overall well-being as our bodies change, age, and navigate various health challenges. Jivana Heyman, founder of Accessible Yoga, views yoga as a basic human right—saying we all deserve to practice it in whatever state we find our body or mind. Accessible Yoga offers a simple, clear, and wonderfully adaptable practice for all people regardless of ability, health, and body type.

Author

JIVANA HEYMAN, C-IAYT, E-RYT500, is the founder and director of Accessible Yoga, an international nonprofit organization dedicated to increasing access to the yoga teachings for people of all abilities and backgrounds. Accessible Yoga offers two Conferences per year, which focus on community building and education, as well as a popular Ambassador program, and Accessible Yoga Trainings. Jivana is co-owner of the Santa Barbara Yoga Center and an Integral Yoga Minister. For over twenty-five years Jivana has specialized in teaching yoga to people with disabilities with an emphasis on social engagement.

Reviews

"Jivana Heyman has a heart as wide as the world. Which is just as well, because his new book, Accessible Yoga, is exactly the direction that global yoga culture needs to move towards to restore the practical relevance of this great healing art. Whether you are thick or thin, young or old, ambulatory or need the assistance of a walker, wheelchair, or crutch, Jivana opens up the practice of yoga in the most delightful and creative ways to anyone who can breathe."

Donna Farhi

Health & Fitness – Yoga
Sports & Recreation – Disability Sports
Health & Fitness – Healing
Ashtanga Yoga Practice Cards
The Primary Series
By Kino MacGregor

$29.95 — Nontraditional book

About the Book
Ashtanga Yoga is one of the most popular and rigorous styles of yoga—and now practicing the Primary Series at home could not be easier! This full-color set of practice cards includes 90 poses (the series plus each pose in Surya Namaskara A and B), each with a photo, instructions, the drishti (point of focus), and a list of benefits. A fold-out introduction card explains Ashtanga’s history and tradition; the essential connection of breath, posture, and gaze that is the core of the practice; and how Ashtanga is fundamentally a path of spiritual transformation and development. Whether you’re new to Ashtanga or an experienced practitioner, this card set will be a useful and inspiring support to your practice.

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

Health & Fitness – Yoga
Health & Fitness – Healthy Living
Body, Mind & Spirit – Inspiration & Personal Growth

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Awakened Cosmos
The Mind of Classical Chinese Poetry

By David Hinton

$17.95 — Trade Paperback

About the Book

What is consciousness but the Cosmos awakened to itself? This question is fundamental to the Taoist and Ch’an (Zen) Buddhist worldview that shapes classical Chinese poetry. A uniquely conceived biography, Awakened Cosmos illuminates that worldview through the life and work of Tu Fu (712–770 C.E.), China’s greatest classical poet. Tu Fu’s writing traces his life from periods of relative normalcy to years spent as an impoverished refugee amid the devastation of civil war. Exploring key poems to guide the reader through Tu Fu’s dramatic life, Awakened Cosmos reveals Taoist/Ch’an insight deeply lived across the full range of human experience. Each chapter presents a poem in three stages: first, the original Chinese; then, an English translation in Hinton’s masterful style; and finally, a lyrical essay that discusses the untranslatable philosophical dimensions of the poem. The result is nothing short of remarkable: a biography of the Cosmos awakened to itself in the form of a magisterial poet alive in T’ang Dynasty China.

Author

DAVID HINTON’s many translations of ancient Chinese poetry and philosophy have earned wide acclaim for creating compelling contemporary works that convey the actual texture and density of the originals. The author of countless books of essays and poetry, Hinton has been awarded a Guggenheim Fellowship, numerous fellowships from N.E.A. and N.E.H, the Landon Translation Award, the PEN American Translation Award, and a lifetime achievement award by The American Academy of Arts and Letters.
Compassionate Conversations
How to Speak and Listen from the Heart
By Diane Musho Hamilton, Gabriel Wilson, Kimberly Loh

$16.95 — Trade Paperback

SHAMBHALA PUBLICATIONS
05/19/2020
PAGES: 160
ISBN: 9781611807783

About the Book

When a conversation takes a turn into the sometimes uncomfortable and often contentious topics of race, religion, gender, sexuality, and politics, it can be difficult to know what to say or how to respond to someone you disagree with. Compassionate Conversations empowers us to transform these conversations into opportunities to bridge divides and mend relationships by providing the basic set of skills we need to be successful, including listening, reframing, and dealing with strong emotions. Addressing the long history of injury and pain for marginalized groups, the authors explore topics like intersectionality, power dynamics, and white fragility, allowing us to be more mindful in our conversations. Each chapter contains practices and conversation starters to help everyone feel more prepared to talk through polarizing issues, ultimately encouraging us to take risks, to understand and recognize our deep commonalities, to be willing to make mistakes, and to become more intimate with expressing our truths, as well as listening to those of others.

Author

DIANE MUSHO HAMILTON is a Zen teacher in the White Plum lineage. An award-winning mediator, she is the cofounder of Two Arrows Zen, a practice in Utah, and cofounder and lead trainer at Ten Directions, which runs programs on Integral Leadership and Coaching. She is the author of Everything Is Workable and The Zen of You and Me.

GABRIEL WILSON is a consultant and facilitator who specializes in working with difficult issues, diverse perspectives, and across generational boundaries. He is a lecturer at Stanford University, chair of the Integral Diversity Initiative, and diversity and inclusion coach and consultant at Ten Directions.

KIMBERLY LOH is a practice-focused peace researcher teaching conflict resolution at Columbia University and working on peacebuilding policy with the Quaker United Nations Office. She has supported the work of many groups, including the United Nations Department of Peacekeeping Operations, Mediators Beyond Borders.
Conceiving with Love
A Whole-Body Approach to Creating Intimacy, Reigniting Passion, and Increasing Fertility
By Denise Wiesner, L.Ac., FABORM, with Linda Sparrowe
$19.95 — Trade Paperback

SHAMBHALA PUBLICATIONS
05/28/19 • PAGES: 328 • ISBN: 9781611805826

About the Book
The stress of trying to conceive can wreak havoc with a couple’s intimate relationship, the stress, shame, and blame they often feel can have a harmful effect and reduce their chances of conceiving. In Conceiving with Love, Traditional Chinese Medicine specialist Denise Wiesner gives couples the tools they need to repair their sexual relationship, rebuild their self-confidence, and reclaim the intimacy that sparked their desire to have a child in the first place. Wiesner’s integrative East-meets-West approach, developed over twenty years of practice, has helped thousands of couples reconnect—and conceive.

Author
DENISE WIESNER LAc., DiPL. AC., founder of the Natural Healing & Acupuncture Clinic in West Los Angeles, is an internationally recognized traditional Chinese medicine practitioner, specializing in the Whole Systems Chinese medicine approach to women’s health, sexuality, and fertility.

Conversations with Trees
An Intimate Ecology
By Stephanie Kaza
$19.95 — Trade Paperback

SHAMBHALA PUBLICATIONS
04/23/19 • PAGES: 288 • ISBN: 9781611806779

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

Author
STEPHANIE KAZA is Professor Emeritus of Environmental Studies at the University of Vermont. She is the author of Mindfully Green: A Personal and Spiritual Guide to Whole Earth Thinking and Green Buddhism: Practice and Compassionate Action in Uncertain Times. She is the editor of Hooked! Buddhist Writings on Greed, Desire, and the Urge to Consume and coeditor (with Kenneth Kraft) of Dharma Rain: Sources of Buddhist Environmentalism.
Contemplative Caregiving
Finding Healing, Compassion, and Spiritual Growth through End-of-Life Care
By John Eric Baugher

$19.95 - Trade Paperback

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

Author

JOHN ERIC BAUGHER, PhD, has been a contemplative educator, social science researcher, and end-of-life caregiver for more than two decades. He is the co-editor of Leading with Spirit, Presence, and Authenticity and Creative Social Change: Leadership for a Healthy World. Dr. Baugher consults and offers workshops internationally on spiritual care, grief and transformation, and contemplative learning. To learn more, please visit johnericbaughher.com.

Reviews

“An inspiring and compassionate story of how to transform personal suffering into the ground of mutually beneficial service. It is possible to keep our heart open in hell. This book illuminates the way.”
—Frank Ostaseski, author of The Five Invitations: Discovering What Death Can Teach Us About Living Fully

“Our families, hospitals, prisons, and whole society can benefit from the vision of compassion offered by John Baugher. This is truly a book for the heart.”
—Thupten Jinpa, principal translator to the Dalai Lama and author of A Fearless Heart: How the Courage to Be Compassionate Can Transform Our Lives
Deep Creativity
Seven Ways to Spark Your Creative Spirit

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

$24.95 - Trade Paperback

SHAMBHALA PUBLICATIONS
03/26/2019
PAGES: 352
ISBN: 9781611806762

About the Book

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

Author

DEBORAH ANNE QUIBELL, PHD, has taught healing and meditation for over fourteen years and holds a PhD in depth psychology. She studied under Master Choa Kok Sui, the founder of modern Pranic Healing and Arhatic Yoga. She has published in academic journals and top online publications and authored Soulbird: Poems for Flying.

Reviews

“This is a must-read for anyone looking for insight or inspiration into the creative process. Learn from the master teachers”


Self-Help – Creativity
Self-Help – Meditations
Psychology – Movements – Jungian
Everyday Chinese Medicine
Healing Remedies for Immunity, Vitality, and Optimal Health
By Jan Chozen Bays

$29.95 - Trade Paperback

About the Book
We all know that our health is critical, but with overwhelming schedules and never-ending responsibilities, it is difficult to prioritize our body's needs—let alone reach our maximum potential for health. Without a one-size-fits-all method to living vibrantly, it is often difficult to know what our bodies require. Fortunately, finding the right nourishment, energy, and balance to support your daily health is at the heart of Chinese medicine. This 2,000-year-old lineage of healing wisdom serves as the foundation for your healthful journey, integrating both the Classical Five Element theory and the practices of Traditional Chinese Medicine to uncover your body's exact needs. *Everyday Chinese Medicine* demystifies, simplifies, and reveals patterns to help you understand your deeper needs from the comfort of your own home and kitchen. Mindi Counts—a holistic medical practitioner, acupuncturist, and herbalist—walks you through the seasons, elements, and organ systems to help you understand your body's needs and the methods to achieve vibrant health and well-being. With simple recipes, self-care practices, and herbal wisdom, *Everyday Chinese Medicine* is the perfect companion on your wellness journey.

Author
MINDI K. COUNTS, MA, LAc., is a passionate activist, holistic medical practitioner, Five-Element acupuncturist, herbalist, and founder of Inner Ocean Empowerment Project. Dedicated to serving the local and global communities through her work in Chinese Medicine and natural healing, Counts is a nationally certified acupuncturist and the owner of a holistic health clinic in Lafayette, Colorado. Through her nonprofit, Mindi has been involved in service work in Indian slum communities, rehabilitation centers for underage victims of sex-trafficking, Burmese refugee clinics, and efforts in post-earthquake Nepal.
The Fourth Trimester Cards
Daily Support, Inspiration, and Wisdom for New Mothers
By Kimberly Ann Johnson

$18.95 - Nontraditional book

SHAMBHALA PUBLICATIONS
11/12/2019
PAGES: 54
ISBN: 9781611807646

About the Book

It’s no secret that new mothers can frequently feel both overwhelmed and lonely. The Fourth Trimester Cards offer sage, relatable advice that can be used in the moment to help support postpartum healing—physically, emotionally, relationally, and spiritually. Mothers can pick a card for a three-minute breathing exercise, a one-minute poem or meditation for inspiration, some crucial pelvic floor information, or a recipe. With 52 cards, organized and color-coded by theme—Nourishment, Body, Mind, Relationship, and Inspiration—this beautiful deck will be a welcome companion for any new mother—the ultimate gift for a baby shower, mother blessing, or new mother visit.

Author

KIMBERLY ANN JOHNSON is the founder of MagaMama.com, an international holistic women’s health care resource for expectant and new mothers. She is the cofounder of the STREAM School for Postpartum Care, where she trains birth professionals, yoga teachers, somatic therapists, and body workers to help women prepare for, and recover from, birth. She conducts workshops and trainings internationally and online, teaching thousands of women and birth professionals about postpartum care, self-care for new mothers, and sexual health.

Pregnancy & Childbirth
Women’s Health
Parenting – Motherhood

RIGHTS Material derived from The Fourth Trimester (book) which has been licensed into Czech, Dutch, Polish, Portuguese (Brazil & Portugal), Slovak, Vietnamese
Grace and Grit

A Love Story (Paperback reissue to coincide with release as a major motion picture in 2020)
By Ken Wilber

$19.95 — Trade Paperback

About the Book

Heartfelt, deeply moving, and incredibly real, this book by acclaimed author and philosopher Ken Wilber shares the emotional journey through his wife Treya’s life, illness, treatment, and death. Through journal entries written by Treya and wide-ranging commentary from Ken, this touching and heartbreaking story offers readers the chance to see beyond illness and find moments of wisdom in the hardest of times.

Author

KEN WILBER is one of the most widely read and influential American philosophers of our time. His writings have been translated into over twenty foreign languages. He lives in Denver, Colorado.

Reviews

“A deep and searing look at living, dying, loving, death, and resurrection.”
—M. Scott Peck, M.D.

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Gurdjieff Reconsidered

The Life, the Teachings, the Legacy
By Roger Lipsey

$24.95 — Trade Paperback

About the Book

The Greek-Armenian teacher G.I. Gurdjieff was one of the most original and provocative spiritual teachers in the twentieth-century West. Using a wide range of published and unpublished sources, Lipsey explores Gurdjieff’s formative travels in Central Asia, his famed teaching institution in France, the development of the Gurdjieff Movements and music, and, above all, Gurdjieff’s fascinating continuous evolution as a teacher.

Author

ROGER LIPSEY is a biographer, art historian, translator, and, for many decades, a participant in the Gurdjieff teaching. He is the author of Coomaraswamy: His Life and Work; An Art of Our Own: The Spiritual in Twentieth-Century Art; Angelic Mistakes: The Art of Thomas Merton; Make Peace Before the Sun Goes Down: The Long Encounter of Thomas Merton and His Abbott, James Fox; and Hammarskjöld: A Life, which has been hailed as the definitive biography of Dag Hammarskjöld.

Reviews

“Lipsey’s Gurdjieff Reconsidered is a welcome addition to the field of Gurdjieff Studies and the field of Western esotericism, more generally. The book is an excellent introduction to Gurdjieff’s ideas, thanks to the author’s use of an abundance of primary sources.”
—Reading Religion

FOREIGN RIGHTS SOLD German, Romanian, Spanish
Living Beautifully
An Inspirational Journal
By Pema Chödrön

$16.95 - Journal

About the Book

Discover the depths of your own fearless heart. This keepsake journal from revered Buddhist teacher Pema Chödrön shares thoughtful quotes and offers inviting spaces that await your reflections, insights, and intentions. Find support for challenging times, guidance for uncertainty, and reminders of daily joy. A perfect space for personal reflection and spiritual exploration.

Author

PEMA CHÖDRÖN is an American Buddhist nun in the lineage of Chögyam Trungpa and resident teacher at Gampo Abbey in Nova Scotia, the first Tibetan Buddhist monastery in North America established for Westerners. She is the author of many best-selling books, including When Things Fall Apart and The Places That Scare You.

Religion – Buddhism
Inspiration & Personal Growth
Self-Help – Personal Growth – Happiness

RIGHTS Material for the journal is derived from Living Beautifully, Welcoming the Unwelcome, When Things Fall Apart, Start Where You Are, and The Wisdom of No Escape.
About the Book

Love is a universal energy—and a primary force that powers our movement toward spiritual illumination. All the ways we need love are simply reflections of our need for spiritual growth. In Love Unveiled, A. H. Almaas explores three dimensions of love: appreciative love—the true liking of somebody or something; merging or connecting love—a force that melts away separateness; and passionate, ecstatic love—capable of consuming us from inside. In their own way, each reveals the beauty and exquisiteness of our spiritual heart, which is the heart of the divine. However, the path of spiritual love is not without challenges. Almaas explores the barriers that tend to block our experience of loving awakening and provides experiential exercises throughout the book to help readers along their path. The exercises focus on the obstacles or misunderstandings that commonly arise for each quality or dimension of love. Presented in the form of writing or monologuing prompts, readers can work independently or in small groups to confront the emotional obstacles on their spiritual path. Regardless of where you are on your path, Love Unveiled will help you explore love in three essential dimensions and gain a deeper connection to yourself.

Author

A. H. ALMAAS, the author of more than a dozen books, is the pen name of A. Hameed Ali, the originator of the Diamond Approach to the realization of our True Nature. Since 1976 he has guided individuals and groups through his school of inner work, the Ridhwan School, which has branches in California, Colorado, and Europe. Almaas’s teaching is informed by his background in spiritual traditions (notably the Gurdjieff Work and Sufism), depth psychology, and scientific inquiry.
Natural Woman
Herbal Remedies for Radiant Health at Every Age and Stage of Life
By Leslie Korn

$24.95 - Trade Paperback

SHAMBHALA PUBLICATIONS
12/17/2019
PAGES: 320
ISBN: 9781611806717

About the Book

Plant medicines are a woman’s ally to achieve optimal health; they bring balance and nourishment to daily life and can reduce or eliminate symptoms of physical and emotional distress. They can also provide alternatives to many pharmaceuticals. This go-to herbal sourcebook gives women the tools to thrive throughout their lives, with remedies using common herbs and plants to support a healthy body, mind, and spirit. Dr. Leslie Korn brings over forty years of experience in numerous herbal traditions and healing modalities, offering timeless wisdom in this herbal companion that can be shared with friends and passed down in the family for generations. She offers treatments using common and easy-to-obtain herbs to address sleep disorders, menstrual issues, autoimmune conditions, anxiety, headaches and migraines, stomach issues, fertility issues, postpartum recovery, skin ailments, common discomforts that affect children, and much more. Korn also offers herbal guidance for rites of passage, moments of community, psychoactive herbs, and a protocol for end-of-life care, as well as a comprehensive resources section.

Author

LESLIE KORN, PhD, is a clinician specializing in mental health nutrition and integrative medicine. A core faculty member of Capella University’s Mental Health Counseling Program, she served as a Fulbright scholar on traditional medicine, a Clinical Fellow at Harvard Medical School, and a National Institutes of Health-funded research scientist in mind/body medicine. In 1975, she founded the Center for Traditional Medicine, a public health clinic in rural indigenous Mexico that she directed for over 25 years. Author of nine books, she teaches and consults internationally for mental health professionals and tribal communities. Her website is Drlesliekorn.com.

Reviews

“Natural Woman sets a new standard of excellence for books on women’s health. Dr. Korn skillfully balances her encyclopedic knowledge of healing and health with deep reverence for the sacredness of all beings. A must-read for all women seeking a more natural path to mind-body-spirit health.”

James Lake, MD, founding member and former Chair, American Psychiatric Association Caucus on Complementary and Integrative Medicine
Politics and Conscience
Dag Hammarskjöld on the Art of Ethical Leadership
By Roger Lipsey

$18.95 - Hardcover

About the Book
Dag Hammarskjöld served as Secretary-General of the United Nations from 1953 until his tragic death in a suspicious plane crash in 1961. During those years he saw the fledgling international organization through numerous crises with a skillfulness that drew much acclaim. As readers of his now-classic diary, Markings, are aware, Hammarskjöld saw political leadership as an honor calling for humility, moral examination, and spiritual reflection. In this comprehensive handbook, acclaimed biographer Roger Lipsey details the moral code by which Hammarskjöld lived and made critical decisions. What emerges is a portrait of a man who struck a remarkable balance between patience and action, empathy and reserve, policy and people. Structured through short sections on themes such as values-based leadership, perseverance, and negotiation, Politics and Conscience offers a vision of ethical leadership as relevant today as it was in Hammarskjöld’s time. In our era of zero-sum politics, Lipsey shows politicians and voters alike how Hammarskjöld’s political principles and practical wisdom support the betterment of the common good. “It is difficult to hear the low voice of reason,” Hammarskjöld wrote, “or see the clear little light of decency, but, of course, both endure and both remain perfectly safe guides.”

Authors
ROGER LIPSEY is a biographer, art historian, editor, and translator. He is the author of Hammarskjöld: A Life, hailed as the definitive biography of Dag Hammarskjöld; An Art of Our Own: The Spiritual in Twentieth-Century Art; Angelic Mistakes: The Art of Thomas Merton; and most recently Gurdjieff Reconsidered: The Life, the Teachings, the Legacy.
Present through the End
A Caring Companion’s Guide for Accompanying the Dying

By Kirsten DeLeo

$16.95 - Trade Paperback

Present through the End offers the guidance and essential wisdom we need when we are struggling to support someone who is nearing death. This book helps us meet the many challenges ahead and navigate through difficult times with clarity and kindness—both for the person who is dying and also for ourselves. Inspired by decades of experience caring for the dying and years teaching contemplative care around the world, Kirsten DeLeo shares down-to-earth advice and offers short, simple “on the spot” tools to help us handle our emotions, deal with difficult relationships, talk about spiritual matters, practice self-care, listen fully, and more. This book offers insight and encouragement when we are unsure what to do or say and shows us how to be present even though we may feel utterly helpless, love when loss is just around the corner, and be fully alive to each moment as time runs out.

About the Book

Present through the End offers the guidance and essential wisdom we need when we are struggling to support someone who is nearing death. This book helps us meet the many challenges ahead and navigate through difficult times with clarity and kindness—both for the person who is dying and also for ourselves. Inspired by decades of experience caring for the dying and years teaching contemplative care around the world, Kirsten DeLeo shares down-to-earth advice and offers short, simple “on the spot” tools to help us handle our emotions, deal with difficult relationships, talk about spiritual matters, practice self-care, listen fully, and more. This book offers insight and encouragement when we are unsure what to do or say and shows us how to be present even though we may feel utterly helpless, love when loss is just around the corner, and be fully alive to each moment as time runs out.

Author

KIRSTEN DELEO is an international trainer with the Spiritual Care Program, an outreach network that offers education and care in eleven countries. For fourteen years she served as lead faculty of “Authentic Presence,” a professional certificate in contemplative end-of-life care that was launched at Naropa University and now runs as an independent program. She is a member of the Buddhist Ministry Work Group, an initiative of Harvard School of Divinity. Kirsten has been teaching in the field of contemplative care for more than twenty-five years.

Reviews

“Kirsten DeLeo has distilled timeless wisdom into a clear, accessible, and thoroughly helpful book. Rather than explain what to say or do, DeLeo shows us how to be with people who are approaching life’s end. Her guidance is simple, practical, and profound. Show up. Arrive with love—for yourself and the person you are visiting. Lean forward. Listen. Remember to breathe.”

Ira Byock, MD, author of Dying Well and The Best Care Possible
Take in the Good
Skills for Staying Positive and Living Your Best Life
By Gina Biegel

$16.95 - Trade Paperback

SHAMBHALA PUBLICATIONS
01/07/2020
PAGES: 112
ISBN: 9781611807714

About the Book

When you feel completely stressed out by your crazy life, it often helps to channel your energy into a project or activity to shift your focus from the negative to the positive. This activity journal contains fifty fun and focused art projects, writing prompts, and exercises to help you find ways to feel more calm, confident, resilient and able to take care of yourself and manage your emotions. This journal will also be an invaluable resource for teachers, guidance counselors, and therapists to use with young people in a group or academic setting.

Authors

GINA M. BIEGEL, MA, LMFT, is a psychotherapist, researcher, speaker, and author in the San Francisco Bay Area who specializes in mindfulness-based work with adolescents. She is founder of Stressed Teens, which has been offering mindfulness-based stress reduction for teens (MBSR-T) to adolescents, families, schools, professionals, and the community for over a decade.

Rights

Author’s previous titles have been licensed into Bulgarian, French, Portuguese (Portugal)

Reviews

“With beautiful illustrations and powerful exercises, Take in the Good is a step-by-step guide to acceptance and loving transformation. A poetic and practical roadmap for awakening to what is, for teenagers, and readers of all ages who seek clarity, courage, and peace.”

Sharon Salzberg, author of Lovingkindness and Real Happiness
Triggers
How We Can Stop Reacting and Start Healing
By David Richo

$16.95 – Trade Paperback

About the Book
Psychotherapist David Richo examines the science of triggers and our reactions of fear, anger, and sadness. He helps us understand why our bodies respond before our minds have a chance to make sense of a situation. By looking deeply at the roots of what provokes us—the words, actions, and even sensory elements like smell—we find opportunities to understand the origins of our triggers and train our bodies to remain calm in the face of traumatic experiences. In-the-moment exercises on how to process difficult emotions and physical manifestations are offered throughout the book to cultivate the inner resources necessary to deal with recurring trauma. When we are triggered, Richo writes, “we are being bullied by our own unfinished business.” Explore what your body’s knee-jerk reactions to trauma can teach you.

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

Reviews
“Using science, philosophy, mindfulness practice, and his own life experiences, author and psychotherapist David Richo helps us develop the tools to do the hard work of examining ourselves, our relationships, and our pasts to heal our wounds and become the person we have the potential to be.”

Sharon Salzberg, author of Real Happiness
The World Comes to You
Notes on Practice, Love, and Social Action
By Michael Stone

$16.95 - Trade Paperback

About the Book
These concise, pointed essays by dharma and yogic teacher Michael Stone offer essential wisdom on living the yoga and Buddhist paths in the midst of everyday life and in a world full of challenges. Through the overarching themes of practice, love, and social action, Stone addresses the essential questions of:
• What does daily practice actually look like?
• Where are you going with your practice?
• How do you take your practice into your everyday life?
• How does practice manifest as love?
• How do you act as a steward of society and live in right relationship with each other and the planet?
These essays inspire and guide, appealing to both yogis and dharma practitioners. In this age where we can’t turn away from environmental and political issues, Stone reminds us in a clear and encouraging way that practice is always both internal and external.

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

Reviews
“Highly recommended for meditators, yogis, activists, and anyone who wishes to know themselves more deeply.”
Bo Forbes, PsyD, author of Yoga for Emotional Balance

Religion – Buddhism
Health & Fitness – Yoga

RIGHTS Author’s previous titles have been licensed into Latvian, Spanish
Awaken Every Day
365 Buddhist Reflections to Invite Mindfulness and Joy
By Thubten Chodron
$19.95 - Trade Paperback

About the Book
Awaken Every Day offers reflections for each day of the year, helping readers cultivate meaning in our own lives and contribute to the well-being of others. Venerable Thubten Chodron is beloved for her ability to help people understand key Buddhist teachings and apply them to the everyday challenges of life. Awaken Every Day shares a quick daily dose of this wisdom, encouraging readers to understand the true causes of our suffering and the paths to freedom. Whether we read straight through or dip in, whether we look for a teaching in the morning or a reflection in the evening, Awaken Every Day helps us understand our minds, our connections to our communities, and how to become the people we aspire to be.

Author
VENERABLE THUBTEN CHODRON is an author, teacher, and the founder and abbess of Sravasti Abbey, a Tibetan Buddhist monastery in Newport, Washington. Ordained as a Buddhist nun in 1977 and a close student of His Holiness the Dalai Lama for over forty years, Venerable Chodron teaches worldwide. She is the author of numerous books, including Buddhism for Beginners and Buddhism: One Teacher, Many Traditions, with the Dalai Lama.

Reviews
“A wise and beautiful collection of reflections that provide a daily reminder of what’s true, what’s real, and what matters.”
Daniel Gilbert, Harvard University, author of Stumbling on Happiness

Buddhism – Tibetan
Mindfulness & Meditation
Religion – Devotional

RIGHTS Author’s previous titles have been licensed into Chinese (Complex & Simplified), Czech, Dutch, French, German, Indonesian, Italian, Korean, Mongolian, Polish, Portuguese (Brazil & Portugal), Russian, Spanish
The Buddhist Psychology of Awakening
An In-Depth Guide to Abhidharma
By Steven Goodman

$27.95 - Trade Paperback

About the Book

Abhidharma (Sanskrit for "special teaching") is a detailed analysis of the Buddha's teaching on suffering and its eradication. This teaching can be traced back to the early Buddhist text, the Abhidhamma Pitaka—one of the "three baskets" that make up the traditional Buddhist canon, and which was elaborated upon further by such figures as the philosopher Vasubandhu in his great work Abhidharmakosa. Often referred to as "Buddhist psychology," the abhidharma is known for being complex and challenging to understand in all its details. Steven Goodman's step-by-step analysis makes abhidharma accessible and applicable to the lives and spiritual practice of ordinary people, rather than just scholars. Along with his careful analysis of many terms, concepts, and lists, this book includes transcripts of numerous question-and-answer sessions held by Goodman, which help to clarify the teachings and bring them to life.

Author

STEVEN D. GOODMAN is codirector of Asian and Comparative Studies at the California Institute of Integral Studies (CIIS) in San Francisco. He received his PhD in Far Eastern studies from the University of Saskatchewan, and he has lectured and taught Buddhist philosophy and comparative religion at the University of California at Berkeley and Santa Barbara, Rice University, the Graduate Theological Union, the Nyingma Institute, and Naropa University. In 1994, Steven was awarded a Rockefeller Fellowship at Rice University Center for Cultural Studies for the study of Tibetan mystical poetry. He is the coeditor of Tibetan Buddhism: Reason and Revelation (SUNY Press, 1992) and the author of "Transforming the Causes of Suffering" in Mindfulness and Meaningful Work (Parallax Press, 1994).
Choosing Compassion
How to Be of Benefit in a World That Needs Our Love
By Anam Thubten
Edited by Sharon Roe

$16.95 - Trade Paperback

About the Book
We see so much pain and injustice in the world—from racial discrimination to environmental degradation. How can we make a positive difference? Beloved Buddhist teacher Anam Thubten invites us to deepen our practice of compassion. Through personal practices that expand our awareness of connectedness with the world, we will be able to act with courage for the benefit of all. With characteristic warmth, Anam Thubten shares reflections, meditations, and practices that any reader—whether Buddhist or not—can embrace. He writes, “If our hearts are open and we can bear witness to the suffering around us, we will be able to act from that and help relieve suffering in whatever small or big ways we can. It will not be insignificant, and our compassion will include all beings no matter how small they are. Each compassionate act will change us and will expand our boundaries and show us what transcendence means. Then, we will begin more and more to lose the feeling that we are separate from everybody else. In this way, we can widen the circle of love.”

Author
ANAM THUBTEN grew up in Tibet and at an early age began to practice in the Nyingma tradition of Tibetan Buddhism. He is the founder and spiritual advisor of the Dharmata Foundation, and he teaches widely in the United States and internationally. He is the author of No Self, No Problem; The Magic of Awareness; and Embracing Each Moment.

Reviews
“Choosing Compassion has a simplicity, clarity, and depth that speaks directly to the purity of our heart. Anam Thubuten’s teachings inspire us to embody loving presence in our daily life and serve the healing of our world.”

Tara Brach, author of Radical Acceptance and True Refuge
The Circle of the Way
A Concise History of Zen from the Buddha to the Modern World
By Barbara O’Brien

$19.95 - Trade Paperback

SHAMBHALA PUBLICATIONS
11/12/2019
PAGES: 328
ISBN: 9781611805789

About the Book

Zen Buddhism has a storied history—Bodhidharma sitting in meditation in a cave for nine years; a would-be disciple cutting off his own arm to get the master’s attention; the proliferating schools and intense dharma combat of the Tang and Song Dynasties; Zen nuns and laypeople holding their own against patriarchal lineages; the appearance of new masters in the Zen schools of Korea, Japan, Vietnam, and later the Western world. In The Circle of the Way, Zen practitioner and popular religion writer Barbara O’Brien brings clarity to this huge swath of history by charting a middle way between Zen’s traditional lore and the findings of modern historical scholarship. In a clear and often funny style, O’Brien parses fact from fiction while always attending to the greatest interest of contemporary practitioners—the development of Zen doctrine and practice as a living tradition across cultures and centuries.

Author

BARBARA O’BRIEN has been practicing Zen Buddhism since the 1980s. She works as a journalist, reporting primarily on religion in America. She is the author of Rethinking Religion: Finding a Place for Religion in a Modern, Tolerant, Progressive, Peaceful and Science-affirming World and has written about Buddhism for many outlets including About.com, The Guardian, Tricycle, and Lion’s Roar.

Reviews

“Finally! A clear and concise introduction to Zen Buddhism. The Circle of the Way fills a long-standing need for a simple, straightforward explanation of where Zen comes from, what the foundational teachings are, and how they coalesce as a school of Buddhism. O’Brien loves the subject but never lets it take itself so seriously as to miss the lively mix of Zen’s internal contradictions and its profound teachings. This is a wonderful book.”

James Ishmael Ford, author of Introduction to Zen Koans: Learning the Language of Dragons

Buddhism – Zen
Buddhism – History
Religion – History
Deep Hope

Zen Guidance for Staying Steadfast When the World Seems Hopeless

By Diane Eshin Rizzetto

$18.95 - Trade Paperback

About the Book

Every day seems to bring news of cruelty and pain from around the world. Amidst the barrage of the daily news cycle and the tumult of our personal lives, it may be natural to contract out of fear or anxiety. But is there a way to face our lives and the world without closing off our hearts? There is such a path, says Zen teacher Diane Rizzetto. Exploring the Buddhist teaching of the six paramitas or "perfections," she writes of "a path to reveal our deepest human capacity to give and receive, to patiently bear witness to whatever is arising in the moment, to take skillful action based on clarity and wisdom, to persevere with fortitude, and to rest in the silent stillness of each breath." Combining Zen teachings with accessible anecdotes from her own life and the lives of her many students, Rizzetto demonstrates the possibility of living with a hopefulness that is grounded in the present moment—a path of spiritual nourishment and deepening wisdom.

Author

DIANE RIZZETTO is the Abbess and Guiding Teacher of the Bay Zen Center in Oakland, California. A dharma heir of Charlotte Joko Beck, she is a founding member of the Ordinary Mind Zen School. Her previous book is Waking Up to What You Do: A Zen Practice for Meeting Every Situation with Intelligence and Compassion.

Reviews

“This marvelous book springs from life itself. A treasure on the perfections, it is a clear and wise read for today’s world.”
Joan Halifax, author of Being with Dying and Standing at the Edge
The Emanated Scriptures of Manjushri
Shabkar’s Essential Meditation Instructions
By Shabkar Tsogdruk Rangdro
Translated by Sean Price

$24.95 - Trade Paperback

About the Book
In this unique compendium of teachings, Shabkar provides practical yet profound directives that cover the entire Tibetan Buddhist path to enlightenment, from the pith instructions of the graded stages of the path (lam-rim) to the practice of calm abiding and special insight, bodhichitta, the bodhisattva vow, the practice of the six perfections, mahamudra, and dzogchen. Through twenty-three pieces of advice, Shabkar takes the essentials of Tibetan Buddhist spiritual practice (based on Je Tsongkhapa’s Great Graded Path, or Lam rim chen mo) and presents them in the form of questions and answers, alternating verse and prose, to give a deep-rooted and concise set of instructions. Translated beautifully by Sean Price, this text is a precious addition to any Tibetan Buddhist practitioner’s library.

Author
SHABKAR TSOGDRUK RANGDROL (1781–1851) devoted himself to many years of meditation in solitary retreat after his early training in the province of Amdo under the guidance of several extraordinary Buddhist masters. With determination and courage, he mastered the highest and most esoteric practices of the Tibetan tradition of the Great Perfection. He then spent the rest of his life wandering around the Himalayan regions, practicing for long periods in contemplative retreat, teaching, and performing virtuous deeds on a vast scale.

Reviews
“Shabkar’s style is crisp and effective, as if he had intended to define each step of the contemplative life in the briefest yet most complete and inspiring way for practitioners.”

from the Introduction by Matthieu Ricard

Buddhism – Sacred Writings
Buddhism – Tibetan
Buddhism – Rituals & Practice
Entering the Mind of Buddha

Zen and the Six Heroic Practices of Bodhisattvas

By Reb Anderson

$18.95 - Trade Paperback

About the Book

The six paramitas—generosity, ethical discipline, patience, heroic effort, concentration, and wisdom—are among the core teachings of Buddhism across all its schools and offer gateways into the practice, in any situation, for newcomers and seasoned practitioners alike. They are nothing less than a foundational practice to enter and realize the mind of Buddha. In this sincere and powerful book, Zen teacher Reb Anderson offers teachings and practice stories that elucidate and open up each paramita. Taken together, the six “perfections” form an integrated and complete path—the path of the heroic bodhisattva who vows to practice ceaselessly for the welfare and liberation of all beings.

Author

REB ANDERSON was ordained as a Zen priest at the San Francisco Zen Center by Shunryu Suzuki Roshi in 1970. Since then, Reb has continued to practice at the San Francisco Zen Center, where he served as abbot from 1986 to 1995 and is now a senior dharma teacher. His previous books are Being Upright: Zen Meditation and the Bodhisattva Precepts, Warm Smiles from Cold Mountains: Dharma Talks on Zen Meditation, and The Third Turning of the Wheel: Wisdom of the Samdhinirmocana Sutra.

Buddhism – Zen
Buddhism – Rituals & Practice
Mindfulness & Meditation

RIGHTS Author’s previous titles have been licensed into Spanish
The First Free Women
Poems of the Early Buddhist Nuns

By Matty Weingast

$16.95 - Trade Paperback

About the Book

The Therigatha ("Verses of the Elder Nuns") is the oldest collection of known writings from Buddhist women and one of the earliest collections of women's literature in India. Composed during the life of the Buddha, the collection contains verses by early Buddhist nuns detailing everything from their disenchantment with their prescribed roles in society to their struggles on the path to enlightenment to their spiritual realizations. Among the nuns, a range of voices are represented, including former wives, women who lost children, women who gave up their wealth, and a former prostitute. In The First Free Women, Matty Weingast revives this ancient collection with a contemporary and radical adaptation. In this poetic re-envisioning that remains true to the original essence of each poem, Weingast infuses each verse with vivid language that is not found in other translations. Weingast breathes fresh life into this ancient collection of poetry, offering readers a rare glimpse of Buddhism through the spiritual literature and poetry of the first female disciples of the Buddha.

Author

MATTY WEINGAST, MFA in Fiction from UMass-Amherst, is co-editor of Awake at the Bedside and former editor of the Insight Journal at Barre Center for Buddhist Studies.

Reviews

"Honest. Courageous. Inspiring. These reflections can't help but touch the hearts of all who read them."

Sharon Salzberg, author of Lovingkindness and Real Happiness
Four Men Shaking
Searching for Sanity with Samuel Beckett, Norman Mailer, and My Perfect Zen Teacher

By Lawrence Shainberg

$16.95 - Trade Paperback

About the Book

Due to what he calls his “inexplicably good karma,” writer Lawrence Shainberg’s life has been filled with relationships with legendary writers and renowned Buddhist teachers. In this engaging memoir, Shainberg weaves together the narratives of three of these relationships: his literary friendships with Samuel Beckett and Norman Mailer, and his long teacher-student relationship with the Japanese Zen master Kyudo Nakagawa. In Shainberg’s lifelong pursuit of both writerly success and Zen equanimity, each of these men come to represent an important aspect of his experience. The brash, combative Mailer becomes a symbol in Shainberg’s mind for the Buddhist concept of “form,” while the elusive and self-deprecating Beckett seems to him to embody “emptiness.” Through it all is Nakagawa, the earthy, direct Zen teacher continuously encouraging Shainberg to let go of his endless rumination and accept the present as it is.

Author

LAWRENCE SHAINBERG is the author of the celebrated memoir Ambivalent Zen as well as the nonfiction book Brain Surgeon: An Intimate View of His World. He has published three novels—Crust, One on One, and Memories of Amnesia—and his fiction and journalism have appeared in Esquire, Harper’s Magazine, Tricycle, and The New York Times Magazine. He is the recipient of a Pushcart Prize for a monograph on Samuel Beckett, published in The Paris Review.

Reviews

“Shainberg’s enlightening memoir about three transformative relationships is accessible, deceptively simple, and wise.”

Publishers Weekly, starred review

“Four Men Shaking felt to this reader a deeply necessary utterance, one effortlessly delivered after decades of rigorous preparation. By the time I finished it I was a fifth man shaking, and with gratitude.”

Jonathan Lethem, author of Motherless Brooklyn

RIGHTS Author’s previous titles have been licensed into Spanish
From Mindfulness to Insight
Meditations to Release Your Habitual Thinking and Activate Your Inherent Wisdom
By Rob Nairn, Choden and Heather Regan-Addis

$18.95 – Trade Paperback

About the Book
Most books in the secular mindfulness tradition stop with mindfulness and self-compassion but do little to uncover the root causes of our suffering. Drawing on both Buddhist analyses of mind and current findings in psychology and neuroscience, the book explains how our thinking becomes fixed and routinized through our engaging with unconscious preferences and reactions. Through the cultivation of insight, we can disentangle ourselves from these patterns, which leads to greater equanimity, freedom, and compassion.

Author
ROB NAIRN is a world pioneer in presenting Buddhist philosophy and practice in a way that is accessible to the Western mind. He is the author of several books, including Diamond Mind (2001) and Living, Dreaming, Dying (2004). Choden (Sean McGovern) and Heather Regan-Addis, both practicing Buddhists, are directors and cofounders of the Mindfulness Association and coauthored the book Mindfulness Based Living Course (2018).

Green Buddhism
Practice and Compassionate Action in Uncertain Times
By Stephanie Kaza

$18.95 – Trade Paperback

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

Author
STEPHANIE KAZA is Professor Emerita of Environmental Studies at the University of Vermont. Her previous books are Mindfully Green: A Personal and Spiritual Guide to Whole Earth Thinking and Conversations with Trees: An Intimate Ecology. She is the editor of Hooked!: Buddhist Writings on Greed, Desire, and the Urge to Consume and coeditor (with Kenneth Kraft) of Dharma Rain: Sources of Buddhist Environmentalism. To learn more, visit www.stephaniekaza.com.

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Foreign Rights Sold
Czech
Guided Buddhist Meditations

Essential Practices on the Stages of the Path

By Thubten Chodron

$19.95 — Trade Paperback

SHAMBHALA PUBLICATIONS
07/30/19 • PAGES: 224 • ISBN: 9781611807301

About the Book

For busy practitioners, the lamrim gives a concise and easily graspable picture of the Buddhist path. Best-selling author Thubten Chodron has a unique ability to present these teachings. In this volume, she provides clear explanations of the stages of the path, while an accompanying audio program contains guided meditations on each of the topics covered in the text. The meditation teachings of lamrim, says Buddhist teacher Thubten Chodron, are like ready-made clothes that are easy to wear: they’re systematized so that we can wear them right away, so we can learn and practice them in an organized fashion.

Author

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

Moonbeams of Mahāmudrā

By Dakpo Tashi Namgyal
Translated by Elizabeth Callahan

$59.95 — Hardcover

SHAMBHALA PUBLICATIONS
06/18/19 • PAGES: 856 • ISBN: 9781559394802

About the Book

This monumental work, written in the sixteenth century, comprehensively outlines the scope of the Mahāmudrā Buddhist tradition. This tradition, which was systematized in Tibet over 900 years ago, focuses on the familiarization of the nature of one’s mind, also described as the experience of Mahāmudrā or “great seal,” as the primary means to realize ultimate reality and thus attain buddhahood. While the Tibetan Kagyu school are known as the primary holders of the tradition, Mahāmudrā is taught and practiced by all major schools of Tibetan Buddhism.

Author

DAKPO TASHI NAMGYAL (1513–1587) was the first recognized reincarnation of Gampopa and an important master of the Dakpo Kagyu tradition.

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

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Author’s previous titles have been licensed into Chinese (Complex), Czech, Dutch, French, German, Indonesian, Italian, Korean, Mongolian, Polish, Portuguese (Brazil & Portugal), Russian, Spanish

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Chinese (Complex)
Kindness for All Creatures
Buddhist Advice for Compassionate Animal Care
By Sarah C. Beasley
Foreword by Anam Thubten

$17.95 - Trade Paperback

About the Book
Are you doing all you can for the well-being of your pet? Many pet guardians struggle with this question in relation to adopting versus buying, how best to raise and train animals, and how to approach the aging, sickness, and death passage. Structured around the Six Perfections of Mahayana Buddhism, this book provides answers to these questions and more with heartfelt guidance on how to apply mindfulness and spirituality to our relationships with animals. As well as being a practical resource, this book serves as a form of advocacy to encourage readers to think and feel more deeply and naturally about caring for the creatures—both pets and wildlife—that we share our world with.

Author
SARAH C. BEASLEY (SERA KUNZANG LHAMO) is a senior lay practitioner in the Nyingma School, Dudjom lineage, with thirteen years full-time direct training in traditional Buddhist teachings and methods for body, speech, and mind. She spent nearly seven of those years in closed intensive and worked three years on Practices for the Dead (and Dying) including guidance on how to care for pets during the aging and death passage. Sarah offers Buddhist and Western approaches to death and dying in her workshops and is also a regular contributor to Buddhistsdoor Global, Jnanasukha Foundation, Levekunst, and Vajrayana World on topics of pets, nature, life, death and dying, and Buddhism.

Reviews
“Nonhuman animals need all the help they can get in an increasingly human-dominated world. As Sarah Beasley notes, ‘Every species has its place’ as does each and every individual, and treating other animals better also means treating ourselves better. Kindness for All Creatures is a must-read in an age when countless nonhumans are treated as unfeeling objects rather than sentient and feeling beings.”

Marc Bekoff, author of Canine Confidential: Why Dogs Do What They Do and Unleashing Your Dog: A Field Guide to Giving Your Canine Companion the Best Life Possible
The Life of Jamgon Kongtrul the Great
By Alex Gardner

$39.95 - Hardcover

About the Book

Known as the "king of renunciates," Jamgon Kongtrul Lodro Taye (1813–1899) forever changed the face of Buddhism through collecting, arranging, and disseminating the various lineage traditions of Tibet across sectarian lines. His extensive treasury collections of profound Buddhist teachings continue to be taught and transmitted throughout the Himalayas by all major traditions and represent the breadth and profundity of Tibetan Buddhist philosophy and practice. Jamgon Kongtrul was a polymath, dedicated retreatant, writer, and teacher from the eastern Tibetan kingdom of Derge. During the nineteenth century, this region experienced extreme sectarian and political divides, during which Jamgon Kongtrul, along with Jamyang Khyentse Wangpo and Chokgyur Lingpa, set about collecting, teaching, and transmitting the major practice traditions found in Tibet. They focused particularly on preserving declining lineages. This conservation project, which did not adhere to the traditional divides of the Tibetan “schools” and included both tantric lineages coming from India as well as Tibetan treasure (terma) lineages, came to be known as the Rime or “unbiased” tradition. Jamgon Kongtrul is perhaps the most famous among these Rime figures. This is the most accessible work available on Jamgon Kongtrul’s life, writings, and influence, written as a truly engaging historical biography. Alexander Gardner, who is a specialist of Jamgon Kongtrul, provides an intimate glimpse into the life of one of the most important Tibetan Buddhist teachers to have ever lived.

Author

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

Reviews

“...a reverent and human portrayal of Kongtrul. Readers interested in the formations of Tibetan Buddhism will take great interest in Gardner’s in-depth reconstruction of Kongtrul’s life.”

Publishers Weekly
Living Is Dying
How to Prepare for Death, Dying and Beyond
By Dzongsar Jamyang Khyentse

$16.95 - Trade Paperback

About the Book

Lifetimes of effort go into organizing, designing, and structuring every aspect of our lives, but how many people are willing to contemplate the inevitability of death? Although dying is an essential part of life, it is an uncomfortable topic that most people avoid. With no idea what will happen when we die and a strong desire to sidestep the conversation, we make all kinds of assumptions. Living Is Dying collects teachings about death and the bardo that have been passed down through a long lineage of brilliant Buddhist masters, each of whom went to great lengths to examine the process in minute detail. Renowned author and teacher Dzongsar Jamyang Khyentse responds to the most common questions he’s been asked about death and dying—exploring how one prepares for death, what to say to a loved one who is dying, and prayers and practices to use as a handhold when approaching the unknown territory of death. Whether you are facing death today or decades from now, preparing for it can help to allay your worst fears and help you appreciate what it means to be truly alive.

Author

DZONGSAR JAMYANG KYENTSE (KHYENTSE NORBU) is a Tibetan Buddhist lama who travels and teaches internationally and is also an award-winning filmmaker. He is the abbot of several monasteries in Asia and the spiritual director of meditation centers in Vancouver, San Francisco, Sydney, Hong Kong, and Taipei. He is also head of a Buddhist organization called Siddhartha’s Intent.

Buddhism – Rituals & Practice
Self-Help – Death, Grief, Bereavement
Family & Relationships – Death, Grief, Bereavement

RIGHTS No Chinese, No German. Author’s previous titles have been licensed into Catalan, Czech, Danish, Dutch, Estonian, French, German, Greek, Hungarian, Indonesian, Italian, Korean, Polish, Portuguese (Brazil & Portugal), Romanian, Russian, Slovenian, Spanish, Vietnamese
Mindfulness
Where It Comes From and What It Means
By Sarah Shaw

$19.95 - Hardcover

About the Book

From the time of the Buddha to the age of meditation apps, this straightforward introduction gives an entire overview of the use of the term “mindfulness” in Buddhist meditative traditions. Drawing upon years of experience through practicing, researching, and teaching the history of mindfulness, Dr. Sarah Shaw offers the first-ever accessible guide to the roots of this ancient meditation technique that continues to benefit millions throughout the world. Although the term is heard everywhere from boardrooms and classrooms to gyms and yoga studios, surprisingly little is known about the origins of mindfulness. This easy-to-read short history will give readers, whether they are seasoned or novice practitioners, a better sense of the most practiced meditation in the world.

Author

DR. SARAH SHAW is a faculty member and lecturer at the University of Oxford. She has taught and published numerous works on the history and practices of Buddhism, including An Introduction to Buddhist Meditation, The Jātakas: Birth Stories of the Bodhisatta, and The Spirit of Meditation.

Reviews

“A brilliant and precise introduction to the deep roots of mindfulness.”
Joan Halifax, author of Being with Dying

“Mindfulness, Shaw argues, has always been a crucial part of Buddhism, and it has shifted meanings and methods... This accessible, robust exploration will appeal to readers interested in the Buddhist origins of the widely taught practice.”
Publishers Weekly
About the Book

We need to remove our ego’s clothing to truly see ourselves and the world as they are. Grace Schireson’s stories about her Zen journey—from child to grandmother—share deep insight about how we can find awareness, feel it in our bodies, and experience it wherever we are. Grace’s path is at times ordinary—with stories of youthful naiveité (“Will Zen Get You High?”), parenting (“You Exist; Therefore, I Am Embarrassed”), and pets (“The Honorable Roshi Bully Cat”)—and groundbreaking—with stories of her studies with Suzuki Roshi (“What’s Love Got to Do with It?”), Keido Fukushima Roshi (“Don’t Bow”), and more. Each story, whether humorous or poignant, highlights the power of awareness to transform our lives and the remarkable work of this pioneering woman in American Zen.

Author

GRACE SCHIRESON is a teacher in the Suzuki Roshi lineage, Soto Zen tradition, empowered by Sojun Mel Weitsman. She has also practiced in the Rinzai tradition and was encouraged to teach koans by Keido Fukushima Roshi. Grace is the author of Zen Women and co-editor of Zen Bridge. Grace is the head teacher of the Central Valley Zen Foundation, president of the Shogaku Zen Institute, and teaches meditation at Stanford University. She is also a clinical psychologist.

Reviews

“Forthrightness, strength, humor, and wisdom are threads that weave this marvelous book into a powerful tapestry of insight, inspiration, and teaching.”

from the foreword by Joan Halifax, author of Standing at the Edge
Naropa’s Wisdom
His Life and Teachings on Mahamudra

By Khenchen Thrangu

$19.95 - Trade Paperback

About the Book

As the disciple of Tilopa and the guru of Marpa the Translator, Naropa is one of the accomplished lineage holders of the Kagyu tradition of Tibetan Buddhism. He expressed himself in the form of spiritual songs, pithy yet beautiful poems that he sang spontaneously. In this book, Khenchen Thrangu, a contemporary Karma Kagyu master, first tells the story of Naropa’s life and highlights central lessons we can learn from it and then provides verse-by-verse commentary on two of his songs. Both songs contain precious instructions on Mahamudra, the direct experience of the nature of one’s mind, which in this tradition is the primary means to realize ultimate reality and attain buddhahood. Thrangu Rinpoche’s teaching on the first song, “The View, Concisely Put”, explains the view of Mahamudra in a manner suitable for Western students who are new to the subject. The second song, “The Summary of Mahamudra”, contains the key points of the view, meditation, conduct, and fruition of Mahamudra. Thrangu Rinpoche speaks plainly, directly, and without using any technical jargon to Westerners eager to learn the fundamentals of the Mahamudra path to enlightenment from a recognized master.

Author

KHENCHEN THRANGU is an eminent teacher of the Kagyu tradition of Tibetan Buddhism. He was appointed by the Dalai Lama to be the personal tutor for His Holiness the Seventeenth Karmapa and has authored many books, including The Mahamudra Lineage Prayer, Luminous Clarity, Advice from a Yogi, Pointing Out the Dharmakaya, Everyday Consciousness and Primordial Awareness, and Vivid Awareness.

Reviews

“The Indian mahasiddha Naropa is one of the most influential figures in the history of Vajrayana Buddhism... The Very Venerable Khenchen Thrangu Rinpoche, our great treasure of wisdom and compassion, holds Naropa’s unbroken lineage. There is no one more qualified than Rinpoche to present this wisdom tradition. Those who haven’t met Naropa can meet the heart essence of his insights and deeds through this book.”

Dzogchen Ponlop Rinpoche, author of Wild Awakening: The Heart of Mahamudra and Dzogchen

“A great book from a consummate teacher. It includes translations of two critically important texts by the great Indian adept Naropa with a masterful oral commentary. Khenchen Thrangu Rinpoche reaches the heights of Buddhist philosophy and the profound depths of Mahamudra meditation, all the while providing practical advice and reminding us that ‘while training in a high view, please conduct yourself in accordance with the Dharma.’”

Sarah Harding, translator of Chod: The Sacred Teachings on Severance
Painting Enlightenment
Healing Visions of the Heart Sutra

By Paula Arai

$29.95 - Hardcover

About the Book

Little known during his lifetime, the Japanese biologist and artist Iwasaki Tsuneo (1917–2002) created a strikingly original and exquisitely intricate body of modern Buddhist artwork. His paintings depict themes ranging from classical Buddhist iconography to majestic views of our universe as revealed by science—all created with the use of painstakingly rendered miniature calligraphies of the Heart Sutra, one of the most important scriptures of Mahayana Buddhism. In this groundbreaking book, Paula Arai presents over fifty of Iwasaki’s paintings, elucidating their Buddhist contexts and meanings as well as their intimate connections to Iwasaki’s life as a war survivor, teacher, scientist, and devout Buddhist practitioner. Having been posthumously recognized by His Holiness the Dalai Lama, Iwasaki’s paintings are sure to be regarded as an innovative and heartfelt contribution to the artistic legacy of twentieth-century Buddhism.

Author

PAULA ARAI (Harvard University, Ph.D.) is the Urmila Gopal Singhal Professor in the Religions of India at Louisiana State University. She is the author of Bringing Zen Home: The Healing Heart of Japanese Women’s Rituals and Women and Living Zen: Japanese Soto Buddhist Nuns.

Reviews

“Iwasaki Tsuneo’s stunningly beautiful paintings of life and universe, rendered with lines of masterful miniature calligraphy of the Heart Sutra, reveal an infinite potential of dynamic interaction between scientific findings and the timeless wisdom of Buddhist teaching.”

Kazuaki Tanahashi, author of The Heart Sutra: A Comprehensive Guide to the Classic of Mahayana Buddhism

Buddhism – Zen
Art - Asian – Japanese
Buddhism – Sacred Writings
Radically Happy
A User’s Guide to the Mind (Paperback Reissue)
By Phakchok Rinpoche

$19.95 - Trade Paperback

About the Book
East meets West in a fresh, modern take on a timeless challenge: how to find contentment and meaning in life. A longtime meditator and seasoned Silicon Valley entrepreneur meets a young, insightful, and traditionally educated Tibetan Rinpoche. Together they present a path to radical happiness through accessible meditation and mindfulness techniques. Following three parts, the authors guide readers through Basic Happiness, Interconnected Happiness, and finally Radical Happiness, with each section building on itself to form a complete program. Filled with personal stories, scientific studies, suggested daily plans, and step-by-step exercises, this is the perfect introduction to meditation and Buddhist thought.

Author
PHAKCHOK RINPOCHE is a new generation Tibetan Buddhist Master. Receiving ordination from His Holiness the Dalai Lama, Rinpoche received a thorough education and training in Buddhist philosophy and meditation, studying with some of the most accomplished masters of modern times.

ERRIC SOLOMON worked as a Silicon Valley technology entrepreneur before becoming a meditation teacher. His experience as a participant in the Logo Group at M.I.T.’s Artificial Intelligence Laboratory inspired a lifelong passion to understand the mind and led him to the study of Buddhism.

Reviews
“Phakchok Rinpoche marries his deep understanding of ancient wisdom with Erric Solomon’s experience in the technology-driven modern world. The combination helps us understand how meditation, kindness, and wisdom can make a real difference, moment to moment in daily life.”

Yongey Mingyur Rinpoche

“A young, classically trained Tibetan Buddhist master and a veteran Silicon Valley engineer-entrepreneur makes for a great combination. Together, their personal stories bring their teachings on radical happiness to life.”

Chade-Meng Tan, bestselling author of Search Inside Yourself

Buddhism – Tibetan
Mindfulness & Meditation
Self-Help – Personal Growth – Happiness

FOREIGN RIGHTS SOLD Dutch, German, Spanish, Thai
Relax and Be Aware
Mindfulness Meditations for Clarity, Confidence, and Wisdom
By Sayadaw U Tejaniya
Edited by Doug McGill

$17.95 - Trade Paperback

About the Book
Since mindfulness is known to be so physically, mentally, and spiritually beneficial, why not practice it right now? Why not in every moment? Burmese Buddhist master Sayadaw U Tejaniya writes that we can indeed practice in this way, and the key is not forceful effort but rather a continuous gentle remembering of our intention to renew our awareness. Thirty-one short chapters—"A Month of Daily Life Meditations"—show precisely how to build a daily life meditation practice that steadily develops relaxation, refreshment, and enlightenment. "The right time to meditate is all day long, from the moment we wake up and open our eyes, until the moment we fall asleep at night," writes U Tejaniya. "If you are practicing correctly with right effort, it will definitely bring peace and joy."

Author
SAYADAW U TEJANIYA teaches insight or "vipassana" meditation at Shwe Oo Min Dhamma Sukha Forest Meditation Center in Yangon (Rangoon), Myanmar. He’s unique among the more high-profile monastic teachers of his tradition in that, though he began practice under his teacher at age thirteen, he didn't enter monastic life till he was thirty-four—after an active career in his family’s textile business. His teaching emphasizes the application of awareness to every aspect of ordinary daily life, while de-emphasizing the centrality of formal sitting practice. His style is relaxed, funny, and informed by his intimate knowledge of the workaday world.

Reviews
“This is an enormously helpful approach to mindfulness training. With a focus on the states of mind wherever we are, Relax and Be Aware is an invitation to well-being and freedom.”
Jack Kornfield, author of A Path with Heart

Buddhism – Theravada
Mindfulness & Meditation
Self-Help – Self-Management – Stress Management

Author’s previous titles have been licensed into German
Tilopa’s Wisdom
His Life and Teachings on the Ganges Mahamudra
By Khenchen Thrangu

$19.95 - Trade Paperback

About the Book

The lineage of the Kagyu tradition of Tibetan Buddhism begins with Tilopa, who is said to have received the teachings of Mahamudra directly from the buddha Vajradhara. Tilopa expressed his realization in the form of spiritual songs, pithy yet beautiful poems that he sang spontaneously. In this book, Khenchen Thrangu, a contemporary Karma Kagyu master, first tells the story of Tilopa’s life and explains the lessons we can learn from it. Then he provides verse-by-verse commentary on one of Tilopa’s songs, the Mahamudra Upadesha, also known as the Ganges Mahamudra, and explains its precious instructions for realizing Mahamudra, the pinnacle of the Buddhist path to enlightenment. This path focuses on the direct experience of the nature of one’s mind, which in this tradition is the primary means to realize ultimate reality and thus attain buddhahood.

Author

KHENCHEN THRANGU is an eminent teacher of the Kagyu tradition of Tibetan Buddhism. He was appointed by the Dalai Lama to be the personal tutor for His Holiness the Seventeenth Karmapa and has authored many books, including The Mahamudra Lineage Prayer, Luminous Clarity, Advice from a Yogi, Pointing Out the Dharmakaya, Everyday Consciousness and Primordial Awareness, and Vivid Awareness.

Reviews

“As one of the greatest living teachers of the Kagyu lineage, Yongzin Khenchen Thrangu is eminently qualified to describe the life of the mahasiddha Tilopa, who founded that same lineage. Thrangu Rinpoche’s clear exposition of Tilopa’s magical life and deeply spiritual poetry will make it possible for more people to be inspired by these precious stories and Mahamudra teachings.”

The Twelfth Tai Situpa
Tsongkhapa
A Buddha in the Land of Snows

By Thupten Jinpa

$29.95 - Trade Paperback

About the Book

In this groundbreaking new addition to the Lives of the Masters series, scholar-practitioner Thupten Jinpa writes the most comprehensive portrait available of Je Tsongkhapa (1357–1419), one of the greatest Buddhist teachers in history. A devout monastic, Tsongkhapa took on the enormous task of locating and studying all of the Indian Buddhist classics available in Tibet in his day. He went on to synthesize this knowledge into a holistic approach to the path of awakening, integrating the pivotal Mahāyāna teachings on emptiness while retaining the important role of critical reason and avoiding the extreme of negating the reality of the everyday world. Included in this volume is a discussion of Tsongkhapa’s early life and training; his emergence as a precociously intelligent Buddhist mind; the composition of his Great Treatise on the Stages of the Path to Enlightenment, Great Exposition of Secret Mantra, and other important works; and his transformative effect on the understanding and practice of Buddhism in Tibet in his time—and ever after.

Author

THUPTEN JINPA holds a Ph.D. from Cambridge University, where he also worked as a research fellow. Among other books, he is the author of Self, Reality and Reason in Tibetan Philosophy: Tsongkhapa’s Quest for the Middle Way. Jinpa has been the principal English translator to H. H. the Dalai Lama for more than twenty-five years and has translated and edited numerous books by the Dalai Lama. Jinpa is an adjunct professor at the Faculty of Religious Studies at McGill University, Montreal, and Chairman of the Mind and Life Institute, which is dedicated to promoting dialogues and collaborations between the sciences and contemplative knowledge, especially Buddhism.

Reviews

“...congratulate Thupten Jinpa, my translator of many years, for preparing this fresh biography of Jé Tsongkhapa. I am confident that it will enable a broader readership to appreciate the life, thought, and legacy of this exceptional Tibetan philosopher and teacher.”

from the foreword by His Holiness the Dalai Lama

Buddhism – Tibetan
Biography & Autobiography – Religious
History – Asia – India & South Asia

RIGHTS Author’s previous titles have been licensed into Italian
Wake Up to What Matters
A Guide to Tibetan Buddhism for the Next Generation
By Avikrita Vajra Sakya

$16.95 - Trade Paperback

SHAMBHALA PUBLICATIONS
12/03/2019
PAGES: 152
ISBN: 9781611806601

About the Book

This unique and fresh presentation of Tibetan Buddhism provides all the tools a millennial needs to navigate the Buddhist path in a modern world. The twenty-five-year-old lama, Avikrita Vajra Sakya, was born and raised in America and now lives in a monastery in India, training in and teaching meditation and Buddhist philosophy to hundreds of monks and nuns. He has thousands of students all over the world, with over 100,000 people following him on Facebook. His style of writing is frank and open, hitting straight to the heart of young people’s concerns for why they should bother with a spiritual path in the age of cell phones and shopping malls. There is no other book like this available that makes such a direct argument for being a twenty-first century Buddhist, whether you are living in Seattle or in a Himalayan hermitage. Fundamentally, we all have the same hang-ups and all equally have the potential to become buddhas ourselves by cultivating loving-kindness, compassion, and wisdom. And this book teaches readers to do just that.

Author

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

Reviews

“I am encouraged that Avikrita Vajra Rinpoche, at such a young age, is already reaching out to young, modern people in a language and style to which they can relate. My wish is that this basic introduction to the dharma will attract many such people to the path of awakening and that it will encourage them to go ever further and deeper with their practice and study. May Wake Up to What Matters bring great benefit to countless beings!”

Dzongsar Jamyang Khyentse
The World Could Be Otherwise
Imagination and the Bodhisattva Path
By Norman Fischer

$17.95 — Trade Paperback

About the Book
The paramitas or “six perfections”—generosity, ethical conduct, patience, joyful effort, meditation, and understanding—are teachings that have been practiced in different Buddhist schools for millennia. In his warm and accessible style, Zen teacher Norman Fischer writes that these practices can become the focus for cultivating a profound and active use of imagination in our lives.

Author
NORMAN FISCHER is a Zen priest, poet, translator, and director of the Everyday Zen Foundation.

Reviews
“This book gives me hope. In times like these, when we cannot afford to indulge in hopelessness, Norman Fischer offers us a vision of the human imagination as a spiritual practice and a source of courage and love. Now, more than ever, we need his vision of ourselves and of the world.”
Ruth Ozeki, author of A Tale for the Time Being

Zen Beyond Mindfulness
Using Buddhist and Modern Psychology for Transformational Practice
By Jules Shuzen Harris

$17.95 — Trade Paperback

About the Book
Zen teacher Jules Shuzen Harris, the first African American man to receive Dharma transmission in the Soto Zen school, argues that contemporary American Buddhists face two primary challenges: (1) “spiritual bypassing,” which means avoiding or repressing social and psychological problems in favor of “pretend enlightenment;” and (2) settling for secularized forms of Buddhism or mindfulness that have lost touch with the deeper philosophical and ethical underpinnings of the religion. Drawing on his decades of experience as a Zen practitioner, teacher, and psychotherapist, Harris writes that both challenges can be met through the combination of a committed meditation practice, a deep study of Buddhist psychological models, and tools from a psychotherapeutic method known as “Mind-Body Bridging.”

Author
JULES SHUZEN HARRIS is a psychotherapist and Zen teacher, founder, and abbot of Soji Zen Center in Lansdowne, Pennsylvania.

Reviews
“Can’t think of a more qualified and appropriate person to take on the task of developing a contemporary technique for using mindfulness as a path of self-discovery and peace.”
from the foreword by Roshi Pat Enkyo O’Hara

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SHAMBHALA PUBLICATIONS
02/26/19 • PAGES: 184 • ISBN: 9781611806625

Buddhism – Zen
Buddhism – Rituals & Practice
Mindfulness & Meditation

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Zen Seeds

60 Essential Buddhist Teachings on Effort, Gratitude, and Happiness

By Shundo Aoyama

$17.95 - Trade Paperback

SHAMBHALA PUBLICATIONS
08/06/19
PAGES: 152
ISBN: 9781611807325

About the Book

In this sparkling collection of teachings, Japanese Zen master Shundo Aoyama Roshi offers an earthy entry to the practice of Zen Buddhism. Or rather, she offers a myriad of entries, for Zen Seeds, as its title suggests, is comprised of brief chapters meant to plant seeds of wisdom and compassion in readers. Ranging from classical Zen material, such as the teachings of Dogen and koans, to anecdotes from Aoyama’s fascinating life and from those of her many students, the book builds a profoundly compelling portrait of Zen, both in the lives of monastics and in those of the innumerable laypeople—artists, housewives, and businesspeople—whom Aoyama has spent her entire life helping. A pioneering female leader in the Soto Zen school, Aoyama demonstrates the power of practice not only for women, but for anyone seeking to lead a life of greater clarity and compassion.

Author

SHUNDO AOYAMA ROSHI is among the foremost Zen teachers in contemporary Japan. The author of dozens of books, she has a wide following among Japanese readers. From 2015 to 2018, Aoyama Roshi held the distinguished role of Shikei Kaichoh, “Teacher of the House of Soto Zen,” from which she oversaw the training of teachers for the entire school in Japan.

Buddhism – Zen
Buddhism – Rituals & Practice
Philosophy – Zen

Rights
No Japanese, No Spanish

Reviews

“This book is a rich brocade with the silk of Aoyama Roshi’s enlightenment throughout. A dharma treasure for the ages.”
Joan Halifax, author of Being with Dying and Standing at the Edge

“Each of these seeds reminds us of the sacredness of our world and inspires us toward living in awareness. Aoyama Roshi writes with the grace, clarity, and depth that arises from a truly wise and awake heart.”
Tara Brach, author of Radical Acceptance and True Refuge
The Artful Parent
Simple Ways to Fill Your Family’s Life with Art and Creativity (Revised edition)

By Jean Van’t Hul

$24.95 - Trade Paperback

About the Book

The Artful Parent offers art projects to encourage children’s creativity, imagination, and self-confidence, all while connecting artful living to family and home. From setting up a studio space in your home to finding the best art materials for children, this book gives you all the information you need to get started. The 60 projects are accessible for all families who want to dive into the creative world of art.

Author

JEAN VANT HUL helps parents, caregivers, and teachers share art with the kids in their lives through her blog, The Artful Parent, her books, art classes, online courses, and kid’s art club. She lives with her family in the mountains of western North Carolina.

Family & Relationships – Activities
Crafts & Hobbies – Crafts for Children
Art – Techniques – General

FOREIGN RIGHTS SOLD Chinese (Simplified), Korean, Russian
Double Awesome Chinese Food
Irresistible and Totally Achievable Recipes from Our Chinese-American Kitchen
By Margaret, Irene, and Andrew Li

$35.00 - Hardcover

About the Book

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

Author

MARGARET, IRENE, AND ANDREW LI are the sibling co-owners of a food truck and restaurant in Boston, Massachusetts. Their food truck, Mei Mei Street Kitchen, opened in 2012 and was soon awarded Boston’s Best Meals on Wheels by Boston Magazine. Their brick-and-mortar restaurant opened in late 2013 and was named Eater Boston’s Restaurant of the Year.

Reviews

“The Mei Mei trio have nailed the easiest and best aspects of what it means to cook Chinese food at home. From sides and sauces to crucial building blocks like stocks and chili pastes. This book is the true bridge from the cuisine of our Chinese grandparents to the way people are eating today; it’s the next wave of true Chinese American food. Double Awesome Chinese Food is traditional, honest, and authentic while at the same time blowing up our conventional definitions of Chinese cooking.”

Andrew Zimmern

“The food in this book is unique and as filled with personality as it is with flavor, as inventive as it is familiar and comforting. You’ll come away from this book wanting to jump into the kitchen. These authors have that one innate quality that all great chefs share: they know what delicious is, and more importantly, they know that delicious doesn’t have to be fussy or fancy.”

Kenji López-Alt, author of The Food Lab, Chief Culinary Consultant at Serious Eats, and Chef at Wursthall

“Double Awesome Chinese Food is chock-full of inspiring stories and fabulous recipes. Reading it brings me the same sense of joy as going into Mei Mei—I’m excited, and I know I’m going to stuff my face with amazing food. Kudos!”

Joanne Chang, author of Flour and Myers+Chang at Home
A Field Guide to Color
A Watercolor Workbook
By Lisa Solomon

$27.95 - Trade Paperback

About the Book
Color is one of the most profound ways we have to express ourselves. In this lively workbook for artists, graphic designers, hobbyists, and creators of all types, you will journal your way through fresh and enriching ways to develop a more personal connection to color in your art and life. Using watercolors, gouache, or any other water-based medium, dive into color theory and explore your personal style while playing with a balanced blend of experiments and color meditations. Discover a personal color wheel while exploring tints and shades. Through playful prompts and inspiring examples, and with lots of room for painting, this book will guide you to a new or expanded relationship with color and deepen your understanding of what color can do for you.

Author
LISA SOLOMON received her BA in art practice from UC Berkeley, her MFA from Mills College, and has been a professor in the Bay Area for over fifteen years. She is profoundly interested in bridging the gaps between being creative, living creatively, and making a living as a creative. Learn more at www.lisasolomon.com.

Art – Techniques – Watercolor Painting
Art – Techniques – Color
Crafts & Hobbies – Painting
Heirloom
Time-Honored Techniques, Nourishing Traditions, and Modern Recipes
By Sarah Owens

$35.00 - Hardcover

About the Book
Sarah Owens is a horticulturalist, baker and a cook with an insatiable curiosity for global food traditions. Her reverence for plants fuels her passion for bringing out their best flavors in the kitchen. In *Heirloom* she presents ingredient-focused cooking and bread baking that emphasizes sourcing quality ingredients and relies on traditional techniques that extend the use of in-season produce and fresh food. Organized into two parts, you’ll discover the building blocks for inspired food. Part One explores traditional preservation techniques from fermenting and pickling to dehydrating, working with sourdough, and making broth, butter, yogurt, and whey. Part Two becomes a full expression of ingredients and techniques: recipes that are nourishing, flavorful, and satisfying. With recipes that layer flavors in rich and unique ways and that reflect the seasons, the dishes here are comforting, surprising, and give a feeling of abundance. *Heirloom* is a personal book that shares Owens’s unique perspectives and stories on food.

Author
SARAH OWENS is a cookbook author, baker, professional horticulturist, and instructor. She was awarded a James Beard Award for her first book, *Sourdough*, and released her second book, *Toast and Jam*, in 2017. Sarah believes strongly in the power of baking to foster community and social change; she is an advocate of sustainable agricultural practices to rebuild global grain sheds and believes stone milling can bring good bread back to the table. As a teacher of nourishing food traditions, she travels globally to encourage an interest in fermentation and has helped establish a bakery in Tripoli, Lebanon, working with Syrian refugees, as well as an annual Fermentation Summit in Oaxaca, Mexico. Her own subscription-based business and workshop space is Ritual Fine Foods (formerly BK17 Bakery), where she teaches the alchemy and digestive benefits of natural leavening.

Reviews
“Simultaneously traditional and utterly modern, this book truly brings the riches of the old ways of the world into a whole new way of seeing, cooking, and eating for today. This book is wise, flexible, thorough, and encouraging. In short, *Heirloom* is a most impressive work.”

Deborah Madison, author of *Vegetable Literacy*

Rights
Author’s previous titles have been licensed into German, Spanish
How to Wash the Dishes

By Peter Miller

$14.95 - Hardcover

About the Book

Washing the dishes is an ordinary, everyday task—but with examination and care, it can become much more. In this reverent guide to the household chore, Peter Miller shows us how washing dishes can become a joy, a delight, a meditative exercise, and an act of grace and rhythm. We pay so much attention to recipes but little attention to maintenance and cleanup. Washing the dishes is as much a part of making a meal as prepping the vegetables, making the sauces, or seasoning the meats. At times it is quite routine, sometimes raucous, other times complex. It is never convenient. Despite its din and clatter, and despite its reputation, washing the dishes is the coda to the meal. It is a bustling musical of water and soap, of flow and surface, and done well, the fragile shall sit as proudly as the cast-iron. There are some who do the dishes for the clarity and privacy of it, and there are some who relish the quiet isolation of putting things in order where they belong. There are some who feel the time and movement is a kind of digestive. In the evening in particular, there is a silence when it is all done. How to Wash the Dishes brings elegance, art, and a bit of mindfulness to the sink. It is the perfect gift for those who love to clean and equally as apt for those we wish would clean a bit more.

Author

PETER MILLER has meticulously curated an eponymous architecture and design bookshop in Seattle for thirty-five years. In spring of 2014, his first book Lunch at the Shop was published by Abrams Books. This was followed by his book Five Ways to Cook Asparagus (and Other Recipes): The Art and Practice of Making Dinner in the spring of 2017. Peter is also a contributor to Food52.com. Peter has been a member of the Seattle Design Commission and an honorary member of the AIA.
I Love Birds!
52 Ways to Wonder, Wander, and Explore Birds with Kids
By Jennifer Ward

$15.95 - Trade Paperback

About the Book

Part journal, part field guide, I Love Birds! is chock-full of the activities, information, and rich resources that will fuel discovery and inspire families, urban and rural, with everything bird. Through sensory, hands-on, creative explorations that involve birding basics and the how’s and why’s of bird behavior, parents are invited share the joy of birds with children ages 4 to 8.

Author

JENNIFER WARD is the author of numerous children's books, all of which present nature to kids. Her award-winning titles have been featured in magazines such as Ranger Rick, Your Big Backyard, Learning, and Foreword, and she has been interviewed and featured on national television and local radio. She is a regular speaker at conferences and schools across the country, where she instills the importance of literacy and the wonders waiting to be discovered in the natural world.

Reviews

"Ward has considered every obstacle in helping readers jump right into birding, whether they have a few minutes free or an entire day. A lifetime love of nature is contagious, a feeling Ward captures perfectly. This is sure to become a favorite of caregivers, parents, teachers, naturalists, and, of course, children."

Booklist

Family & Relationships – Activities
Nature – Animals – Birds
Education – Early Childhood (Incl. Preschool & Kindergarten)

RIGHTS Author’s previous titles have been licensed into Chinese (Complex & Simplified), Russian, Turkish.
Japanese Home Cooking
Simple Meals, Authentic Flavors

By Sonoko Sakai

$40.00 - Hardcover

About the Book

Using high-quality, seasonal ingredients in simple preparations, Sonoko Sakai offers recipes with a gentle voice and a passion for authentic Japanese cooking. Beginning with the pantry, the flavors of this cuisine are explored alongside fundamental recipes, such as dashi and pickles, and traditional techniques, like making noodles and properly cooking rice. Use these building blocks to cook an abundance of everyday recipes with dishes like Grilled Onigiri (Rice Balls) and Japanese Chicken Curry. From there, the book expands into an exploration of dishes organized by breakfast; vegetables and grains; meat; fish; noodles, dumplings, and savory pancakes; and sweets and beverages. With classic dishes like Kenchin-jiru (Hearty Vegetable Soup with Sobagaki Buckwheat Dumplings), Temaki Zushi (Sushi Hand Rolls), and Oden (Vegetable, Seafood, and Meat Hot Pot) to more inventive dishes like Mochi Waffles with Tatsuta (Fried Chicken) and Maple Yuzu Kosho, First Garden Soba Salad with Lemon-White Miso Vinaigrette, and Amazake (Fermented Rice Drink) Ice Pops with Pickled Cherry Blossoms, this is a rich guide to Japanese home cooking. Featuring stunning photographs by Rick Poon, the book also includes stories of food purveyors in California and Japan. This is a generous and authoritative book that will appeal to home cooks of all levels.

Author

SONOKO SAKAI’s cooking reflects her rich cultural upbringing. Born in New York and raised by Japanese parents, she lived in many places as a child, including San Francisco, Kamakura, Mexico City, and Tokyo. She is the author of two books, Rice Craft (Chronicle, 2016) and The Poetical Pursuit of Food (Potter, 1986). She has worked as a recipe developer, producer, creative director, cooking teacher, and lecturer. She is also a grain activist. Sonoko currently lives in Los Angeles and Tehachapi, California, with her sculptor husband, Katsuhisa Sakai.

Reviews

“This is a beautiful love letter to the simple, soulful foods that bring together family and tradition, seasonality and sustainability. Sonoko Sakai presents the elements of a home-cooked Japanese meal with thoughtfulness and clarity, honoring the deep culinary heritage of Japan and celebrating the provenance of her local ingredients.”

Alice Waters
the principles of japanese cooking

my kinship with robin koda of koda farms

an impromptu nigiri lunch party
Modern Country Cooking
Kitchen Skills and Seasonal Recipes from Salt Water Farm

By Annemarie Ahearn
Photographs by Kristin Teig

$35.00 - Hardcover

ROOST BOOKS
04/21/2020
PAGES: 264
ISBN: 9781611806540

About the Book

Good cooking has nothing to do with fancy equipment, complicated recipes, or trendy, hard-to-find ingredients. The fundamentals are really quite simple: it’s about instinct, technique, and freshness. Annemarie Ahearn, dubbed by Food & Wine Magazine as someone “changing the way America eats,” believes that developing these essential skills can lead to a greater sense of confidence and fulfillment in the kitchen. Her credo: (1) Grow at least some of your own food to establish a deeper connection with the earth that provides your nutrition, (2) Be familiar with a range of cooking techniques so you can develop flexibility and intuition in the kitchen, and (3) Master the age-old cooking skills that will serve you your whole lifetime—cooking in cast iron, sharpening knives, and using a mortar and pestle. With these classic skills under your belt, and with 75 tried-and-true seasonal recipes, you’ll be on your way to putting consistently delicious, satisfying meals on the table every day while you learn to fall in love with the process.

Author

ANNEMARIE AHEARN founded Salt Water Farm in 2009, a cooking school for home cooks on Maine’s Penobscot Bay. She is a graduate of Colorado College and the Institute of Culinary Education and has worked as a writer for Saveur Magazine, L Magazine, and Downeast Magazine and at Slow Food Headquarters. As a chef in New York City she trained under Dan Barber at Blue Hill Restaurant and Tom Colicchio at Craft. She has worked in cooking schools and kitchens in Barcelona and Paris. In 2011, she was named one of Food & Wine Magazine’s “Top 30 Under 30.” In 2013, she opened Salt Water Farm Cafe & Market in Rockport Harbor, Maine. Her first book, Full Moon Suppers at Salt Water Farm: Recipes from Land and Sea, was published by Roost Books in 2017.
Modern Rug Hooking
22 Punch Needle Projects for Crafting a Beautiful Home
By Rose Pearlman

$22.95 - Trade Paperback

About the Book

Punch needle rug hooking is a forgiving and satisfying fiber art that can be made quickly and easily, which is part of the reason it's undergoing a surge of interest—with Rose Pearlman, a longtime rug hooker and artist, leading a new wave of rug hooking enthusiasm. Focusing on color, texture, and design, Rose's abstract designs for functional objects bring this traditional art into the contemporary craft world. Modern Rug Hooking is an artful, contemporary guide to this traditional art. Through 20 projects you'll discover the versatility of form and function that can be explored through simple materials. With details on the use of color, creating a strong composition, and using unusual materials, this is a beautifully illustrated guide.

Author

ROSE PEARLMAN is an artist and art teacher who focuses on textile design. Her workshops center on ways of making beautiful home objects with simple, inexpensive materials. As the daughter of two artists, her parents taught her to value a life filled with creating, tinkering, and playing. She lives in New York City with her family. See her work at rosepearlman.com.
A New Way to Food
100 Recipes to Encourage a Healthy Relationship with Food, Nourish Your Beautiful Body, and Celebrate Real Wellness for Life
By Maggie Battista

$29.95 - Hardcover

About the Book

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

Author

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

Reviews

“The book is in tune with current thinking that everyone is different and previous notions of how people should look—how traditional models and celebrities look—aren’t practical or realistic for most people. Happiness comes when you combine healthy eating with a healthy lifestyle and a healthy attitude about the body you’ve been given.”

The Boston Globe

Cooking – Health & Healing – Weight Control
Cooking – Specific Ingredients – Natural Foods
Health & Fitness – Diet & Nutrition – Weight Loss
Plant Magic
Herbalism in Real Life
By Christine Buckley

$24.95 - Hardcover

About the Book
This book is an invitation to the plant party just outside your door. It’s about making friends with these amazing plants through herbalism: not only the world’s oldest, but also the most widely practiced system of healing. It answers questions you may have had forever, but were too embarrassed to ask, like: What is herbalism? Where is it practiced? What can I put in my mouth and where do I find it? Can I still go to my doctor? Got you. With twenty plant profiles highlighting healing herbs from catnip and plantains to nettles and rosemary, you’ll have the information you need to assemble your herbal arsenal to combat any ailment or anxiety attack—including how to make lube tea for sexual health or a smoking herbal blend to quiet a busy mind. This book will not only teach you how to make your own salves, tinctures, syrups, and herbal infusions (like peppermint leaf + lemon balm + lemon verbena + maybe some green tea if you’re feeling wild), it will show you where to find, cultivate, and harvest those very ingredients.

Author
CHRISTINE BUCKLEY is an herbalist, food stylist, and visual artist. Buckley is a practitioner of Traditional Western Herbalism and has studied at the Commonwealth Center for Holistic Herbalism and the Center for Herbal Studies. Her writing on the subject has appeared in Well + Good, Kitchn, and Healthyish. She has worked in some of New York’s best restaurants, including Gabrielle Hamilton’s Prune, and as a food stylist, most recently as the in-house stylist for Apartment Therapy Media.

Nature – Plants – General
Health & Fitness – Herbal Medications
Cooking – Specific Ingredients – Herbs, Spices, Condiments
Prep
The Essential College Cookbook
By Katie Sullivan Morford

$18.95 - Trade Paperback

About the Book

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

Author

KATIE SULLIVAN MORFORD, MS, RD, is a freelance food and nutrition writer with more than 20 years of professional writing experience. She has been published in *The New York Times*, the *San Francisco Chronicle*, *Real Simple*, *Family Circle*, among many others. Katie is the author of *Rise & Shine* and *Best Lunch Box Ever*, and she writes the popular food blog *Mom’s Kitchen Handbook*. She lives in San Francisco with her husband, three daughters, and one very small dog.

Cooking – Methods – Quick & Easy
Cooking – Methods – Low Budget
Cooking – Methods – Cookery For One
The Young Adventurer’s Guide to (Almost) Everything
Build a Fort, Camp Like a Champ, Poop in the Woods—45 Action-Packed Outdoor Activities
By Ben Hewitt

$16.95 - Hardcover

About the Book

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

Author

BEN HEWITT is the author of Home Grown, Saved, The Town That Food Saved, Making Supper Safe, and has written for magazines such as Outside, Discover, National Geographic Adventure, Gourmet, Men’s Journal, The New York Times Magazine, and many others. He and his family live in a self-built, solar-powered house in Vermont.

Reviews

“Outdoor-adventure activities combine wisdom and fun in this practical guide to the wild. The instructions are remarkably clear, and black-and-white illustrations add visual interest, levity, and clarity when needed. Fascinating enough to read cover to cover without setting foot outside, it will also be a reliable companion on camping and hiking trips to augment hours of outdoor exploring. This in-depth guide offers plenty to learn and do for adventurers of all skill and experience levels.”

Kirkus, starred review
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