LETTER FROM THE PUBLISHER

The world is full of magic things, patiently waiting for our senses to grow sharper.
— W. B. YEATS

New World Library was created by magic. If you have any negative images associated with the word magic, you can say it in other ways: creative visualization, positive thinking, prayer, strategic planning. Take your pick. It doesn’t matter what words you use to describe it.

Shakti Gawain and I started New World Library with very little capital or business experience. We published her book Creative Visualization in 1978; it was filled with simple exercises and guided meditations that we had studied and practiced. The book went on to sell over 3 million copies in North America and another 3 million in thirty-five other countries. It has become a classic.

Over the years, many other wonderful projects came along that we were excited, thrilled, to publish. Books had changed our lives, and now we were publishing books that were changing the lives of countless others. Many of our books are now classics or are on their way to becoming classics, books that will last and inspire and encourage people for generations to come.

One advantage of being a publisher who writes books is that I can shamelessly promote my own work: My new book, The Magical Path (see page 14), might just live through the years and change the lives of a lot of people. Time will tell, but the response of early readers has been wonderful.

Einstein said you can believe either that nothing is a miracle or that everything is a miracle, and he chose the latter; he chose to believe that it’s all a miracle. This company is a miracle, a creation of magic that we’re sharing with the world. I’m in awe of all the people who have come along — authors, staff, and enthusiastic, grateful readers and listeners — and supported this company, each in their own way.

Books have changed the lives of so many people — if you’re reading this, you have in all probability found books that have magically, miraculously transformed your life and your world. Our lives are far better, our world is a far better place, because of the work of New World Library authors Eckhart Tolle, Shakti Gawain, Deepak Chopra, Joseph Campbell, Dan Millman, Huston Smith, Barbara Marx Hubbard, Riane Eisler, Bernie Siegel, SARK, Kent Nerburn, Joanna Macy, Isha Judd, Robert Moss, Krishnamurti, Alan Watts, Mother Teresa, John Robbins, Rainer Maria Rilke, Henry David Thoreau, James Allen, Jane Roberts, Peter Russell, Matthew Fox, Richard Carlson, Gay Hendricks, Shyalpa Tenzin Rinpoche, Echo Bodine, Sanaya Roman and Duane Packer, Brandon Bays, John Selby, Christine Arylo, Lenedra Carroll, Hal and Sidra Stone, Michael Stillwater and Gary Malkin, Terry Cole-Whittaker, Daphne Rose Kingma, Russell Targ, Gabrielle Roth, William Whitecloud, Susan Campbell, Sondra Ray, Marc Lesser, Arjuna Ardagh, Christine Hassler, Nancy Anderson, Eric Maisel, Bill Plotkin, and many others, far too many to name.

Enjoy these books! They are tools for transformation.

Be well, be in peace,
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New Titles
And Live Rejoicing

Chapters from a Charmed Life — Personal Encounters with Spiritual Mavericks, Remarkable Seekers, and the World’s Great Religious Leaders

Huston Smith

with Phil Cousineau

“My idea of heaven (on earth) is sitting in a room and listening to Huston Smith.”

— PICO IYER, author of The Global Soul

“Sometimes [Huston] becomes as spontaneous and radiant as the ineffable beauty he talks about . . . A clean wind of truth blows through his presence.”

— COLEMAN BARKS, author of Rumi: The Big Red Book

“It almost seems like it was masterminded for me to be in the right place at the right time.”

— HUSTON SMITH, San Francisco Chronicle, May 21, 2009

• The author’s books, including The World’s Religions, have sold more than 5 million copies
• By one of the stars of Bill Moyers’s The Wisdom of Faith
• Features encounters with everyone from T.S. Eliot to the Grateful Dead’s Mickey Hart, Aldous Huxley to Goto Zuigan Roshi

At age ninety-two, spiritual trailblazer Huston Smith takes readers behind the scenes of his near century of adventurous seeking. Few have done as much as Smith, who was born to missionaries in China in 1919, to explore and share the world’s religious and spiritual traditions — and none have done so with such accessibility, wonder, and delight. Here, in the company of fellow avid seeker Phil Cousineau, Smith looks back on his extraordinary life, describing riveting scenes from around the world (from small-town revival meetings in the rural Midwest and Native American sweat lodges to India, Africa, Tibet, and Japan) and magical encounters with unforgettable characters (including Pete Seeger, Martin Luther King, Jr., AA cofounder Bill Wilson, Joseph Campbell, and Reuben Snake). He also — with undiminished enthusiasm and eloquence — looks forward, inspiring readers to not just seize the day but seize it rejoicingly.

HUSTON SMITH is the contemporary face of comparative religious study. He lives in Berkeley, California. PHIL COUSINEAU is an award-winning filmmaker and author of books including The Art of Pilgrimage and Once and Future Myths. He lives in San Francisco, California.

AVAILABLE IN SEPTEMBER
Religion • $15.95
Trade paperback • 256 pp. • 5½ x 8½
ISBN: 978-1-60868-071-9
Rights: world

• National radio and TV interviews
• Promotion targeting religion and personal growth publications and blogs
• Publicity and promotion in conjunction with Phil Cousineau’s speaking engagements

Sourcebook of the World’s Religions
Edited by Joel Beverluis
Paperback • $29.95
ISBN: 978-1-57731-121-8
Is there an afterlife, a God, heaven or hell? Will I be alone after I die? Will I feel peace or pain? At some point — after a loved one’s death, during a personal health scare, or even seeing a photo in the newspaper — we confront these most fundamental questions of existence. In this trailblazing exploration, Julia Assante probes these questions, approaching with scholarly precision such subjects as historical accounts, religion, near-death experiences, and after-death communication. She then offers convincing evidence for discarnate existence and communication with the dead. This communication, she writes, is not only possible but normal, and “you don’t have to be a saint, shaman, or medium to do it.” Contact with the dead liberates the living from fear, guilt, grief, and uncertainty and creates a transformative shift in our experience of existence.

JULIA ASSANTE, an expert on the ancient Near East, has taught at Columbia University, Bryn Mawr, and the University of Munster (Germany). She lectures internationally and divides her time between Germany, New York City, and Los Altos, California.

AVAILABE IN NOVEMBER
Metaphysics / Personal Growth • $15.95
Trade paperback • 304 pp. • 5 1/2 x 8 1/2
ISBN: 978-1-60868-160-0

MARKETING
• National radio and TV interviews
• Promotion targeting personal growth and spirituality publications
• Publicity and promotion in conjunction with the author’s speaking engagements
• Promotion on the author’s website, JuliaAssante.com
You Can Buy Happiness (and It’s Cheap)
How One Woman Radically Simplified Her Life and How You Can Too

Tammy Strobel

“One of the most important books you’ll read. It will change lives, if put into action.”
— Leo Babauta, author of The Power of Less

- A popular simplicity blogger describes the practical — and emotional — benefits of thinking big while going small
- While the U.S. is one of the world’s wealthiest countries, its citizens rank low on happiness indexes
- The author’s story has been featured in the New York Times and USA Today and on the Today show, MSNBC, and other outlets
- The author’s blog, Rowdy Kittens, receives nearly 60,000 unique visitors a month

While the new field of happiness research makes headlines, and the 99 percent face austerity at every turn, blogs like The Art of Nonconformity, Zen Habits, and Miss Minimalist attract millions looking to find more happiness, community, and fulfillment in less stuff, less debt, and less wage chasing. Tammy Strobel and her husband are living the voluntary-downsizing — or smart-sizing — dream, and here she combines research on well-being with numerous real-world examples to offer practical inspiration. Her fresh take on our things, our work, and our relationships spells out micro-actions that anyone can take to step off the getting-and-spending treadmill and into a life that’s more conscious and connected, sustainable and sustaining, heartfelt and happy.


AVAILABLE IN SEPTEMBER
Personal Growth / Simplicity • $14.95
Trade paperback • 256 pp. • 5¼ x 8¼
Rights: world

AVAILABILITY

MARKETING
- National radio and TV interviews
- Advertising in E: The Environmental Magazine, Utne Reader, and Yes!
- Promotion targeting lifestyle, simple living, and sustainable living publications and blogs
- Publicity and promotion in conjunction with the author’s speaking engagements
- Promotion on the author’s blog, RowdyKittens.com
Henry David Thoreau’s countercultural voice was not popular in his lifetime, and his ideas remain provocative today. *Walden* anticipated today’s interest in simplicity and sustainability, and what he wrote about possessions and technology is fresh and powerful. He saw nature as teacher and companion, and his “in wildness is the preservation of the world” insight could be the motto of contemporary green movements. His essay “On the Duty of Civil Disobedience” inspired Gandhi and Martin Luther King, Jr., and his journals have aided contemporary climate scientists studying alterations near Thoreau’s Massachusetts home. At turns passionate, funny, and profound, this collection serves as a compelling introduction — or vivid reminder — of why Thoreau is one of America’s iconoclastic greats.

**Henry David Thoreau** (1817–1862) was educated at Harvard and supported himself through his family’s pencil-making business and as a handyman, teacher, and surveyor. His works have been translated into virtually every modern language. **Carol Spenard Larusso** lives in Santa Rosa, California.
Madly in Love with ME

*The Daring Adventure of Becoming Your Own Best Friend*

Christine Arylo

“A witty, soulful book written by the Queen of Self-Love herself. This book makes loving yourself not only possible but fun.” — MARCI SHIMOFF, author of *Love for No Reason*

Praise for Christine Arylo’s Choosing ME before WE:

“This exercise in intention-setting and manifestation will help any woman.”

— PUBLISHERS WEEKLY

- Forty eye-, heart-, and horizon-opening dares from the cofounder of the Inner Mean Girl Reform School
- The author’s *Choosing ME before WE: Every Woman’s Guide to Life and Love* has sold more than 16,000 copies
- The author has appeared on ABC, CBS, FOX, HGTV, and E!, and her popular online events, workshops, and virtual parties include Madly in Love with ME Day

Single or mated, most women could use a reminder that self-love is the foundation of all love and fulfillment. If women knew that they were completely and utterly loved and honored by their only 24/7 companion, how would they feel? What could they achieve? Christine Arylo helps them find out. In these pages, she offers women a revelatory forty-day excursion into self-love marked by a series of “gates.” Each of these portals is designed to help readers supersize self-esteem, banish toxic situations and relationships, accept — make that adore — their bodies, and share their life-giving love with other women and girls. Packed with interactive illustrations, worksheets, exercises, and even field trips, *Madly in Love with ME* is as practical as it is compassionate, caring, smart, and sassy.

CHRISTINE ARYLO’s clients include entrepreneurs, executives, and individuals seeking a personal path. She is the cofounder of the online Inner Mean Girl Reform School, has published on sites including Daily Om and Belief.net, and lives in Oakland, California.
Tony Stromberg, one of the world’s top equine photographers, works to bridge what he calls “modern life’s disturbing separation between people and nature.” He came to horses and riding later in life — after years as a successful commercial photographer — and horses became his “teachers.” These 150 extraordinary portraits, in color, black-and-white, and sepia tones, showcase horses in motion, many wild and ungroomed. As Linda Kohanov notes, his images “give us a compelling glimpse into the secret life of horses.” Accompanying reflections from thinkers from the Dalai Lama to D.H. Lawrence explore the spiritual nature of these powerful creatures. Through the undiminished mystery of the horse, and our perennial fascination with the animal, Stromberg reignites the qualities of freedom, spirit, power, grace, and harmony in people’s souls.

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TONY STROMBERG’s photographs appear in galleries throughout the country. He teaches workshops in equine photography and lives outside Santa Fe, New Mexico. LINDA KOHANOV is the author of The Tao of Equus and Riding between the Worlds. She lives in Tucson, Arizona.

AVAILABLE IN NOVEMBER
Horses / Photography • $24.95
Trade paperback • 160 pp. • 10 1/2 x 12
COLOR photographs throughout
ISBN: 978-1-60868-142-6
Rights: world

• Promotion targeting animal and photography publications
• Advertising in MPIBA holiday catalog
• Promotion on the author’s website, TonyStromberg.com
Snap
Making the Most of First Impressions, Body Language, and Charisma

Patti Wood

“Patti Wood is the Babe Ruth of body language experts, the gold standard of body language experts, the capo di tutti capi of body language experts.”
— Washington Post

- How to get it right from the get-go — personally, professionally, and digitally
- The author is frequently consulted by media outlets such as CNN, PBS, FOX, the History Channel, USA Today, the Wall Street Journal, E! Entertainment, Reuters, and UPI
- Time magazine recognized the author’s nonverbal communication course at Florida State University as one of the top college courses in the country
- Includes crucial information about the four factors of first impressions: credibility, attractiveness, likability, and power

What do people think when they meet you? Why do you instantly like — or dislike — someone? People are hardwired to size up one another, processing thousands of units of nonverbal data in the time it takes to snap one’s fingers. Premier body language expert Patti Wood here distills the science on how we form “snap” impressions into information we can use every day — on job interviews and sales calls, while meeting in person or on Match.com, during telephone calls or Skype conversations. With the warmth and humor that have made her an in-demand media, business, political, and law enforcement consultant and coach, Wood provides practical tips and tools on everything from handshakes, eye contact, and body language to deception detection, dating, and technological communications. Readers learn to boost their credibility, likability, attractiveness, and power so that they can always make their best possible first impression — and form savvy “snaps” of others.

PATTI WOOD speaks to corporations, universities, law enforcement personnel, and government agencies on nonverbal communication. She coaches top executives, managers, salespeople, job seekers, and singles on giving speeches, interacting with the media, interviewing, and dating. She lives in Decatur, Georgia.

AVAILABLE IN OCTOBER
Personal Growth • $14.95
Trade paperback • 256 pp. • 5½ × 8½
Rights: world

• 50-city national drive-time radio tour
• National radio and TV interviews
• Promotion targeting business and personal growth publications and blogs
• Publicity and promotion in conjunction with the author’s speaking engagements
• Promotion on the author’s website, PattiWood.net

Saying What’s Real
Susan Campbell, PhD
Paperback • $14.95
ISBN: 978-1-932073-12-6
Deborah Price left the financial services industry when she discovered that the best financial advice or plan couldn’t help clients solve their core money issues. She went on to pioneer the field of money coaching because people’s financial struggles are “more psychological and emotional than they are practical.” Each chapter — on topics including breaking through taboos, learning the language of financial intimacy, recognizing and changing money patterns, and facing setbacks and crises — is packed with strategies and exercises, as well as real-life coaching session excerpts from Price’s clients. Readers learn to get past secrecy, shame, fear, and ignorance to become a team working toward shared goals. Though money can’t buy love, money issues can chip away at it; Price demonstrates how to cocreate the kind of financial foundation that strengthens, rather than threatens, intimacy.

**Deborah L. Price** is the founder and CEO of the Money Coaching Institute, providing coaching to individuals, couples, and corporations. The author of *Money Magic* and *Start Investing Online Today*, she lives in Northern California.

**AVAILABLE IN OCTOBER**
Personal Growth • $14.95
Trade paperback • 224 pp. • 5½ x 8½

ISBN: 978-1-60868-127-3
Rights: world

- National drive-time radio tour
- National radio and TV interviews
- Promotion targeting business and personal growth publications
- Publicity and promotion in conjunction with the author’s speaking engagements
- Promotion on the author’s website, MoneyCoachingInstitute.com

**Praise for Deborah Price’s *Money Magic***:
“Drawing on her own experience as well as her counseling practice, Price describes the eight types of relationships people have with money and outlines how one can become a ‘money Magician,’ bringing one’s attitude toward money in better alignment with deeper life goals.”

— **PUBLISHERS WEEKLY**

“*Money Magic* can assist you in transforming your consciousness, making you more receptive to the prosperity seeking to flow through you as you live a purposeful life.”

— **MICHAEL BERNARD BECKWITH**, author of *Spiritual Liberation*
Misadventures of a Garden State Yogi

My Humble Quest to Heal My Colitis, Calm My ADD, and Find the Key to Happiness

Brian Leaf

“In this delightful memoir, Brian Leaf recounts his early adventures as an overeducated itinerant yogi. He writes in an utterly winning voice — by turns as neurotic as Woody Allen, as irreverent as Huck Finn, and as serious as Jack Kerouac. It’s a fun romp — and much, much more.”

— STEPHEN COPE, author of Yoga and the Quest for the True Self

“Brian’s writing is funny, accessible, and clearly true to his personality and life’s experience. Check it out!”

— NOAH LEVINE, author of Dharma Punx

“From its first hilariously humiliating image to its closing words of grace, Brian Leaf’s memoir is an unfolding miracle.”

— REBECCA PEPPER SINKLER, former editor of the New York Times Book Review

• The unlikely — and hilarious and enlightening — tale of a brainy bundle of nerves who becomes a healed healer
• The author’s books, including Defining Twilight and McGraw-Hill’s Top 50 Skills for a Top Score series, have sold more than 80,000 copies and been featured on media from FOXNews and Forbes.com to MTV.com and Nickelodeon’s Degrassi
• The author has more than 75,000 Facebook fans

When he was a college freshman business major suffering from a variety of anxiety-related maladies, the author stumbled into an elective: yoga. It was 1989. All his classmates were female. And men did not yet generally “cry, hug or do yoga.” But yoga soothed and calmed Leaf as nothing else had. As these rollicking and wise chapters show, Leaf went on to visit yoga studios around the country, have a spiritual experience at a Grateful Dead concert, and consult Ayurvedic physicians, swamis, and even (accidentally) a prostitute. Twenty-one years later, he teaches yoga and meditation, practices multifaceted healing, and is the beloved founder of a holistic tutoring center that helps students — whose ailments he once shared — manage ADD and overcome test and math phobias.

BRIAN LEAF is the owner and director of the New Leaf Learning Center. He has long taught yoga and meditation and has worked with all the major yoga and holistic health centers in the United States. He lives in Northampton, Massachusetts.

AVAILABLE IN OCTOBER
Yoga / Memoir • $14.95
Trade paperback • 256 pp. • 5¼ x 8¼
Rights: world

• Advertising in Yoga Journal and Fit Yoga
• Promotion targeting yoga, health, and personal growth publications and blogs
• Promotion on the author’s Facebook page (75,000 fans)
What if the way out of global political unrest and ecological collapse lay not in the search for the new but in an exploration of the old? Louis G. Herman argues that for humanity to create a sustainable future, we should look back into our deepest past. This past is seen in the San Bushmen of southern Africa, the oldest culture on earth. According to Herman, “every human alive today is a direct descendant” of this group. For at least nine-tenths of the time that we have been human, we have lived as hunter-gatherers in small communities in intimate relationship with wilderness. Herman suggests not that we move back to this way of life but that we mine this archetypal model for its wisdom. What he sets forth here, with compelling conviction, is a way to “reset the confused compass of humanity” using both the earth’s newest science and its oldest, aboriginal way of being.

Louis G. Herman

“I am thoroughly convinced that Louis Herman’s Future Primal will provide a cornerstone for our emerging vision of a planetary civilization. He articulates a way of moving forward in our politics by drawing into our meditations the forgotten wisdom of our primordial beginnings…. I am convinced that the leading minds re-visioning human identity and society will immediately recognize in Louis’s work the political vision we have been waiting for, and that they too will come to regard his book as one of the touchstones of this entire transition.” — BRIAN SWIMME, author of The Universe Story

• A compelling treatise that applies the wisdom of the longest-surviving culture on earth to our modern crises
• The author is a political philosopher and the executive producer of a feature-length documentary on the issues raised in this book

Louis G. Herman, a professor of political science at the University of Hawaii, was born in an orthodox Jewish community in Apartheid South Africa, attained multiple degrees at Cambridge, and volunteered for military service in Israel. He lives in Honolulu, Hawaii.
At the start of his career, Marc Allen never took a business course; he simply made what he calls “a sloppy, disorganized, lazy, and intuitive search through the books of Western magic.” There he found the tools that took him from being a poverty case to a multimillionaire and helped him create one of the most successful independent publishers in the country. In *The Magical Path*, he presents these tools — effective, easy-to-apply practices, including affirmation, visualization, and guided meditation — that can change the course of readers’ lives in miraculous ways, as they did his. Because these tools are so simple and powerful, Allen calls them *magic*. But far from esoteric, they are tools anyone can use to achieve their dreams and goals. “The intention of this book,” writes Allen, “is to help develop an army of visionaries, artists, entrepreneurs, businesspeople, teachers, and leaders who are transforming their lives and the whole world as well, creating a world that works for all.”

**MARC ALLEN**, in addition to being a writer, speaker, and publisher, is an accomplished composer of inspirational music. He lives in Marin County, California.
While 80 million Americans are dieters, obesity is on the rise. Anyone who eats less and exercises more can lose weight, but 98 percent of dieters regain their weight within five years. This, shows Julie Simon, is because most of the overweight are emotional eaters, eating for comfort, distraction, fulfillment, and so on. Diet books and programs don’t address this tendency and instead apply external solutions to internal problems. Simon spent part of her life in a cycle of overeating and dieting. After years of study, therapy, and visits to healthcare practitioners, she created the solutions she outlines here. She became a therapist and trainer to help others and for twenty years has been sharing what she learned. Now, like her clients, readers can learn to nurture themselves with whole foods and activities that correct body and brain imbalances and soothe their soul’s hunger — to be not just their ideal weight but also their best selves.

Julie M. Simon, MA, MBA, LMFT, has presented seminars and workshops to audiences including the UCLA neuropsychiatric staff, Learning Annex, Curves fitness centers, and the Whole Foods and Wild Oats markets. She lives in Los Angeles, California.

The Emotional Eater’s Repair Manual
A Practical Mind-Body-Spirit Guide for Putting an End to Overeating and Dieting

Julie M. Simon

“An invaluable book that addresses the true underlying causes of overeating and weight gain. The Emotional Eater’s Repair Manual breaks new ground and offers a fresh, heartfelt approach to an age-old problem. Highly recommended!”

— HYLA CASS, MD, author of 8 Weeks to Vibrant Health

• A psychotherapist, personal trainer, and recovered overeater offers a proven alternative to dieting
• Shows that counting calories, measuring food, going hungry, and performing exhausting exercises are not essential to lifelong weight maintenance
• Based on the author’s popular Twelve-Week Emotional Eating Recovery and Follow-Up Program
• Jenny Craig has five million members; Weight Watchers, a million; and Overeaters Anonymous, 54,000

AVAILABLE IN NOVEMBER
Health / Personal Growth • $16.95
Trade paperback • 352 pp. • 6 x 9

ISBN: 978-1-60868-151-8
Rights: world

• National radio and TV interviews
• Promotion targeting health, psychology, and personal growth publications and blogs
• Publicity and promotion in conjunction with the author’s speaking engagements
• Promotion on the author’s website, OvereatingRecovery.com

Meal by Meal
Donald Altman
Paperback • $15.00
ISBN: 978-1-930722-30-9
Before he was the engaging professor who brought mythology into people’s living rooms through his *Power of Myth* conversations with Bill Moyers, and the thinker whose ideas influenced *Star Wars* and who coined the now-beloved phrase “follow your bliss,” Joseph Campbell was a young man who tried his hand at fiction. He published his first short story at twenty-nine, after years of Depression unemployment, when he lived off money earned in a jazz combo and read the world’s great literature in a syllabus of his own devising. Readers will here find portraits of the Hero’s Journey, rich symbolism, magical realism, down-to-earth concern with the ravages of the Second World War, and even a U.S. president who wakes one morning to find his skin changed from white to black. Compelling in their own right, these four stories and one novella are essential reading for longtime Campbell fans and the many who continue to discover him afresh.

**JoeCampbell**

**AVAILAIBLE IN NOVEMBER**

**Mythic Imagination**

Collected Short Fiction

Joseph Campbell

Praise for Joseph Campbell:

“Campbell has become one of the rarest of intellectuals in American life: a serious thinker who has been embraced by the popular culture.”

— *Newsweek*

“In our generation the mythographer who has had the fullest command of the huge scholarly literature, the analytic ability, the lucid prose, and the needed staying power has been Joseph Campbell.”

— *Commentary*

- Collected for the first time, Campbell’s fiction reveals a never-before-seen side of the legendary mythologist
- This early fiction gives readers insight into the genesis of Campbell’s pioneering later work
- Campbell’s books have sold well over 1 million copies

**AVAILABLE IN NOVEMBER**

Mythology / Fiction • $25.95

Hardcover • 384 pp. • 5½ x 8½


Rights: N. America

- Advertising in *Parabola*
- Promotion at BEA, ALA, and American Academy of Religions conference
- Online marketing and podcast promotion
- Extensive promotion on the Joseph Campbell Foundation website, Jcf.org

**JOSph CAmpbell**

(1904–1987) is credited with bringing mythology to a mass audience. His works, including *The Masks of God*, *The Power of Myth*, and *The Hero with a Thousand Faces*, are much-taught, perennially read classics.
Diet for a New America

How Your Food Choices Affect Your Health, Happiness, and the Future of Life on Earth

25th Anniversary Edition

John Robbins

Foreword by Joanna Macy

“Should be read by everyone interested in healthy living.”

— ANDREW WEIL, MD

John Robbins awakened the conscience of a nation and spearheaded a movement with this book, as Rachel Carson had before him and as Michael Pollan and Eric Schlosser have done in his wake. Robbins revealed the inhumane conditions under which food animals are raised, and his insights into the moral price we pay for this system of suffering are unparalleled. Drawing a clear line between a meat-based diet and both contemporary medical conditions and ecological crises, Robbins, in what Frances Moore Lappé called “a tender, not strident voice,” makes perhaps the most eloquent argument for vegetarianism ever published. Robbins walked away from his family business — the Baskin-Robbins ice cream empire — to pursue his dream of promoting a society healthy because it practices “compassionate stewardship of a balanced ecosystem.” By pioneering our understanding of “the Great American Food Machine,” he has done more than most to realize that dream.

JOHN ROBBINS’s work has been featured in all major print and broadcast media and on a PBS special. He has spoken before groups including Oxfam, UNICEF, the Humane Society, and Physicians for Social Responsibility. He lives near Santa Cruz, California.

AVAILABLE IN NOVEMBER
Food / Health / Environment • $16.95
Trade paperback • 400 pp. • 6 x 9
BLACK-AND-WHITE photographs and illustrations throughout

ISBN: 978-1-932073-54-6
Rights: world
An H J Kramer Title

• National radio and TV interviews
• Advertising in Grist, E: The Environmental Magazine, Utne Reader, and Yes!
• Promotion targeting environmental, sustainability, and health and wellness publications and blogs
• Published to coincide with the 25th anniversary of the book’s publication
• Publicity and promotion in conjunction with the author’s speaking engagements
• Promotion on the author’s blog, JohnRobbins.info

Active Hope
Joanna Macy & Chris Johnstone
Paperback • $14.95
ISBN: 978-1-57731-972-6
Brain Power
Improve Your Mind as You Age
Michael J. Gelb and Kelly Howell

Personal Growth  •  $14.95
Paperback with flaps  •  248 pp.  •  5½ x 8½
ISBN: 978-1-60868-073-3
Rights: world

Rethinking Depression
How to Shed Mental Health Labels and Create Personal Meaning
Eric Maisel

Psychology / Personal Growth  •  $14.95
Paperback  •  248 pp.  •  5½ x 8½
ISBN: 978-1-60868-020-7
Rights: world

Everyday Meditation
100 Daily Meditations for Health, Stress Relief, and Everyday Joy
Tobin Blake

Personal Growth  •  $14.95
Paperback  •  280 pp.  •  5 x 8½
ISBN: 978-1-60868-060-3
Rights: world

The Practicing Mind
Developing Focus and Discipline in Your Life
Thomas M. Sterner

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