

North Atlantic Books

RIGHTS GUIDE

New Releases

2024

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FITNESS & YOGA

Movement for Every Body

Build mind-body awareness, overcome exercise barriers, and improve mobility

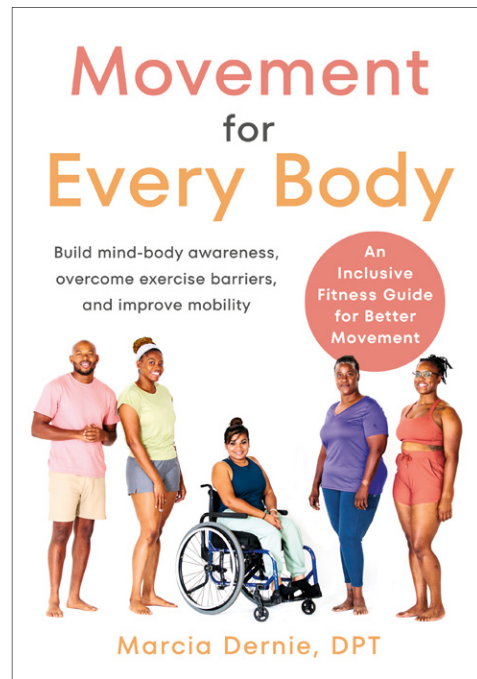
An Inclusive Fitness Guide for Better Movement

MARCIA DERNIE, DPT

With humor, empathy, and expertise, a Black, femme, disabled, and neurodivergent physical therapist retraces their journey through a weaponized fitness culture, sharing an alternative path to honor all bodies and needs.

An inclusive, full-color guide to improving mobility, building strength, and increasing flexibility for every body and any size, shape, and ability

Here's an idea: exercise should be enjoyable—not punishing, elitist, or overly competitive. Nor should gym work cause us harm or bring us shame. Part exercise manual and part workbook, *Movement for Every Body* celebrates this approach and champions an inclusive movement practice for anyone who doesn't fit the "typical" fitness mold and doesn't wish to— who refuses burdensome narratives that tell them they're broken and need to be fixed, cured, or mended to be whole. With journaling and reflective prompts and activities; helpful tips covering accommodations, mobility aids, and self-advocacy strategies; and highly adaptable exercise demonstrations reflecting a broad range of body types, physical abilities, and mobility aids, *Movement for Every Body* provides the instruction and validation needed to redefine our approaches, goals, and pleasures around exercise and ability.



FOR READERS OF *AMERICAN DETOX*, *DECONSTRUCTING THE FITNESS INDUSTRIAL COMPLEX*, *FAT GIRLS IN BLACK BODIES*, AND *A QUEER DHARMA*. FOR FANS OF SONYA RENEE TAYLOR AND JESSAMYN STANLEY.

Features FULL-COLOR PHOTOS and MODELS OF DIVERSE BACKGROUNDS, BODY SHAPES AND SIZES, AND ABILITY

EXPERT AUTHOR: Dr. Dornie holds a doctorate in Physical Therapy, working for nearly a decade with people alienated from the mainstream fitness lifestyle. They have also been through the journey they write about.

COMPREHENSIVE FORMAT: Part exercise book, part workbook. For readers who are keen to start a new practice with tools to keep them motivated and accountable.

UNDERSERVED AUDIENCE: Dr. Dornie speaks about chronic illnesses, disabilities, and neurodivergence in her book, using examples that demonstrate knowledge of specific conditions. She validates and normalizes the use of accommodations, mobility aids, and self advocacy.

GROWING NEED: Combines soft and gentle exercises with tools to help readers understand the deeper relationship between their body and the toxicity of mainstream fitness culture.

STRONG WRITING: Dornie has a personable, multidimensional writing style, combining humor and compassion with a strong sense of authority.

AUTHOR BIO

DR. MARCIA DERNIE (she/they) is the child of Haitian immigrants who lives in Florida on Seminole Tribeland. They are a gender fluid yoga teacher, physical therapist, disabled black creative, and strength-athlete with a chronic illness. She is the owner of @MovewithMarcia which provides both free and affordable resources to help people move better through mobility exercises and yoga. Marcia also co-hosts the @DisabledGirlsWhoLift podcast. You can connect with her on DoctorMarcia.com, and find her on Instagram, YouTube, and TikTok by searching for @MovewithMarcia.

ON SALE 8/13/2024

RIGHTS: WORLD except Simplified Chinese

TR: 9781623179960 / \$22.95/\$29.95

Page Count: 160 Trim Size: 7 x 10

BISAC 1: Health & Fitness - Pain Management

BISAC 2: Health & Fitness - Exercise - General

BISAC 3: Sports & Recreation - Health & Safety

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Deconstructing Fitness-Ind Com/Williams, Justice Ro.../TR	9781623177270	5/2/23	North Atlantic Books	\$17.95/\$23.95	1.8k
Transforming Trauma Jiu-Jitsu/Marich, Jamie Phd/TR	9781623176150	3/15/22	North Atlantic Books	\$18.95/\$24.95	3.5k
Body Aware/Hornthal, Erica/TR	9781623176891	8/9/22	North Atlantic Books	\$17.95/\$23.95	2.7k

50 Movement for Every Body

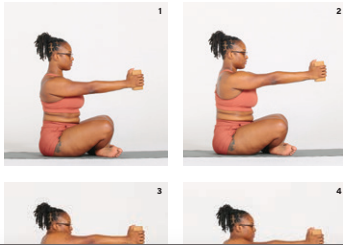
Assess the Shoulders

Scapular Circles Option A: Upright

- Stand, kneel, or sit upright.
- Make sure the spine and neck are neutral, and direct your gaze straight ahead.
- Raise one or both arms to shoulder level.
- Try to perform the following movements without changing the position of the neck, elbows, and spine:
 - First, pull your arms forward for scapular protraction.
 - Second, pull your shoulder blades up toward your ears for scapular elevation.
 - Next, squeeze your shoulder blades back and together for scapular retraction.
 - Then, pull your shoulder blades back and down for scapular depression.

PRO TIPS

- You can try straight arms with hands free or holding a light object like a book or yoga block.
- If you have trouble keeping the arms straight as you move, bend the elbows at a ninety-degree angle.



Assess 51

54 Movement for Every Body

Shoulder Circles Option A: Upright

- Stand, kneel, or sit upright in an armless chair.
- First, drop one arm straight down your side, with the palm facing your body.
- Second, lift that arm until it's over your head, with the elbow near your ear. Your thumb will go from pointing up to pointing backward, with the palm turned toward your face.
- Next, rotate the arm so that the palm turns away from your face.
- Then, as you lower the arm behind you, continue to rotate the arm until the palm is turned toward your face and the thumb points forward.
- Finally, lower the arm down at your side to reset.

PRO TIPS

- Pay attention to any compensatory (i.e., extra) rotation of the spine.
- You can explore this upright version while leaning against a wall to limit spine movement.

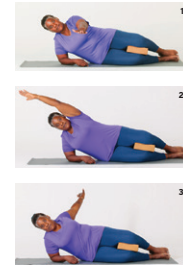


Shoulder Circles Option B: Lying Down

- Lie down on your side in a comfortable position.
- First, reach forward with the top arm, keeping the arm parallel to the floor and the palm facing down.
- Second, move the top arm over your head so that the elbow is near your ear.
- Next, rotate the top arm so that the palm faces up.
- Then, as you move the top arm directly behind you, continue to rotate the arm until the palm faces down again.
- Finally, pull the top arm over your side and back to the starting position.

PRO TIPS

- Pay attention to any compensatory (i.e., extra) rotation of the spine or hips.
- Use cushions and blankets for comfort at the head or shoulder, or between the legs, if needed.
- You may choose to lean on an elbow to lie down completely on your side.



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Knee Flexion and Extension Option A: Upright

- Sit upright in a chair with the legs about hip distance apart and feet on the ground.
- Slide one foot backward and bend that knee as much as you can.
- Reset to starting position.
- Lift the same leg upward from the knee, straightening that knee as much as you can.
- Reset to starting position. Rest and repeat on the other side if applicable.

PRO TIPS

- If it brings comfort, go ahead and lean back into that chair.
- If you need more room to slide and lift, try yoga blocks or a book underneath the thigh.



Assess 71

Knee Flexion and Extension Option B: Lying Down

- Lie down on your back, with a neutral spine and knees bent.
- Use your hands, a strap, a belt, or a rolled sheet to support the back of one leg as you lift the knee toward your chest until the thigh is perpendicular to the floor.
- From this position, straighten the knee as much as you can.

PRO TIPS

- If you can't straighten the knee in this position, that can be from hamstring muscle tightness.
- If you can straighten the knee without a problem, you can explore straightening the opposite knee.

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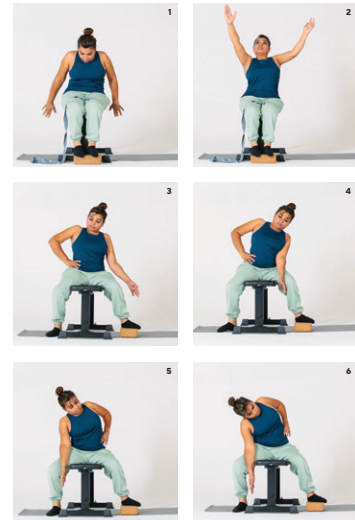
Reaching Exercises: Option B Seated

- Sit upright on an armless chair, bench, firm bed, or sofa. The legs and/or feet can be together or apart.
- Inhale, then exhale as you reach the arms back and press the legs into the floor for Seated Utkatasana (Chair Pose).
- Inhale and reach the arms overhead as you lift the heels off the floor.
- Exhale and lower the arms back down to normal sitting position.
- Inhale, and with the feet apart, rotate the right leg outward.
- Exhale and reach down the right leg for Trikonasana (Triangle Pose).
- Inhale and return upright. Exhale and rotate right leg back to starting position.
- Inhale, and with the feet apart, rotate the left leg outward.
- Exhale and reach down the left leg for Trikonasana (Triangle Pose).
- Inhale and return upright. Exhale and rotate left leg back to starting position.

PRO TIPS

- This exercise can be performed with a block or step stool under both legs for Chair Pose.
- If there is a limb difference, a yoga block or step stool can help during Triangle Pose.
- For the top arm in Triangle Pose, you can rest it on the hip or reach toward the ceiling. For the bottom arm, reach for the thigh, the shin, a chair, a step stool, or the floor.

Explore 95



Core

A Science-Backed Approach to Exercising and Understanding Our Central Anatomy

OWEN LEWIS

A holistic, in-depth guide to understanding ‘core’ strength for therapists, movement professionals, and serious enthusiasts seeking advanced insights into functional training for mental and physical health

Health magazines, gym-class instructors, and YouTube fitness experts frequently speak of the importance of a strong “core,” the muscles at our body’s center that provide stability and support our movement. We know that improved core function can reduce symptoms of low back pain and pelvic pain, incontinence, and breathing issues. But while the core may be well-known, it is still poorly understood: *there is no universally agreed-upon definition of the core or the muscles it comprises.*

Core adopts a holistic yet practical approach to demystifying the core, considering this crucial muscle group for its physical importance to bodily movement as well as our emotional and spiritual center. Physical therapist Owen Lewis digs into a wide range of metaphors and frameworks used to understand the core—from the Japanese concept of hara, a central storehouse of energy, to the set of specific muscles referenced in fitness studios everywhere.

While physical therapy and core-exercise regimens tend to emphasize strength building and stable posture, Lewis argues for an approach that is also flexible, fluid, and adaptable: the same exercises may not be appropriate for every person, and may need to be changed up over time. In some cases, a “weak” core may be the result of muscles that are overworked and stressed, and “good” posture may create more pain than it prevents.

Lewis clearly explains how the core works to manage and transfer the force of movement through the center of the body, building on principles of biotensegrity (how the tension and compression of different muscles creates a balanced structure which distributes stress and strain). The final chapters of the book provide a range of useful, functional training exercises suitable for lay readers but especially helpful as examples for therapists and trainers to use with clients.

Lewis emphasizes functional training and underlying principles over a static list of exercises, providing the groundwork for tailored, individual training to improve core function. Supplemented throughout with color photos and a diverse range of models, *Core* makes it easy to understand the anatomy of this crucial region of the body, as well as key principles for more effective and safe exercises and training regimens.

FOR PHYSICAL THERAPISTS, bodywork practitioners, personal trainers, and sports movement professionals who want a more holistic understanding of the core – especially useful for helping explain this complicated subject to clients/patients

COMPREHENSIVE overview of the subject, but short and snappy; written accessibly, and usable by both professionals and laypeople

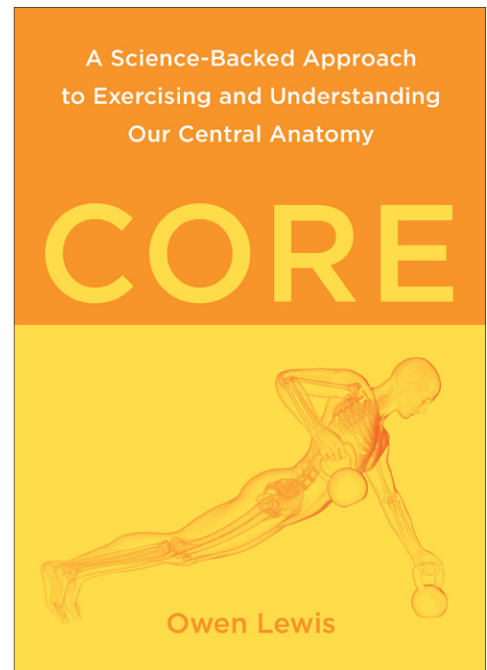
INCLUDES COLOR PHOTOS and stock illustrations throughout which depict a diverse range of body types and skin tones

HOLISTIC APPROACH that integrates emotional/spiritual frameworks but firmly grounded in science and practical applications

LEWIS IS WELL-KNOWN in the bodywork field, a frequent presenter at international conferences, and a regular contributor to *Massage World* magazine. He works closely with NAB/Lotus author James Earls (*Functional Anatomy of Movement*, Dec 2023; *Fascial Release for Structural Balance, Revised Edition*, May 2017; over 10,000 sold; *Born to Walk*, 2014, 2020; over 10,000 sold) through their UK-based clinic Born to Move

AUTHOR BIO

OWEN LEWIS blends the physical with the psychological in his teaching, writing, and clinical work. Mentored by leading anatomists including Thomas Myers, Robert Schleip, David Tiberio, and Diane Lee, Lewis has been teaching bodywork since 2014 at the university level and in a private studio called Born to Move. He has taught Anatomy Trains across the globe, including in Germany, Norway, Russian, Hungary, Portugal, Ukraine, United Kingdom, Netherlands, Switzerland, Belgium and Czech Republic. Lewis regularly writes for *Massage World* magazine and has appeared at several conferences including the Fascial Symposium, Therapy Expo, Sports Massage Association Conferences, and FitPro Live. You can learn more about his work at www.borntomove.com.



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BISAC 1: Health & Fitness - Exercise - Strength Training

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A Fluid Definition	Transversus Abdominis	Variety
The Known Territory	Obliques	Chapter 6 Body Planes
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Core Balloons, Mechanics, and Tensegrity	Thoracolumbar Fascia	Frontal Plane
Chapter 2 Delving Deeper	Psoas Major	Transverse Plane
The Social Core	Chapter 4 From Flag to Cylinder	A Combination of Planes
Posture and Pain	A Tale of Two Domes	Chapter 7 Pulling it All Together
Core Fashion and Corsets	Diaphragm	Prevention
Function and the Military	Pelvic Floor	Further Exercise Examples
History of Division	Chapter 5 Putting Theory into Practice	Spinal Mobility Exercises
Chapter 3 Muscles	Principles-Based Training	Caveat to the Exercises Shown
Core Flag	Pain	

TARGET CONSUMER

PRIMARY: Physical therapists, bodyworkers, and professionals who work with clients struggling with chronic pain and movement issues – especially will appeal to those working with holistic modalities / mind-body-spirit approaches

SECONDARY: Personal trainers and coaches, yoga and pilates teachers, and other movement professionals looking to help clients maximize potential in their sport or develop strength efficiently

TERTIARY: Lay enthusiasts of movement and anatomy, especially activities with strong emphasis on the “core”: rock climbers, yoga/pilates practitioners, dancers

COMP TITLES

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Stalking Wild Psoas/Koch, Liz/TR	9781623173159	5/7/19	North Atlantic Books	\$19.95/\$25.95	3.0k
Functional Anatomy of Movemen/Earls, James/TR	9781623178413	12/12/23	North Atlantic Books	\$29.95/\$39.95	101
Safe Movement for All Spines/Miller, Gwen/TR	9781623177980	5/9/23	North Atlantic Books	\$25.95/\$34.95	1.0k
Concise Book of Muscles, 4th/Jarmey, Chris/TR	9781623173388	10/2/18	North Atlantic Books	\$29.95/\$40.95	11.4k

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the pelvis to manifest in dysfunction in the back, shoulders, neck, or head. It is always worth asking a professional to check for the pelvic status and maintain its normal pattern of movement that is essential for any exercise.

Mobilization

If the spine itself has a core, then surely the mobilization is part of Figure 3.61, ball and socket. It does not mean that, even if it is not part of our Union Jack of muscles.



Figure 3.61: The multiple mobilization is critical to a healthy back.

Chapter 3: Muscles | 29

With both, careful coaching, and a gradual gradual development of awareness and activation, the multifidus strength and functionality can be restored, often with wonderful results.

Restoring Abdominis

Learning to rest the flag of the core, so as focus on the TVA, represented by the horizontal and vertical, this muscle is simple. Simply trained by its natural direction and posture, this muscle is helped by researchers and appears in multiple figures. The strength can be used to make the complex structure simple to maintain. The strength can be used to have added control rather than dirty. The TVA is not simply a horizontal band of tissue in its more square. The TVA is a multidirectional, complex arrangement of fibers that requires a complex structure.



Figure 4.3: A zone of apoptosis (or optimal and the subsequent posture).

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As the name suggests, the EO and EO lines are in a distinctly oblique orientation (Figure 3.12). The aponeurosis (a flat sheet of muscle fiber connective tissue) of the right EO is essentially continuous across the midline with the left EO to the same spot, the left EO is continuous with the right EO, resulting in the C-shape, more of unity. This “C” pattern led to the acronym “C-shape” to describe the obliques as a digastric muscle (Shen, 2018). A digastric muscle has two bellies, but acts as one muscle, either like a string of two segments—the average rest being the muscle and the average into the fascial sheet of connective tissue communication. In this way, four muscles (two EO and two EO) reduce to become two muscles and work as one functional unit.



Figure 3.12: Right EO, the oblique and EO.

Chapter 4: From Flag to Cylinder | 41

much training is often a solid muscle with a limited capacity to adapt, lengthen, or deviate within. Imagine a well made of concrete. It would be better as a ball because it would not become a cylinder. As the functional ball hits the ground, it energy to shape, lengthen, and increasing the tension on its elastic tissue, thereby increasing the potential energy of the ball to rebound (Figure 3.1).

A similar length tension relationship is necessary for a functional abdominal center to break (not bounce). Taking an even relaxed “body breath” allows the diaphragm to descend and the abdominal wall to relax or the pressure changes. Such a breathing style is one rest and recovery is advanced by various schools of meditation. Breathing down into each body has significant psychological, as well as biological benefits. However, if the abdominal muscles are in a short, solid state, the diaphragm will be restricted by the stability of the viscera to be acquired and hydrated. The result is the reduction of the IOP generated by the



Figure 4.4: A resting dog highlighting the dual of core, control, connection for breath and movement.



Figure 4.5: Breathing ball.

Chapter 5: Muscles | 63

in expiration, defecation, childbirth, and vomiting.

Together, the right and left EO work to flex the lower back into a common T10-L10 position of midline. The flag for the EO (EO) since translation to mean suboptimal, a moderate “response” in any movement, though a stability and mobility, obtaining the downward capacity of a body to adapt. Ironically, “the muscles are used to use the safety flow of energy (or air) by holding as well as by action. Holding a solid correct posture seems paradoxical in the central idea of this “self” material. The power of the EO is in lifting from a rest to come from the idea of “water” in the water being not one pressure (breath and air). This clearly shows the principle of release generating “hardness” (Eris, 2018).

One purpose of this device is lifting from the lower position, the energy center is Chinese medicine. While this is not an excellent position for martial



Figure 4.2: Grounded.

Chapter 6: Body Planes | 109

you can tailor your exercises to be more functionally specific to your daily tasks and goals.



Figure 4.2: Grounded.

Yoga for Pelvic Floor and Postpartum Health

An Iyengar Yoga Approach to Pelvic Healing and Integrative Wellness through Anatomy and Practice

REBECCA WEISMAN AND MEAGEN SATINSKY

The first comprehensive anatomy and yoga practice manual for postpartum pelvic healing—a gender-inclusive guide to poses, practices, and exercises for pelvic-floor, pain, dysfunction, and recovery

Includes full-color photos, 7 weeks of yoga sequences, and an individualized step-by-step guided self-assessment

Pelvic floor pain, injury, and dysfunction are incredibly common among postpartum people—but despite the critical importance of ongoing pelvic support and recovery post-birth, most doctors, physical therapists, and healing professionals simply aren't equipped to offer helpful, personalized advice to ease postpartum symptoms like postpartum pain, discomfort, urinary incontinence, and painful intercourse.

Rebecca Weisman (CIYT, CYT) and Meagen Satinsky (MPT, PYT) offer the first comprehensive anatomy and yoga practice manual geared toward healing postpartum pelvic issues. With full-color images, accessible tools, and step-by-step poses and breathwork exercises, *Yoga for Pelvic Floor and Postpartum Health* empowers readers to get to know this vital part of their own body—and reclaim agency in caring for their own postpartum recovery, postural support, organ health, and sexual function.

Part 1: Anatomy reviews the anatomy of the pelvis and surrounding regions, with a special emphasis on helping you develop a deeper, more knowledgeable, and more loving connection to your own body

Part 2: Sequences of Asana for Practice introduces Iyengar yoga and breathwork practices to support pelvic healing—and guides you through a flexible 7-week asana sequence that you can do on your own time and come back to again and again

Part 3: Special Topics addresses specific pelvic concerns like painful intercourse, perineal tears, Cesarean delivery, pelvic organ prolapse, diastasis rectus abdominis, urinary issues, pelvic pain during menopause, low back pain, postpartum depression and anxiety, and more

Yoga for Pelvic Floor and Postpartum Health is appropriate for any stage of your postpartum journey—whether you gave birth vaginally or by Cesarean, ten days, ten weeks, or ten years ago. With a guided self-assessment, full-color and 3-D layered graphics, and compassionate, expert counsel, readers can return to specific poses and sequences again and again on their pelvic healing journey.

FOR POSTPARTUM READERS and THE 1 IN 4 PREGNANCY-CAPABLE PEOPLE WHO LIVE WITH PELVIC PAIN

FOR YOGA TEACHERS AND PHYSICAL THERAPISTS

DEEP NEED, UNDERSERVED MARKET: Most pelvic care is focused on pregnancy, with little concern for postpartum recovery. Readers are desperate for real, evidence-based practices to address pain, dysfunction, and other common issues not being met by mainstream medicine.

GENDER-INCLUSIVE: Trans, NB, and gender-expansive-friendly; also encourages readers to use the terms that work best for them

GUIDED SELF-ASSESSMENT, 7-WEEK PRACTICE: Easy to follow; encourages an individualized approach

FULL-COLOR PHOTOS AND LAYERED 3-D GRAPHICS to help readers visualize and understand pelvic anatomy

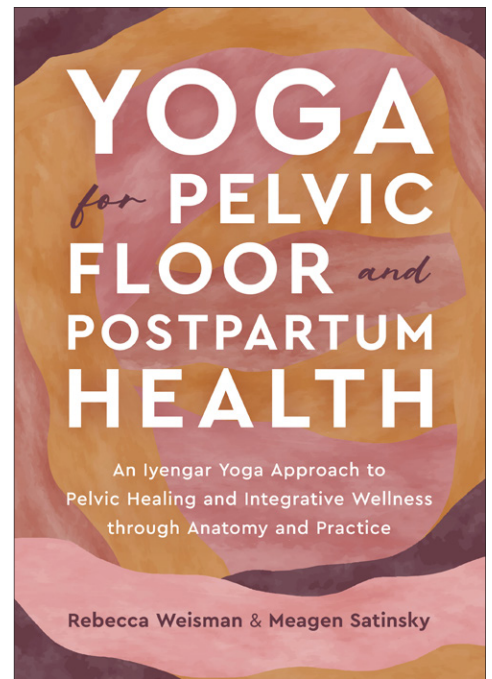
SHATTERS THE SILENCE AROUND THE POSTPARTUM PERIOD: Most birthing people find themselves underserved by their healthcare providers and are surprised by pelvic changes, pain, and dysfunction after birth. This book normalizes and demystifies common postpartum issues and presents a healing path forward.

COMPASSIONATE AND INFORMED, WHETHER YOU GAVE BIRTH YESTERDAY OR LAST DECADE, this book is committed to supporting each postpartum person's pelvic journey.

AUTHOR BIO

REBECCA WEISMAN is a Certified Iyengar Yoga Teacher and the director of the Iyengar Yoga Center of Vermont. She has been a devoted student of Iyengar Yoga for twenty years, and a teacher for fifteen years with a passion for all eight limbs of the Yoga system as well as a deep love of experiential anatomy and therapeutic yoga. She lives and works in Vermont with her partner and two young children.

MEAGEN SATINSKY holds a Master's degree in physical therapy. She's the owner of Meagen Satinsky, PT, PLLC at Pelvic Health in South Burlington, VT where she works with all individuals in support of their individualized orthopedic and pelvic health needs. Meagen is certified as a yoga teacher and is a student of yoga with Rebecca Weisman in the Iyengar tradition. She lives and works in Vermont with her dogs, Arlo and Patti, and her boyfriend, Kyle.



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 BISAC 2: Health & Fitness - Pregnancy & Childbirth
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Week 4: Confidence and Stability in Standing and Seated Asanas

Week 5: From the Ground to the Core

Week 6: Deepening Connection to Core

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Conclusion

Appendix: Additional Resources

TARGET CONSUMER

PRIMARY: Postpartum readers who have been underserved by their healthcare providers and are looking for helpful, realistic, and comprehensive information on healing from pelvic pain, dysfunction, and other common pelvic floor issues; readers looking for new or supplementary practices to heal from painful intercourse, prolapse, pelvic pain, etc.

SECONDARY: Yoga teachers, teacher trainers, physical therapists, doulas, and other healing professionals looking for well researched, comprehensive, and up-to-date tools to better serve their clients

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Fascial Fitness, 2e/Schleip, Robert/TR	9781623176747	7/13/21	North Atlantic Books	\$27.95/\$36.95	6.4k
Yoga Therapy/Stephens, Mark/TR	9781623171063	11/7/17	North Atlantic Books	\$24.95/\$33.00	12.0k
Lifelong Yoga/Sage Rountree/TR	9781623171438	8/1/17	North Atlantic Books	\$19.95/\$25.95	4.6k
Concise Book of Yoga Anatomy/Staugaard-Jones, Jo.../TR	9781583949832	9/1/15	North Atlantic Books	\$29.95/\$38.95	4.5k

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or baseline level of tone. Changes in tone are typical and are necessary to support both movement and rest. Tone exists on a spectrum and can influence changes in tension. Resting tension can be high or low, and in the pelvic floor muscles it is possible to have mixed levels of tension, meaning that one side of the pelvis or one group of muscles has high tension whereas a different part of the pelvis presents with lower tension. When considering your pelvic floor, it's important to develop an understanding of your own muscle qualities and degree of tension because it influences the overall health and function of your pelvis.

Some common physical symptoms that are associated with elevated pelvic tension are:

- generalized pelvic pain
- painful intercourse or pain with penetration
- difficulty with stimulation
- urinary incontinence or frequency
- gastrointestinal issues
- organ prolapse

Some common physical symptoms associated with reduced pelvic tension include:

- urinary or bowel incontinence
- organ prolapse
- vaginal fluidation (air passing through the vaginal)
- decreased overall sensation or connection with the pelvis

Your nervous system helps regulate your muscle tension by sending signals from the brain to the nerves, telling the muscles to contract or relax. It is because of this connection that tension can be influenced by both internal and external factors. For example, when the brain experiences a feeling, sensation, sound, thought, or movement that it perceives as a threat, signals related to threat (protectiveness, fear anxiety, shallow breathing) are produced and sent out to the body. Conversely, experiences that are perceived as peaceful or restful signal

Anatomy of the Pelvic Floor 15

relaxation in the body. Breathing and yoga practices help us experience this connection between our brain and our muscular patterns, and can help bring balance between them. As we discuss more in chapters 2 and 3, addressing high tension in the pelvic floor muscles is imperative as the muscles should learn to relax and lengthen in order to eventually contract efficiently. In other words, relaxation before strengthening!

Viewing the pelvis from below (Fig 1.7), trace the outline of the diamond shape of the first layer of pelvic floor muscles. Draw a horizontal line from one ischial tuberosity to the other so that you see two triangles within the diamond. The anterior or front isosceles triangle contains the levator ani and urethra and their openings, and the posterior or back anal triangle contains the anus. The illustration shows how deep a pelvis with a vagina. Notice that in between the vaginal opening and the anus in the middle of the body is a fibromuscular structure called the perineal body, sometimes referred to as the central tendon of the perineum, which is common to all pelvises, and separates the front and back triangles.

FIGURE 1.7 The first layer of pelvic floor muscles, inferior view

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FIGURE 1.13 Rectus abdominis

FIGURE 1.14 External oblique

During pregnancy, as the baby and uterus grow, some people develop a separation of the lower ribs and intercostal muscles, making up part of the lateral abdominal muscles. With diagonally oriented muscle fibers, angled down and in laterally to medially, the external obliques cover the internal obliques and the front of the lower ribs and intercostal muscles, making up part of the lateral abdominal wall. Along with the internal obliques, they contribute to trunk rotation to the opposite side and lateral flexion of the trunk to the same side. They also assist the pectoralis major and the internal obliques in trunk flexion or forward bending, which elevates intra-abdominal pressure and supports physiologic processes such as forced exhalation, defecation, urination, and labor.¹⁸

The next layer of abdominal muscle, deep to the external obliques are the internal oblique muscles, with diagonally oriented fibers directed down and out from medial to lateral directions. Similarly to the external obliques, the internal obliques contribute to trunk flexion or forward bending and visceral compression when both sides are activated at the same time. When one side is activated at a time, they support trunk side-bending and rotation. The internal obliques also maintain normal abdominal tension and forceful exhalation.

Anatomy of the Pelvic Floor 43

The transverse abdominis (TA) muscle is the deepest of the four layers of abdominal muscle, and along with the rectus abdominis connects to the front and sides of the abdominal wall. The transverse abdominis connects to the lower six ribs, the front of the iliac crest and pubis, and the thoracolumbar fascia in the back.¹⁹ The muscle fibers are oriented horizontally, or transversely, and are oriented perpendicular to the linea alba. Appropriate how the transverse abdominis creates a container-like wrapping from the front toward the back, providing stability at a deep level. Along with the other abdominal muscles, transverse abdominis is responsible for maintaining normal abdominal tension and balances intra-abdominal pressure. Engagement of these muscles supports exhalation, helps contain abdominal viscera, and assists in stabilizing the spine and pelvis in preparation for movement. Also appreciate how each layer of the abdominalis overlaps, with muscle fibers oriented in various directions to provide reinforcement of this container.

While technically the diaphragm is not part of the core group of muscles, it provides structural and postural support for the curves of the spine and forms the back wall of the abdominal container, where it supports the abdominal organs. The diaphragm is a group of three muscles: pectoralis major, pectoralis minor, and latissimus. Together, pectoralis major and minor attach and span the distance between the twelfth thoracic vertebrae (T12) and the fifth lumbar vertebrae (L5) on each side of

FIGURE 1.15 Internal oblique

FIGURE 1.16 Transverse abdominis

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lifted and your lower ribs moving back so your abdomen doesn't get pushed forward. If the abdominal lumbar action is lost, the pelvic organs will become compressed, in which case, lower your arms, realign your pelvis, and then stretch your arms up again. This can be repeated a few times.

Effects This pose further elongates and energizes the spine. The extension of the arms serve to stretch the shoulders and bring lightness and vitality to the chest, relieving fatigue.

3. **Urdhva Prashthasana II (Urdhva Prashthasana)**
 (Urdhva Prashthasana II)

FIGURE 2.19 Urdhva Prashthasana II

FIGURE 2.20 Side view

From Tadasana, interlock your fingers, turn your palms inside out, and stretch your arms upward. Keeping your elbows firm, move your arms back toward your ears and open your armpits. Keep your shoulder blades spreading and keep your neck and throat soft. Maintain your leg actions from Tadasana as you further lift your back side up and spread your diaphragm. This variation can be repeated a few times to ensure proper pelvic alignment.

Effects This arm action opens the shoulder girdle and helps lift the back ribs and the back of the diaphragm, bringing more breath and space to the chest.

4. **Anahita Uttanasana with a Block (Half Inverted Straddle)**
 (Anahita Uttanasana)

Place a block at its narrow width as high up between your thighs as possible. Now face the wall and walk side with your fingertips on the wall (the block can be inserted after walking back if it is difficult). Straighten your arms, hips, and spine, adjusting the distance from the wall so that your hips are directly over your heels and

FIGURE 2.21 Anahita Uttanasana

Week 2 Moving Towards Pelvic Alignment 23

your trunk is parallel to the floor. Lift the inner arches of your feet, your inner knees, and your inner thighs, pressing the block back to move the inner groin back. For the inner rotation of your inner thighs and lift and spread the backs of your thighs and buttocks. Spread the pelvic floor muscles. Press your fingers into the wall, keep your elbows firm, and move your hips back to lengthen your side trunk. Watch that your abdomen doesn't push down to the floor; rather, gently lift your abdomen toward your spine. Keep your head and neck in line with your upper arms and breathe into the side lungs.

Effects This standing pose stretches the backs of your thighs and buttocks, creating freedom in the pelvis and space for the pelvic floor muscles to spread. It elongates the spine and opens the shoulders, bringing energy to the whole body. In addition, it gently tones the abdominal organs toward the spine.

5. **Parivrttanasana with a Foot on a Block (Inverted Side-Split Pose)**
 (Parivrttanasana)

Angle a block vertically at 45 degrees against the wall. Face the wall. With your hands supported on the wall, step your right foot forward and step your left foot back. Angle your front foot so that your heel is on the floor and the ball of your foot is up on the block (Fig 2.32). Step the back foot farther back—about four to four and a half feet—and angle your toes about 45 degrees from the edge of the mat. Straighten your legs fully. While maintaining the inner edge of your back

FIGURE 2.32 Parivrttanasana

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FIGURE 2.96 Supta Pildogasana I

Pildasana (pose 6). Draw your abdomen back toward your spine and up toward your chest. Hold for twenty to thirty seconds, and then release and repeat on the other side.

VARIATIONS
TIGHT FRONT GROINS OR ANTERIOR PELVIC TILT: If it is hard to bring the thigh of your bottom leg to the floor while keeping your lumbar spine from overly lifting place a block under the level of your bottom leg (Fig 2.97). This helps the pelvis maintain a neutral position rather than tipping forward (anterior tilt).

Effects Similar to Urdhva Prashthasana, this pose stimulates the abdominal muscles in a lengthened state. It brings additional mobility to the hamstrings and calves, and creates mobility and openness in the hip joint.

FIGURE 2.97 Heel on a block

Week 5 From the Ground to the Core 133

10. **Supta Pildogasana II (Supta Pildogasana II)**
 (Supta Pildogasana II)

From Supta Pildogasana I, place a folded blanket against your outer thigh as high up against your hip as possible. Keeping your left leg firmly pressing into the floor, slowly stretch your right leg out to the side, keeping the knee firm (Fig 2.98). Maintain the leg at hip level—don't try to pull your foot closer to your shoulder, even if you have the mobility to do so. Only go so far down with your right leg to the ground while slowly supporting your outer thigh more if needed with a second blanket or bolus. Keep your right outer hip moving away from the side of your waist. As you stretch from the inner groin to the inner heel, strongly draw your outer thigh and middle buttock (right) while the blanket is supporting you in toward your body, drawing the femur bone strongly into the hip socket. Maintain that, and raise your abdomen toward the left, bringing the left side of your waist and left shoulder down toward the floor. Reach strongly through your left arm to aid the abdominal action. Watch that your left leg and hip stay in their place and don't get pulled toward the right leg. If that happens, back off and come in again, keeping your pelvis evenly weighted on the floor. The emphasis should be on abdominal, pelvic, and hip stability rather than on the stretch of the groin.

FIGURE 2.98 Supta Pildogasana II

Teaching Yoga, Second Edition

A Comprehensive Guide for Yoga Teachers and Trainers: A Yoga Alliance-Aligned Manual of Asanas, Breathing Techniques, Yogic Foundations, and More

MARK STEPHENS

The bestselling guide for yoga teachers and trainers, revised and updated—a comprehensive Yoga Alliance-aligned manual of asanas, breathing techniques, yogic foundations, and more.

Revised and updated, *Teaching Yoga* by yoga expert Mark Stephens is one of the most popular resources for new and experienced teachers, and has been a trusted guide since its publication in 2010.

This classic resource covers fundamental topics of yoga history and philosophy, as well as each of the 11 major styles of contemporary yoga. There is also practical advice for every stage of the teaching process, including tools for teaching 108 yoga poses (asanas), breathing techniques (pranayama), and meditation.

The 2nd edition—adapted to meet the needs of the modern yoga teacher—features:

- Updated sections on yoga history and philosophy
- Discussions of trauma-sensitive yoga
- Coverage of cultural appropriation, racism, and sexism in yoga
- An inclusive approach that expands beyond the traditional vinyasa flow style
- New photos and illustrations
- 1-page summaries after each chapter
- An extended list of references for further learning

Developed to meet 100% of the teacher training curriculum standards set by Yoga Alliance, the world's leading registry and accreditation source for yoga teachers and schools, *Teaching Yoga* is ideal for use as a core textbook in yoga teacher training programs.

FOR YOGA TEACHERS AND FANS OF MARK STEPHENS: The author has published several bestselling books on yoga, including the extremely successful 1st edition of *Teaching Yoga*, and is a yoga-teacher and teacher-trainer staple.

EXPERT AUTHOR: Stephens is a yoga practitioner, teacher of over 20 years, and founder of the Yoga Inside Foundation.

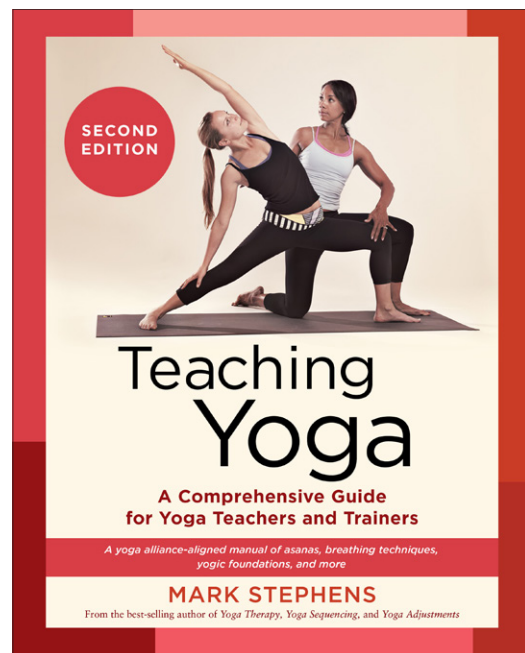
A QUINTESSENTIAL YOGA TEXTBOOK: The book is perfect for yoga teacher training programs. It covers 100% of the curriculum standards set by Yoga Alliance, the world's leading accreditation source for yoga teachers and schools.

UPDATED FOR THE MODERN YOGA TEACHER: Expands beyond traditional yoga styles and methods. Incorporates newer concepts that have become critical to yoga practice, such as yoga nidra and trauma-sensitive yoga.

OPTIMIZED LEARNER EXPERIENCE: The updated edition features chapter summaries, updated references, and new photos and illustrations.

AUTHOR BIO

MARK STEPHENS is an esteemed yoga instructor who has trained over 1200 yoga teachers. Stephens conducts classes, workshops, and retreats worldwide. From devoted personal practice and a close study of yoga history and philosophy, he brings a non-dogmatic, accessible, and integrated perspective to yoga that makes yoga a resource for healthy living. Stephens considers anatomy, physiology, social and interpersonal dynamics, as well as eastern and western theories of consciousness. He has been practicing yoga daily since 1991 and teaching since 1996. Mark draws from his years as an education consultant and a progressive social change activist to create practical resources for yoga teachers and therapists. Founder of Yoga Inside Foundation, L.A. Yoga Center, and the recipient of Yoga Journal's first annual Karma Yoga Award in 2000. Stephens lives and teaches in Santa Cruz, CA. Prior books include *Teaching Yoga*, *Yoga Sequencing*, *Yoga Adjustments*, *Yoga Therapy*, and *Yoga for Better Sleep*.



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Surviving Modern Yoga

Cult Dynamics, Charismatic Leaders, and What Survivors Can Teach Us

MATTHEW REMSKI

Grounded in investigative research and real survivor stories, *Surviving Modern Yoga* uncovers the physical and sexual abuse perpetrated by Ashtanga yoga leader Pattabhi Jois—and reckons with the culture, structures, and myths that enabled it.

The revised edition of *Practice and All is Coming* from Conspirativity co-host Matthew Remski

Yoga culture sells well-meaning westerners the full package: physical health, good vibes, and spiritual growth. Here, investigative journalist Matthew Remski explores how cultic dynamics, institutional self-interest, and spiritualized indifference collude to obscure the truth: Harm happens in plain sight.

Through in-depth interviews, insider analysis, and Remski's own history with high-demand groups, *Surviving Modern Yoga* brings to light how we're each susceptible to cult abuse and exploitation. He shows how, with the right kind of situational vulnerability and the wrong kind of guru, the ideas we hold close about ourselves—like *It wouldn't happen to me or I'd speak up for victims*—fail to protect us.

Remski reckons with his own complicity in spiritual power dynamics, and shares how a process of disillusionment allowed him to recognize harm. He does the same for readers, peeling back the veneer of yoga marketing to reveal the abuse, assault, and silencing perpetrated against seekers who trusted Jois as a mentor, their *guruji*—even a father figure. Each survivor speaks in their own words, on their own terms, reclaiming agency against an insular, in-group culture that enabled a charismatic leader's devastating harm—and positioned him as its only remedy.

Surviving Modern Yoga also includes practical tools to help readers:

- Understand how high-demand groups trap would-be targets
- Evaluate their own situational vulnerabilities
- Learn to listen for loaded, red-flag language
- Cultivate their literacy of cult tactics

FOR CULT SURVIVORS AND READERS INTERESTED IN CULTS: An insider's look at a world those in power have tried to obscure, with new details

FOR YOGA NERDS: Deep analysis of how yoga philosophy can be distorted or weaponized by bad actors for their own gain. Explains the roots of Ashtanga and includes figures like Jois, Iyengar, and Krishnacharya, with never-before-published takes from their relatives, students, and acquaintances.

CONSPIRATIVITY PLATFORM: Remski is an investigative journalist, yoga teacher, cult survivor, and co-host of the popular podcast Conspirativity.

TIMELY, TRENDY TOPIC: We've hit peak interest in high-demand groups, as evidenced by the explosive popularity of cult documentaries, books like *Cultish*, and podcasts like *A Little Bit Culty*, *Sounds Like a Cult*, and *Conspirativity*.

RIVETING EXPOSÉ: Doesn't shy away from sharing visceral details or the author's experiences reckoning with his own complicity. A riveting, compelling read.

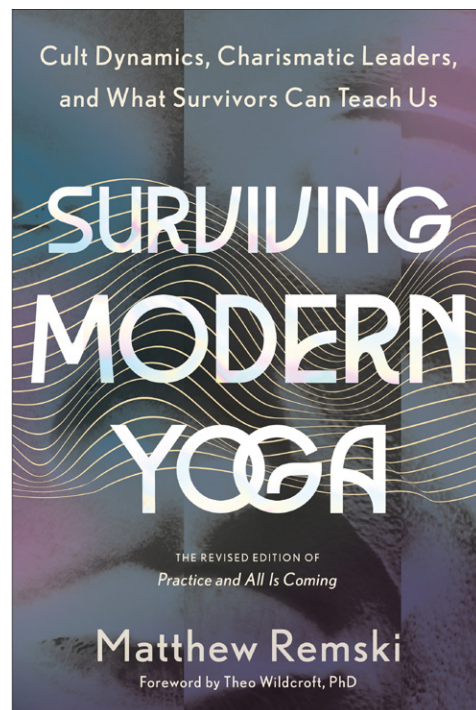
SURVIVOR STORIES: Remski centers the stories of survivors, giving them space to process and present their experiences on their own terms.

PRACTICAL TOOLS: Closes with a workbook-style chapter that helps readers evaluate potential red flags; understand their own susceptibility to cultic exploitation; and learn to identify the toxic traits of a spiritual group or leader.

AUTHOR EXPERTISE: Remski is a well-networked and trusted expert within yoga communities, and has written about practice, ethics, and yoga philosophy for two decades.

AUTHOR BIO

MATTHEW REMSKI is an author and freelance journalist, with bylines in *The Walrus* and *GEN* by *Medium*. Remski is a yoga practitioner who writes about yoga, abuse, and cults. His work is informed by his experiences as a member of multiple cults. He's published eight books of poetry, fiction, and non-fiction, including *Threads of Yoga: a remix of Patanjali's Sutras* with commentary and reverie. Remski co-host a podcast called Conspirativity. His forthcoming book *Conspirativity*, co-authored with his podcast co-host Derek Beres and Julian Walker, will be released in 2024. This is a re-edition of Remski's most recent book, *Practice and All is Coming: Abuse, Cult Dynamics, and Healing in Yoga and Beyond* which has earned international praise as a groundbreaking resource for critical thinking and community health. He lives in Toronto with his partner and their two sons.



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FOREWORD	“Practice and All Is Coming”
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“I’M NOT EVEN SURE HE KNEW MY NAME”	The Deception of Guruji
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The “Mula Bandha Adjustment,” or Sex That Is Not Sex	APPENDIX B: INTERVIEWEES’ STORIES
“Openings,” or Rationalizing Injury and Intrusion	APPENDIX C: REQUEST TO KPJAYI FOR AN APOLOGY

TARGET CONSUMER

PRIMARY: Survivors of high-demand groups and spiritual abuse, specifically yoga. Readers whose boundaries have been violated within toxic or cultic situations and need expert resources to process, validate, or understand their experiences.

SECONDARY 1: Yoga teachers, studio owners, and practitioners. Deep, experienced practitioners and casual yogis alike.

SECONDARY 2: Cult and true crime readers. Fans of Amanda Montell; HBO’s *The Vow*; and *Conspirituality*. Readers interested in charismatic figures like Teal Swan, Guru Jagat, and Bikram Choudhary.

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Anatomy, Physiology, and Pathology Workbook, Third Edition

Study Tools, Practices, and Exercises for Students to Understand the Human Body

RUTH HULL

Learn anatomy, physiology, and pathology of the human body with this fun and student-focused learning and coloring workbook—includes study tips and 100+ images

Anatomy, Physiology, and Pathology—The Workbook offers students an interactive learning guide to deepen their knowledge and understanding of the human body. Designed for ease of comprehension, this learning and coloring workbook is an ideal study tool that appeals to a range of learners with various preferences and needs. Ruth Hull provides an abundance of clear and understandable insights through accessible language and useful learning tools. Test your knowledge through:

- Coloring intricate black and white illustrations
- Completing exercises
- Answering revision questions.

With 100+ images to color and study tips included throughout, this learning and coloring workbook also includes activities such as labeling parts, fill-in-the-blank, multiple choice, and more. *Anatomy, Physiology, and Pathology—The Workbook* is broken down into 3 easily digestible sections. The first section introduces relevant questions and studying exercises of the following topics: skin, hair, and nails; the skeletal system; muscular system; endocrine system; respiratory system; cardiovascular system; lymphatic and immune system; digestive system; urinary system, and the reproductive system. The second section contains more than 10 detailed mock exam papers. The third and final section includes a thorough review of all that was learned in the workbook as well as an answer key. This learning and coloring workbook also serves as an effective refresher for current healthcare and bodywork professionals.

EXPERT AUTHOR: Hull has studied, lectured on, and practiced therapies internationally for decades.

TEACHES AND SUPPORTS SKILLS: With 332 pages filled with studying tips and methods, this learning and coloring workbook is a robust resource intended for learning.

DIFFERENTIATED ACADEMIC ACTIVITIES: Includes multiple studying methods for different learning styles, such as: multiple choice, fill-in-the-blank, labeling, and the option of color-coding.

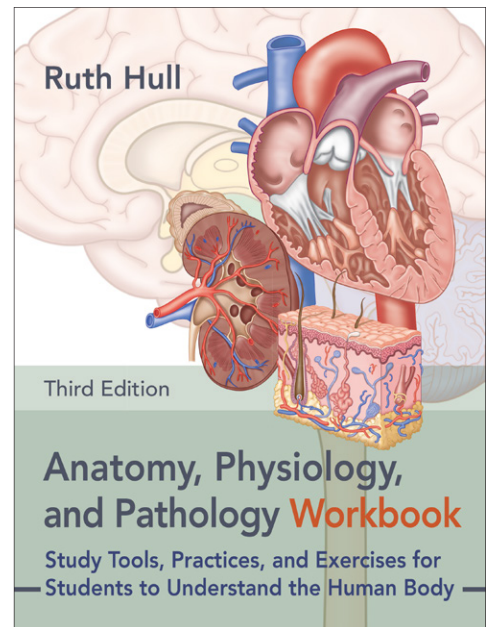
BOOK DELIVERS WHAT PEOPLE GO TO THE CATEGORY FOR: Provides practical studying and revision materials on anatomy, physiology, and pathology.

MORE THAN 100 IMAGES TO COLOR

SUCCESSFUL PREVIOUS EDITION: The UK edition of this title has done well with strong sales and positive consumer reviews.

AUTHOR BIO

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



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Bringing It All Together
Answer Key

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2. Using directional terms, fill in the blanks.

- The heart is _____ to the stomach.
- The diaphragm is _____ to the lungs.
- The heart is _____ to the lungs.
- The lungs are _____ to the heart.
- The knee is _____ to the ankle.
- The ankle is _____ to the knee.
- The hands and feet are at the _____ of the body.

3. Match the anatomical term to the region it describes.

1. Facial	a. Hollow behind the knee
2. Cephalic	b. Back
3. Dorsal	c. Elbow or forearm
4. Pharyngeal	d. Head
5. Cubital	e. Fingers or toes
6. Inguinal	f. Skin
7. Pygidial	g. Clav
8. Pericardial	h. Groin
9. Sural	
10. Crural	

Answers:
 1. _____ 2. _____ 3. _____ 4. _____
 5. _____ 6. _____ 7. _____ 8. _____
 9. _____ 10. _____

4. The figure below shows the cavities of the body. Label the cavities and place the organs listed into the cavities in which they belong.

1 Before You Begin | 13

5. The figure below shows the planes of the body. Label them.

6. Are the following conditions acute or chronic?

- Emphysema
- Hypertension
- Autoimmune attack
- Influenza
- Diabetes mellitus
- Variicose veins
- Fibromyalgia
- Pharyngitis

7. Are the following conditions systemic or localized?

- Sinusitis
- Ankle sprain
- Tennis elbow
- AIDS

8. Seasonal affective disorder

- Choking syndrome
- Rhinitis
- Conjunctivitis
- Cataract

9. Are the following signs a. Yellowing of the skin b. Ankle sprain c. Tingling sensation d. Fever e. Perspiration

10. Another term for the midline is: a. The midline b. The median line c. The medial line d. The prepuce

11. Which of the following phrases is correct? a. The term "cephalad" means toward the feet b. The term "deep" means toward the surface of the body c. The term "proximal" means further from the point of attachment of a limb d. The term "distal" means at the back of the body

12. Which of the following structures are all located in the abdominal cavity? a. Stomach, urinary bladder, reproductive organs b. Liver, spleen, gall bladder c. Pancreas, small intestine, bronchi d. Lungs, heart, diaphragm

13. The term "calcaneal" describes which region of the body? a. Thigh b. Calf c. Ankle d. Heel

14. What is the anatomical term used to describe the hips? a. Coxal b. Inguinal c. Coxal d. Umbilical

15. The term "parietal" relates to: a. The internal organs of the body b. The external organs of the body c. The inner walls of a body cavity d. The external walls of a body cavity

16. What type of plane divides the body vertically into posterior and anterior portions? a. Coronal b. Transverse c. Sagittal d. Oblique

17. What is the collective name of the regions that the abdominopelvic cavity can be divided into? a. Fleshes b. Quadrants c. Quarters d. Thirds

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2 Organization of the Body

Review/Self-Study Notes

Levels of structural and chemical organization of the body

When you first start studying anatomy it helps to have a basic understanding of how the body is organized and the chemicals it is made up of.

- List the six levels of structural organization of the body.
 - _____
 - _____
 - _____
 - _____
 - _____
 - _____
- Name the four major elements that make up 96% of the body's mass.
 - _____
 - _____
 - _____
 - _____
- Create a mnemonic (use "Mnemonic" section of the introduction) for the nine lesser elements in the body. These are:
 - Calcium
 - Phosphorus
 - Potassium
 - Sulfur
 - Sodium
 - Chlorine
 - Magnesium
- Describe each of the following compounds and its role in the body.
 - a. Water
 - b. Carbohydrates
 - c. Lipids (fats)
 - d. Proteins

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6. Color in and label the following diagram of the skin.

Structure	Function/Description	Color
Epidermis		Only the label is needed here; you will color each layer of the epidermis in a different color.
Stratum corneum		
Stratum lucidum		
Stratum granulosum		
Stratum spinosum		
Stratum basale (germinativum)		
Dermis (note: this diagram does not differentiate between the papillary and reticular layers of the dermis, so don't stress about those)		
Subcutaneous layer (hypodermis)		
Hair root (bulb)		
Hair shaft		
Arrector pili muscle		
Sebaceous gland		
Sweat gland		
Blood vessels		
Nerves and nerve terminals		

3 The Skin, Hair, and Nails | 39

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KEY: SPONGY BONE TISSUE

What is the main function of spongy bone tissue?

Where is spongy bone tissue found?

Structure	Function/Description	Color
Trabeculae		
Lacunae		
Osteocytes		
Red bone marrow		

5. The bones of the body can be classified into the following types—long, short, flat, irregular, and sesamoid. You will find these in the boxes following. Next to each one write its main features and functions. Then work your way through the skeleton, putting all the bones of the skeleton into their correct box. The first one, long bones, has been done for you.

Long bone: greater length than width, contain a long shaft, slightly curved to provide strength, highly compact tissue, very spongy tissue.

4 The Skeletal System | 61

KEY: SHORT BONES

KEY: IRREGULAR BONES

KEY: FLAT BONES

KEY: SESAMOID BONES

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KEY: ANTERIOR VIEW OF THE SKELETON

Structure	Color	Structure	Color
Axial skeleton		Appendicular skeleton	
Frontal bone		Radius	
Zygomatic bone		Carpals	
Mandible		Metacarpals	
Maxilla		Phalanges	
Nasal bone		Ilium	
Vertebral column	Not labeled.	Anterior superior iliac spine	
Mandibular		Isochial tuberosity	
Sternum		Pubic symphysis	
Xiphoid process		Femur	
Costal cartilage		Greater trochanter	
First rib		Lesser trochanter	
Ribs 2-10		Patella	
Sacrum		Tibia	
Coccyx		Fibula	
Appendicular skeleton		Medial malleolus	
Clavicle		Lateral malleolus	
Scapula		Tarsals	
Coracoid process		Metatarsals	
Humerus		Phalanges	
Ulna			

4 The Skeletal System | 65

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KEY: MUSCLES OF THE TRUNK

Muscle	Details	Color
Anterior view		
Pectoralis major	Origin: _____ Nerve: _____ Insertion: _____ Action: _____	
Rectus abdominis	Origin: _____ Nerve: _____ Insertion: _____ Action: _____	
External oblique	Origin: _____ Nerve: _____ Insertion: _____ Action: _____	

5 The Muscular System | 99

KEY: MUSCLES OF THE TRUNK

Muscle	Details	Color
Posterior view		
Superficial intrinsic back muscles		
Latissimus dorsi	Origin: _____ Nerve: _____ Insertion: _____ Action: _____	

The background features a soft, watercolor-style texture in shades of teal, blue, and light green. A large, white, right-angled triangle is positioned on the left side, pointing towards the center of the page. The text 'SELF-HELP' is centered within the white area of this triangle.

SELF-HELP

Beyond Self-Defense

How to Say No, Set Boundaries, and Reclaim Your Agency—An empowering guide to safety, risk assessment, and personal protection

SHIHAN MICHELLE

A feminist-forward guide to setting boundaries, assessing safety, and defusing violence by a six-time karate world champion—tools and skills to build confidence, fight back, and live life on your own terms.

Disclaimer: this is not your average self-defense book. As educator, martial artist, movement analyst, somatic therapist, and rape crisis advocate Shihan Michelle explains, “Self-defense doesn’t work to prevent assault; it’s too late, you’re in a fight.” Instead, Michelle champions self-offense, a preventative personal protection strategy invested in defusing trouble before violence becomes necessary.

Beyond Self-Defense empowers you to prevent and de-escalate violence without resorting to physical contact. Including personal stories, interactive practices, and reflective prompts, this practical, accessible, and timely handbook teaches you how to craft your own unique protection protocols. Topics include how to:

- Use your body weight to fend off attacks
- Recognize the emotional triggers of others before they escalate
- Unlearn common biases about safety and vulnerability
- Use space and time to get the upper hand and control situations *before* they become unsafe
- Challenge patriarchal social standards and claim your voice—and your space

The founder and lead instructor of Self Offense Services, Michelle is a sixth degree black belt in Full Contact karate who gives workshops in assault prevention, boundaries, listening, de-escalation, and bullying prevention.

FOR WOMEN, FEMMES, AND SURVIVORS looking for practical ways to anticipate and avoid harm.

FOR READERS OF *Empowered Boundaries*, *Transforming Trauma with Jiu-Jitsu*, and *Set Boundaries, Find Peace*.

NEW APPROACH TO PERSONAL SAFETY: Empowers readers to set boundaries that can help prevent an attack, while also encouraging more traditional self-defense techniques in case a physical altercation is unavoidable.

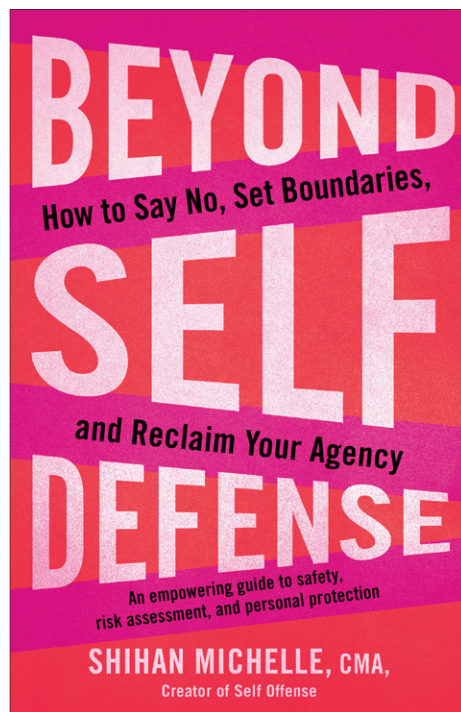
TIPS AND TRAINING FOR SPLIT-SECOND REACTIONS: Gives you the grounding you need before you need it, so you have resources to draw on in charged situations.

HIGHLY TRAINED EXPERT AUTHOR: Michelle is both a sixth degree black belt and six-time world champion in the art; achieved the status of shihan (or master teacher); and opened her own school in New York City. She is a Laban Certified Movement Analyst and Registered Somatic Movement Educator and Therapist.

PERSONALITIES BEHIND THE PROGRAM: The founders of Self Offense are a mother-daughter duo with great chemistry. Michelle is the primary author, but their dynamics are highlighted in the text. Readers will resonate with their camaraderie and love in action in the book, on their social channels, and in their in-person classes.

AUTHOR BIO

SHIHAN MICHELLE is the founder of Karate-Do Wa Ken in NYC, and of Self Offense Services, a personal protection company that leads workshops in assault prevention, boundaries, listening, and de-escalation. Self Offense was created in 2003, after Michelle trained as a rape crisis advocate for Saint Vincent’s Hospital, where she worked with sexual assault survivors of all genders and sexual identities. Michelle is a Laban certified movement analyst and registered movement pattern analyst. She holds a sixth-degree black belt in Karate and second-degree black belt in Iaido (Japanese sword), and has taught special workshops in traditional Okinawan weapons in the United States and in Germany. For nearly a decade, Michelle was a competitive fighter, and she holds two world and four north american titles in full contact fighting. Michelle presented the Tedx talk Ending Sexual Assault: The Best Defense is a Good Offense in December, 2021. Follow Self Offense on Instagram @self_offense and on Tik Tok @selfoffense.



ON SALE 3/26/2024

Rights: WORLD Except Romanian, Turkish

TR: 9781623179984 / \$18.95/\$24.95

Page Count: 160 Trim Size: 5-1/2 x 8-1/2

BISAC 1: Self-Help - Safety & Security - Personal Safety & Self-Defense

BISAC 2: Self-Help - Communication & Social Skills

BISAC 3: Sports & Recreation - Health & Safety

CONTENTS

Introduction	Chapter 5 Manipulation: You Can't Make Me, or Can You?
Chapter 1 The Power of Context	Chapter 6 Physical Communication
Chapter 2 No Way Know How	Chapter 7 Time and Pressure
Chapter 3 Welcome to the Interview	Chapter 8 Throwing Your Weight Around
Chapter 4 Teddy Bear or Teddy Bundy? Unpacking Unconscious Bias	Conclusion

TARGET CONSUMER

PRIMARY: Women and femmes who have experienced sexual or physical assault, or who wish to prevent a sexual or physical assault, before it happens.
SECONDARY: Readers in urban or larger suburban areas who might commute by public transit or live in apartments.
TERTIARY: People who are often targeted by assailants, who are actively dating and want to ensure their safety when meeting new people on a regular basis.
ANCILLARY: Parents of young women and femmes.

COMP TITLES

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Transforming Trauma Jiu-Jitsu/Marich, Jamie Phd/TR	9781623176150	3/15/22	North Atlantic Books	\$18.95/\$24.95	2.5k
Self-Defense for Gentlemen/Monstery, Colonel Th.../HC	9781583948682	4/21/15	Blue Snake Books	\$19.95/\$25.95	4.7k
Four Pivots/Ginwright, Shawn A.../TR	9781623175429	1/25/22	North Atlantic Books	\$18.95/\$24.95	27.5k

Conscious Moving

An Embodied Guide for Healing, Learning, Contemplating, and Creating

Unveiling the power of intentional movement in education, therapy, art, and self-reflection

CHRISTINE CALDWELL, PHD

Conscious Moving extends from one transformative belief: *we feel more human, more empowered, and more ourselves when we live from that place within us—and all around us—that simply moves.* And when we examine and trust in the emerging and evolving movement of our minds and bodies, we can better harness the tools needed to expand our creativity, wellbeing, and learning.

Body-based psychotherapist, movement specialist, and renowned author-educator Christine Caldwell (*Oppression and the Body*) offers a radically ambitious mode of somatic awareness and inquiry—and shows how designing our own conscious movement practices can improve not only our own lives, but our relationships, communities, and culture.

This anthology explores how movement practices can help us be more present; more grounded and intentional in responding to and working with experiences in the moment; and claim our own bodily autonomy. Caldwell and contributors explore these key benefits and applications in four critical areas:

- Creativity
- Contemplation
- Healing
- Learning

Rooted in both ancient and modern scientific ways of knowing, *Conscious Moving* imparts fundamental principles and tools applicable to a broad spectrum of fields and professions. Topics explored in partnership with conscious movement practice include: Trauma and Oppression, Isolation and Loneliness, Addiction, Group Therapy, Sexuality, Creative Arts, and Grief.

Encouraging each reader to pay attention to—and honor—their own embodied intuition, *Conscious Moving* is a non-prescriptive guide to accessing body-based wisdom for personal growth, community impact, and widespread social change.

FOR READERS OF *THE POLITICS OF TRAUMA, OPPRESSION AND THE BODY, BODYFULLNESS AND STALKING THE WILD PSOAS*. FOR FANS OF RESMAA MENAKEM.

SOMATICS FOCUS: Meets a growing demand for body-based stories, interventions, and healing modalities.

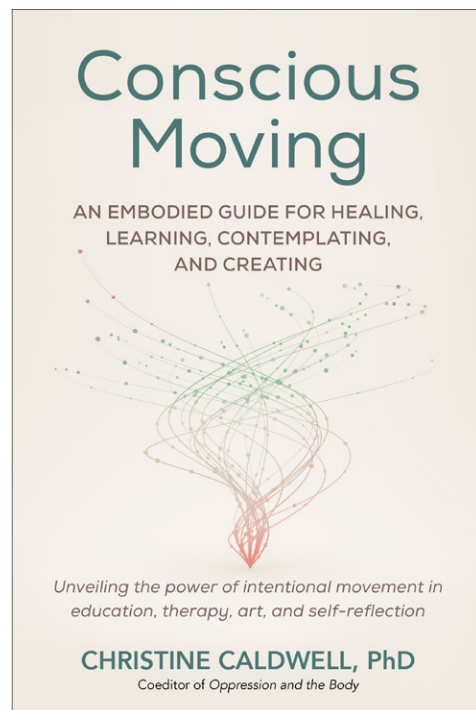
HEADY BUT PRACTICAL: Blends innovative but accessible theory with concrete embodied healing practices.

EXPERT AUTHOR: A highly credentialed teacher and lecturer, Caldwell has authored and curated many books and anthologies, and is very well known and respected within the international somatics community.

MULTI-DISCIPLINARY APPROACH THAT BUILDS COMMUNITY: This book incorporates voices and perspectives from different fields, building bridges across somatics, social work, dance and choreography, sports, and psychotherapy.

AUTHOR BIO

CHRISTINE CALDWELL, Ph.D., BC-DMT, LPC, is the founder of and professor emeritus in the Somatic Counseling Program at Naropa University in Boulder, CO, USA, where she has taught coursework in somatic counseling theory and skills, clinical neuroscience, and diversity issues. Caldwell's Moving Cycle involves body-centered psychotherapy and Conscious Moving when applied to other disciplines, such as artmaking, contemplative practice, and education. Caldwell has taught at the University of Maryland, George Washington University, Concordia, Seoul Women's University, Southwestern College, Pacifica, Santa Barbara Graduate Institute, and SRH University in Heidelberg. She trains, teaches, and lectures internationally, and has published over 30 articles and book chapters. Her previous books include *Getting Our Bodies Back*, *Getting in Touch*, *The Body and Oppression*, and *Bodyfulness*. She is also an editor for the *Journal of Dance, Movement and Psychotherapy*, the *International Journal of Body Psychotherapy*, and the *American Journal of Dance Therapy*.



ON SALE 6/25/2024
Rights: WORLD
TR: 9798889840275 / \$19.95/\$25.95
Page Count: 288 Trim Size: 6 x 9

BISAC 1: Self-Help - Meditations
BISAC 2: Psychology - Psychopathology - Post-Traumatic Stress Disorder (Ptsd)
BISAC 3: Body, Mind & Spirit - Healing - General

CONTENTS

Introduction	Chapter 7 Laia Jorba—Moving the Self in Dialogue: A Contextual and Fluid Process to Identity Exploration
PART I The Fundamentals of Conscious Moving	Chapter 8 Rachelle Janssen—Revisioning Addiction through Conscious Moving
Chapter 1 The Fundamental Principles of Conscious Moving	Chapter 9 Joana Debelt—Conscious Moving in the Service of Learning
Chapter 2 The Awareness Phase of Conscious Moving	Chapter 10 Melissa Walker—Conscious Moving as a Means of Working with Desire Differences in Intimate Partnership
Chapter 3 The Owning Phase of Conscious Moving	Chapter 11 Gretl Bauer—Conscious Moving: Support for Art-Based Expeditions into the Realms of Grief Work
Chapter 4 The Appreciation Phase of Conscious Moving	
Chapter 5 The Action Phase of Conscious Moving	
PART II Applying Conscious Moving to Healing, the Arts, and Education	
Introduction	
Chapter 6 Amber Gray—Working with Trauma and Oppression in Multicultural Contexts	

TARGET CONSUMER

PRIMARY: Movement specialists, somatic therapy practitioners, and teachers looking to increase their knowledge and toolkit.

SECONDARY: Therapists and healing practitioners more broadly seeking to enhance their methods, tools, and techniques.

TERTIARY: Readers interested in the moving body’s relationship to the world around them.

COMP TITLES

Author’s Similar Titles	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Oppression and the Body/Caldwell, Christine/TR	9781623172015	3/20/18	North Atlantic Books	\$19.95/\$25.95	2.5k
Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Stalking Wild Psoas/Koch, Liz/TR	9781623173159	5/7/19	North Atlantic Books	\$19.95/\$25.95	3.0k
Politics of Trauma/Haines, Staci K./TR	9781623173876	11/19/19	North Atlantic Books	\$19.95/\$25.95	11.3k
Radical Dharma/Williams, Rev. Angel.../TR	9781623170981	6/14/16	North Atlantic Books	\$12.95/\$16.95	30.3k
Art of Somatic Coaching/Strozzi-Heckler, Ric.../TR	9781583946732	2/11/14	North Atlantic Books	\$18.95/\$21.95	5.7k
The Elusive Obvious/Feldenkrais, Moshe/TR	9781623173340	4/23/19	North Atlantic Books	\$21.95/\$28.95	2.3k

The Unshaming Way

A 3-Part Model for Dismantling Shame

Integrate trauma, unlearn self-blame, and reclaim your personal power

DAVID BEDRICK

A revolutionary 3-part model for dismantling shame: integrate trauma, unlearn self-blame, and reclaim your personal power

For readers of Brené Brown, Curt Thompson, and Tara Brach

We're sold the idea that shame serves a purpose: it must protect us from something...otherwise it wouldn't be there. Right?

Not really. In *The Unshaming Way*, author, mental health expert, and professor David Bedrick reveals that there really is no good "use" for shame—and offers a revolutionary model to dismantle it. He shows how shame affects us all...and often in ways we might not expect. Shame connects to our struggles, our relationships, how we show up in the world, and how the world shows up (or fails to) for us. So how we can shed our shame, integrate our trauma, and unleash the personal power, efficacy, and confidence that are our birthright? Bedrick breaks it down in three parts:

- **Respect:** how the practice of witnessing can help us be fully seen, heard, and held—and what that can do for our self-power and self-esteem
- **Relating:** how to restore our sense of mattering—especially when our hurt, neglect, or trauma shows up as shame
- **Radical belief:** how we can reclaim our voice, experiences, and embodied truths by owning our authority, autonomy, and authentic needs without projecting our shame and trauma onto others

Bedrick explores the roots of shame, sharing the connections between trauma, shame, and experiential validation—and explains how shame shows up when woundedness isn't seen, held, and appreciated by ourselves and our loved ones.

He helps us understand the role of boundaries in healing from shame; how shame impacts our physical health and wellness; how to unshame disturbing feelings; and the interconnections among body, social issues, shame, and abuse. With exercises, profound insights, case studies, and psychological science, *The Unshaming Way* is an easy-to-understand guide to breaking shame down for good.

FOR READERS STRUGGLING WITH SHAME

TIES SHAME TO SYSTEMIC ISSUES like racism, sexism, ableism, and transphobia; takes a holistic approach

THREE-PART PROGRAM that helps us shift how we view our shame

NEW ANGLE that centers the importance of witnessing to trauma integration

LINKS SHAME AND TRAUMA: Posits that our experiences of shame and unworthiness result from trauma, abuse, wounds, or other negative experiences

BREAKS SHAME DOWN ACCESSIBLY: Makes shedding shame feel like an approachable, achievable goal instead of an overwhelming task

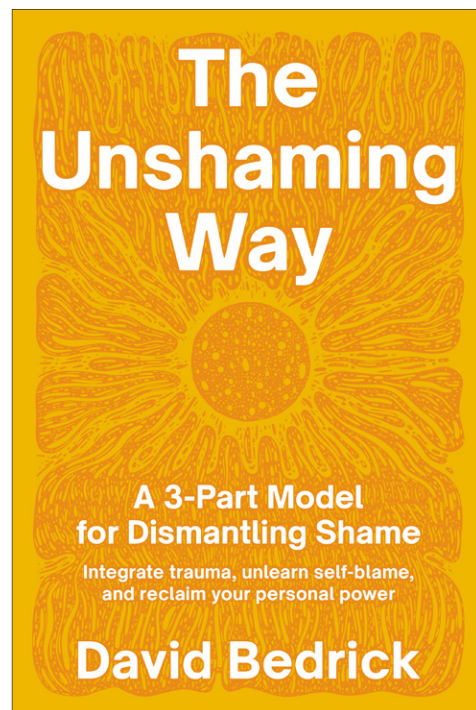
UNIVERSAL EXPERIENCE: Everyone suffers from shame; no one knows what to do about it.

EXPERT AUTHOR with a strong network and profile

REAL-LIFE EXAMPLES AND PRACTICAL EXERCISES for unshaming

AUTHOR BIO

DAVID BEDRICK, JD, DIPL. PW, is a speaker, counselor, and attorney. He was an adjunct faculty for the University of Phoenix and the Process Work Institute in the U.S. and Poland. He is the founder of the Santa Fe Institute for Shame-based Studies, where he offers facilitation training to deepen the skills and awareness of therapists, coaches, and healers as well as workshops for individuals to further their own personal development. He is a writer for *Psychology Today* and the author of three books: *Talking Back to Dr. Phil: Alternatives to Mainstream Psychology*; *Revisioning Activism: Bringing Depth, Dialogue, and Diversity to Individual and Social Change*; and *You Can't Judge a Body by Its Cover: 17 Women's Stories of Hunger, Body Shame and Redemption*.



ON SALE 11/26/2024
Rights: WORLD
Page Count: 304 Trim Size: 6 x 9
TR: 9798889840756 / \$19.95/\$25.95

BISAC 1: Self-Help - Personal Growth - Self-Esteem
BISAC 2: Psychology - Emotions
BISAC 3: Psychology - Psychopathology - Post-Traumatic Stress Disorder (PTSD)

CONTENTS

- Chapter 1: The Fundamentals of Shame and UnShaming
- Chapter 2: Becoming a Witness: The Key to UnShaming
- Chapter 3: The Role of Boundaries in Healing Shame
- Chapter 4: Shame and Physical Health and Symptoms
- Chapter 5: Body Shame
- Chapter 6: Social Issues and Shame
- Chapter 7: UnShaming Disturbing Feelings
- Chapter 8: Witnessing Inner Criticism and Self-Hatred: Getting to the Root of Shame
- Chapter 9: Shame and Abuse: UnShaming Vulnerability and Power
- Chapter 10: Witnessing Trauma: UnShaming our Deepest Wounds
- Chapter 11: Conclusion: Being a Witness in the World

TARGET CONSUMER

PRIMARY: Self-help readers struggling with experiences of shame, rejection, self-doubt, self-worth; want to feel validated, whole, and ok with themselves as they are

SECONDARY: Therapists, sponsors, counselors, school counselors, and healers working with clients who struggle with trauma or shame

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Discomfortable/Bond, A.J./TR	9781623175566	9/7/21	North Atlantic Books	\$18.95/\$24.95	3.0k
Practice of Embodying Emotions/Selvam, Phd, Raja/TR	9781623174774	3/22/22	North Atlantic Books	\$21.95/\$28.95	6.8k
Language of Breath/Coomer, Jesse/TR	9781623179366	10/31/23	North Atlantic Books	\$19.95/\$25.95	3.2k
Reclaiming Ugly/Lewis, Vanessa Roche.../TR	9781623175863	1/23/24	North Atlantic Books	\$19.95/\$25.95	2.1k

Tending Grief

Embodied Rituals for Holding Our Sorrow and Growing Cultures of Care in Community

CAMILLE SAPARA BARTON

An embodied guide to being with grief individually and in community—practical exercises, decolonized rituals, and Earth-based medicines for healing and processing loss

We live in a culture that suppresses our ability to truly *feel* our grief—deeply, safely, and on our own terms. But each person’s experience is as unique as the grief itself. Here, Camille Sapara Barton’s take on grief speaks directly to the ways that BIPOC and queer readers disproportionately experience unique constellations of loss.

Deeply practical and easy to use in times of confusion, trauma, and pain, *Tending Grief* includes rituals, reflection prompts, and exercises that help us process and metabolize our grief—without bypassing or pushing aside what comes to the fore. Sapara Barton includes exercises that can be done both alone and in community, including:

- Altar practices to honor and connect with ancestors known and unknown
- Locating, holding, and dancing your grief
- Sharing circles for processing communal loss
- Water, fire, and nature-based rituals
- Honoring the survival utility of numbness—and knowing when it’s time to release it
- Peer support and integration
- Herbal medicines and plant-based healing

Sapara Barton honors each and every experience: The loss of displacement from homelands, from severed lineages and ancestral ways of knowing. The grief of colonization and theft. The deep heaviness that burrows into our bodies when society tells us our bodies are wrong. Practical tools and rituals help readers feel into their grief, honor what comes up, and move forward in healing.

Written specifically to center and hold the grief of BIPOC readers, *Tending Grief* is an invitation to reconnect to what we’ve lost, to find community in our grief, and to tend to our own suffering for our individual and collective wellbeing.

GRIEF TOOLS FOR BIPOC READERS: Resources for an underserved market whose experiences of grief are compounded by marginalization or ancestral disconnection and bound up in cultural experiences that most grief literature misses.

NEEDED BOOK ON A TIMELY TOPIC: Explores grief beyond the personal into community and societal expressions / experiences of loss. With racism, anti-trans and queer violence, climate change, displacement, gun violence, and systemic oppression top of mind, readers need up-to-date and culturally competent grief tools now more than ever.

PRACTICAL AND ACCESSIBLE: Adapted from the author’s grief toolkit and written with a grieving audience in mind, information is presented in an approachable and easy-to-digest format.

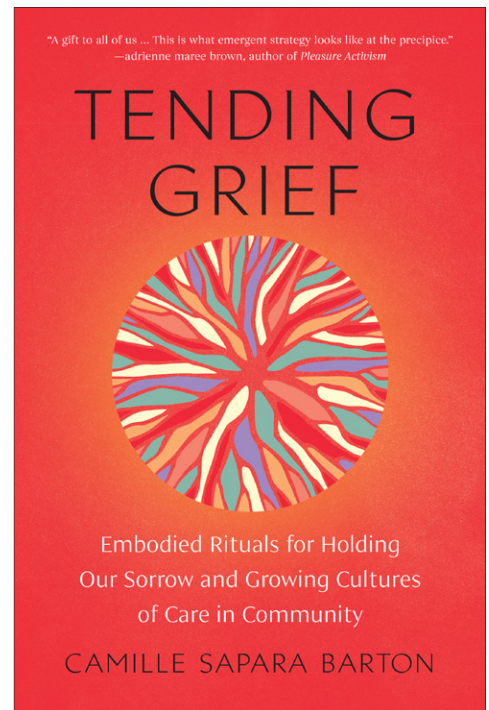
EARTH-BASED AND HERBAL MEDICINES: The final chapters include a brief section on plant-based medicines for grief as well as a research section with books, teachers, and organizations for further learning.

INDIVIDUAL AND COLLECTIVE HEALING: Offers tools for personal healing and processing grief and pain in community.

HEALING FOR ACTIVISM: Shows how metabolizing and embodying our grief can empower us to be more effective activists and show up for our communities and the planet.

AUTHOR BIO

CAMILLE SAPARA BARTON is a Social Imagineer who operates as a catalyst for social change, creating networks of care and livable futures. They work as an artist, facilitator, consultant, and curator across the realms of embodied social justice, grief, pleasure, and drug policy. Rooted in Black feminism, ecology, and harm reduction, Camille uses creativity, alongside somatics, to create culture change in fields ranging from psychedelic-assisted therapy to arts education. Camille has taught within programs for psychedelic therapists in training including Alma Institute, Psychedelic Coalition for Health, Synthesis, and CIIS. Since 2017, they have worked as a consultant with MAPS, ensuring that MDMA psychotherapy will be accessible to BIPOC and other communities disproportionately impacted by the war on drugs. Camille is currently based in Amsterdam, where they worked as the director of Ecologies of Transformation, a temporary Masters program at Sandberg Institute, researching how art-making and embodiment can create social change.



"A gift to all of us ... This is what emergent strategy looks like at the precipice."
—adrienne marce brown, author of *Pleasure Activism*

TENDING GRIEF



Embodied Rituals for Holding
Our Sorrow and Growing Cultures
of Care in Community

CAMILLE SAPARA BARTON

ON SALE 4/23/2024
Rights: WORLD
TR: 9781623179946 / \$18.95/\$24.95
Page Count: 272 Trim Size: 6 x 9

BISAC 1: Self-Help - Death, Grief, Bereavement
BISAC 2: Social Science - Activism & Social Justice
BISAC 3: SOCIAL SCIENCE - DEATH & DYING

CONTENTS

Introduction	Chapter 5 A Conversation with Zach from Dopo about Abortion Companion-ship as Community Grief Work
Chapter 1 The Ongoing Grief of Colonization	Chapter 6 How to Use These Grief Rituals
Chapter 2 The Violence of the Void	Chapter 7 Herbal Medicine for Grief
Chapter 3 Tending Grief Is Necessary within Social Movements	Chapter 8 Closing Thoughts
Chapter 4 A Conversation with Aisha from misery about Grief Work within the Club Context	Further Reading

TARGET CONSUMER

PRIMARY: BIPOC readers grappling with grief, loss, and oppression on both a personal and a community/cultural level. Readers of *Healing Justice Lineages* and *My Grandmother’s Hands*.

SECONDARY: Socially engaged readers of Audre Lord, adrienne maree brown, bell hooks, and Gabor Maté.

TERTIARY: Embodiment practitioners and embodied social justice leaders seeking out resources for grief processing and community healing. Engaged Buddhists and engaged mindfulness practitioners.

ANCILLARY: White readers looking to examine/decolonize their grief practices and address the harm of unmetabolized grief.

COMP TITLES

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Grieving While Black/Wade, Breeshia/TR	9781623175511	3/2/21	North Atlantic Books	\$14.95/\$19.95	2.8k
Wild Edge of Sorrow/Weller, Francis/TR	9781583949764	9/15/15	North Atlantic Books	\$18.95/\$24.95	79.7k

Reclaiming UGLY!

A Radically Joyful Guide to Unlearn Oppression and Uplift, Glorify, and Love Yourself

Revolutionary Stories, Tools, and Theories for a Liberated Life

VANESSA ROCHELLE LEWIS

Flip the script on how you think about *UGLY*—what it means, what it is, and how to reclaim it to Uplift, Glorify, and Love Yourself in an uglified world.

Blending joyful self-help magic with incisive social analysis and personal narrative, Vanessa Rochelle Lewis empowers readers to heal, connect, and revolt against uglification.

Uglification is “ugly” weaponized: a tool, ideology, and type of oppression that designates some bodies as more or less worthy of love, respect, access, and dignity. It defines who’s accepted in what spaces, which identities are marginalized, and how we all move through the world—and is part and parcel of systems like white supremacy, ableism, sizeism, sexism, and queer- and transphobia. Here, Lewis takes on uglification, showing us how reclaiming *UGLY* is a subversive act that roars an unapologetic “yes!” to joy, healing, and community-building in a world that’s engineered to hold us back.

Lewis asks us to go beyond analysis, inviting us to boldly perform *UGLY* as an act of rebellion, liberation, and radical self-love. Through self-help exercises, reflective meditations, and lesson plans, Lewis moves us closer to a collective liberation that takes back what society tells us is ugly and taboo and teaches us to deconstruct what we’ve told ourselves is ugly and taboo. In sharing her analysis, personal journey, and activity toolkit, Lewis offers a warm embrace and compassionately guides us toward lives of radical self-acceptance, joyful community-centered healing, and unfiltered self-love.

FOR READERS who have experienced lookism, fatphobia, homophobia, transphobia, racism, misogyny, or other oppression and who have been underserved by mainstream self-help

BIG-NAME ENDORSEMENT: Sonya Renee Taylor, author of *The Body Is Not an Apology*, has contributed a blurb.

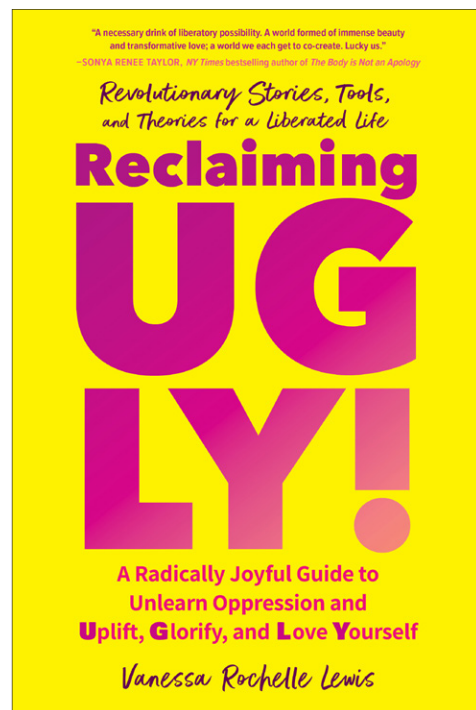
WELL-LOVED WRITER AND PERFORMER: Vanessa Rochelle Lewis was Senior Editor for *Everyday Feminism* and *Black Girl Dangerous*, two widely read online magazines devoted to intersectional feminism and amplifying the voices of QTPOC. She has been profiled by Vice and has bylines in RaceBaitr, TheBodyIsNotAnApology.com, The Rumpus, and more. Additionally, Lewis is an engaging teacher, playwright, and performer, with a thriving and supportive social media network. Her workshops, talks, and creative endeavors with the PleasureNess Literary Academy and Oakland SOL frequently draw audiences from around the Bay Area.

TIMELY TOPIC FROM A NEW PERSPECTIVE: Critiques of body positivity, body negativity, and commodification of the body are not new to the publishing scene, yet early books on the topic were often written from a distance by industry experts. More recent books like *The Body Is Not an Apology* are written by authors who experience oppression at the hands of the systems they seek to criticize. *Reclaiming UGLY!*, written by a queer, fat, chronically ill, Black woman who was the subject of a viral internet meme based on her appearance, takes this premise further, seeking to demolish the ideas of beauty and ugly altogether.

LIBERATORY IDEAS: Lewis doesn’t simply ask us to reevaluate what we’re talking about when we talk about ugly; she asks us to perform ugliness as an act of rebellion and liberation. She creates a new pedagogy of intentional uglification as subversion, asking the reader to treat “ugly” as a verb and engaging readers through a series of reflections, exercises, and lesson plans.

AUTHOR BIO

VANESSA ROCHELLE LEWIS, MFA, is a Queer, Fat, Black, Femme performer, facilitator, educator, writer, activist, healer, and joyful weirdo. Lewis has been a writer and managing editor for *Everyday Feminism* and *Black Girl Dangerous*; an instructor at multiple Bay Area community colleges; the Artist-Facilitator In Residence for the Young Women Freedom Center; and a core team member for Creating Freedom Movements. She is currently the Director of Programming for the Positive Results Center, an organization that addresses trauma and prevents violence within marginalized communities. Lewis founded Reclaim UGLY: Uplift Glorify Love Yourself – And Create A World Where Others Can As Well, which has hosted conferences, teach-ins, and healing workshops. Please visit www.reclaimugly.org to learn more. Find Lewis on Instagram @Black.Woman.Blooming or Facebook.com/subversivepedagogies.



ON SALE 1/23/2024
Rights: WORLD
TR: 9781623175863 / \$19.95/\$25.95
Page Count: 288 Trim Size: 6 x 9

BISAC 1: Self-Help - Personal Growth - Self-Esteem
BISAC 2: Social Science - Discrimination
BISAC 3: Social Science - Feminism & Feminist Theory

CONTENTS

Chapter 1 Grounding in Intention

Chapter 2 An Introduction to Uglification

Chapter 3 Uglification and Other Forms of Oppression

Chapter 4 Dangerous Uglification

Chapter 5 Future Histories of Reclaiming Ugly

Chapter 6 Surviving Uglification

Chapter 7 Love and Family as Tools against Uglification

Chapter 8 Imagination Is the Ultimate Weapon against Uglification

TARGET AUDIENCE

PRIMARY: Individuals who have experienced fatphobia, homophobia, transphobia, racism, misogyny, other oppression

SECONDARY: Folks interested in intersectional analysis of oppression and changemaking

TERTIARY: Healers, educators, artists

COMP TITLES

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Belly of the Beast/Harrison, Da'shaun L.../TR	9781623175979	8/10/21	North Atlantic Books	\$14.95/\$19.95	10.9k
Love and Rage/Owens, Lama Rod/TR	9781623174095	6/16/20	North Atlantic Books	\$17.95/\$23.95	20.2k
Refusing Compulsory Sexuality/Brown, Sherronda J./TR	9781623177102	9/13/22	North Atlantic Books	\$17.95/\$23.95	3.8k

You Lied to Me About God

A Memoir

JAMIE MARICH, PHD

A courageous, vulnerable, and spellbinding memoir that explores with visceral impact what happens when harm starts at home—and is exalted as God’s will.

For readers of *Unfollow* and *Jesus Land*, *You Lied to Me About God* explores spiritual abuse, intergenerational trauma, and weaponized faith

At nine years old, Jamie Marich asked God to end it all. Doing it herself would be an irrevocable sin: an affront to the church and her father’s God. She prayed instead for the rapture, an accident, a passive death—anything to stop the turmoil of feeling *wrong*: wrong in her body; wrong in her desires; wrong in her faith in a merciful God that could love her wholly as she was.

You Lied to Me About God explores the schisms that erupt when faith is weaponized, when abuse collides with the push-and-pull of a mixed religious upbringing that tells you: no matter which path you choose—no matter what you know in your heart to be true—you’re probably damned.

With resilience, strength, and gut-punching clarity, Marich takes readers through a tumultuous coming-of-age marked by addiction, escapism, spiritual manipulation, misogyny, and abuse. She shares with unflinching detail the complicity of her mother’s silence and the lengths her father went to assert dominance and control over her body, her desires, her identity—and even her eternal soul—“for her own good” and with a side of televangelistic hellfire.

Hitting a breaking point, Marich embarks on pilgrimage: from shrines in Croatia to ashrams in Florida, she reckons with what it means to come home to a faith that heals and accepts her wholly as she is: in her queerness, in her body, and in her deep relationship to an expansive and loving God.

FOR EX-EVANGELICALS AND SPIRITUAL ABUSE SURVIVORS, especially women and LGBTQIA+ readers, looking for stories that offer clarity and healing and mirror their own experiences

FOR READERS OF SPIRITUAL AND FAMILY ABUSE MEMOIRS

GRIPPING FIRST-PERSON STORY OF SPIRITUAL ABUSE that explores trauma, addiction, anti-girl violence, body image, sex, and power

INTERFAITH RESONANCE: Interesting and applicable to readers from different religious and high-demand experiences

AN ULTIMATELY HOPEFUL RECLAMATION and inspiring memoir that shows acceptance, faith, and embodied self-love are possible against all odds

UNPACKS CHRISTIAN CULT DYNAMICS for secular readers who haven’t lived the intersection of power, abuse, misogyny, and bodily control weaponized against women and girls in some sects

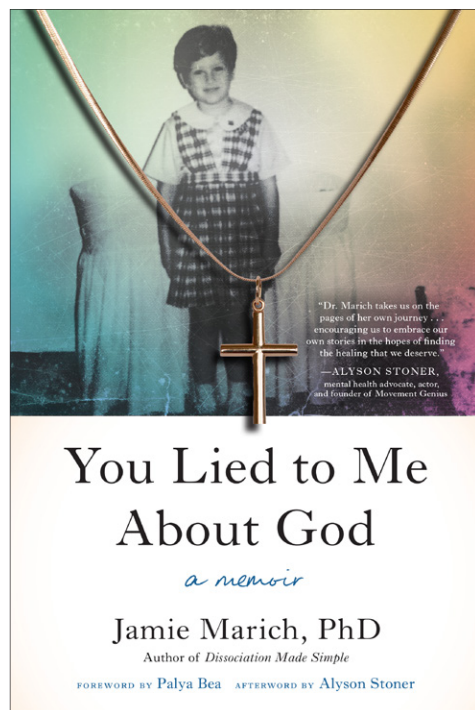
LEADS READERS TO A LOVING SPIRITUALITY—whatever that means to them—that centers acceptance and equanimity

HELPS THE READER RECOGNIZE WARNING SIGNS of cults and high-demand group manipulation

AUTHOR SALES RECORD AND PLATFORM: Marich is a top-selling author for NAB with a significant platform

AUTHOR BIO

JAMIE MARICH, PhD (she/they) speaks internationally on EMDR therapy, trauma, addiction, dissociation, expressive arts, yoga, and mindfulness, and runs a private practice and online training network in her home base of Akron, OH. Marich has written numerous books, notably *Trauma and the 12 Steps: An Inclusive Guide to Recovery* and *Dissociation Made Simple: A Stigma-Free Guide to Embracing Your Dissociative Mind and Navigating Life*. She has won numerous awards for LGBT+ and mental health advocacy, specifically in reducing stigma around dissociative disorders through the sharing of her own lived experience.



You Lied to Me About God

a memoir

Jamie Marich, PhD

Author of *Dissociation Made Simple*

FOREWORD BY Palya Bea AFTERWORD BY ALYSON STONER

ON SALE 10/15/2024
Rights: WORLD
Page Count: 296 Trim Size: 6 x 9
TR: 9798889840442 / \$19.95/\$25.95

BISAC 1: Religion - Christian Living - Spiritual Growth
BISAC 2: Self-Help - Post-Traumatic Stress Disorder (PTSD)
BISAC 3: Biography & Autobiography - LGBTQ+

CONTENTS

- Foreword
- Preface
- Chapter 1 The Wounds of Warfare
- Chapter 2 Roots
- Chapter 3 A Reading from the Book of Wisdom
- Chapter 4 My Body Is Built for Sex
- Chapter 5 More Than We Can Handle
- Chapter 6 The Pilgrimage of Deconstruction and Reconstruction
- Chapter 7 Rewriting the Fairy Tale
- Chapter 8 Divine Mother’s Wisdom
- Chapter 9 I Believe in a Queer God
- Epilogue
- Afterword
- Resources for Each Chapter
- Acknowledgments
- Index
- About the Author

TARGET CONSUMER

PRIMARY: Ex evangelicals, ex Christians, and other survivors of spiritual abuse and cults—particularly queer and femme readers

SECONDARY: Therapists and trauma clinicians working with client populations who have survived spiritual abuse

TERTIARY: Spiritual/queer/feminist memoir readers

Author’s Other Titles	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Trauma 12 Steps Workbook/Marich, Jamie PhD/TR	9781623179328	8/29/23	North Atlantic Books	\$17.95/\$24.95	3.1k
Transforming Trauma Jiu-Jitsu/Marich, Jamie PhD/TR	9781623176150	3/15/22	North Atlantic Books	\$18.95/\$24.95	4.0k



HEALTH & HEALING

Returning Home to Our Bodies

Reimagining the Relationship Between Our Bodies and the World

Practices for connecting somatics, nature, and social change

ABIGAIL ROSE CLARKE

For readers of adrienne maree brown, Staci K. Haines, and Robin Wall Kimmerer

A body-based healing model that interrogates what we've been wrongly taught about hierarchies of nature and the body—and pushes back against the white supremacy, colonialism, patriarchy, and capitalism embedded in modern embodiment practices.

Pushing back against a consumerist, pleasure-centric somatics industry that privileges product over process, Abigail Rose Clarke reminds us that *truly* meaningful embodiment practice nurtures our relationships among self, nature, and community.

Combining the rigor of the scientific method with the poetry and lyricism of movement and somatic studies, Clarke's somatic learning system—The Embodied Life Method—centers the body as a guide through today's most seemingly intractable social and environmental challenges, reclaiming the body as a source of liberatory comfort in times of great uncertainty and yet, possibility.

With tools and practices to help us better understand and dismantle the many ways our bodies are weaponized to serve domination systems, topics covered include:

- Harnessing the vitality of curiosity and experimentation
- Using nature as a guide to possibility
- Embracing the necessity of difference
- Exposing the lie of universal isolation
- Dismantling the fallacy of hierarchy
- Uncovering the truth of endless capacity
- Awe as a driving force for transformation

With methods honed over decades of inquiry, teaching, and practice, *Returning Home to Our Bodies* provides a lucid, body-based model of healing and restoration—one that imagines a world beyond systems of domination, marginalization, and isolation to nurture embodied, whole-community liberation.

FOR READERS OF *THE POLITICS OF TRAUMA, MIRRORS IN THE EARTH, AND PLEASURE ACTIVISM.*

SOMATICS FOCUS: Contributes to a growing demand for body-based stories and healing modalities.

ANTI-OPPRESSIVE LENS: This book explicitly aims to elucidate, and dismantle, the ways our bodies have been weaponized to serve white supremacy, patriarchy, and other dominator systems.

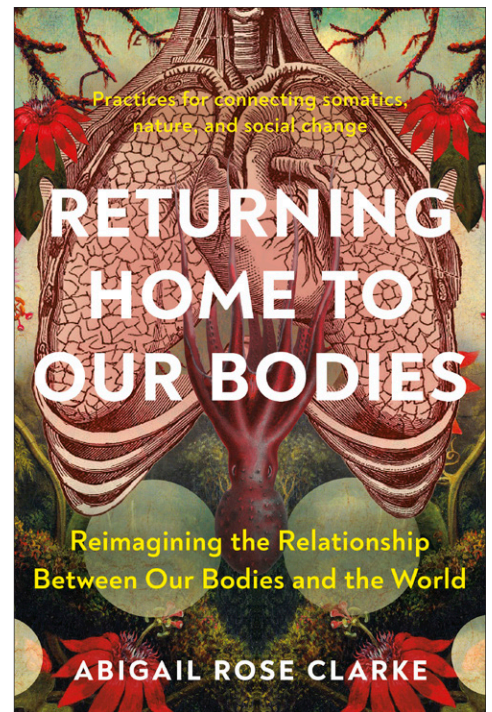
EXPERT AUTHOR: Clarke has a large (and growing) following and a substantial reputation at the crossroads of somatics and justice work.

MULTI-DISCIPLINARY APPROACH: Clarke combines the rigor of the scientific method, in which hypotheses are tested and researched, with the poetry and lyricism of movement and somatic studies.

UNIQUE VOICE AND METHODOLOGY: Introduces The Embodiment of Life Method, developed and refined by Clarke herself.

AUTHOR BIO

ABIGAIL ROSE CLARKE is somatic facilitator who was born in and currently lives in Western Massachusetts. Clarke helps people return to a comfortable relationship with their bodies. She teaches that people can use the inherent wisdom of their bodies to be in direct conversation with creativity and aliveness as a way to dismantle oppressive systems and build generative and deeply relational futures. She utilizes somatics and mindfulness. Clarke works with people ranging from CEOs and Board Directors to schoolteachers and parents. She holds a weekly somatic learning space called Anchor Community. Clarke is the creator of The Somatic Tarot, a method of engaging with the archetype Tarot in ways that are rooted in liberatory practices, as a guide to a healing future. Her work is enormously influenced by her study and practice of Embodyoga®, of which she is a senior teacher, as well as her background in kinesiology and psychology.



ON SALE 1/9/2024
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BISAC 1: Body, Mind & Spirit - Inspiration & Personal Growth
BISAC 2: Health & Fitness - Healing
BISAC 3: Social Science - Activism & Social Justice

CONTENTS

Introduction

- Rooting into the practice of curiosity allows our thinking to branch out in necessary ways
- The risk and importance of being wrong
- How the body and somatics can keep us grounded in possibility while liberating us from the need to be right or the fear of being wrong

Part 1: The romantic body

- The body as a guide to dismantle dehumanizing systems. Nature as a guide to what is possible.
- The somatics of trees: learning from the natural world
- Gravity’s affect on the skeletal system as a model of the strength in fluidity and the risk of rigidity
- Physical structure as relational and adaptive rather than prescriptive

Part 2: A rainbow of tones.

- Tension and separation, as necessary difference
- The mind of movement
- How this influences our work towards a healing future

Part 3: Lies of isolation

- Anatomy vs Somatics: parts vs whole
- Whole as generative
- Understand the parts to live in the whole
- Queer theory of the mesentery, and mesentery/belly organs as a model of community wholeness

Part 4: Cellular communication

- Cellular biology is cellular communication
- Without boundaries and differentiation, there is no community
- Interdependence requires space and individuation
- Skin and membranes as teachers of healthy, generative, and permeable boundaries

Part 5: The fallacy of hierarchy

- The body offers a model of non-linear, supportive community
- Cellular respiration as an example of mutual aid, and what might exist beyond hierarchical systems

Part 6: The myth of endless capacity

- The heart beat as a guide to rest
- The breathing diaphragm, pericardium, and breath cycle as models of reciprocal support

Part 7: Awe as a driving force

- Giving attention to what inspires
- Processes to rehydrate our innate curiosity, supported by neuroplasticity research
- Awe changes relationships, and culture is a collection of relationships
- Envisioning a culture rooted in awe and engaged curiosity

TARGET CONSUMER

PRIMARY: Readers seeking to better understand, harness, and transform their bodies in harmony with broader justice-minded movements.

SECONDARY: Somatic practitioners seeking to enhance their methods, tools, and techniques with an expanded anti-oppressive awareness.

TERTIARY: Social-change activists interested in politics of the body and the ways it’s been colonized to support forces of domination.

ANCILLARY: Readers seeking biomimicry and nature-based solutions to heal our bodies and communities.

COMP TITLES

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Politics of Trauma/Haines, Staci K./TR	9781623173876	11/19/19	North Atlantic Books	\$19.95/\$25.95	11.3k
Stalking Wild Psoas/Koch, Liz/TR	9781623173159	5/7/19	North Atlantic Books	\$19.95/\$25.95	3.0k
Mirrors in the Earth/Suler, Asia/TR	9781623176914	6/28/22	North Atlantic Books	\$19.95/\$25.95	7.8k

The Herbal Doula

Plant Medicine for Fertility, Community Care, and Birthwork

An inclusive guide from conception to postpartum

MARIE WHITE

A modern, inclusive guide to plant-based reproductive medicine: herbal remedies and collective care for conception, pregnancy, birth, postpartum, and beyond

30+ herbal protocols and preparations for morning sickness, fertility, and postpartum healing

Herbal medicines are effective for a host of pregnancy and birth-related concerns. From nausea and mastitis to c-section wounds and fertility assistance, all-natural remedies can be used safely and effectively—and can even amplify the positive outcomes of conventional reproductive medicine treatments. Yet many women and birthing people don't know where to start, or how to find reliable information that's vetted, trustworthy, and—most importantly—safe for their fertility, babies, and babies-to-be.

The Herbal Doula demystifies herbal reproductive care, offering open and expert guidance in being your own budding fertility, conception, and pregnancy doula—or supplementing your existing care plan with your midwife, doula, or physician. Practical chapters explore:

- Herbs for fertility, infertility, and inclusive conception
- Herbal remedies for common pregnancy side effects like nausea, heartburn, constipation, hemorrhoids, edema, UTIs, fatigue, and prenatal mood swings
- Miscarriage, abortion, and caring for yourself after pregnancy loss
- Herbs for the fourth trimester: perineal injuries, C-section wounds, breast care, and postpartum depression
- Herbal approaches to breastfeeding and chestfeeding: increasing and decreasing milk supply, plugged ducts, and mastitis
- How, when, and when *not* to use herbs while pregnant and breastfeeding
- How to source, store, and use herbs safely
- Care and herbal medicine for doulas and birthworkers
- A doula's essential *materia medica*

While many traditional herbals rely on outdated gender norms, classist assumptions, or problematic standards of care, *The Herbal Doula* is written for readers of all genders and body types, approaching herbal care with a HAES (health at every size) lens. It celebrates herbal pregnancy and birth work as collective care, recognizing chosen family, disability dignity, and the importance of daily practice in a guide you'll return to again and again throughout any and all stages of your journey.

FOR CLINICAL HERBALISTS AND BIRTH WORKERS

FOR DIY NATURAL MEDICINE AND BUDDING HERBALISTS

INCLUSIVE AND COLLECTIVE CARE: Queer-friendly, body-neutral, and written with the recognition that pregnancy and postpartum care should be supportive and individualized

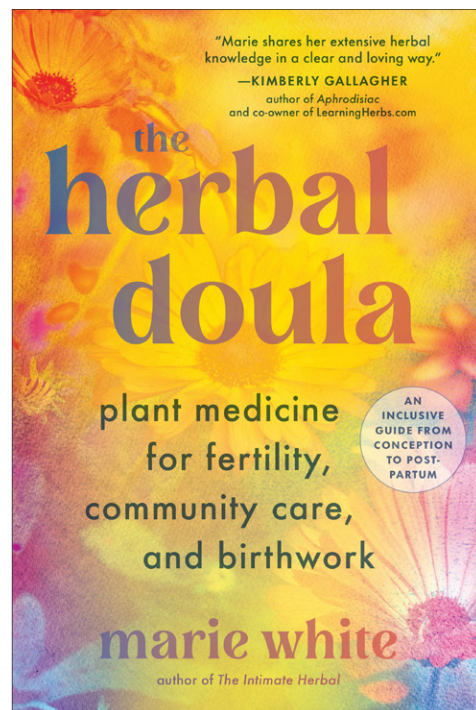
COMPREHENSIVE, ACCESSIBLE, AND ENGAGING: Covers major and common concerns related to pregnancy, fertility, breast/chestfeeding, and the fourth trimester

NOT YOUR AUNTIE'S HERBAL: Competitive titles feel outdated at best, stale and tired at worst, and many don't reflect the attitudes, concerns, and cooler ethos of herbalism in the 21st century. This book covers abortion, queerception, and other need-to-know info that other "women's health" herbal classics don't offer

ENTRUSTS AND EMPOWERS BIRTHING PEOPLE as the experts on their own bodies and experiences; democratizes and decolonizes traditional herbal medicine that's become commodified and gatekept

SUPPLEMENTS VS. SUPERSEDES: Advocates a personal approach and is designed to be used alongside—not in place of—your existing healthcare provider and birth plan

MEETS A MARKET NEED, FILLS A WELLNESS GAP: Most people of childbearing age incorporate at least one herbal product into their wellness routine, yet doula curricula typically don't include guidance on how to safely and effectively use medicinal herbs



AUTHOR BIO

MARIE WHITE is an herbalist with more than ten years of experience in the field. Her writing has appeared in dozens of publications, and she has collaborated with herbal brands and organizations in the realm of herbal medicine and wellness. As an organizer and health advocate, Marie has led many workshop series and offered one-on-one herbal consultations. She has written over 150 herbalism and health-focused pieces and profiles, collaborating with leaders and organizations across Canada and the US. Marie co-created and delivered online herbal courses that have sold to thousands of students, along with teaching in-person workshops on plant medicine and nature-based herbal practices from a radically inclusive lens.

<p>ON SALE 9/17/2024 Rights: WORLD Page Count: 240 Trim Size: 6 x 9 TR: 9781623179427 / \$19.95/\$25.95</p>	<p>BISAC 1: Health & Fitness - Fertility & Infertility BISAC 2: Health & Fitness - Herbal Medications BISAC 3: Health & Fitness - Women's Health</p>
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CONTENTS

- Introduction: About The Herbal Doula
- Chapter 1: Foundations of Doula Herbalism
- Chapter 2: Herbal Basics
- Chapter 3: Fertility and Conception
- Chapter 4: Miscarriage and Abortion
- Chapter 5: Pregnancy and Birth
- Chapter 6: Postpartum (The Fourth Trimester)
- Chapter 7: Breastfeeding
- Chapter 8: Baby and Child Care
- Chapter 9: Herbal Medicine for Doulas and Birthworkers
- Chapter 10: Doula Herbalism Materia Medica
- Chapter 11: Recipes
- Acknowledgments
- Notes
- Bibliography
- Index
- About the Author

TARGET CONSUMER

PRIMARY: Herbalists of varying levels (from beginner to professional). Audience skews progressive; this book takes an inclusive approach.

SECONDARY: Natural-health enthusiasts and pregnant/postpartum people looking for holistic or integrative resources to complement and enhance their existing healthcare/birth plans

Author's Other Titles	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
The Intimate Herbal/White, Marie/TR	9781623176631	6/14/22	North Atlantic Books	\$18.95/\$24.95	2.8k

The Land in Our Bones

Plantcestral Herbalism and Healing Cultures
from Syria to the Sinai—Earth-based pathways to
ancestral stewardship and belonging in diaspora

LAYLA FEGHALI

A profound and searching exploration of the herbs and land-based medicines of Lebanon and Cana'an—a vital invitation to re-member our roots and deepen relationship with the lands where we live in diaspora

Tying cultural survival to earth-based knowledge, Lebanese ethnobotanist, sovereignty steward, and cultural worker Layla K. Feghali offers a layered history of the healing plants of Cana'an (the Levant) and the Crossroads ("Middle East") and asks into the ways we become free from the wounds of colonization and displacement.

Feghali remaps Cana'an and its crossroads, exploring the complexities, systemic impacts, and yearnings of diaspora. She shows how ancestral healing practices connect land and kin—calling back and forth across geographies and generations and providing an embodied lifeline for regenerative healing and repair.

Anchored in a praxis she calls Plantcestral Re-Membrance, Feghali asks how we find our way home amid displacement: How do we embody what binds us together while holding the ways we've been wrested apart? What does it mean to be *of a place* when extraction and empire destroy its geographies? What can we restore when we reach beyond what's been lost and tend to what remains? How do we cultivate kinship with the lands where we live, especially when migration has led us to other colonized territories?

Recounting vivid stories of people and places across Cana'an, Feghali shares lineages of folk healing and eco-cultural stewardship: those passed down by matriarchs; plants and practices of prenatal and postpartum care; mystical traditions for spiritual healing; earth-based practices for emotional wellness; plant tending for bioregional regeneration; medicinal plants and herbal protocols; cultural remedies and recipes; and more.

The Land in Our Bones asks us to reclaim the integrity of our worlds, interrogating colonization and defying its "cultures of severance" through the guidance of land, lineage, and love. It is an urgent companion for our times, a beckoning call towards belonging, healing, and freedom through tending the land in your own bones.

FOR SWANA DIASPORA READERS looking to reconnect with their roots, ancestral wisdom, and cultural practices.

FOR HERBALISTS AND PLANT-BASED HEALERS looking for a deep and comprehensive survey of Earth-based medicines.

COMPREHENSIVE HEALING PRACTICES: For the individual and the collective tending wounds of colonialism and empire. Covers herbs, plants, medicinal foods, mystical healing practices, ancestral connections, relating to many homes, and more.

POETIC AND BEAUTIFULLY WRITTEN: Feghali's writing style wraps you up and transports you. It's an evocative, sensorial experience.

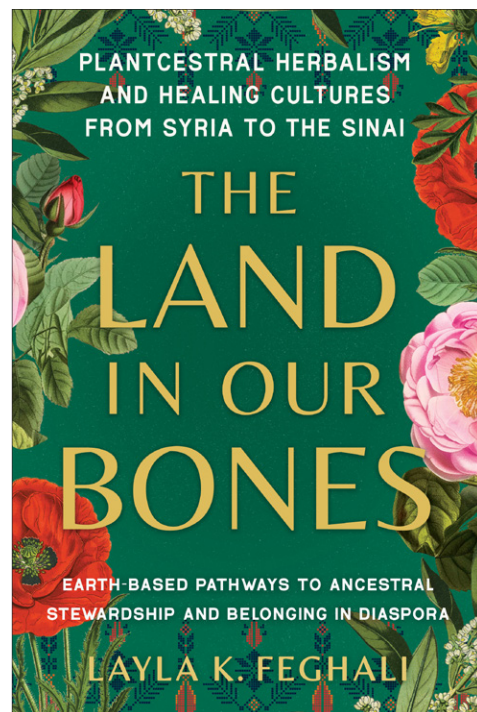
THIRD CULTURE EXPERIENCE: Speaks directly to readers straddling the cultures, practices, and traditions of their ancestors and those of their current homes.

SPEAKS TO GRIEF and honors the complex and nuanced loss that comes with displacement and diaspora.

PLANT-BASED KNOWLEDGE that will be enriching and valuable to any herbalism reader.

AUTHOR BIO

LAYLA K. FEGHALI is a cultural worker and folk herbalist who lives between her ancestral village in Lebanon, and California, where she was raised. Feghali's work is about restoring relationships to earth-based ancestral wisdom as an avenue towards eco-cultural stewardship, healing, and liberation. Feghali's methods emphasize plants of place and lineage. Her company, River Rose Re-membrance, features a line of plantcestral medicine, education, and other culturally-rooted offerings. It also hosts the Ancestral HUB, an online space for the cross-pollination of ancestral knowledge across diasporic and home communities from Southwest Asia and North Africa. Feghali has formal certifications and colloquial training in numerous herbal, therapeutic, cultural, and traditional practices for over a decade. Amongst which, she also supports birth-tending processes, and is a certified teacher of Embody-Birth™/BellydanceBirth®. Feghali builds on a background in movement building, and a MSW, in which she specialized in cultural interventions for addressing trauma and grief.



ON SALE 2/13/2024
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Page Count: 368 Trim Size: 6 x 9

BISAC 1: Health & Fitness - Herbal Medications
BISAC 2: Social Science - Cultural & Ethnic Studies - Middle Eastern Studies
BISAC 3: Nature - Regional

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PART I: TRACING ROOTS, TENDING FUTURES

- Chapter 1 Re-Membering the Crossroads
- Chapter 2 Plantcestral Re-Membrance

PART II: FOOD IS OUR MEDICINE, LOVE IS OUR MEDICINE

- Chapter 3 Tending “Weeds”
- Chapter 4 Man’oushet Za’atar: Street Food Staples
- Chapter 5 Floral Foods
- Chapter 6 Fruit of the Tree
- Chapter 7 Zeitoon, Tree of Life

PART III: MATRIARCHAL MEDICINES: TENDING THE LIFE IN FRONT OF US

- Chapter 8 Birth Is a Sacred Threshold

Chapter 9 Postpartum Protocols for the Nafseh

- Chapter 10 Raqs Baladi: A Spiritual and Somatic System of Health
- Chapter 11 Wayfinding

Chapter 12 Holy Archetypes of the Mother and Their Plantcestral Legacies

PART IV: SOUL MEDICINE AND THE RITUAL OF BELONGING

- Chapter 13 Rouhaniyat: Mystical Traditions and Elemental Healing Lineages
- Chapter 14 Country of the Living: Arz Libnan
- Chapter 15 The Ritual of Belonging

Meaningful Language Glossary

Herbal Actions Glossary

TARGET CONSUMER

PRIMARY: Millennial and Gen-Z Canaan/Lebanese/SWANA diaspora readers with interests in connecting to their roots; ancestral healing; place-based wisdom traditions; and herbalism/food/plant medicine.

SECONDARY: Herbalism readers and plant-medicine practitioners of different backgrounds, specifically those living in diaspora.

TERTIARY: Herbalism and plant medicine readers broadly. Readers interested in SWANA history.

COMP TITLES

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Fresh Banana Leaves/Hernandez, PH.D., Je.../TR	9781623176051	1/18/22	North Atlantic Books	\$17.95/\$23.95	17.5k
The Intimate Herbal/White, Marie/TR	9781623176631	6/14/22	North Atlantic Books	\$18.95/\$24.95	1.1k
Ashkenazi Herbalism/Cohen, Deatra/TR	9781623175443	4/6/21	North Atlantic Books	\$24.95/\$33.95	9.1k
Mirrors in the Earth/Suler, Asia/TR	9781623176914	6/28/22	North Atlantic Books	\$19.95/\$25.95	8.0k

Whole Medicine

A Guide to Ethics and Harm-Reduction for Psychedelic Therapy and Plant Medicine Communities

Preparing leaders and seekers to set boundaries, share power, and navigate consent

REBECCA MARTINEZ

A comprehensive framework for ethical psychedelic medicine—a guide for therapists, trip sitters, and anyone concerned about upholding boundaries and safety in the entheogen and plant medicine community

Psychedelic advisor Rebecca Martinez lays out the groundwork for an ethical approach to 21st-century psychedelic therapy. Applying a social-justice lens to entheogenic practice, Martinez provides practical guidance for psychedelic sitters, advocates, explorers, and those practicing (or learning to practice) licensed psychedelic therapy.

As psychedelics become a more accessible pathway to healing, how do practitioners—and seekers—navigate complex issues in a wide range of settings? Here, you'll learn skills like:

- Understanding consent and boundaries
- Building safe and ethical psychedelic experiences
- How to integrate the cultural and historical contexts of plant medicines
- Considering the psychological risks and benefits of psychedelic therapy
- How to apply a social-justice lens to entheogenic healing

Martinez also discusses how, in many corners of the psychedelic community, an overemphasis on positivity can overwhelm attempts to challenge abuses of power; dismantle internalized hierarchies; and acknowledge and integrate our own flaws and traumas.

An essential guide for any psychedelic therapist, entheogenic guide, or mind-expanding medicine enthusiast, *Whole Medicine* brings much-needed conversations about ethics, boundaries, and informed use out of the shadows for better, safer, community-centered psychedelic healing.

FOR PSYCHEDELIC THERAPISTS, HEALERS, and USERS: Designed to be in healing contexts; includes everything you need to know to create successful and ethical psychedelic healing experiences

FILLS A GAP: There are currently no books on the why and how of creating and respecting boundaries within psychedelic therapy work.

PSYCHEDELIC GUIDE, UPDATED: Meets the growing needs of psychedelic users and therapists—not your 1970's guide.

BOUNDARIES, ETHICS, AND SAFER USE: Discusses key issues that have long been whispered about, but not openly addressed in books.

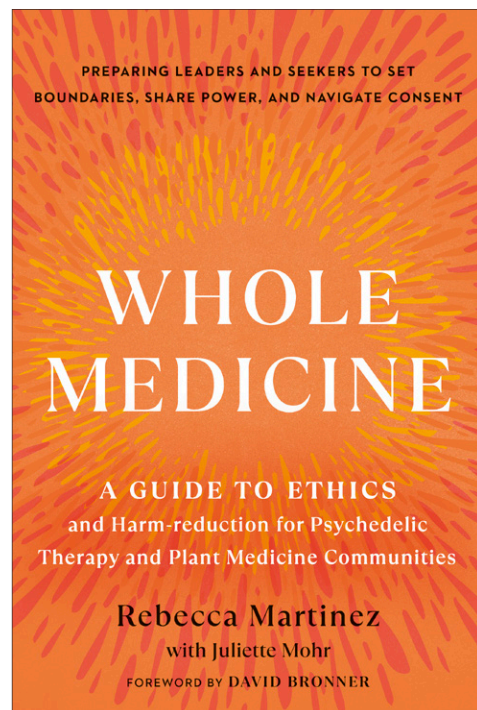
RESPONSIVE TO COMMUNITY NEED: With podcasts like NY Mag's *Cover Story* exposing the underbelly of psychedelic therapy, the community needs (and has asked for) resources on safe, ethical, boundary-respecting psychedelic use

RESTORATIVE JUSTICE: Calls perpetrators of psychedelic therapy abuse to account in a way that leads to real, enduring change

EXPERT AUTHOR: Martinez is a psychedelic advisor, speaker, and community leader with deep roots in the psychedelic therapy space. She was involved in the formation of Oregon's Measure 109's psilocybin services framework.

AUTHOR BIO

REBECCA MARTINEZ is a Xicana writer, community organizer, and social entrepreneur who from and lives in Portland, Oregon. Martinez explores the intersections between collective healing, systems design, and expanded states of consciousness. She is a student of transformative justice, Emergent Strategy, Somatic Abolitionism, and regenerative landscape design. She is the Founder and Executive Director of Alma Institute, a nonprofit educational institution that equips students from marginalized communities to become legal psilocybin facilitators. She's a Co-Founder of Fruiting Bodies Collective and a staff member of the Measure 109 campaign which produced the Psilocybin Services Act, the first-ever state program to provide community-based, legal access to psilocybin services. Martinez is an advisor to the American Psychedelic Practitioners Association, the National Psychedelics Association, and the Plant Medicine Healing Alliance. She is a voice on psychedelic justice and has been featured in *Business Insider*, *STAT News*, *Lucid News*, and *Psychedelics Today*.



ON SALE 1/16/2024
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BISAC 1: Body, Mind & Spirit - Entheogens & Visionary Substances
BISAC 2: Psychology - Psychotherapy - General
BISAC 3: Health & Fitness - Alternative Therapies

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Chapter 1 Introduction	Chapter 8 Pacing
Chapter 2 Inner Work	Chapter 9 Consent
Chapter 3 Discernment	Chapter 10 Presence
Chapter 4 Community	Chapter 11 Accountability
Chapter 5 History	Chapter 12 Hope
Chapter 6 Shadow	Chapter 13 Conclusion
Chapter 7 Power	Chapter 14 References

TARGET CONSUMER

PRIMARY: Psychedelic therapists looking for practical, up-to-date resources on ethics, boundaries, and safer use

SECONDARY: Seekers of psychedelic therapy

TERTIARY: Trauma-informed therapists and clinicians working with survivors of psychedelic/sexual abuse

COMP TITLES

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Consciousness Medicine/Bourzat, Françoise/TR	9781623173494	6/25/19	North Atlantic Books	\$17.95/\$23.95	13.3k
Trauma 12 Steps Rev/Marich, Jamie/TR	9781623174682	7/07/20	North Atlantic Books	\$18.95/\$24.95	9.8k



PSYCHOLOGY

The Dissociation Made Simple Flipchart

A Visual Guide for Clinicians Working with Dissociative Clients—Addresses dissociation as a symptom of CPTSD, OSDD, DID, and trauma

JAMIE MARICH, PHD

An essential resource for psychologists, therapists, and clinicians to help clients understand dissociation, make sense of their parts, and visualize depersonalization and derealization—a stigma-free guide from the bestselling author of *Dissociation Made Simple*

An interactive dry-erasable tool for use with clients with dissociative identity disorder (DID), complex trauma, PTSD, and dissociative disorders not otherwise specified (DDNOS)

This easy-to-use, dry-erasable flip chart helps therapists break down the basics of dissociation: what it is, why it happens, and how it can be understood—and embraced—as a key part of your client's healing journey.

The full-color *Dissociation Made Simple Flipchart* builds on Jamie Marich, PhD's, bestselling book and expands your clinical toolkit. Designed to be interactive and user-friendly in-session, it offers easy-to-understand definitions, unique client-centered exercises, flexible language options, and visual activity pages thoughtfully illustrated to meet the needs of clients with different learning styles.

Use the Flipchart with clients to:

- Understand—and go beyond—dissociation and trauma 101
- Show how trauma acts on the body and brain
- Demystify terms like “parts,” “system,” and “alter”
- Build their “safe-enough” harbor
- Relate to real-life examples from people with dissociative experiences
- Understand treatment options and different approaches to dissociative symptoms
- Practice techniques for grounding, anchoring, settling, and mindfulness
- Do interactive activities like mapping their parts
- Challenge myths, biases, and stigma
- Learn about their dissociative tendencies—and discover what helps them return to the present moment

For use with clients with trauma-related dissociation, dissociative identity disorder, DDNOS, and more, the Flipchart is a compassionate and invaluable clinical resource that helps you explore complex concepts with ease—demystifying dissociation and providing a roadmap to understanding, agency, and empowerment.

FOR TRAUMA THERAPISTS AND CLINICIANS WHO TREAT DISSOCIATION, PTSD, C-PTSD, Dissociative Identity Disorder, and other conditions with dissociative symptoms

UNIQUE TOOL: First-to-market dissociation flip chart; interactive activities

DISSOCIATION ON THE RISE: Conditions with dissociation like DID and C-PTSD are being diagnosed more frequently, and clinicians need tools to keep up

REUSABLE: Dry-erasable pages so therapists can use it again and again

EASY TO USE: Helps therapists clarify complex concepts to clients

PROVEN SALES RECORD: Nearly 10K copies of *Dissociation Made Simple* sold in 6 mos.

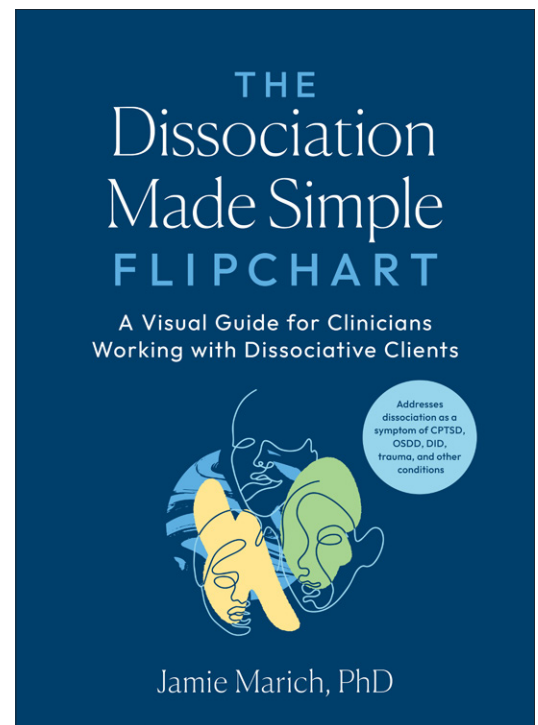
STIGMA-FREE, SHAME-FREE: Helps clients relate to their dissociation without judgment; shares practical coping tools without denigrating their conditions

ADAPTED FROM LEADING BOOK: Expands on the first and most successful book of its kind for client education

FULL-COLOR VISUAL AID with activities and new ways to understand tricky concepts

AUTHOR BIO

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



ON SALE 6/4/2024 RIGHTS: WORLD NT: 9798889840299 / \$25.95/\$34.95 Page Count: 44 Trim Size: 9 x 12-1/2	BISAC 1: Psychology - Psychopathology - Dissociative Identity Disorder BISAC 2: Psychology - Psychopathology - Post-Traumatic Stress Disorder (Ptsd) BISAC 3: Psychology - Clinical Psychology
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TARGET CONSUMER

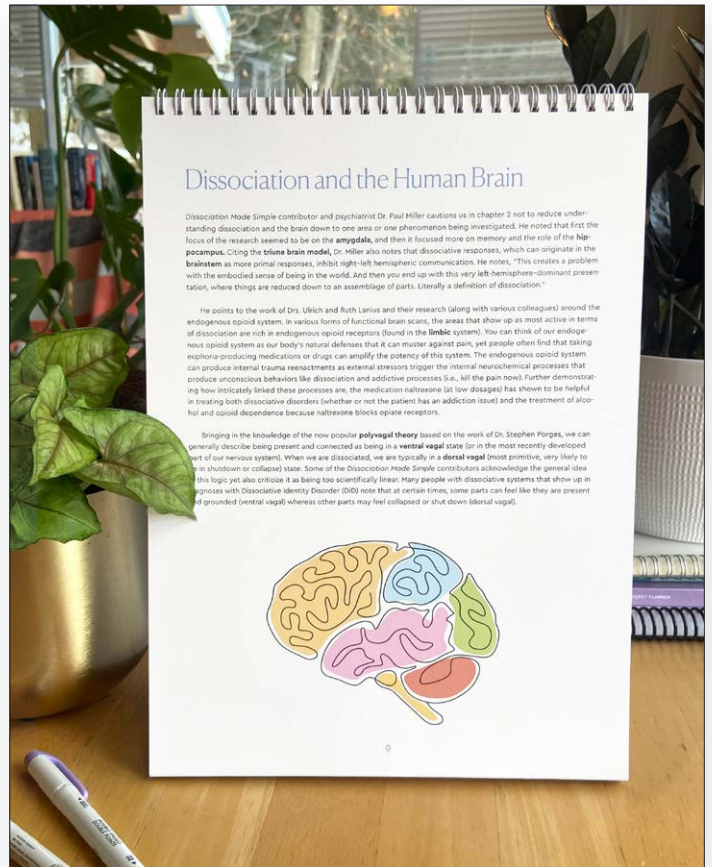
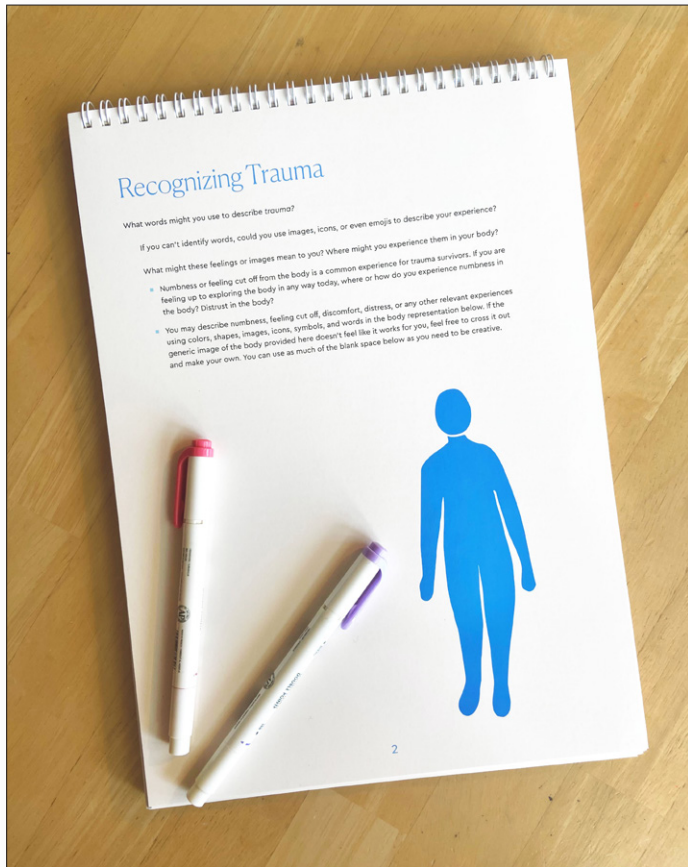
PRIMARY: Clinicians who specialize in working with clients who have dissociative conditions like DID and PTSD

SECONDARY: Mental health clinicians who work with clients who experience symptoms of dissociation, derealization, and depersonalization

TERTIARY: Teaching tool and/or self-help reference for people with DID or other dissociative disorders

COMP TITLES

Author's Similar Titles	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Dissociation Made Simple/Marich, Jamie Phd/TR	9781623177218	1/10/23	North Atlantic Books	\$17.95/\$23.95	7.8k
Trauma 12 Steps Workbook/Marich, Jamie Phd/TR	9781623179328	8/29/23	North Atlantic Books	\$15.95/\$21.95	1.2k
Trauma 12 Steps Rev/Marich, Jamie/TR	9781623174682	7/7/20	North Atlantic Books	\$18.95/\$24.95	9.8k
Author's Other Titles	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Transforming Trauma Jiu-Jitsu/Marich, Jamie Phd/TR	9781623176150	3/15/22	North Atlantic Books	\$18.95/\$24.95	2.5k



Climate, Psychology, and Change

Reimagining Psychotherapy in an Era of Global Disruption and Climate Anxiety

STEFFI BEDNAREK

28 leading psychologists, therapists, and mental-health healers reflect on the potential—and necessity—of adapting clinical care in response to the climate crisis

With essays from Francis Weller, Bayo Akomolafe, Hāweatea Holly Bryson, and more

As the devastating impacts of the climate crisis become clear, therapists and mental-health workers are increasingly finding it necessary to integrate a response to global environmental collapse into their work with clients. Weather chaos, wildfires, heat waves, the loss of biodiversity, flash floods, and other indicators of extreme global disruption are contributing to “climate anxiety” in many of us—and in the process, exacerbating existing mental-health issues. With so many immediate and intensifying crises unfolding around us, how can therapists adapt to promote healing and growth?

Climate, Psychology, and Change brings together a diverse group of psychologists and mental-health healers calling for a sea change in the field. In this provocative and necessary collection, editor Steffi Bednarek, a psychotherapist specializing in climate psychology, suggests that what is needed is “a regenerative disturbance to the commons of our profession”—an urgent and insistent call to action, but one that is also profoundly hopeful about our potential for positive change.

Within Western paradigms, psychotherapy has been seen as a way to bring a distressed person back within the realm of the “familiar”—but when the “familiar” or the dominant norms of a society are actively contributing to global destruction, we need to fundamentally reconsider this approach. We can no longer think of therapeutic practice as bringing clients back to a baseline “normal”; rather, we need to help others—and ourselves—navigate an unknown future with skill and grace, building resilience for the struggles we can clearly see unfolding before us.

Adopting a holistic and intersectional lens, the essays here address the historical relationships between psychology as a discipline and underlying structures (such as colonialism and capitalism) driving many of our current global crises. Conversations between Indigenous healers and Western psychotherapists reflect on what a decolonization of the field might look like, and how psychologists might reframe and re-vision its essential frameworks and tools.

Other chapters dig into what psychologists have to offer the struggle for social and climate justice, such as using therapeutic tools for responding to trauma; identifying patterns in unhelpful responses to climate emergency (denial; numbness; despair); and fostering the resilience in individuals and communities that is necessary to be able to work toward creative solutions to the complex and intersecting crises we face today.

FOR PSYCHOLOGISTS AND THERAPISTS committed to social and climate justice, who want to improve their ability to support individual clients as well as to feel they’re doing their part to act in the face of global crisis

A PROVOCATIVE AND FAR-REACHING ARGUMENT for the entire field—a much needed taking-of-stock that will shift therapists’ understanding of their role as healers in the climate crisis

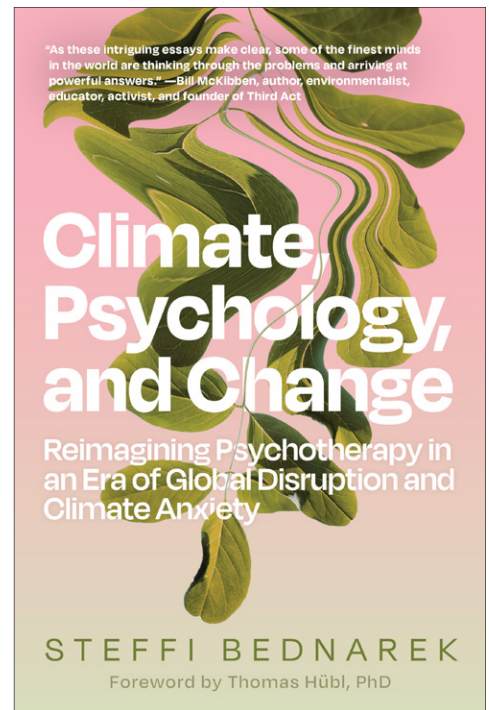
Engages in **OF-THE-MOMENT** cultural and disciplinary discourse around trauma, and especially interest in the potential for post-traumatic growth (rather than returning to an imagined earlier state of ‘normality’)

NOTABLE CONTRIBUTORS AND ENDORSEMENTS from Satish Kumar, Fritjof Capra, and Bill McKibben; includes contributions from notable authors and activists such as Francis Weller (*The Wild Edge of Sorrow*), Bayo Akomolafe (*These Wilds Beyond Our Fences*), Rosemary Randall (*Living with the Climate Crisis*, Climate Psychology Alliance), Thomas Hübl (*Healing Collective Trauma*), and Malika Virah-Sawmy (Sensemakers Collective).

SUPPLEMENTAL VIDEO CONTENT: Each chapter, written by a different leader in the field, will also be spun out into a webinar featuring notable guests and experts in that subject area, with space for readers to actively engage and discuss the topic

AUTHOR BIO

STEFFI BEDNAREK is a gestalt psychotherapist, trauma therapist, and climate psychologist. Her work explores the interface between climate change and mental health. With twenty-five years of experience in depth psychology, complexity thinking, climate psychology, and grief tending, Bednarek has worked for national governments and global institutions to prepare leaders and organizations for the psychological dimension of climate change in decision-making processes. Her work has been featured in the *Huffington Post*, BBC, David Milliband’s “Reasons to be cheerful” podcast and numerous international publications. She is the co-founder of “Explorations into Climate Psychology” journal and an associate member of the American Psychological Association’s climate change group.



<p>ON SALE 6/18/2024 Rights: WORLD TR: 9798889840817 / \$19.95/\$25.95 Page Count: 262 Trim Size: 6 x 9</p>	<p>BISAC 1: Psychology - Psychopathology - Post-Traumatic Stress Disorder (Ptsd) BISAC 2: Science - Global Warming & Climate Change BISAC 3: Psychology - Emotions</p>
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Overview	Chapter 5 Collective Trauma, Fragmentation, and Social Collapse
Opening Dialogue: Psychotherapy in a Time When the Familiar Is Dying	Climate Change, Fragmentation, and Collective Trauma: Bridging the Divided Stories We Live By
<i>Bayo Akomolafe, Steffi Bednarek, Mary-Jayne Rust, Sally Weintrobe, and Francis Weller</i>	<i>Steffi Bednarek</i>
Chapter 1 From Individual Lens to Cultural Derangement	Four Lectures for the Kyiv Gestalt University in a Time of War
Transcontextual Reflections on Therapy	<i>Peter Philippon</i>
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<i>Chris Robertson</i>	Chapter 6 Personal Journey: From the Consulting Room into the World
Chapter 2 Inviting the State of the World into the Consulting Room	Moving Out of the Clinic Space: Intertwining Psyche, Community, and World
Why Aren't We Talking about Climate Change? Defenses in the Therapy Room	<i>Sally Gillespie</i>
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Chapter 4 Unlearning Anthropocentrism and Decentering the Human	<i>Steffi Bednarek and Bec Davison</i>
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Psychotherapy, Anthropocentrism, and the Family of Things	Tending Grief, Together

TARGET CONSUMER

PRIMARY: Psychologists, therapists, and counselors
 SECONDARY: Academic markets; potential for course adoption / library sales in psychology as well as interdisciplinary programs (critical theory, ecology, etc.)
 TERTIARY: Therapy clients and laypeople interested in psychology
 ANCILLARY: Ecologists, environmental activists; readers of *The Wild Edge of Sorrow*

COMP TITLES

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Climate Resilience/Flanagan, Kylie/TR	9781623179021	8/1/23	North Atlantic Books	\$19.95/\$25.95	1.0k
Fresh Banana Leaves/Hernandez, PH.D., Je.../TR	9781623176051	1/18/22	North Atlantic Books	\$17.95/\$23.95	17.5k
Practical Guide Dev Trauma/Heller, Laurence Phd/TR	9781623174538	7/26/22	North Atlantic Books	\$24.95/\$33.95	7.0k

Somacultural Liberation

An Indigenous, Two-Spirit Somatic Guide to Integrating Cultural Experiences Toward Freedom

ROGER KUHN, PHD

Two-Spirit Indigiqueer psychotherapist and cultural theorist Dr. Roger Kuhn illuminates the ways our bodies offer portals to our own liberation.

Experience somacultural liberation: A revolutionary ideology to explore how our bodies offer portals to personal and collective freedom.

What role does dominant culture play in how we experience the sensations, thoughts, feelings, and deeper existential mysteries of our bodies?

Dr. Roger Kuhn, a Poarch Creek Two-Spirit Indigiqueer activist, artist, sex therapist, and somacultural theorist, believes that Two-Spirit people hold a unique perspective—and that viewing our bodies through a somacultural lens can help us better understand how dominant culture informs and, all too often, misinforms our relationship to it.

Somacultural liberation is an embodied practice that helps people connect with the intersections of their identity. Kuhn's revolutionary mode of inquiry illuminates the full impact of our cultural reality in shaping both our individual and shared sense of self.

The history and experiences of Native American peoples and those who identify as Two-Spirit offer the reader a path to access the full brilliance of their body. Including growth work activities, cultural assessment exercises, mindfulness practices, and nervous system regulation techniques, *Somacultural Liberation* provides readers with the tools and skills needed to transcend any challenges they may face in their lives.

Straddling colonial imposition and tribal significance, Two-Spirit identity offers a powerful decolonizing framework to achieve freedom and navigate the toxic systems of domination that impose upon the precious truth of who we are.

FOR INDIGENOUS 2S READERS: Introduces practices and theory grounded in Native American Two-Spirit identity and experience.

FOR READERS LOOKING FOR EMBODIMENT RESOURCES, including somatic therapists, embodiment practitioners, and readers of queer and Native American theory.

FOR READERS OF *Refusing Compulsory Sexuality*, *Fat Girls in Black Bodies*, *Belly of the Beast*, *Love and Rage*, and *The Body Is Not an Apology*.

PROMPTS AND EXERCISES: Practical offerings throughout, including an exercise based upon understanding one's positionality (identity) and additional somatic and mindfulness-based exercises to help people drop into and connect with their experiences.

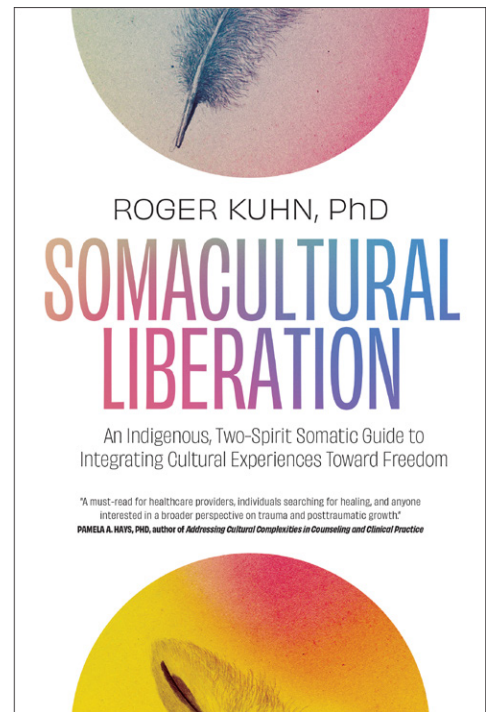
UNIQUE LENS: Author introduces a new original theory to an ongoing discussion.

EXPERT AUTHOR: Speaks into the space of decolonizing our bodies and minds, from the perspective of a highly credentialed queer BIPOC therapist.

TIMELY SUBJECT: Furthers literature on Indigeneity as a worldview, cosmology, and culture, while bridging somatics and social justice.

AUTHOR BIO

Roger Kuhn, PhD is a Poarch Creek Two-Spirit Indigiqueer soma-cultural activist, artist, sex therapist, and sexuality educator. Roger's work explores the concepts of decolonizing and unsettling sexuality and focuses on the way culture impacts and informs our bodily experiences. In addition to his work as a licensed psychotherapist, Roger is a board member of the American Indian Cultural Center of San Francisco, a board member and community organizer of the Bay Area American Indian Two-Spirit powwow, a board member of the American Association of Sexuality Educators, Counselors, and Therapists, and a member of the LGBTQ+ Advisory Committee of the San Francisco Human Rights Commission. In 2022, Roger was featured in the Levi's Pride campaign. His writing appears in publications from North Atlantic Books, Anthem Press, and Yellow Medicine Review. He has released five independent music albums. Kuhn lives in Guerneville, CA.



ON SALE 2/6/2024
Rights: WORLD
TR: 9781623178826 / \$19.95/\$25.95
Page Count: 208 Trim Size: 6 x 9

BISAC 1: Social Science - Indigenous Studies
BISAC 2: Psychology - Psychotherapy - General
BISAC 3: Social Science - LGBTQ+ Studies - General

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 Chapter 3 LIBERATION

Chapter 4 HOW WE KNOW WHAT WE KNOW
 Chapter 5 WHAT IS TWO-SPIRIT?
 Chapter 6 SOMACULTURAL LIBERATION
 CONCLUSION: RETURNING TO OURSELVES

TARGET CONSUMER

PRIMARY: Indigenous 2S and QTBIPOC readers seeking a framework and practice for mind-body liberation.

SECONDARY: Therapists, somatic practitioners, and other healing professionals working with Native American 2S, BIPOC, and queer clients.

TERTIARY: BIPOC and queer advocates, organizers, activists, and other social justice workers.

ANCILLARY: Students and enthusiasts of Native American cultures, histories, and literatures.

COMP TITLES

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Restoring the Kinship Worldvie/Topa, Wahinkpe (Four...)/TR	9781623176426	4/12/22	North Atlantic Books	\$21.95/\$28.95	6.7k
Fresh Banana Leaves/Hernandez, PH.D., Je.../TR	9781623176051	1/18/22	North Atlantic Books	\$17.95/\$23.95	17.2k
Politics of Trauma/Haines, Staci K./TR	9781623173876	11/19/19	North Atlantic Books	\$19.95/\$25.95	11.3k
Diverse Bodies Diverse Pract/Johnson, Don Hanlon/TR	9781623172886	9/11/18	North Atlantic Books	\$21.95/\$28.95	1.1k
Sacred Instructions/Mitchell, Sherri/TR	9781623171957	2/13/18	North Atlantic Books	\$17.95/\$23.95	15.6k



BODY, MIND
& SPIRIT

The Missing Witches Deck of Oracles

Feminist Ancestor Magic for Meditations,
Divination, and Spellwork

RISA DICKENS AND AMY TOROK

A beautiful and accessible oracle deck presenting 52 of history's most inspiring witches—credible stories, spellwork, and wisdom for inspiration, insight, and empowerment.

The Missing Witches Deck of Oracles invites those new to and experienced with the craft to connect with witches living and legend. An opportunity to commune with real feminist histories and magic in art, literature, and liberation, this deck offers a uniquely rich experience for discovery, self-reflection, meditation, divination, and daily ritual.

Users may pull a card or spread a day—or find what works for them—to discover each historical witch and the guidance they offer. Each card features a unique illustration by Amy Torok along with a simple message on one side; the other shares each witch's story along an insight, prompt, or meditation. The deck includes an accompanying booklet and can be used to create or expand your ritual or practice, its straightforward design making it easy to incorporate into a daily, weekly, or as-you-need-it ritual.

A complement to *Missing Witches* and *New Moon Magic* as well as a standalone deck, Missing Witches Oracle Deck pulls 52 figures—from Zora Neale Hurston to Hildegard to Mayumi Oda and more—from the authors' previous titles and presents their stories in potent and poignant spells that restore, inspire, and empower.

FOR THE FEMINIST WITCH: a hands-on tool for inspiration, insight, and empowerment driven by the powerful stories and wisdom of 52 real people, a unique opportunity to connect with real witches

FOR FANS OF THE LITERARY WITCH'S ORACLE: Missing Witches Oracle Deck also features writers but broadens to include occultists, artists, freedom fighters and more

REAL INSPIRATIONAL FIGURES from Zora Neale Hurston to Hildegard to Mayumi Oda and more; the wide variety of figures included offers an opportunity for learning and connection

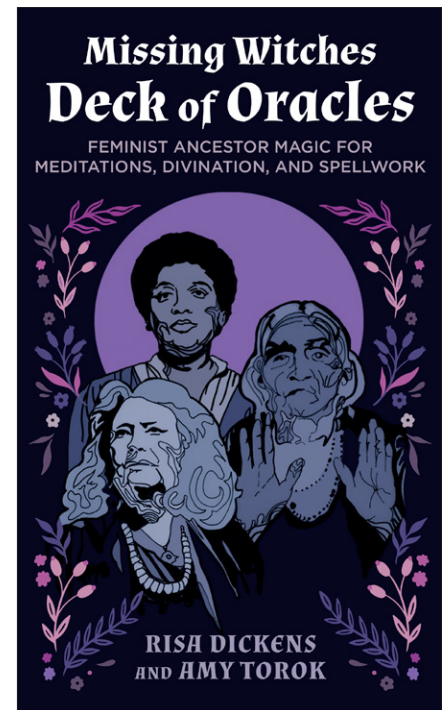
BEAUTIFUL PACKAGE: 52 unique 2C illustrations of each figure, one on each card; 32-page instructional booklet; great gift item

EASY TO USE: No experience necessary, no need to study archetypes or symbols; the deck's straightforward design allows users to jump right in

GREAT PAIRED WITH *Missing Witches* and *New Moon Magic* or for use on its own

AUTHOR BIO

AMY TOROK and **RISA DICKENS** started the *Missing Witches* podcast in September 2018 and published their first coauthored work, *Missing Witches*, in 2021. Both have a background in creative community-building and ran two different, interdisciplinary monthly arts performance showcases for years in the same town before meeting, forming their coven, and beginning the podcast. **RISA** has a BA in literature and an MA in media studies, where she wrote about the communications history and impact of open source. For two decades, she has made magic and organized interdisciplinary community events, including advocating for a Universal Basic Income. She lives in a cabin on a lake in the woods north of Montréal with her husband Marc and daughter May Marigold. **AMY** is a Witch, teacher, counterculture enthusiast, musician, and visual artist/designer with a BA in English literature and a postgraduate diploma in journalism. She can be found atop a forest ravine in Quebec, with dirt under her fingernails and a song in her head at all times.



ON SALE 7/9/2024

Rights: WORLD

Page Count: 54 cards, 72 page booklet Trim Size: 3 x 5

NT: 9798889840701 / \$19.95/\$25.95

BISAC 1: Body, Mind & Spirit - Divination - Tarot

BISAC 2: Self-Help - Motivational & Inspirational

BISAC 3: Body, Mind & Spirit - Witchcraft (see also RELIGION - Wicca)

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Buffy Sainte-Marie
Carolyn Boyd
Cecile Fatiman

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Dihya al-Kahina
Donna Haraway
Doreen Valiente
Emily Kame Kngwarreye
Enheduanna
Faith Ringgold
Gaura Devi

Genesis P-Orridge
Giulia Tofana
Harriet Tubman
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Lal Ded
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Maya Deren
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 Monica Sjö
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 Sor Juana
 Starhawk
 Terry Tempest Williams

The Melissai
 Tin-Hinan
 Tituba
 Toni Morrison
 Urduja
 Vandana Shiva
 Wendy Carlos
 Zora Neale Hurston

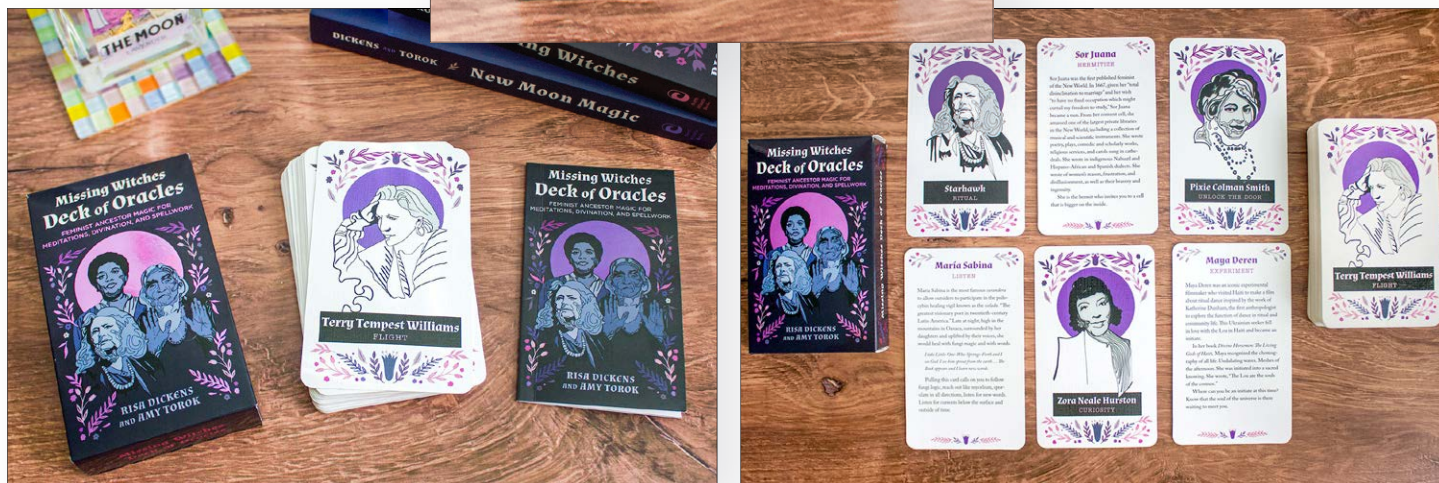
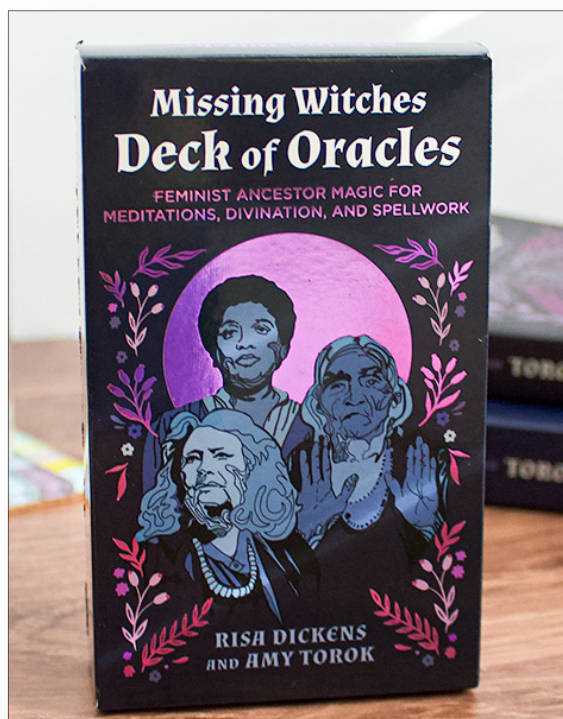
TARGET CONSUMER:

PRIMARY: Feminist anti-capitalist witches seeking ritual, guidance, and connection with real witches—including fans of *Missing Witches* and *New Moon Magic*

SECONDARY: Tarot and oracle enthusiasts looking for hands-on tools for inspiration, self-care, self-reflection, and divination with a feminist lens

TERTIARY: Feminist and anti-capitalist artists, writers, and creatives interested in experimental and interdisciplinary practices

Author's Similar Titles	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
New Moon Magic/Dickens, Risa/TR	9781623177904	9/12/23	North Atlantic Books	\$19.95/\$25.95	2.6k
Missing Witches/Dickens, Risa/TR	9781623175726	3/23/21	North Atlantic Books	\$17.95/\$23.95	13.3k
Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Cantigee Oracle/Diamond, Rae/NT	9781623177737	11/15/22	North Atlantic Books	\$24.95/\$33.95	6.4k



Red Tarot

A Decolonial Guide to Divinatory Literacy

CHRISTOPHER MARMOLEJO

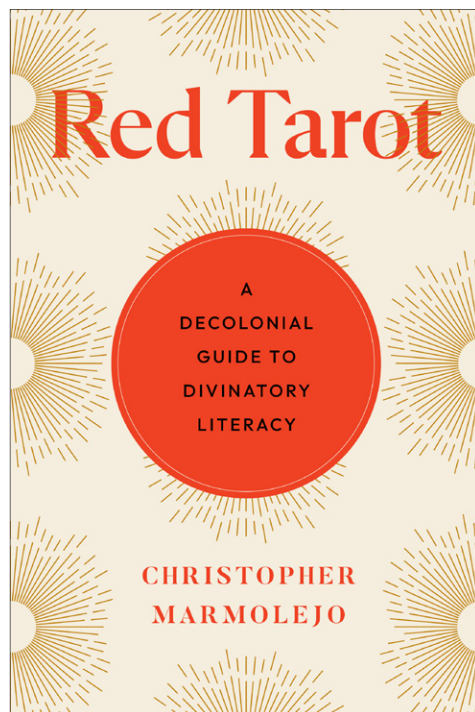
Designed to be used with any deck, *Red Tarot* is a radical praxis and decolonized oracle that moves beyond self-help and divination to reclaim tarot for liberation, self-determination, and collective healing.

For readers of *Postcolonial Astrology* and *Tarot for Change*

Red Tarot speaks to anyone othered for their identity or ways of being or thinking—LGBTQIA2S+ and BIPOC folks in particular—presenting the tarot as a radical epistemology that shifts the authority of knowing into the hands of the people themselves.

Author Christopher Marmolejo frames literacy as key to liberation, and explores an understanding of tarot as critical literacy. They show how the cards can be read to subvert the dynamics of white supremacist-capitalist-imperialist-patriarchy, weaving historical context and spiritual practice into a comprehensive overview of tarot.

Situating tarot imagery within cosmologies outside the Hellenistic frame—Death as interpreted through the lens of Hindu goddess Chhinnamasta, the High Priestess through Aztec goddess Coyolxauhqui—Marmolejo's *Red Tarot* is a profound act of native reclamation and liberation. Each card's interpretation is further bolstered by the teachings of Toni Morrison, bell hooks, Paulo Freire, José Esteban Muñoz, and others, in an offering that integrates intersectional wisdom with the author's divination practice—and reveals tarot as an essential language for liberation.



FOR READERS OF TAROT FOR CHANGE AND POSTCOLONIAL ASTROLOGY: broadens the practice of tarot for personal growth and acceptance and offers a rich, innovative, decolonizing approach.

CAN BE USED WITH ANY DECK: Marmolejo encourages a re-reading of the cards that can be used alongside any tarot deck

INCORPORATES ASTROLOGY and other spiritual practices with a focus on collective healing and liberation

NON-APPROPRIATIVE SPIRITUALITY: Offers a history and overview of tarot, complementary practices, and card interpretations through the lens of liberation

INCLUDES JOURNAL PROMPTS for the major cards as well as an analysis of the astrological correspondences for every card

AUTHOR EXPERIENCE AND REACH: With Marmolejo's experience as an educator, they uniquely frame literacy as the legacy of liberation and an understanding of tarot as radical literacy. Marmolejo has spoken on spirituality podcasts and published articles on tarot and related topics; they also lead classes and have an active newsletter

PRESENTS TAROT AS A CRITICAL PRACTICE FOR SELF-DETERMINATION AND SOCIAL CHANGE

AUTHOR BIO

CHRISTOPHER MARMOLEJO is a queer Indigenous teacher committed to radical community healing and building. They bring traditional teaching experience as an English teacher, intensive study as an astrologer, and their personal articulation of the tarot archetypes to their classes, workshops, and consultations as they seek to liberate through critical pedagogy and transgressive truth-telling. Marmolejo has facilitated emotional wellness programs with the Center for Community Action and Environmental Justice for the Inland Empire, and has worked with the organization Artists in Solidarity to offer their services to raise money for migrant families and children.

ON SALE 3/5/2024

Rights: WORLD

TR: 9781623178475 / \$25.95/\$34.95

Page Count: 448 Trim Size: 6 x 9

BISAC 1: Body, Mind & Spirit - Divination - Tarot

BISAC 2: Body, Mind & Spirit - Astrology - General

BISAC 3: Social Science - Native American Studies

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The Hanged One

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The Star

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Knights

The World

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King of Cups

Knight of Swords

The Fool

Two of Wands

King of Pentacles

Knight of Wands

Ten of Swords

Two of Cups

Four of Swords

Knight of Cups

Ten of Wands

Two of Pentacles

Four of Wands

Knight of Pentacles

Ten of Cups

Chapter IV Three

Four of Cups

Seven of Swords

Ten of Pentacles

Chapter VI Five

Seven of Wands

Conclusion

TARGET CONSUMER

PRIMARY: equity-minded tarot readers and tarot enthusiasts, particularly those who are LGBTQIA+, Black, brown, Native, or othered because of their identity or way of being or thinking

SECONDARY: equity-minded astrologers and astrology enthusiasts interested in broadening their understanding of spirituality through adjacent/overlapping disciplines

TERTIARY: educators and activists interested in different entry points to decolonizing

COMP TITLES

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Holistic Tarot/Wen, Benebell/TR	9781583948354	1/6/15	North Atlantic Books	\$29.95/\$35.00	29.4k
Postcolonial Astrology/Sparkly Kat, Alice/TR	9781623175306	5/18/21	North Atlantic Books	\$17.95/\$23.95	9.1k
Missing Witches/Dickens, Risa/TR	9781623175726	3/23/21	North Atlantic Books	\$17.95/\$23.95	8.2k

Psychedelics and the Soul

A Mythic Guide to Psychedelic Healing, Depth Psychology, and Cultural Repair

SIMON YUGLER

A mythological journey through 10 archetypes of psychedelic healing: ancient stories, tangible tools, and depth psychology insights

Designed for a new generation of psychedelic facilitators and seekers, *Psychedelics and the Soul* invokes the traditions of Jungian depth psychology, mythology, and Indigenous cultural wisdom to meet a critical question of our times: How can the emerging field of psychedelic medicine heal the soul amid planetary crisis and collective opportunity?

Psychedelic therapist Simon Yugler invites the reader on a mythological journey, using depth psychology to explore 10 universal themes that transcend our individual experiences—and reveal how psychedelic medicine can heal the soul and our collective unconscious in a time of uncertainty and initiation:

- **The Well:** The Unconscious, Symbolism, & the Mythic Unknown
- **The Temple:** Beyond Set & Setting
- **The Underworld:** Initiation, Grief, & the Descent to Soul
- **The Serpent:** The Body, the Shadow, & Shedding Your Skin
- **The Trickster:** Marginality, The Crossroads, & the Guide of Souls
- **The Monstrous:** Trauma, Exiles, & the Archetypal Wound
- **The Leader:** Power, Liminality, & Inner Authority
- **The Sacred Mountain:** Ecstasy, Vision & Mystical Experiences
- **The Tree of Life:** Animism, Climate Change, & the Ensouled Earth
- **The Journey Home:** Integration, Community, & Feeding the Village

Each archetype acts as a prism, using myth, fable, and universal wisdom to reflect back to the reader the collective experiences and unconscious truths that shape our psyches—and that are made more profound and accessible through psychedelics. Yugler shares how entheogens and plant medicine open a gateway to our understanding of our culture, selves, and interconnected reality toward wide-scale social and planetary healing.

FOR PSYCHEDELIC THERAPISTS with a Jungian bent

FOR HIGH-LEVEL ESOTERIC PSYCHONAUTS using entheogens to access and understand mysteries of self and universe

SAFETY, ETHICS, AND CULTURAL RELEVANCE: Centers and discusses topics of critical relevance in an emergent and as-yet unregulated field

COLLECTIVE CRISIS AS INITIATION: Approaches planetary crisis and ecological collapse as a choice point; offers timeless archetypal wisdom alongside the potential of psychedelics in meeting this moment

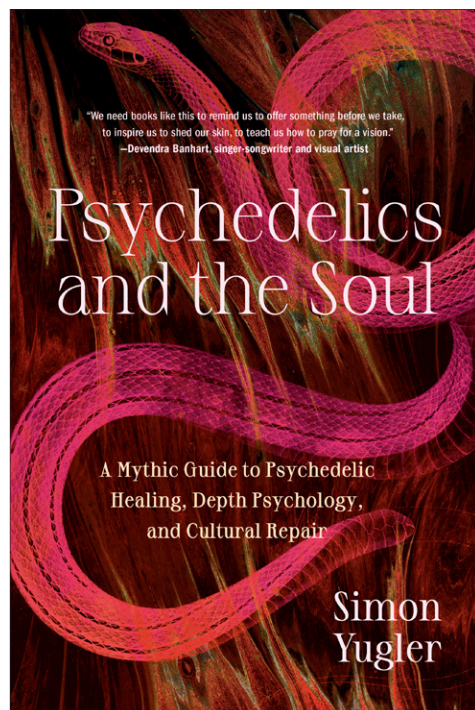
JUNGIAN LENS: Frames psychedelics as a tool to tap into the collective unconscious and harness that wisdom toward interconnectedness and healing

HOT TOPIC: While esoteric, this book is a useful tool on an emerging cultural trend that isn't slowing down

AUTHOR EXPERTISE: Yugler is an experienced psychedelic therapist with clinical, theoretical, and personal expertise in psychedelic medicine

AUTHOR BIO

With a masters in depth psychology from Pacifica Graduate Institute, **SIMON YUGLER** is a psychedelic therapist, educator, and writer. In addition to maintaining a private practice integrating Jungian psychology, Internal Family Systems (IFS) therapy, and psychedelic medicine, Simon worked for over a year and a half as a retreat leader at one of the world's leading legal psilocybin therapy retreat centers in Jamaica. Simon has served as a curriculum advisor and educator for a variety of state-approved psilocybin facilitator training programs in Oregon. Having worked with psychedelic medicines for over half his life, Simon is passionate about helping his clients navigate the liminal wilds of the soul.



ON SALE 10/1/2024

Rights: WORLD

Page Count: 320 Trim Size: 6 x 9

TR: 9798889840640 / \$19.95/\$25.95

BISAC 1: Body, Mind & Spirit - Entheogens & Visionary Substances

BISAC 2: Body, Mind & Spirit - Healing - General

BISAC 3: Social Science - Folklore & Mythology

CONTENTS

- Chapter 1: The Well - The Unconscious, Symbolism, & the Mythic Unknown
- Chapter 2: The Temple - Beyond Set & Setting
- Chapter 3: The Underworld - Shadow, Grief, & the Descent to Soul
- Chapter 4: The Serpent - Somatics, The Body, & Shedding Your Skin
- Chapter 5: The Monstrous - Trauma, Exiles, & the Wound that Heals
- Chapter 6: The Trickster - Marginality, The Crossroads, & the Liminal Road
- Chapter 7: The Guide - Power, Authenticity, & Inner Authority
- Chapter 8: The Tree of Life - Animism, Climate Change & the Ensouled Earth
- Chapter 9: The Sacred Mountain - Vision, Ecstasy, & Becoming Nobody
- Chapter 10: The Journey Home - Integration, Community, & Feeding the Village

TARGET CONSUMER

PRIMARY: Psychedelic therapists and therapists in training; psychonauts interested in mythmaking, esoterica, or Jungian psychology

SECONDARY: Academic readers interested in the construction of myth, story, and history, and cultural knowledge

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Consciousness Medicine/Bourzat, Françoise/TR	9781623173494	6/25/19	North Atlantic Books	\$17.95/\$23.95	18.1k
Psilocybin Connection/Khamseh-zadeh, Jahan.../TR	9781623176549	4/5/22	North Atlantic Books	\$19.95/\$25.95	3.3k
Whole Medicine/Martinez, Rebecca/TR	9781623178550	1/16/24	North Atlantic Books	\$19.95/\$25.95	1.3k

The background of the page is a watercolor-style illustration. It is split diagonally from the top-left to the bottom-right. The upper-left portion is white, while the rest of the page is filled with soft, blended watercolor washes in shades of teal, light blue, and pale yellow. The overall effect is artistic and textured.

SOCIETY & CULTURE

Relationality

How Moving from Transactional to Transformational Relationships Can Reshape Our Lonely World

DAVID JAY

For readers of *Together* and *The Art of Gathering*

How moving from transactional to transformational relationships and organizations can save our democracy, nurture our connections, and make us happier and healthier.

Powerful institutions, from schools to tech and social media companies, create breeding grounds for isolation by failing to invest in relational work. This obstacle stands in the way of our fight for racial equity, economic justice, and climate resilience.

In *Relationality*, leading asexuality and relationship activist David Jay brings clarity to the crisis with a fresh perspective that expands upon the fundamental idea that all entities in the universe are connected. Jay draws from a range of vivid personal experiences, including his time spent helping tech workers and policymakers reform social media.

This book is for people who believe in the power of relationships and want to see increased investment in relational work. Its scientifically grounded framework will help readers foster conversations about relational work, establish conditions for relationships to thrive, and quantify the impact of them.

Equipping professionals and activists involved in nonprofit, political, and other types of relational work with the knowledge they need to fight for and utilize resources, *Relationality* shares valuable insight on:

- The history of why institutions fail to invest in relationships
- Reimagining ROI calculations to account for relational work
- Using tools of prediction and emergence theory to build communities
- How stories and data about relationships can help us direct resources toward relational work
- Relational economics and the redistribution of wealth

With isolation and loneliness on the rise in a post-lockdown world, *Relationality* offers a roadmap to nourish our connections toward a better, more liberated world—personally, organizationally, and in community.

FOR READERS OF VIVEK H. MURTHY'S *TOGETHER* AND PRIYA PARKER'S *THE ART OF GATHERING*: The growing trend of bestselling books on interpersonal relationships points to a strong general interest in the topic.

POST-PANDEMIC LONELINESS REMEDY: Isolation is on the rise and is a key driver of unhappiness. This book shows how to nourish connections personally, organizationally, and in community.

ACTION-ORIENTED APPROACH: While other books focus on why we need relationships or how to build them, *Relationality* teaches readers how to measure the effectiveness of relational work and push for increased movement funding.

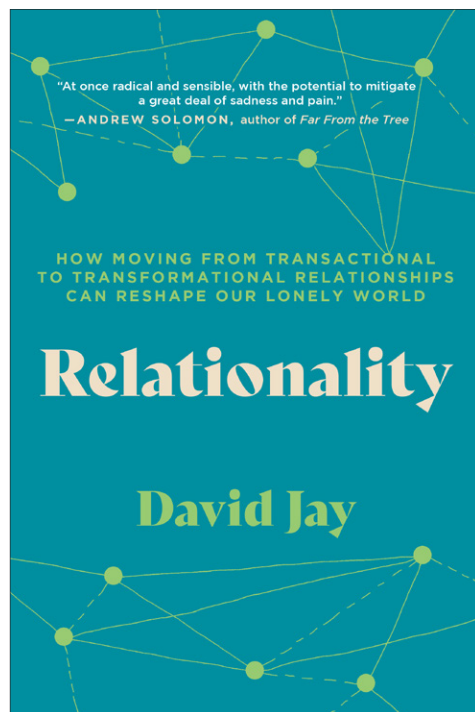
TECH-SPECIFIC INSIGHT: Informed by the author's experience with various tech sectors, the book delves into problems and solutions that are specific to social media and the tech industry.

STRONG AUTHOR PLATFORM: David Jay has extensive media experience as a leading activist in the asexuality community. He is the founder of Asexual Visibility and Education Network (AVEN), the world's largest asexual organizing network, and Relationality Lab, which provides data-driven solutions to movement organizations.

DIRECT, ENGAGING VOICE: Jay brings readers into the conversation. He crafts a story that makes complex history and social theory feel approachable.

AUTHOR BIO

DAVID JAY brings a lifetime of experience building fulfilling relationships that drive social change. At 18, David founded the world's first large online community of people identifying on the asexual spectrum. He has since gone on to play a leading role in the movement to reform social media. Through this work, David came to appreciate how the work of forming relationships is both a powerful tool for social change and invisible to many of our most powerful institutions. To make this work more visible, David has spent a decade developing novel approaches to relational measurement. He regularly advises social movements and political campaigns that want to understand how to create the conditions for relationships to thrive and measure when their efforts have been successful.



ON SALE 8/27/2024
Rights: WORLD
Page Count: 288 Trim Size: 6 x 9
TR: 9798889840541 / \$19.95/\$25.95

BISAC 1: Social Science - Sociology - Social Theory
BISAC 2: Business & Economics - Human Resources & Personnel Management
BISAC 3: Family & Relationships - Alternative Family

CONTENTS

- Part 1: Why We Need Relationship
- Part 2: Where Relationships Come From
- Part 3: How to Get Paid to Build Relationship
- Part 4: Relational Economics
- Conclusion

TARGET CONSUMER

PRIMARY: Professionals in the social sector, particularly those in nonprofit, philanthropic or political work who want to make the case for investing in relational work

SECONDARY: Activists and community organizers involved in relational work

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Embodied Activism/Johnson, Rae Phd/TR	9781623176990	05/23	North Atlantic Books	\$15.95/\$21.95	2.2k

When No Thing Works

A Zen and Indigenous Perspective on Resilience, Shared Purpose, and Leadership in the Timeplace of Collapse

NORMA WONG

Spiritual and community lessons for embracing collective care, co-creating sustainable worlds, and responsibly meeting uncertain futures—a Zen and Indigenous take on building better, more balanced ways of being

For readers of *Hospicing Modernity*, *When Things Fall Apart*, and *Zen and the Art of Saving the Planet*

Talking story, weaving poetry, and offering wisdom at the intersections of strategy, politics, and spiritual activism, *When No Thing Works* is a visionary guide to co-creating new worlds from one in crisis. It asks into the ways we can live well and maintain our wholeness in an era of *collective acceleration*: the swiftly moving current, fed and shaped by human actions, that sweeps us toward ever uncertain futures. Grounded in Zen Buddhism, interconnection, and decades of community activism, *When No Thing Works* explores questions like:

- As we stand at a threshold of collective change, what leaps must we make?
- How can we push through discord and polarization and meet these critical changepoints collectively?
- What practices, strategies, and spiritualities can align to vision a sustainable future for our communities and descendants?
- How can we step out of urgency to tend to our crises with wisdom, intention, and care?

With wise and witty prose that wanders and turns, guides and reveals, Zen master and Indigenous Hawaiian leader Rōshi Norma Wong's meditation holds our collective moment with gravity and tender care. She asks us to not only imagine but to *live into* a story beyond crisis and collapse—one that expands to meet our dreams of what (we hope) comes next, while facing with clarity and grace our here and now in the world we share today.

FOR READERS OF PEMA CHODRON, THICH NHAT HANH, AND ROBIN WALL KIMMERER

FOR ENGAGED BUDDHISTS with a focus on collective care and ecological stewardship

APPLIED SPIRITUALITY: Building off Wong's decades of public policy and movement-building work, this book imbues a study of social change with Zen philosophy, Earth- and place-based spirituality, and a cyclical rather than linear view of history to give a wider perspective on what it means to do justice work.

TIMELY AND TIMELESS: Speaks directly to this moment in time as well as moments of crisis and humanity's choice points more generally

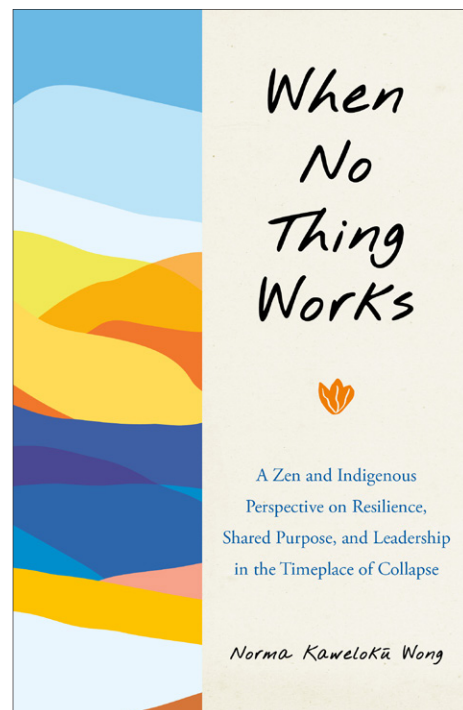
LYRICAL WRITING: Beautifully and evocatively written, grounded in movement and poetry

CLIMATE RESILIENCE: Helps us reimagine better futures and step into our collective responsibility to each other and the planet

NEW INSIGHTS WITH EVERY READ: Reflects back to the reader where they are at that moment; offers a non-linear experience; readers will find new discoveries, connections, and aha! moments each time they dip back into the book

AUTHOR BIO

NORMA WONG, a life-long resident of Hawai'i, is a descendant of Native Hawaiians and Hakka Chinese immigrants. She has decades of experience in organizing, policy, strategy, and politics in Hawai'i, particularly in the area of Native Hawaiian issues, serving in the Hawaii State Legislature and as a policy lead and negotiator for Governor John Waihe'e, Hawai'i's first Native governor. Norma began her spiritual practice at the same time as her political life unfolded. These days, it is the intertwined application of Zen practice and an indigenous worldview that Norma brings to provoke practical inquiry and redirect work. She is a thought partner, a strategist, and a teacher.



ON SALE 11/5/2024

Rights: WORLD Except Olelo Hawai'i

Page Count: 120 Trim Size: 5-1/12 x 8-1/2

TR: 9798889840992 / \$17.95/\$24.95

BISAC 1: Social Science - Activism & Social Justice

BISAC 2: Philosophy - Zen

BISAC 3: Social Science - Future Studies

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Chapter 1 - Predicate

Chapter 2 - Lens

Chapter 3 - Slipstream

Chapter 4 - Threshold

Chapter 5 - Horizon

Chapter 6 - Worldview

Chapter 7 - Leap

Chapter 8 - Habits

Chapter 9 - Practices

Chapter 10 - Strategy

Chapter 11 - Choose

Chapter 12 - Hu

Chapter 13 - Arise

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Critical Hope/Grain, Phd, Kari/TR	9781623176372	05/22	North Atlantic Books	\$18.95/\$24.95	2.1k
Four Pivots/Ginwright, Shawn A..../TR	9781623175429	01/22	North Atlantic Books	\$18.95/\$24.95	45.8k
Fresh Banana Leaves/Hernandez, PH.D., Je.../TR	9781623176051	01/22	North Atlantic Books	\$17.95/\$23.95	27.6k
Hospicing Modernity/Machado de Oliveira,.../TR	9781623176242	09/21	North Atlantic Books	\$18.95/\$24.95	12.2k
Radical Dharma/Williams, Rev. Angel.../TR	9781623170981	06/16	North Atlantic Books	\$12.95/\$16.95	41.8k

Practicing Liberation

Transformative Strategies for Collective Healing & Systems Change

Reflections on burnout, trauma & building communities of care in social justice work

TESSA HICKS PETERSON AND HALA KHOURI

How do we do effective, sustainable social change . . . without burning out, internalizing systemic toxicity, or replicating urgency culture?

A trauma-informed anthology with contributions from 13 activists and community organizers—for readers of adrienne maree brown, Staci K. Haines, and Ejeris Dixon

When your work is inextricable from your identity, your community, and your own liberation, you need a unique praxis of care to sustain it—and for mission-driven activists, organizers, and change-makers working under oppressive systems, making space to center vital needs like rest, self-care, and healthy boundaries isn't as simple as clocking out.

Practicing Liberation reorients collective justice work toward a model that transforms the effects of injustice, harm, and oppressive systems into resilience, joy, and community care. Through frameworks like trauma-informed methodology, transformative movement organizing, engaged Buddhism, and healing justice, editors Hala Khouri and Tessa Hicks Peterson show readers how to:

- Embody healing, wellness, and beloved community
- Guard against replicating systems of harm
- Disrupt racist, classist, anti-queer, and anti-trans behavior and systems
- Celebrate creativity and radical imagination in movement work
- Center healing from intergenerational trauma, white supremacy culture, and extractive capitalism
- Honor that self-care is a necessity—not a luxury—that strengthens our collectives

Featuring essays from editors Hala Khouri and Tessa Hicks Peterson and contributors like Kazu Haga, Taj James, Nkem Ndefo, Jacoby Ballard, Sará King, Kerri Kelly, and more, *Practicing Liberation* can be used on its own or alongside *The Practicing Liberation Workbook* to help readers orient toward embodied leadership, interconnected collectives, and a bold vision for transformation—the vital tools we need for collective wellbeing, healing, and long-term social change.

FOR ORGANIZERS, ACTIVISTS, AND NON-PROFIT WORKERS who need tools for finding balance, resisting burnout, and prioritizing care while doing mission-based work

FOR READERS OF *HEALING JUSTICE LINEAGES* AND *EMERGENT STRATEGY*

PRACTICAL, REAL-WORLD SOLUTIONS

EXPERT CONTRIBUTORS WITH MOVEMENT CREDIBILITY AND LARGE PLATFORMS: including Sará King, Taj James, Valorie Thomas, Kazu Haga, Leslie Booker, Jerry Tello, Jacoby Ballard, and more

LIVED EXPERIENCE: Each contributor has worked directly on the issues and with the communities the book serves

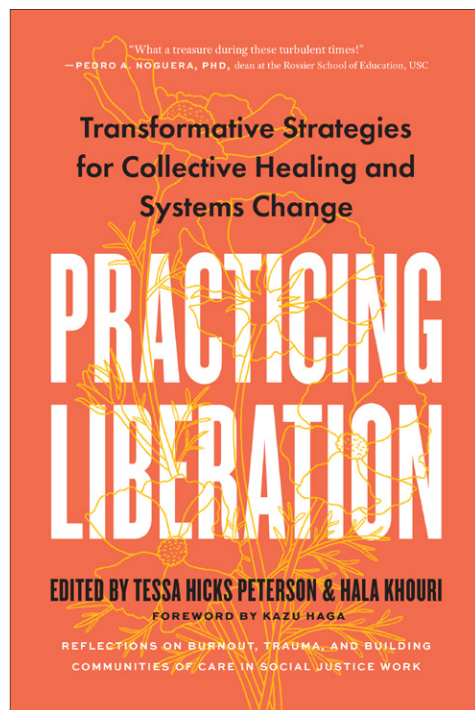
RESPONDS TO REAL NEED: Addresses the most pressing issues impacting social justice workers and organizers today, from burnout to navigating the ways identity-based trauma can show up at work

HEALING-FOCUSED, TRAUMA-INFORMED: For truly transformational movements rooted in care

ACCOMPANYING WORKBOOK helps readers apply transformative lessons to their own lives and work

AUTHOR BIO

TESSA HICKS PETERSON is a scholar activist and the Assistant Vice President of Community Engagement and Associate Professor of Urban Studies at Pitzer College. Dedicated to social justice, she combines art, movement, and academic rigor to empower communities. **HALA KHOURI, MA**, has spent over two decades integrating the worlds of therapy, yoga, and trauma research. An adjunct professor at Pitzer College, she's the force behind the Radical Wellbeing online community. **CONTRIBUTORS** to the anthology include Jacoby Ballard, Leslie Booker, Kazu Haga, Taj James, Kerri Kelly, Dr. Sará King, Nkem Ndefo, Keely Nguyen, Dalia Paris-Saper, Claudia Vanessa Reyes, Valorie Thomas, Therese Julia Uy, and Davion "Zi" Ziere.



ON SALE 7/30/2024
Rights: WORLD
Page Count: 264 Trim Size: 6 x 9
TR: 9798889840664 / \$19.95/\$25.95

BISAC 1: Social Science - Activism & Social Justice
BISAC 2: Political Science - Public Policy - Social Policy
BISAC 3: Self-Help - Communication & Social Skills

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Forward: Kazu Haga/Preface: Tessa Hicks Peterson and Hala Khouri

Chapter 1: The wound and the balm: Movement organizers reflect on pain points, assets and needs for a more sustainable way: Dalia, Vanessa, Therese, Keely, and Tessa

Chapter 2: The traumas of injustice: Understanding trauma and navigating healing in movementwork: Hala Khouri

Chapter 3: The science of social justice: Integrating the organizer’s brain, heart, and body: Sara King

Chapter 4: From dharma to direct action: Mindfulness, embodied wisdom and liberation: Leslie Booker

Chapter 5: Radical Ritual: Uplifting the spirit of social justice: Jerry Tello

Chapter 6: A Love for justice: Disrupting oppression with right action: Jacoby Ballard

Chapter 7: Transformative Movement Organizing: From audacious vision to bold action: Taj James and the Thrive/Beloved Community

Chapter 8: Micro to Macro: Trauma-and Resilience-Informed Systems Change: Nkem Ndefo

Chapter 9: Afro-futurist freedom dreams: Healing narratives of spirit and justice: Valorie Thomas

Chapter 10: Praxis: Principles and practices of healing for individuals and organizations: Tessa, Vanessa, and Keely

Chapter 11: Building Beloved Community: A conversation among practitioners: all contributors

TARGET CONSUMER

PRIMARY: Readers working in direct service and/or mutual aid for social change: nonprofit directors and program staff (esp. organizations related to immigration, incarceration, education, labor, and food justice), community organizers, mental health workers, and healers; readers of adrienne maree brown, Shawn Ginwright, Cara Page, and Erica Woodland

SECONDARY: Educators and social workers

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Healing Justice Lineages/Page, Cara/TR	9781623177140	02/23	North Atlantic Books	\$19.95/\$25.95	15.3k
Politics of Trauma/Haines, Staci K./TR	9781623173876	11/19	North Atlantic Books	\$19.95/\$25.95	16.7k
Four Pivots/Ginwright, Shawn A..../TR	9781623175429	01/22	North Atlantic Books	\$18.95/\$24.95	45.9k

Practicing Liberation Workbook

Radical Tools for Grassroots Activists, Community Leaders, Teachers, and Caretakers Working Toward Social Justice

HALA KHOURI, TESSA HICKS PETERSON, AND
KEELY NGUYEN

The accompanying workbook to *Practicing Liberation*: essential skills, exercises, and journal prompts for social-change workers to protect boundaries, prevent burnout, and nourish organizational cultures of resilience and care

What do you imagine a better world to look, feel, and sound like? *Practicing Liberation Workbook* shows that nourishing our movements and communities depends on nourishing ourselves—and that centering rest, prioritizing joy, and celebrating creativity and radical imagination is necessary for long-term change. To be sustainable and realize the transformation we're working toward, we need to care for our body, mind, and spirit, even (and especially) when the needs of our communities are urgent.

In this accompanying workbook to *Practicing Liberation*, editors Hala Khouri and Tessa Hicks Peterson respond to the real needs of activists and change-makers—like healing from stress and burnout, processing grief and rage, and addressing overwhelm and disconnection. Examples of practices include:

- **Guided journal prompts for self-care critical reflections:** Reflect on the ideas and practices you've inherited around survival and self-care. What did you learn about survival in your family of origin? What did you learn about self-care?
- Embrace and release, an **embodied exercise** to support you in times of overwhelm
- **Shared reflections for building community:** What experiences or circumstances have shaped you in your life? What gifts has this given you? What can't you see about the world as a result? What support would give you more tools or uplift your gifts in this work?
- **Meditations for self-forgiveness, equanimity, and connection with nature**
- **Holding space** and being present for others through **embodied listening**

Readers are invited to try out the practices alone, with friends, in ceremony, at work, and in nature—to pick those that resonate most and use this toolkit in service of the care and transformation we each need to show up, sustain our work, and thrive for ourselves and our communities.

FOR ACTIVISTS, ORGANIZERS, AND SOCIAL-CHANGE-FOCUSED HEALERS to address the stressors of mission-driven (and often highly personal) work **ADDRESSES THE BURNOUT, GRIEF, AND DISCONNECTION** that's engendered by social justice work and compounded by the systems of identity-based oppression and exploitation readers are fighting to change

PRACTICAL TOOLS & EMBODIED WISDOM for whole-self healing in body, mind, and spirit

COMPANION WORKBOOK TO KNOW JUSTICE, KNOW PEACE: Shows readers how to apply praxis and principles, augmenting theory with helpful, concrete, real-life tools

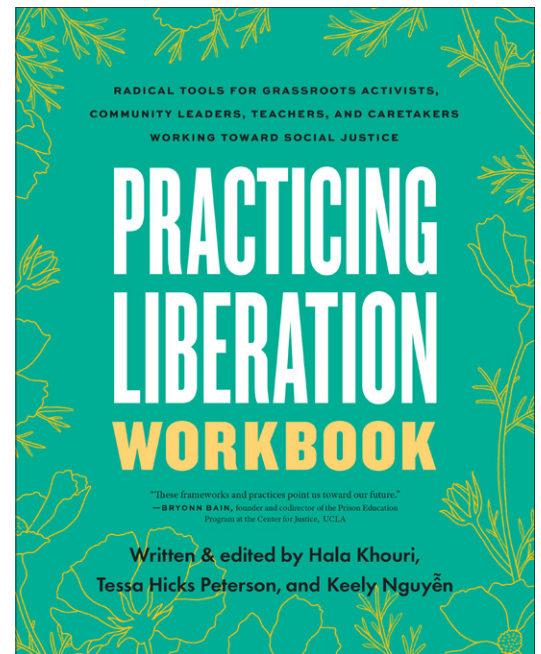
FOR SELF, GROUP, AND COMMUNITY WORK: Versatile exercises can be done alone, with friends, at work, or in community for multifaceted benefit

HELPS READERS THRIVE and gives them permission to claim self-care as a necessary right versus a nice-to-have privilege

HEALING-FOCUSED, TRAUMA-INFORMED: For truly transformational movements rooted in care

AUTHOR BIO

TESSA HICKS PETERSON is a scholar activist, teacher, facilitator, mother, wife, daughter, friend, dancer, and community builder. She is the Assistant Vice President of Community Engagement and Associate Professor of Urban Studies at Pitzer College. She has Master's and Ph.D. degrees in Cultural Studies and a BA in Psychology, Sociology, and Spanish. Hicks Peterson teaches classes and facilitates training on issues ranging from anti-bias education and social justice to empowerment through movement, mindfulness, and art. **HALA KHOURI, MA**, is a therapist, yoga teacher, and somatic experiencing. She has been teaching yoga and movement for over 25 years and has been doing healing work with people living with trauma, depression, anxiety, or in life transitions for over 15 years. Khouri is trained in Somatic Experiencing and is an adjunct professor at Pitzer College where she teaches a Critical Community Engagement course. She also runs an online community program, Radical Wellbeing. **KEELY NGUYỄN** is a Communications Manager at Partnership for Safety and Justice. She is a first-generation Vietnamese-American immigrant who is passionate about uplifting the well-being of communities impacted by structural and direct violence. Nguyễn holds a BA in Public Health and Policy.



<p>ON SALE 8/6/2024 Rights: World Page Count: 128 Trim Size: 8 x 10 TR: 9798889840688 / \$18.95/\$24.95</p>	<p>BISAC 1: Social Science - Activism & Social Justice BISAC 2: Political Science - Public Policy - Social Policy BISAC 3: Self-Help - Communication & Social Skills</p>
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 Preparing Your Nervous System for Meditation Practice
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 Forgiveness in Fellowship
 Equanimity for Equity
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 Embodying Liberation
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 Creative Imaginings
 Collective Visioning Art Project
 Human Sculpture
 What/When/Why/Where/Who Exercise
 Closing Thoughts
 Helpful Resources
 Contributors
 Notes
 Bibliography</p> |
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TARGET CONSUMER

PRIMARY: Readers working in direct service and/or mutual aid for social change: nonprofit directors and program staff (esp. organizations related to immigration, incarceration, education, labor, and food justice), community organizers, mental health workers, and healers

SECONDARY: Educators and social workers

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Trauma 12 Steps Workbook/Marich, Jamie PhD/TR	9781623179328	08/23	North Atlantic Books	\$17.95/\$24.95	3.1k

<p>14 <i>Personal Well-Being and Connection</i></p> <p>Tapping —HALA KHOURI</p> <p>Many people find that tapping the body with the fingertips, open palm, or loose fist helps settle or energize the body, both of which can be grounding. You can try this out yourself by finding a comfortable seated position in a chair or on the floor. With your fingers, gently tap the top of your head with both hands. Then move down to tapping your temples, then your forehead. Guide your fingers to now tap underneath your eyes, out to the jaw, and to the chin below your lip. Take both hands and tap the center of your chest, and then with loose fists, gently tap down the sides of your body to your toes, and back up. Release your hands and notice your sensations. Does anything settle or become more spacious? How is your breathing? What else do you notice?</p> <p>Shake It Out —HALA KHOURI</p> <p>This is a good one to do if you're feeling lethargic and need to move some energy or if you're feeling very amped up and need to release some energy so you can settle down. Bring your own intention to the movements!</p> <p>Start by taking a few deep breaths. Then shake out your arms, shoulders, and elbows. Then your legs, knees, ankles, and thighs. You can shake out your hips and then bend and straighten your knees really fast to get a full body shake. You can bounce on your heels and pull energy up from the earth as you bounce and shake. You can make sounds and bounce around, anything that helps you shake things out. Do this for one or two minutes. When you finish, pause and feel your feet on the floor or your bum in your chair. Take a few very deep breaths allowing yourself to settle. Notice if you feel different now, and if so, how.</p> <p>Seated Grounding Practice —HALA KHOURI</p> <p>Being grounded is about feeling supported and held. It can feel like you are connected to something solid and steady both outside of you and inside of you. Some people are naturally very grounded, and others need to be a bit more floppy. When we are anxious or shaky down, we often lose our sense of grounding. This practice can help you find it again.</p>	<p>15 <i>Embodied Practices for Self-Regulation</i></p> <p>Find a comfortable seated position. Bring your attention to the parts of your body that are touching the floor or chair. Notice these areas—perhaps your feet, the back of your thighs, your bottom, arms, or hands. If your feet are on the floor, gently press them down and notice how your legs feel. Are they strong? Weak? Heavy? Light? Feel your sitz bones on the chair or your back against the chair. Let yourself really be held. Allow your spine to lengthen the more you ground down, just like a tree that is able to rise to the sun as it deepens its roots. As you bring awareness to the places in your body that are being supported by the floor or chair, notice if anything settles in your body.</p> <p>Standing Grounding Practice —HALA KHOURI</p> <p>Stand with your feet a bit wider than hip-distance apart and your knees slightly bent. Start to sway side to side. Find a rhythm that feels good to you. Notice the shift in weight in your feet and how your legs feel. Tune in to your muscles and how they engage as you sway. Notice if anything settles in the rest of your body as you get more grounded.</p> <p>Return to a still position. Take one hand and place it on your heart and the other on your stomach. Notice anything that feels settling, grounded, or ticks up your nervous system. Do not judge or try to fix but just notice. Take a few deep breaths. Let that breath circulate through your body.</p> <p>Containment Practice —HALA KHOURI</p> <p>Like a grounding practice, this one can also connect you to feeling held and is a good one to try when things feel overwhelming or out of control.</p> <p>Cross your forearms in front of your body and square your opposite a hand. Gently squeeze your hands up the arms to your shoulders and back your arms. Notice if anything settles in your body or your breath deepens particular part of the movement that feels especially good.</p>
<p>16 <i>Personal Well-Being and Connection</i></p> <p>Critical Self-Awareness 53</p> <p>1. Do the levels of privilege society assigns you as a result of these identity traits correlate with how you view yourself or your experiences in the world?</p> <p>2. What price do you pay or have others paid for you to stand where you are?</p> <p>3. What challenges and strengths or insecurities and securities are attached to your different identities?</p> <p>4. How have these identities shaped the lens with which you view the world and the ways you are treated in the world?</p> <p>Once you've completed the exercise, consider how your social location informs your role and responsibility in transforming our world into one where everyone can thrive. Consider the many circles and spheres of influence you move inside (professional, familial, etc.) and how you can show up and play your unique role in disrupting, divesting, repairing, or healing spaces. Locating ourselves gives us the awareness to show up in our communities with skill and impact.</p> <p>Critical Reflection on Self-Identity and Social Location —TESSA HICKS PETERSON™</p> <p>Reflecting on your self identity and this notion of social location, consider answering the following prompts alone or with others, in writing or through another contemplative practice.</p>	<p>18 <i>Embodied Practices for Self-Regulation</i></p> <p>Social Location Wheel</p>

Kindred Creation

Parables and Paradigms for Freedom

Black worldmaking to reclaim our heritage and humanity

AIDA MARIAM DAVIS

A vital path home. Employing African epistemologies and an embodied African beingness, this book embraces the revelation and miracle of Blackness.

Creating a world worthy of our children requires recalling the dignity and distinction of the African way of life.

This book is not written for settler consumption. *Kindred Creation* is a call and response to dream and design better worlds rooted in African lifeways: a path to Black freedom, a love letter to Black futures, and a blueprint to intergenerational Black joy and dignity—all (and always) on Black terms.

Author, organizer, and designer Aida Mariam Davis explores the historical and ongoing impacts of settler colonialism, making explicit the ways that extraction, oppression, and enslavement serve the goals of empire—not least by severing ancestral connections and disrupting profound and ancient relationships to self, nature, and community.

Structured in three parts—**Remember**, **Refuse**, and **Reclaim**—*Kindred Creation* is a philosophical guidebook and a vital invitation to power and reconnection. Davis employs parable, poetry, theory, memory, narrative, and prophecy to help readers:

- **Remember:** By unforgetting the unending and cascading violence of settler colonialism and other forms of domination and exploring the ways that African land, language, lifestyle, and labor are stolen, distorted, and repackaged for colonial consumption to extract capital and sever ties to ancestral knowledge, lifeways, and dignity
- **Refuse:** By rejecting and interrupting death-making institutions and relationships and choosing kinship and self-determination in the face of settler colonial violence
- **Reclaim:** By revealing that freedom is within us—and within reach. Davis shares how the reader can birth new worlds and relationships and offers strategies for reclaiming land, language, lifestyle, and labor.

The colonial violence and dispossession of African land, language, and labor is inflicted intentionally—and by design. Reclaiming African lifeways and remembering what was forcibly forgotten must be by *creation*: a re-membering of our interconnectedness and kinship.

FOR DECOLONIAL BLACK READERS at the intersections of healing, justice, liberation, and designing futures free and apart from settler colonialism and white empire

UNAPOLOGETICALLY AFRICAN LENS rooted in reconnection and reclamation: Black liberation and dignity on Black terms, above and apart from the white gaze. Not designed for settler consumption

REVOLUTION VERSUS REFORM: Asks into building better worlds rooted in African values and lifeways vs. trying to reform inherently oppressive and extractive systems

MOVES PAST ‘DECOLONIZATION’ AS A BUZZWORD and shows how to reclaim stolen land, language, lifestyle, and labor through kindred design

EXPERT AUTHOR: Currently the Chief People Officer at the Sierra Club,

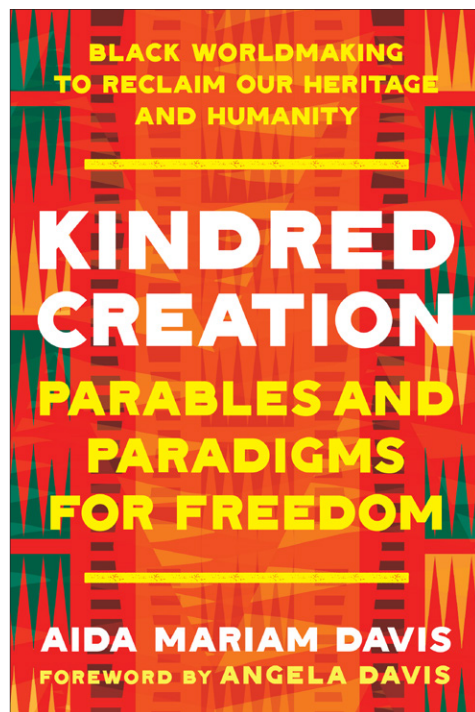
FOREWORD BY ANGELA DAVIS; endorsements TK from Gina Dent, Marc Lamont Hill, Robin DG Kelly, Eileen Brown, Van Jones, and Marshawn Lynch

AFROFUTURISM: Exciting content for an enthusiastic market concerned with liberation, Black joy, and decolonization

PRIORITY MARKETING AND PUBLICITY TITLE backed by author’s extensive network, community support, and commitment to promotion

AUTHOR BIO

AIDA MARIAM DAVIS holds a Bachelor of Arts in Political Science and African American studies from the University of California, Berkeley in addition to a Master’s from the University of Southern California in Public Policy and Public Administration. Davis is currently the Chief People Officer of the Sierra Club. Davis founded and led Decolonize Design, a boutique consulting firm with clients spanning the nonprofit sector, philanthropy, and Fortune 500 companies. She created the Belonging, Dignity, Justice, and Joy (BDJJ) framework as an alternative to the Diversity, Equity, and Inclusion (DEI) industrial complex. Her writing can be found online and in print at various publications, including Stanford Social Innovation Review, World Economic Forum, Harvard Journal of African American Public Policy, and UC Berkeley Diaspora Magazine. She teaches a class on social innovation at the University of Pennsylvania. Davis currently resides in California with her husband and two children.



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BISAC 1: Social Science - Black Studies (Global)
BISAC 2: Philosophy - Indigenous
BISAC 3: Social Science - Feminism & Feminist Theory

CONTENTS

Foreword by Angela Y. Davis	PART II: REFUSE: UNSETTLE THE SETTLER	Designing for Belonging
Acknowledgments	Community Design: Parent Innovation Institute	My Offering: From Refusal to Reciprocity and from Praxis to Prophecy
PARABLE OF THE TREE: THE FLOWERING MIMOSA	Design Thinking or Taking?	Key Readings
Introduction to Kindred Creation	A Note on Refusal and Resistance	PART III: RECLAIM: RETURN TO RIGHT RELATIONSHIP
PART I: RE-MEMBER: CONTEXTS AND CHARACTERISTICS OF COLONIALISM	Roots of Resistance: Defining Yourself for Yourself	Pregnant with Possibility: Conceiving and Bearing
Land	Child’s Play	Creation Stories: Storytelling for Survival
Language	Rest and Retreat as Resistance	Kindred Creation: Form, Function, and (Most Importantly) Freedom
Lifestyle	Resistance in Captivity	Myths, Maps, and Metaphors
The Fourth L: Labor	Rage and Resistance	My Offering: Let’s Make Relatives and Begin Again
History, as Told by the Hostages	Black Joy as Resistance	PARABLE OF THE TRAVELER
Design: Definitional Dilemma	Resistance as Invisible, Imaginative, and Insurgent	Key Readings
My Offering: Refusal for Renewal	Designing The Great Table	Index
Key Readings	Designing for F(r)iction	
TEREBEZA MISALE: THE PARABLE OF THE TABLE	Design to Defy	
	Belonging, Dignity, Justice, and Joy	

TARGET CONSUMER

PRIMARY: Black and Indigenous anti/decolonial readers interested in Black liberation movements; reconnecting to African ancestral wisdom and reclaiming African and Indigenous lifeways; and imagining futures outside the definitions of white supremacist settler colonial imposition

SECONDARY: Organizers and designers at overlapping intersections of social, cultural, art, and community liberation work

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Healing Justice Lineages/Page, Cara/TR	9781623177140	02/23	North Atlantic Books	\$19.95/\$25.95	15.2k
Politics of Trauma/Haines, Staci K./TR	9781623173876	11/19	North Atlantic Books	\$19.95/\$25.95	16.7k
Fresh Banana Leaves/Hernandez, PH.D., Je.../TR	9781623176051	01/22	North Atlantic Books	\$17.95/\$23.95	27.6k
Climate Resilience/Flanagan, Kylie/TR	9781623179021	08/23	North Atlantic Books	\$19.95/\$25.95	3.6k
Radical Healership/Northrup, Laura Mae/TR	9781623175993	02/22	North Atlantic Books	\$17.95/\$23.95	3.7k

Reimagining the Revolution

Four Stories of Abolition, Autonomy, and Forging New Paths in the Modern Civil Rights Movement

PAULA LEHMAN-EWING

These are the architects of the modern civil rights movement: 4 profiles of revolutionary groups making change beyond protest

A radically different approach to sustaining social justice movements—4 strategies for abolition and liberation from the new architects of the modern civil rights movement

Many of us think, I don't support the police. But what should take their place? Or: Prisons don't keep us safe. But what new systems could?

A lot of books about racial justice ask us how we got here, but *Reimagining the Revolution* is different: award-winning journalist and activist Paula Lehman-Ewing presents an inside-access look at the activists redefining where we go from here. Readers will hear from:

- **Ivan Kilgore**, an incarcerated activist who founded the 501c3 nonprofit United Black Family Scholarship Foundation from behind prison walls
- **Critical Resistance**, one of the oldest grassroots organizations in the nation working to dismantle the prison-industrial complex
- The co-founders of **Greenwood**, a Black-owned financial technology institution designed specifically for Black and Latino people and businesses: **Michael Render**, aka **Killer Mike**, **Amb. Andrew Young** and **Ryan Glover**
- Incarcerated activist **Heshima Denham** on his grassroots efforts to build a society for Black and Brown people independent of the state
- **The Movement for Black Lives**, **the Alliance for Safety and Justice**, **BYP 100**, and **8toAbolition**
- **Incarcerated and formerly incarcerated artists** using art to heal from trauma, connect with other incarcerated people, and amplify abolitionist change

Lehman-Ewing frames each profile within two fundamental truths: The current system—built and sustained by oppression, extraction, and inequity by design—cannot be reformed. And, knowing this, we need abolition; we need creative solutions designed by the people most impacted by the systems they fight to change. *Reimagining the Revolution* is a call to action for each of us: if we can access the tools we have, we can dream bigger, think outside the box, and follow the paths laid out by change-making activists toward nothing short of revolution.

FOR THE PERSON WHO'S READ HOW TO BE AN ANTIRACIST AND WANTS TO KNOW . . . WHAT'S NEXT?

FOR ABOLITIONISTS, ACTIVISTS, AND MOVEMENT LEADERS looking for inspiration and creative approaches to systems-level change that reimagine instead of reform

KICKSTARTER FULLY FUNDED IN 48 HOURS: Raised \$15K in under two days, demonstrating clear market need

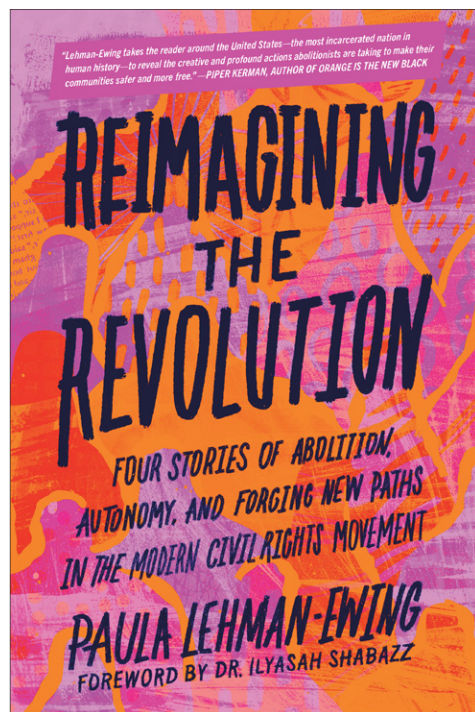
CELEBRITY ENDORSEMENTS from Killer Mike, Michelle Alexander, and more to come

AUTHOR PLATFORM: Award-winning journalist and activist with deep roots in social justice, prison abolition, and racial equity movements

SHOWS ABOLITION IN ACTION: Addresses common concerns among people who support progressive and abolitionist causes in theory but are hung up on “but what would take the place of prisons, police, etc.?” Inspires hope and outside-the-box thinking by profiling people and orgs doing the work right now.

AUTHOR BIO

PAULA LEHMAN-EWING is an award-winning journalist and a social documentarian who specializes in profiling racial and social justice organizations and amplifying marginalized voices. She has penned thousands of articles for major publications including *BusinessWeek*, *Reuters*, *Forbes*, and *Fortune*. In 2020, she relaunched the defunct newspaper for *All of Us or None*, a nationwide grassroots organization vying for the restoration of human and civil rights for formerly and currently incarcerated individuals. She was awarded the 2021 Silver Heart from the Society of Professional Journalists for exceptional work amplifying marginalized voices. *The All of Us or None* newspaper is now sent to every prison in California and more than 160 prison yards across the country. Lehman-Ewing is also a volunteer mentor for PEN America, which connects incarcerated writers with outside professionals.



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BISAC 1: Social Science - Activism & Social Justice
BISAC 2: Social Science - Social Classes & Economic Disparity
BISAC 3: Political Science - Public Policy - Social Services & Welfare

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Foreword

Preface

Chapter I: Introduction: Reimagining the Revolution

Chapter II: Systems of Oppression

Chapter III: Reimagining Communities: Ivan Kilgore and the United Black Family Scholarship Foundation (UBFSF)

Chapter IV: Reimagining Punishment: Critical Resistance

Chapter V: Reimagining Capitalism: Greenwood

Chapter VI: Reimagining Infrastructure: Heshima Denham and the Autonomous Infrastructure Mission (AIM)

Chapter VII: Conclusion: Beyond Freedom

Appendix A: Glossary and Suggested Reading

Appendix B: About the Artists

Acknowledgments

References

About the Author

TARGET CONSUMER

SOCIAL JUSTICE READERS who want to move beyond analysis and critique to see real-life, out-of-the-box solutions to abolition, liberation, justice, and revolution

BIPOC ACTIVISTS AND MOVEMENT LEADERS in racial justice, police and prison abolition, and systems-level work. Readers of Frantz Fanon and *Healing Justice Lineages*

WHITE ALLY READERS BEYOND *WHITE FRAGILITY*: radicalized by police killings, carceral injustice, and systemic oppression. Particular resonance among white ally readers of other marginalized identity/ies

Comp Titles by Other Authors	ISBN	On Sale Date	Publisher	Price US/Can.	LTD Net Sales
Four Pivots/Ginwright, Shawn A..../TR	9781623175429	01/22	North Atlantic Books	\$18.95/\$24.95	45.8k
Healing Justice Lineages/Page, Cara/TR	9781623177140	02/23	North Atlantic Books	\$19.95/\$25.95	15.2k
When We Walk By/Adler, Kevin F./TR	9781623178840	11/23	North Atlantic Books	\$19.95/\$25.95	10.8k

Dear Bi Men

A Black Man's Perspective on Power, Consent, Breaking Down Binaries, and Combating Erasure

J.R. YUSSUF

An unapologetic guide for readers who are Black, masc, and bi—unlearning biphobia, coming out, combatting erasure, and embodying your whole self

Through cutting social analysis, personal stories, and need-to-know advice, *Dear Bi Men* reclaims bi+ visibility in a culture of erasure—and unapologetically centers Blackness in a practical and deeply researched guide to navigating life, work, and relationships as a Black bi+ man.

Popular representation of bi and pansexual men is growing, but we're not there yet: It's mostly white. It collapses bisexual identity into tired, hypersexualized tropes. And it fails to interrogate the deeply entrenched stereotypes that insist: You're confused. You just don't know you're gay. You're greedy. You must be great in bed.

Author, peer counselor, and creator of #bisexualmenspeak J.R. Yussuf pushes back against these stigmas and misconceptions, exploring how white supremacy reinforces biphobia and dictates what society thinks it means to “be a man.” He contextualizes discourse around queerness and bisexuality within a larger framework that honors readers' intersecting identities. And he offers deeply practical advice, sharing how to:

- Unlearn internalized biphobia and homophobia
- Navigate an increasingly hostile digital landscape
- Think about coming out: who to tell, why to tell them, and how to do it
- Fight back against erasure and stigma
- Navigate sex, dating, partnerships, marriage, friendship, and work
- Understand your bi+ sexuality through a political lens
- Process Black bi+ representation

Rich with personal narratives, insightful analysis, and practical advice, this book is a powerful resource for Black bi+ men to reclaim their identity, counter biphobia, and get empowered—and an offering to all readers looking to fight back against the erasure and dehumanization wrought by patriarchy.

FOR BLACK BISEXUAL MEN and BIPOC men/masc folks who are pan, bi, fluid, or exploring their sexuality

FOR QUEER READERS looking to deepen their understanding of intersectional queer identity; break down binaries; and challenge cisheteronormative constructions of gender and sexuality

UNDERPUBLISHED TOPIC, UNDERSERVED MARKET: Bi/pan/fluid identity—particularly from BIPOC and masc perspectives—is sorely overlooked in queer studies.

TIMELY AND IMPORTANT: Sure to resonate among younger generations of readers who are actively breaking down constructs of gender and sexuality.

FIRST-PERSON EXPERIENCE, FRAME-CHANGING IDEAS: Yussuf speaks directly to and from the Black bi+ experience, offering accessible yet challenging ideas for readers who have dipped into gender studies and want to go deeper.

COMPLEMENTARY RESOURCES: Online supplement of reflection questions, further reading recommendations, and workbook-style prompts.

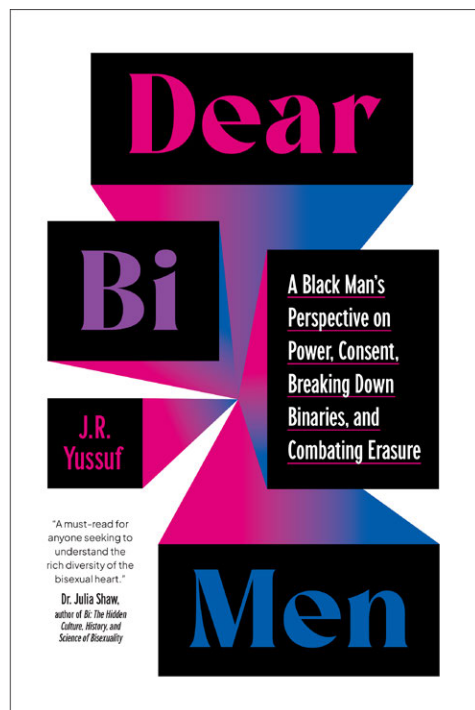
BREAKS DOWN BINARIES: Challenges the rigid “either/or”s that are embedded in our cultural constructs of sexuality and gender.

CHALLENGES TIRED IDEAS ABOUT MASCULINITY and invites readers to expand and liberate their ideas about masculinity, femininity, gender, and sexuality.

EMERGING AUTHOR PLATFORM: Yussuf has a solid and growing platform (YouTube series; #WhenBisexualMenSpeak) and has written for *Wear Your Voice*, *Men's Health*, and *Thrive*. He's invested in developing his platform further.

AUTHOR BIO

J.R. YUSSUF is the award-winning author of *The Other F Word: Forgiveness* and creator of the hashtag #BisexualMenSpeak for bisexual+ men and masculine-identified folks to have the space to speak for themselves and talk about how being bisexual+ impacts the way they move through the world. Yussuf maintains a podcast called *Let's Heal Already*, revolving around mental wellness, self-improvement, and emotional literacy. Yussuf secured a peer support certification from the Black Emotional and Mental Health Collective (B.E.A.M.) and has used his training to support countless Black bisexual/pansexual men. Yussuf's writing has appeared in *Men's Health Magazine*, *Thrive Global*, *Black Youth Project*, *Queerty*, *Queer Majority*, *Positively Positive*, *The Good Men Project*, *Escarp*, *Instigatorzine*, and *The CultureLP*.



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BISAC 2: Social Science - Cultural & Ethnic Studies - American - African American & Black Studies
BISAC 3: Social Science - Men's Studies

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Introduction	Health and Wellness
Understanding Yourself and Labels	Power and Consent
Unlearning Biphobia and Homophobia	Sex and Dating (and Marriage)
Man Enough: Masculinity and Femininity	Bisexuality and Spirituality
Processing Black Bisexual+ Male Representation	Bisexuality as a Politic
#BisexualMenSpeak	Questions for Reflection
Who to Tell, Why to Tell, and How to Tell Them	Epilogue
Being Out Online, Being Out in Real Life,	Resources
Being Out at Work	

TARGET CONSUMER

PRIMARY: Black bisexual men and masc. readers; Bi, pan, fluid, and questioning BIPOC men and masc. readers. We expect resonance among millennials in particular, though this book is written for people of all age groups.

SECONDARY: QTBIPOC readers broadly. Queer readers seeking new perspectives on bisexuality and Blackness. Bisexual readers of all genders seeking to broaden and deepen their queer reading library. Readers of *Refusing Compulsory Sexuality* and *Unapologetic*.

TERTIARY: Academic: Black/African American, Queer, and gender and sexuality studies. Allies, accomplices, and co-conspirators.

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Belly of the Beast/Harrison, Da'shaun L.../TR	9781623175979	8/10/21	North Atlantic Books	\$14.95/\$19.95	10.9k
Refusing Compulsory Sexuality/Brown, Sherronda J./TR	9781623177102	9/13/22	North Atlantic Books	\$17.95/\$23.95	3.8k

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