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BISAC CATEGORIES:

REL017000 RELIGION / COMPARATIVE
RELIGION

REL006800 RELIGION / BIBLICAL
COMMENTARY / NEW TESTAMENT / JESUS,
THE GOSPELS & ACTS

REL040060 RELIGION / JUDAISM /
KABBALAH & MYSTICISM

“Mirabai Starr, an intrepid explorer of spiritual terrain, invites us to travel with her through space and time, from the deserts of ancient Israel to the rural towns where Jesus of Nazareth walked, from South Asia of the Buddha to the East European forests of the Baal Shem Tov, from Rumi in thirteenth century Persia to our own contemporaries, seeking new visions.”

—ELAINE PAGELS

God of Love

A Guide to the Heart of Judaism, Christianity, and Islam: Revised and Expanded Edition

Mirabai Starr

Foreword by Gregory Boyle

The Interspiritual Classic

God of Love is Mirabai Starr’s passionate exploration of the interconnected wisdom of the three Abrahamic faiths.

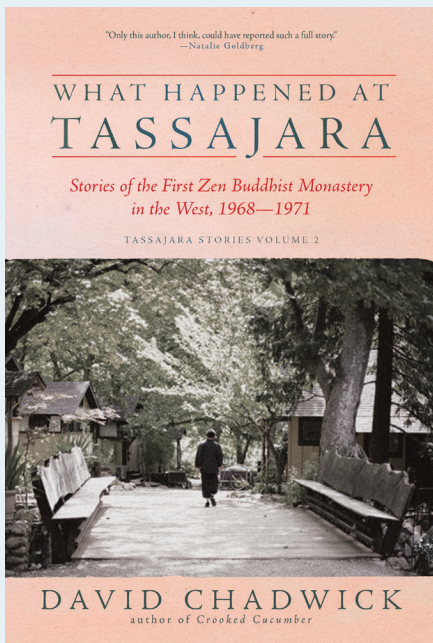
She shares an overview of essential teachings, stories of saints and spiritual masters, prophetic calls for peace and justice, and deeply engaging narratives from her own spiritual experiences. She guides readers to recognize the teachings and practices that unify rather than divide the three religions, and sheds light on the interspiritual perspective which celebrates the Divine in all paths.

In this revised and updated edition, Starr weaves new insights into her personal reflections on the unifying teachings at the heart of the monotheistic traditions. She guides readers to explore the streams of mystical longing and social justice that lead to a more profound intimacy with the sacred and an increased capacity for compassionate action. Also includes an index.

MIRABAI STARR is an award-winning author, internationally acclaimed speaker, and interspiritual teacher. Her bestselling books include *Wild Mercy* and *Ordinary Mysticism*.

GREGORY BOYLE, SJ is an American Jesuit priest and founder of Homeboy Industries in Los Angeles, CA, the world’s largest gang intervention and rehabilitation program. He’s also the author of the *New York Times* Bestseller, *Tattoos on the Heart*.





PUB DATE: September 15, 2026

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EBOOK AVAILABLE

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BISAC CATEGORIES:

REL007010 RELIGION / BUDDHISM / HISTORY

REL007020 RELIGION / BUDDHISM / RITUALS & PRACTICE

HIS036140 HISTORY / UNITED STATES / STATE & LOCAL / WEST (AK, CA, CO, HI, ID, MT, NV, UT, WY)

DAVID CHADWICK died in early 2026, just after finishing this book in manuscript. At the age of 21, in 1966, he first rang the bell of Sokoji, a Soto Zen temple and the original home of the San Francisco Zen Center. Thus began his serious study under Shunryu Suzuki Roshi. Ordained a Zen priest in 1971, he later wrote Suzuki's biography, *Crooked Cucumber*, as well as *Thank You and OK!: An American Zen Failure in Japan*, and *Tassajara Stories*, the first book in this series.

What Happened at Tassajara

Stories of the First Zen Buddhist Monastery in the West, 1968—1971

Series: Tassajara Stories

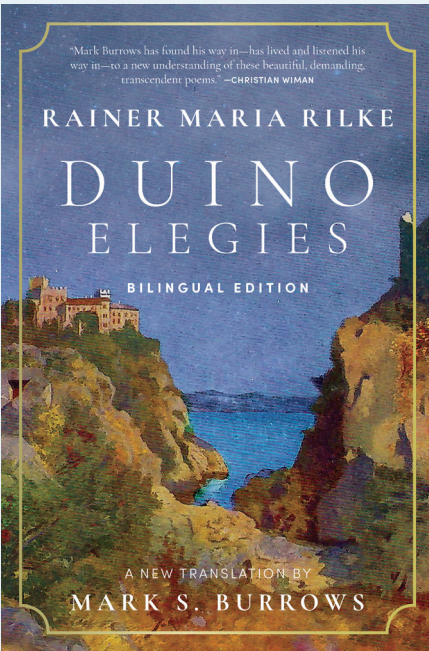
David Chadwick

From the award-winning and best-selling author of the biography of Shunryu Suzuki, comes the concluding volume of exploration, through personal memoir, oral history, and rare photographs, of the physical and spiritual place known as Tassajara—a monastery founded by the San Francisco Zen Center in 1967.

Peopled like a Sixties film of Buddhism invasion, with hippies, dreamers, lovers, and the first serious practitioners in the US. Joan Baez, David Steindl-Rast, Maud Oakes, Jack Kerouac, Peter Matthiessen and Deborah Love, Chogyam Trungpa, Alan Watts, Gary Snyder, Robert Bly, Emma Bragdon, Jacob Needleman, are all here. The book concludes with Shunryu Suzuki dying from cancer before the end of 1971, and how his passing was felt in the community.

Anecdotes also include an impromptu band calling themselves the Non Burnables, that included Chadwick himself on guitar, and Suzuki sitting on the band platform playing a kazoo and wearing a cowboy hat. This volume also tells the story of the writing and publication of Suzuki's international bestseller, *Zen Mind, Beginner's Mind*.

This is the continued story of what happened at the founding of the first Zen monastery in the West.



PUB DATE: September 22, 2026

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EBOOK AVAILABLE

US RETAIL: \$22.95

PAGE COUNT: 144

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BISAC CATEGORIES:

POE003000 POETRY / SUBJECTS & THEMES / RELIGIOUS

LIT004170 LITERARY CRITICISM / EUROPEAN / GERMAN

REL047000 RELIGION / MYSTICISM

of Rilke's letters and journal entries in which he addresses the poems' complexities, elucidates otherwise cryptic allusions found in the elegies, and comments on the personal circumstances of its composition.

"Rilke's voice from the last tumultuous young century reaches tenderly into ours. But his lush German is a language of its own. Mark Burrows has a rare gift to coax it faithfully into English. I am delighted, and so very grateful for this book." —**KRISTA TIPPETT**, host of "On Being"

RAINER MARIA RILKE (1875-1926) is widely considered the most significant German-language lyric poet of the 20th century.

MARK S. BURROWS' travels the world lecturing and offering retreats and workshops. He is the translator of *Sonnets to Orpheus*, chosen among the Best Spiritual Books of 2024 by SpiritualityandPractice.com, 2025 and Indie Book Awards Finalist.

Duino Elegies

Rainer Maria Rilke
A New Translation by
Mark S. Burrows

The *Duino Elegies* stand as the capstone of Rilke's poetic work.

He began work on them at Schloss Duino, an Italian seaside village, during the winter of 1912, completing them a decade later in 1922. These poems articulate Rilke's hope "that I, one day, standing at the end of this harsh vision, / might sing out with joy and praise to the assenting angels." They stand as his "final testament" as a writer, an epic work which traces "the long experience of love" that shapes our lives. Rilke invites us to practice what he once called "heart-work," a way of living by which we learn to see how "being-here is magnificent."

Mark S. Burrows' version captures the peculiar power of his images while also honoring the luminous strangeness of his voice. This elegant, original translation by this distinguished Rilke scholar includes an introduction, an afterword that explores the themes central to the poet's mystical vision, and explanatory notes to the text. It also includes a selection





A 16-YEAR-OLD'S NEAR-DEATH VISION
OF HOPE FOR HUMANITY

Love Will Lead Me Home

REINEE PASAROW
WITH ANNA POWERS

"I found Reinee's story illuminating and enriching."
— BEN KINGSLEY

PUB DATE: September 29, 2026

HARDBACK ISBN: 9781966608493

EBOOK AVAILABLE

US RETAIL: \$24.95

PAGE COUNT: 160

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BISAC CATEGORIES:

OCC034000 BODY, MIND & SPIRIT /
PSYCHIC PHENOMENA / NEAR-DEATH
EXPERIENCE

OCC022000 BODY, MIND & SPIRIT /
AFTERLIFE & REINCARNATION

BIO026000 BIOGRAPHY & AUTOBIOGRAPHY
/ MEMOIRS

"I found Reinee's story illuminating and enriching." — **BEN KINGSLEY**, Academy-award-winning actor

"I love NDE stories! This is excellent and well-written too. As a connoisseur of Near-Death Experience stories, this is one of the best I've ever read. Inspiring. Fascinating. Uplifting."

— **RAINN WILSON**, three-time Emmy Award-nominated actor, comedian, director

Love Will Lead Me Home

A 16-Year-Old's Near-Death Vision
of Hope for Humanity

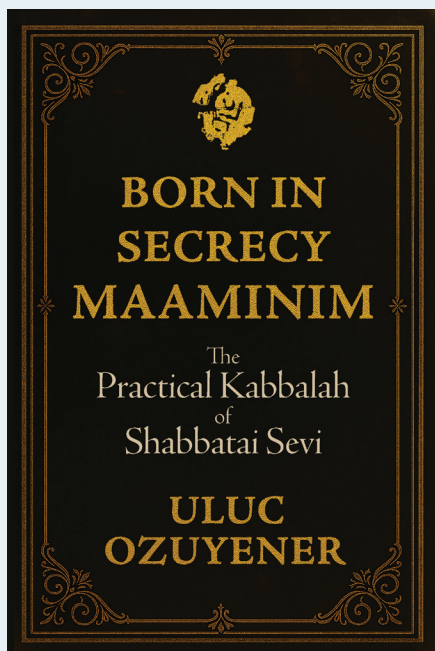
Reinee Pasarow
with Anna Powers

A typical southern California teenager, Reinee grew up in the 1950s experiencing threats of war, practicing bomb drills in elementary school. Later, in the '60s, during her teens, the civil rights movement and war with Vietnam greatly disturbed her.

But on March 25, 1967, sixteen-year-old Reinee Pasarow died. Clinically dead for almost an hour and then brought back to life by a determined family doctor, Reinee's Near-Death Experience (NDE) is remarkable for the clarity and detail of the event—and because of its powerful spiritual message of hope and healing. Those who have had NDEs tend not to fear death, but look forward to returning to the place they feel is their true "home." This is part of the essential message of this unforgettable memoir.

REINEE E. PASAROW grew up in southern California, and attended UCLA. With husband Michael, she managed a successful food brokerage business. But a debilitating multiple sclerosis progressed throughout her life. At 16, she went into anaphylactic shock and was pronounced dead. Her spiritual awakening was a direct result of this near-death experience.

ANNA M. POWERS is cofounder and director of Diversity Dance Workshop, an internationally renowned dance company based in Seattle. Anna has written articles and editorials for *The Guardian*.



PUB DATE: October 6, 2026

PAPERBACK ISBN: 9781966608516

EBOOK AVAILABLE

US RETAIL: \$35.00

PAGE COUNT: 350

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BISAC CATEGORIES:

REL017000 RELIGION / COMPARATIVE
RELIGION

HIS010010 HISTORY / EUROPE / EASTERN

OCC016000 BODY, MIND & SPIRIT /
OCCULTISM

ULUC OZUYENER founded the Society for Sabbatean Studies, the first international organization dedicated to preserving and illuminating the heritage of the Maaminim, the hidden followers of Shabbatai Sevi. He is a descendant of the Sabbatean Kapancı sect, born in Turkey, now living in the U.S. Professionally, Ozuyener leads global IT teams, but beneath the surface of his technical career has been a devotion to this subject. His public contributions include interviews and articles in *Şalom*, the leading Jewish newspaper in Turkey.

Born in Secrecy— Maaminim

The Practical Kabbalah of
Shabbatai Sevi

Uluc Ozuyener

This book tells the story of the Sabbatean descendants who continued to carry the spark of faith in the enigmatic Shabbatai Sevi (1626-76), not in public, but behind closed doors, through gestures, rituals, and coded language.

This is the story of those who have long lived in shadows. It is the first book on Sabbateanism written from within the tradition.

As a descendant of the Maaminim (a devoted circle of Shabbatai Sevi's first followers), Uluc Ozuyener gives voice to a history that has lived in silence. His book is both a personal journey and scholarly exploration—to reveal how a faith could survive, and even flourish, through exile, contradiction, and concealment. It weaves together theological analysis, archival research, Ladino hymns, Zoharic commentary, and personal testimony. Ozuyener engages with the Kabbalistic foundations of the worldview—particularly the belief that exile and descent are not signs of failure, but sacred processes through which hidden light can be revealed. The Maaminim believed holiness could emerge from darkness, that fidelity could be expressed through transgression, and that secrecy was not simply survival—it was devotion.





PATHWAYS TO RESILIENCE AND RENEWAL

The Wholeness of a Broken Heart



RABBI AMY GROSSBLATT PESSAH

PUB DATE: October 13, 2026

PAPERBACK ISBN: 9781966608530

EBOOK AVAILABLE

US RETAIL: \$24.95

PAGE COUNT: 208

TRIM SIZE: 6x9 in.

BISAC CATEGORIES:

REL040030 RELIGION / JUDAISM / HISTORY

SEL010000 SELF-HELP / DEATH, GRIEF, BEREAVEMENT

REL040010 RELIGION / JUDAISM / RITUALS & PRACTICE

A spiritual seeker since childhood, **AMY GROSSBLATT PESSAH** has sought both experiential and intellectual paths on her quest for a deeper understanding to life's most pressing questions such as "Why are we here?" and "What is our purpose?" Her journey includes receiving rabbinic ordination and a master's degree in Jewish education. Additionally, Amy is a trained spiritual director, energy healer, and has completed 400 hours of chaplaincy hospice training. She serves as a rabbi, author, and spiritual guide, working in various synagogues and Jewish institutions across South Florida and throughout the country.

The Wholeness of a Broken Heart

Pathways to Resilience and Renewal

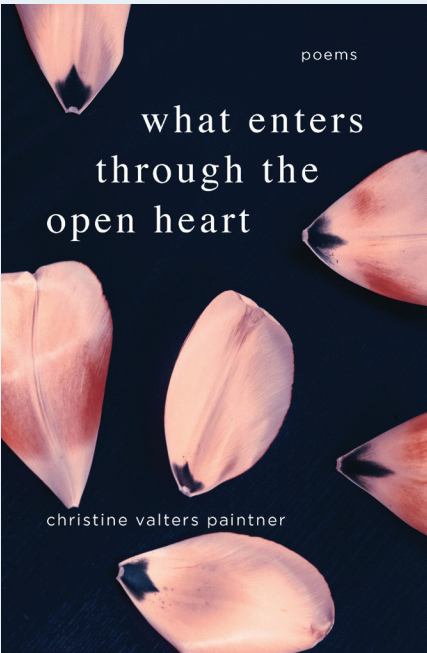
Rabbi Amy Grossblatt Pessah

This book shares a lived experience of loss, hope, meaning, and spiritual courage in Judaism. Pessah's book is rooted in honesty and compassion, emphasizing the need to meet life as it is—without denial—while cultivating meaning, connection, and joy.

All humans will experience trials, tribulations, or traumas, and Pessah tells the story of losing her twenty-year-old son to brain cancer. While some of us will have more intense challenges than others, there is no doubt that being human is hard, always. This book addresses this universal human condition from the perspective of Jewish spirituality.

Through Jewish texts and teachings, Rabbi Amy engages with the big questions—suffering, responsibility, purpose, and God—with depth, accessibility and emotional intelligence. Full of personal anecdote, as well as lessons learned from the lived experiences of others, *The Wholeness of a Broken Heart* honors brokenness as part of the human experience and helps the reader to find joy, meaning, purpose, and connection.

"A compassionate and wise guide to navigating the challenges of being human, blending spiritual insight with deeply lived experience." — **DR. MICHELLE PEARCE**, clinical psychologist



What Enters Through the Open Heart

Poems

Christine Valters Paintner

What Enters through the Open Heart is a collection of poems about what feels fragile, fleeting, and ephemeral in life.

Both a poet and a spirituality author with a worldwide reputation, Paintner writes about her experience of chronic illness, grief, loss, nature's consolation, and she brings to life some of the saints who had kinship with creatures and experienced illness as well. Ultimately, it is a collection about what it means to live with an open heart in the midst of pain and vulnerability.

CHRISTINE VALTERS PAINTNER PhD, is the online Abbess of Abbey of the Arts, a virtual monastery where she leads online retreats and prayer services integrating contemplative practice and creative expression. She is the author of more than 25 books on spirituality and the arts. This is her fourth collection of poetry and her poems have appeared in journals in the U.S., Canada, UK, and Ireland. She lives in the west of Ireland with her husband John and dog Sourney.

“What Enters Through the Open Heart is an astonishing new poetry collection by Christine Valters Paintner. Its exquisite, intimate, and courageous poems make the inside like the outside and the outside like the inside, creating a portal into the communal, liminal vulnerability we routinely call ‘life.’” —**CARMEN ACEVEDO BUTCHER**, poet and translator of Brother Lawrence’s *Practice of the Presence* and *The Cloud of Unknowing*

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PAPERBACK ISBN: 9781966608554

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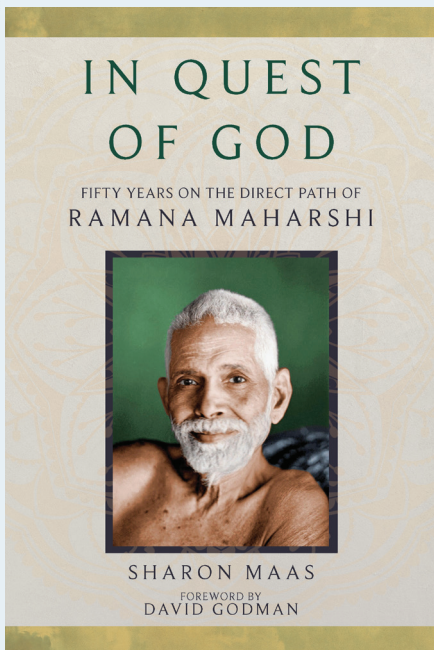
BISAC CATEGORIES:

POE003000 POETRY / SUBJECTS & THEMES / RELIGIOUS

POE024000 POETRY / WOMEN AUTHORS

“What is it about the mysterious alchemy of pain mixed with faith that, if embraced—however reluctantly—often produces profound beauty? It’s a question worth asking Paintner because, in *What Enters Through the Open Heart*, she has achieved it. Excavating a topic which might easily pull us down, she instead gives us wings. Through these poems, readers are shown how one might use an intimacy with pain as portal to deeper intimacy with God.” —**NIKKI GRIMES**, *New York Times* bestselling author of *Ordinary Hazards*, a memoir in verse, and *Glory, Too*





PUB DATE: November 3, 2026

PAPERBACK ISBN: 9781966608578

EBOOK AVAILABLE

US RETAIL: \$26.95

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BISAC CATEGORIES:

REL032020 RELIGION / HINDUISM / RITUALS & PRACTICE

OCC012000 BODY, MIND & SPIRIT / MYSTICISM

REL017000 RELIGION / COMPARATIVE RELIGION

At 22, Maas left her home in Guyana, South America, for a remote ashram in South Indian where she immersed in Ramana’s teachings, before returning to the West to consolidate the spiritual with the material world.

In Quest of God is the first book outside India to translate these teachings into a digestible, and personal form, yet without watering them down, illustrated with many anecdotes from Ramana’s life and of his close disciples, as well as examples from the author’s life and that of people she has known.

SHARON MAAS was born in Guyana in 1951, went to school in England, and then worked as a journalist. She has lived in India, Germany, France, and the U.S. She has continued to return to Ramanashram in India year after year. She is the author of sixteen novels.

DAVID GODMAN is the legendary author of *Be as You Are: The Teachings of Sri Ramana Maharshi*.

In Quest of God

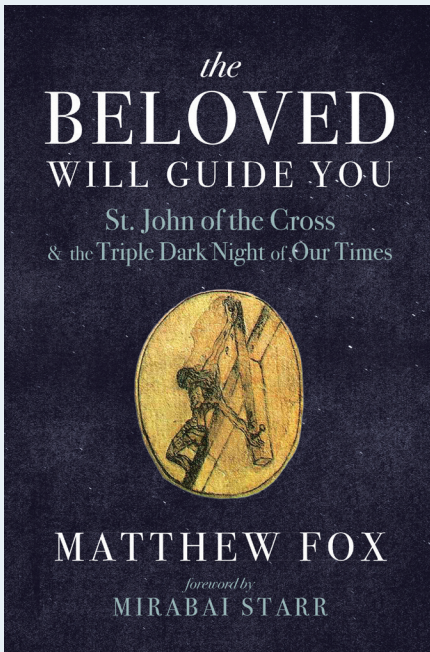
Fifty Years on the Direct Path of Ramana Maharshi

Sharon Maas

Foreword by David Godman

An introduction to the legendary 20th century Indian sage told through the personal voice of Sharon Maas’ 50-year spiritual journey following his teachings.

The April/May 2025 edition of *Hinduism Today* featured Ramana on its cover because he’s recognized in Hindu/Vedantic circles as of that very rare stature of Maha-rishi—Great Sage. He was the most significant 20th century figure in the Vedantic tradition, and has gained prominence in recent decades. Popular teachers today such as Eckhart Tolle mention or quote him to validate their own teaching. In his lifetime (1878-1950), Ramana was a mentor of Mahatma Gandhi, who regularly corresponded with him and occasionally sent his followers to the ashram to recharge their flagging batteries; and C.J. Jung referred to him as the “whitest spot” in all of India.



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BISAC CATEGORIES:

REL017000 RELIGION / COMPARATIVE
RELIGION

REL067080 RELIGION / CHRISTIAN
THEOLOGY / HISTORY

REL047000 RELIGION / MYSTICISM

MATTHEW FOX is the author of many books on spirituality and culture that have been translated into dozens of languages. He holds a doctorate in the history and theology of spiritualities from the Institut Catholique de Paris and was a priest in the Dominican Order for more than thirty years before being silenced by the Vatican and then dismissed. Since then, he founded the University of Creation Spirituality in Oakland, CA and became an Episcopal priest. A new school called the Fox Institute for Creation Spirituality has also recently been launched in Boulder, CO. He lives in the Bay Area of northern California.

The Beloved Will Guide You

St. John of the Cross and the Triple Dark Night of Our Times

Matthew Fox

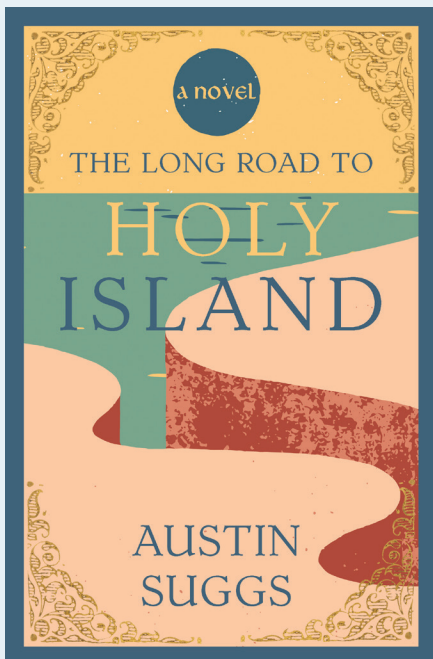
Foreword by Mirabai Starr

An interpretation of the great Christian mystic, John of the Cross, using the four paths of Creation Spirituality, making him come alive again.

John only had access to the spiritual-literary paths of purgation, illumination, and union, plus he had the Spanish Inquisition breathing down his neck, so his writings are sometimes misunderstood—or not seen clearly. Matthew Fox shows how John was in fact way ahead of his time.

Fox interprets the legendary “dark night” poetry as prison literature, on the Via Transformativa path of Creation Spirituality, about the struggle for justice. The Via Creativa also proves paramount since John is considered one of the best poets in the Spanish language to this day. The Via Positiva is stunningly present, too, as is the Via Negativa and John’s profound sense of the apophatic divinity that continues to influence non-dual mystics, theologians, and ordinary readers of spirituality today. Fox brings all of this alive—and John of the Cross—into fresh, immediately relevance. The four paths reset John’s spiritual gifts and just when we need them most: as we find ourselves in a triple dark night—of soul, society (democracy), and with Mother Earth beset by global warming at the hands of humanity.





PUB DATE: November 17, 2026

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US RETAIL: \$22.95

PAGE COUNT: 220

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BISAC CATEGORIES:

FIC042000 FICTION / CHRISTIAN /

GENERALAFTERLIFE & REINCARNATION

FIC042010 FICTION / CHRISTIAN / CLASSIC
& ALLEGORY

AUSTIN SUGGS is a writer and video essayist whose work @GospelSimplicity (with 100k+ subscribers) has reached over 10 million people online. He holds degrees in Theology and Liberal Arts, and his writing explores the intersection of faith and the human experience. When he's not reading, writing, or filming videos, you can find him chasing the perfect cup of coffee, tending to his sourdough starter, or watching a Liverpool match. He lives in Baltimore, Maryland, with his wife, Eliza.

The Long Road to Holy Island

A Novel

Austin Suggs

A grieving son. A wandering monk. And an ancient path where grief and grace share the same road.

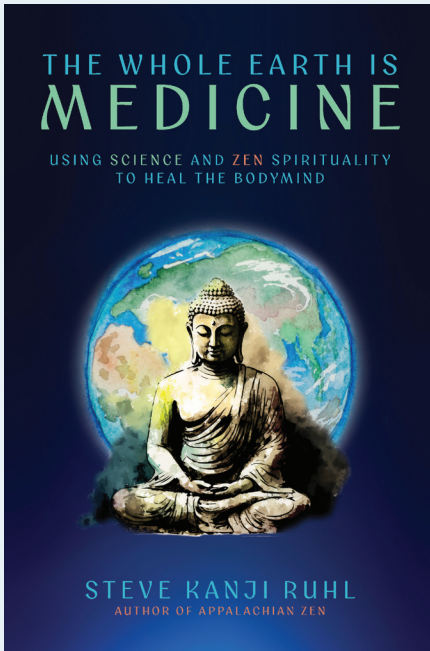
After his mother's unexpected death, Cameron MacAllister sets out to complete the pilgrimage she always dreamed of—St. Cuthbert's Way through the borderlands of Northumberland. He doesn't expect the journey to change him. Unlike his mother, he doesn't believe in God. He simply hopes the miles might quiet the ache he can't put into words.

Then he meets Brother Aidan.

An elderly monk seasoned by silence and prayer, Br. Aidan carries a gentleness that disarms Cameron's disbelief as much as it steadies his grief. Their days unfold beneath shifting skies, marked by unhurried conversations, shared meals, and encounters with strangers whose stories stretch Cameron's ideas of what a life can hold.

As Cameron follows the path his mother once longed for, he finds himself drawn into the way she viewed the world—a vision of life that, perhaps, can hold the weight of his grief, questions, and yearning for meaning amidst it all.

Written with quiet warmth and emotional clarity, this debut novel traces a pilgrimage through grief into uncharted territories of faith.



PUB DATE: August 25, 2026

PAPERBACK ISBN: 9781966608394

EBOOK AVAILABLE

US RETAIL: \$24.95

PAGE COUNT: 190

TRIM SIZE: 6x9 in.

BISAC CATEGORIES:

REL092000 RELIGION / BUDDHISM / ZEN

HEA012000 HEALTH & FITNESS / HOLISM

HEA015000 HEALTH & FITNESS / MEN'S HEALTH

OCC011010 BODY, MIND & SPIRIT / HEALING / ENERGY (CHAKRAS, QIGONG, REIKI)

“Solid, grounded...exactly what is needed.” —**DR. JEFFREY REDIGER, MD**, Harvard Medical School, author of *Cured: The Life-Changing Science of Spontaneous Healing*

“With eloquent prose weaving his own personal faith and cancer journey as a ribbon of continuity throughout, Steve Kanji Ruhl shares his radical remission story for those who feel called to pursue the oncological road less traveled.” —**DR. LISSA RANKIN, MD**, author of *Mind Over Medicine*

The Whole Earth is Medicine

Using Science and Zen Spirituality to Heal the Bodymind

Steve Kanji Ruhl

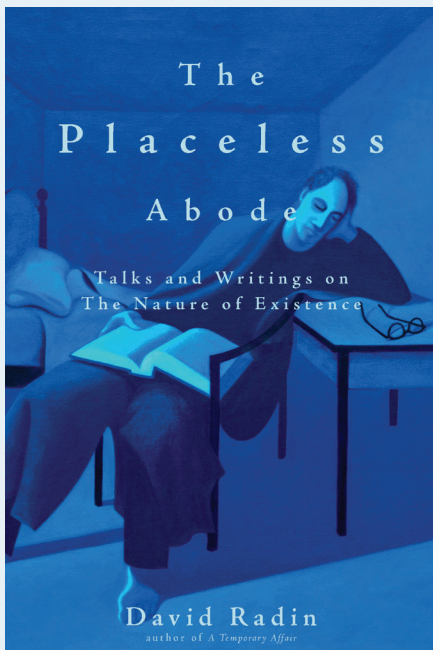
A Zen Buddhist priest's memoir of cancer recovery

This remarkable memoir by Steve Kanji Ruhl blends vivid personal narrative with fascinating information from the forefront of medical science, revealing how the author—a Zen Buddhist minister, trained at Harvard Divinity School—teamed with supportive doctors to use sensible Asian herbal remedies, medicinal diet, Zen practices, “bodymind” energy methods, and modern Western lab technology to boost his natural immunity and experience radical remission from stage II cancer.

STEVE KANJI RUHL was ordained a Zen Buddhist minister through the Zen Peacemaker Order. He is the author of *Appalachian Zen*, winner of the 2023 Gold Prize for Memoir in the Nautilus Book Awards; *Enlightened Contemporaries*; and two volumes of poems. He received his MDiv degree at Harvard Divinity School and has been a speaker at Harvard's Center for World Religions, Yale Divinity School, the Omega Institute, and elsewhere. A Buddhist adviser at Yale University and faculty member of the Shogaku Zen Institute, Ruhl also teaches independently.

“Intimate page-turning honesty... balanced, informed, and inspired.”
—**PAULA ARAI, PHD**, author of *A Little Book of Zen Healing*





PUB DATE: August 11, 2026

PAPERBACK ISBN: 9781966608370

EBOOK/AUDIOBOOK AVAILABLE

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BISAC CATEGORIES:

REL092000 RELIGION / BUDDHISM / ZEN

PHI025000 PHILOSOPHY / ZEN

REL007020 RELIGION / BUDDHISM /
RITUALS & PRACTICE

“For anybody looking for a printed manual of instructions in the art of living sanely in this world, this book offers clear and precise to-the-point directions. Wondrous old friend Yoshin ages well, and to sip his brandy of words is to drink ambrosia with Buddha.”

—**YOGEN MICHAEL FABER**, Jewish chaplain and director of Hillel at Ithaca College

“David’s reflections will surely guide and inspire anyone who longs for truth and clarity.” —**MITCH BOBROW**, psychotherapist and author of *Views from the Tightrope*

The Placeless Abode

Talks and Writings on the Nature of Existence

David Radin

Awaken to an awareness that’s already inside you

The Placeless Abode weaves together five dharma talks delivered by Yoshin David Radin at the Rinzei-ji Zen Center of Los Angeles—his teacher Joshu Sasaki Roshi’s home temple. Structured like the sesshin, or Zen retreat, from which the material arose, each day’s talk is followed by other writings that reflect and deepen the themes addressed.

The book invites readers to question the fundamental delusion of selfhood, explore the nature of death, and examine the mind’s tendency to misidentify itself as form. Radin writes and speaks with a rare combination of piercing insight and compassionate humor, reflecting his deep training and decades of teaching experience. The central message—awakening to the awareness that is already present—is rendered with striking simplicity, allowing readers from diverse backgrounds to resonate with its truth and meaning.

The tone is warm, poetic, and direct, offering a rare accessibility to the often paradoxical teachings of Zen.

YOSHIN DAVID RADIN is a Zen Buddhist monk, teacher, and writer, and the abbot and founder of the Ithaca Zen Center in upstate New York, where he has taught for four decades. In 1976, he began Zen practice with Joshu Sasaki Roshi, was ordained a monk in 1983, and received the title of Oshō in 1989.

"With sheer beauty and insight, *Kindred Spirits* weaves together how Merton and Kerouac walk together on their Zen journey, where they part paths, and why."
—Ron Dart, National Executive of the
Thomas Merton Society of Canada

Kindred Spirits

Thomas Merton,
Jack Kerouac,
and Zen



Edward C. Sellner

Author of *Wisdom of the Celtic Saints*

PUB DATE: July 28, 2026

PAPERBACK ISBN: 9781966608271

EBOOK AVAILABLE

US RETAIL: \$24.95

PAGE COUNT: 184

TRIM SIZE: 5.5x8.5 in.

BISAC CATEGORIES:

RELO92000 RELIGION / BUDDHISM / ZEN

RELO62000 RELIGION / SPIRITUALITY

RELO12120 RELIGION / CHRISTIAN LIVING /
SPIRITUAL GROWTH

PHI025000 PHILOSOPHY / ZEN

"Wise and spacious, this thoughtful new book by Edward Sellner provides a balanced and yet deeply integrated approach to the Mystery that is Thomas Merton." —**CYNTHIA BOURGEAULT**

"The sheer beauty and insights of *Kindred Spirits* is the way Sellner deftly, and in a nuanced and evocative manner, weaves together how Merton and Kerouac walk together on their Zen journey, and where they part ways and why." —**RON DART**, National Executive of the Thomas Merton Society of Canada

Kindred Spirits

Thomas Merton, Jack Kerouac,
and Zen

Edward C. Sellner

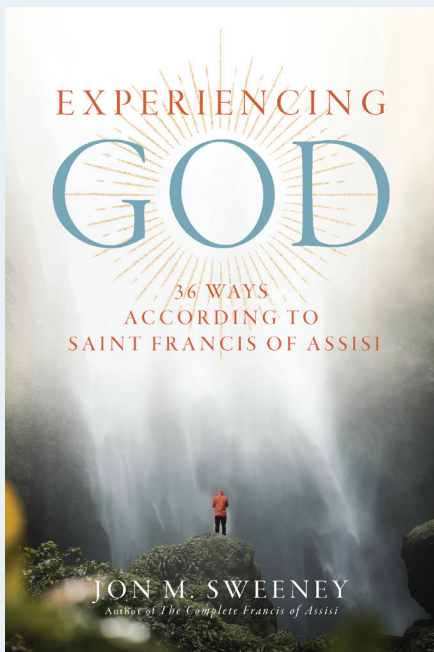
Brilliant interweaving of American writers Thomas Merton and Jack Kerouac, and the influence of Buddhism upon them

This book is about two twentieth century giants: Catholic monk and spiritual writer Thomas Merton, and Beat writer Jack Kerouac, who as Roman Catholics studied Zen Buddhism which changed them profoundly.

Merton became famous with the publication of his 1948 autobiography, *The Seven Storey Mountain*, and Kerouac with his iconic *On the Road*, first published in 1957. Both also were intensely involved in studying and writing about Buddhism; they each knew D.T. Suzuki, a leading figure introducing Zen to the West. Both too had a dark side, prone to depression, struggling with sanity, even suicidal thoughts. Sellner's book examines the transformative, satori experiences in their lives, and how examining them together illuminates them both.

EDWARD C. SELLNER received master and doctoral degrees in theology and spirituality from the University of Notre Dame, and taught at St. Catherine University in St. Paul, Minnesota, for 35 years. He is also a former chemical dependency counselor, helping him to understand the suffering of Kerouac. Sellner's research for this book included traveling to India and Thailand, tracing Merton's first and last pilgrimage to Asia, and visiting the buddhas at Polonnaruwa, Sri Lanka, where Merton had his last *satori* experience.





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PAPERBACK ISBN: 9781966608059

EBOOK AVAILABLE

US RETAIL: \$19.99

PAGE COUNT: 178

TRIM SIZE: 5.5x8.5 in.

BISAC CATEGORIES:

REL012120 RELIGION / CHRISTIAN LIVING / SPIRITUAL GROWTH

REL010000 RELIGION / CHRISTIANITY / CATHOLIC

REL017000 RELIGION / COMPARATIVE RELIGION

REL110000 RELIGION / CHRISTIANITY / SAINTS & SAINTHOOD

“It has given me a friend in Saint Francis for a lifetime. A divine encounter.” —**KAREN KIEFER**, Director, *The Church in the 21st Century Center*, Boston College

“Experience of God is what people need, want, and find in these examples from the life of one of my favorite saints.” —**JAMES MARTIN, SJ**, author of *Come Forth: The Promise of Jesus’s Greatest Miracle*

Experiencing God

36 Ways According to Saint Francis of Assisi

Jon M. Sweeney

Replicable experiences of God according to Francis of Assisi, offered on the 800th anniversary of his death.

Never have we needed more to experience God—to feel God. Francis of Assisi was spiritual before anyone used that word, and he was religious in the best ways. We love him because he cut through the paraphernalia to get back to religion where it belongs: working in the human heart, making a difference in everyday life.

Anyone can do the things Francis did, summarized in these 36 ways of experiencing God. Examples offered through anecdote, text, and explanation include:

- Free captive creatures
- Pray alone in the woods
- Allow yourself to weep
- Stand between those who fight
- Make a cross with your arms
- Pray Who are you, God? And who am I?

Sweeney introduces each with faithful attention to the original sources and comparisons to spiritual teachers from other traditions, including Thich Nhat Hanh, Roshi Bernie Glassman, Evelyn Underhill, Richard Rohr, and Mary Oliver.

JON M. SWEENEY is an award-winning author and independent scholar who has been interviewed by the Dallas Morning News and The Irish Catholic, on radio with NPR and the BBC, and on television for CBS Saturday Morning, as well as NBC’s “Morning Blend” and CBS Sunday Morning.

RABBI RAMI SHAPIRO

LOVE

and the

BIBLE

and the

meaning
of
everything**PUB DATE:** June 23, 2026**PAPERBACK ISBN:** 9781966608318**EBOOK AVAILABLE****US RETAIL:** \$24.95**PAGE COUNT:** 240**TRIM SIZE:** 6x9 in.**BISAC CATEGORIES:**REL006740 RELIGION / BIBLICAL STUDIES
/ OLD TESTAMENT / POETRY & WISDOM
LITERATUREREL006880 RELIGION / BIBLICAL STUDIES
/ OLD TESTAMENT / APOCRYPHA &
DEUTEROCANONICALREL006800 RELIGION / BIBLICAL
COMMENTARY / NEW TESTAMENT / JESUS,
THE GOSPELS & ACTS

Spirituality & Health magazine where he writes the advice column “Roadside Assistance for the Spiritual Traveler.”

“Stephen Hawking wrote *Theory of Everything*. Ken Wilber wrote *A Brief History of Everything*. And now Rami has written on the Meaning of Everything with his signature wink. This book is a joy!” —**GORDON PEERMAN**, author of *Blessed Relief: What Christians Can Learn from Buddhists about Suffering*

“By lifting the Bible out of the quagmire of literal interpretation and returning it to our hands and hearts, Rabbi Rami grants us access to our own love language, and shows us the way to love each other back into wholeness.” —**MIRABAI STARR**, author of *God of Love and Ordinary Mysticism*

Love and the Bible

And the Meaning of Everything

Rabbi Rami Shapiro

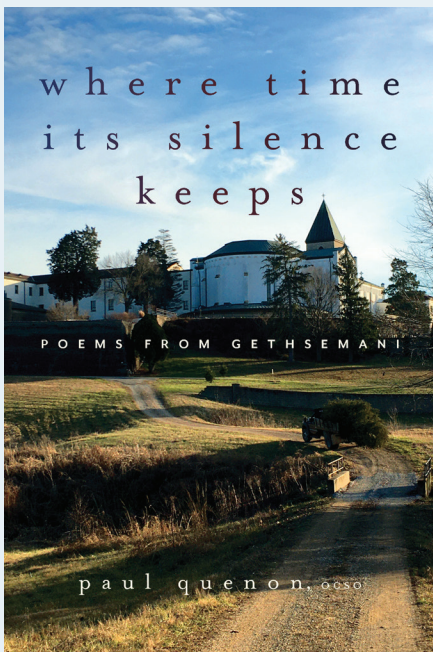
A book about love, because the Bible is all about love

The subject of Rami Shapiro’s new book is not simply the *Tanakh* (Torah, Prophets, and Writings)—what Christians call Old Testament. Rabbi Rami loves the New Testament and the Apocrypha as well.

Shapiro shows how the wisdom of the Bible is testable. The purpose of wisdom is to help navigate the intricacies of life more effectively, to deepen our capacity for compassion and commitment to justice, and help us “walk through the shadowed Valley of Death” fearlessly, even tranquilly, and almost certainly fed by faith understood as the capacity to engage the world with an open heart and open mind regardless of what we encounter. Throughout these profound reflections, Rami’s hope is that readers will see what he sees, and hear what he hears in these texts of love for people of all traditions.

RABBI RAMI SHAPIRO PHD is an award-winning author of forty books on religion, spirituality, and recovery. He co-directs One River Foundation (oneriverfoundation.org) and is contributing editor for





PUB DATE: June 9, 2026

PAPERBACK ISBN: 9781966608295

EBOOK AVAILABLE

US RETAIL: \$23.95

PAGE COUNT: 142

TRIM SIZE: 6x9 in.

BISAC CATEGORIES:

POE003000 POETRY / SUBJECTS & THEMES / RELIGIOUS

REL010000 RELIGION / CHRISTIANITY / CATHOLIC / GENERAL

REL113000 RELIGION / ESSAYS

“Brother Paul’s delight in the world, and his gift for putting words to wonder, would make his old novice master Thomas Merton beam.” —**PICO IYER**, author of *The Half Known Life: In Search of Paradise*

“Brother Paul writes wonderfully, spontaneously, variously, breathlessly of life lived at maximum intensity, in silence and gratitude. You may not be a monastic, but you will recognize—like a quiet echo inside—your own life in his.” —**NORMAN FISCHER**, poet and author of *What Is Zen?*

Where Time Its Silence Keeps

Poems from Gethsemani

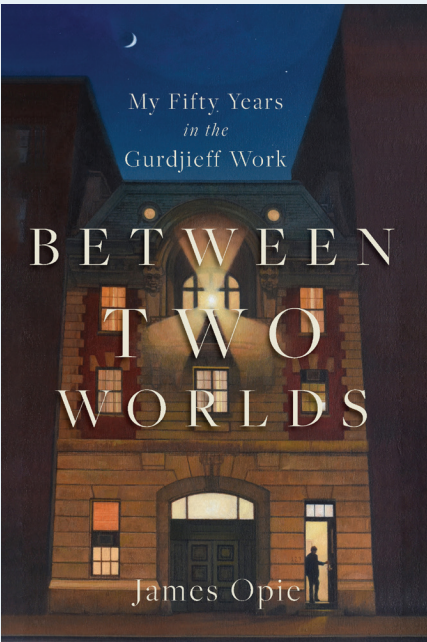
Paul Quenon, OCSO

In the spirit of monk-poets Hanshan, Thomas Merton, and Philip Wallen

Trappist monk Paul Quenon spends his days in prayer, contemplation, and the monastery kitchen. These poems reflect those places and those moments. The Kentucky knobs play a role, as do the creatures and birds that live there. Nocturnal vigils, too, are important to the poems, and some of them were written like hymns to be sung rather than spoken. This is the work of a poet at the height of his powers, in his ninth decade of a life well-lived.

The book also includes a rare interview with the poet, which includes this: “I want a poem to be a poem. It is more than descriptive prose, more than an account of the state of my soul, a record of what I’ve experienced, information about my spiritual life. A poem steps into a space of its own. It nudges along with a spirit of its own, and is best when it surprises me. If I know ahead of time what I want to write, that is a drag and will bore the reader. Best to be free of pre-conceived ideas, and best when I’m obedient to the poem, to whatever it wants.” (Brother Paul Quenon)

PAUL QUENON, OCSO entered the Abbey of Gethsemani at age 17. Thomas Merton was his novice master. His memoir, *In Praise of the Useless Life*, received a Catholic Press Award for memoirs, and he has published ten books of poetry.



Between Two Worlds

My Fifty Years in the Gurdjieff Work

James Opie

A memoir of adversity, hope, and the value of the Gurdjieff Work

James Opie's spiritual autobiography is a story of movement. Episodes of youthful right-wing politics, racism, and drug use move into resistance to the draft and Vietnam, and eventually connect with the teaching of G.I. Gurdjieff. Opie even enters the same line of work that the spiritual master maintained—becoming an Oriental rug dealer. There are travels to Iran and Afghanistan, and colorful characters as Opie plies his trade with distinction. Opie moves through several marriages and other personal turbulence. Fourteen years in a Gurdjieff center in Oregon come to an end in 1988 when Opie runs afoul of the motherly but overbearing leader of “The Farm.” But by then he has spoken with Madame Jeanne de Salzmann, Gurdjieff's most devoted pupil. Opie also learns directly from the leader of the Gurdjieff Work in North America, Lord Pentland. In the end, this memoir-with-Gurdjieff

PUB DATE: May 26, 2026

PAPERBACK ISBN: 9781966608356

EBOOK AVAILABLE

US RETAIL: \$29.95

PAGE COUNT: 274

TRIM SIZE: 6x9 in.

BISAC CATEGORIES:

BIO018000 BIOGRAPHY & AUTOBIOGRAPHY / RELIGIOUS

OCC011020 BODY, MIND & SPIRIT / HEALING / PRAYER & SPIRITUAL

OCC012000 BODY, MIND & SPIRIT / MYSTICISM

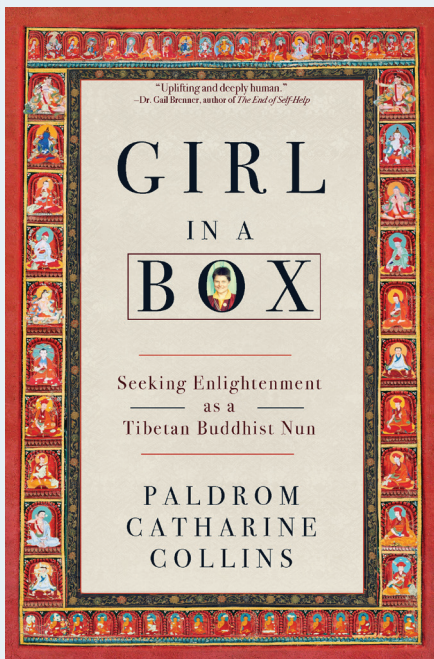
REL112000 RELIGION / GNOSTICISM

reveals how inner efforts and fortuitous help incrementally make a man more mature and serious.

“Like Thomas Merton in *The Seven Storey Mountain* and Augustine in his *Confessions*, Jim Opie bares his sins and personal flaws, giving the text a bracing honesty that creates a baseline from which the reader can assess what effect a half century of inner and outer work have had on the author.” —**JEFF ZALESKI**, editor and publisher of *Parabola*

JAMES OPIE graduated from Ohio University in 1962 and taught in a rural high school for two years before moving to Big Sur, where pot and LSD were readily available. By 1965, LSD “trips” so reoriented his life as to risk being homeless. Moving through this crisis, he discovered the spirituality of Gurdjieff and began to engage in “the Work.” Opie has published several books on Oriental rugs and many articles in *Parabola* and other magazines. In 2002, he and Jacob Needleman founded The Gurdjieff Foundation of Oregon.





PUB DATE: May 12, 2026

PAPERBACK ISBN: 9781966608257

EBOOK AVAILABLE

US RETAIL: \$24.95

PAGE COUNT: 206

TRIM SIZE: 5.5x8.5 in.

BISAC CATEGORIES:

BIO026000 BIOGRAPHY & AUTOBIOGRAPHY
/ MEMOIRS

REL007050 RELIGION / BUDDHISM /
TIBETAN

OCC01020 BODY, MIND & SPIRIT / HEALING
/ PRAYER & SPIRITUAL

REL007020 RELIGION / BUDDHISM /
RITUALS & PRACTICE

down the road only to discover she has nowhere to go. What she is seeking—the very “home” she longs for—has been right there all along.

“In lucid prose, Collins acknowledges the beauty of Buddhism while emphasizing the flexibility of a spiritual tradition where pursuing awakening can mean turning away from institutional practice. It’s a frank, refreshingly nontraditional take on what spiritual growth looks like.” —**PUBLISHERS WEEKLY**

PALDROM CATHARINE COLLINS’ introduction to religion was at the First Baptist Church she attended with her parents, until she left as a young woman seeking enlightenment—first in the mystical practices of the Tibetan Buddhist Vajrayana, then for fourteen years immersed in the non-dual teachings of Gangaji, in the Hindu Advaita lineage of Ramana Maharshi.

Girl in a Box

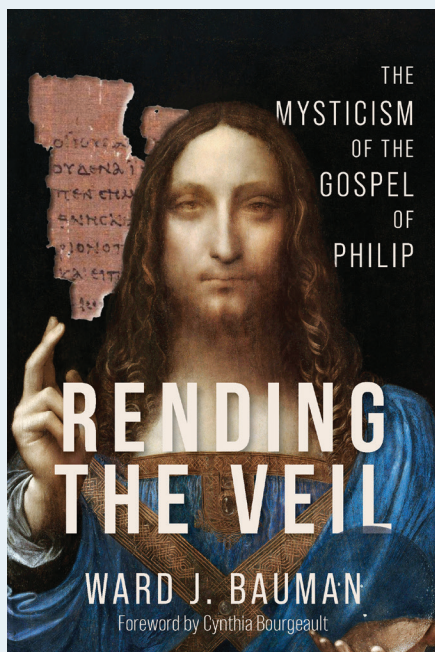
Seeking Enlightenment as a
Tibetan Buddhist Nun

Paldrom Catharine Collins

An Oklahoma girl’s years of immersion in a Tibetan Buddhist monastery

Girl in a Box chronicles a five-year immersion in the paradigm-altering world of a Tibetan retreat center. It weaves flashbacks of Collins’ former life with her ongoing attempts to surrender to monastic life. She travels to India with her teacher, takes vows as a nun, then returns to life at the monastery where she works as a house cleaner days and evenings to earn money to attend a dreamed-of three-year retreat. In her struggle to become a stellar nun, she conducts a one-sided jealous rivalry with a beautiful and “perfect” young nun—whom she later discovers is hiding a shocking secret. She also describes the grueling practice of performing over 100,000 prostrations and her disillusionment upon learning of the imperfect humanity of her revered teachers.

As the underlying grace of those years spent with the Tibetans come into focus, Collins sees that she is like a girl who packs her suitcase and sets off



PUB DATE: April 28, 2026

PAPERBACK ISBN: 9781966608233

EBOOK AVAILABLE

US RETAIL: \$24.95

PAGE COUNT: 196

TRIM SIZE: 6x9 in.

BISAC CATEGORIES:

REL112000 RELIGION / GNOSTICISM

REL006890 RELIGION / BIBLICAL STUDIES /
NEW TESTAMENT / APOCRYPHA

REL015000 RELIGION / CHRISTIANITY /
HISTORY

REL047000 RELIGION / MYSTICISM

bringing a new future, a new hope, and a new world, restoring the earth as the Garden of Paradise.

“I believe that Ward Bauman’s *Rending the Veil: The Mysticism of the Gospel of Philip* is both the boldest of the interpretive commentaries now available, and most respectful of the text’s ultimate intelligence: its ultimate ability to reveal its secrets to those with ‘eyes to see and ears to hear.’” —**CYNTHIA BOURGEAULT, PHD**, author of *The Wisdom Jesus* and many other books

WARD J. BAUMAN was ordained an Episcopal priest in 1989 and served parishes in the Bay Area of California for more than a decade, becoming a popular retreat leader in areas of Christian mysticism as well.

CYNTHIA BOURGEAULT is a modern day mystic, Episcopal priest, writer, and internationally known retreat leader. Her books include *Love is Stronger than Death*.

Rending the Veil

The Mysticism of the Gospel of Philip

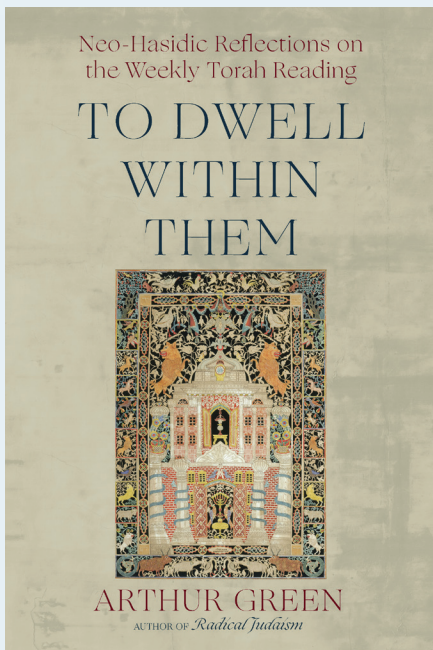
Ward J. Bauman

Foreword by Cynthia Bourgeault

Reveals Jesus’ secret teachings to his closest disciples

For the many Christians longing to move beyond traditional messages of the Church, “The Gospel of Philip,” found buried in the Egyptian desert, tells of Jesus’ hidden design for human transformation. Here is a glimpse into the early Jesus movement grounded in a metaphysical understanding of the Temple in Jerusalem. Through insights from early Christian mystics, we are invited into a tradition celebrating an experience of enlightenment, triumphing over the rigidity of orthodoxy. While the imperial Church, established under the rule of the emperor Constantine, focused on external rites and set beliefs, the first Jewish followers of Jesus emphasized an esoteric experience of those rites. “The Gospel of Philip” text, illumined here, is an initiation into those mysteries where Christ is born anew,





PUB DATE: April 14, 2026

PAPERBACK ISBN: 9781966608219

EBOOK AVAILABLE

US RETAIL: \$29.95

PAGE COUNT: 262

TRIM SIZE: 6x9 in.

BISAC CATEGORIES:

REL040060 RELIGION / JUDAISM /
KABBALAH & MYSTICISM

REL040090 RELIGION / JUDAISM /
THEOLOGY

PHI022000 PHILOSOPHY / RELIGIOUS

REL006750 RELIGION / BIBLICAL
COMMENTARY / OLD TESTAMENT /
PENTATEUCH

“Green is steeped in the classical sources of Jewish and especially kabbalistic tradition, and his writing is informed by the insights of scientists and secular thinkers.” —**DANIEL J. RETTBERG**, *AJL Newsletter*

“Arthur Green rescues Kabbalah from fundamentalists on the one hand and faddists on the other.” —**DANIEL C. MATT**

To Dwell Within Them

Neo-Hasidic Reflections on the Weekly Torah Reading

Arthur Green

A leading scholar of Jewish mysticism with Hasidic insight for every Shabbat

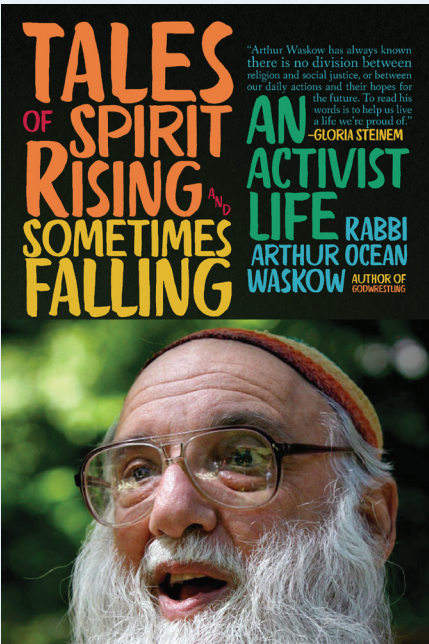
Arthur Green has been the leader of a neo-Hasidic revival in modern American Judaism for the last half-century. All of that comes together in this new book of Torah interpretation.

His reflections on the weekly Torah portions are replete with the sense that the text is torah, teaching, and we are here to learn from it. This is done by entering the text and its reality. The frequent refrain of the early Hasidic sources (“Torah is eternal, speaking to each generation. What does this text have to teach us today?”) is echoed loudly, here, for a new generation of listeners determined to set its own course.

ARTHUR GREEN, PHD is recognized as one of the world’s preeminent authorities on Jewish thought and spirituality. He is the retired Irving Brudnick professor of philosophy and religion at Hebrew College and rector of the Rabbinical School. He is the winner of the National Jewish Book Award 2020 for *Judaism for the World: Reflections on God, Life, and Love*.

“Green draws richly from the Jewish mystical tradition, but also writes from the heart of his own experience.”

—**HARVEY COX**, author of *The Future of Faith*



Tales of Spirit Rising and Sometimes Falling

An Activist Life

Rabbi Arthur Ocean Waskow

A modern prophet looks back on seven decades of activism.

Ask an expert who are the 5 most influential American Jewish leaders of the last century and Rabbi Arthur Waskow will make most of the lists. The author of the original Freedom Seder and legendary social justice activist is now in his 90s, and has recorded significant memories, relationships, and events of the last seventy years. Beginning with an anecdote about Gloria Steinem and the Democratic National Convention in Chicago in 1968, Waskow plunges the reader into the counter-culture that has defined his life and work.

“But in the summer of 1968, I didn’t have the language of Spirit,” Waskow writes, and this becomes a chronicle of blending active resistance to tyranny with a gradual discovery of what Waskow calls very simply “Love.” Thus comes the title of this memoir, as these are personal accounts and encounters of Spirit rising—in an extraordinary life.

RABBI ARTHUR OCEAN WASKOW, PHD founded and directed The Shalom Center in Philadelphia, PA a prophetic-activist voice in Jewish, multireligious, and American life. He wrote many books, including the *The Freedom Seder* (1969), the groundbreaking work of Jewish spiritual activism *Godwrestling*, and *Seasons of Our Joy*. He lived most of his life in Philadelphia, PA, and died on October 20, 2025 at the age of 92.



PUB DATE: January 13, 2026

PAPERBACK ISBN: 9781966608172

EBOOK AVAILABLE

US RETAIL: \$28.99

PAGE COUNT: 220

TRIM SIZE: 6x9 in.

BISAC CATEGORIES:

BIO026000 BIOGRAPHY & AUTOBIOGRAPHY / MEMOIRS

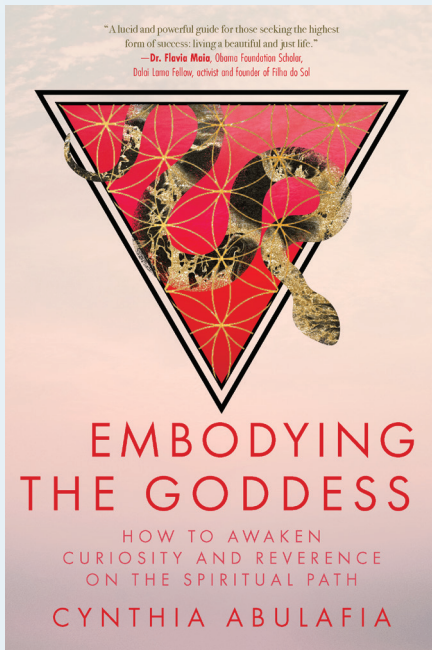
REL040030 RELIGION / JUDAISM / HISTORY

HIS036060 HISTORY / UNITED STATES / 20TH CENTURY

“Before the hierarchies and divisions of religions, there was the all-inclusive circle of spirituality.... Rabbi Arthur Waskow helps us trace our path back to our spiritual home.” —**GLORIA STEINEM**

“A deeply honest memoir that should resonate with anyone who’s been involved in progressive, faith-informed social justice work in the last half-century.”

—**SPIRITUALITYANDPRACTICE.COM**



PUB DATE: January 20, 2026

PAPERBACK ISBN: 9781966608073

EBOOK AVAILABLE

US RETAIL: \$24.99

PAGE COUNT: 188

TRIM SIZE: 6x9 in.

BISAC CATEGORIES:

OCC033000 BODY, MIND & SPIRIT / GAIA & EARTH ENERGIES

OCC027000 BODY, MIND & SPIRIT / SPIRITUALISM

OCC014000 BODY, MIND & SPIRIT / NEW THOUGHT

“This book invites a deep renewal of acquaintance with oneself. Through engaging philosophical principles, parables, and familiar, concrete examples, it celebrates ways of knowing the Goddess who already resides within us.” —**DR. EMILY LORD-KAMBITSCH**, professor, Mythological Studies Program, Pacifica Graduate Institute

Embodying the Goddess

How to Awaken Curiosity and Reverence on the Spiritual Path

Cynthia Abulafia

“If you’ve hesitated to pick up a book on goddess spirituality or the sacred feminine before, this one may change your mind. Cynthia Abulafia is uniquely qualified to open up a rich, ancient tradition for those who are curious and seeking.” —**SpiritualityandPractice.com**

Discover your own inner goddess.

Cynthia Abulafia introduces a map of the complete spiritual process rooted in history, spiritual traditions, and modern science, by recalling the radically inclusive divine feminine principles of curiosity and reverence.

Embodying the Goddess is about turning back in and toward the body, mind, and intuitive field, and finding spiritual recognition in the individual-limitations and all. The Goddess path is one where the spiritual practice is firmly experienced in life.

CYNTHIA ABULAFIA is an author, academic, and practitioner who studies and teaches the divine feminine. She has taught yoga, non-dual self inquiry, and how to manage the energetic body for over twenty years. Cynthia is committed to giving voice and language back to the Goddess as the embodied experience. She lives in Santa Barbara, California.

“This book beautifully reminds us to live from the heart—and of our innate strength, intuition, and connection to the sacred feminine.” —**JULIA ROCKWELL**, author of *Mothering Earth*

EYES TO SEE

APPROACHING
THE SPIRITUAL
IN WORLD ART

ROGER LIPSEY



PUB DATE: February 3, 2026

PAPERBACK ISBN: 9781966608097

EBOOK AVAILABLE

US RETAIL: \$35.00

PAGE COUNT: 284

TRIM SIZE: 7x10 in.

BISAC CATEGORIES:

ART009000 ART / CRITICISM & THEORY

ART035000 ART / SUBJECTS & THEMES /
RELIGIOUS

ART027000 ART / STUDY & TEACHING

“The book makes a case for the ‘knowledge of the heart.’ It’s atypical for scholars to speak of love as an approach to their field of study, but the author rejects such constraints to better pursue a fresh, affecting perspective: ‘May we all find, and find again, our secret eyes’ . . . A refreshing, well-considered take on art.” —**KIRKUS**

REVIEWS

Eyes to See

Approaching the Spiritual in
World Art

Roger Lipsey

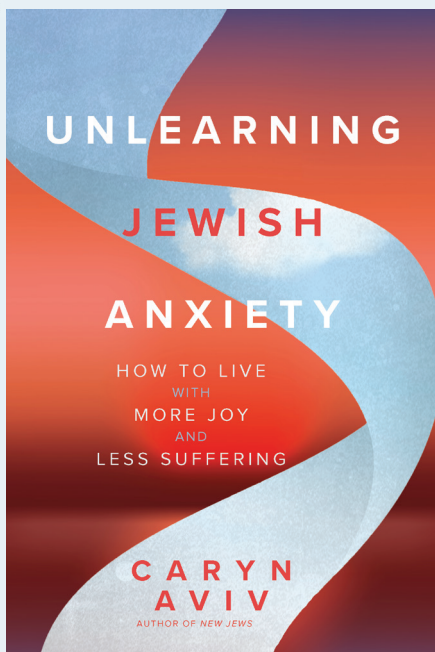
Inviting you to explore and
contemplate the great art of the world

“Somewhere, sometime in the course of casual encounters with art, an icon may emerge and claim its person: an image that startles and calls to you, that separates from its setting to inhabit your mind and heart.” With these words Roger Lipsey introduces the theme, and sparkling challenge, of this book.

With more than sixty full-page, full-color illustrations of the world’s great art, *Eyes to See* is a feast for eye and mind—and heart. Through his selection of works and his enlightening, accessible commentaries, Lipsey renews for our time André Malraux’s “museum without walls.” What is the spiritual and how is it present in art? Allow this book to show you. It explores whole worlds of art, from ancient Egypt and the Mediterranean to medieval Europe and the Renaissance, India, the Far East, and the world of Islam. Lipsey’s approach encourages new understandings—felt, contemplative, inquiring—and offers readers a lasting orientation for their own future explorations.

ROGER LIPSEY earned his PhD in art history from the Institute of Fine Arts (New York University) in 1974. Art historian, biographer, and translator, he is the author and editor of a trilogy by and about the remarkable twentieth-century art historian and historian of religion Ananda K. Coomaraswamy.





PUB DATE: February 10, 2026

PAPERBACK ISBN: 9781966608110

EBOOK AVAILABLE

US RETAIL: \$21.99

PAGE COUNT: 160

TRIM SIZE: 6x9 in.

BISAC CATEGORIES:

REL040030 RELIGION / JUDAISM / HISTORY

SEL010000 SELF-HELP / DEATH, GRIEF,
BEREAVEMENT

SEL043000 SELF-HELP / POST-TRAUMATIC
STRESS DISORDER (PTSD)

“Aviv strikes a balanced tone between using relevant science to explain human behavior, and then applying it in ways that guide the reader toward healing and hope.... This book should help a lot of readers talk about the most difficult topics—and feelings—that have beset Jewish communities for centuries, and have gone largely unaddressed.”

—[SPIRITUALITYANDPRACTICE.COM](https://spiritualityandpractice.com)

Unlearning Jewish Anxiety

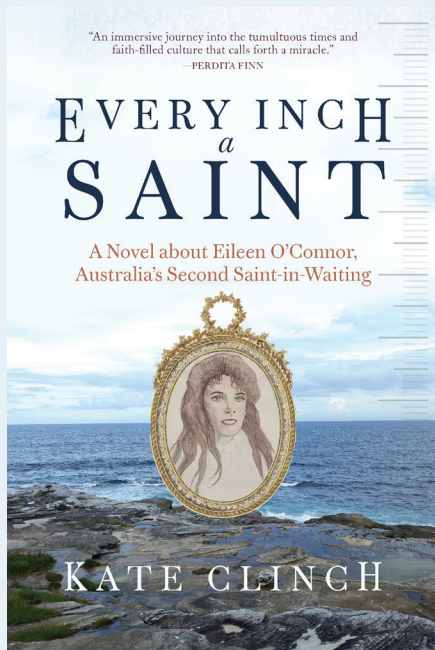
How to Live with More Joy and Less Suffering

Caryn Aviv

Confronting the reality, habits, and healing of Jewish anxiety.

Jewish anxiety is not all in our heads. Nor is feeling anxious simply a Jewish stereotype, even though many Jews tout anxiety as a stereotypical virtue and ascribe it as a motivator for success. Jewish anxiety is real. We inherit it from our ancestors. We learn it simply by living in an unsafe world as Jewish people. We learn it growing up in Jewish communities. We unconsciously transmit Jewish anxiety to our children through how we remember the past, retell our stories, and celebrate Jewish holidays. We experience Jewish anxiety in how we habitually react to stress, fear, and uncertainty, whether that stress has anything to do with being Jewish. We receive painful messages from the wider world that we internalize as repetitive stress habits of fear, unworthiness, and shame, and then turn these hateful messages on ourselves and each other through the voices of unrelenting internal critics.

CARYN AVIV is the rabbinic and program director at Judaism Your Way in Denver, CO. She’s a rabbi, recovering academic in sociology and Jewish studies, and (mostly) formerly anxious Jew. She creates spaces, stories, rituals, and practices that offer safety, healing, equity, compassion and justice for Jews and their loved ones and allies.



PUB DATE: April 7, 2026

PAPERBACK ISBN: 9781966608417

EBOOK AVAILABLE

US RETAIL: \$29.95

PAGE COUNT: 312

TRIM SIZE: 6x9 in.

BISAC CATEGORIES:

FIC087000 FICTION / WORLD LITERATURE / AUSTRALIA

FIC044000 FICTION / WOMEN

REL110000 RELIGION / CHRISTIANITY / SAINTS & SAINTHOOD

RELO47000 RELIGION / MYSTICISM

“An immersive journey into the tumultuous times and faith-filled culture that calls forth a miracle—a severely disabled woman whose entire life is devoted to the healing of her community. Meeting the extraordinary Eileen O’Connor in this rich and compelling novel is an unforgettable experience—and I am sure many readers, like myself, will find themselves devoted to her by the final pages.”

—**PERDITA FINN**, author of *The Way of the Rose* and *Take Back the Magic*

Every Inch a Saint

A Novel about Eileen O’Connor, Australia’s Second Saint-in-Waiting

Kate Clinch

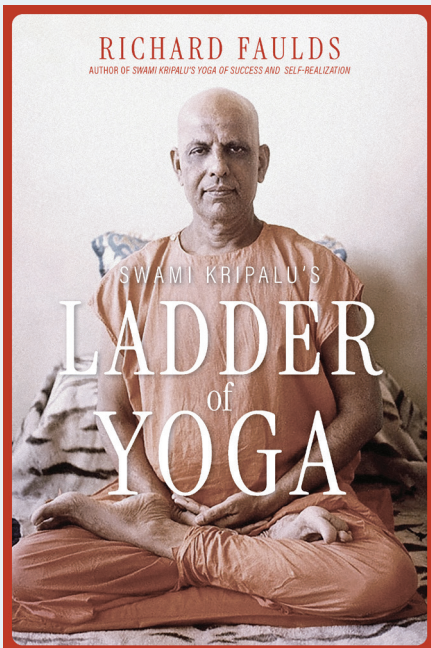
The true story, woven with fiction, of Eileen O’Connor—Australia’s saint-in-waiting

In this inspirational novel, a family traumatized by addiction and catastrophe discover their great-grandmother’s lost account of Australia’s saint-in-waiting—a severely disabled woman who barely survived childhood but defied the Catholic Church and provided free nursing care in Sydney’s slums—and miracles happen. With a dual timeline, novelist Kate Clinch weaves the story of Eileen O’Connor, whose cause for sainthood is currently active in Rome, with the lives of a fictional contemporary family a century after her death.

Born in England, **KATE CLINCH** has lived in Australia since she was six. After a near-death experience, she left her medical practice and began researching and writing about spiritual matters—especially mysterious soul connections and miraculous healings. She’s co-authored research papers as a doctor, in the 1990’s wrote regular columns on garden history for *Australian Doctor* magazine, and in the 2000’s on homeschooling for *Education Choices* magazine. Her unpublished first novel was long-listed in Australia for the Richell Prize for Emerging Writers.

“Spiritual readers are likely to find great inspiration and value in this novel, which consistently illustrates Eileen’s grace and the strength of her conviction; in real life, she’s long been considered for possible sainthood.”—**KIRKUS REVIEWS**





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HEA025000 HEALTH & FITNESS / YOGA

OCC012000 BODY, MIND & SPIRIT /
MYSTICISM

REL032020 RELIGION / HINDUISM / RITUALS
& PRACTICE

Swami Kripalu's Ladder of Yoga

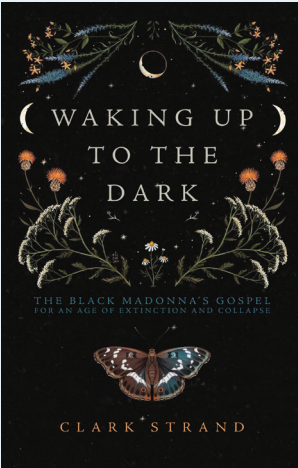
Richard Faulds

A book for practicing Yoga like Swami Kripalu did.

Swami Kripalu (1913-81) was an Indian saint and social activist who experienced a profound energetic awakening in mid-life and spent his last four decades intensively practicing asana, pranayama, and meditation in a quest to scale the ladder of yoga to its highest rung. This is the first book to present his teachings on yoga and a host of related esoteric topics in a straightforward manner that enables them to be sensibly applied on the mat and cushion by today's practitioners.

The book also traces the efforts of the author and a cadre of other Westerners—sometimes effectively, other times not—to progress along Swami Kripalu's path of yoga through the type of systematic practice he valued so highly. Presented in contemporary language, these are potent teachings true to the roots of historic yoga to bring its mysteries alive for today's students.

RICHARD FAULDS MA, JD, has practiced yoga and meditation for more than thirty years in close association with Kripalu Center for Yoga & Health in Massachusetts. He has served as Kripalu's president, CEO, board chair, and a senior faculty member. Richard is also the author of *Kripalu Yoga: A Guide to Practice On and Off the Mat* and numerous other books on the Kripalu tradition including *Swami Kripalu's Yoga of Success and Self-Realization* published by Monkfish in 2025.



PUB DATE: September 6, 2022
PAPERBACK ISBN: 9781948626729
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US RETAIL: \$18.99
PAGE COUNT: 150
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BISAC CATEGORIES:
OCC033000 MIND, BODY, SPIRIT / GAIA
 & EARTH ENERGIES

Waking Up to the Dark

The Black Madonna's Gospel for an Age of Extinction and Collapse

Clark Strand

Hidden in the darkness is an ancient secret suppressed by every aspect of our light-drunk modern world—there is a Great Mother from the bottom of time who has always guided us through perils and calamities. Now is the hour of Her return.

In *Waking Up to the Dark*, Clark Strand offers penetrating insight into the spiritual enrichment that can be found when we pull the plug on our billion-watt culture. He argues that the insomnia so many of us experience as “the Hour of the Wolf” is really “the Hour of God”—a wellspring of rest and renewal, and an ancient reservoir of ancestral wisdom and inspiration.

CLARK STRAND is the former senior editor at *Tricycle: The Buddhist Review*. He is the current editor of the Haiku Challenge, which is a monthly Haiku context sponsored by *Tricycle*. He is the author of many books on spirituality and religion, including *Seeds from a Birch Tree*, *Meditation Without Gurus*, *How to Believe in God*, and *Waking the Buddha*.



PUB DATE: May 1, 2018
PAPERBACK ISBN: 9781939681843
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US RETAIL: \$16.95
PAGE COUNT: 144
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BISAC CATEGORIES:
OCC011010 BODY, MIND & SPIRIT /
 HEALING / ENERGY (QIGONG, REIKI,
 POLARITY)

Psychic Reiki

Divine Life-Force Energy Healing

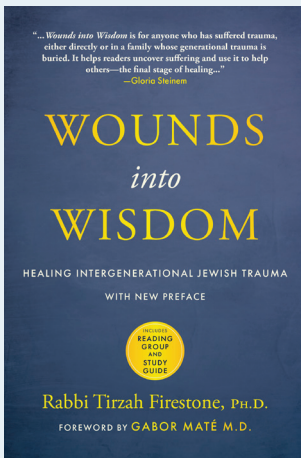
Brett Bevell

Reiki master Brett Bevell shares simple techniques for directly harnessing the power of the mind to heal oneself and others.

Psychic Reiki is the culminating work of Bevell's previous books about Reiki, plus some new techniques, combined into one elegant and user-friendly energy healing system. As with traditional Reiki, its practitioners practice accessing the Divine Life Force energy known as Reiki for well-being and spiritual development. Yet this system differs from traditional Reiki in that there are no symbols and no hand positions, since the practitioner learns to communicate with and direct the energy of Reiki telepathically.

BRETT BEVELL is the author of *The Reiki Magic Guide To Self Attunement*, *Reiki for Spiritual Healing*, *The Wizard's Guide to Energy Healing*, and *Energy Healing For Everyone*, as well as the poetry books *America Needs A Woman President* and *America Needs A Buddhist President*, a poem that initially aired nationwide on NPR's “All Things Considered.”





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BISAC CATEGORIES:
SEL043000 SELF-HELP / POST-
TRAUMATIC STRESS DISORDER (PTSD)

Wounds into Wisdom

Healing Intergenerational Jewish Trauma (with a New Preface)

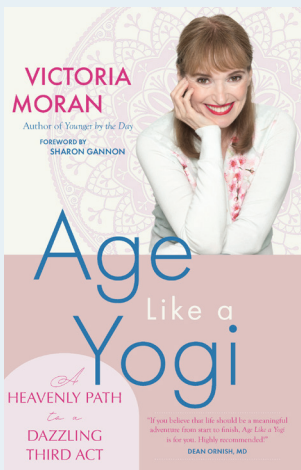
Rabbi Tirzah Fireston, PhD

Foreword by Gabor Maté, M.D.

“*Wounds into Wisdom* is for anyone who has suffered trauma, either directly or in a family whose generational trauma is buried. It helps readers uncover suffering and use it to help others—the final stage of healing. We may not be able to control what happens to us, but we can control what happens next.” —Gloria Steinem

In this book, Tirzah Firestone brings to life the profound impact of protracted historical trauma through the compelling narratives of Israeli terror victims, Holocaust survivors, and those whose lives were marred by racial persecution and displacement.

RABBI TIRZAH FIRESTONE, PHD is an author, Jungian psychotherapist, and a leader in the international Jewish Renewal Movement. Ordained by Rabbi Zalman Schachter-Shalomi in 1992, she is the founding rabbi of Congregation Nevei Kodesh in Boulder, Colorado.



PUB DATE: January 14, 2025
PAPERBACK ISBN: 9781958972595
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BISAC CATEGORIES:
HEA025000 HEALTH & FITNESS / YOGA
OCC011000 BODY, MIND & SPIRIT /
HEALING / GENERAL

Age Like a Yogi

A Heavenly Path to a Dazzling Third Act

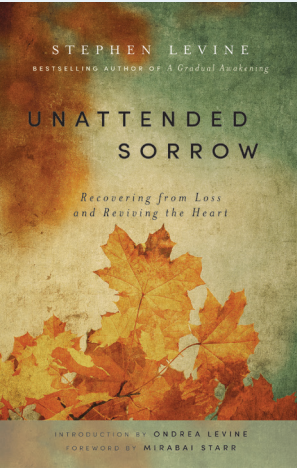
Victoria Moran

Foreword by Sharon Gannon

Yoga and ayurveda as keys for aging beautifully

This book explores spiritual awakening yoga-style, and the fundamentals of yoga’s sister science, ayurveda, for care of the body. No one is too young to take up these practices, and no one is too old either. Asana practice, the “physical exercise” component of the spiritual adventure of yoga, is fully adaptable to anybody of any age. And the mental and spiritual practices of yoga need no adaptations.

VICTORIA MORAN is a longtime devotee of yoga and author of 13 previous books on wellbeing, compassionate living, and eclectic spirituality. *Creating a Charmed Life* was an international bestseller, and *Shelter for the Spirit* and *Lit from Within* earned her spots on *The Oprah Winfrey Show*. Victoria hosts the *Main Street Vegan Podcast*, is founder and director of Main Street Vegan Academy, and a cofounder of the Compassion Consortium, an interfaith spiritual center based on the principle of ahimsa.



Unattended Sorrow

Recovering from Loss and Reviving the Heart

Stephen Levine

Foreword by Mirabai Starr

Wise, compassionate advice from one of the nation's most trusted grief counselors to help heal emotional wounds that prevent us from leading fulfilling lives.

Renowned grief counselor Stephen Levine tells us that long after an initial loss has passed and the period of grieving has ended an unattended sorrow lingers, accounting for a host of physical, emotional and spiritual maladies. In *Unattended Sorrow*, Levine addresses the grief from fresh loss but also attends to the pain and troubles caused by the unresolved anguish, sadness and delayed stress than can accumulate over a lifetime. He notes that we may never entirely overcome sorrows but we can confront them with mercy and self-acceptance that smooths the path to healing the heart.

STEPHEN LEVINE was the bestselling author of many books. With his wife Ondrea, he counseled terminally ill people and their loved ones for than 30 years. His renowned work in grief counseling inspired radio segments and interviews.

PUB DATE: February 26, 2019
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BISAC CATEGORIES:
SEL010000 SELF-HELP / DEATH, GRIEF,
 BEREAVEMENT



Seeing into the Life of Things

Imagination and the Sacred Encounter

Rodger Kamenetz

The author of *The Jew in the Lotus* seeks to answer the Dalai Lama's question.

During the historic dialogue between rabbis and the Dalai Lama, as told in his international bestseller *The Jew in the Lotus*, Rodger Kamenetz heard a penetrating question from His Holiness to the rabbis, "How does your spiritual practice purify afflictive emotions?"

"It needed to be written, and needs to be read, now more than ever. A real gem." —**HENRY SHUKMAN**, author of *One Blade of Grass and Original Love*

"A nuanced, pragmatic case for the centrality of images and dreams to personal growth." —**KIRKUS REVIEWS**

RODGER KAMENETZ is an award-winning poet, author and teacher. His best known book is *The Jew in the Lotus*. His account of historic dialogue became an international bestseller, prompting a reevaluation of Judaism in the light of Buddhist thought. *The New York Times* called it a "revered text."

PUB DATE: November 4, 2025
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US RETAIL: \$24.99
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BISAC CATEGORIES:
REL040060 RELIGION / JUDAISM /
 KABBALAH & MYSTICISM
SEL012000 SELF-HELP / DREAMS





PUB DATE: April 2, 2024

HARDCOVER ISBN: 9781958972250

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US RETAIL: \$27.99

PAGE COUNT: 266

TRIM SIZE: 6x9 in.

BISAC CATEGORIES:

BIO026000 BIOGRAPHY &
AUTOBIOGRAPHY / PERSONAL
MEMOIRS

Fifty-seven Fridays

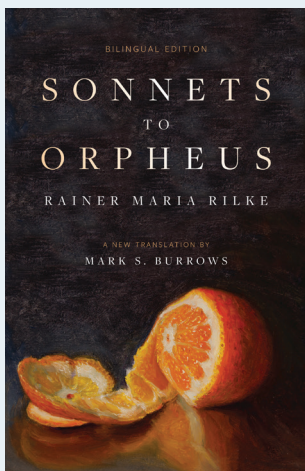
Losing Our Daughter, Finding Our Way

Myra Sack

"I love this book. I absolutely could not put it down. It is beautifully written and cuts to the very heart of life and love: The story of Havi's short, beautiful life and early death from Tay-Sachs is harrowing, heartbreaking, uplifting, profound and sometimes funny. Havi will charm the socks off you."—Anne Lamott

Life is unfolding as planned for Myra Sack and her husband Matt until their beautiful year-old daughter Havi is diagnosed with Tay-Sachs, a fatal neurodegenerative disease, and given only a year to live. Myra and Matt decide to celebrate Havi's short life and vow to show her as much of the world as they can, surrounded by friends and family who relocate to be in Havi's orbit. Tapping their Judaism, they transform Friday night Shabbats into birthday parties—"Shabbirthdays"—to replace the birthdays Havi will never have.

"A wondrous, hopeful, heart-breaking witness to one of the darkest journeys imaginable..." —**BRUCE D. PERRY, M.D., PH.D.**



PUB DATE: June 18, 2024

PAPERBACK ISBN: 9781958972397

EBOOK AVAILABLE

US RETAIL: \$19.99

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BISAC CATEGORIES:

POE003000 POETRY / SUBJECTS &
THEMES / INSPIRATIONAL & RELIGIOUS
POE003000 RELIGION / MYSTICISM

Sonnets to Orpheus

Bilingual Edition

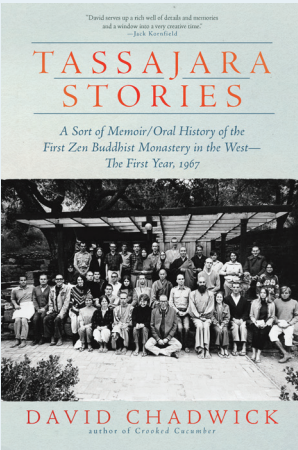
Rainer Maria Rilke

Translated by Mark S. Burrows

On the centennial of the first appearance (1923) of Rilke's *Sonnets to Orpheus*, award-winning translator Mark Burrows reveals their depth and meaning with a brilliant new introduction and translation.

This new translation captures the lyric beauty of Rilke's poems, honoring their syntactic peculiarities and grammatical complexities as few translators have dared to do. Burrows' versions maintain the essential strangeness of language and abruptness of metaphor by which the sonnets attain their distinctive character in German.

MARKS. BURROWS is a Rilke scholar, award-winning translator, and poet, and his academic and popular writing explores the intersection of spirituality and the arts. A winner of the Witter Bynner Prize in Poetry, his poems have appeared in journals and anthologies in the US and abroad. Known internationally for his work on Rilke, he is the translator of Rilke's *Prayers of a Young Poet*, which includes many of Rilke's best-loved poems that later appeared in *The Book of Hours*.



Tassajara Stories

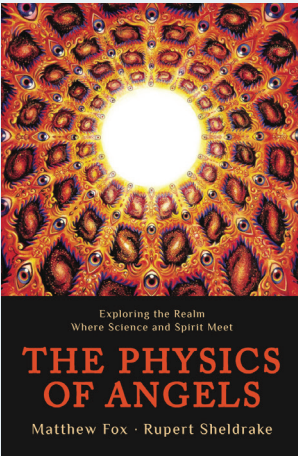
A Sort of Memoir/Oral History of the First Zen Buddhist Monastery in the West—The First Year, 1967
David Chadwick

This is what happened at the famous Zen monastery south of San Francisco.

From the best-selling author of the biography of Shunryu Suzuki (*Crooked Cucumber*), comes a memoir and oral history of Tassajara—a monastery founded in 1967 by Shunryu Suzuki, abbot of the San Francisco Zen Center. Peopled like a Sixties film of Buddhist invasion, with hippies, dreamers, lovers, a wave of serious practitioners. Nyogen Senzaki, D.T. Suzuki, Alan Watts, Ruth Fuller Sasaki, Gary Snyder, Allen Ginsberg, and of course Shunryu Suzuki and Richard Baker are all here.

DAVID CHADWICK at the age of 21, in 1966, first rang the bell of Sokoji, a Soto Zen temple and the original home of the San Francisco Zen Center. Thus began his serious study under Shunryu Suzuki Roshi. Ordained a Zen priest in 1971, he later wrote Suzuki's biography, *Crooked Cucumber*, as well as *Thank You and OK!: An American Zen Failure in Japan*. Chadwick was the primary preserver of the legacy of Shunryu Suzuki.

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HARDCOVER ISBN: 9781958972892
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US RETAIL: \$32.99
PAGE COUNT: 256
TRIM SIZE: 6x9 in.
BISAC CATEGORIES:
REL007010 RELIGION / BUDDHISM / HISTORY



The Physics of Angels

Exploring the Realm Where Science and Spirit Meet
Matthew Fox & Rupert Sheldrake

Fox, an Episcopal priest, and Sheldrake, a biologist, create a profound and intelligent vision of angels for the next millennium.

Many people believe in angels, but few can define these enigmatic spirits. Now visionary theologian Matthew Fox and acclaimed biologist Rupert Sheldrake—pioneers in modern religious thinking and scientific theory—launch a groundbreaking exploration into the ancient concept of the angel and restore dignity, meaning, and joy to our time-honored belief in these heavenly beings.

MATTHEW FOX is an American Episcopal priest and theologian. Formerly a member of the Dominican Order within the Roman Catholic Church, he is now a member of the Episcopal Church. Fox was an early and influential exponent of a movement that came to be known as Creation Spirituality.

RUPERT SHELDRAKE, a biologist and author, is best known for his theory of morphic fields and morphic resonance, which leads to a vision of a living, developing universe with its own inherent memory.

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