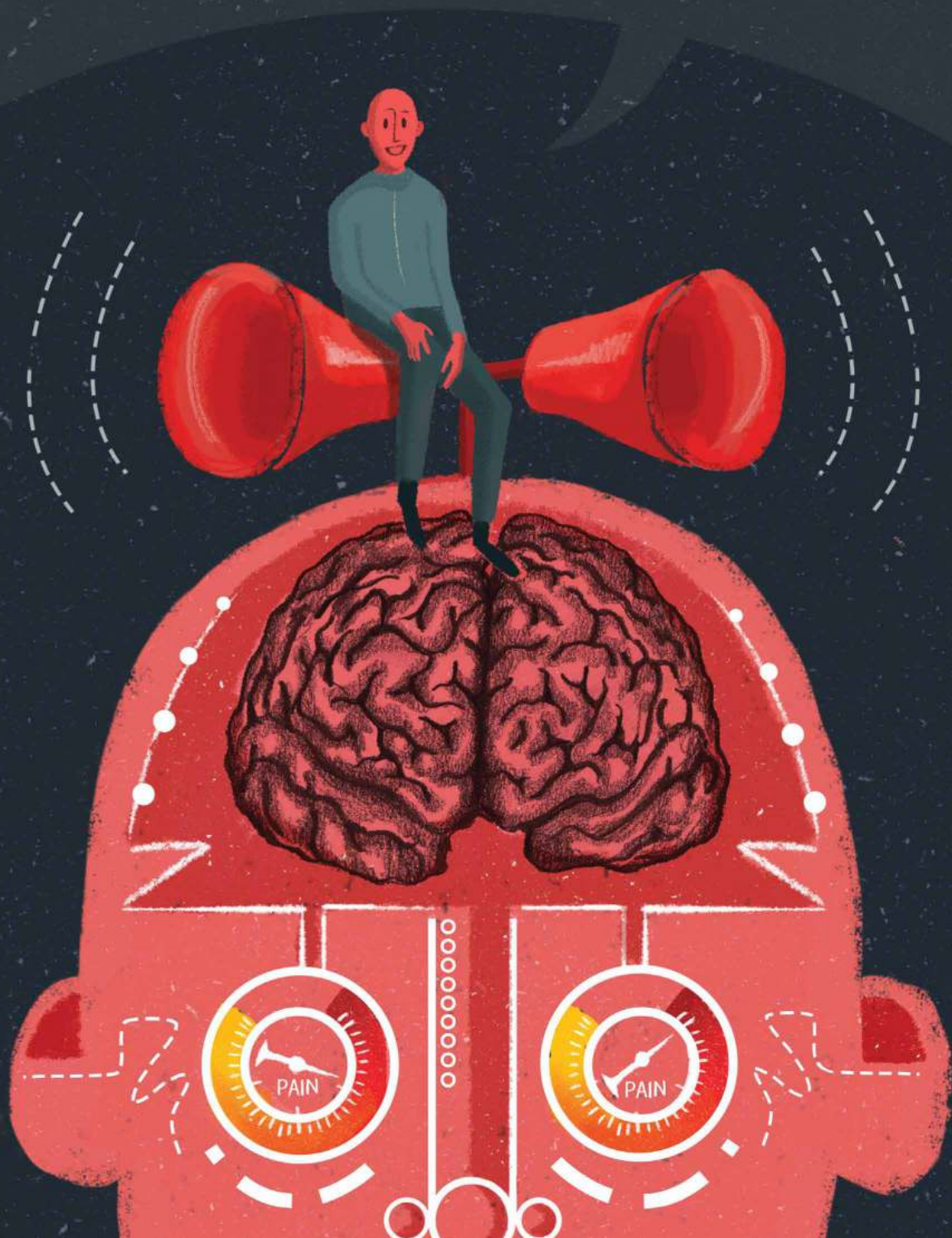


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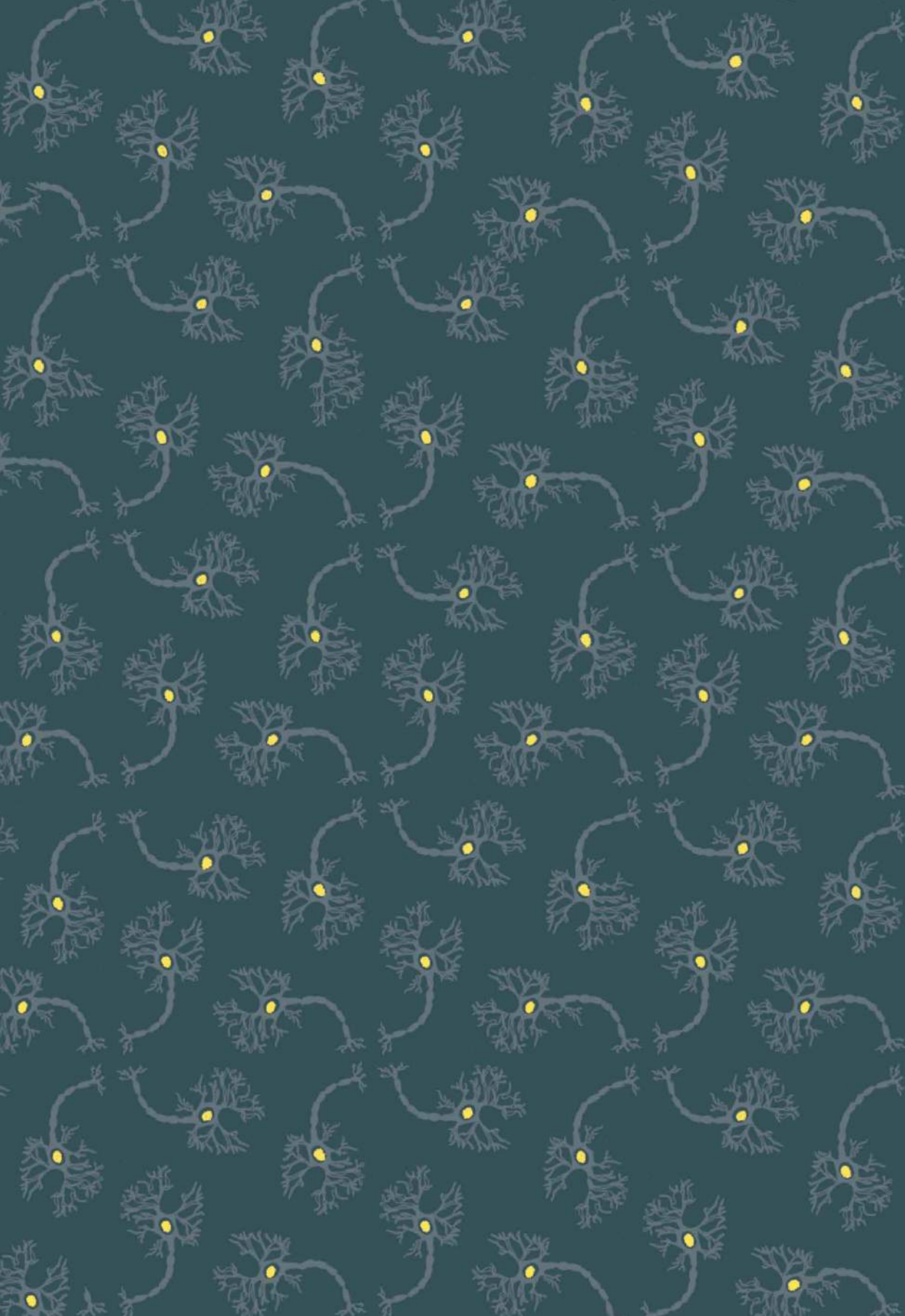
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NEW

Pain is Really Strange

Steve Haines

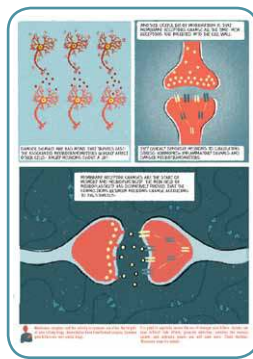
Art by Sophie Standing

JUN 2015 // 36pp // PB // p-9781848192645 // e-9780857012128 // £7.99 // \$12.95
FXZ,MMBP // HEA036000 // TR

A scientifically-based, detailed, and gently humorous graphic book on pain and pain management.

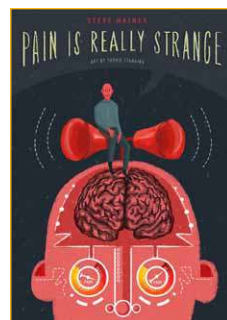
Answering questions such as 'how can I change my pain experience?', 'what is pain?', and 'how do nerves work?', this short research-based graphic book reveals just how strange pain is and explains how understanding it is often the key to relieving its effects.

Studies show that understanding how pain is created and maintained by the nervous system can significantly lessen the pain you experience. The narrator in this original, gently humorous book explains pain in an easy-to-understand, engaging graphic format and reveals how to change the mind's habits to transform pain.



"This seemingly innocuous picture book on pain is so much more. Steve Haines has compiled a brilliant little volume of insights. Its colorful images invoke a playful approach to unlearning old patterns. Its rich scientific information helps disassemble, piece by piece, the way we've come to think about pain as a culture. Haines takes the next step, too he doesn't leave us wondering what to do next, but offers practical tools we can use to rewire our mind-body response to pain. This tiny book packs a powerful punch!"

Bo Forbes, Psy.D., psychologist, yoga teacher,
and author of 'Yoga for Emotional Balance'



Steve Haines has been working in healthcare for over 25 years and as a bodyworker since 1998. Understanding the science of pain and trauma has transformed his approach to healing. He has studied Yoga, Shiatsu, Biodynamic Craniosacral Therapy, and Trauma Releasing Exercises (TRE).



If you like the look of this, you might be interested in...

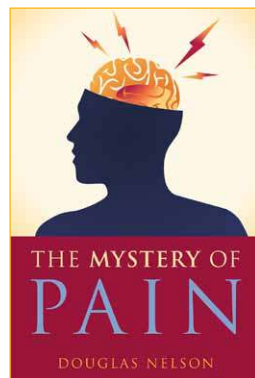
The Mystery of Pain

Douglas Nelson

2013 // 224pp // PB // p-9781848191525 // e-9780857011169 // £15.99 // \$25.00
MMBP // MED004000 // PP

Why does scratching an itch feel so good? What pain is and how it can be managed?

Working on the principle that the more you understand about pain, the more power you have to influence it this book presents a comprehensive yet accessible guide to the scientific research into pain. It covers everything from the physical and psychological processes to the different types of pain and key issues such as social support.



NEW

How the Art of Medicine Makes the Science More Effective

Becoming the Medicine We Practice

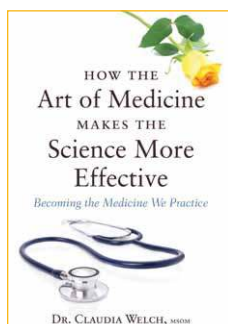
Claudia Welch

AUG 2015 // 256pp // PB // p-9781848192294 // // £16.99 // \$26.95
M, MX, VXH, VXHT1, VXHT2 // MED004000 // PP**Relationship, attention and compassion as keys to becoming an increasingly effective physician.**

What makes a really good doctor or health professional? Dr. Claudia Welch draws on Ayurvedic and Chinese medicine as well as the western medical tradition in defining and exploring the perspective and qualities of an effective physician.

From outlining the significance of theoretical knowledge and practical experience to exploring the wider concepts of purity and compassion, Dr. Welch carefully examines the art of medicine and how its mastery can enhance practitioners' work. She explores how it is possible to develop perceptive abilities that can be beneficial to both practitioner and patient, and how in turn this can cultivate empathy which, far from merely an esoteric idea, is a hugely valued practice in the art of medicine. Dr. Welch also offers practical suggestions for how to cultivate healing relationships with clients in the therapy room, including how to consciously use tactile and sensory qualities to further patients' healing and questions not to ask in cases of domestic or sexual abuse.

This book will be essential reading for all health care practitioners interested in understanding the art of their practice, including doctors of Ayurveda, Chinese medicine, Naturopathy, as well as Western medical professionals.



Claudia Welch is a Doctor of Oriental Medicine, an Ayurvedic practitioner and educator, and the author of *Balance Your Hormones, Balance Your Life: Achieving Optimal Health and Wellness Through Ayurveda, Chinese Medicine and Western Science*.

*If you like the look of this, you might be interested in...***Getting Better at Getting People Better**

Creating Successful Therapeutic Relationships

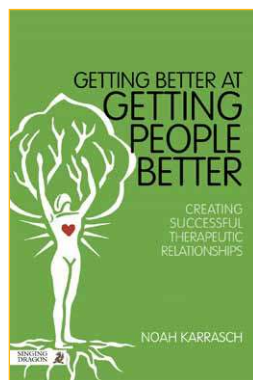
Noah Karrasch

2014 // 192pp // PB // p-9781848192393 // e-9780857011862 // £17.99 // \$28.95
M, MX, VXH // MED004000 // PP**How to support clients' healing processes.**

Drawing on a wide range of physical therapies and psychotherapy, this practical book takes a practical interdisciplinary look at the fundamentals of healing and good therapeutic practice. It includes techniques and ideas about how to communicate with patients and encourage their participation in their own healing.

"What an invigorating read! I can't tell you what a joy it is to see questions that have rumbled around silently inside me for years be addressed so clearly in this book. Questions that go to the heart of healing-what is it all really about? Why are we drawn to go into healing work-and how can we honestly explore our own motivations?"

Colleen Loehr, M.D., psychiatrist, Fulton (MO) State Hospital



NEW

The Acupuncture Points Functions Colouring Book

Rainy Hutchinson

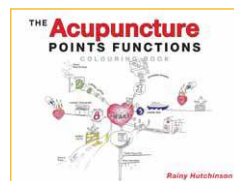
MAY 2015 // 96pp // PB // p-9781848192669 // £14.99 // \$24.95
 VXHT1 // MED001000, MED004000, HEA001000 // PP

A colouring book to help students learn the functions of the acupuncture points. For students of acupuncture, acupressure and shiatsu.

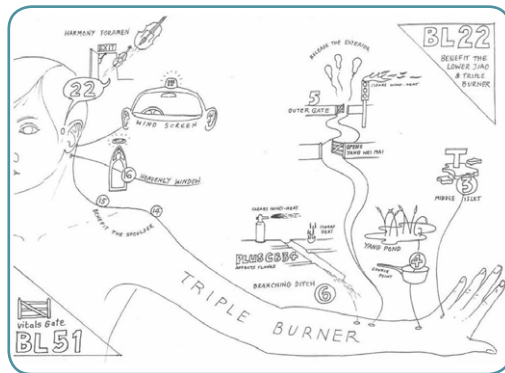
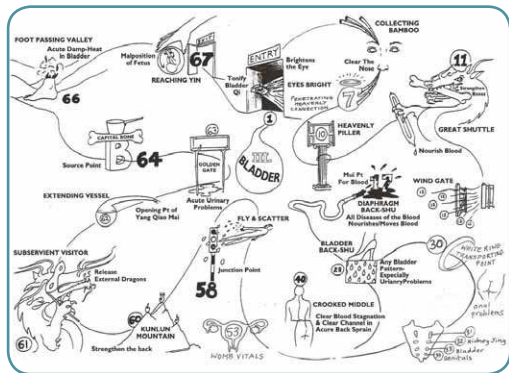
This book presents a fun and practical way of learning the functions of acupuncture points on the twelve primary and eight extra channels.

Students are invited to colour and doodle their way through the sequence of images on each channel in turn embellishing anything they find difficult to remember or recall. Through the drawings the author offers her own imaginative visual representation of each point based on translations of the Chinese point names. The text page opposite each set of drawings provides a quick cross reference for the student, with a simple list of the point names and the main functions relating to each. The flexible style of this book accommodates the needs of students from a wide range of schools and traditions.

This is an essential learning resource for students of acupuncture, acupressure, shiatsu and massage, and is ideal for revision and self or paired testing.



Rainy Hutchinson is an acupuncturist, who runs her own clinic in Sheffield. She trained first in Fine Art Sculpture and worked for ten years as a teacher of Art & Design before retraining as an acupuncturist.



BESTSELLER

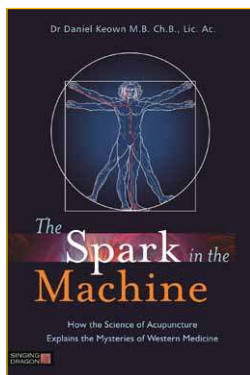
The Spark in the Machine

How the Science of Acupuncture Explains the Mysteries of Western Medicine
Dr. Daniel Keown MBChB MCEM LicAc

2014 // 304pp // PB // p-9781848191969 // e-9780857011541 // £12.99 // \$19.95
 VXHT1 // MED001000 // TR

Ground-breaking book showing how the theories of western and Chinese medicine support each other. Full of good stories and surprising details.

Challenging those who believe acupuncture to bear no relation to Western medicine, this witty, accessible and highly original book shows how Chinese medicine can explain mysteries of the body and how an integration of Chinese and Western medicine can lead to a fuller understanding of how our bodies function.

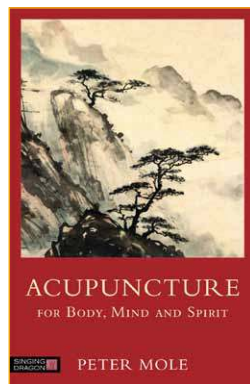


Acupuncture for Body, Mind and Spirit
Peter Mole

2014 // 160pp // PB // p-9781848192034 // e-9780857011558 // £11.99 // \$18.95
 VXHT1 // MED001000 // PP

Everything you need to know before you step into an acupuncture clinic.

This introductory book answers questions most frequently asked by those new to acupuncture. Comparing the system of diagnosis and treatment with that of Western medicine, it also covers the history and theory of acupuncture, how it is used as preventative medicine, how a diagnosis is made, what to expect in the treatment room, and more.



NEW**The Luo Collaterals**

A Handbook for Clinical Practice and Treating Emotions and the Shen and The Six Healing Sounds

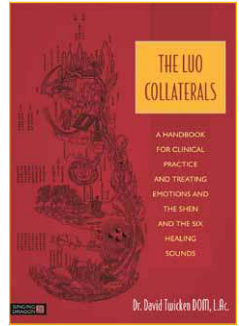
Dr David Twicken DOM, LAc

JUL 2015 // 208pp // PB // p-9781848192300 // e-9780857012197 // £25.00 // \$39.95
VXHT1 // MED001000 // PP

A comprehensive exploration of the Luo Collaterals and Luo points.

First referenced in the Ling Shu and the Su Wen, the Luo Collaterals or Luo Mai, are an integral part of the acupuncture channel system. In this book, Dr. David Twicken provides a comprehensive account of the Luo Mai, including detailed analyses of the classical and contemporary theories and clinical applications.

Modern practitioners often use the Luo Collaterals to treat the emotions and the organs, with treatments influencing the blood network, especially the veins and capillaries, along the Luo pathways. Dr. Twicken presents a thorough historical analysis of the new theories on which our modern understanding of the Luo Collaterals and Luo points is based, and explains the applications. He explores the classical Chinese medical and Taoist interpretation of the Shen, the five Shen and the emotions and provides a comprehensive historical analysis of the Window of the Sky points. Dr. Twicken also includes instruction on Healing Sounds Qigong, one of the oldest and most effective forms used to treat the emotions, the internal organs and the five Shen.



David Twicken, DOM, L.Ac., is a licensed practitioner and professor of Chinese medicine. He teaches Qi Gong, Tai Chi Chuan, Nei Dan, feng shui and Chinese astrology. He has studied Chinese healing arts for 30 years.

Also from Dr David Twicken DOM, LAc...

Eight Extraordinary Channels - Qi Jing Ba Mai

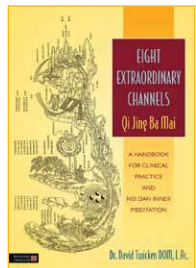
A Handbook for Clinical Practice and Nei Dan Inner Meditation

Dr David Twicken DOM, LAc

2013 // 240pp // PB // p-9781848191488 // e-9780857011374 // £24.99 // \$39.95
VXHT1 // MED001000 // PP

The theory, clinical applications and psycho-emotional and spiritual qualities of some the most interesting and important aspects of Chinese medicine and Qi Gong - the Eight Extraordinary channels.

Introducing the theory behind channels and explaining their clinical applications. This book delves into their emotional and spiritual qualities, and explores how to cultivate the channels through Nei Gong.

**The Divergent Channels - Jing Bie**

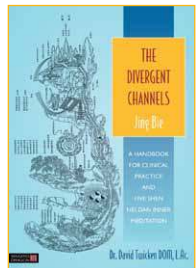
A Handbook for Clinical Practice and Five Shen Nei Dan Inner Meditation

Dr David Twicken DOM, LAc

2014 // 224pp // PB // p-9781848191891 // e-9780857011503 // £25.00 // \$39.95
VXHT1, VXM // MED001000 // PP

An accessible and comprehensive account of the Divergent Channel system, that integrates Chinese and Taoist medical philosophy, theories, and principles.

Drawing on the classic texts, Dr. Twicken provides a detailed, step-by-step account of the theory and clinical applications of the Divergent Channels.

**I Ching Acupuncture - The Balance Method**

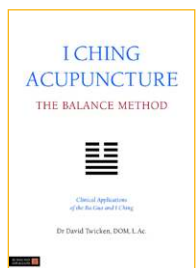
Clinical Applications of the Ba Gua and I Ching

Dr David Twicken DOM, LAc

2012 // 322pp // PB // p-9781848190740 // e-9780857010643 // £25.99 // \$39.95
VXHT1 // MED001000 // PP

A system of acupuncture point selection based on the principles of Chinese philosophy and classic Chinese texts, including the I Ching, Nei Jing Su Wen and Ling Shu.

Introducing the fundamentals of Chinese medical philosophy including Yin-Yang, the Eight Trigrams and Ba Gua, it presents a clinically effective acupuncture system that balances metaphysical theory with practical acupuncture techniques.



Essential Texts in Chinese Medicine

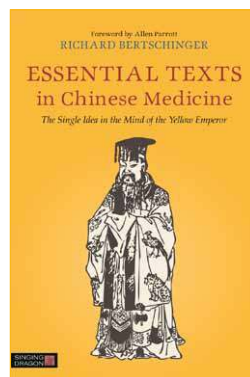
The Single Idea in the Mind of the Yellow Emperor

Richard Bertschinger

2014 // 320pp // PB // p-9781848191624 // e-9780857011350 // £19.99 // \$32.95
VXHT1 // MED001000 // PP

Translation and commentary on the key writings from 'The Yellow Emperor's Medical Classic,' explained for students and practitioners.

This translation of the essential texts from the Huangdi Neijing, the ancient and definitive set of books on Chinese medicine, selects the key writings of vital importance to students and practitioners of acupuncture and traditional Chinese medicine today. Bertschinger's commentary reveals the meaning of these difficult to interpret texts.



The Great Intent

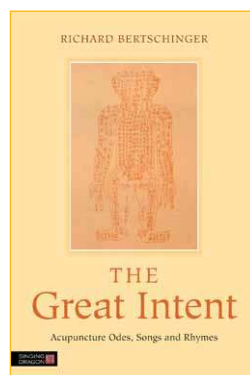
Acupuncture Odes, Songs and Rhymes

Richard Bertschinger

2013 // 320pp // PB // p-9781848191327 // e-9780857011114 // £24.99 // \$39.95
MQS,VXHT1 // HEA032000 // PP

Newly translated poems offering a rich insight on methods of practice and behaviour, moral attitudes, effective points, diagnostic tips and rules of thumb.

This collection of songs and rhymes composed by Chinese acupuncturists was compiled by the physician Yang Jizhou in 1601. Used both as teaching vehicles and as expressions of the poetry behind their work, these odes offer a rich insight into the history of acupuncture, as well as practical indications for treatment.



Acupuncture and Chinese Medicine

Roots of Modern Practice

Charles Buck

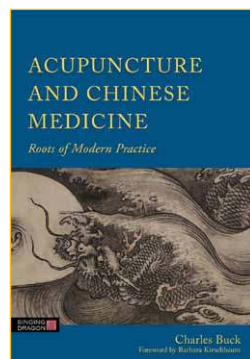
2014 // 352pp // HB // p-9781848191594 // e-9780857011336 // £40.00 // \$68.00
MBX,VXHT1 // MED001000 // PP

Charles Buck draws on three decades of study, practice and teaching in this book to provide a relevant and engaging account of the origins of acupuncture and Chinese medicine.

Drawing on his extensive experience and study in the field, Charles Buck presents an authoritative and accessible account of the history of acupuncture and Chinese medicine. The book provides an accurate overview, focussing on the key developments that are of most practical relevance to clinicians of today.

"We have waited a long time for this. We have had books on the history of Chinese medicine by sinologists who rarely understand the needs and focus of practitioners. And we have had decades of references to "traditional" Chinese medicine by practitioners who often know little about the history of our medicine, or who focus only on specific parts of it. Here at last is the best of both worlds."

Peter Deadman, founder of The Journal of Chinese Medicine



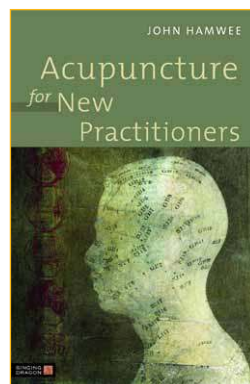
Acupuncture for New Practitioners

John Hamwee

2012 // 160pp // PB // p-9781848191020 // e-9780857010834 // £12.99 // \$19.95
VXHT1 // MED001000 // PP

Invaluable guide for the new practitioner including common pitfalls and down-to-earth advice.

An invaluable guide for anyone beginning a career in acupuncture, this book offers insights into likely challenges and pitfalls of the first years of practice. It addresses styles of working, common mistakes, confidence with patients, and success and failure in the treatment room, helping novice acupuncturists to reflect on their practice.



The Compleat Acupuncturist

A Guide to Constitutional and Conditional Pulse Diagnosis

Peter Eckman, M.D., Ph.D., M. Ac.(UK)

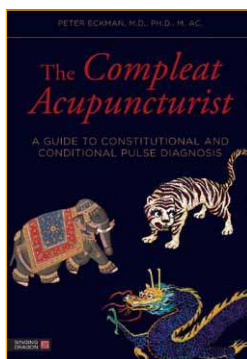
Foreword by William R. Morris

2014 // 292pp // PB // p-9781848191983 // e-9780857011527 // £30.00 // \$49.95

VXHT1 // MED001000 // PP

Synthesizes Chinese, Korean and Ayurvedic pulse diagnosis.

Synthesizing traditions in Oriental medicine, this creative and groundbreaking book takes the practice of pulse diagnosis forward through integrating the Chinese, Ayurvedic, Japanese and Korean traditions. The author emphasizes constitutional as well as conditional diagnosis, and over 30 case histories are included.



Gold Mirrors and Tongue Reflections

The Cornerstone Classics of Chinese Medicine Tongue Diagnosis - The Ao Shi Shang Han Jin Jing Lu, and the Shang Han She Jian

Ioannis Solos

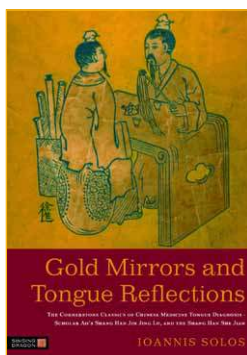
Foreword by Liang Rong and Chen Jia-Xu

2012 // 304pp // HB // p-9781848190955 // e-9780857010766 // £40.00 // \$65.00

MBX,VXHT,VXHT1 // MED004000 // PP

Two of the major texts in the history of tongue diagnosis are presented and put into context in this volume, reaffirming the strength of tongue diagnosis as a core diagnostic method.

This text introduces important aspects of the earliest writings on tongue diagnosis to assist the reader in understanding its development. It presents the first translations of two of the most influential and authoritative tongue diagnosis texts, the Golden Mirror Records and Tongue Reflections in Cold Damage. Both are key texts for practitioners.



Fundamentals of Chinese Fingernail Image Diagnosis (FID)

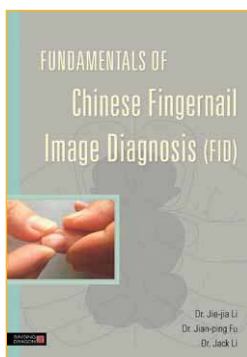
Jie-Jia Li, Jian-Ping Fu and Jack Li

2014 // 208pp // PB // p-9781848190993 // e-9780857010803 // £25.00 // \$39.95

VXHT1 // MED004000 // PP

A comprehensive introduction to the fundamentals of Chinese Fingernail Image Diagnosis (FID).

Chinese Fingernail Image Diagnosis (FID) allows an individual's health to be assessed by an image formed from blood and Qi or Chi (energy) between the nail bed and nail plate. This concise guide to FID covers its origins, the application of FID in common disorders and methods of examination, and features illustrations and detailed case examples.



Diagnostics of Traditional Chinese Medicine

Edited by Zhu Bing and Wang Hongcai

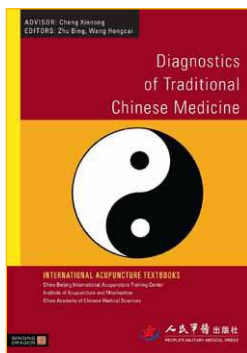
(International Acupuncture Textbooks)

2010 // 224pp // PB // p-9781848190368 // e-9780857010193 // £15.99 // \$23.95

VXHT1 // MED004000 // PT

A comprehensive introduction to correctly diagnosing symptoms and complaints.

The principles and practice of diagnostics are key to administering effective treatment in traditional Chinese medicine. The ability to diagnose symptoms and complaints correctly is fundamental to deciding on appropriate remedies, and this book provides a comprehensive introduction to all the principles that students and practitioners need to know.



The Active Points Test

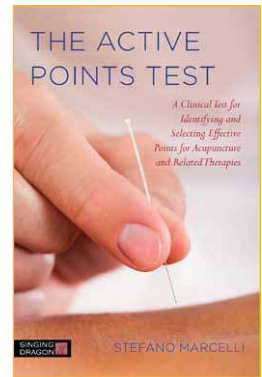
A Clinical Test for Identifying and Selecting Effective Points for Acupuncture and Related Therapies

Stefano Marcelli

2014 // 208pp // PB // p-9781848192331 // e-9780857012074 // £19.99 // \$29.95
VFMS,VXHT1 // MED001000,HEA001000 // PP

A clinical instrument for identifying and selecting the points on the skin that are most effective for treatment.

Dr Stefano Marcelli sets out the theory of The Active Points Test, providing a comprehensive and effective system for point selection. Offering detailed guidance on how to carry out the test and interpret the results, this is essential reading for practitioners and students of acupuncture and related reflex and manual therapies.



Pricking the Vessels

Bloodletting Therapy in Chinese Medicine

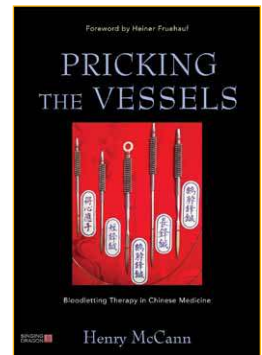
Henry McCann

Foreword by Heiner Fruehauf

2014 // 168pp // PB // p-9781848191808 // e-9780857011398 // £25.00 // \$39.95
VXHT1 // MED001000 // PP

This authoritative text explores the theory and function of bloodletting, and provides detailed instruction on its clinical use.

The first text on bloodletting therapy for Western practitioners of Chinese medicine, this authoritative introduction explores the history, theory and function of the practice. Through the exploration of classic texts and contemporary standards, it provides everything needed to gain a comprehensive understanding of the technique.



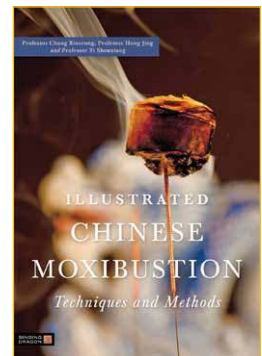
Illustrated Chinese Moxibustion Techniques and Methods

Professor Chang Xiaorong, Professor Hong Jing and Professor Yi Shouxiang

2012 // 352pp // PB // p-9781848190870 // e-9780857010704 // £29.99 // \$49.95
VXHT1 // HEA001000 // PP

A complete overview of Chinese moxibustion techniques and methods, including detailed treatments and contraindications for a wide range of conditions.

This authoritative and extensively illustrated text provides a complete overview of Chinese moxibustion techniques and methods, including contraindications and treatments for a wide range of conditions. It covers the fundamentals of theory as well as the skills and techniques practitioners need, all of which are photographically illustrated.



Increasing IVF Success with Acupuncture

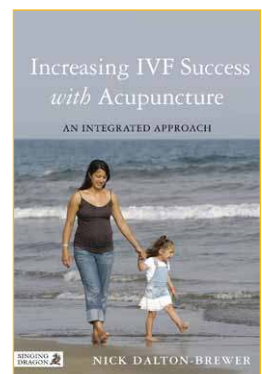
An Integrated Approach

Nick Dalton-Brewer, MSc, Lic Ac, PG Dip CHM, PG Dip Gynae, MBACC, MRSM

2014 // 192pp // PB // p-9781848192188 // e-9780857011657 // £19.99 // \$32.95
MFKC1,VXHT1 // MED001000 // PP

This practical book based on cutting-edge research provides vital information acupuncturists treating patients with fertility problems.

Taking an integrative approach informed by the author's cutting-edge research, this book provides the specialist knowledge required by acupuncturists to treat fertility issues effectively and presents a method of diagnosis and treatment which combines Assisted Reproductive Techniques with TCM therapies, acupuncture and Chinese herbal medicine.



Facial Enhancement Acupuncture

Clinical Use and Application

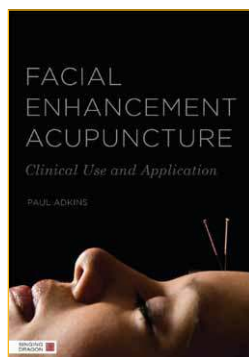
Paul Adkins

Illustrated by Roger Dutton

2013 // 192pp // PB // p-9781848191297 // e-9780857011039 // £19.99 // \$29.95
VXHT1 // MED001000 // PP

Fully illustrated guide to performing facial enhancement acupuncture.

This illustrated guide to facial enhancement acupuncture, based on Five Elements theory, shows the acupuncture points, techniques and equipment used to targets points and muscles of the face to improve skin elasticity and appearance. With full explanations of the methods and guidance on discussing treatment with patients, follow up and after care.



Case Studies from the Medical Records of Leading Chinese Acupuncture Experts

Zhu Bing and Wang Hongcai

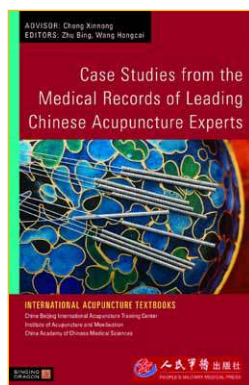
Advisor: Cheng Xinnong

(International Acupuncture Textbooks)

2010 // 368pp // PB // p-9781848190467 // e-9780857010537 // £19.99 // \$32.95
VXHT1 // MED001000 // PP

More than 170 different case studies, covering 73 different types of syndromes and disease.

This book presents a collection of real case studies of patients who have been treated by prominent acupuncture practitioners in China. Compiled by leading experts, under the editorial direction of leading Chinese clinicians Zhu Bing and Wang Hongcai, this book is a useful reference for acupuncture practitioners and students at all levels.



Meridians and Acupoints

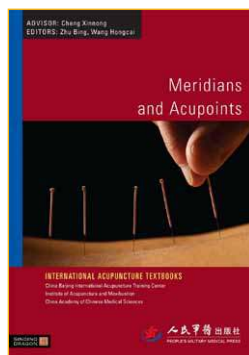
Edited by Zhu Bing and Wang Hongcai

(International Acupuncture Textbooks)

2010 // 352pp // PB // p-9781848190375 // e-9780857010216 // £18.99 // \$29.95
VXHT1 // MED001000 // PP

Includes how meridians relate to the major organs, and how they are linked to the healthy flow of Qi and blood.

An in-depth understanding of the meridians and acupoints lies at the heart of effective practice in traditional Chinese medicine. This book outlines everything that practitioners and students need to know.



Acupuncture Therapeutics

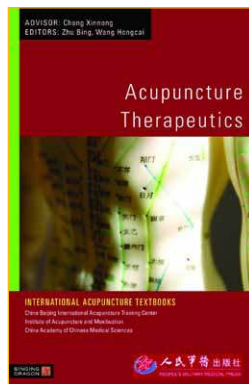
Edited by Zhu Bing and Wang Hongcai

(International Acupuncture Textbooks)

2010 // 480pp // PB // p-9781848190399 // e-9780857010186 // £25.00 // \$35.00
VXHT1 // MED001000 // PT

How to diagnose and treat more than 130 different conditions, including headaches and angina, asthma, depressive disorders, dementia, and acne.

Acupuncture can be a very effective way of strengthening the body's resistance to illness, and of eliminating potentially harmful pathogens. This book provides a complete overview of the principles involved in distinguishing between different syndromes of illness in patients, and of selecting and administering appropriate treatments.



Needling Techniques for Acupuncturists

Basic Principles and Techniques

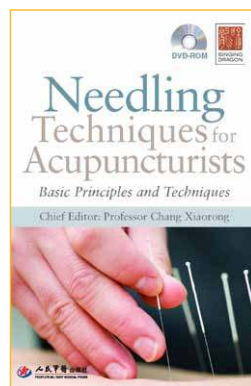
Chief Editor: Professor Chang Xiaorong

2011 // 80pp // PB // p-9781848190573 // £14.99 // \$22.95

VXHT1 // HEA001000 // PT

Everything a student needs to develop best practice in needling.

This introduction to the key principles of needling techniques for acupuncturists serves as a core learning tool for beginners, and a handy reference for later use. The book covers everything from the basics of good practice in care of filiform needles, through methods of insertion, to manipulation and the arrival of Qi.



Developing Internal Energy for Effective Acupuncture Practice

Zhan Zhuang, Yi Qi Gong and the Art of Painless Needle Insertion

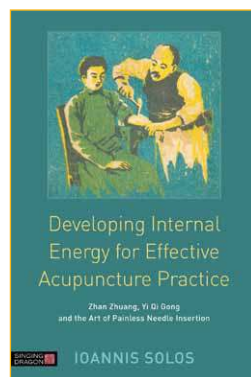
Ioannis Solos

2014 // 240pp // PB // p-9781848191839 // e-9780857011442 // £19.99 // \$29.95

VXHT1 // MED001000 // PP

This book teaches practitioners to develop their internal energy and sensitivity to energy in order to improve their practice.

Providing essential internal training for acupuncture practitioners and students, this book teaches acupuncturists to develop their internal energy. Fully illustrated and with explanatory commentaries, the author presents authentic Chinese internal cultivation texts and qigong exercises to help improve the acupuncturist's practice.



Pocket Handbook of Particularly Effective Acupoints for Common Conditions Illustrated in Color

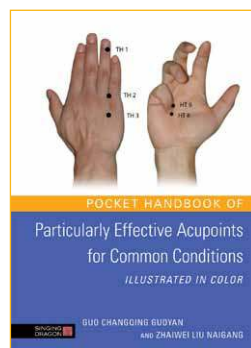
Guo Changqing Guoyan and Zhaiwei Liu Naigang

2013 // 272pp // PB // p-9781848191204 // e-9780857010940 // £13.99 // \$19.95

VXHT1 // HEA001000 // PP

A practical pocket guide to the key acupuncture points that aid the treatment of many common conditions.

This book is a practical guide to the key acupuncture points that are effective for the treatment of common conditions. With full color illustrations, it offers practical information on the locations and indications of the points and how they should be needled or otherwise treated, presenting the names of the points in both English and Chinese.



Shonishin

The Art of Non-Invasive Paediatric Acupuncture

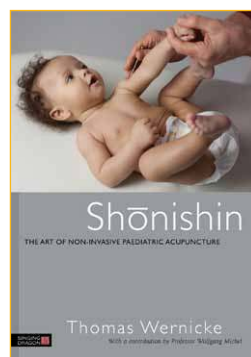
Thomas Wernicke

2014 // 288pp // PB // p-9781848191600 // e-9780857011176 // £24.99 // \$39.95

VXH,VXHT1 // MED001000 // PP

Everything you need to know on Shonishin treatment for the young or old.

Shonishin, or paediatric acupuncture, is a non-invasive treatment developed specifically to treat a range of health problems in children and babies. This authoritative, unique guide for practitioners covers the theory and practice of the treatment, including how it can be adapted for use with adults and older people.



NEW

On Being a Five Element Acupuncturist

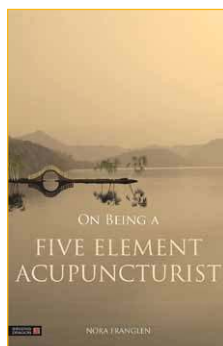
Nora Franglen

JAN 2015 // 296pp // PB // p-9781848192362 // e-9780857011831 // £12.99 // \$19.95
BGA,VXHT1 // MED001000 // PP**How an experienced acupuncturist lives through her craft.**

What does it mean to 'be' an acupuncturist? How does a highly experienced acupuncturist view her practice, her patients, and the world in general?

Based on her widely-read blog about the wholeness of life as a Five Element practitioner, Nora Franglen's breadth of interest shows how the curiosity and life experiences of the individual lie at the heart of what makes a true acupuncturist, over and beyond the necessary knowledge and expertise in the technicalities of practice. From her penchant for coffee shops to reflections on challenges she has experienced in the clinic, Nora illustrates how the Five Elements influence, illuminate and, ultimately, enrich all aspects of her life, and vice versa.

With reflections gathered from over several years of posting linked by Nora's commentary, this diary is truly enlightening reading for anyone interested in the inner workings of a practitioner at one with her craft.



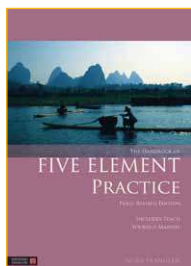
Nora Franglen's own experience of Five Element acupuncture led her to study at the College of Traditional Acupuncture, Leamington Spa, UK.

Also from Nora Franglen...**The Handbook of Five Element Practice**

Nora Franglen

2013 // 184pp // PB // p-9781848191884
// e-9780857011459 // £27.99 // \$45.00
VXHT1 // MED001000 // PP**A complete manual to support and invigorate five element practice.**

With detailed outlines of the different components of Five Element diagnosis and treatment, this complete manual will support and invigorate practice. It also includes a Teach Yourself Manual.

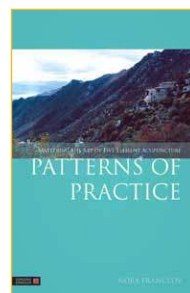
**Patterns of Practice**

Mastering the Art of Five Element Acupuncture

Nora Franglen

2013 // 120pp // PB // p-9781848191877
// e-9780857011480 // £13.99 // \$22.95
VXHT1 // MED001000 // PP**Reflections on the larger questions of dedicated acupuncture practice.**

Considering acupuncture in its wider context, this book contains Nora Franglen's reflections on her practice and explores how the search for acupuncture points can lead the practitioner deep into challenging areas of existence.

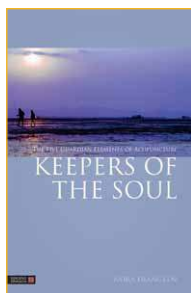
**Keepers of the Soul**

The Five Guardian Elements of Acupuncture

Nora Franglen

2013 // 296pp // PB // p-9781848191853
// e-9780857011466 // £15.99 // \$25.00
VXHT1 // MED001000 // PP**Accessible accounts of the five elements that get to the heart of what they look like and how they present.**

With profiles of well-known figures, the book explains the spirit of each of the Five Elements of Chinese medicine, and what they look like in different people. The philosophy behind Five Element acupuncture is explained, including what it means to live in harmony and how the Five Elements help shape our body and soul.

**The Simple Guide to Five Element Acupuncture**

Nora Franglen

2013 // 136pp // PB // p-9781848191860
// e-9780857011473 // £5.99 // \$9.95
VXHT1 // MED001000 // PP**Insight into five element theory, its history, philosophy and benefits.**

This accessible guide explains the history and philosophy of five element acupuncture, and shows how it addresses specific health needs and general well-being. With case studies throughout, the guide explains how an acupuncturist diagnoses and treats patients, and looks at the character of each element.



NEW**Discussion of Cold Damage (Shang Han Lun)**

Commentaries and Clinical Applications

Guohui Liu

AUG 2015 // 900pp // HB // p-9781848192546 // e-9780857012005 // £125.00 // \$200.00
VXHT1 // MED001000 // PP

Definitive new translation of the classic text on Chinese herbal medicine, with substantial explanatory commentary, and explanations for clinical use.

A major new translation of the Chinese classic Shang Han Lun by scholar and medical doctor Guohui Liu makes this foundational text fully accessible to English speaking clinicians for the first time. Extensive study and research underpins the translation the author's understanding of both classical and modern Chinese enables him to interpret fully the ancient work within the theory of Chinese medicine. An extensive commentary explains the translation, the difficulties with the text, how it has been subsequently translated and expands on the theory laid out in the original text to reach an understanding that can be applied in the clinic for diagnosis and treatment. The value of this classic text lies primarily in its establishment of a basic framework for differentiation and treatment, but it also presents 112 formulas and 88 medicinal substances, which are commonly applied in clinical work for various conditions. In this edition, the 112 formulas are fully explained in the context of the clinical experiences of well-known ancient and modern doctors, and they are also laid out in two appendices, cross referenced to the text.

NEW**Foundations of Theory for Ancient Chinese Medicine**

Shang Han Lun and Contemporary Medical Texts

Guohui Liu

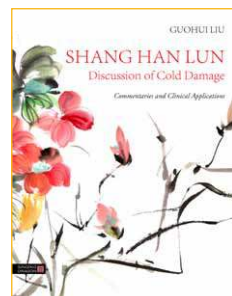
Foreword by Charles Buck

JUN 2015 // 272pp // HB // p-9781848192621 // e-9780857012111 // £40.00 // \$65.00
HRKN1,HRKN5,MBX,VXHT1 // MED004000 // PP

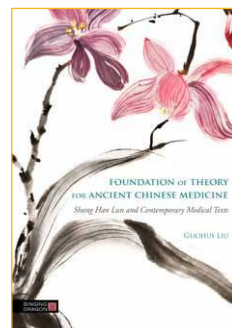
Explanation and discussion of the theories underpinning the ancient Chinese medical texts.

Discussion of Cold Damage (Shang Han Lun) and contemporary texts of ancient China form the bedrock of modern Chinese medicine practice, yet these classic texts contain many concepts that are either hard to understand or confusing. Based on over thirty years' medical practice, and study of the texts, this book explains the concepts involved so that the clinical applications of the ancient texts can be better understood and put into practice. The author looks at the larger context of ancient Chinese culture and philosophy in terms of theoretical knowledge, scholarly approach, and mindset in order to explain the basis for the medical texts. He also discusses the work of later Chinese medical scholars in elucidating the texts. He then goes on to look at more specific issues, such as the six conformations, zang-fu organ theory, the theory of qi and blood, the theory of qi transformation, and how these are understood in the ancient texts. He also discusses shao yang and tai yang theory the element of time, and its place in understanding six conformations diseases.

This remarkable work of scholarship will clarify many questions about the interpretation of the ancient texts for modern use, and will find a place on the bookshelf of every practitioner of Chinese medicine, as well as on those of scholars of Chinese medicine.



Guohui Liu has been studying and practising Chinese medicine for over thirty years. He gained his Bachelor's and Master's degrees at Chengdu University of Traditional Chinese Medicine, where, in 1994, he later became Associate Professor.



Dr. Liu currently serves on the faculty of the Oregon College of Oriental Medicine. He runs workshops across Europe and the United States on various aspects of Chinese medicine and has written numerous books and articles in Chinese about medicine and the classic texts, including Warm Pathogen Diseases. Dr. Liu is the author of Discussion of Cold Damage (Shang Han Lun): Commentaries and Clinical Applications, also published by Singing Dragon.

NEW**Tui na**

A Manual of Chinese Massage Therapy

Sarah PritchardMAY 2015 // 200pp // PB // p-9781848192690 // e-9780857012180 // £30.00 // \$49.95
VFMS,VXHT1 // MED003090,MED004000 // PP**A comprehensive handbook for students and practitioners of Tui na working in the West.**

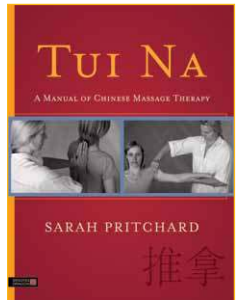
The author describes the roots and development of Tui na, how it works therapeutically with the context of Chinese medicine, and how to become an effective Tui na practitioner.

The book contains detailed and clearly illustrated descriptions of Tui na techniques, how to practice them, their clinical applications and therapeutic effects. Foundation area routines are provided to support the development and fluidity of manual skills and to give an initial structure for building treatments.

Avoiding the prescriptive approach usually employed, the author discusses the principles of practice and enables the student practitioner to make choices and formulate treatments by bringing together their knowledge and skills. Frameworks are provided, and techniques, methods and approaches suggested for presenting patterns of disharmony within the treatment of common ailments.

The book features

- Over 120 photographs clearly illustrating the techniques
- The application of the ancillary therapies of cupping, gua sha and moxibustion
- Treatment foundation area routines
- Yin and yang styles of practice
- Demonstration of how to combine Tui na and acupuncture in practice



Sarah Pritchard, Lic Ac., MBAC. Dip Tui na (Nanjing) MRTCM, was one of the first Westerners to practice Tui na in the UK. She trained in both the UK and in Nanjing, China, and has been working as a professional Tui na practitioner and acupuncturist since 1994.

Chinese Massage Manual

A comprehensive, step-by-step introduction to the healing art of Tui na

Sarah Pritchard

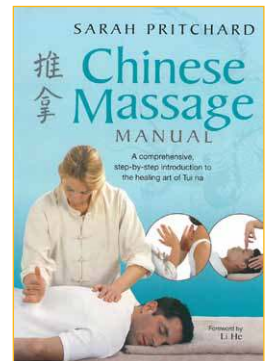
Foreword by Li He

JAN 2015 // 144pp // PB // p-9780956293008 // e-9780857012173 // £29.99 // \$49.95
VFMS,VXHT1 // MED003090,MED004000 // PP**The theory, techniques and healing power of Chinese massage, with exercises for self help.**

This comprehensive, introductory book covers the essentials of Chinese massage (Tui na), including the fundamental principles of Chinese medicine, and the 20 basic massage techniques. It also includes treatment advice for 12 common ailments, so that the reader can practice what he or she has learnt to good effect. The book covers:

- Instruction on 20 specialized massage techniques
- How to locate over 50 points to treat specific problems
- Step-by-step treatments for common colds, lower back pain, sciatica and more

The author provides key information in clear, easy to refer to tables and diagrams, making this also an excellent reference for students, and practitioners of related disciplines.



Tuina/ Massage Manipulations

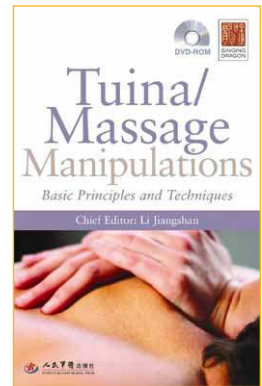
Basic Principles and Techniques

Chief Editor: Li Jiangshan

2011 // 112pp // PB // p-9781848190580 /// £14.99 // \$22.95
VXHT1 // HEA014000 // PP

A comprehensive introduction including all the basic techniques needed to practice Tuina.

Tuina, also known as Chinese massage, is one of the cornerstones of Chinese medicine. This comprehensive introduction is written with the needs of the student and beginning practitioner in mind, and covers all the basic principles of the manipulation techniques required to practise Tuina.



Common Laboratory Tests Used by TCM Practitioners

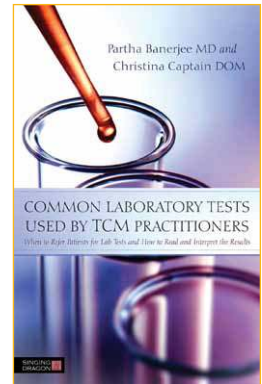
When to Refer Patients for Lab Tests and How to Read and Interpret the Results

Partha Banerjee MD and Christina Captain DOM

2014 // 128pp // PB // p-9781848192058 // e-9780857011640 // £12.99 // \$19.95
MBGL,VXHT1 // MED001000 // PP

What TCM practitioners need to know about Western medical test results.

This book is an essential reference for Traditional Chinese Medicine students and practitioners that teaches how to use and understand Western laboratory testing in the treatment and referral of patients. The book focuses on symptoms that commonly present in TCM practices and provides useful case studies, TCM perspectives, and quizzes throughout.



Basic Theories of Traditional Chinese Medicine

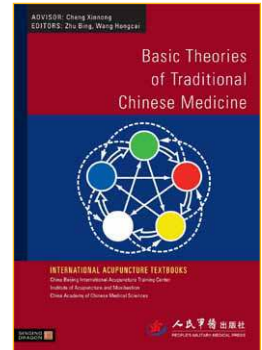
Edited by Zhu Bing and Wang Hongcai

International Acupuncture Textbooks

2010 // 192pp // PB // p-9781848190382 // e-9780857010209 // £15.99 // \$24.95
VXHT1 // MED004000 // PT

A solid grounding in everything students and practitioners need to know about the heart of TCM practice.

Traditional Chinese medicine has a complex history, yet the basic principles at the heart of practice have remained the same for hundreds of years. Without a solid understanding of these fundamental theories, effective practice is impossible. This book provides a complete introduction to everything that students and practitioners need to know.



Wan's Clinical Application of Chinese Medicine

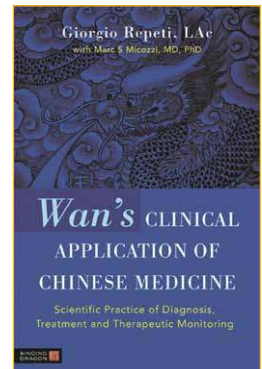
Scientific Practice of Diagnosis, Treatment and Therapeutic Monitoring

Giorgio Repeti, LAc, with Marc S. Micozzi, MD, PhD

2011 // 160pp // PB // p-9781848190474 // e-9780857010308 // £19.99 // \$32.95
VXHT1 // MED001000 // TR

Grandmaster Wan's approach to medicine and healing covering the principles of diagnosis and treatment.

The ancient practices of Chinese medicine are often misconstrued by more modern Traditional Chinese Medicine in Westernised texts. This book expands our knowledge of the full potential of Chinese medical practices using an approach characterised by Grandmaster Wan as the 3E approach (easy, economical and efficient).



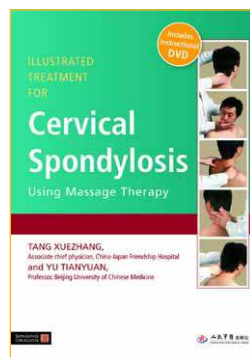
Illustrated Treatment for Cervical Spondylosis Using Massage Therapy

Tang Xuezhang and Yu Tianyuan

2011 // 128pp // PB // p-9781848190627 // e-9780857010582 // £17.99 // \$29.95
VXHT1 // MED001000 // PT

Every stage of the treatment process clearly outlined with diagrams and details on acupoints.

The authors explain the nature of Cervical Spondylosis and associated symptoms. They clearly outline every stage of the treatment process, giving easy-to-follow techniques and guidance on how to perform massage therapy treatments. Written for practitioners of Chinese medicine and massage therapy, the book will be an invaluable basic resource.



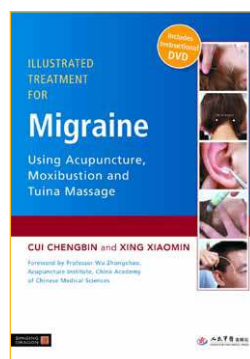
Illustrated Treatment for Migraine Using Acupuncture, Moxibustion and Tuina Massage

Cui Chengbin and Xing Xiaomin

2011 // 208pp // PB // p-9781848190610 // e-9780857010575 // £19.99 // \$29.95
VXHT1 // MED001000 // PT

Comprehensive guide to treating migraine.

Migraine is a condition that Western medicine finds notoriously difficult to treat, and acupuncture, moxibustion and Tuina massage can all be effective methods of bringing about relief. This clear and comprehensive guide will enable practitioners to carry out treatment and significantly ease symptoms and suffering.



Traditional Chinese Medicine Approaches to Cancer

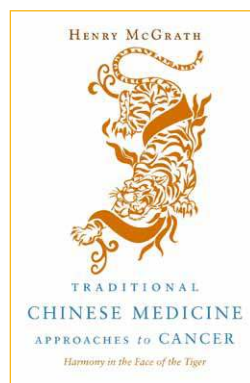
Harmony in the Face of the Tiger

Henry McGrath

2009 // 256pp // PB // p-9781848190139 // e-9780857010087 // £12.99 // \$19.95
VXH,VXHT1 // OCC011010 // PT

A range of Chinese medicine approaches to support those being treated for cancer.

Research shows that Chinese medicine can be very effective in supporting the treatment of cancer by orthodox Western methods. Henry McGrath draws on his many years as a practitioner of Traditional Chinese Medicine to explain how Chinese medicine approaches cancer in terms of understanding and treatment.



NEW

Standing Qigong for Health and Martial Arts - Zhan Zhuang

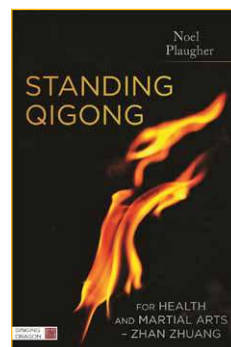
Noel Plaughter

MAR 2015 // 160pp // PB // p-9781848192577 // e-9780857012043 // £13.99 // \$19.95
VFMG,WSTM // HEA007000 // PP**Everything you need to know to start practising standing qigong.**

Standing qigong is a simple, effective form of exercise suitable for all ages that can increase health, balance and vitality.

This complete and accessible guide introduces standing qigong for health and martial arts. Beginning with an introduction describing his own discovery of the practice and an exploration of the health benefits, the author provides detailed instruction on the basic health postures and the process for diaphragmatic breathing. The second part of the book focuses on the martial postures and provides guidance on the subtle variations of the movements that help to cultivate and strengthen healing and internal power. Practice sequences are also included to help readers get started immediately, including, in the third part of the book, the Xing Yi Five Element linking form.

Easy-to-follow, and covering all the basics, this guide to standing qigong is perfect for anyone who is looking for ways to improve their health, or with an interest in the internal or martial arts, especially practitioners of Taiji, Qigong, XinYi, Bagua, YiQuan and yoga.



Noel Plaughter began studying martial arts in 1990 after being the victim of violent crime. After studying Shou Shu Kung Fu and achieving his second degree black belt, he began studying internal martial arts.

NEW

Qigong Through the Seasons

How to Stay Healthy All Year with Qigong, Meditation, Diet, and Herbs

Ronald H. Davis

Foreword by Ken Cohen. Illustrated by Pamm Davis

JAN 2015 // 240pp // PB // p-9781848192386 // e-9780857011855 // £14.99 // \$24.95
MBNH3,VXHT1 // HEA007000 // PP**Qigong, meditation and diet for the changing seasons.**

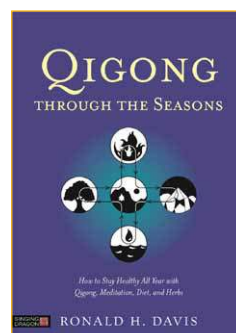
Within the holistic framework of the Daoist way, Ronald H. Davis provides a comprehensive and straightforward guide to the principles and practice of actively living in harmony with the seasonal energetic changes throughout the year.

The program focuses on the importance of Qigong, meditation, and diet to support good mental and physical health. The author includes clear explanations of the theory underlying this approach to a healthy life, including the Five Phases of Change (Five Elements) of Chinese Medicine, the body's Qi system of channels and reservoirs, and the concept of chronobiology. For each season he provides a Qigong specific for the season, meditations, herbal information, and dietary recommendations with simple recipes to support the functions of the organ in focus in that season.

This accessible program of Qigong for the seasons will be of interest to anyone seeking a healthy life, students of Qigong at any level, and the seasonal emphasis makes this an excellent quick reference for Qigong teachers.

"Qigong through the Seasons adds a new dimension to the concept of eating seasonally as a way to support the flow of our internal energy by mimicking the circulation of qi in the natural world. This is an excellent resource with clear instructions for health practitioners, nutrition professionals and any individuals wanting to enhance their health."

Alison Harmon PhD RD, Associate Professor of Food and Nutrition,
Montana State University



Ronald H. Davis is an acupuncturist and chiropractor. He has been practicing Qigong since 1986 and is the founder of The Health Movement, a group of classes and educational materials designed to improve a person's wellbeing through the use of traditional and complementary healthcare methods. Ronald offers classes in Qigong, Taiji and spinal healthcare and lives in Bozeman, Montana, USA.

NEW**White Moon on the Mountain Peak**

The Alchemical Firing Process of Nei Dan

Damo Mitchell

Foreword by Jason Gregory

Daoist Nei Gong

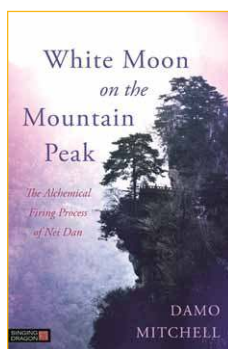
SEP 2015 // 416pp // PB // p-9781848192560 // £25.00 // \$39.95

HRKN5,WSTM // REL065000,OCC011010,SPO027000 // PP

The first comprehensive and coherent explanation of the whole process of Daoist internal alchemy for practitioners in the West.

Explaining the philosophy and energetics of Daoist internal alchemy, this book details the practice of Nei Dan, the alchemical firing practice of Daoism.

Nei Dan remains relatively unknown and misunderstood in the West due to the secretive manner in which it was hidden for so long and the confusing metaphorical language of alchemical scripture. Drawing together a huge amount of material on the esoteric aspects of Daoist practice, Damo Mitchell presents a detailed explanation of the practices and the underlying theory in a way that is coherent for practitioners in the West. He offers his own experiences of each stage of attainment, outlining the tangible results that should appear, and provides guidance on the practicalities and potential pitfalls of alchemical training.



Damo Mitchell has studied the martial, medical and spiritual arts of Asia since the age of four. His studies have taken him across the planet in search of authentic masters. He is the technical director of the Lotus Nei Gong School of Daoist Arts, and teaches Nei Gong in the UK, Sweden and the USA.

Daoist Nei Gong

The Philosophical Art of Change

Damo Mitchell

Foreword by Cindy Engel

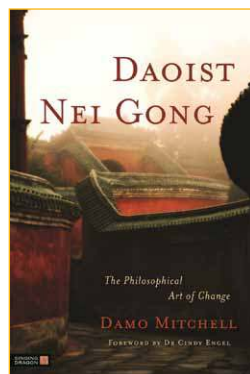
Daoist Nei Gong

2011 // 240pp // PB // p-9781848190658 // e-9780857010339 // £14.99 // \$24.95

HPDF,HRKN5,WSTM // REL065000 // TR

The entire Nei Gong process in a clear and readable form.

For the first time in the English language, this book describes the philosophy and practice of Nei Gong. The author explains the philosophy which underpins this practice, and the methodology of Sung breathing, an advanced meditative practice, is described. The book also contains a set of Qigong exercises, accompanied by instructional illustrations.

**Heavenly Streams**

Meridian Theory in Nei Gong

Gong

Damo Mitchell

Foreword by Robert

Aspell

Daoist Nei Gong

2013 // 304pp // PB //

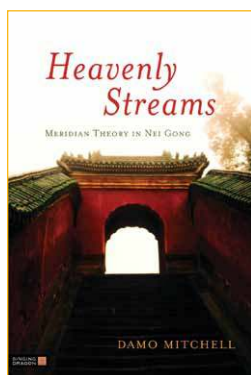
p-9781848191167 // e-

9780857010926 // £17.99 //

\$29.95

HRKN5,VXHT1,WSTM // HEA032000

// TR



Connecting with, feeling and adjusting the energy body using the consciousness.

Damo Mitchell provides step-by-step instructions on how to experience and adjust the various elements which make up the energy body in order to diagnose.

The Four Dragons

Clearing the Meridians

and Awakening the

Spine in Nei Gong

Damo Mitchell

Foreword by Ole Saether

Daoist Nei Gong

2014 // 256pp // PB //

p-9781848192263 // e-

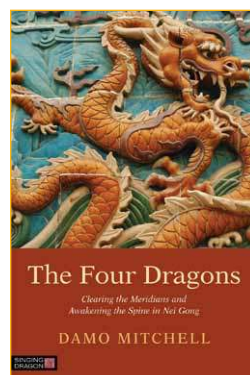
9780857011732 // £17.99 //

\$29.95

VXHT1,WSTM // OCC011010 // PP

Internal alchemy in plain English.

Mitchell explains the theory, history of Dao Yin exercises, and their differences from Qi Gong. The Four Dragon Dao Yin exercises are presented in detail, with a discussion of the effects on the practitioner.



NEW**Shen Gong and Nei Dan in Da Xuan**

A Manual for Working with Mind, Emotion, and Internal Energy

Serge Augier

With translations by Isis Augier

Foreword by Dr. Yang, Jwing-Ming

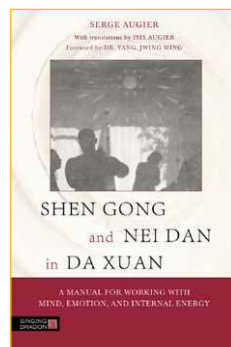
FEB 2015 // 240pp // PB // p-9781848192607 // e-9780857012081 // £17.99 // \$29.95

HRKN5,WSTM // PH1023000,SPO027000,OCC01 1010 // PP

Revealing the secrets of Da Xuan.

The teaching and practices of the ancient Daoist tradition of Da Xuan have been kept secret for generations. In this ground-breaking book, Serge Augier, the current inheritor of the Da Xuan system, presents this unique approach to Daoism and reveals the basic principles and theory behind the practice of Da Xuan.

Weaving a masterful presentation of both astonishing depth and refreshing simplicity, Serge Augier covers the Daoist practices for developing mind, emotions and internal energy and provides specific exercises for cultivating and transforming the Jing (body energy), Qi (life force) and Shen (mind or spirit) on the path to enlightenment. He explains theory and practice in clear, easy-to-understand terms and explores the deeper reaches of Daoist internal alchemy in a way that gives access to practitioners of all levels to the necessary knowledge.



Serge Augier, known as the 'Urban Daoist', is heir to the Daoist tradition of Ba Men Da Xuan, the lineage of which can be traced back to 510 AD in Kunlun. Serge has over 35 years' experience practicing and teaching this tradition and has taught in Europe, USA, Hong Kong and China. He is based in Paris, France.

An Illustrated Handbook of Chinese Qigong Forms from the Ancient Texts

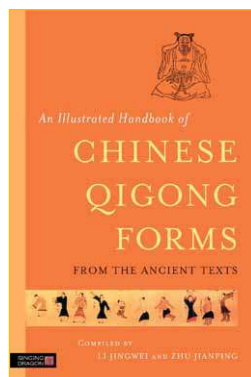
Compiled by Li Jingwei and Zhu Jianping

2013 // 336pp // PB // p-9781848191976 // £18.99 // \$29.95

VXHT1 // MED004000 // TR

Authentic ancient Qigong forms from archaeological findings and cultural relics.

Drawn from ancient documents of Chinese and Tibetan medicine, and including explanatory commentaries and over 700 drawings from the original texts, this book presents authentic ancient Qigong forms in an easy-to-follow format. Focusing on health practices, the selected forms also include Qigong for more esoteric purposes.

**Chinese Medical Qigong**

Editor in Chief: Tianjun Liu, O.M.D.

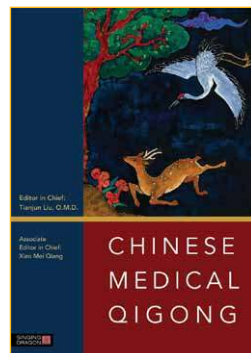
Associate Editor in Chief: Xiao Mei Qiang

2013 // 408pp // PB // p-9781848190962 // e-9780857010179 // £19.99 // \$29.95

HPDF,MX,VXHT1 // OCC011010 // PP

Complete textbook of Chinese Medical Qigong.

Correlating traditional Qigong therapies with outcomes of new scientific research, this is the authoritative introduction to the knowledge system and content of Qigong study. Revised and updated to reflect the new Chinese edition, it has new information on key concepts and practice, and on the application of Qigong for a range of conditions.



NEW

Qigong for Wellbeing in Dementia and Aging

Stephen Rath

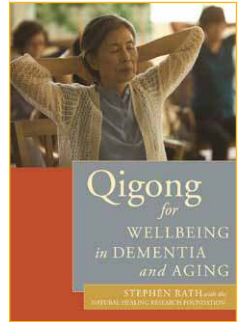
Illustrated by LauRha Frankfort

MAR 2015 // 168pp // PB // p-9781848192539 // e-9780857011992 // £15.99 // \$24.95
JKSG // MED058060 // PP**Gentle Qigong exercises and breathing techniques to improve the wellbeing of people with dementia.**

Qigong is the centuries-old practice of moving vital energy (Qi) through the channels of the body, known as meridians, to promote vitality and health. Stephen Rath details current research and Traditional Chinese Medicine theory to show how Qigong practice can support cognitive functioning, as well as emotional and physical wellbeing, in people with dementia.

Qigong for Wellbeing in Dementia and Aging presents a set of accessible Qigong exercises and breathing techniques adapted specifically for older people who may be frail or have limited mobility, which address specific symptoms associated with dementia. These include exercises for the hands and feet, exercises for releasing emotions through the Five Animal Sounds, seated exercises, and facial exercises. The exercises, contributed by the Natural Healing Research Foundation from their Senior Exercise Class in Hawaii, are presented with clear explanatory illustrations, and an accompanying online video of seniors practicing Qigong supports both individual and group instruction. The final part of the book describes the Chinese understanding of nutrition as an essential underpinning of good health into old age, and provides health-giving food and drink recipes for people with dementia based on these principles. There is also a helpful chapter on practicing Qigong to protect against caregiver burnout.

This will be an invaluable book for care professionals, nurses, activity coordinators, and physical therapists, as well as people with dementia and their families.



Stephen Rath, MA, has been a student and practitioner of Qigong and Tai Chi since 1997, studying with Grandmaster Hong Liu and Master Zhu Xilin. In 2012, Grandmaster Hong Liu certified Stephen and his wife, Marcia, to teach four Qi Gong practices, including exercises appropriate for older people with dementia. They live in Denver, Colorado, and Massachusetts, where they teach Qigong.

Qigong and Chinese Self-Massage for Everyday Health Care

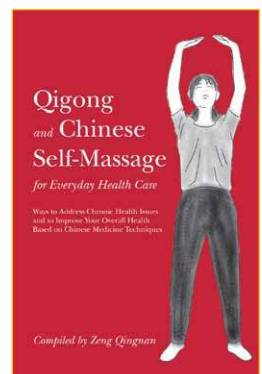
Ways to Address Chronic Health Issues and to Improve Your Overall Health Based on Chinese Medicine Techniques

Zeng Qingnan

Chinese Health Qigong

2013 // 200pp // PB // p-9781848191990 // £12.99 // \$19.95
VXH,VXHT1 // MED004000 // TR**A few minutes a day to resolve knee pain, insomnia and other common ailments.**

Based on the traditional Chinese practices of qigong and acupressure, this book provides exercises that address a range of common ailments, as well as those that can be used to promote overall health and wellbeing. All of the exercises are clearly explained with easy-to-follow instructions, and they all take less than 10 to 15 minutes to complete.



Eight Movements to Make the Tendons and Muscles Supple, Strengthen the Bones - Shu Jin Zhuang Gu Gong - 1st Form

Dao Yin Yang Sheng Gong Sequences 3

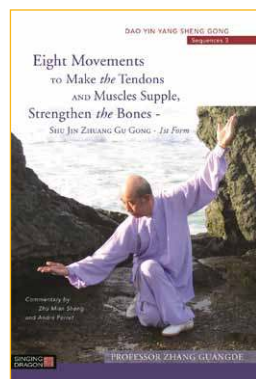
Professor Zhang Guangde

Dao Yin Yang Shen Gong

2014 // 128pp // PB // p-9781848192522 // e-9780857011961 // £14.99 // \$25.00
VXHT1 // OCC011010 // PP

Exercises to increase mobility and flexibility and strengthen the spine.

With step-by-step instructions and an accompanying DVD, the 8 movements in this book have been designed to increase physical strength and flexibility, and provide preventative and curative effects for muscle and joint pain. This is the third volume in Professor Zhang Guangde's Dao Yin Yang Sheng Gong Sequences.



Thirteen Movements to Stretch the Body and Make it More Supple, and Guiding and Harmonising Energy to Regulate the Breath

Dao Yin Yang Sheng Gong Foundation Sequences 2

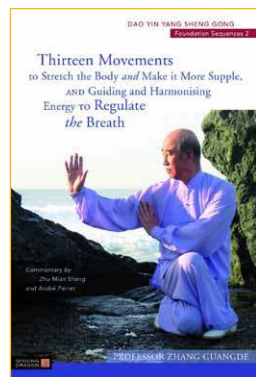
Professor Zhang Guangde

Dao Yin Yang Shen Gong

2011 // 112pp // PB // p-9781848190719 // e-9780857010421 // £17.99 // \$24.95
VXHT1 // OCC011010 // PP

Exercises to regulate the body, breathing and mind.

This is the second volume in Professor Zhang Guangde's foundation Dao Yin Yang Sheng Gong sequences, and the movements described synchronize breathing and concentration by enhancing the body's flow of blood and energy to achieve higher levels of physical and mental agility.



"...the book has been faithfully translated from Prof. Zhang's original texts with additions from and commentaries from some of his top students and coaches. It assumes some small knowledge of the theories of yin and yang, the five elements, internal organs and meridians but not too much and a lot of information is given to enable the reader to research the material further if needed (point names and numbers, names in Chinese and English etc)... Singing Dragon are to be congratulated on this series of books and I look forward to seeing more of Prof. Zhang's work published in English."

Mike Hart, Head of Chanquanshu Wales

Nourish the Blood, Tonify the Qi to Promote Longevity, and Calm and Concentrate the Mind to Regulate the Heart

Dao Yin Yang Sheng Gong Foundation Sequences 1

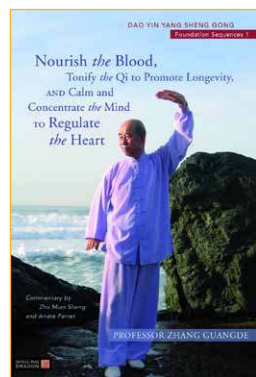
Professor Zhang Guangde

Dao Yin Yang Shen Gong

2011 // 128pp // PB // p-9781848190726 // e-9780857010438 // £17.99 // \$24.95
VXHT1 // OCC011010 // PP

The most popular form of Qigong in China and across the globe to maintain health and well-being.

Professor Zhang Guangde's Dao Yin Yang Sheng Gong is part of the Chinese national health program and is the most popular form of Qigong practiced across the globe. This book contains step-by-step instructions and illustrations to show the foundation sequences, and the accompanying DVD will enable all to begin to grasp this form of Qigong.



Da Wu**Health Qigong Da Wu Exercises**

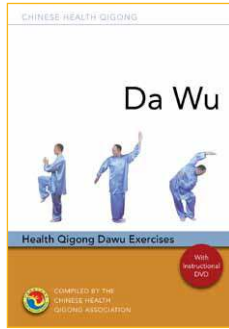
(Compiled by the Chinese Health Qigong Association)

2014 // 106pp // PB // p-9781848191921 // £13.99 // \$22.95

VXHT1 // HEA007000 // TR

An easy-to-learn qigong sequence to relax the joints.

Based on the traditional Da Wu qigong recorded in ancient documents, this book guides the reader through the set of joint-relaxing dance-like exercises with step-by-step instructions and photos.



The 'Chinese Health Qigong' series are short introductions to different Chinese martial arts disciplines. Each book gives everything newcomers need to know including origins, key principles and etiquette, health benefits, and instructions for practice.

The accompanying CD and DVD provide verbal instructions, accompanying music, a video demonstration and additional information on its history.

Daoyin Yangsheng Gong Shi Er Fa**12-Movement Health Qigong for all Ages**

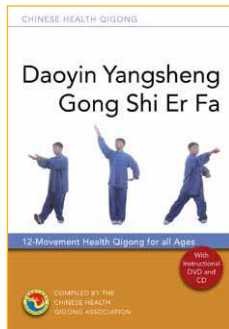
(Compiled by the Chinese Health Qigong Association)

2014 // 152pp // PB // p-9781848191952 // £13.99 // \$22.95

VXHT1 // HEA007000 // TR

12-movement health qigong form which can be practised in both seated and standing positions.

An easy-to-learn but very extremely effective 12-movement qigong form taken from over 50 routines of Daoyin health qigong developed by Professor Zhang Guangde.

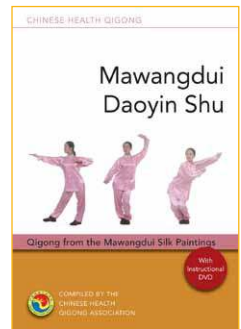
**Mawangdui****Daoyin Shu****Qigong from the Mawangdui Silk Paintings**

(Compiled by the Chinese Health Qigong Association)

2014 // 96pp // PB // p-9781848191938 // £13.99 // \$22.99 // VXHT1 // HEA007000 // TR

A series of qigong forms based on those shown on the famous silk paintings excavated from the Mawangdui tombs of Changsha, Hunan Province.

A powerful but easily learnt series of health qigong exercises based on images on ancient silk paintings excavated in China.

**Yi Jin Jing****Tendon-Muscle Strengthening Qigong Exercises**

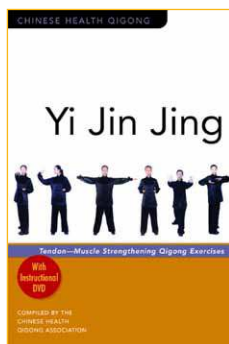
(Compiled by the Chinese Health Qigong Association)

2008 // 104pp // PB // p-9781848190085 // £13.99 // \$22.95

VFMG // HEA000000, SPO027000 // PT

A qigong exercise that focuses on turning and flexing the spine.

Yi Jin Jing/ Tendon-Muscle Strengthening Exercises is an accessible guide to a particular qigong exercise that focuses on turning and flexing the spine.

**Ba Duan Jin****Eight-Section Qigong Exercises**

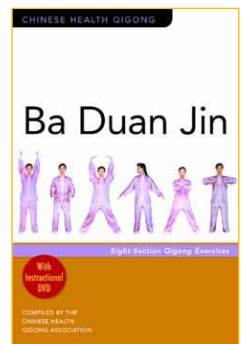
(Compiled by the Chinese Health Qigong Association)

2008 // 64pp // PB // p-9781848190054 // £13.99 // \$22.95

VFMG // HEA000000, SPO027000 // PT

Traditional exercise from the Song Dynasty which has been shown to improve the respiratory, cardiovascular and immune systems.

Improves the respiratory, cardiovascular and immune systems.



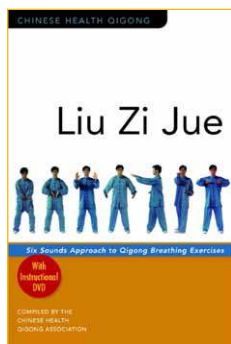
Liu Zi Jue

Six Sounds Approach to Qigong Breathing Exercises
(Compiled by the Chinese Health Qigong Association)

2008 // 80pp // PB // p-9781848190061 // £13.99 // \$22.95
VFMG // HEA000000,SPO027000 // PT

Six healing sounds to strengthen the liver, heart, spleen, lungs and kidneys.

The routine strengthens the liver, heart, spleen, lungs and kidneys, and has also been shown to alleviate stress. Each routine is described step-by-step, and is illustrated with photographs.



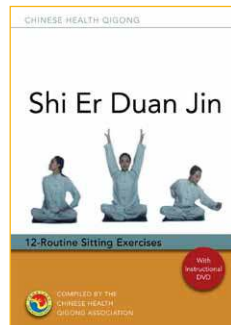
Shi Er Duan Jin

12-Routine Sitting Exercises
(Compiled by the Chinese Health Qigong Association)

2014//106pp//PB/p-9781848191914//£13.99//\$22.95
VXHT1 // HEA007000 // TR

This seated Qigong sequence emphasises moments of the neck, shoulders, waist and legs.

Suitable for all ages and abilities this set of 12 seated qigong exercises synthesizes the principles of its foundingschools and emphasises movements of the neck, shoulders, waist and legs.



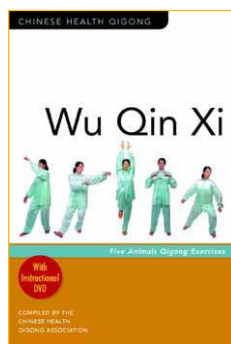
Wu Qin Xi

Five-Animal Qigong Exercises
(Compiled by the Chinese Health Qigong Association)

2008 // 112pp // PB // p-9781848190078 // £13.99 // \$22.95
VFMG // HEA000000,SPO027000 // PT

A set of qigong exercises that mimic the movements of animals and birds to build up the constitution and improve life skills.

Each routine is described step-by-step, and is illustrated with photographs and key points. The authors also point out common mistakes and offer advice on how to correct these.



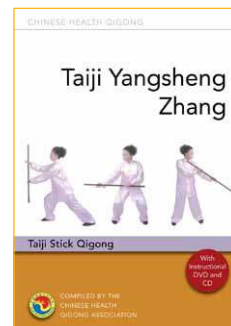
Taiji Yangsheng Zhang

Taiji Stick Qigong
(Compiled by the Chinese Health Qigong Association)

JAN 2014 / 102 / pb / 9781848191945 / £13.99 / \$22.95
BIC: VXHT1 / BISAC: HEA007000

A set of Taiji Stick Qigong exercises which emphasise the harmony of yin and yang, man and nature.

The book explores an unusual and exciting Taiji Stick qigong form. The book provides fully-illustrated instruction, and includes a brief account on the origins and guidance for practice.



Managing Depression with Qigong

Frances Gaik

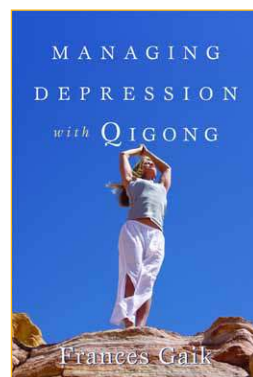
2009 // 192pp // PB // p-9781848190184 // e-9780857010063 // £12.99 // \$19.95
VXH,WSTM // SEL011000 // TR

Explains the basics of what Qigong is and why it is effective for depression, includes treatment plan and exercises.

The author shows how the practical application of Qigong can radically improve health and wellbeing, and provides a treatment plan, including Qigong exercises. Encouraging the reader to identify their problems and take action to improve their mental health.

“In a lucid, dispassionate, folksy way, Dr. Gaik tells an important story. She describes the research efforts both of herself and earlier and contemporary pioneers in America, China and Japan first to rethink Western medicine in Eastern thought forms and then assimilate it. Her aim: to make you and me healthier through an affordable combination of deep breathing, meditation, counselling and moderate exercise, with an exit strategy from a limited time given over to non-addictive therapy... Her book is an easy, informative, delightful read.”

Patrick Killough, Counsellor, US Senior Foreign Service (1983-1991), US Senior Foreign Service (1983-1991), US Senior Foreign Service (1983-1991)



Managing Stress with Qigong

Gordon Faulkner

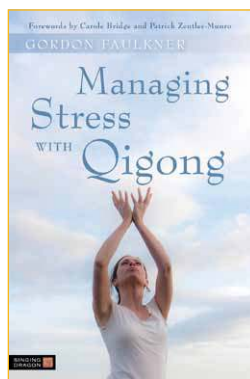
2010 // 256pp // PB // p-9781848190351 // e-9780857010162 // £14.99 // \$24.95
VXHT1,WSTM // OCC011010 // TR

Series of carefully-designed stress relief qigong exercises.

Extensively trialled with Maggie's Cancer Care Centres, and designed specifically to fit around a busy lifestyle, the Qigong program set out in this book will help to reduce stress, decrease anxiety and restore energy. This practical book will help anyone who is prone to stress, regardless of their level of ability or experience of Qigong.

"Gordon has gone to great lengths to get across the essence of Daoyin Qigong methods and why they help people who 'are prone to stress'. [He] backs his findings up by personal experience drawn from his excellent work with people whose lives have been affected by cancer, in which stress plays a major part."

UK Tai Chi



Qigong for Multiple Sclerosis

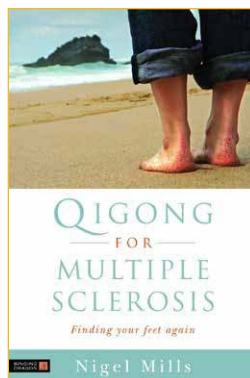
Finding Your Feet Again

Nigel Mills

2010 // 128pp // PB // p-9781848190191 // e-9780857010292 // £12.99 // \$19.95
MQS,MX // OCC011010,MED004000 // PT

Help people with Multiple Sclerosis (MS) improve their physical and psychological functioning using Qigong.

The author provides a step-by-step guide, with photographs and clear text, to show how people with MS can improve their health and quality of life using Qigong. He explains how to use Qigong to improve balance and walking, and promote healthy breathing and relaxation.



Everyday Qigong Practice

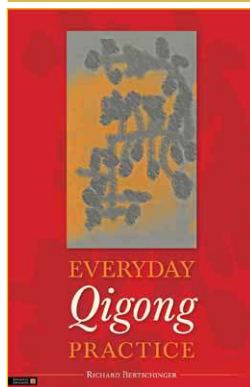
Richard Bertschinger

Illustrated by Harriet E J Lewars

2012 // 80pp // PB // p-9781848191174 // e-9780857010971 // £9.99 // \$16.95
VFMG,WSTM // OCC011010 // TR

How to establish a daily Qigong practice.

This useful handbook teaches simple Qigong exercises that can be easily practised in the home every day. It offers guidance for introductory exercises that are easy to learn and very effective, including Early Morning Meditations and the Silk Brocades. Suitable for young and old, this is the perfect introduction to classic Qigong exercises.



Eternal Spring

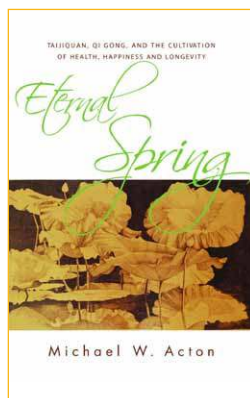
Taijiquan, Qi Gong, and the Cultivation of Health, Happiness and Longevity

Michael W. Acton

2009 // 240pp // PB // p-9781849858014 // e-9780857010018 // £14.99 // \$21.95
VFM,VFMG // HEA000000,SPO027000 // TR

Explains how the Chinese use Taijiquan and Qi Gong to achieve good health, mental well-being and a long and active life.

This book, written for a Western audience, explains the essential theories and strategies of Taijiquan and Qi Gong in an insightful way. It expounds their value in our daily lives as an effective means of combating stresses, strains and illnesses.



Seated Taiji and Qigong

Guided Therapeutic Exercises to Manage Stress and Balance Mind, Body and Spirit

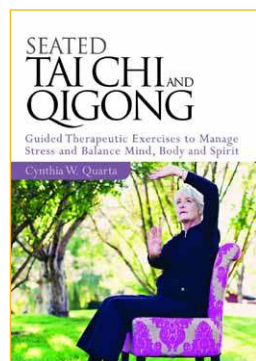
Cynthia W. Quarta

Foreword by Michelle Maloney Vallie

2012 // 204pp // PB // p-9781848190887 // e-9780857010711 // £15.99 // \$24.95
VFJD,VFMG,WSTM // OCC011010 // PP

Everything caregivers need to know about Taiji and Qigong for those with limited mobility.

This illustrated guide covers everything caregivers will need to know about Taiji and Qigong in order to help those with limited mobility experience these relaxing forms of exercise. The specially adapted program targets all the different parts of the body to improve strength and provide contemplative relaxation.



Jiangan - The Chinese Health Wand

Michael Davies

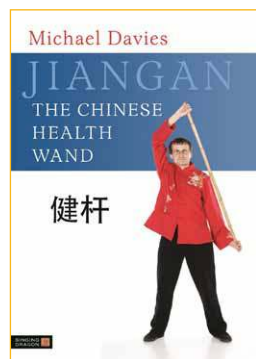
2011 // 176pp // PB // p-9781848190771 // e-9780857010506 // £15.99 // \$25.95
VFMG,WSTM // OCC011010 // TR

This exercise system is simple yet potent and involves the manipulation of a lightweight pole traditionally made of bamboo.

Jiangan co-ordinates slow diaphragmatic breathing with graduated stretching and strengthening exercises to promote circulation and stimulate the cardiovascular system. This book offers a concise practical guide to Jiangan exercises, providing detailed instructions and illustrations while also exploring the Chinese philosophy behind the art.

"Michael's knowledge of and skill in the mysteries of Chinese Health Wand make him unique in the Tai Chi community. His publishers are to be congratulated in making this rare material available to the public. I wish the book every success."

Dan Docherty, Chairman of the Tai Chi Union for Great Britain



You Are How You Move

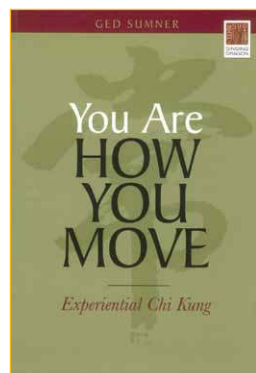
Experiential Chi Kung

Ged Sumner

2009 // 176pp // PB // p-9781848190146 // e-9780857010025 // £12.99 // \$21.95
VFMG,VXH // HEA000000,HEA032000 // TR

This modern, accessible approach to Chi Kung teaches how to think about your body and take the steps that will transform your practice.

Ged Sumner writes with rich insights into how to begin to think about your body and how to take the steps that will enable you to transform your Chi Kung practice. This modern, accessible approach to Chi Kung by a highly experienced teacher integrates mind and body and shows you how to become sensitive to yourself.



Chi for Children

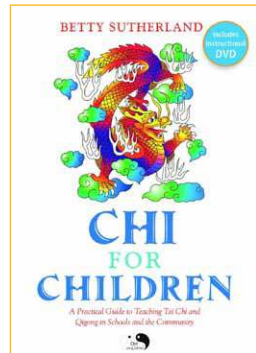
A Practical Guide to Teaching Tai Chi and Qigong in Schools and the Community

Betty Sutherland

2011 // 160pp // PB // p-9781848190559 // £34.99 // \$49.95
WSTM,YQW // SPO027000 // PP

This teacher training pack provides step-by-step instructions and simple techniques to teach Tai Chi and Qigong to children.

Learning the Chinese arts of Tai Chi and Qigong is a great way for children to relax, have fun, and strengthen body and mind. This easy-to-use teacher training pack provides step-by-step instructions and simple techniques that enable anyone to teach Tai Chi and Qigong to children.



Master Zhongxian Wu is the lineage holder of four different schools of Qigong and martial arts. He was Director of the Shaanxi Province Association for Somatic Science and the Shaanxi Association for the Research of Daoist Nourishing Life Practices. Since 1988, Master Wu has instructed thousands of students, both Eastern and Western. He synthesizes wisdom and experience for beginning and advancing practitioners, as well as for patients seeking healing, in his unique and professionally-designed courses and workshops.

XinYi WuDao

Heart-Mind - The Dao of Martial Arts

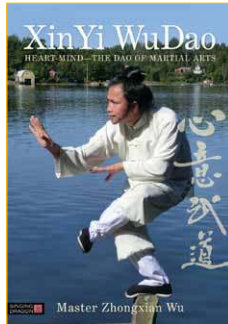
Master Zhongxian Wu

Foreword by Zhao ShouRong

2014 // 144pp // PB //
p-9781848192065 //
e-9780857011565 // £18.99 //
\$35.00

HRKN5,WSTM // SPO027000 // PP

Secrets of the Dai family martial arts system.



The author reveals the spirit of classical Chinese martial arts through instruction of hitherto secret internal practices from the Dai Family Style XinYi Martial Arts in this ground-breaking book. Exploring the connection between Daoist numerology, internal alchemy and the spirit of martial power, it offers guidance to strengthen inner cultivation.

Heavenly Stems and Earthly Branches - TianGan DiZhi

The Heart of Chinese Wisdom Traditions

Master Zhongxian Wu and Dr Karin Taylor Wu

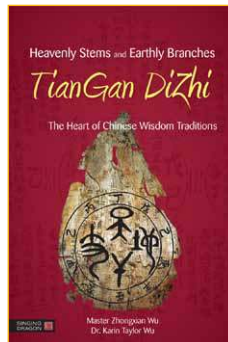
Foreword by Fei BingXun

2014 // 268pp // HB //
p-9781848191518 //
e-9780857011589 // £40.00 //
\$65.00

VXFA,VXHT1 // REL065000 // PP

A detailed explanation of the 22 GanZhi symbols outlining their characteristics, interactions and relationships. Essential reading for serious students of Chinese arts.

A detailed explanation of the building blocks of Chinese metaphysics, the 22 Heavenly Stems and Earthly Branches upon which Chinese medicine, astrology and FengShui are based. Poetic descriptions dating from the Song dynasty give the reader a deep understanding of the meaning of each and of their interrelationships.



Heavenly Stems and Earthly Branches - TianGan DiZhi

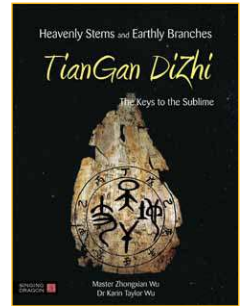
The Keys to the Sublime
Master Zhongxian Wu
and Dr Karin Taylor Wu

2013 // 37pp // card set //
p-9781848191501 // £17.99 //
\$25.00

VXFA,VXHT1 // MED004000 // NB

This set of study cards beautifully presents the key characteristics of the 22 GanZhi symbols.

This attractive study card set shows the Chinese character for each of the Heavenly Stems and Earthly Branches in Master Wu's graceful calligraphy. On the back of the cards, the characteristics are explained giving the reader a valuable understanding of each Stem and Branch and their importance in Chinese medicine, philosophy and astrology.



Chinese Shamanic Cosmic Orbit Qigong

Esoteric Talismans, Mantras, and Mudras in Healing and Inner Cultivation

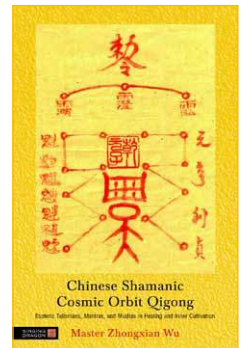
Master Zhongxian Wu

2011 // 112pp // PB //
p-9781848190566 // e-
9780857010599 // £13.99 //
\$19.95

VXHT1,WSTM // MED004000 // TR

Describes the Cosmic Orbit Qigong practice in detail with its shamanic roots, therapeutic benefits and talismanic aspects.

Never before written about in the West, this advanced form of Qigong from one of China's esoteric traditions offers great cumulative benefits from regular daily practice. Master Wu describes the practice in detail, provides the mantra, visualization, and mudra for each movement as well as explaining the therapeutic benefits of the practice.



Fire Dragon Meridian Qigong

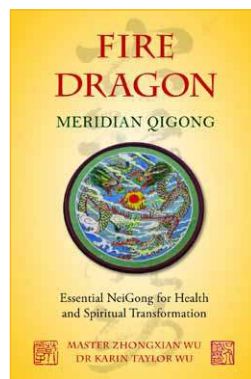
Essential NeiGong for Health and Spiritual Transformation

Master Zhongxian Wu and Dr Karin Taylor Wu

2012 // 200pp // PB // p-9781848191037 // e-9780857010858 // £15.99 // \$24.95
VXHT1,WSTM // OCC011010 // TR

Fire Dragon Meridian Qigong is a traditional Chinese internal alchemy method that releases stagnation and brings the physical and emotional body into balance.

Fire Dragon Meridian Qigong is a traditional Chinese Qigong form that works directly on the meridians, awakening areas of stagnation and bringing the physical and emotional body into a balanced state of well-being. The form is recommended by the authors for patients suffering from cancer and chronic health conditions.



Vital Breath of the Dao

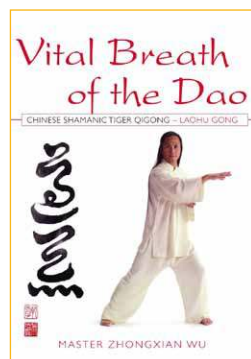
Chinese Shamanic Tiger Qigong - Laohu Gong

Master Zhongxian Wu

2008 // 256pp // PB // p-9781848190009 // e-9780857011107 // £16.99 // \$29.95
VFMG // PH1023000 // PP

An excellent introduction for Qigong beginners with a powerful 24-movement form, historical background, underlying principles and techniques.

Lineage holder Master Zhongxian Wu uses story-telling and a wealth of practical examples to introduce this powerful 24-movement Qigong form, which combines the traditions of ancient shamanism, Confucianism, Daoism, classical Chinese medicine, and the martial arts.



Seeking the Spirit of The Book of Change

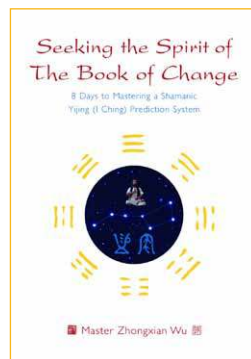
8 Days to Mastering a Shamanic Yijing (I Ching) Prediction System

Master Zhongxian Wu

2009 // 240pp // HB // p-9781848190207 // e-9780857010070 // £17.99 // \$29.95
VXFA,YQH // OCC038000 // TR

Enter Master Wu's tea house and learn the ancient Yijing system of prediction.

Explaining the ancient Yijing system of prediction based on the Xiang (symbolism) and Shu (numerology) knowledge of Bagua (the eight basic trigrams), which have not previously been written about outside China, this book makes the Yijing accessible to the Western world in a new and fuller way.



Turn over for more from Master Wu...

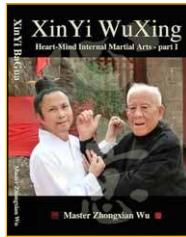
XinYi WuXing

Dai Family Internal Martial Arts -
Part I

Master Zhongxian Wu

2014 // 3600pp // DVD //
p-9781848192249 /// £30.00 // \$49.95
HRKN5,WSTM // SPO027000 // NB

**Part 1 of a DVD series teaching
the Dai Family XinYi Internal
Alchemy and Martial Arts
system.**

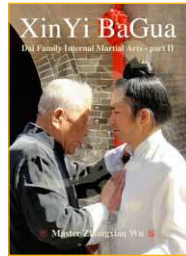
**XinYi BaGua**

Dai Family Internal Martial Arts -
Part II

Master Zhongxian Wu

2014 // 3600pp // DVD //
p-9781848192423 /// £30.00 // \$49.95
HRKN5,WSTM // SPO027000 // NB

**Secrets of the Dai family internal
alchemy.**



Exploring key practices from the Dai Family XinYi Internal Alchemy and Martial Arts System, this DVD by 7th generation lineage holder, Master Zhongxian Wu, includes detailed instruction on HunYuanZhuang, LongShen, ChangSanWu and WuXingQuan. It also features explanations from Grandmaster Zhao ShouRong and combat demonstrations.

Dai Family XinYi WuDao Set

Internal Alchemy and WuXingQuan and Spiritual
Transformation and BaGua XinJing

Master Zhongxian Wu

2014 // 1pp // DVD // p-9781848192430 /// £50.00 // \$79.95
HRKN5,WSTM // SPO027000 // NB

**Double set of DVDs exploring WuDao, the Dao
of martial arts, through select practices from the
legendary Dai Family Martial Arts School.**

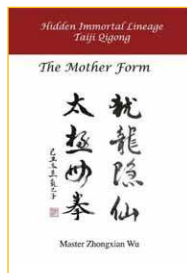
**Hidden Immortal Lineage
Taiji Qigong**

The Mother Form

Master Zhongxian Wu

2010 // 2700pp // DVD // p-
9781848190405 /// £30.00 // \$39.95
VFMG // HEA032000, OCC011010 // NB

**This DVD focuses on the Mother
Form of Taiji Qigong, passed
directly from the Hidden
Immortal Lineage.**

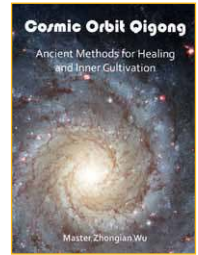
**Cosmic Orbit Qigong**

Ancient Methods of Healing and
Cultivation

Master Zhongxian Wu

2014 // 5400pp // DVD // p-
9781848192232 /// £30.00 // \$39.95
VXHT1,WSTM // OCC011010 // NB

**DVD of the 12 movements from
China's esoteric Mt Emei tradition
with details on the healing and
internal alchemy benefits.**



Master Wu provides detailed instruction and explanation of the esoteric Chinese Shamanic Cosmic Orbit Qigong in this DVD. With full, uninterrupted demonstration of the practice, and a special feature demonstrating the standing style form, it is a complete introduction to this form for students and practitioners of Qigong of any style.

**Chinese Shamanic Tiger
Qigong**

Laohu Gong

Master Zhongxian Wu

2012 // 3900pp // DVD // p-
9781848191365 /// £30.00 // \$39.95
VXHT1,WSTM // OCC011010 // NB

**In this DVD, lineage holder
Master Zhongxian Wu provides
detailed instruction in this
powerful EMeiZhenGong Sage
Style 24-movement Qigong form.**



Chinese Shamanic Tiger Qigong is a uniquely potent practice designed to bolster our health and deepen our spiritual connection to universal energy. In this DVD, lineage holder Master Zhongxian Wu provides detailed instruction in this powerful EMeiZhenGong Sage Style 24-movement Qigong form.

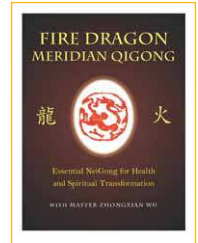
Fire Dragon Meridian Qigong

Essential NeiGong for Health and
Spiritual Transformation

Master Zhongxian Wu

2012 // 5220pp // DVD // p-
9781848191112 /// £30.00 // \$39.95
VXHT1,WSTM // OCC011010 // NB

**A remarkably powerful practice
developed to revitalize our
health and deepen our spiritual
connection to the Dao.**



Fire Dragon Meridian Qigong is a remarkably powerful practice developed to revitalize our health and deepen our spiritual connection to the Dao. In this DVD, lineage holder, Master Zhongxian Wu provides detailed instruction of the form, including his interpretation of each movement from a NeiGong perspective, and demonstration of the entire form.

The Complete Book of Yiquan

Master C S Tang

MAR 2015 // 416pp // PB // p-9781848192256 // e-9780857011725 // £29.99 // \$49.95
WSTM // SPO027000 // PP

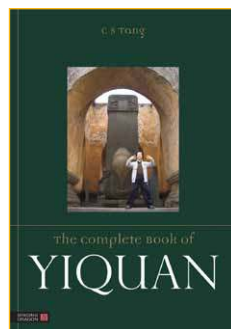
Comprehensive insider account of theory, history and practice of Yiquan, fully illustrated.

With detailed photographs and clear instruction for practice, this is the first book comprehensively to cover the history, development and training methods of this rarely taught esoteric internal martial art. The deceptively simple postures and movements of Yiquan are highly effective for achieving results for both health and combat, making it very appealing to martial artists, and Master Tang here reveals the secrets of a martial art still surrounded in mystery. He also provides a history of the origins and lineage of the Yiquan tradition, as well as detailed information on the stances and movements, weapons, and programs, grading and teaching.

This complete guide to Yiquan will be essential for anyone interested in Yiquan or oriental martial and internal arts more generally.

"This book is clearly the fruit of many decades of intensive research and practice under the old generation of Yi Chuan masters. It gives very lucid, detailed descriptions of the entire training system, as well as revealing the previously hidden theories and training concepts which give this system the essence it is famous for. Extensive photos of both the author and many old masters bring the text to life. This work is a remarkable achievement in the field of Chinese martial arts."

Alex Kozma, author of *Warrior Guards the Mountain: The Internal Martial Traditions of China, Japan and South East Asia*



Master C S Tang is a senior Xingyi Quan, Bagua Quan and Yi Quan expert and researcher from Hong Kong, known for the depth of his knowledge and his skill in the internal systems. He studied Xingyi Quan with several Masters of the older generation, and has made a special study of collecting and researching the ancient training manuals of various Chinese martial arts systems.

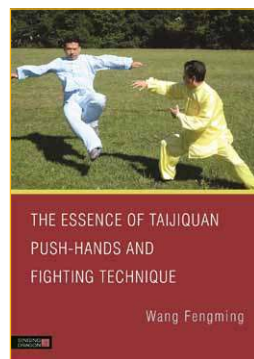
The Essence of Taijiquan Push-Hands and Fighting Technique

Wang Fengming

2014 // 344pp // PB // p-9781848192454 // e-9780857011909 // £25.00 // \$39.95
WSTM // SPO027000 // PP

The secrets of Chen style Taijiquan push-hands and fighting technique. The most complete guide available in English.

Available at last in English, this comprehensive training manual teaches the theory and insider practical methods behind Taijiquan push-hands and fighting technique from the Chen style. It includes the techniques of point striking, traditionally taught only to those on the inside, and over 400 photographs illustrate the methods throughout.



The Mysterious Power of Xingyi Quan

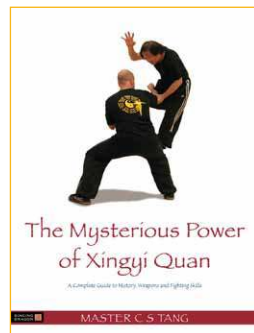
A Complete Guide to History, Weapons and Fighting Skills

C S Tang

2013 // 352pp // PB // p-9781848191402 // e-9780857011152 // £29.99 // \$49.95
WSTM // REL065000 // PP

In-depth guide to Xingyi Quan, the most esoteric and the most dangerous of the fighting arts.

This in-depth, fully-illustrated guide covers the history and traditions of this Chinese martial art, describing its movements, and their effects. It contains a full teaching guide to this potent fighting system and its underlying principles, including the Twelve Animal Forms, linking forms, two person sets, basic skills and weapons training.



The Five Levels of Taijiquan

Grandmaster Chen Xiaowang
with commentary by Master Jan Silberstorff

2012 // 96pp // PB // p-9781848190931 // e-9780857010797 // £15.99 // \$29.95
WSTM // OCC011010 // PP

How to systematically work up from the fundamental steps of Taijiquan to the advanced levels.

In order to learn Taijiquan you must begin with the most fundamental steps, and systematically work up to the advanced levels. This book explains the five levels of Taijiquan from complete beginner to highest level practitioner. Readers will learn how to assess their current ability and identify exactly what is needed to reach the next level.

Alchemy of Pushing Hands

Oleg Tcherne

2009 // 128pp // PB // p-9781848190221 // e-9780857010032 // £14.99 // \$22.95
WSTM // SPO027000 // PT

Practical guide to Pushing Hands explaining the eight types of concentration and the six "efforts" required to master them.

Pushing Hands develops sensitivity to the body's internal state and can be used to help control the emotions, the circulation of energy and physical balance. This book teaches the reader how to act in harmony with any external event without losing their 'balance' or center, enabling them to respond with confidence and flexibility to each situation.

Bagua Daoyin

A Unique Branch of Daoist Learning, A Secret Skill of the Palace
He Jinghan

2008 // 160pp // PB // p-9781848190092 // e-9781846428203 // £14.99 // \$19.95
VFVG // HEA000000,SPO027000 // PT

Fully illustrated introduction to Bagua Daoyin.

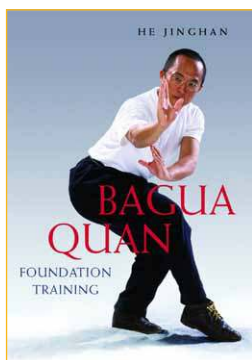
In this highly illustrated guide, Master He, a fifth generation practitioner of Bagua, introduces the ancient Daoist principles on which it is based and the approach to life it nurtures. Photographs illustrate a programme of sequences, showing the beauty of the movements, and the positions and transitions the practitioner is aiming for.

Bagua Quan Foundation Training

He Jinghan

2009 // 224pp // PB //
p-9781848190153 // e-
9780857010049 // £15.95 //
\$22.95
VFVG // HEA007000 // PT

Master He explains the philosophy and techniques of Bagua Quan and provides the reader with an accessible approach to the practice of the art.



The ancient Chinese art of Bagua Quan combines internal cultivation - the training of the mind - with external application, strengthening and supporting the health of the body. In this book, Master He explains the philosophy and techniques of Bagua Quan and provides the reader with an accessible approach to the practice of the art.

Tai Chi Chuan and the Code of Life

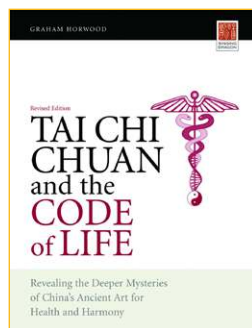
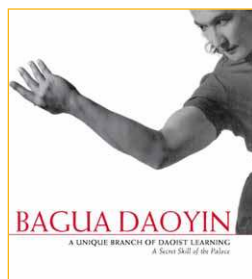
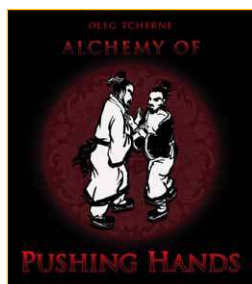
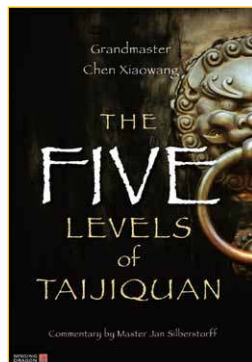
Revealing the Deeper
Mysteries of China's
Ancient Art for Health
and Harmony (Revised
Edition)

Graham Horwood

2008 // 224pp // PB //
p-9781848190016 // e-
9781846428067 // £15.99 //
\$21.95
VFVG // SPO027000 // PT

The connection between Tai Chi Chuan and the I Ching.

In this book Graham Horwood describes the various styles of Tai Chi Chuan, exploring its roots in the Chinese philosophy of Taoism as well as elaborating on the evolution it has undergone over millennia. He highlights parallels between its source, The I Ching, and archetypal principles from both Eastern and Western philosophy and medicine.



Embrace Tiger, Return to Mountain

The Essence of Tai Ji

Chungliang Al Huang

Photographs by Si Chi Ko

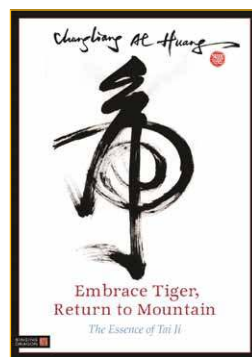
With a new introduction by Chungliang Al Huang

2011 // 224pp // PB // p-9781848190528 // e-9780857010384 // £14.99 // \$22.95

WSTM // REL065000 // TR

This all time classic of Tai Ji literature conveys the subtle yet profound principles underlying Tai Ji. Movement, stillness, joyfulness, and the ability to live in the moment.

Written with true passion and eloquence, the book richly conveys the subtle yet profound principles underlying Tai Ji. Movement, stillness, joyfulness, and the ability to live in the moment are the threads running through the text, as well as the humor and compassion to acknowledge the impossibility of human perfection.



A Tai Chi Imagery Workbook

Spirit, Intent, and Motion

Martin Mellish

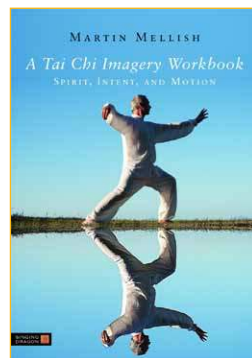
2010 // 256pp // PB // p-9781848190290 // e-9780857010131 // £14.99 // \$21.95

WSTM // OCC011010 // PT

This bestselling, innovative book makes Tai Chi accessible to anyone by explaining the movements through poetic, evocative, and humorous images.

This innovative book makes the benefits of Tai Chi directly available to Westerners by communicating its essence in poetic, evocative, and humorous images that apply to movement practices of all kinds and to daily life. The book contains hundreds of photos and drawings, and detailed explanations of the biomechanical realities that underlie them.

"... is to my mind one of the most exciting tai chi books I have read in a long time... Martin Mellish clearly understands this and his novel approach to the subject means that his book is one that truly is accessible to Western readers... A Tai Chi Imagery Workbook: Spirit, Intent, and Motion is a must have."



SpiralWise

Tàijíquán

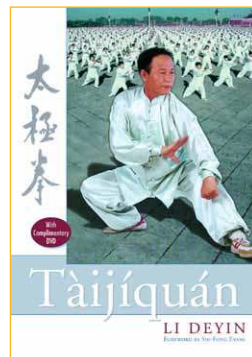
Li Deyin

2008 // 402pp // PB // p-9781848190047 // £19.99 // \$39.95

VFMG // HEA000000,SPO027000 // PP

An easy-to-use, fully-illustrated guide to the historical background, practical application, underlying principles and techniques of Tàijíquán.

Written by one of China's most prominent teachers of Tàijíquán, this book is an excellent introduction to the martial art. It describes five forms in which Tàijíquán is practised today, and each form is explained with instructive photographs. A numerical reference system for each exercise and a DVD are also included.



Tàijí Jiàn 32-Posture Sword Form

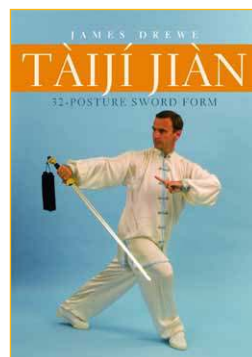
James Drewe

2009 // 224pp // PB // p-9781848190115 // e-9781846428692 // £15.99 // \$25.95

VFMG,WSTM // SPO027000 // PT

Step-by-step instructions on Sword Form technique including sword strokes, stances and footwork techniques.

Written by an experienced teacher of Tàijíquán, this book provides a detailed description of the Jian (the sword), its parts and how it should be held. Using photographs and illustrations, the author gives step-by-step instructions for the main 13 applications including sword strokes, stances and footwork techniques.



The Yang Tàijǐ 24-Step Short Form

A Step-by-Step Guide for all Levels

James Drewe

2010 // 384pp // PB // p-9781848190412 // e-9780857010230 // £19.99 // \$29.95
VFMG,WSTM // SPO027000 // PT

One of the most widely-practiced Tàijǐquan forms in the world today.

James Drewe provides a comprehensive and detailed explication of the postures and movements of Yang 24-Step Tàijǐquan, one of the most widely-practiced Tàijǐquan forms in the world today. For each, he describes how the weight flows, how to use the hands, move the limbs, and relax into the movement.

Essential Tai Ji

Chungliang Ai Huang

With photographs by Si Chi Ko

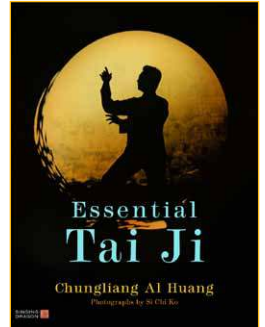
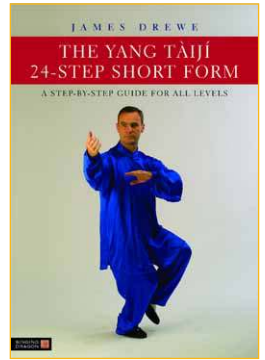
2011 // 80pp // PB // p-9781848190535 // e-9780857010353 // £13.99 // \$19.95
WSTM // REL065000 // TR

This classic book distills the basics of the art of Tai Ji accompanied by full colour photography and beautiful calligraphy.

Chungliang Ai Huang shares the basic movements of Tai Ji - and its relationships with nature, space and time - alongside stunning, inspirational photography by Si Chi Ko. The book promotes strength, relaxation and clarity, as Master Huang teaches how to unify mind and body, achieving a healthier and more fulfilling state of being.

"First published over 20 years ago, this classic book distills the basic art of Tai Ji, which are lovingly presented in eloquent writing, and accompanied by splendid photography and beautiful calligraphy."

OM Yoga & Lifestyle



Chen

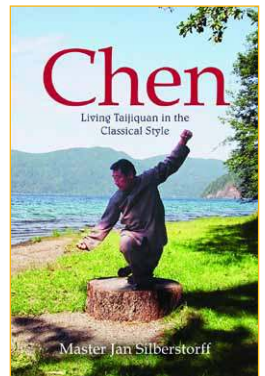
Living Taijiquan in the Classical Style

Master Jan Silberstorff

2009 // 320pp // PB // p-9781848190214 // e-9780857010056 // £15.99 // \$21.95
VFMG,WSTM // OCC011010,SPO027000 // PT

Master Jan Silberstorff, a leading Chen practitioner, shares his expertise and insights into the oldest of the five main Taijiquan styles.

In this book, Master Jan Silberstorff, a leading Chen practitioner, shares his expertise and insights into Chen style Taijiquan, explaining its background and key principles. He discusses the different Chen forms and the importance of each, as well as the place of competition and the effect on participants.



What is 'Tai Chi'?

Peter A. Gilligan

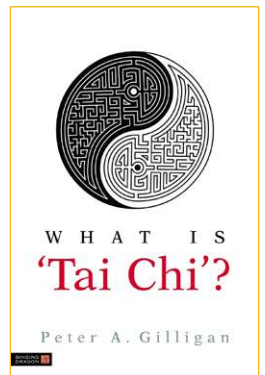
2009 // 224pp // PB // p-9781848190245 // e-9780857010100 // £12.99 // \$19.95
WSTM // HEA007000 // TR

Why does 'Tai Chi' have no gradings? How hard I should try? How do I refine and develop my 'Tai Chi'? How do I put principles into practice?

This insightful book covers all aspects of 'Tai Chi', answering questions that are beyond the scope of many classes. A wide range of material is covered, including fundamental points about the mechanics of movement and the 'energetic' aspects of practice, as well as the relationship between body, mind and spirit that emerges.

"What is 'Tai Chi'? will have the voyeur itching to take up the practice, while at the same time deepening the long-term student's understanding. If you like tai chi, you will want to read and ponder this book."

huffingtopost.com



The Chinese Health Qigong Association is dedicated to the popularization of and research into Health Qigong. Its aim is to carry forward the Chinese traditional culture of health promotion and facilitate communication between Western and Eastern Cultures. This series presents a range of accessible traditional exercises for both general and specific health issues. The books each come with DVD demonstrating the form and a CD with verbal instructions or music to accompany the exercises.

10-Minute Primer Qigong Zhou Qingjie

10-Minute Primers

2014 // 104pp // PB // p-9781848192126 // // £9.99 //

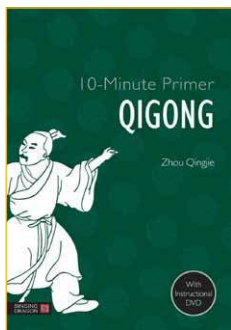
\$16.95

VXHT1,WSTM // SPO027000 // TR

Quick and easy introduction, explaining the background and key principles of qigong clearly and concisely.

This comprehensive and easy-to-read introduction to Qigong covers all the key information.

Perfect for newcomers to the practice, it is fully illustrated in colour and includes a DVD demonstrating an authentic short Qigong form.



10-Minute Primer Shaolin Quan

Zhou Qingjie

10-Minute Primers

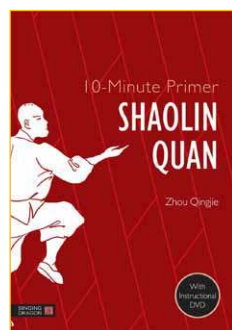
2014 // 96pp // PB // p-9781848192140 // // £9.99 //

\$16.95

WSTM // SPO027000 // TR

Introduction to the popular school of Chinese martial arts practiced by the famous Shaolin monks.

This primer is a concise, accessible introduction covering the basics of the famous Shaolin Temple practices. Fully illustrated and with an accompanying instructional DVD, it is the perfect introduction for beginners and will allow seasoned Shaolin quan practitioners to extend their knowledge and practice.



10-Minute Primer Chinese Kung Fu (Wushu)

Zhou Qingjie

10-Minute Primers

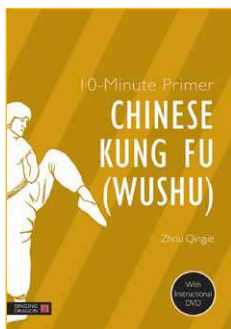
2014 // 92pp // PB // p-9781848192133 // // £9.99 //

\$16.95

WSTM // SPO027000 // TR

Discover Chinese wushu with this concise and easy-to-read primer.

This primer is a concise, accessible introduction to Chinese wushu (kung fu), covering all the basics of Chinese martial arts. Fully illustrated and with an accompanying DVD demonstrating a key practice, it is a perfect introduction for beginners and will allow seasoned wushu practitioners to extend their knowledge and practice.



10-Minute Primer Tai Ji Quan

Zhou Qingjie

10-Minute Primers

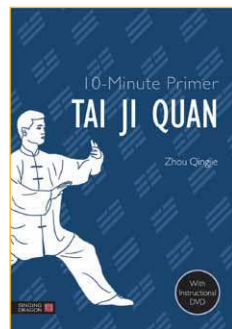
2014 // 132pp // PB // p-9781848192157 // // £9.99 //

\$16.95

WSTM // SPO027000 // TR

Book and DVD demonstrating the principles of Tai Ji Quan.

Concise and accessible, this fully-illustrated Tai Ji Quan primer covers all the key information and comes with a DVD that demonstrates an authentic short form. It is essential reading for newcomers to the art and also provides tips for practice and cultural insights for more experienced Tai Ji Quan practitioners.



Daoist Meditation

The Purification of the Heart Method of Meditation and Discourse on Sitting and Forgetting (Zuò Wàng Lùn) by Si Ma Cheng Zhen
Translated and with a commentary by Wu Jyh Cherng

2014 // 336pp // PB // p-9781848192119 // e-9780857011619 // £29.99 // \$49.95
 HRKN5,WSTM // OCC010000 // PP

Master Cherng's translation of an 8th century classic text on meditation accompanied by his extensive explanatory commentary.

This translation of Discourse on Sitting and Forgetting, an 8th century classic Chinese text on meditation, is accompanied by an explanatory introduction and commentary. Master Cherng explains the text in a way that can be fully understood by the Western reader and explains how to practice the Purification of the Heart method of meditation.

The Secret of Everlasting Life

The First Translation of the Ancient Chinese Text on Immortality
Richard Bertschinger

2010 // 304pp // PB // p-9781848190481 // e-9780857010544 // £15.99 // \$24.95
 HRKN5,VXFD // REL065000 // TR

Translation from the Chinese of the second-century Can Tong Qi, the earliest known text on transformation and immortality.

The Secret of Everlasting Life is the first translation from the Chinese of the second-century Can Dong Qi. This ancient work, the earliest known text on transformation and immortality, echoes the wisdom and poetry of the Tao Te Ching and I Ching. This translation reveals the meditation methods practised for thousands of years by Taoist sages.

Tranquil Sitting

A Taoist Journal on Meditation and Chinese Medical Qigong
Yin Shi Zi translated by Shifu Hwang and Cheney Crow
 Foreword by Zhongxian Wu, Glenn H. Mullin

2012 // 96pp // PB // p-9781848191129 // e-9780857010902 // £12.99 // \$19.95
 HRKN5,VXM // REL065000 // TR

The Taoist Master Yin Shi Zi's practical guide and inspirational testament to the healing power and spiritual benefits of meditation and Qigong.

This is the Taoist Master Yin Shi Zi's inspirational testament and practical guide to the healing power and spiritual benefits of meditation. The book offers in-depth documentation of the theory, physiological aspects and instruction for the practice of meditation, and provides an account of Yin Shi Zi's personal experiences with meditation.

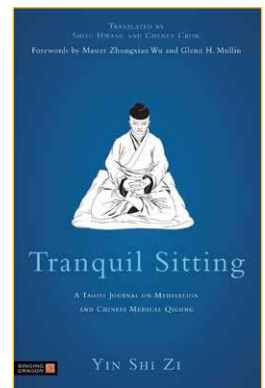
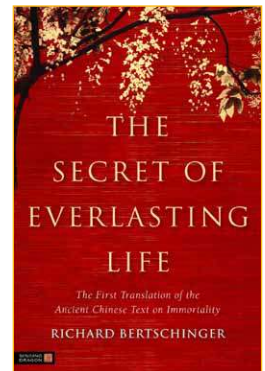
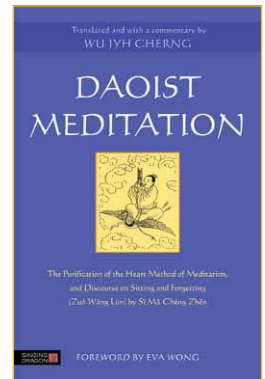
Blue Dragon, White Tiger

Verses for Refining the Golden Elixir
Chang Sen Feng, translated by Shifu Hwang and Cheney Crow

2012 // 112pp // PB // p-9781848191150 // e-9780857010964 // £12.99 // \$19.95
 HRKN5,JMU,VFVC // REL065000 // PP

This unusual tantric guide documents the methods of the sexual internal alchemy practiced by kings for several dynasties.

Dating from the Tang dynasty, this unusual tantric guide documents a sexual tantra that is thought to have been practiced by kings for several dynasties. The ancient text, translated into English for the first time, carefully describes the methods of this sexual internal alchemy practice in beautiful poetry and prose, with explanatory commentaries.



NEW

Butoh Dance Training

Secrets of Japanese Dance through the Alishina Method
 Juju Alishina

JUL 2015 // 304pp // PB // p-9781848192768 // e-9780857012265 // £24.99 // \$39.95
 ASDT // PER003040,PER003050 // PP

A practical guide to training the body for Butoh dance - techniques, movements, principles and exercises all fully explained and illustrated.

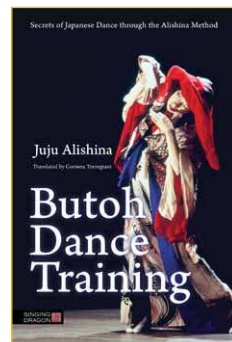
Drawing on avant garde and classical Japanese dance traditions, the Alishina Method offers a systematized approach to Butoh dance training for the first time in its history. With practical instruction and fully illustrated exercises, this book teaches readers:

- basic body training and expression exercises
- exercises to cultivate Qi (energy) and to aid improvisation
- about katas (forms) and how to develop your own
- the importance of voice, sound and music in Butoh
- to collaborate and be in harmony with others
- techniques to manipulate time and space
- how to develop the imagination and refine the senses to enrich performance.

This authentic approach to Japanese dance will be compelling reading for anyone interested in contemporary dance, performance arts, Japanese culture or personal development techniques.



See Page 39 for 'Mudras of Indian Dance' card set...



Born in Kobe, Japan, in 1963, Juju Alishina is a Japanese dancer and choreographer. She has trained traditional Japanese dance and Butoh. In 1990 in Tokyo, she founded her own dance company, NUBA, in the pursuit of a new style of Butoh. In 1998, Juju Alishina moved her company to Paris and since then has developed her own methods, beyond Butoh dance, both in Paris and abroad. She has also taught Japanese dance (traditional and Butoh) in universities in the USA and has lead several artistic and educational activities worldwide. This book was first published in Japan in 2010 and the French translation followed in February 2013.



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NEW**The Supreme Art and Science of Raja and Kriya Yoga**

The Ultimate Path to Self-Realisation

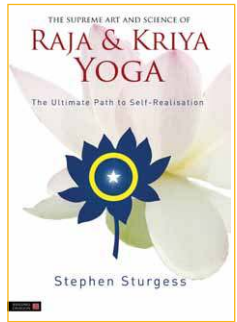
Stephen Sturgess, Foreword by Dr. David Frawley

Foreword by David Frawley

MAY 2015 // 528pp // HB // p-9781848192614 // e-9780857012098 // £45.00 // \$75.00
HPDF,VXH,VXM // HEA025000 // PP**A comprehensive guide to spiritual Raja and Kriya Yoga.**

Stephen Sturgess draws on decades of study and practice to present a comprehensive and engaging account of Raja and Kriya Yoga. These authentic forms represent true Yoga, and their practice provides spiritual seekers with the ultimate pathway towards self-realisation, inner freedom and ineffable peace and joy. The book begins by providing a complete view of Yoga and its spiritual dimensions, including an account of the history and philosophy of all Yoga traditions. It then covers Raja and Kriya Yoga in depth, with instruction on the asanas, breathing techniques and meditations of each tradition. With a glossary and an introduction to Sanskrit, this book provides everything a truth-seeker needs to embark on the journey to spiritual awakening.

A complete guide to Raja and Kriya Yoga, this book is an incomparable resource that will be a valued addition to the shelves of yoga practitioners and yoga teachers as well as anyone with an interest in yogic or Vedic traditions.

**NEW****Yoga Girls' Club**

Do Yoga, Make Art, Be You

Tiffani BryantFEB 2015 // 192pp // PB // p-9781848192591 // e-9780857012067 // £12.99 // \$19.95
JNH,YXA,YXL // JNF053160,HEA025000,EDU006000 // TR**A yoga and art workbook to inspire self-expression, encourage body confidence and promote self-esteem in girls and young women.**

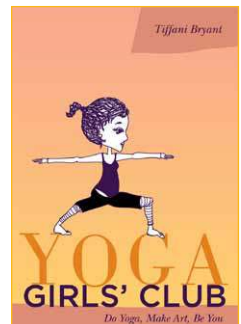
Yoga Girls' Club is a non-judgemental and fun environment for self-exploration where girls and young women can feel empowered to manage the changes, challenges and social pressures of teen life with confidence and self-awareness.

The interactive workbook format introduces girls to yoga and meditation and offers frequent opportunities for self-reflection through short drawing and writing exercises, enabling girls to explore who they are and what they believe, in a positive and affirming way. The book guides the reader through 43 illustrated, easy-to-follow yoga postures, each with unique benefits for health and wellbeing, as well as explaining different yogic breathing techniques and suggesting yoga sequences to help girls develop their own yoga routines. There are also 9 fun art activities designed to encourage creative expression.

Ideal for tween and teen girls aged 11-17, this book will also provide practical tools for yoga instructors, school counsellors, psychotherapists, arts therapists and youthworkers wanting to explore identity, encourage body confidence and promote self-esteem with this age group.

"... it is a wonderful and comprehensive guide for adolescent girls to explore their individuality through yoga practice and art making. Tiffani Bryant's voice is inspiring and playful and she honors the intelligence and strength of her audience at all times."

Karen Gibbons, art therapist, yoga therapist, founder of Yoga and Art NYC, therapist with the Art Therapy Outreach Center, New York City and author of Integrating Art Therapy and Yoga Therapy



Tiffani Bryant, PhD, teaches yoga to diverse populations including teens, college students, and members of the military. She guides yoga and art workshops for women and girls in community centers, yoga studios, school settings, and numerous spaces without walls. Tiffani lives in Norfolk, Virginia. Stay connected to Yoga Girls' Club at: yogagirlsclub.tumblr.com.

The Healing Power of Mudras

The Yoga of the Hands

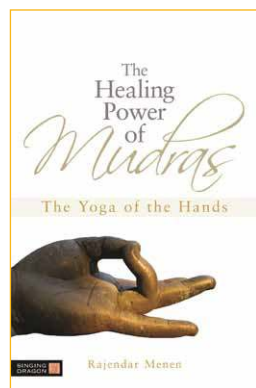
Rajendar Menen

2010 // 112pp // PB // p-9781848190436 // e-9780857010247 // £8.99 // \$13.95

HPDF,VFMG // OCC011010 // TR

This book examines Mudras, and teaches how incorporating them into daily life can rejuvenate your body and mind.

Covering all you need to know about performing Mudras, this insightful book will enable you to gain an understanding of a form of yoga that has already helped thousands. Clear illustrations explain exactly how to use Mudras, and chapters explore everything from the use of Mudras in dance and martial arts to diet and the practice of visualisation.



The Four Dignities

The Spiritual Practice of Walking, Standing, Sitting, and Lying Down

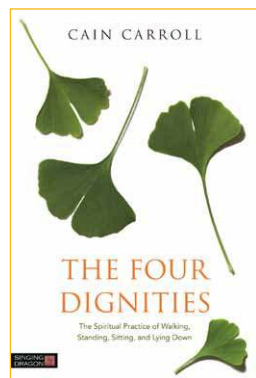
Cain Carroll

2014 // 224pp // PB // p-9781848192164 // e-9780857011664 // £16.99 // \$24.95

VXM // OCC010000 // PT

How the mindful cultivation of the four essential postures - walking, standing, sitting, and lying down - can develop greater vitality and spiritual awakening.

Based on the author's long experience of Yogic and Daoist traditions, this book explores the embodiment of spiritual practice in the most basic functions of daily life. The author shows how to bring the consciousness to bear on the body in lying, sitting, standing and walking, with transformational consequences.



Mudras of India

A Comprehensive Guide to the Hand Gestures of Yoga and Indian Dance

Cain Carroll and Revital Carroll

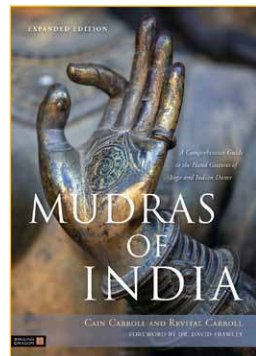
Foreword by David Frawley

2013 // 344pp // PB // p-9781848191099 // e-9780857010674 // £16.99 // \$29.95

HPDF,VFMG,VXH // HEA025000 // TR

Over 200 photographed hand mudras each with detailed instructions on technique, application, health and spiritual benefits and historical background.

For the first time, the elaborate system of Indian hand mudras has been compiled into a comprehensive format that allows readers access to this still esoteric body of knowledge. The book presents over 200 mudras, each with photograph, Sanskrit name, translation, and a detailed explanation of technique, application, benefits and historical context.



Mudras of Yoga

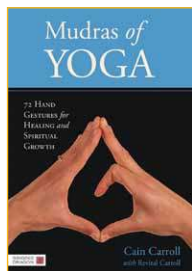
72 Hand Gestures for Healing and Spiritual Growth

Cain Carroll with Revital Carroll

2013 // 72pp // card set // p-9781848191761 // £17.99 // \$25.00
HPDF,VXH // HEA025000 // NB

This card set provides 72 of the most important hand mudras used in yoga.

This card set provides 72 hand mudras used in yoga. Each card presents a full-colour image of the mudra, includes concise information on techniques and applications and details physical, energetic and spiritual benefits.



Mudras of Indian Dance

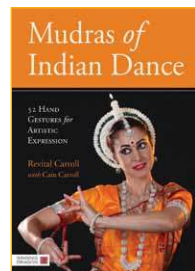
52 Hand Gestures for Artistic Expression

Revital Carroll with Cain Carroll

2013 // 52pp // card set // p-9781848191754 // £17.99 // \$25.00
ASD,HPDF // HEA025000 // NB

The 52 fundamental hand mudras used in Indian dance and theatre presented in an attractive study card set.

Each card presents a full-colour image of the mudra with Sanskrit name, transliteration and English translation, and concise information on the origins and applications.



Chair Yoga

Seated Exercises for Health and Wellbeing

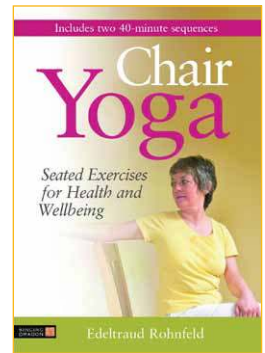
Edeltraud Rohnfeld

Illustrated by Edeltraud Rohnfeld

2013 // 498pp // DVD // p-9781848191846 // £10.99 // \$17.95
JNSG,VFJD,VFMG // HEA025000 // NB

DVD of two 40-minute yoga sequences specially developed for people without the range of movement necessary for mat work.

With voiceover instructions and onscreen demonstrations, this DVD guides the viewer through two 40-minute chair yoga routines, which can be practiced by virtually anyone to stimulate physical and mental wellbeing. This versatile form of yoga is specially designed for those with limited mobility through age, illness, injury or physical disability.



Chair Yoga

Seated Exercises for Health and Wellbeing

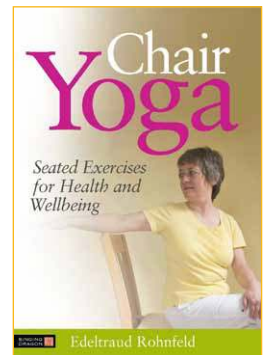
Edeltraud Rohnfeld

Illustrated by Edeltraud Rohnfeld

2011 // 192pp // PB // p-9781848190788 // e-9780857010568 // £12.99 // \$19.95
JNSG,VFJD,VFMG // HEA025000 // TR

This step-by-step yoga program can be practiced by virtually anyone, anywhere, in any chair.

This is the complete, step-by-step and fully illustrated guide to chair yoga, which can be practiced by virtually anyone to stimulate physical and mental well-being. It is particularly beneficial for those with limited mobility, including the elderly, individuals rehabilitating after injury or illness and people with physical disabilities.



Yoga Therapy for Every Special Child

Meeting Needs in a Natural Setting

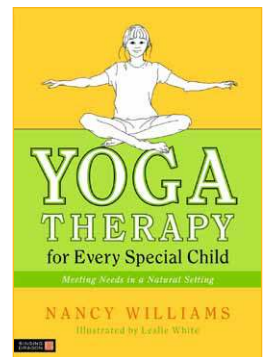
Nancy Williams

Illustrated by Leslie White

2010 // 208pp // PB // p-9781848190276 // e-9780857010278 // £12.99 // \$19.95
VFJD,VFMG,VXH // HEA025000 // TR

A yoga therapy program designed to help children understand and use their bodies, encouraging eye-contact, and promoting calm breathing. Suitable for parents and professionals.

Yoga therapy is gaining rapid recognition as a treatment that can improve the physical and mental wellbeing of children with a variety of complex needs. This book contains a specially-designed yoga program for use with children of all abilities, and provides parents and professionals with the knowledge they need to carry out the therapy themselves.



Yogic Cooking

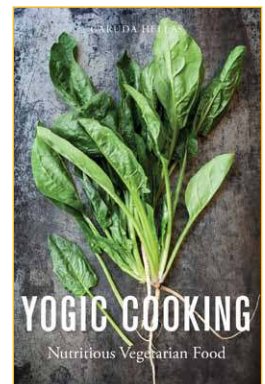
Nutritious Vegetarian Food

Garuda Hellas

2014 // 80pp // PB // p-9781848192492 // e-9780857011954 // £8.99 // \$13.95
VXHT2,WBH,WBJ // HEA025000 // PP

56 delicious vegetarian recipes based on the principles of the yogic tradition.

An accessible introduction to yogic cooking. It has over 50 recipes for everything from appetisers and mains to soups and drinks, and includes information on the principles behind the yogic diet as well as dietary recommendations and guidelines.



For more cookbooks and nutrition guides, turn to page 42

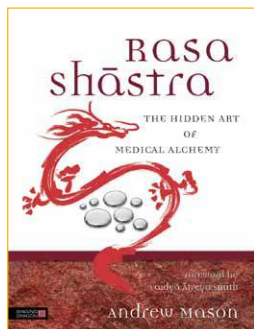
Rasa Shastra

The Hidden Art of Medical Alchemy

Andrew Mason

Foreword by Vaidya Atreya Smith

2014 // 568pp // HB //
p-9781848191075 // e-
9780857010889 // £60.00 //
\$95.00
VXHT,VXHT1,VXHT2,VXWM //
MED004000 // PP



The first comprehensive analysis of Asian Medical Alchemy.

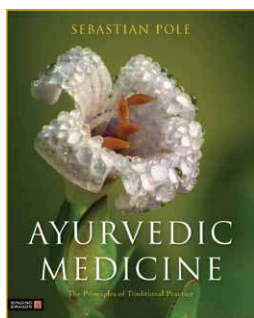
This book explores the herbo-mineral-metal based medicines used in these ancient healing traditions. It provides exhaustive insight into the history of alchemy's search for immortality, the variety of minerals used, and production methods.

Ayurvedic Medicine

The Principles of Traditional Practice

Sebastian Pole

2012 // 400pp // HB //
p-9781848191136 // e-
9780857010919 // £45.00 //
\$75.00
VXHT,VXHT2 // MED004000 // PP



Guidance on how to incorporate herbal medicine into life and practice, with details of over 100 plant profiles of Ayurvedic herbs and 50 traditional formulas.

Ayurvedic Medicine clearly and comprehensively presents the unique theories and traditions of Ayurveda making them accessible to the health practitioner of today.

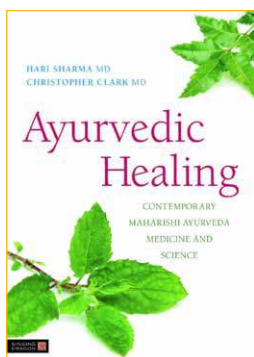
Ayurvedic Healing

Contemporary Maharishi Ayurveda

Medicine and Science

Second Edition
Hari Sharma, MD and Christopher Clark, MD

2011 // 320pp // PB //
p-9781848190696 // e-
9780857010636 // £19.99 //
\$34.95
VXHT2 // HEA032000 // PP



Comprehensive guide to the foundations and principles of Maharishi Ayurveda, drawing on the latest scientific research into its efficacy.

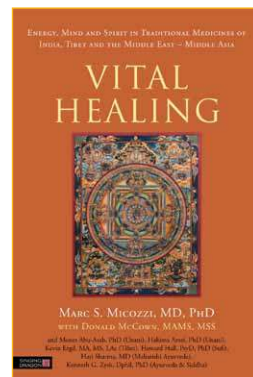
This complete guide to the ancient Indian natural health care system of Maharishi Ayurveda explains how Ayurveda addresses the mind, body and environment to provide a full spectrum of time-tested and cost-effective treatments..

Vital Healing

Energy, Mind and Spirit in Traditional Medicines of India, Tibet and the Middle East - Middle Asia

Marc S. Micozzi, MD, PhD

2013 // 240pp // PB //
p-9781848191563 // e-
9780857010254 // £11.99 //
\$18.95
HPDF,HRQ,PSXM,VXH,VXHT2 //
OCC011000,HEA032000 // TR



Presenting traditional medicines of Middle Asia from the Ayurveda and Siddha medicines, to the Unani and Sufi healing practices.

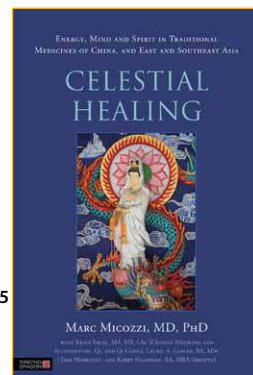
Dr. Marc S. Micozzi unfolds the compelling idea that vital energy, "prana" in the Indian practice of Ayurveda, is the unifying concept that underpins all of the traditional medicines of Middle Asia.

Celestial Healing

Energy, Mind and Spirit in Traditional Medicines of China, and East and Southeast Asia

Marc S. Micozzi, MD, PhD

2013 // 240pp // PB //
p-9781848191570 // e-
9780857010605 // £11.99 // \$18.95
VXHT1 // MED004000 // TR



The medical traditions of China, the Malay Peninsula, the Indonesian Archipelago, the Philippines, Indochina (Vietnam, Laos, and Cambodia), Korea, and Japan.

Dr. Marc Micozzi discusses the efficacy of these healing practices, as well as their influences in the West, and potential applications today.

Vital Healing and Celestial Healing Set

Marc S. Micozzi, MD, PhD

2013 // 480pp // PB // p-9781848191587 // £19.99 // \$29.95
HPDF,PSXM,VXH,VXHT1,VXHT2 // MED004000 // TR

Two-volume set providing a panoramic overview of the traditional medicines of Asia.

Eat to Get Younger

Tackling inflammation and other ageing processes for a longer, healthier life

Lorraine Nicolle and Christine Bailey

2014 // 384pp // PB // p-9781848191792 // e-9780857011251 // £14.99 // \$24.95
VFMD,WBHS // HEA017000 // TR

Recipes and nutrition principles to keep you looking and feeling healthier in your 30s, 40s, 50s, 60s and beyond.

This easy-to-read book explains how to avoid the state of chronic inflammation that can lead to age-related health concerns. With meal plans, recipes and questionnaires for self-assessment, it is a complete guide to the anti-inflammatory diet and lifestyle that leads to a younger, healthier you.

"It is bizarre in this day and age that we know how to maintain our car, care for our home, and look after all of our possessions, yet many of us are clueless as to how to stop the wear and tear in our bodies. Christine and Lorraine have done a beautiful job of bringing together the right blend of current scientific data and practical tips that will enable you to turn things around today, and maintain the healthy, happy, vibrant you!"

Dale Pinnock, nutritionist and author of *The Medicinal Chef* and *The Clear Skin Cookbook*

The Functional Nutrition Cookbook

Addressing Biochemical Imbalances through Diet

Lorraine Nicolle and Christine Bailey

Foreword by Laurie Hofmann

2012 // 256pp // PB // p-9781848190795 // e-9780857010520 // £24.99 // \$39.95
MBNH3,MX,WBHS // MED021000 // PP

This unique cookbook with a CD-ROM of printable recipes addresses the ways in which diet can be used to help correct underlying imbalances in the body.

This unique cookbook for food and health professionals looks beyond intervening in the symptoms of health problems and addresses the ways in which diet can be used to help correct underlying imbalances in the body. It also comes with an easy-to-use CD-Rom of printable recipes that can be used by practitioners to provide extra support for clients.

"This unique cookbook with a CD-ROM of printable recipes looks beyond intervening in the symptoms of health problem and addresses the ways in which diet can be used to help correct underlying imbalances in the body... designed for clients who wish to optimise their health, whether or not they are currently facing health problems... an invaluable resource for nutritionists, health professionals and their clients."

Embod Magazine

Biochemical Imbalances in Disease

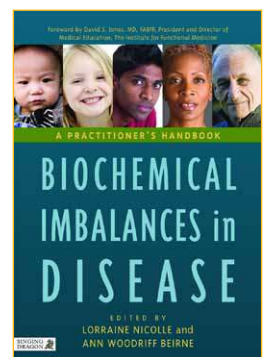
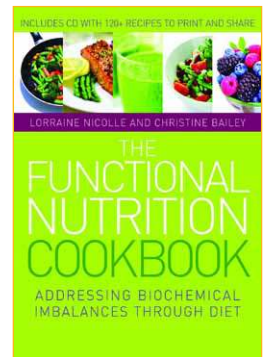
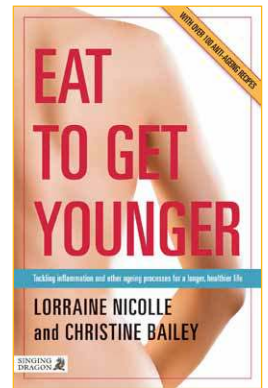
A Practitioner's Handbook

Edited by Lorraine Nicolle and Ann Woodriff Beirne

2010 // 392pp // HB // p-9781848190337 // e-9780857010285 // £45.00 // \$69.95
MBNH3,MX // MED021000,HEA039000 // PP

Handbook for practitioners explains how to identify and treat such biochemical imbalances in order to better understand and manage a patient's ill-health.

Biochemical imbalances caused by nutritional deficiencies are a contributory factor in chronic illnesses such as cardiovascular disease, diabetes, auto-immune conditions and cancer. This handbook for practitioners explains how to identify and treat such biochemical imbalances in order to better understand and manage a patient's ill-health.



The Meditation Book of Light and Colour

Pauline Wills

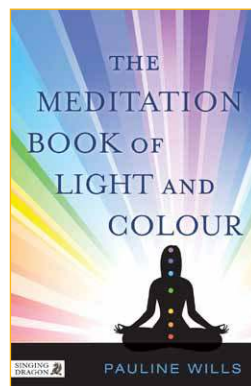
2014 // 112pp // PB // p-9781848192027 // e-9780857011626 // £12.99 // \$19.95
VXH,VXM,VXPC // OCC010000 // PT

A full spectrum of colour meditation exercises ideal for colour therapists, energy healers, yoga instructors and meditation leaders.

Meditating with colour can be a powerful way to improve health and well-being. This handbook provides a full spectrum of easy-to-use colour breathing and visualisation exercises. Anyone can practice these simple meditations, and they are ideal for colour therapists, yoga instructors and CAM practitioners to use as guided meditations with clients.

"...Each chapter looks at a particular colour and its associated chakra, discusses the characteristics and healing properties, and offers a series of relaxing breathing exercises and transformative visualisations for working with the colour in question. Anyone can practice these simple meditations in the home, and they are ideal for colour therapists, energy healers, yoga instructors and meditation leaders to use with clients."

Universal Magazine



Colour Healing Manual

The Complete Colour Therapy Programme Revised Edition

Pauline Wills

2013 // 216pp // PB // p-9781848191655 // e-9780857011312 // £15.99 // \$24.95
VXH,VXPC // MED004000 // PP

Essential introduction to colour healing with step-by-step instructions for treatment.

The healing properties of colour and light have been recognised since ancient times today colour therapy techniques are used to great effect in a range of complementary therapies and for personal wellbeing. This book provides a comprehensive introduction to colour healing and offers step-by-step instructions for diagnosis and treatment.

"This book provides a comprehensive introduction to colour healing and offers step-by-step instructions for treatment... The core of the book offers a complete treatment programme, teaching diagnostic techniques and a variety of approaches including healing with prana energy, healing with touch, healing with a colour therapy instrument, and absent healing.

With useful illustrations and diagrams throughout, this book will be an essential guide for colour therapists, colourpuncture practitioners, kinesiologists, reflexologists and energy healers, as well as anyone with an interest in the restorative power of colour."

Universal Magazine



The Tzolkin Trilogy

Yidaki music for sound therapy

Daniel Reid and Si Mullumby

2012 // 0pp // CD // p-9781848191082 // £24.99 // \$35.95
AVGW,MQTC // OCC011000 // NB

The Tzolkin Trilogy showcases the primal sound of the didgeridoo in three original compositions, based on the Mayan calendar. Useful for anyone interested in music as a therapeutic tool.

The didgeridoo, or yidaki, is one of the most ancient musical instruments on Earth. The Tzolkin Trilogy showcases the primal sound of the didgeridoo as it has never before been heard, in three compositions, based on the Mayan calendar. This unique sound has been developed into a form that can act as a tool for healing and spiritual awakening.



Using the Bowen Technique to Address Complex and Common Conditions

John Wilks and Isobel Knight

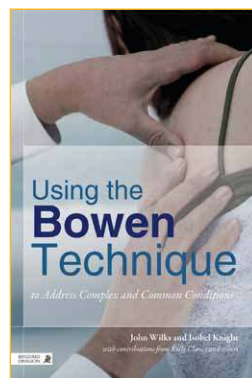
2014 // 384pp // PB // p-9781848191679 // e-9780857011299 // £35.00 // \$60.00
MX,MXH // MED004000 // PP

The Bowen Technique can be particularly effective at alleviating difficult to treat conditions including chronic pain, fatigue, asthma, diabetes (type 2) and migraines.

This book shows how the Bowen technique can be used to treat different conditions including lower back pain, frozen shoulder, tennis elbow and carpal tunnel, hayfever, asthma, diabetes (type 2), migraines, stress and tension disorders, fibromyalgia and chronic fatigue, as well as in palliative care and performance enhancement in sport and dance.

"This book helps bridge the gap between traditional medicine and the growing field of complementary health care. Highly recommended."

Oswald Rentsch, Director, Bowen Therapy Academy of Australia



A Multidisciplinary Approach to Managing Ehlers-Danlos (Type III) - Hypermobility Syndrome

Working with the Chronic Complex Patient

Isobel Knight

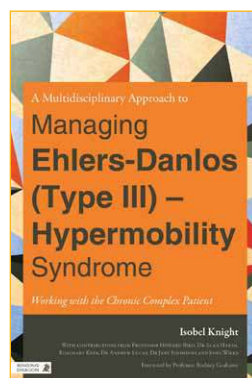
With contributions from Professor Howard Bird, Dr Alan Hakim, Rosemary Keer, Dr Andrew Lucas, Dr Jane Simmonds and John Wilks

Foreword by Rodney Grahame

2013 // 360pp // PB // p-9781848190801 // e-9780857010551 // £24.99 // \$39.95
MQS,MQV,VFJD,VXH // HEA018000 // PP

Essential reading for professionals working with EDSIII including medical professionals, physiotherapists, occupational therapists, psychologists, and complementary therapists.

This book presents an overview of what it means to treat a chronic complex patient with Ehlers-Danlos Syndrome (EDSIII). It explores the exercise and rehabilitation work needed to manage the condition effectively, considering a wide range of medical and complementary approaches with contributions and insights throughout from leading experts.



A Guide to Living with Ehlers-Danlos Syndrome (Hypermobility Type)

Bending without Breaking (2nd edition)

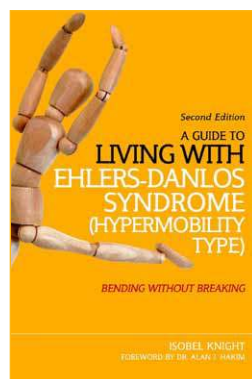
Isobel Knight

Foreword by Alan Hakim

2014 // 312pp // PB // p-9781848192317 // e-9780857011800 // £14.99 // \$24.95
VFJD // HEA039000 // PP

A patient's guide to living well with Ehlers-Danlos Syndrome (Hypermobility Type).

A new edition of this popular guide to living with Ehlers-Danlos Syndrome (Hypermobility Type). With information on all the key aspects of the condition, and new material covering changes in terminology and advances in understanding, it provides a complete resource to help anyone with EDS-HT live life to the full.



Curves, Twists and Bends

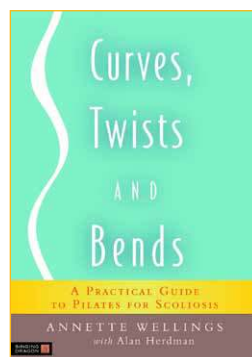
A Practical Guide to Pilates for Scoliosis

Annette Wellings with Alan Herdman

2009 // 160pp // PB // p-9781848190252 // e-9780857010094 // £12.99 // \$18.95
VFJD,VFM,VXH // HEA032000,MED092000 // TR

A practical and accessible guide to exercise for scoliosis sufferers.

This clear and concise book explains what scoliosis is, its symptoms, and its physical and psychological impact. It includes a series of Pilates exercises, designed by the authors specifically to promote flexibility, posture and muscle strength in scoliosis sufferers, and also vital information on what exercises to avoid.

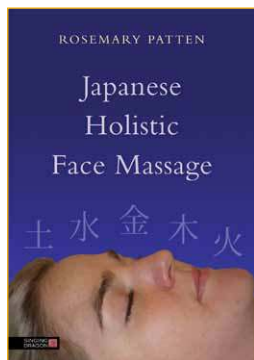


Japanese Holistic Face Massage

Rosemary Patten
2013 // 144pp // PB //
p-9781848191228 // e-
9780857011008 // £14.99 //
\$24.95
VFMS,VXHT1 // HEA014000,MED004000
// PT

How to perform the massage used in Japan for centuries to maintain a youthful complexion, reflect inner calm and promote longevity.

Japanese holistic face massage is based on the Chinese system of medicine and was originally used by geisha girls to maintain a youthful complexion.



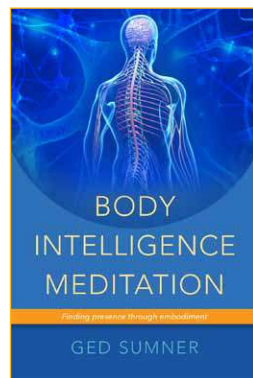
Body Intelligence Meditation

Finding presence through embodiment
Ged Sumner

2014 // 168pp // PB //
p-9781848191747 // e-
9780857011213 // £14.99 //
\$22.95
VXM // OCC010000 // PP

Learn to see inside your own body.

An introduction to an innovative form of meditation through deep felt connection with body structure and physiology. The book provides a series of exercises to attain felt sense awareness, helping practitioners tune in to their physical body and reach the meditative states of bliss, energy and trauma resolution.



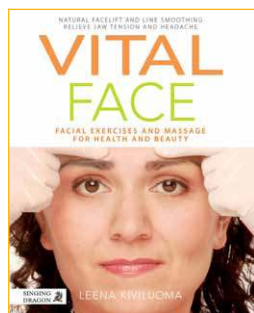
Vital Face

Facial Exercises and Massage for Health and Beauty

Leena Kiviluoma
2013 // 192pp // PB //
p-9781848191662 // e-
9780857011305 // £12.99 //
\$19.95
MQV,VFD,VFMG,VFMS,VXH,WJH //
MED004000 // TR

This fully-illustrated handbook guides you through facial stretching and massage techniques developed to treat muscle based health problems and reduce the signs of ageing.

The exercises address health issues such as teeth clenching and grinding, pain in the face, jaw, head or neck, and can improve the effects of Bell's Palsy. They also help reduce facial lines and leave the skin healthy and glowing.

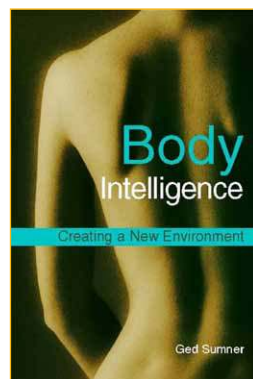


Body Intelligence

Creating a New Environment Second Edition
Ged Sumner

2009 // 224pp // PB //
p-9781848190269 // e-
9780857010117 // £12.99 //
\$19.95
MFC,MX // HEA032000 // PT

The anatomy of the body is explored in plain English along with visualization exercises to make you feel differently, move differently and think differently.



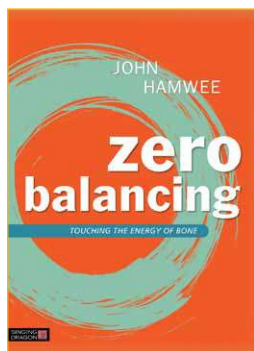
Zero Balancing

Touching the Energy of Bone

John Hamwee
Foreword by Fritz Smith
Illustrations by Gina Michaels
2014 // 144pp // PB //
p-9781848192348 // e-
9780857011824 // £14.99 //
\$24.95
VXH // MED004000 // PP

This definitive guide to Zero Balancing brings this increasingly popular therapy to life.

Zero Balancing can be easily practised alongside other complementary therapies. Descriptions of particular sessions and client experiences are accompanied by a wider discussion about the nature and behaviour of energy.

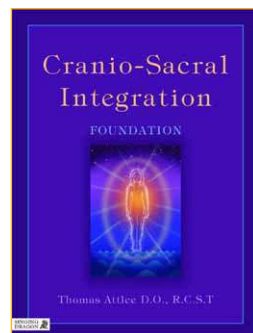


Cranio-Sacral Integration

Thomas Attlee
2012 // 464pp // PB //
p-9781848190986 // e-
9780857010780 // £35.00 //
\$55.00
MXH,VXH // MED004000 // PP

This foundation volume provides practitioners and students with a broad and authoritative understanding of Cranio-Sacral Therapy.

The author covers fundamental theory as well as practical skills and techniques, and provides instructions for treatments which are clearly explained in case histories and illustrations.



Cranial Intelligence

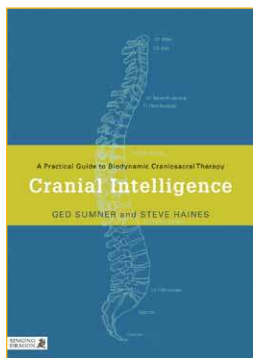
A Practical Guide to Biodynamic Craniosacral Therapy

Ged Sumner and Steve Haines

2010 // 320pp // PB //
p-9781848190283 // e-
9780857010124 // £16.99 //
\$27.95
MXH,VXH // HEA032000 // PT

Demystifying the biodynamic approach to craniosacral therapy.

The authors describe how to respond appropriately to each client's system, and how to support deep-felt and lasting change in patients.



Pocket Handbook of Body Reflex Zones

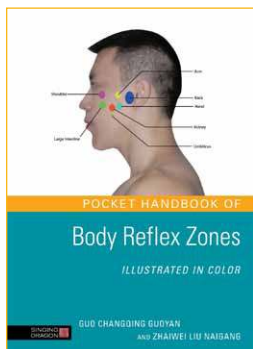
Illustrated in Color

Guo Changqing Guoyan and Zhaiwei Liu Naigang

2013 // 160pp // PB //
p-9781848191198 // e-
9780857010957 // £11.99 //
\$18.95
VXHJ,VXHT1 // HEA001000 // PP

Handy illustrated pocket guide to the most important reflex zones.

Covering everything from cranial, facial and auricular reflex zones to hand, feet, wrist and ankle points, this book provides practical information on the locations and indications of the reflex zones. Extensively illustrated with photographs that clearly display the reflex point.



Sei-Ki

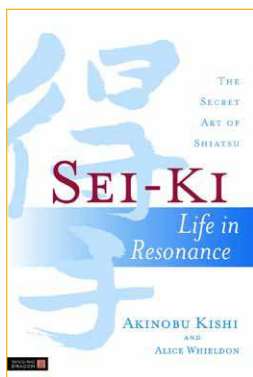
Life in Resonance - The Secret Art of Shiatsu

Akinobu Kishi and Alice Whieldon

2011 // 176pp // PB //
p-9781848190429 // e-
9780857010612 // £15.99 //
\$26.95
MX,VFMS,VXH // HEA014000 // PP

Develop shiatsu practice beyond mechanistic techniques.

Akinobu Kishi is regarded as one of the leading exponents of shiatsu, and his theory and practice of Seiki Soho are explained for the first time in this important book. The book consists of a dialogue about the fundamental principles and practice of Seiki Soho, and will be essential reading for all shiatsu practitioners and students.



Baby Shiatsu

Gentle Touch to Help your Baby Thrive

Karin Kalbantner-Wernicke and Tina Haase

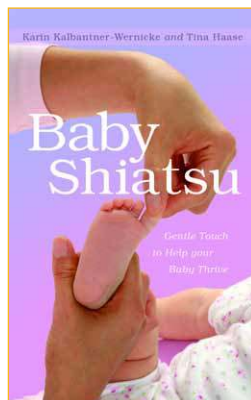
Foreword by Steffen Fischer

Illustrated by Monika Werneke

2012 // 160pp // PB //
p-9781848191044 // e-
9780857010865 // £13.99 //
\$19.95
VFMS,VFXB,VXH // HEA014000 // TR

Gentle pressure-point massage that strengthens the parent-child bond, and lays the foundation for a healthy life.

This illustrated guide features step-by-step instructions to shiatsu techniques that have been adapted to encourage motor and sensory skills and support emotional and energetic foundations. Baby shiatsu can be highly effective at combating stomach pains, wind, colic, teething and sleep problems and techniques to help ease these symptoms are shown.



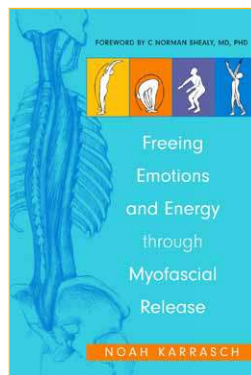
Freeing Emotions and Energy Through Myofascial Release

Noah Karrasch

2012 // 224pp // PB //
p-9781848190856 // e-
9780857010650 // £15.99 //
\$24.95
MXH,VXH,YXA // HEA014000 // PP

Bodywork techniques to release physical, mental and emotional pain within the body.

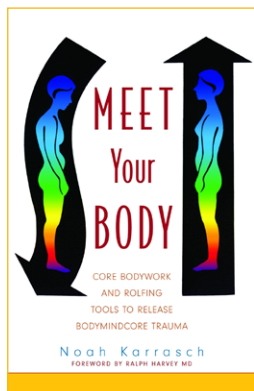
Written for bodywork and manual therapy practitioners from a wide variety of disciplines, as well as other healers who want to expand their skills, this generously illustrated book explains how and where emotions and static energy are held in the body, and how they can be released and rebalanced in therapies that challenge bodymindcore awareness.



Meet Your Body

CORE Bodywork and Roling Tools to Release Bodymindcore Trauma
 Noah Karrasch
 Illustrated by Lovella Lindsey Norrell

2009 // 184pp // PB //
 p-9781848190160 // e-9780857010001 // £12.99 // \$18.95
 MQT,MXH,VXH,YXA // HEA014000 // TR



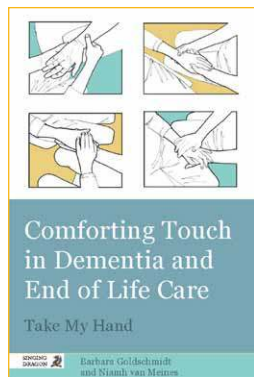
How to 'oil' the hinges of your body so you can feel healthy and happy more of the time.

Many of us hold on to old fears and stresses and allow them to frame our lives. This book shows how to relieve these problems, based on the idea that the body is composed of twenty-one main hinges.

Comforting Touch in Dementia and End of Life Care

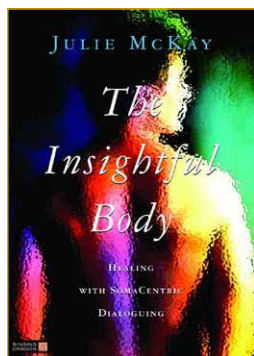
Take My Hand
 Barbara Goldschmidt and Niamh van Meines
 Illustrated by James Goldschmidt

2011 // 208pp // PB //
 p-9781848190733 // e-9780857010483 // £15.99 // \$24.95
 JKSG,MQCL9,VFMS,VXH // HEA039140 // TR



Simple hand massage techniques for carers looking to connect with and comfort people with dementia.

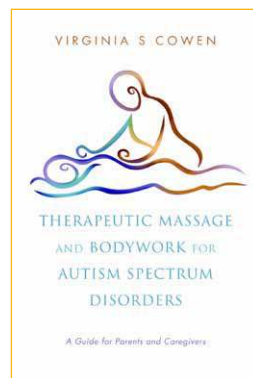
The radiant energy in human touch can have a powerful therapeutic effect for those who are elderly, ill or dying. Explaining the benefits, practicalities and research behind touch therapy, this book teaches a simple hand massage sequence for all carers.



Therapeutic Massage and Bodywork for Autism Spectrum Disorders

A Guide for Parents and Caregivers
 Virginia S. Cowen

2011 // 208pp // PB //
 p-9781848190498 // e-9780857010629 // £13.99 // \$19.95
 MQT,VFMS,VFX // PSY022020 // TR



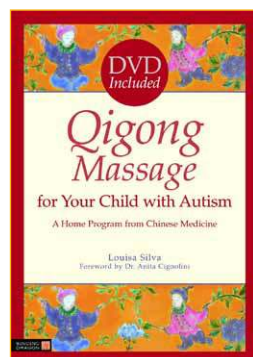
A guide for parents to the different types of massage available to help children with autism.

Massage techniques are widely and effectively used in treatment of autism spectrum disorders (ASDs) to address sensory issues, motor problems and touch receptivity. This book is the perfect resource to find a therapy - or combination of therapies - to suit the individual needs of each child.

Qigong Massage for Your Child with Autism

A Home Program from Chinese Medicine
 Louisa Silva
 Foreword by Anita Cignolini

2011 // 144pp // PB // p-9781848190702 // £19.05 // \$24.95
 VFJD,VXHT1 // OCC011010,FAM048000 // TR



Book and DVD demonstrating a 15 minute massage that has been shown to greatly improve mood and behavior, sleeping patterns, and language and social skills.

This book teaches parents a simple qigong massage programme that has been developed specifically for children with ASD's.

The Insightful Body

Healing with SomaCentric Dialoguing
 Julie McKay

2010 // 240pp // PB // p-9781848190306 // e-9780857010261 // £18.99 // \$26.95
 MX,MXH // MED004000 // PP

Guide for therapists using SomaCentric Dialoguing to improve communication with their clients, and help clients articulate the messages of their body.

In this accessible introduction to the approach, Julie McKay outlines the core techniques, describing how they can be applied to make therapeutic sessions more effective.

Aromatherapy vs MRSA

Antimicrobial essential oils to combat bacterial infection, including the superbug

Maggie Tisserand

2014 // 192pp // PB // p-9781848192379 // e-9780857011916 // £14.99 // \$22.95
MMG,VXH,VXHC // HEA029000,MED071000,MED004000 // PP

The scientifically proven effects of antibacterial essential oils, and their usefulness in managing infection, including the 'superbug'.

In this ground-breaking book, Maggie Tisserand explores the problem of serious infection, especially MRSA, and provides information on the natural products that have been scientifically proven to fight bacterial infection. She profiles key essential oils, such as tea tree and thyme, and includes advice on how they can be used to manage superbugs.



The Spirit in Aromatherapy

Working with Intuition

Gill Farrer-Halls

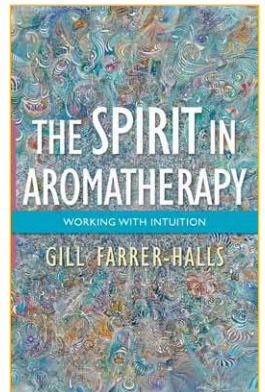
2014 // 112pp // PB // p-9781848192096 // e-9780857011596 // £11.99 // \$18.95
VXHC // HEA029000,MED004000 // PP

Gill Farrer-Halls explores ways of increasing intuitive awareness in aromatherapy practice.

Gill-Farrer Halls explores how using intuition and meditation in aromatherapy practice can transform on-going work with clients. From ways of identifying essential oils to creating effective synergistic and holistic blends, she explores how an aromatherapist's skills and techniques can be enhanced by an intuitive and meditative approach.

"...Anyone who values scent and sensibility will profit from this fine book."

Dr Robert Svoboda, author, lecturer and Ayurvedic doctor



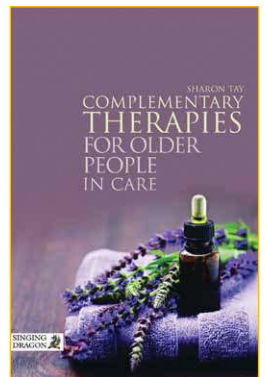
Complementary Therapies for Older People in Care

Sharon Tay

2013 // 216pp // PB // p-9781848191785 // e-9780857011411 // £14.99 // \$24.95
JKSG,VXH // MED004000 // PP

Invaluable information for complementary and beauty therapists working with older people in care.

An invaluable companion to practice for novice complementary and beauty therapists working with older people in care, this book offers unique practical advice on issues that are often overlooked in training. It offers guidance on tackling common pitfalls and difficulties, as well as a wealth of practical tips and techniques for practice.



BESTSELLER**Essential Oils**

A Handbook for Aromatherapy Practice Second Edition

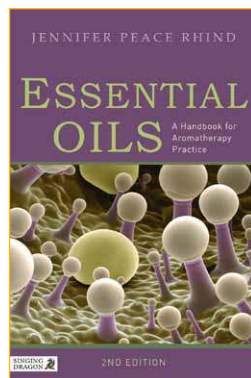
Jennifer Peace Rhind

2012 // 320pp // PB // p-9781848190894 // e-9780857010728 // £19.99 // \$35.00
MMG,VXHC // MED004000,HEA029000,MED071000 // PP**A handbook for understanding and using essential oils.**

This research-based guide to essential oils and their use in contemporary aromatherapy provides a full historical and cultural context for aromatherapy practice. The characteristics of over 100 essential oils, absolutes and resinoids are provided in detail, including botanical and chemical information, usage and combinations.

"This book is sure to become one of the classic aromatherapy texts. It is an affordable, accessible book that I will be using myself, recommending to others, and using with my students."

IJPHA (International Journal of Professional Holistic Aromatherapy)

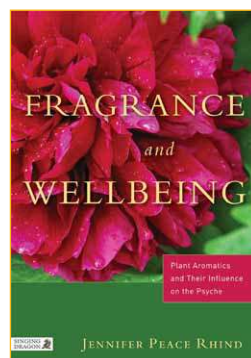
**Fragrance and Wellbeing**

Plant Aromatics and Their Influence on the Psyche

Jennifer Peace Rhind

2013 // 448pp // PB // p-9781848190900 // e-9780857010735 // £28.00 // \$45.00
MMG,VXH,VXHC // HEA029000,MED071000,MED004000 // PP**How fragrance works on the mind, and how different families of fragrances have different effects.**

For thousands of years fragrance has been used for altering emotional states and as part of spiritual practice. This book explores the impact of fragrance on the psyche from anthropological, perfumery and aromatherapy viewpoints and introduces a range of fragrance families – woody, resinous, spicy, herbaceous, agrestic, floral, citrus and attars.

**A Sensory Journey**

Meditations on Scent for Wellbeing

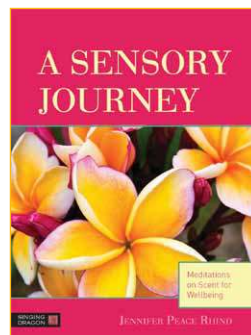
Jennifer Peace Rhind

2013 // 24pp // card set // p-9781848191532 // £15.00 // \$19.95
VXHC,VXM // HEA029000 // NB**How to practice meditation with fragrance for spiritual growth and wellbeing.**

This card set, which includes 24 cards, a booklet and a sensory map, guides and informs scent meditation for personal and spiritual growth. Each card explores a different fragrance and features a scent description, an image of the botanical source, and inspirational words about the scent's evocative influence to help guide meditation.

"A great example of a narrative piece, which is so well described it makes you feel that you can smell the scents."

Carlotta Zorzi, Marketing Manager at Scent Sciences Corporation

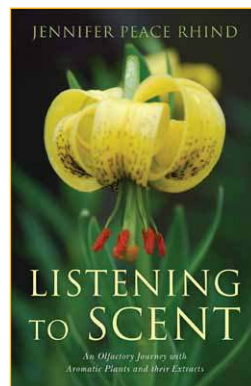
**Listening to Scent**

An Olfactory Journey with Aromatic Plants and Their Extracts

Jennifer Peace Rhind

2014 // 164pp // PB // p-9781848191259 // e-9780857011718 // £15.99 // \$25.95
VXHC // MED004000 // PP**A complete introduction to refining the sense of smell.**

This imaginative book offers aromatherapy students and practitioners, as well as anyone interested in developing their olfactory palate, a unique and enjoyable way of acquiring and developing essential skills, such as olfactory vocabulary, awareness and discrimination. It also includes scent profiles for expanded practice.



NEW**Principles and Practice of Homeopathy**

The Therapeutic and Healing Process

David Owen

Foreword by Bob Leckridge, Peter Fisher

MAY 2015 // 456pp // HB // p-9781848192652 // e-9780857012135 // £40.00 // \$65.00
MX,VXH // HEA030000 // PP**Leading textbook on the principles and application of homeopathy.**

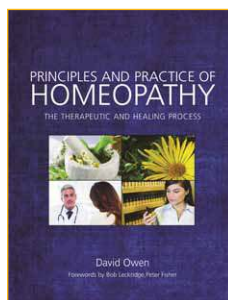
This comprehensive textbook on the principles and practice of homeopathy provides a detailed, practical and thorough basis for the understanding and the application of homeopathy.

Drawing on the experience and knowledge of a wealth of international contributors, the book offers the foundations for the safe and broadest practice of modern homeopathy. It is divided into six sections that take the understanding of homeopathy from the basic principles through to the treatment of acute, chronic illnesses, the first prescription, the difficult case, and the incurable cases. Themes broadly divided into philosophy, material medica, case taking and dynamic material medica used to develop homeopathic education are woven through and revisited throughout the text.

With diagrams and case studies to help apply concepts to real-life situations, this textbook is an essential resource for students and practitioners of homeopathy in medical and non-medical settings.

"This exceptional book gathers, reflects on, and deeply enquires into, the evolving principles of homeopathy in a way that encourages any practitioner to develop themselves, their understanding and their art. Written with an approach that invites reflective pause, the reader is supported, encouraged and challenged to review issues of health, self, illness, caring and treatment. This weave is practical and accessible, rooted in clinical practice and examples, yet tackles at the same time the profound issues and questions which homeopathic practice and training raises. This is an important step forward in homeopathic textbooks that I would recommend whatever your current level of practice."

David Reilly, Consultant, Glasgow Homeopathic Hospital, Researcher and Teacher, Glasgow Homeopathic Academic Centre



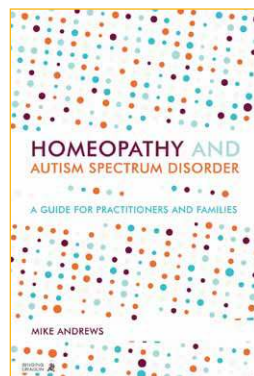
David Owen, MB, BS, MRCS, LRCP, FFHom, has been practicing medicine and integrated complementary and alternative medicine for 30 years. He currently practices homeopathy at The Natural Practice in Winchester, Hampshire, UK, which he founded in 1982, and he is a past president of the Faculty of Homeopathy. He is the Founder of the Homeopathic Practitioners Teaching Group (HPTG) and is a Principle Clinical Teaching Fellow at the Southampton University Medical School.

Homeopathy and Autism Spectrum Disorder

A Guide for Practitioners and Families

Mike Andrews2014 // 208pp // PB // p-9781848191686 // e-9780857011282 // £15.99 // \$24.95
MX,VFJD,VXH // HEA030000 // PP**The clinical experiences of homeopaths working with Autism Spectrum Disorder around the world.**

This book presents the clinical experiences of homeopaths from around the world who treat children and adults with ASD. It explores the real clinical outcomes that are being achieved by homeopaths in practice, including reduced aggression, improved physical health and enhanced overall wellbeing.



The Practitioner's Encyclopedia of Flower Remedies

The Definitive Guide to All Flower Essences, their Making and Uses

Clare G. Harvey

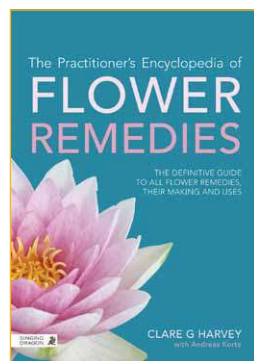
Foreword by Richard Gerber

2014 // 512pp // HB // p-9781848191730 // e-9780857011268 // £60.00 // \$95.00
MX,VXH // MED004000 // PP

The most comprehensive encyclopedia of flower remedies ever written.

This comprehensive encyclopedia brings together flower essences gathered from all corners of the globe, from Hawaii and the Himalayas to America and the Australian Bush.

It explains what flower remedies are, how they work and how to choose the right remedies for your clients' needs. The properties of 33 families of flower essences and the benefits of over 2,000 remedies, combinations, mists and creams are described. An easy-to-use ailment chart pinpoints remedies for a wide range of physical and psychological conditions, from stress to hormonal imbalance and from allergy to depression. The author provides instructions for prescribing, preparing and using flower remedies alongside illustrative patient case studies.



The Essence Practitioner

Choosing and using flower and other essences

Sue Lilly

Foreword by Tony Pinkus

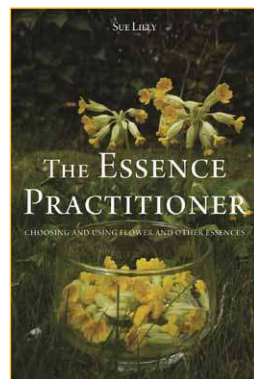
2014 // 240pp // PB // p-9781848192508 // e-9780857011985 // £14.99 // \$24.95
MX,VXH // MED004000 // PP

Everything you need to know to choose and use the right essences for clients.

With in-depth yet accessible explanations on what essences are, the different ways they can be made and their various uses, this book will transform traditional thought on essence use. With background information to support understanding, this book offers the key to knowing how to use essences in the right way to maximise their benefits.

"For the first time, we have a systematic enquiry into essences, how they are made, used, and how they affect us. But the book is so much more: a full application of the science of subtle medicine with clarification and advice for good practice."

Julian Barnard, Healing Herbs



The Handbook of Bach Flower Remedies for Animals

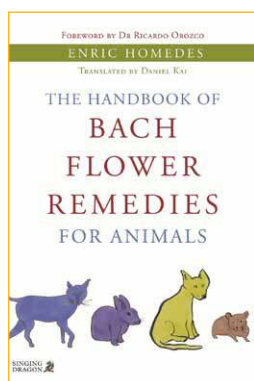
Enric Homedes

Foreword by Ricardo Orozco

2011 // 256pp // PB // p-9781848190757 // e-9780857010490 // £15.99 // \$27.95
MXZ,VXH // MED004000 // TR

Practical handbook for using Bach Flower Remedies to treat behavioural and physical complaints in animals.

This practical handbook, based on strong scientific research and detailed case studies, explains how Bach Flower Remedies can be highly effective for treating both behavioural and physical complaints in animals. The book lists each of the 38 flower remedies, explaining their properties and applications for both animals and humans.



Culpeper's Medicine

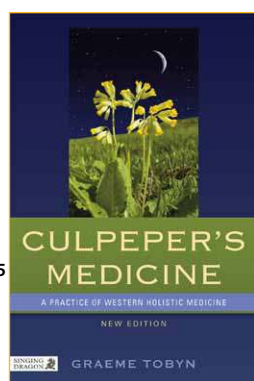
A Practice of Western Holistic Medicine New Edition

Graeme Tobyn

2013 // 304pp // PB // p-9781848191211 // e-9780857010988 // £19.99 // \$29.95
VXH // HEA012000 // PP

The life and work of Nicholas Culpeper, the 17th-century herbalist, apothecary and astrologer, updated to be useful to the modern practitioner.

Drawing on the work of herbalist Nicholas Culpeper, this updated introduction celebrates the holistic medical traditions of the West. With information on the use of the horoscope and herbal remedies, it looks at the preservation of health and the prevention of disease, explaining the various disease states, their diagnosis and treatment.



Your Body is Brilliant

Body Respect for Children

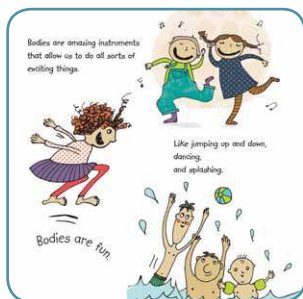
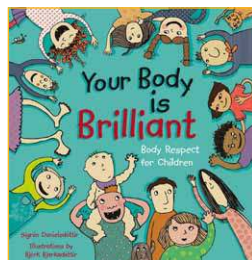
Sigrun Danielsdottir

Illustrated by Bjork Bjarkdottir

2014 // 36pp // HB // p-9781848192218 // e-9780857011794 // £10.99 // \$17.95
YBC,YXA // JNF053160 // TR

Recommended by the UK PSHE Association in their guidance for teaching body image in schools. This picture book teaches children how each body is different and unique, and will inspire them to take good care of their bodies throughout their lives.

The colourful illustrations in this picture book will help children learn to love their bodies from an early age and appreciate all the wonderful things their bodies do. The book promotes a healthy attitude which will help children understand that all bodies are different and encourage them to take good care of their bodies throughout their lives.



Frog's Breathtaking Speech

How children (and frogs) can use yoga breathing to deal with anxiety, anger and tension

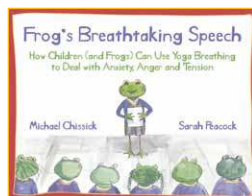
Michael Chissick

Illustrated by Sarah Peacock

2012 // 48pp // HB // p-9781848190917 // e-9780857010742 // £12.99 // \$19.95
VEJP,YBCS // HEA025000 // TR

Frog and his friends demonstrate yoga breathing techniques to combat anxiety in children.

Frog is very worried as he has an important speech to make at his school assembly. Can learning about breathing help calm his nerves? This charming illustrated picture book teaches children yoga breathing techniques through a fun and interactive story, and shows them how to use their breath to cope with difficult feelings such as anger and anxiety.



Ladybird's Remarkable Relaxation

How children (and frogs, dogs, flamingos and dragons) can use yoga relaxation to help deal with stress, grief, bullying and lack of confidence

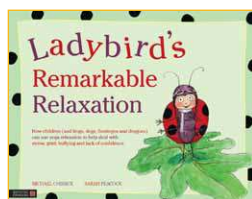
Michael Chissick

Illustrated by Sarah Peacock

2013 // 48pp // HB // p-9781848191464 // e-9780857011121 // £12.99 // \$19.95
JNH,YBCS,YXG,YXL // JUV039240 // TR

Little Ladybird explains how to do a special yoga relaxation technique that helps stress, grief, and other problems.

Frog, Dog, Flamingo and Dragon are all very upset. Ladybird listens to their worries and comes up with a plan that will help them all – let's learn Ladybird's Remarkable Relaxation! This engaging picture book teaches an effective yoga relaxation technique that children can use anywhere and anytime to cope with anxiety, stress, grief, or bullying.



Six Healing Sounds with Lisa and Ted

Qigong for Children

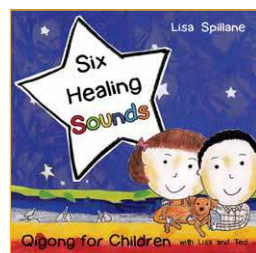
Lisa Spillane

Illustrated by Lisa Spillane

2011 // 32pp // HB // p-9781848190511 // e-9780857010315 // £8.99 // \$14.95
VXM,YXA // REL065000 // TR

Lisa and Ted learn the Six Healing Sounds, simple calming breathing techniques based on ancient Chinese Qigong exercises.

Six Healing Sounds with Lisa and Ted teaches young children how to transform negative feelings into positive ones by using simple breathing techniques that are based on ancient Chinese Qigong exercises. These reassuring meditative stories are ideal for bedtime as they calm and settle children by soothing away the troubles of the day.



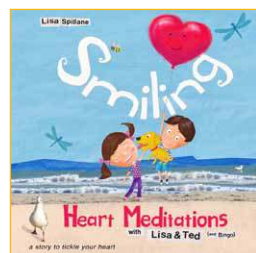
Smiling Heart Meditations with Lisa and Ted (and Bingo)

Lisa Spillane

2014 // 40pp // HB // p-9781848192003 // e-9780857011688 // £9.99 // \$16.95
VXM,YBCS,YXA,YXL // JUV039050 // TR

Colourful picture book teaches children to meditate away feelings of impatience, frustration and anger.

This vibrant picture book tells the story of Lisa, Ted and Bingo the dog at the beach. It teaches children how they can use the Qigong Healing Heart sound and other meditative techniques drawn from Traditional Chinese Medicine to overcome impatience, anger and frustration, just like Lisa and Ted.



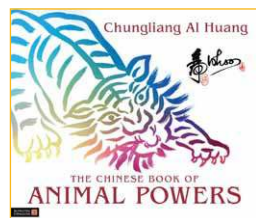
The Chinese Book of Animal Powers

Chungliang Ai Huang

2011 // 32pp // HB // p-9781848190665 // e-9780857010377 // £12.99 // \$19.95
ACBP // REL065000 // TR

Find out which animal powers you were born with and which powers your friends and family possess.

For thousands of years, the Chinese have believed that we are born with the characteristics and powers of an animal, depending on the month and year of our birth. Now readers of all ages can discover for themselves the fun and wisdom of this age-old Chinese tradition in this exquisite book by celebrated author and artist Chungliang Ai Huang.



The Mouse's House

Children's Reflexology for Bedtime or Anytime

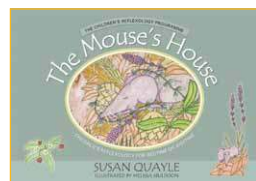
Susan Quayle

Illustrated by Melissa Muldoon

2014 // 40pp // HB // p-9781848192478 // e-9780857011930 // £9.99 // \$16.95
VXHJ,YBCS // FAM034000,OCC000000,JUV002000 // TR

An enchanting story about a mouse's mission to make a cosy home for Winter with an accompanying simple reflexology massage for parents or carers to perform on a child.

This picture story book about mouse and her friends' quest to prepare for winter shows how to use reflexology with children whilst enjoying a fun bedtime read. Designed to help with common issues such as sleep difficulties and anxiety, it includes easy-to-follow diagrams and instructions.



NEW**Stop Panic Attacks in 10 Easy Steps**

Using Functional Medicine to Calm Your Mind and Body with Drug-Free Techniques

Sandra Scheinbaum

FEB 2015 // 192pp // PB // p-9781848192461 // e-9780857011923 // £8.99 // \$14.95
VFJP // SEL024000 // TR

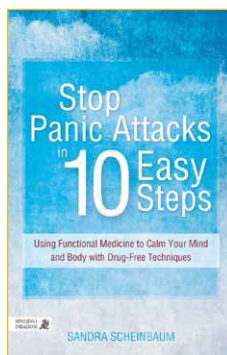
Practical self-help guide to overcoming panic attacks with a unique functional medicine approach.

This step-by-step guide to preventing panic attacks provides simple strategies for stopping a panic attack on the spot and overcoming them in the long-term. Sharing her personal and professional experience of panic and anxiety disorders, clinical psychologist Sandra Scheinbaum presents tried-and-tested methods, including new cutting-edge approaches based on functional medicine.

You will learn how to:

- Understand what panic attacks are and recognise symptoms
- Trust your body's own calming methods to control panic without the need for medication
- Find your abdominal breath and relaxed breathing patterns
- Let go of clenching and muscle tension through relaxation exercises and postural awareness
- Use positive mental imagery and avoid irrational thinking
- Find deep belly laughter, even in the midst of a panic episode
- Eat well with calming foods and advice on supplements.

The ten easy steps in this book will help readers to control their fight or flight response and overcome panic attacks naturally and permanently.



Dr Sandra Scheinbaum is a licensed clinical psychologist, Institute for Functional Medicine certified practitioner, board-certified senior fellow in biofeedback, certified yoga instructor, nutrition coach, and the Director of Feed Your Mind Wellness Programs. She has a doctorate in clinical psychology from Fielding Graduate University.

Sleep Better with Natural Therapies

A Comprehensive Guide to Overcoming Insomnia, Moving Sleep Cycles and Preventing Jet Lag

Peter Smith

2013 // 272pp // PB // p-9781848191822 // e-9780857011404 // £13.99 // \$22.95
MMZS,VXH // MED004000 // TR

A wide range of drug-free therapeutic approaches to overcoming sleeping problems.

This book is a step-by-step guide to Peter Smith's unique, 100% natural insomnia cure, which combines drug-free psychological and physiological treatments. Information on the causes of insomnia and how sleep 'works' is combined with practical advice for practising good sleep behaviours to change the mind's learned associations with sleep.

**Learning to Cope with CRPS / RSD**

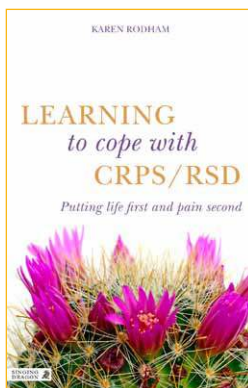
Putting life first and pain second

Karen Rodham

2014 // 144pp // PB // p-9781848192409 // e-9780857011886 // £12.99 // \$19.95
MBNH9,VFJB // HEA036000 // PP

Hands-on guidance for anyone living with CRPS (Complex Regional Pain Syndrome) (also known as RSD - Reflex Sympathetic Dystrophy).

There are very few resources available to CRPS/RSD sufferers. This accessible and simple book will resonate with those living with CRPS and show them they are not alone with this painful condition. It uses patient stories and clinical research to increase understanding and present practical ways to manage symptoms.



Breathe Well and Live Well with COPD

A 28-Day Breathing Exercise Plan

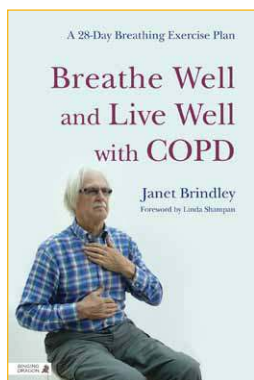
Janet Brindley

Foreword by Linda Shampain

2013 // 96pp // PB // p-9781848191648 // e-9780857011329 // £10.99 // \$16.95
VFJB,VXH // MED004000 // TR

Exercises that helps to lessen the effects of breathing difficulties caused by COPD (Chronic Obstructive Pulmonary Disease).

This is a short, practical and illustrated guide to using a particular set of breathing exercises, the Buteyko Method, which can lessen the effects of breathing difficulties caused by Chronic Obstructive Pulmonary Disease (COPD). They focus on relaxed, nasal, diaphragmatic breathing and are designed to work alongside conventional medical care.

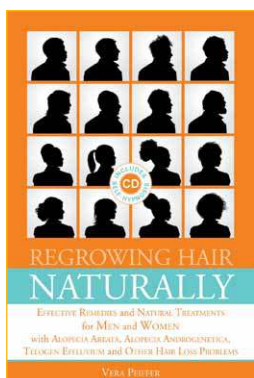


Regrowing Hair Naturally

Effective Remedies and Natural Treatments for Men and Women with Alopecia Areata, Alopecia Androgenetica, Telogen Effluvium and Other Hair Loss Problems

Vera Peiffer

2013 // 160pp // PB // p-9781848191396 // e-9780857011183 // £14.99 // \$24.95
VXH // MED004000 // TR



Natural approaches to enabling healthy hair growth.

Painful Bladder Syndrome

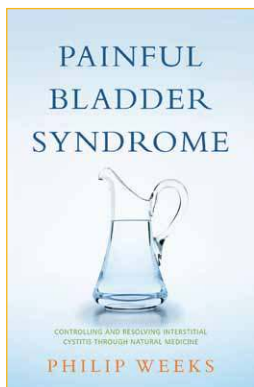
Controlling and Resolving Interstitial Cystitis through Natural Medicine

Philip Weeks

2012 // 192pp // PB // p-9780857010896 // £13.99 // \$22.95
MBNH3,MX,VXH // MED004000 // TR

12 steps to recovering from PBS.

Blending holistic medical traditions from both East and West, this book guides the reader through the process of managing their symptoms using a simple yet powerful combination of natural techniques, nutrition and herbal medicine.



Make Yourself Better

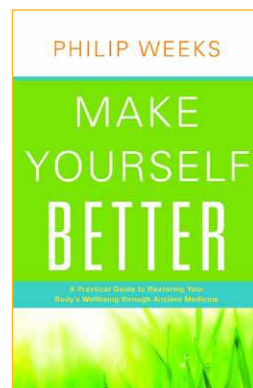
A Practical Guide to Restoring Your Body's Wellbeing through Ancient Medicine

Philip Weeks

2012 // 240pp // PB // p-9781848190122 // e-9780857010773 // £9.99 // \$16.95
MBNH3,VFM // MED004000 // TR

Practical guide to nutrition, detoxification, and lifestyle choices to promote wellbeing.

Applying his deep understanding of holistic medical traditions from both East and West, Philip Weeks guides the reader through the process of restoring the body's wellbeing using a simple combination of natural techniques, diet and herbal medicines.



Anni's Cancer Companion

An A-Z of Treatments, Therapies and Healing

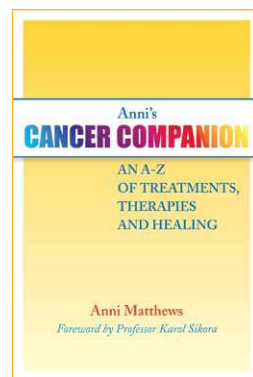
Anni Matthews

Foreword by Karol Sikora

2011 // 320pp // PB // p-9781848190672 // e-9780857010445 // £10.99 // \$16.95
VFD,VFJB,VXH // HEA039030 // TR

A friendly companion for those facing cancer, explaining the range of orthodox treatments, complementary therapies, and psychological, spiritual and holistic options available.

Of huge practical help to anyone diagnosed with cancer, this book is a one-stop guide to making sense and use of the orthodox treatments, complementary therapies, and holistic options available.



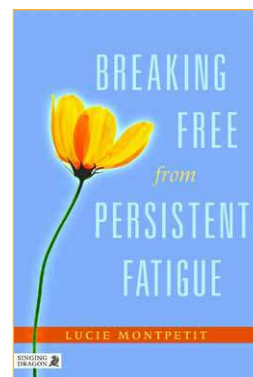
Breaking Free from Persistent Fatigue

Lucie Montpetit

2012 // 288pp // PB // p-9781848191013 // e-9780857010810 // £16.99 // \$24.95
MBNH9,MMJT,MQT,VFJB,VXH // HEA043000 // TR

How to readjust diet, environment, breathing patterns and the internal workings of the body to drastically improve energy levels.

The author explains the body-mind balance from the perspective of an occupational therapist, combining easy ways to measure energy levels with concrete suggestions of how to modify habits and lifestyles.



NEW**Methodologies for Effectively Assessing Complementary and Alternative Medicine (CAM)**

Research Tools and Techniques

Edited by Mark J. Langweiler, BA, DC, DAAPM, and Peter W. McCarthy, BSc, PhD. Foreword by Kenneth A. Leight, PhD.

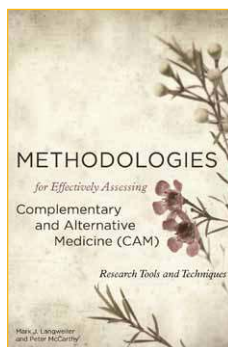
Foreword by Kenneth A. Leight, PhD

APR 2015 // 288pp // HB // p-9781848192515 // e-9780857011978 // £40.00 // \$65.00
MX,VXHT1 // MED004000 // PP**Finding the evidence base for CAM modalities.**

Finding the right criteria to use when judging Complementary and Alternative Medicine (CAM) is essential if it is to stand up to criticism from those concerned about the importance of evidence-based medicine. This edited volume highlights how CAM requires different research tools and techniques from conventional medicine, and examines effective methodologies for accurately assessing CAM.

Addressing a problem which is often cited as the reason for a failure to appreciate the potential in CAM approaches to patient care, experts from a wide array of CAM modalities suggest the most effective research methodology for each particular therapy and illustrate how a lack of adherence to that methodology produces a less effective assessment. Disciplines covered include Traditional Chinese Medicine, homeopathy, herbal medicine, craniosacral therapy, qigong and yoga.

Providing direction in research and the best criteria to appropriately assess each discipline, this book highlights and responds to the issues underlying research in CAM. It will be of interest to anyone involved in CAM research, in addition to CAM practitioners and students, western medical practitioners looking to include CAM in their treatments, and anyone studying research design and methodology.



Mark Langweiler, BA DC DAAPM, is Senior Lecturer at the Welsh Institute of Chiropractic, University of South Wales. He was editor-in-chief for Medical Paradigms and is currently a project reviewer for the National Research Foundation of Korea.

Peter McCarthy, BSc PhD, is Professor at the Welsh Institute of Chiropractic, University of South Wales. A neurophysiologist by training and with over 20 years' experience as a chiropractic researcher and educator and was previously the editor of the European Journal of Herbal Medicine, Clinical Chiropractic and European Journal of Chiropractic.

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NEW**Choices in Pregnancy and Childbirth**

A Practitioner's Guide to Holistic Options for Treating Mothers and Babies

John Wilks

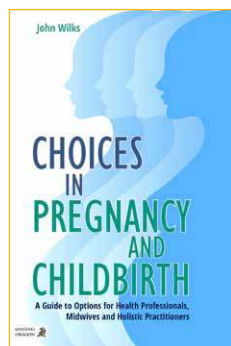
AUG 2015 // 336pp // PB // p-9781848192195 // e-9780857011671 // £22.99 // \$39.95
MQD, MQDB, VFXB, VXH // MED058120, HEA041000 // PP

Practical guide to encouraging a healthy pregnancy and birth through informed choice and holistic treatment options.

This is a comprehensive and empowering guide to facilitating a positive pregnancy and birth experience, and ensuring lasting emotional and physical health for mother and baby.

Countering increasingly medicalized attitudes towards pregnancy and birth among many healthcare providers, this research-based book discusses the benefits of a more natural approach. It reveals the often undisclosed effects on a child's long-term development of accepted medical practices, such as induction, C-section, surgical interventions and pain-relief medications. It offers advice on how these practices can be avoided, for example with techniques to encourage optimal fetal positioning, by optimising the birth environment, and through drug-free pain management methods. Ultimately, it enables practitioners to support parents in informed, confident decision-making by giving a balanced account of the complex array of options available throughout pregnancy and birth.

With invaluable contributions from midwives, doulas, mothers, and doctors, and tried-and-tested advice on sleep, exercise, diet and therapies, this will be a very useful reference for anyone working with women and babies. The information will also be relevant to prospective and new parents.



John Wilks has practiced and taught Craniosacral Therapy and the Bowen Technique for many years and lectures complementary practitioners on pregnancy and childbirth all over the world. He is the author of four books on complementary therapies and developed a specialised Craniosacral training course for midwives which was the first of its kind to be accredited by the Royal College of Midwives.

The Compassionate Practitioner

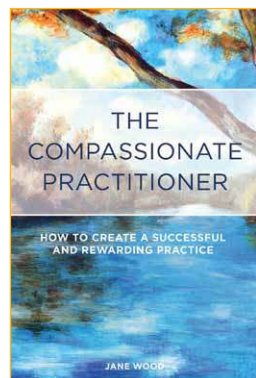
How to create a successful and rewarding practice

Jane Wood

2014 // 208pp // PB // p-9781848192225 // e-9780857011701 // £15.99 // \$24.95
MBDP, MX // MED004000 // PP

This handbook explains how to turn new clients into regulars and make your practice flourish.

This handbook for alternative practitioners is full of practical advice about creating a thriving practice. It explores the practitioner-patient relationship at every stage of the consultation process to demonstrate how to establish trust and loyalty and meet patients' emotional needs so they continue to return.

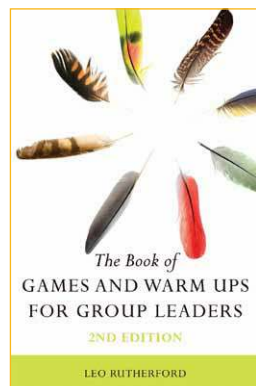
**The Book of Games and Warm Ups for Group Leaders**
Second Edition

Leo Rutherford

2014 // 168pp // PB // p-9781848192355 // e-9780857011848 // £12.99 // \$19.95
MQTC, VXWS // PSY048000 // PP

Tried and tested activities to bring people together, an inspiring and practical resource for anyone running a group.

Full of activities for use with groups of all ages, this book draws on the author's extensive experience and presents all the games, improvisations and dance structures that he has found most effective in group settings. It includes everything from warm-ups to warm-downs and provides tips on how to be a good facilitator and run a successful group.



How to Incorporate Wellness Coaching into Your Therapeutic Practice

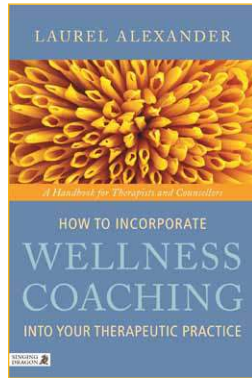
A Handbook for Therapists and Counsellors

Laurel Alexander

2011 // 272pp // PB //
p-9781848190634 // e-
9780857010346 // £18.99 //
\$32.95
MBNH9,MQU,VXHX // HEA032000 // PP

Empowering clients to take their health back into their own hands.

Wellness coaching is an emerging and vibrant area of healthcare. It takes healing beyond the curing of symptoms and empowers clients to take their health back into their own hands. This book provides therapists with the knowledge and skills to rejuvenate their therapeutic practice by incorporating wellness coaching techniques into their services.



Children at Their Best

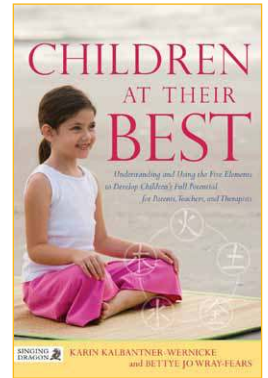
Understanding and Using the Five Elements to Develop Children's Full Potential for Parents, Teachers, and Therapists

Karin Kalbantner-Wernicke and Betty Jo Wray-Fears With Thomas Wernicke

2014 // 344pp // PB //
p-9781848191181 // e-
9780857010933 // £18.99 //
\$29.95
JMC,JN,JNT,VFX,VXHT1 // EDU010000 // PT

Using the Five Elements to bring out the best in children.

The authors describe an exciting new way of understanding a child's development by looking at how the Five Elements of Chinese thought can explain patterns of behaviour. They list the problems that can occur if a child's elements are not in balance and presents approaches and activities to help them become more balanced, happier and more resilient.



Archetypal Imagery and the Spiritual Self

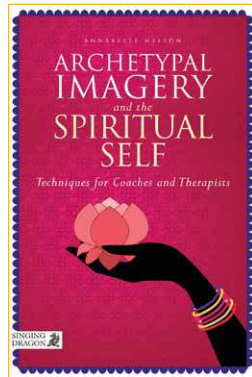
Techniques for Coaches and Therapists

Annabelle Nelson

2014 // 208pp // PB //
p-9781848192201 // e-
9780857011695 // £15.99 //
\$24.95
JMAN,MMJT,VS,VXA // PSY010000 // PP

Visualizing an archetype teaches the mind to focus, relaxes the ego, and opens the unconscious, making this model a powerful tool for coaches and therapists.

Combining psychology and spirituality, it contains case studies and practical exercises to lead the client to improved emotional health and spiritual awareness.



Spiritism and Mental Health

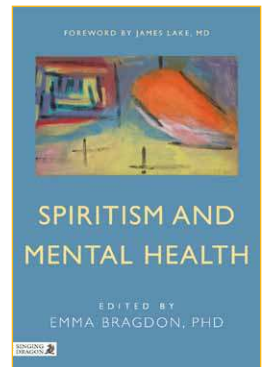
Edited by Emma Bragdon, PhD

Foreword by James Lake

2013 // 352pp // PB //
p-9781848191358 // e-
9780857010391 // £22.99 //
\$39.95
MMH // PSY028000 // PP

The philosophy and practical applications of Spiritist therapies based on case studies from community centers and psychiatric hospitals.

This pioneering text is the first comprehensive account of the philosophy, practical applications and wider relevance of Spiritist therapies to be published in English.



Shamanism and Shamanic Practice in Therapeutic Practice

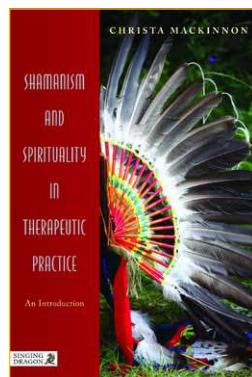
An Introduction

Christa Mackinnon

2012 // 320pp // PB //
p-9781848190818 // e-
9780857010681 // £18.99 //
\$29.95
HRQM2,JM,MMJT,VXWS // OCC036030 // PP

Adapting indigenous traditions offers a highly effective repertoire of insights, psycho-spiritual approaches and therapeutic tools to use with clients.

This book explains how psycho-spiritual indigenous traditions can be adjusted to offer practitioners a highly effective repertoire of insights and therapeutic tools.



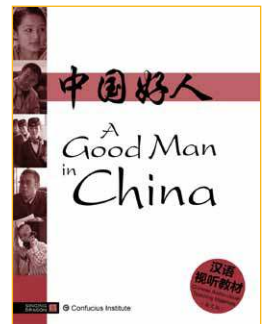
A Good Man in China

Confucius Institute

2013 // 128pp // PB // p-
9781848191143 // £17.99
YQF // EDU000000 // PP

Innovative approach to developing Chinese language skills through a critically acclaimed film.

This textbook with accompanying DVD presents a new and innovative approach to Chinese language teaching based on the moving Chinese film, Guo Mingyi. The resource consists of eight lessons each with corresponding film extracts, covering the language aspects of the curriculum while also providing important cultural insights.



NEW

The Forgiveness Project

Stories for a Vengeful Age

Marina Cantacuzino. Forewords by Archbishop Emeritus Desmond Tutu and Alexander McCall Smith.

Foreword by Archbishop Emeritus Desmond Tutu, Alexander McCall Smith

MAR 2015 // 208pp // HB // p-9781849055666 // e-9781784500061 // £16.99 // \$25.00

JF,JFFE,JFM,JKV // PSY000000,SOC004000,SOC025000 // TR

Challenging our ideas about forgiveness.

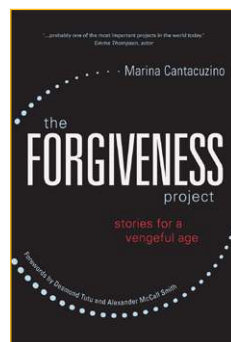
Examining themes of forgiveness, reconciliation and conflict transformation, this book brings together the personal testimonies of both survivors and perpetrators of crime and violence and asks the question whether forgiveness may have more currency than revenge in an age which seems locked into the cycle of conflict. The powerful real life stories collected by The Forgiveness Project come from ordinary people around the world in a diverse range of situations, including those who have transformed aggression into a driving force for peace. Raising the possibility of alternatives to resentment, retaliation and revenge, each story shows the very real impact of forgiveness (or lack of forgiveness) within a particular context, provoking questions such as 'what is forgiveness?', 'how can you respond to the unforgivable?' and 'can you move on without forgiveness?'

Marina Cantacuzino's challenging, reflective introductory essay sets the stories in the larger context of approaches to forgiveness, from both religious and secular viewpoints, concluding that in the reality of lived experience forgiveness has a quality 'as mysterious as love'.

As with all good storytelling each personal narrative in this book reveals both the intimate in the epic and the epic in the intimate.

The Forgiveness Project grew out of a conviction that people's perspectives only shift when they are able to hear the stories of others. In ten years it has become a high impact and influential charity that has wide application and a universal draw on people. Using real stories of victims and perpetrators, the charity sets out to explore concepts of forgiveness and conflict resolution in order to humanise the 'other', foster resilient relationships and help to dissolve tension.

All royalties from the sale of this book will go to The Forgiveness Project.



Marina Cantacuzino is an award-winning journalist who in 2003, in response to the imminent invasion of Iraq, embarked on a personal project collecting stories from people who had lived through violence, tragedy or injustice and sought forgiveness rather than revenge. In 2004, she founded The Forgiveness Project (www.theforgivenessproject.com), a charitable organisation that uses real personal narratives to explore how ideas around forgiveness, reconciliation and conflict resolution can be used to impact positively on people's lives. In 2012, Marina spoke at the UN General Assembly about the work of The Forgiveness Project.

Chasing the Phantom

In Pursuit of Myth and Meaning in the Realm of the Snow Leopard

Eduard Fischer

2014 // 264pp // PB //

p-9781848191723 // e-

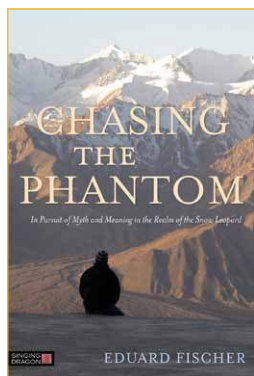
9780857011275 // £9.99 //

\$15.95

HPDF,HRK,WTL // TRV001000 // TR

Spiritual adventure in the Himalayas.

For twenty-five years Eduard Fischer returned to the Trans-Himalayan region of Ladakh, enthralled by the unique culture of this ancient Buddhist kingdom, and seeking to catch just a glimpse of the elusive snow leopard. This is the tale of that quest, but also an exploration of myth, art, science, and the sacred space of high mountains.

**Warrior Guards the Mountain**

The Internal Martial Traditions of China, Japan and South East Asia

Alex Kozma

2012 // 352pp // PB //

p-9781848191242 // e-

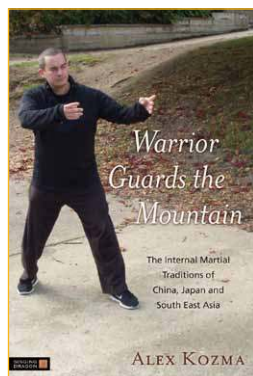
9780857011015 // £19.99 //

\$35.00

HPDF,HRKN5,WSTM // REL065000 // TR

Stories and training methods of the old Masters as well as the current generation of martial artists from a variety of traditions.

Inspired by the author's personal training experiences, this book presents an intimate exploration of the philosophy of some of the rarest martial art forms.



The Valley Spirit

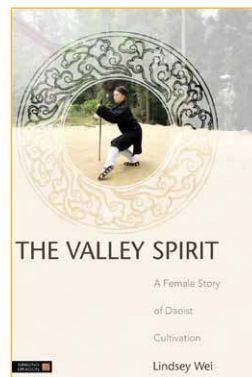
A Female Story of Daoist Cultivation Second Edition

Lindsey Wei

2013 // 224pp // PB // p-9781848191310 // e-9780857011060 // £12.99 // \$19.95
HRKN5,WSTM // PHIO23000,RELO65000 // TR

A woman's quest of self-discovery leads her to martial arts, meditation, and a Daoist master in the Wudang Mountains.

Lindsey Wei, a young American-Chinese woman, is drawn to the Wudang Mountains on a quest to understand her ancestral roots and discover the hidden knowledge of Daoist martial arts and spiritual wisdom. This book follows her journey with Li Shi Fu, a hermetic Daoist recluse, as she establishes herself as a worthy disciple of the internal arts.



Ten Methods of the Heavenly Dragon

Robert Sheaffer

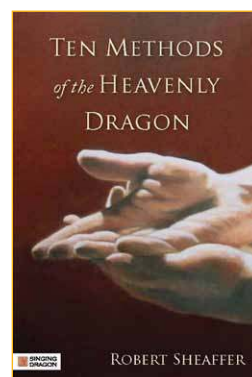
2012 // 208pp // PB // p-9781848191273 // e-9780857011046 // £12.99 // \$19.95
WSTM // OCC011010 // TR

Fascinating, funny, and inspiring account of a westerner whose life is transformed when he meets Adept Shun Yuan of the Heavenly Dragon sect, an order of esoteric Buddhism laced with Taoist practices.

An intriguing, personal account, this book explores the author's experiences with the Adept Shun Yuan of the Heavenly Dragon sect as he sets off on a journey towards spiritual enlightenment. However, this journey is not without its challenges, and the author has to look to his very core to overcome the obstacles that block his way.

"... a great inspirational book... the authors experience comes to life... It is definitely a book that is worth reading and learning from over and over again."

[Path to Wisdom blog](#)



Quantum Soup

Fortune Cookies in Crisis New and enlarged edition

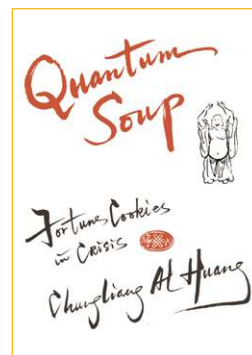
Chungliang Al Huang

2011 // 160pp // PB // p-9781848190542 // e-9780857010360 // £16.99 // \$24.95
HPDF,HRKN // RELO65000 // TR

Happy anecdotes and mini-essays give insight into the Chinese spirit and philosophy.

Peppered with a delicate mix of wisdom and humour, this new and enlarged edition of

Quantum Soup is a light-hearted yet informative combination of happy anecdotes and traditional Chinese sensibilities in a Western setting. Every mini-essay is accompanied by the author's calligraphy and illustrations, including those appearing for the first time.



Go Ask the River

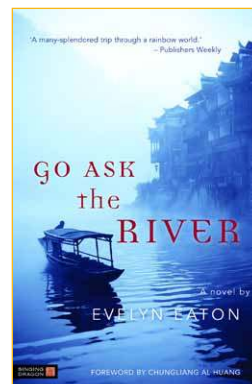
Evelyn Eaton

Foreword by Chungliang Al Huang

2011 // 288pp // PB // p-9781848190924 // e-9780857010759 // £12.99 // \$19.95
FV,HRKN5 // RELO65000 // PP

The haunting story of the great female poet Hung Tu reconstructing the turbulent, cruel, beautiful world of ninth century China.

Go Ask the River is the haunting story of the female Chinese poet Hung Tu, tracing her rise from Flower-in-the-Mist to Official Hostess at the court of the governors of the Silk City, and her love affair with the poet Yuan Chen, against the backdrop of the scholars, poets, officials, and warring factions of ninth century China.



I Send a Voice

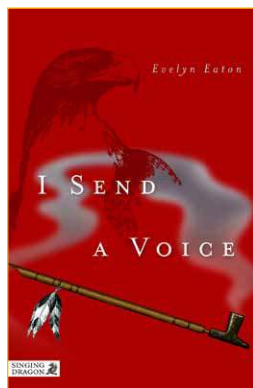
Evelyn Eaton

Illustrated by Narca Schor

2012 // 176pp // PB //
p-9781848191006 // e-
9780857010827 // £12.99 //
\$18.95
VXHT,VXWS // OCC036030 // PP

A gripping, first person account of what happens inside a Native American Sweat Lodge.

I Send a Voice is a gripping account of Evelyn Eaton's experiences participating in Native American Sweat Lodge healing rituals, and being eventually deemed worthy of carrying a healing Pipe herself. This classic book remains one of the definitive accounts of the training and work of a Pipe-woman in this shamanic tradition.



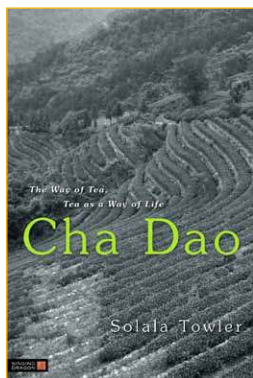
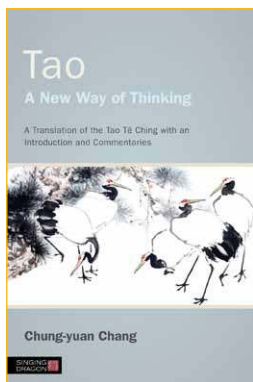
Tao - A New Way of Thinking

A Translation of the Tao Tê Ching with an Introduction and Commentaries
Chung-yuan Chang

2013 // 240pp // PB //
p-9781848192010 // e-
9780857011534 // £12.99 //
\$19.95
HPDF,HRKN5 // REL065000 // TR

Exceptional translation of the Tao Tê Ching makes this Chinese classic accessible to modern ways of thinking, without any reduction of the complex thought within its pages.

This translation reveals the true wisdom and beauty of the Tao Tê Ching and the accompanying introduction and commentaries make its meaning accessible, without any reduction of the complex thought within its pages. Chung-yuan Chang places the text in the context of Western metaphysics, making reference to many Western philosophers.



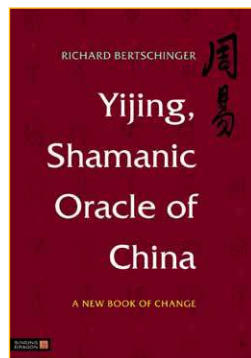
Yijing, Shamanic Oracle of China

A New Book of Change
Translated with commentary
by Richard Bertschinger

2011 // 336pp // HB //
p-9781848190832 // e-
9780857010667 // £25.00 //
\$39.95
VXFD // REL065000 // PP

Everything the novice reader needs to know to take their first steps in consulting the ancient oracle.

This new translation of the Yijing offers a traditional reading that refreshes and expands on the original text making it relevant for the modern world. It provides a detailed commentary explaining the underlying structure, philosophy and history of the book, and gives practical instructions for consulting the oracle using yarrow sticks or coins.



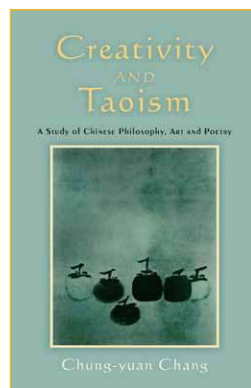
Creativity and Taoism

A Study of Chinese Philosophy, Art and Poetry
Chung-yuan Chang

2011 // 272pp // PB //
p-9781848190504 // e-
9780857010476 // £14.99 //
\$24.95
ACBP,HPDF,HRKN5 // REL065000 // PT

The underlying philosophy and the aesthetics of Chinese art and poetry.

Accessible and scholarly, this classic book considers the underlying philosophy and the aesthetics of Chinese art and poetry, the expression of the Taoist approach to existence. Chung-yuan Chang's always lucid narrative explores the relationship between the Tao and the creative arts, introducing classic paintings and poems to bring Taoism to life.



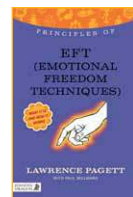
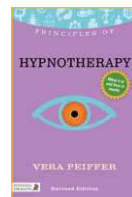
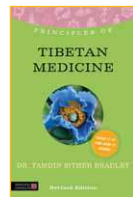
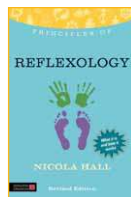
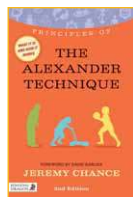
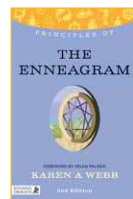
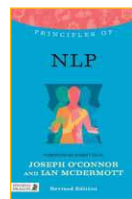
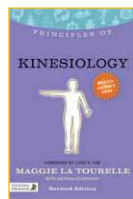
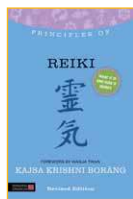
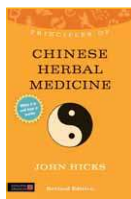
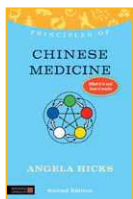
Cha Dao

The Way of Tea, Tea as a Way of Life
Solala Towler

2010 // 176pp // PB // p-9781848190320 // e-9780857010148 //
£12.99 // \$17.95
HRKN // PHIO23000 // PT

Journey through the Way of Tea from its origins in the sacred mountains and temples of ancient China, via quotes and stories of tea masters, to its links with Daoism and Zen.

In China, the practice of drinking tea is about much more than soaking leaves in a cup of hot water. Cha Dao takes us on a fascinating journey through the Way of Tea, from its origins in the sacred temples of ancient China.



Principles of Chinese Medicine

What it is, how it works, and what it can do for you
Second Edition

Angela Hicks

2013 // 224pp // PB // p-9781848191303 //
e-9780857011077 // £9.99 // \$15.95
VXHT1 // MED004000 // TR

Covering everything from the basic theory of Chinese medicine to how to find a practitioner, the book provides a definitive introductory guide to this ancient system.

Principles of Chinese Herbal Medicine

What it is, how it works, and what it can do for you
Revised Edition

John Hicks

2013 // 160pp // PB // p-9781848191334 //
e-9780857011138 // £9.99 // \$15.95
VXHT1 // HEA011000 // TR

This book presents an authoritative introduction to the fundamentals of Chinese herbal medicine.

Principles of the Alexander Technique

What it is, how it works, and what it can do for you
Second Edition

Jeremy Chance

2013 // 200pp // PB // p-9781848191280 //
e-9780857011053 // £9.99 // \$15.95
VXHA // HEA032000, HEA014000 // TR

A definitive overview of the Alexander technique which will be of interest to anyone considering options for treatment.

Principles of Reflexology

What it is, how it works, and what it can do for you
Revised Edition

Nicola Hall

2013 // 144pp // PB // p-9781848191372 //
e-9780857011084 // £9.99 // \$15.95
MX, VXH, VXHJ // HEA032000 // TR

The theory, history, and the principles of practice of reflexology.

Principles of Reiki

What it is, how it works, and what it can do for you

Kajsa Krishni Borang

2013 // 128pp // PB // p-9781848191389 //
e-9780857011091 // £9.99 // \$15.95
VXH, VXHK // MED004000 // TR

This book is ideal for anyone considering Reiki treatment, or simply interested in finding out more about this healing system.

Principles of Bach Flower Remedies

What it is, how it works, and what it can do for you

Stefan Ball

2013 // 136pp // PB // p-9781848191426 //
e-9780857011206 // £9.99 // \$15.95
VXH // HEA012000 // TR

The nature and history of Dr Bach's famous system, with many case histories and examples to illustrate how it works.

Principles of Kinesiology

What it is, how it works, and what it can do for you

Maggie La Tourelle with Anthea Courtenay

Foreword by John F. Thie

2013 // 200pp // PB // p-9781848191495 //
e-9780857011190 // £9.99 // \$15.95
VXH // MED004000 // TR

How kinesiology works, how to find a practitioner and how self-help techniques can be applied.

Principles of Tibetan Medicine

What it is, how it works, and what it can do for you
Revised Edition

Dr. Tamdin Sither Bradley

2013 // 224pp // PB // p-9781848191341 //
e-9780857011145 // £9.99 // \$15.95
HPDF, HREX, VXHT // HEA032000 // TR

All the essential information on Tibetan medicine including the principles, practice and history, methods of diagnosis and treatments such as urine analysis, golden needle therapy and cupping.

Principles of NLP

What it is, how it works, and what it can do for you
Revised Edition

Joseph O'Connor and Ian McDermott

Foreword by Robert Dilts

2013 // 176pp // PB // p-9781848191617 //
e-9780857011367 // £9.99 // \$15.95
V, VXH // MED004000 // TR

How to use Neuro-Linguistic Programming to build confidence, beat depression, and develop your career.

Principles of Hypnotherapy

What it is, how it works, and what it can do for you
Revised Edition

Vera Peiffer

2013 // 136pp // PB // p-9781848191266 //
e-9780857011022 // £9.99 // \$15.95
JMTH, MX // PSY035000 // TR

What hypnotherapy is, how it works, what to expect when you go for a treatment and how to find a reputable hypnotherapist.

Principles of the Enneagram

What it is, how it works, and what it can do for you
Second Edition

Karen A Webb

2012 // 208pp // PB // p-9781848191235 //
e-9780857010995 // £9.99 // \$15.95
VSP, VX // PSY028000 // TR

This book explains the nine personality types, how they interrelate and how to recognise and understand your own and others' basic types.

Principles of EFT (Emotional Freedom Technique)

What it is, how it works, and what it can do for you

Lawrence Pagett with Paul Millward

2014 // 192pp // PB // p-9781848191907 //
e-9780857011510 // £9.99 // \$19.95
VXH, VXHM // OCC011010 // PP

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