



SHAMBHALA
PUBLICATIONS

Autumn 2025 Rights Guide Frankfurt Book Fair



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SHAMBHALA
PUBLICATIONS

Hold Nothing

An Invitation to Let Go and Come Home to Yourself

By Elena Brower
\$24.95 - Trade Pbk

About the Book

"Elena Brower has once again offered us a radiant portal into inner realms. *Hold Nothing* is not just a book—it is a transmission of presence, a quiet summons from the soul."
—**Elizabeth Gilbert**, author of *Eat, Pray, Love*

A distinctive, artful, contemplative guide for self-discovery and self-inquiry, with wisdom, encouragement, and thought exercises by the best-selling author of *Practice You*. Includes 45 practices and full-color pieces of artwork by the author.

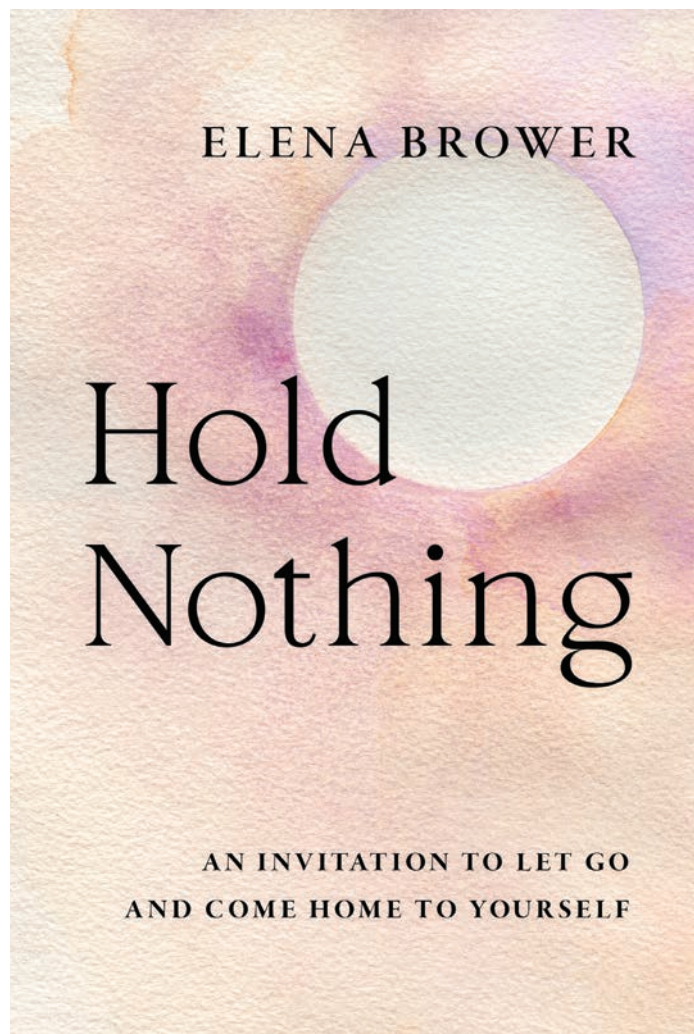
This distinctive contemplative guidebook by beloved yoga and spiritual teacher Elena Brower offers you the opportunity to slow down, connect with yourself deeply, and explore the question, "What is being asked of your life—personally, spiritually, and in relation to the world?"

As an evolution of, and a departure from, her best-selling journals, *Practice You* and *Being You*, Brower draws on her memories and life experiences, her practice of yoga and Nonviolent Communication, and more recently, her study of Zen, to help you discover what is being asked of you.

She also includes 45 pieces of her full-color artwork to inspire deeper contemplation, insight, and creativity as readers explore each theme. Through questions, contemplations, and prompts, Brower encourages readers to experience reflection, reverence, self-empathy, and flow in their own life.

About the Author

ELENA BROWER is a mother, mentor, artist, teacher, best-selling author and host of the *Practice You* podcast. She has taught yoga and meditation since 1999. After graduating



from Cornell University in 1992, she designed textiles and apparel for almost a decade before focusing on yoga, meditation, art and writing. Her first book, *Art of Attention*, has been translated into seven languages; her second, *Practice You*, is a bestseller, and is utilized as a teaching tool in a variety of settings. Elena's yoga classes and meditations are featured on Glo.

Body, Mind & Spirit - Inspiration & Personal Growth

Religion - Buddhism - Zen

Self-Help - Spiritual

SHAMBHALA
12/02/2025
PAGES: 296
ISBN: 9781645473022

Another Kind of Freedom

By Pema Chödrön

\$24.95- Hard Cover

About the Book

In Pema Chodron's much-anticipated new book, she explores the book that was pivotal in her life and how it can have the same effect on readers today, Chögyam Trungpa's *Myth of Freedom*.

Beloved Buddhist teacher and best-selling author Pema Chödrön offers an inside look at the teachings that transformed her life.

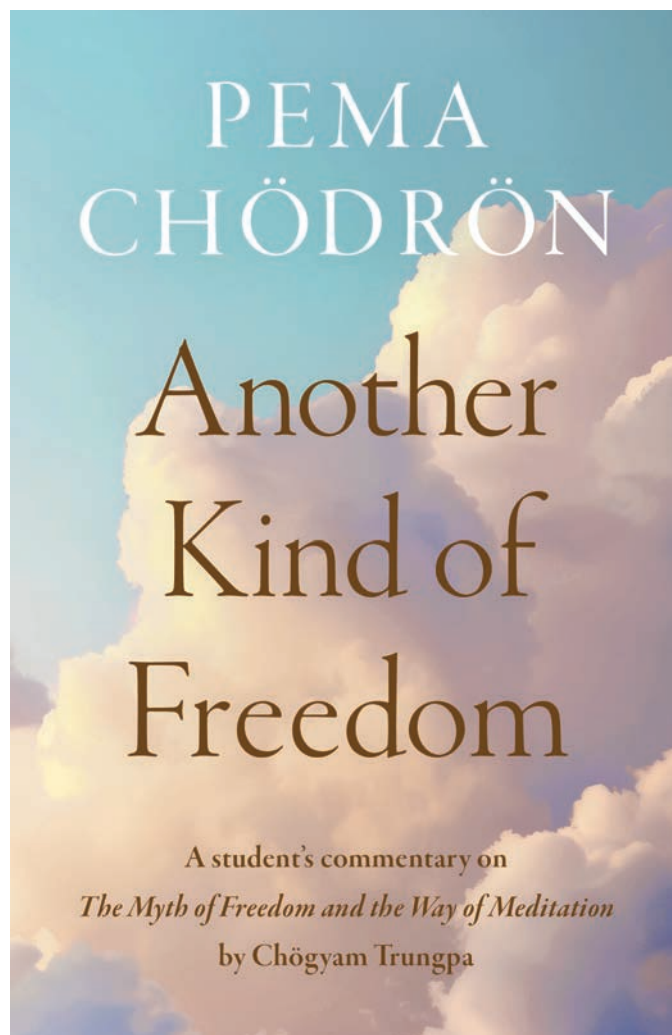
"When I first encountered the Buddhist teachings in the early 1970s, there were not many teachers who taught in a voice that Western students could connect with in a personal way. It was amazing to read Chögyam Trungpa Rinpoche's book *The Myth of Freedom and the Way of Meditation*. It didn't feel like Buddhist philosophy at all. It felt like advice for everyday life and neurosis—particularly everyday neurosis, which there was plenty of," says Pema Chödrön in the introduction to *Another Kind of Freedom*.

In this detailed commentary, Pema takes us section by section through one of the formative books that changed her life, sharing stories, insights, and personal reflections on what the teachings meant to her then and now. With her signature warmth, clarity, and humor, she brings Chögyam Trungpa's teachings to life, making them accessible for modern readers navigating their own challenges.

She explains how the practical wisdom of Buddhism can help us:

- Face life's messiness with courage
- Embrace reality as it is
- Let go of fantasies of perfection
- Work with our emotions rather than suppressing them
- Experience true freedom

If you love Pema's books, you'll recognize familiar concepts presented in a fresh way. And if you're new to Buddhism, *Another Kind of Freedom* offers a powerful introduction to Buddhist philosophy through the wisdom of two of the most influential teachers of the last century.



About the Author

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

Religion - Buddhism - Tibetan

Self-Help - Meditations

Body, Mind & Spirit - Inspiration & Personal Growth

SHAMBHALA

04/07/2026

PAGES: 256

ISBN: 9781645473268

Adaptive Tai Chi

An Accessible Practice for Empowering Body and Mind

By Zibin Guo
\$21.95 - Trade Pbk

About the Book

A simple and inclusive Tai Chi program, completely modifiable with helpful illustrations, that empowers people of all physical abilities to experience the transformative qualities of this art.

In Tai Chi Chuan, the traditional Chinese martial and healing art, we learn to overcome challenges by empowering the mind and transforming the body. *Adaptive Tai Chi* offers an innovative approach that speaks to this powerful idea and makes Tai Chi accessible and beneficial to people with a range of physical conditions or ambulatory impairment.

The slow, circular, flowing, and graceful movements of Tai Chi require little space and no equipment, making it an ideal practice for people with different physical abilities (it's been included in the Paralympics since 2008). *Adaptive Tai Chi* introduces readers to the culture, philosophy, and physiology of Tai Chi—and gives readers four completely illustrated practices, each modified for different physical abilities, including conventional standing/moving, stationary standing, seated, and wheelchair sequences.

Along with the complete illustrated adaptive Tai Chi sequences, Guo includes notes and philosophical insights into each practice. The complete program offered in *Adaptive Tai Chi* allows everyone to access the profound benefits of Tai Chi practice.

About the Author

ZIBIN GUO is a professor of medical anthropology at the University of Tennessee Chattanooga and a Tai Chi Chuan Master. He specializes in applied medical anthropology with a focus on applying traditional healing

Includes wheelchair, seated, and other modified practices

Adaptive Tai Chi

AN ACCESSIBLE PRACTICE FOR
EMPOWERING BODY AND MIND

ZIBIN GUO

knowledge to serve vulnerable populations. Prior to joining the University of Tennessee Chattanooga, the author served as a lecturer in the Department of Social Medicine of Harvard Medical School and the Director of Clinical Studies at New England School of Acupuncture. Funded by the U.S. Department of Veterans Affairs and partnering with VA healthcare communities across the country, he has, since 2016, conducted instructional training for hundreds of health care providers from participating VA medical centers.

Health & Fitness - Tai Chi

Sports & Recreation - Martial Arts - General

Sports & Recreation - Disability Sports

SHAMBHALA

07/01/2025

PAGES: 240

ISBN: 9781645472735

Chinese Polestar Astrology

A Practical Guide to Decoding the Secrets of Your Character, Inner Nature, and Fate

By Gregory Done
\$24.95 - Trade Pbk

About the Book

This first comprehensive guide to Chinese Polestar Astrology invites you to use the rich cosmology, symbolism, and practical tools of this ancient system to unlock your life's purpose, overcome limitations, and thrive in every area of your life.

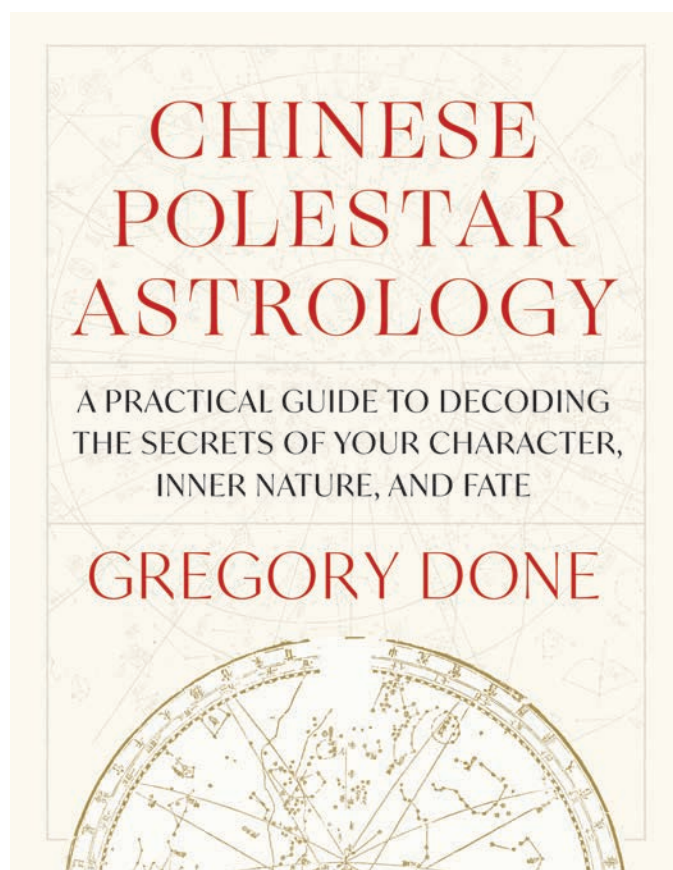
According to Chinese Polestar Astrology, life is a dance between fate, nature, and character—factors that intertwine to create patterns and layers that define our existence. Understanding or deciphering their reciprocity may hold the answer to our life's purpose, giving us a roadmap to better navigate our lives.

Though less well-known than Western or Vedic astrology, Chinese Polestar is a rich and detailed system that uses celestial positioning, the five elements, and twelve animals as metaphors to understand our human experience, tendencies, and possibilities. By determining our birth chart, and learning the tradition's cosmology and symbolism, we can—through reflection and meditation—encourage beneficial states of being and minimize or resolve our negative limitations in all areas of our life.

Longtime Taoist and Buddhist practitioner and astrology expert Gregory Done introduces us to this spiritual practice and gives us all we need to determine our birth chart, understand it, and work with what it can teach us.

About the Author

GREGORY DAVID DONE, DSOM, L.Ac., is a practitioner of classical Chinese Medicine and Polestar Astrology and an authorized teacher of Indo-Tibetan Buddhism and tantric yoga. Gregory has an MA in Buddhist studies from Naropa University and a Doctor of Science in oriental medicine from the National University of Natural Medicine. He is a published poet and author who has written extensively on the Chinese tradition as taught by Liu Ming.



As an avid student of Asian wisdom and wellness traditions from an early age, Gregory is deeply interested in the immigration, cultural assimilation, and nature of Asian traditions in America and is a vocal proponent of a pluralistic, nonsectarian approach to spiritual practice guided by traditional culture and lineage. He currently lives in Walla Walla, WA, where he practices at the Thompson Family Acupuncture Clinic.

Body, Mind & Spirit - Astrology - Eastern
Self-Help - Spiritual
Religion - Eastern

SHAMBHALA
07/28/2026
PAGES: 352
ISBN: 9781645473404

Cosmic Year

Your Astrological Guide to Co-Creating with the Planets

By Claire Gallagher

\$19.95 - Trade Pbk

About the Book

Harness the power of astrology with this practical toolkit for navigating the cosmic seasons of your life.

Like the seasons, cosmic cycles rise and fall, bringing opportunities for growth, wisdom, and clarity. Learn to identify the cosmic season you're in and explore the life themes and opportunities it unlocks. With a focus on presence instead of predictions, *Cosmic Year* will help guide your decisions, focus your energy, and embrace this astrological moment in your life.

Astrologer Claire Gallagher transforms popular predictive techniques—like transits, solar return charts, profections, and more—into tools that ground you in the present. You'll discover which planet is your greatest ally and pinpoint areas of your life that are ripe for positive change.

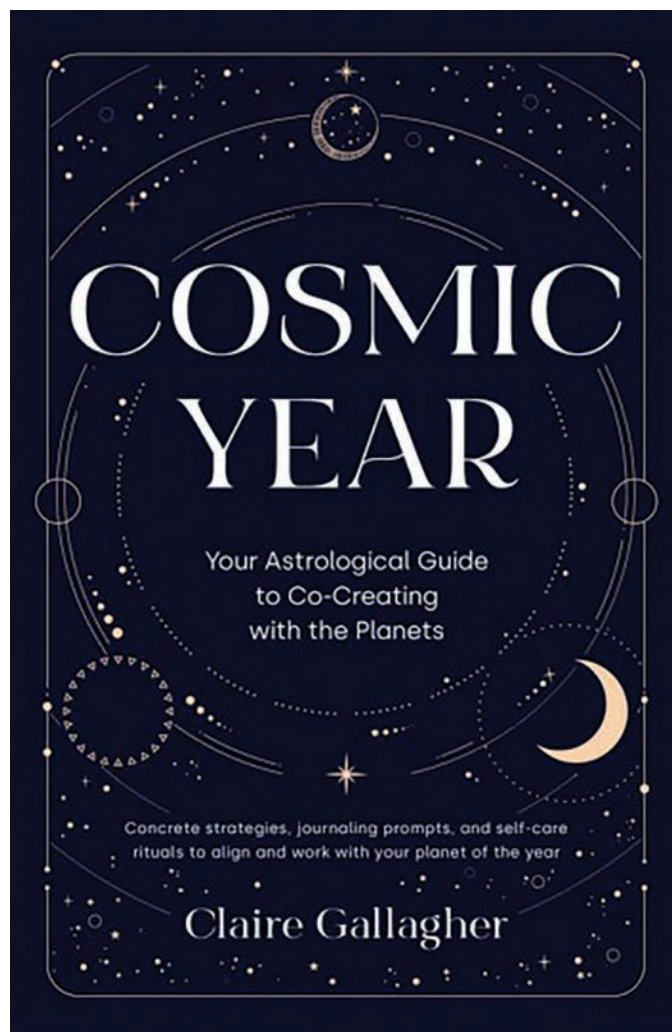
Through journaling prompts, planetary attunements, self-care rituals, and concrete to-dos, this encouraging guide will help you live in the astrological moment—even a challenging one—with self-compassion and grace. By the end of this journey, you'll possess a practical toolkit for living in harmony with your cosmic cycles, transforming astrological timing from mere prediction into a powerful catalyst for present-moment awareness and personal transformation.

About the Author

CLAIRE GALLAGHER, MAc, MScN, CSCS, is a post-wellness ally, anti-diet nutritionist, intuitive movement counselor, and medical astrologer. She holds master's degrees in acupuncture and nutrition and is a certified strength and conditioning specialist. Claire uses astrology as a tool for deepening personal authority, self-

compassion, and body trust. She's a Virgo Sun, Aquarius Moon, and Sagittarius rising. Claire is the author of *Body Astrology*, and you can find her online at clairegallagher.com.

Body, Mind & Spirit - Astrology - Horoscopes
Self-Help - Spiritual
Religion - Spirituality



SHAMBHALA
08/18/2026
PAGES: 192
ISBN: 9781645474944

The Essence of Muay Thai

A Warrior's Guide to the Tradition and Its Spiritual Heart

By Nuakai Aru

\$24.95 - Trade Pbk

About the Book

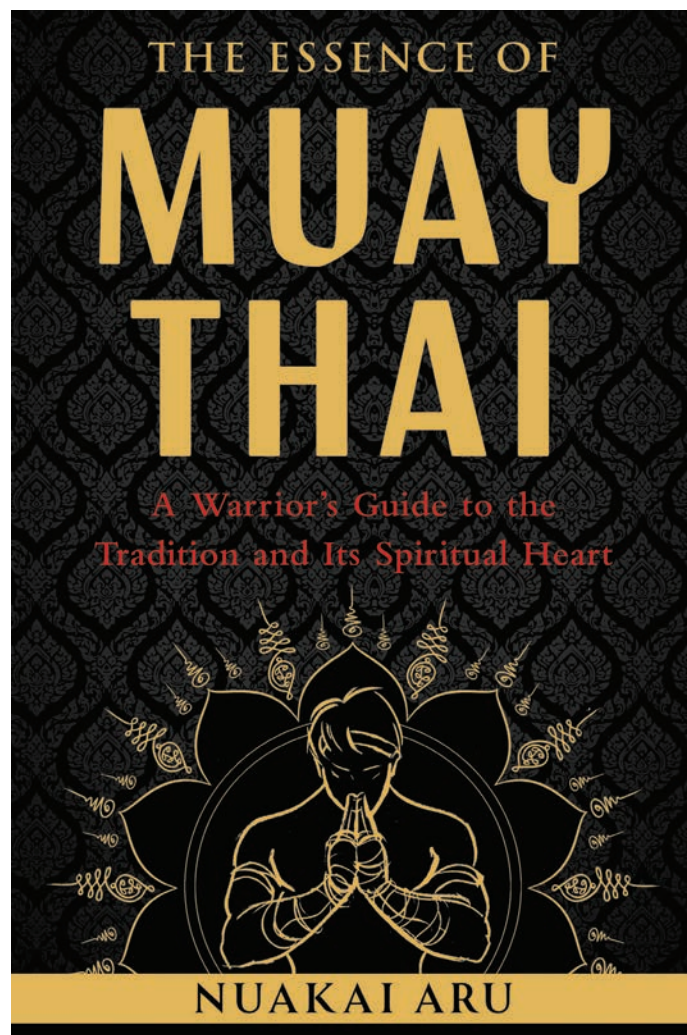
A fascinating dive into the little-known spiritual dimensions of the popular martial art of Muay Thai, as well as its rich history, traditions, and esoteric practices.

Muay Thai, or Thai boxing, is considered by many to be the most effective martial art, and its popularity has only been heightened by its dominance in the Mixed Martial Arts (MMA) arena. But one little-known aspect of this potent self-defense system is its deep spiritual roots and meditative practices.

In *The Essence of Muay Thai*, Nuakai Aru, a Muay Thai master and longtime practitioner of various other martial arts, offers a fascinating historical and philosophical view of Muay Thai—along with his personal insights and experiences on the path.

Muay Thai—originally known in its purest fighting form as Muay Boran—was developed as a military fighting system during the 13th century to protect the Sukhothai Kingdom, the first independent—and Buddhist—Thai kingdom. Buddhism infused every aspect of life and society—from governance, to art and architecture, to military strategy—and the view of the Noble Warrior was central in Muay Thai and Muay Boran. The Muay Thai warriors were tasked with protecting the kingdom and its rulers using skillful, tactical, and enlightened action.

Aru is a compelling guide into the enigmatic world of Thai martial arts—its history, legend, lore, esoteric practices, and spiritual aspects—and he shares his own fascinating personal story of physical and emotional healing through Muay Thai.



About the Author

NUAKAI ARU is a Jamaican-British martial artist, martial arts teacher, lifestyle coach, filmmaker, and actor. A martial artist for 30 years, Aru runs LionHeart Muay Thai, where he teaches both the traditional Thai martial art of Muay Boran and contemporary Muay Thai.

Sports & Recreation - Martial Arts - General
Religion - Spirituality
Philosophy - Eastern

SHAMBHALA
10/21/2025
PAGES: 240
ISBN: 9781645473817

Ghostly Kyoto

99 Supernatural Tales from Japan

By Éric Faure

\$19.95 - Trade Pbk

About the Book

Vengeful spirits, shape-shifting foxes, haunted objects, ghostly monks, reanimated bodies, and the King of Hell . . .

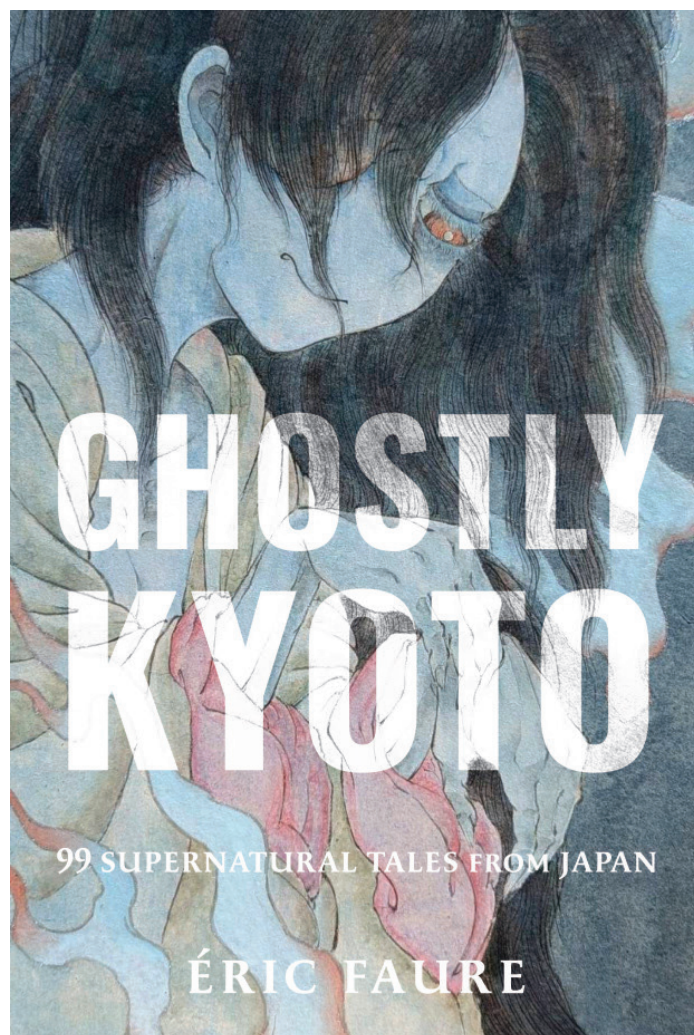
This collection of 99 eerie ghost stories paints a vivid picture of Kyoto's ancient supernatural landscape and its influence on anime, manga, and Japanese culture to this day.

This entertaining retelling of Kyoto's frightful folklore connects the macabre legends of the past to sensational supernatural stories in Japanese pop culture today. Éric Faure, a longtime resident of Kyoto, tells these stories in a pithy, engaging way. He offers historical and cultural anecdotes, and personal insights, including how these narratives have permeated contemporary Japanese media culture. From the historical practice of the "Hundred Stories" during the Obon festival to the lingering impact of vengeful spirits on the city's landmarks, these tales reveal the complex interplay between the realms of the living and the dead, exploring themes of redemption, compassion, and the consequences of human actions. Faure invites you to contemplate your own beliefs about the unseen forces that shape our existence.

Whether you're a folklore enthusiast, Japan aficionado, a fan of anime and manga, or a curious traveller, this book serves as both an entertaining anthology and an alternative guidebook to Kyoto's hidden spiritual realm. *Ghostly Kyoto* is an entertaining read and offers an understanding of the enduring power of the supernatural in Japanese society and its profound impact on the Japanese experience.

About the Author

ÉRIC FAURE is a French researcher who has been living in Kyoto for over thirty years and, while teaching at university, has been studying Japanese legends. He defended a thesis at Inalco (National Institute of Oriental Languages



and Civilizations, Paris) on the subject, wrote for university journals and magazines, and published eleven academic and general-interest books in French. His latest publications include *The Story of the Poet Who Became a God* (2020), *Japanese Legends: Fifty Stories of Kamis* (2021), *Japanese Legends: Fifty Stories of Buddhas* (2022), and *From Kyoto to Dazaifu. A Journey into the World of Japanese Legends* (2023).

Fiction - Fairy Tales, Folk Tales, Legends & Mythology

Fiction - Ghost

History - Asia - Japan

SHAMBHALA

06/09/2026

PAGES: 176

ISBN: 9781645474975

Infinite Awakening

A Guide to Nondual Wisdom and the Pathless Path

By Stephan Bodian

\$21.95 - Trade Pbk

About the Book

Spiritual awakening is not a distant goal. The peace, joy, and wholeness you seek are waiting to be discovered in this very moment. This book is your guide.

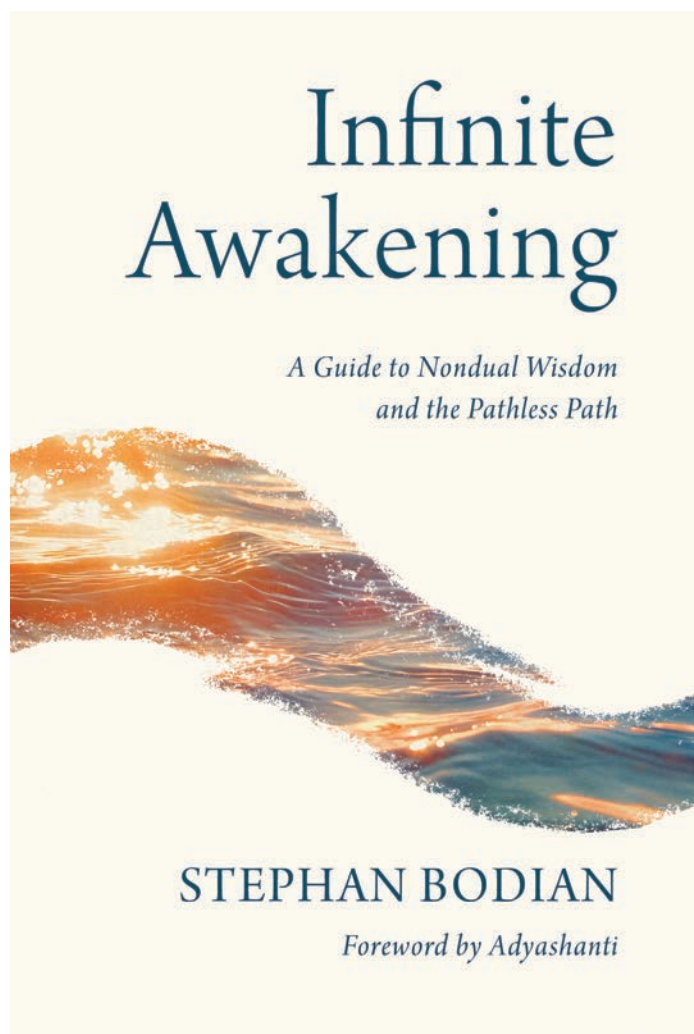
Infinite Awakening is a comprehensive guide to the “pathless path” of nondual spirituality. It reveals that awakening is the recognition of your true nature—a state of peace, freedom, and interconnectedness that’s already complete and present within you. It invites you to explore the immediacy of your “natural state” and embrace awakening as a direct experience.

Drawing from decades of experience, including training in Zen, Tibetan Dzogchen, and Advaita Vedanta, author Stephan Bodian addresses essential questions, such as:

- What are the stages of spiritual awakening?
- How does the direct approach of the pathless path encourage awakening?
- What are the common challenges on this path, and how can we work with them?
- How does nondual spirituality differ from other spiritual perspectives?
- What is the role of a teacher, and what are the potential pitfalls?
- How can we live from an awakened understanding in every moment of our lives?
- How does trauma affect the awakening process?

As a spiritual teacher and psychotherapist, Bodian demystifies awakening with his down-to-earth approach, offering practical teachings, meditations, direct pointers, and exercises to help you not only wake up but also integrate your realization into the ordinary situations and relationships you encounter in everyday life.

Those new to the spiritual path, as well as fans of teachers like Adyashanti, Eckhart Tolle, Loch Kelly, and Sam Harris, will find this an invaluable guide to nondual wisdom and the pathless path.



About the Author

STEPHAN BODIAN is the founder of the School for Awakening and author of several books, including *Meditation for Dummies* (which has sold over half a million copies), *Wake Up Now*, and *Beyond Mindfulness*. A psychotherapist by training, Bodian integrates nondual wisdom with Western psychology, pioneering a unique style that combines self-inquiry and nondual insight with practical applications to address the individual needs of his students.

Self-Help - Spiritual

Religion - Spirituality

Body, Mind & Spirit - Inspiration & Personal Growth

SHAMBHALA

05/19/2026

PAGES: 224

ISBN: 9781645474722

The Inner Beloved

The Heart's Journey to Divine Unity

By A. H. Almaas; foreword by Ram Dass

\$24.95 - Trade Pbk

About the Book

"The three books in the Journey of Spiritual Love series by A. H. Almaas offer an excellent road map for bringing you to inner love . . . spiritual love. . . .

May these books offer a blessing to you as you make that journey—from the mind into the soul . . ."—**Ram Dass**

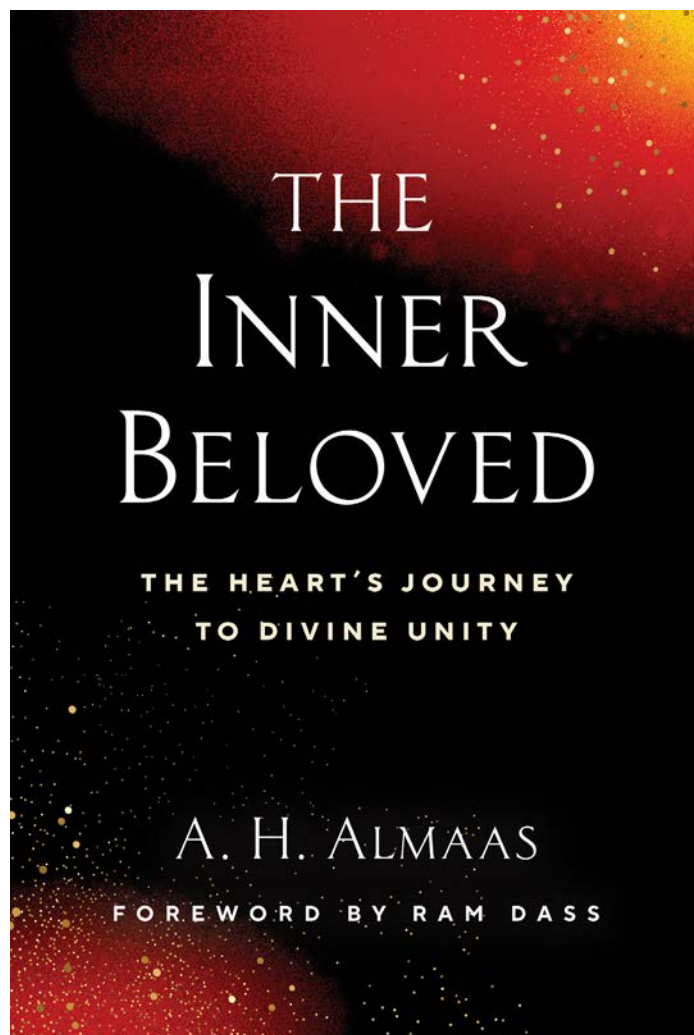
An exploration of the spiritual journey as a path of love, where the heart's discontent becomes the doorway to ultimate fulfillment.

The divided heart searches for fulfillment in people, objects, and experiences that can never fully satisfy. But no external love can answer the heart's deepest longing. True fulfillment comes when we release our attachments and make space for a love that is infinite and intangible. This love is the very nature of who and what we are.

With poetic insight, personal reflection, and practical exercises woven throughout, *The Inner Beloved* invites readers into a transformative journey of intimacy, surrender, and awakening. It is a guide to discovering the mystery of love, not as something to be found outside, but as the very nature of who and what we are.

About the Author

A. H. ALMAAS, the author of over twenty books, is the pen name of A. Hameed Ali, the originator of the Diamond Approach to the realization of our true nature. Since 1976, he has guided individuals and groups through his school of inner work, the Rishwan School, which has branches in the United States and Europe. His books include *Nondual Love*, *Keys to the Enneagram*, *The Alchemy of Freedom*, *The Power of Divine Eros*, *The Unfolding Now*, and *Runaway Realization*.



Self-Help - Spiritual

Body, Mind & Spirit - Inspiration & Personal Growth

Religion - Spirituality

SHAMBHALA

02/17/2026

PAGES: 320

ISBN: 9781645474319

Psychedelic Therapy

A Revolutionary Approach to Restoring Your Mental Health and Reclaiming Your Life

By Will Van Derveer and Keith Kurlander;

Foreword by Gabor Maté

\$21.95 - Trade Pbk

About the Book

"This book is a groundbreaking contribution to the field of psychedelic-assisted healing. Will Van Derveer and Keith Kurlander offer a compassionate and integrative approach that bridges neuroscience, psychotherapy, and the wisdom of inner transformation. *Psychedelic Therapy* invites us to reimagine healing not as a return to baseline, but as an awakening to our deepest wholeness."—**Deepak Chopra, M.D.**

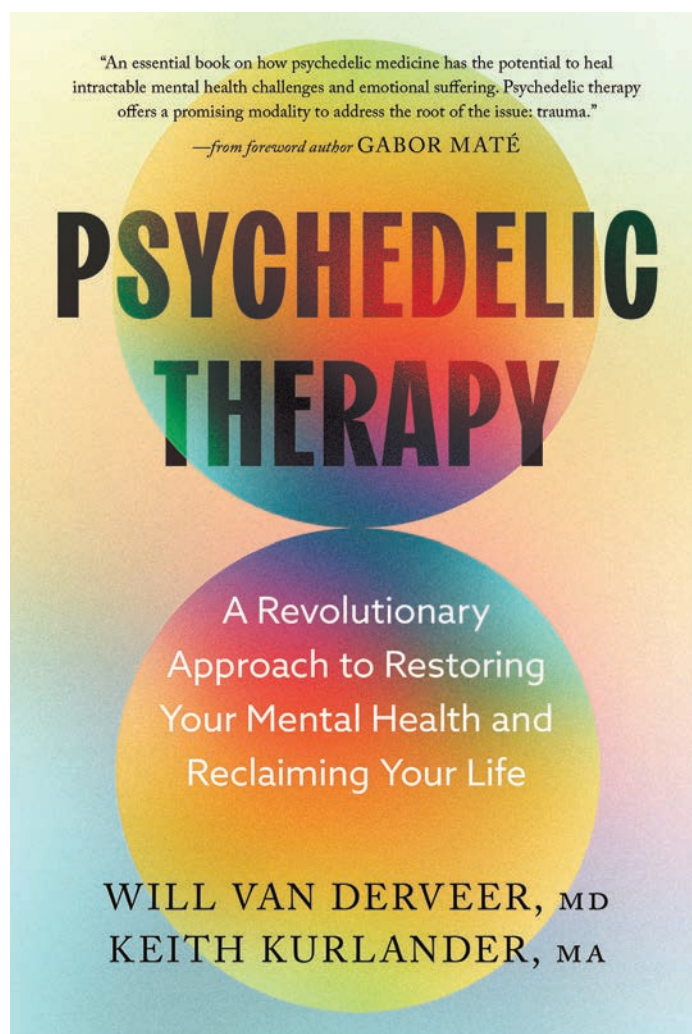
Explore how psychedelic therapy can address deep-rooted trauma and help you create a life of balance, resilience, and meaning.

A revolutionary approach to treating anxiety, depression, PTSD, or other mental health challenges, from two leaders in the field of psychedelic therapy and trauma treatment, with a foreword by Gabor Maté.

For those grappling with anxiety, depression, PTSD, or other mental health challenges—and those who feel let down by a fragmented and failing mental health system—*Psychedelic Therapy* offers a hopeful, evidence-based exploration of a novel approach to healing.

As leaders in the field of psychedelic therapy and trauma treatment, Keith Kurlander, MA, LPC, and Will Van Derveer, MD, draw on their clinical expertise, client stories, and the latest research to help you:

- Understand trauma and why psychedelic therapy is uniquely suited to addressing it
- Learn about the substances commonly used in psychedelic therapy
- Navigate the process step-by-step, including preparation, dosing, and integration
- Prioritize safety by outlining key considerations for minimizing risk
- Gain insight for navigating any spiritual or psychological challenges that may arise



About the Authors

KEITH KURLANDER, MA, LPC, is cofounder of the Integrative Psychiatry Institute and Integrative Psychiatry Centers and cohost of *The Higher Practice Podcast for Optimal Mental Health*. He has worked with individuals, couples, and groups as an integrative psychotherapist and coach since 2005.

WILL VAN DERVEER, MD, is a leader in the adoption of integrative psychiatry practices to treat mental health issues. He is cofounder of the Integrative Psychiatry Institute and Integrative Psychiatry Centers and cohost of *The Higher Practice Podcast for Optimal Mental Health*. He has published research on MDMA-assisted psychotherapy.

Self-Help - Post-Traumatic Stress Disorder (Ptds)
Health & Fitness - Alternative Therapies
Psychology - Trauma Psychology

SHAMBHALA

03/03/2026

PAGES: 240

ISBN: 9781645474456

Remembering Earth

A Spiritual Ecology

By Emmanuel Vaughan-Lee

\$18.95 - Hard Cover

About the Book

Discover nature-based devotional practices for rekindling humanity's ancient covenant with the living world—one rooted in reverence and love—and restoring our sacred bond with Earth.

Drawing from decades of Sufi teaching, a deep relationship with nature, and the transformative power of story, Emmanuel Vaughan-Lee guides us beyond today's ecological and cultural crises to the heart of the matter: our collective forgetfulness and the severing of our primordial bond with Earth. Following the entwined threads of grief and love, he explains how this moment of crisis holds within it the seeds of transformation and regrowth.

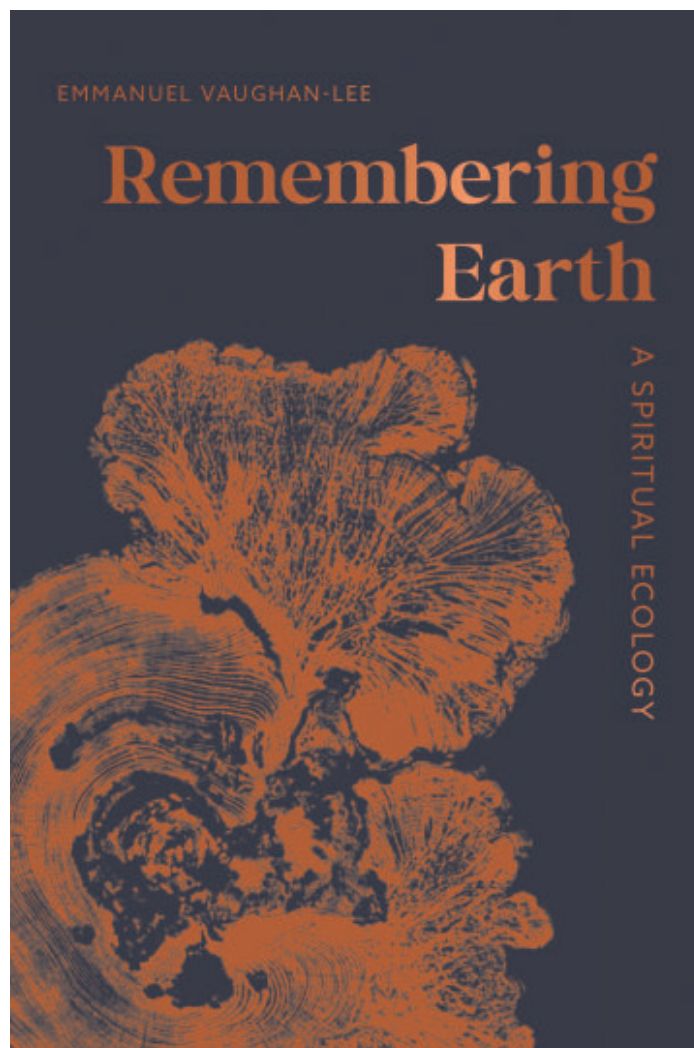
Remembering Earth blends reflection with practical guidance, exploring how remembrance, prayer, praise, and intimacy with Earth can restore our sacred relationship with the living world. Through a variety of practices in six key areas—Breath, Heart, Step, Listening, Time, and Prayer—the book guides you to an experience of radical belonging.

For readers of Robin Wall Kimmerer, Joanna Macy, Karen Armstrong, Wendell Berry, David Abram, Terry Tempest-Williams, and Thomas Berry, *Remembering Earth* will awaken the memory within you—a memory of kinship, devotion, and the living presence that sustains us all.

In a time of great unraveling, *Remembering Earth* offers an embodied, spiritual path of remembrance and kinship, guiding us back to the sacredness of creation and our place within the more-than-human world.

About the Author

EMMANUEL VAUGHAN-LEE is the founder and executive editor of *Emergence Magazine*, a Webby-winning and National Magazine Award-nominated publication exploring the



intersections of ecology, culture, and spirituality. A Sufi teacher in the Naqshbandi tradition, Emmanuel leads retreats on Sufism and spiritual ecology worldwide. An Emmy and Peabody Award-nominated filmmaker, he has directed and produced over twenty documentaries, including *Taste of the Land*, *The Last Ice Age*, *Aloha Aina*, *Earthrise*, and *Sanctuaries of Silence*. His films have been screened at leading festivals such as NYFF, Tribeca, SXSW, and Hot Docs, exhibited at the Smithsonian and The Barbican, and featured by PBS, *National Geographic*, *The New York Times*, and *The Atlantic*. His work invites a deeper relationship with the living world through story, practice, and devotion.

Nature - Essays

Body, Mind & Spirit - Mindfulness & Meditation

Philosophy - Nature

SHAMBHALA

06/23/2026

PAGES: 144

ISBN: 9781645475101

Sweeter than Revenge

Getting Over Your Payback Mind

By David Richo

\$19.95 - Trade Pbk

About the Book

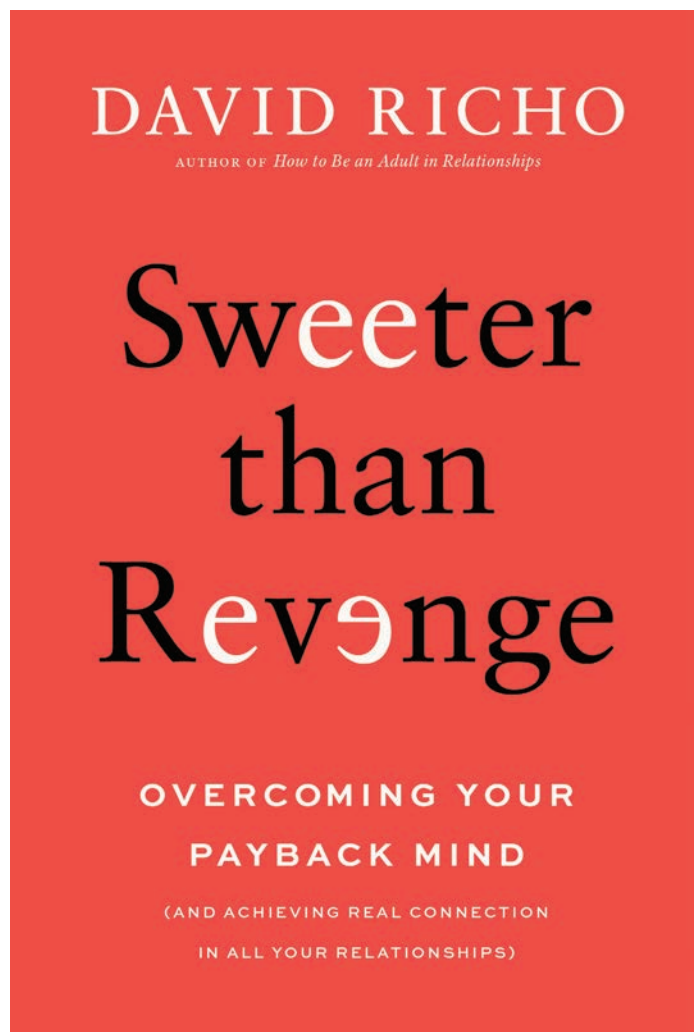
"[David Richo] provides practical and purposeful approaches to improving how we can relate with characteristic gentleness and timeless wisdom. For those of us who learned *How to Be an Adult in Relationships*, *Sweeter than Revenge* is a perfect next-level companion."—**Mayim Bialik**, actor and podcast host

When you feel you have been wronged, the urge to retaliate can feel overwhelming and justified. In this groundbreaking work, acclaimed author and psychotherapist David Richo explores the complex dynamics of retaliation, offering profound insights into why we seek revenge and practices to help us break free from this destructive cycle.

Sweeter than Revenge delves deeply into one of humanity's most instinctive yet destructive impulses: the urge to strike back when we feel wronged. Drawing from psychology, principles of emotional intelligence, Christian and Buddhist teachings, and years of therapeutic expertise, Richo illuminates the web of emotions and triggers that drive retaliatory behavior. He challenges readers to examine their own patterns of retaliation and provides practical tools for responding to conflict with wisdom rather than reactivity.

Readers will discover powerful techniques for managing anger, developing emotional resilience, and fostering genuine forgiveness. Through real-world examples and exercises, this book illuminates the path from reactive behavior to conscious response.

Sweeter than Revenge is an essential read for anyone seeking to be freed from destructive patterns and cultivate more constructive ways of handling life's inevitable conflicts.



About the Author

DAVID RICHO, PhD, is a psychotherapist, teacher, writer, and workshop leader whose work emphasizes the benefits of mindfulness and loving-kindness in personal growth and emotional well-being. He combines Jungian, poetic, and mythic perspectives with the intention of integrating the psychological and the spiritual.

Self-Help - Emotions

Psychology - Interpersonal Relations

Body, Mind & Spirit - Inspiration & Personal Growth

Subrights Sold: French

SHAMBHALA

11/11/2025

PAGES: 200

ISBN: 9781645474708

The Tibetan Book of Success

A Guide to Relationships, Leadership,
Communication, and Happiness

By Translated and introduced by Orgyen
Chowang

\$19.95 - Trade Pbk

About the Book

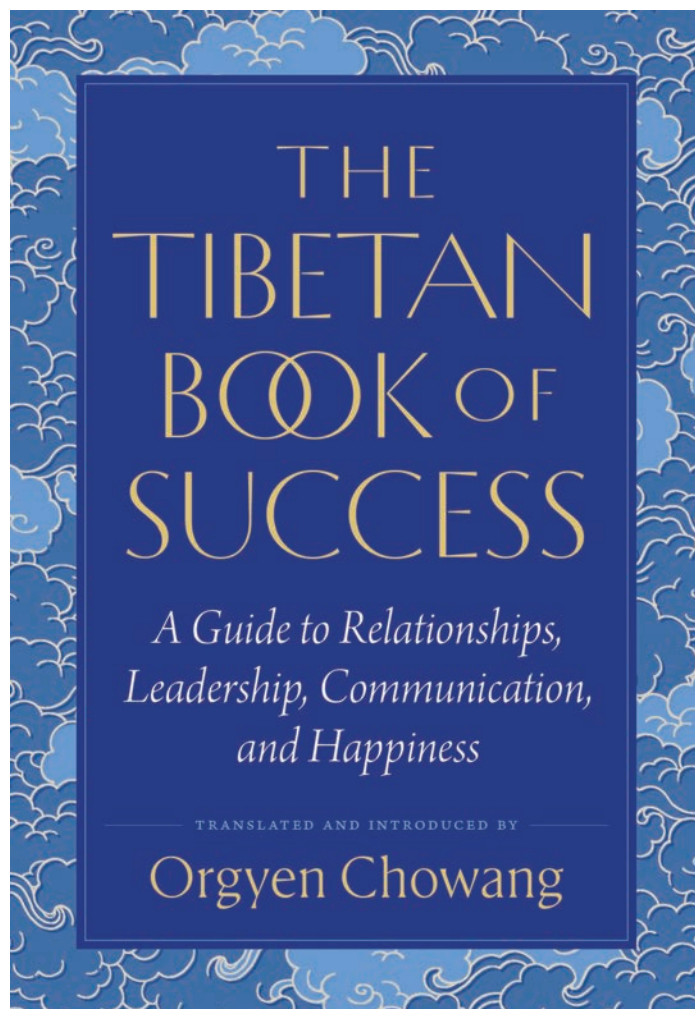
The Tibetan equivalent of the *Meditations of Marcus Aurelius*

Drawn from a long tradition of secular Tibetan teachings on how to live a good life, these four texts from Tibetan masters provide clear and succinct instructions for creating happiness, success, harmonious relationships, and just communities.

In the spirit of the writings of the Stoics, Dale Carnegie, Stephen R. Covey, Viktor Frankl, Don Miguel Ruiz, and others, these texts reveal that for centuries, Tibetan wisdom has extolled principles and values like honest communication, integrity, decency, fairness, reliability, respect, and generosity as the foundation for a good life.

Translated by meditation master Orgyen Chowang Rinpoche, founder of the Pristine Mind Foundation, the collection includes an eighth-century scroll from the Dunhuang caves as well as writings from some of the greatest luminaries of the Tibetan tradition: Sakya Pandita (1182–1251), Jamgon Mipham Rinpoche (1846–1912), and Patrul Rinpoche (1808–1887).

With a message that's more relevant than ever in our chaotic, disconnected times, *The Tibetan Book of Success* explains how leaders, entrepreneurs, parents, young adults, and anyone interested in improving themselves and the world can develop the compassion and wisdom required to do so in a fair and responsible way.



About the Author

ORGYEN CHOWANG RINPOCHE is a meditation master and teacher in the Nyingma lineage of Tibetan Buddhism. He is founder of the Pristine Mind Foundation, which is dedicated to offering accessible and experiential Buddhist teachings, and author of *Our Pristine Mind: A Practical Guide to Unconditional Happiness* and *From Foundation to Summit: A Guide to Ngöndro and the Dzogchen Path*. Known for his accessible, passionate, and joyful approach to personal transformation, Rinpoche teaches regularly in the San Francisco Bay Area and travels throughout the world speaking to a broad range of audiences about how to improve their lives through meditation.

Self-Help - Personal Growth - Success

Philosophy - Eastern

Body, Mind & Spirit - Inspiration & Personal Growth

SHAMBHALA

03/17/2026

PAGES: 208

ISBN: 9781645474241

Until My Memory Fails Me

Mindfulness Practices for Cultivating Resilience and Self-Compassion in the Face of Cognitive Decline

By Sharon Lukert

\$19.95 - Trade Pbk

About the Book

A definitive guide for navigating cognitive decline using mindfulness and meditation practices that includes practical advice and poignant stories from a Buddhist chaplain diagnosed with Mild Cognitive Impairment.

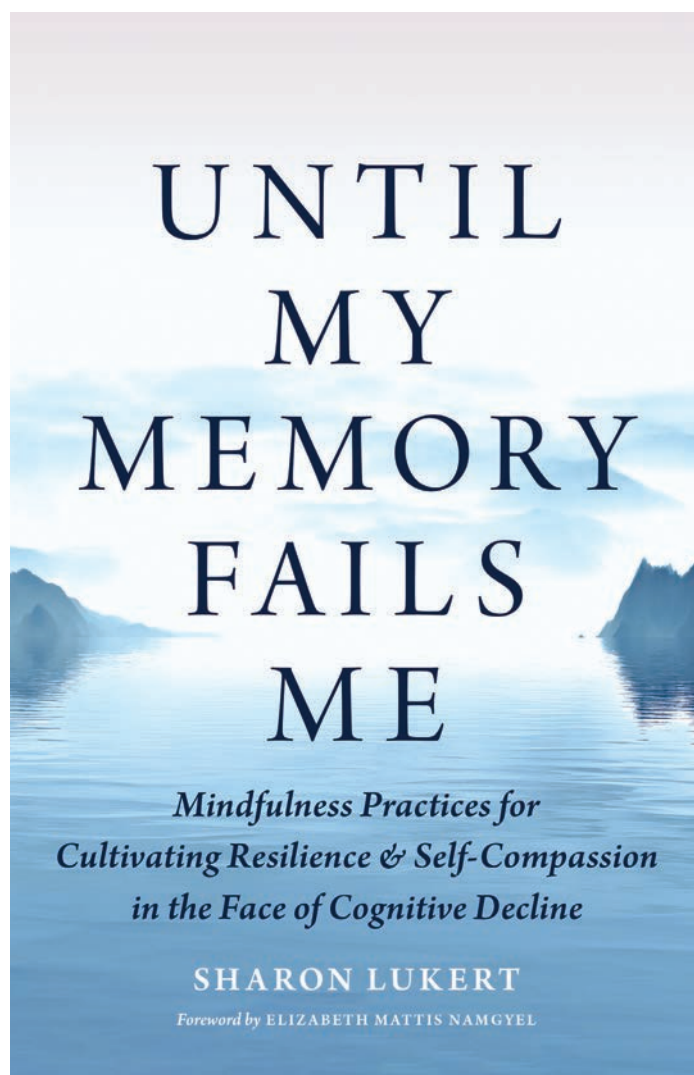
When Buddhist chaplain Sharon Lukert was diagnosed with Mild Cognitive Impairment (MCI), she turned to her spiritual practice and community to help her adjust to a new and ever-shifting reality. In *Until My Memory Fails Me*, she shares her hard-won wisdom as a guide for anyone standing at the gateway of cognitive decline.

Through poignant storytelling and practical wisdom, Lukert offers specific ways to build resilience against the emotional swings and existential fear inherent in cognitive decline. The book includes:

- Instructions for more than a dozen mindfulness and meditation exercises, including the Handshake, Just Like Me, Open Awareness Meditation, and Tonglen (Loving-kindness) Meditation
- Practical advice on topics like understanding your diagnosis, how to talk to your medical providers, testing, dealing with bias, how to maintain communication, and managing new symptoms
- Stories, advice, and encouragement from her peers in the MCI community and her "dementia ancestors," those she worked with in her decades as a Buddhist chaplain in healthcare settings

With raw vulnerability, Lukert demonstrates how to find courage, acceptance, and compassion even as your sense of self shifts underneath you.

The first mindfulness book written specifically for people with MCI, the practices and lessons Lukert shares are also valuable for anyone experiencing cognitive decline caused by other disorders, as well as for loved ones and caregivers.



About the Author

SHARON LUKERT is a retired Buddhist chaplain who served patients and families in hospice and hospital settings for more than two decades. She studied with Pema Chödrön for more than thirty years and is a student of the Venerable Dzigar Kongtrul Rinpoche. A former Buddhist monastic for three years, Lukert took precepts with Her Eminence Mindrolling Jetsun Khandro Rinpoche and Venerable Thrangu Rinpoche. She is also a former director of Gampo Abbey Monastery in Halifax, Nova Scotia, and has facilitated workshops and study groups on Buddhism, meditation, death and dying, and bereavement support in various settings.

Self-Help - Aging

Body, Mind & Spirit - Mindfulness & Meditation

Philosophy - Buddhist

Subrights Sold: Bulgarian

SHAMBHALA

06/03/2025

PAGES: 176

ISBN: 9781645472971

Women in Love with the Divine

A Seeker's Exploration of Faith, Practice, and Feminine Power

By Erica Bassani

\$19.95 - Trade Pbk

About the Book

What does it mean to be a woman committed to a relationship with the sacred in today's world?

On a quest to answer this question for herself, Erica Bassani shares stories from her encounters with a dozen women spiritual teachers from Buddhist, Taoist, Hindu, Christian, Muslim, Jewish, and Nondual traditions.

In *Women in Love with the Divine*, Erica Bassani embarks on a deeply personal journey of spiritual rediscovery after years of disciplined Buddhist practice during her 20s. Facing the end of a relationship, job loss, and physical injury, she felt the need to connect with female spiritual role models, only to realize she knew almost none.

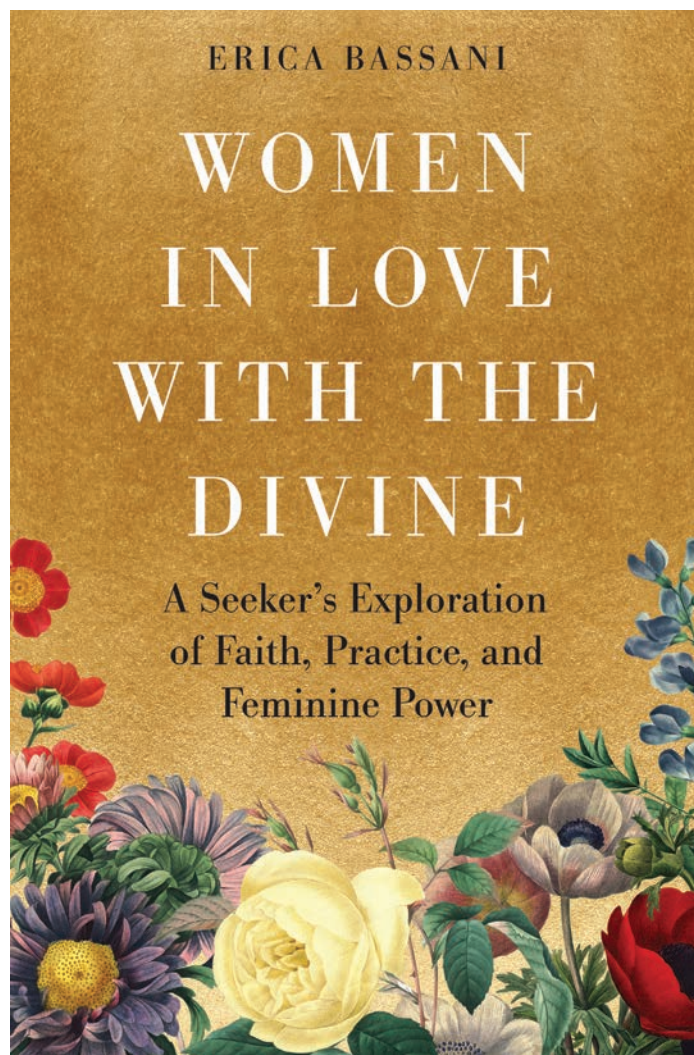
Her search for inspiration leads her to the banks of the Ganges, the peaks of the Himalayas, the streets of Florence, and the highways of the United States, where she engages in transformative conversations with twelve extraordinary female spiritual teachers from diverse traditions.

Through heartfelt and intimate exchanges, Bassani bridges generations as she shares what she learns from women like Tibetan Buddhist nun Lama Tsultrim Allione, yoga and Zen teacher Elena Brower, Taoist priestess Karine Martin, and Hindu teacher Vanamali Mataji, who share their insights on navigating the spiritual path as a woman.

Together, they explore themes of vulnerability, resilience, and surrender, contemplating questions like:

- What does it mean to approach spiritual practice as a woman?
- How do we surrender without losing our sense of agency and strength?
- In what ways can women reclaim their voices in traditions that often silence them?
- What practices help us balance the masculine and feminine energies within?
- What does it mean to be a woman in love with the Divine while trying to balance family, career, and self-care?

With evocative storytelling and meaningful insights, this book is an invitation to deepen your own spiritual journey or begin anew—guided by the voices of women who embody the fierce strength, wisdom, devotion, and tenderness of the feminine spirit.



About the Author

ERICA BASSANI is a writer based in Italy. A graduate of the Academy of Storytelling in Turin, she spent a year living in a Theravadan Buddhist monastery at the age of 23. Since then, she has turned to female spiritual teachers from diverse traditions to help her navigate her inner journey. She created the Women Awakening Project—an initiative that highlights the wisdom of female spiritual role models and explores spiritual practice through the lens of women's experiences—to share wisdom and create a bridge between generations of seekers. Bassani is author of *Donne che Esplorano il Divino*, coauthor (with Massimo Bonomelli) of *Va Bene Così*, and the Italian translator of *The Four Noble Truths of Love* by Susan Piver.

Body, Mind & Spirit - Inspiration & Personal Growth
Biography & Autobiography - Women
Religion – Spirituality

Subrights Sold: No Italian

SHAMBHALA
02/24/2026
PAGES: 208
ISBN: 9781645474425

Your Body Never Meant You Any Harm

A Somatic Guide to Forgiving and Healing Your Relationship with Your Body

By Ann Saffi Biasetti

\$19.95 - Trade Pbk

About the Book

A compassionate guide for women seeking to heal the rift with their bodies, from a somatic psychotherapist.

Follow a step-by-step, research-based series of somatic practices to help you forgive, reconnect with, and trust your body.

If you've spent years feeling at odds with your body, you are not alone—and you are not to blame. Our culture encourages women to mistrust, judge, and disconnect from their bodies, perpetuating cycles of shame and self-criticism. *Your Body Never Meant You Any Harm* gently helps you break free from these patterns and begin a new, nurturing relationship with your body.

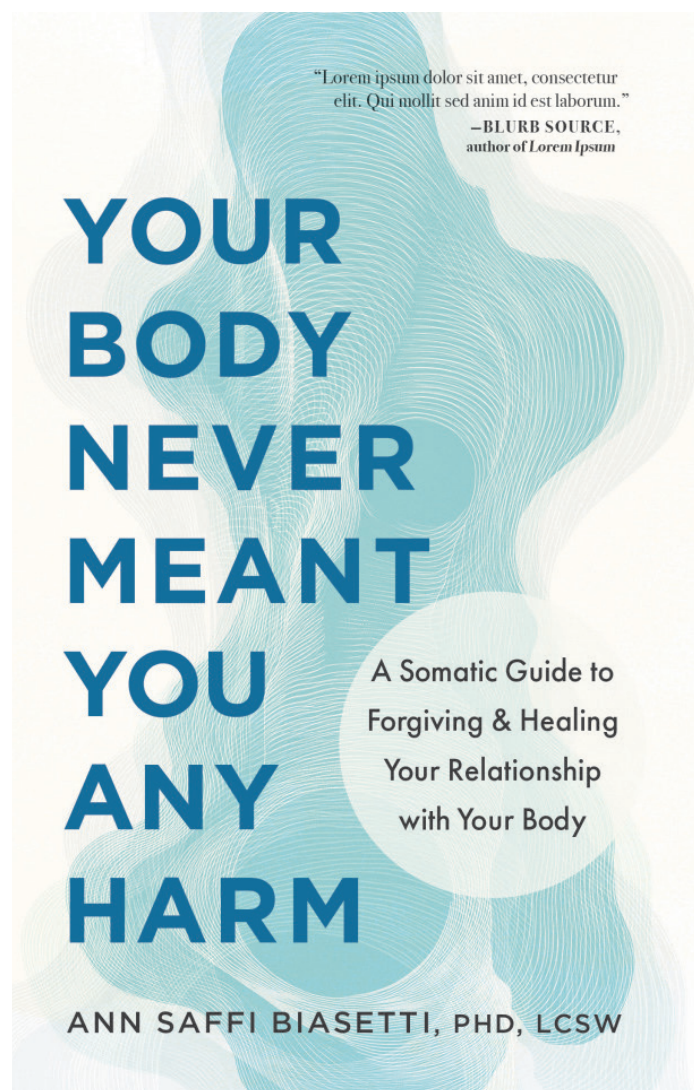
Each chapter offers gentle guidance, reflective exercises and trauma-informed somatic practices to help you uncover the roots of disconnection and attune to your body's wisdom. Thoughtfully structured, your journey begins by establishing a foundation of understanding and compassion, then moves through the tender work of meeting grief, regret, shame, and forgiveness. Along the way, you'll learn how to foster safety, acceptance, and belonging from within, opening the door to greater openness and embodied presence in your daily life.

Drawing on her clinical expertise and original research, somatic psychotherapist Ann Saffi Biasetti provides a safe and supportive path for women ready to move beyond self-criticism and rediscover a sense of wholeness. With warmth and care, she guides you through each stage of body forgiveness, offering support that helps you feel seen, understood, and empowered to create lasting change.

Whether you struggle with body image disturbance, disordered eating, illness, aging, or simply long to feel at home in your body, this book provides clear guidance and gentle encouragement. It is an invitation to return to yourself, embrace your body with kindness, and experience a more connected, embodied life.

About the Author

ANN SAFFI BIASETTI, PhD, LCSW, CEDS, is a psychotherapist specializing in somatic psychotherapy and eating disorder recovery. She is the creator of Embodied



Self-Compassion (ESC) and the Befriending Your Body (BFYB) program, as well as a certified yoga therapist, yoga teacher, and respected trainer in interoceptive awareness and self-compassion. Ann is the author of *Befriending Your Body: A Self-Compassionate Approach to Freeing Yourself from Disordered Eating* and *Awakening Self-Compassion Cards: 52 Practices for Self-Care, Healing, and Growth*. She teaches for PESI (Professional Education Systems Institute) and the Center for Mindful Self-Compassion, and has led workshops, retreats, and professional trainings in the U.S. Canada, and the U.K. Ann is a frequent podcast guest and a featured author in *The Handbook of Self-Compassion in Psychotherapy*. She maintains a private practice in Saratoga Springs, New York, and is dedicated to fostering self-compassion, embodiment, and community through her writing, teaching, and clinical work.

Self-Help - Eating Disorders & Body Image
Psychology - Mental Health
Health & Fitness - Women's Health

SHAMBHALA
07/21/2026
PAGES: 272
ISBN: 9781645474418

The Spiritual Path of Nonviolent Communication

Living with Compassion, Connection, and Understanding

By Robert Gonzales

\$21.95 - Trade Pbk

About the Book

Nonviolent Communication offers powerful skills to awaken self-compassion and deepen our connection to the “divine” within ourselves and others.

This book by a clinical psychologist who was one of the pioneers of NVC offers guidance and exercises—solo and paired—to directly experience NVC as a spiritual practice.

Nonviolent Communication (NVC) is a potent, increasingly influential communication art that benefits interpersonal communication. But clinical psychologist and NVC pioneer Robert Gonzales also taught it as a tool to cultivate self-compassion and spiritual development. This book is an introduction to experiencing NVC as a connection to the “divine” within ourselves and others.

In this book, based on a series of talks and published posthumously, Gonzales introduces basic, foundational concepts of NVC—observation, feelings, needs, and requests—and then illuminates how they can lead to compassion—and ultimately a transcendent sense of connection with others. This sense of spirit manifests as the needs, longings, and values underlying whatever we hear or say, and it can be experienced in every moment and during every conversation. Gonzales shows that by expressing what is most important to us (our passion) and listening for the essence of what others express, no matter what words they use (compassion), we embody the Divine.

Gonzales addresses anger, fear, grief, and impermanence, pointing out that choices are always present for us to embrace or resist life. Each chapter includes exercises—to do alone or with a partner—to directly embody the concepts of spirituality that Gonzales introduces, showing simple and practical ways to access the Divine right here, right now.

The Spiritual Path of Nonviolent Communication

Living with Compassion,
Connection & Understanding



ROBERT GONZALES

Edited by **LYND MORRIS**

About the Author

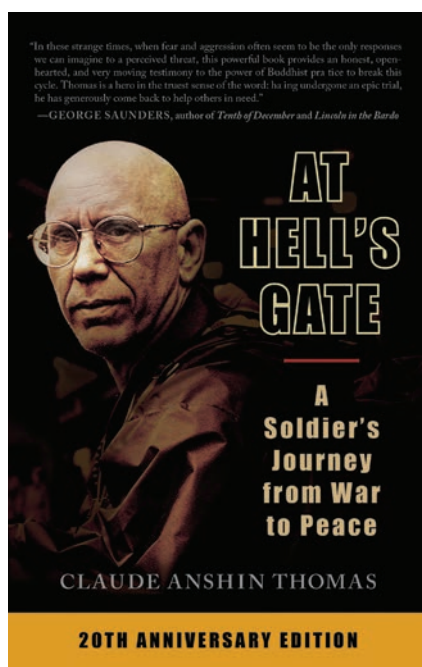
ROBERT GONZALES'S work of Living Compassion emerged from more than thirty years of teaching Nonviolent Communication (NVC) and a lifetime of inquiry into the intersection between spirituality and human communication. His influences included Dr. Marshall Rosenberg, Stephen R. Schwartz, and other spiritual teachers. Gonzales received a PhD in clinical psychology in 1989 and practiced for many years. He began teaching NVC in 1986.

Self-Help - Communication & Social Skills
Psychology - Psychotherapy - Spiritually
Integrated Self-Help – Spiritual

Subrights Sold: No German

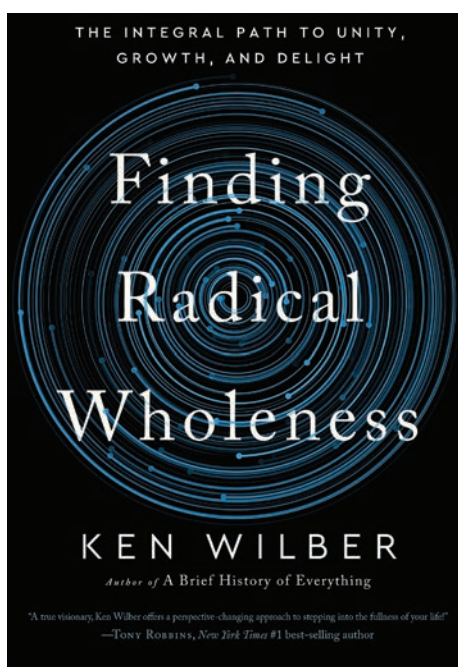
SHAMBHALA
04/28/2026
PAGES: 172
ISBN: 9781645474340

Reissues



AT HELL'S GATE BY CLAUDE ANSHIN THOMAS

Subrights Sold: *Subrights Sold: Arabic, Chinese (Complex), Czech, Croatian, Dutch, German, Greek, Indonesian, Italian, Lithuanian, Polish, Portuguese (Brazil and Portugal), Romanian, Spanish, Thai*



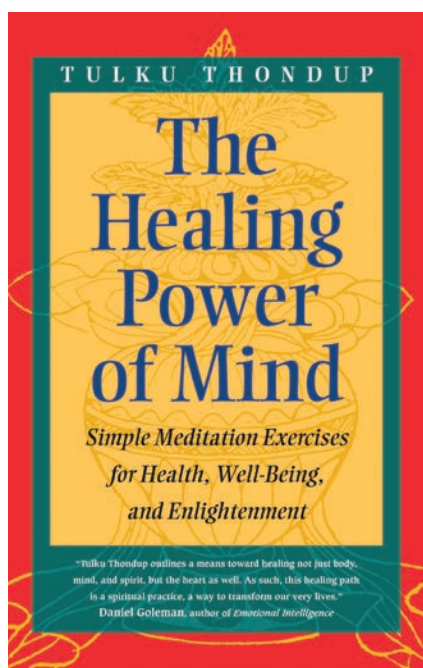
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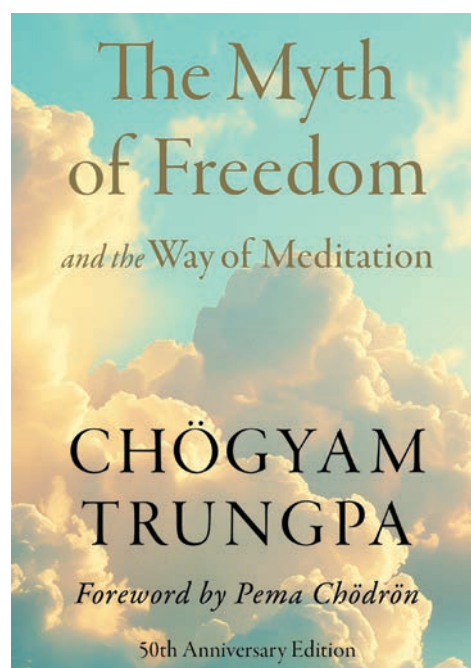
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THE MYTH OF FREEDOM AND THE WAY OF MEDITATION

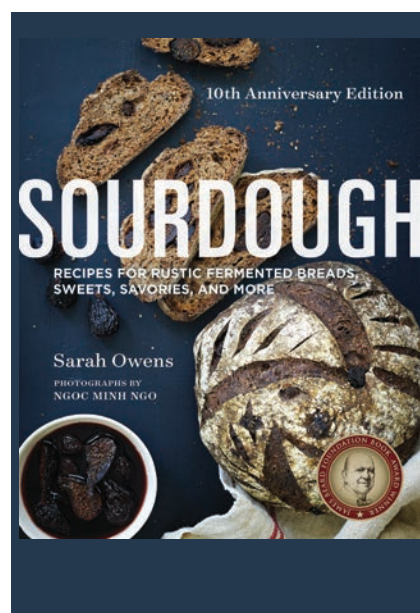
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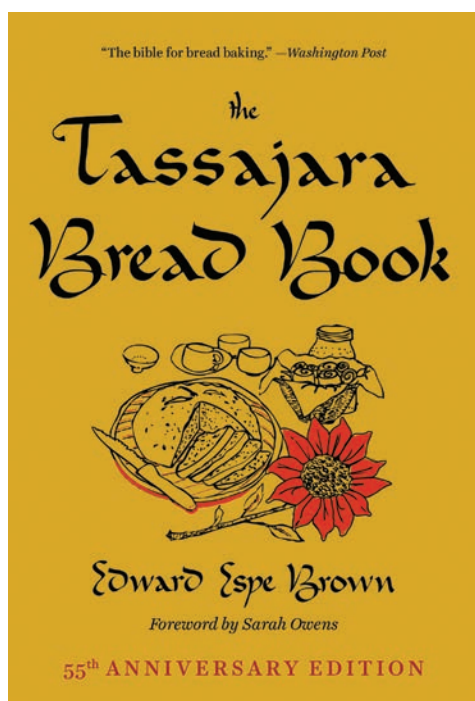
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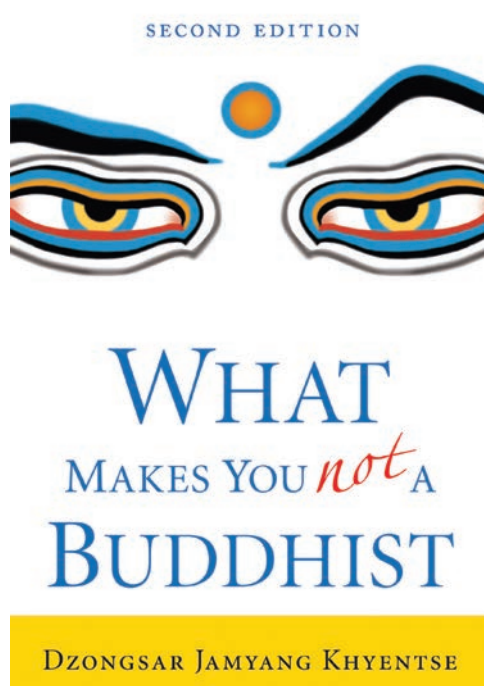
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**SOURDOUGH
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**THE TASSAJARA BREAD BOOK
BY EDWARD ESPE BROWN,
NEW FOREWORD
BY SARAH OWENS**



**WHAT MAKES YOU NOT A BUDDHIST
BY DZONGSAR JAMYANG KHYENTSE**

Subrights Sold: *Catalan, Czech, Danish, Dutch, Estonian, French, German, Greek, Indonesian, Italian, Japanese, Korean, Macedonian, Polish, Portuguese (Brazil and Portugal), Romanian, Russian, Slovenian, Spanish, Swedish, Ukrainian, Vietnamese*



bala kids

Kind Karl

By Sharon Salzberg and Jason Gruhl; illustrated
by Sébastien Murrain
\$19.95 - Hard Cover

About the Book

Karl is a crocodile who lives in Orlando. He loves cardigans, crepes, and combing his hair. And . . . he has a terrible temper! Full of lovable animal characters, this playful story is a children's adaptation of Sharon Salzberg's beloved book *Lovingkindness: The Revolutionary Art of Happiness*. Like the original, it asks the question, "Why does what we do, say, and care about make a difference?" The book explores how generosity and mindfulness contribute to a life of happiness and connection.

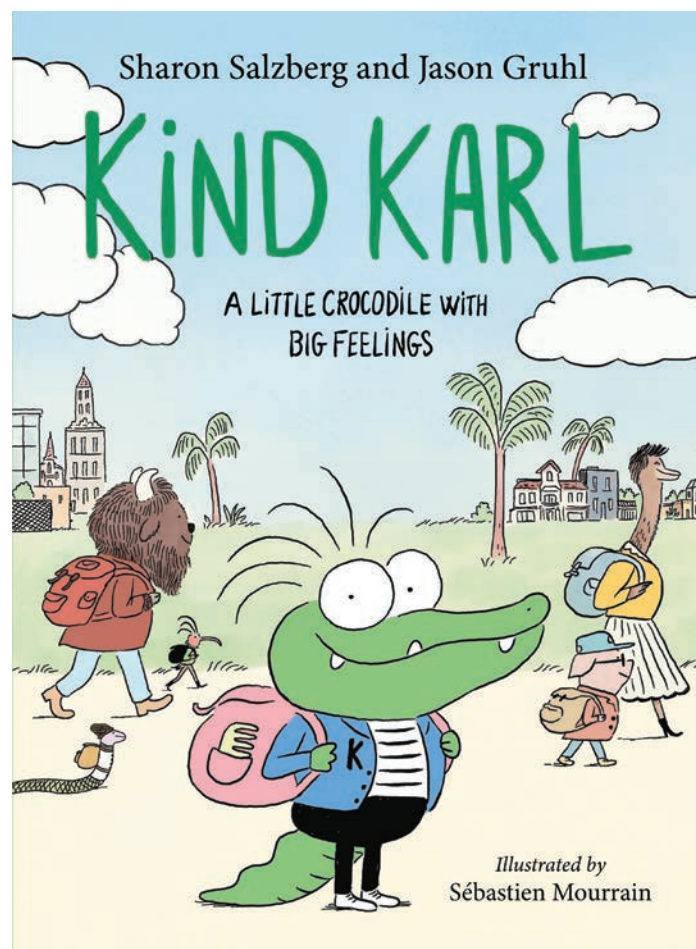
In today's divisive society, lovingkindness asks us to stop, find quiet, and look within; and in that honest reflection, answers appear. With relatable everyday examples, approachable language, and adorable illustrations, the book will inspire children to look inward with curiosity and kindness.

The book includes accessible activities at the end to help kids and parents start a lovingkindness practice in their own lives.

About the Authors

SHARON SALZBERG is a meditation pioneer, industry leader, world-renowned teacher, and *New York Times* best-selling author. As one of the first to bring meditation and mindfulness into mainstream American culture, her relatable, demystifying approach has inspired generations of meditation teachers and wellness influencers. She cofounded The Insight Meditation Society and is the author of eleven books. Sharon also hosts *The Metta Hour Podcast*, featuring interviews with top leaders in the meditation/mindfulness movement.

JASON GRUHL is the former executive director and founder of The Joshua School (a school for children with autism spectrum disorders and developmental disabilities in Colorado); a psychotherapist; and a professor (adjunct) in the Mindfulness-Based Transpersonal Counseling program at Naropa University where he teaches Mindfulness and Meditation and Therapy for



Children and Adolescence. Jason is the author of several books.

About the Illustrator

SEBASTIEN MOURRAIN is the illustrator of over forty picture books and documentaries published by Gallimard, Seuil, Bayard Editions, and Editions Milan, among others. He lives in Lyon, France. His portfolio can be viewed at murrain.ultra-book.com.

Juvenile Fiction - Social Themes - Emotions & Feelings

Juvenile Fiction - Health & Daily Living - Mindfulness & Meditation

Juvenile Fiction - Social Themes - Values & Virtues

BALA KIDS
12/16/2025
PAGES: 32
ISBN: 9781645472476

Let's Grow Happiness

50 Activity Cards to Nurture Kids' Joy
\$19.95 - Card Deck

About the Book

Spark happiness and positivity with this activity deck for kids (ages 4 to 8), featuring fifty research-backed activities that encourage fun, connection, mindfulness, and self-reflection!

Did you know that feeling happy is something we can easily learn and grow inside ourselves? Research shows that happiness is a learnable skill—and this playful activity deck teaches children tried-and-true tools for emotional regulation and well-being that will last a lifetime.

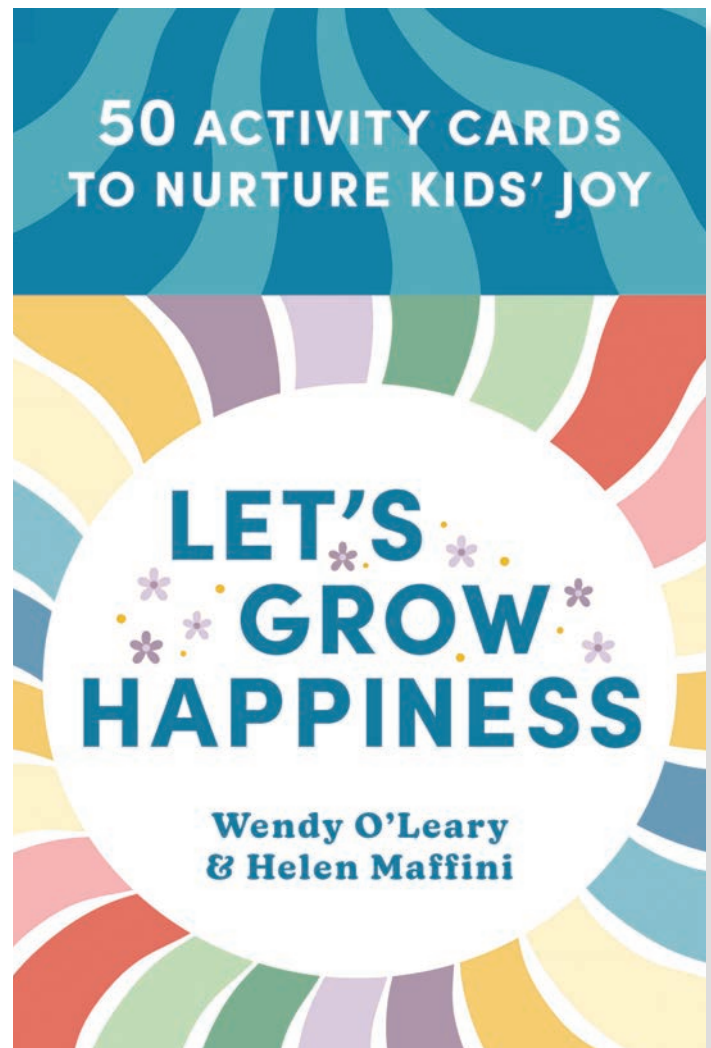
With a wonderful variety of games and practices, mindfulness educators Wendy O'Leary and Dr. Helen Maffini provide science-backed approaches to encourage positivity, joy, and contentment—while embracing and validating emotions of all flavors. The fifty activity cards are divided into five categories:

- Shine: Sunny ideas focused on playful and fun ways to grow happiness.
- Connect: Nurturing and spreading happiness through connection with ourselves and others.
- Be Mindful: Watering our happiness with mindful ways to soak it in.
- Dig In: Digging in deeper and developing happiness by turning inward.
- Bloom: Encouraging happiness to blossom by integrating it more fully into our lives.

From going on a sticker hunt in "Hide and Seek Happiness" and crafting "Beads of Balance" to starting a chain reaction of happiness in "Smile Symphony," kids will have fun using these easy-to-follow cards while strengthening their emotional regulation skills.

About the Authors

WENDY O'LEARY, MEd, is a mindfulness educator and a certified meditation and yoga teacher. Wendy's books are based on her fifteen-plus years of experience teaching mindfulness and skills for emotional awareness and regulation to children and "their adults." She is a certified parent educator and



an online contributor to *Mindful Magazine*. O'Leary is coauthor of *Breathing Makes It Better*, *Growing Self-Compassionate Children*, and author of *It's OK* and *The Monster Parade*.

DR. HELEN MAFFINI is an international educator, author, and consultant with an extensive background in education, mindfulness, and emotional intelligence. From her research on preschool mindfulness to her work as a certified emotional intelligence trainer and NLP practitioner, Helen has dedicated her career to helping individuals and organizations reach their full potential.

Juvenile Nonfiction - Social Topics - Emotions & Feelings

Juvenile Nonfiction - Games & Activities - General

Juvenile Nonfiction - Health & Daily Living - Mental Health

BALA KIDS
04/21/2026
CARDS: 50
ISBN: 9781645473770

My Friend Tara

And Her Rainbow of Compassion

By Web Lasha Mutual and Ivan Bercholz

\$19.95 - Hard Cover

About the Book

The great goddess Tara manifests in a variety of forms and colors to help alleviate the suffering of those who think of her. A deity of compassion in both Hindu and Buddhist traditions, she creates a safe place to learn, increase patience, protect friends and family, end natural disasters, help crops grow, and more. She is always ready to spring into action for the benefit of the world. This book introduces how she came to be and explains the different forms she takes.

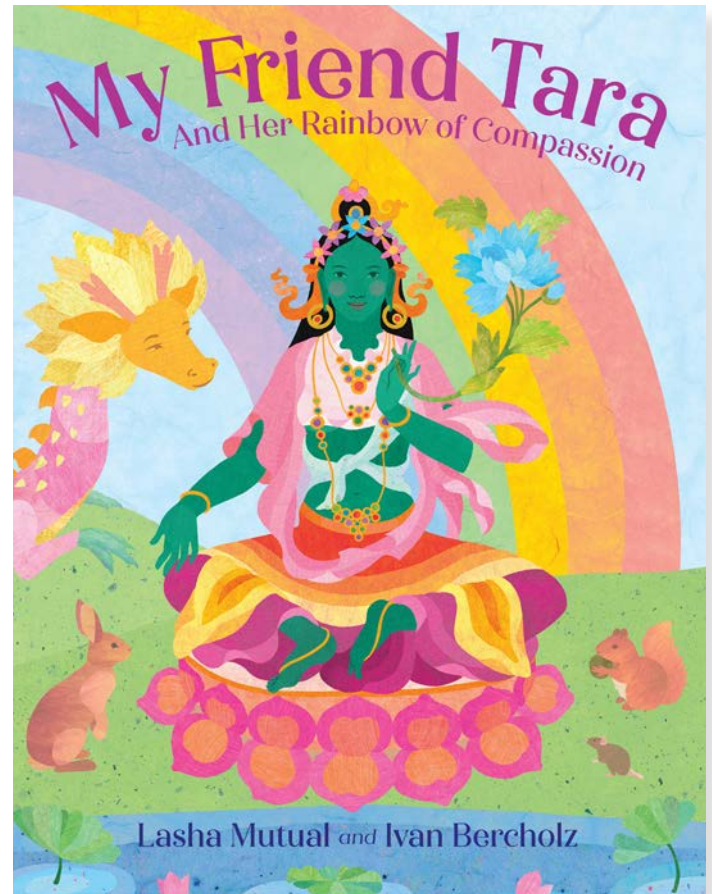
Druk the Dragon is our lovable narrator who makes the introduction to his friend Tara friendly and accessible. He explains the rainbow of her talents that kids can picture when they need her help manifesting special qualities:

- White for calm and peacefulness
- Yellow for positive richness like patience, confidence, and love
- Red for health and happiness
- Blue to clear difficult emotions
- Green for protection and compassionate action

The book includes a heartfelt author's note that explains how we can all be like Tara by emanating her vow to reduce suffering in the world. It concludes with a short, guided meditation that kids can practice with a mantra to summon the compassion of Tara.

About the Author

LASHA MUTUAL is an artist whose deep commitment to Buddhist theory and practice has suffused her artistic expression, giving rise to a body of work that blends the action of painting with a meditative sense of contemplation and focus. Lasha's intention is to cultivate a generous, peaceful, and clear mind that becomes manifest in her artwork and that can be shared with others. She lives with her husband, son, and abundance of pets in a little yellow brick cottage in Stratford, Ontario, Canada. Visit lashamutual.com to learn more.



IVAN BERCHOLZ, publisher of Bala Kids and co-owner of Shambhala Publications, Inc., is a lifelong Buddhist practitioner and longtime educator. He has a deep passion for making traditional Buddhist subjects and practices accessible and relatable to young folks. Ivan lives in Boulder, Colorado, where he enjoys making jokes with his nephews, gathering people to meditate, wandering in the woods, and making chitchat at his local coffee shop.

Juvenile Fiction - Religious - Buddhist

Juvenile Fiction - Social Themes - Values & Virtues

Juvenile Fiction - Legends, Myths, Fables - Asian

BALA KIDS

09/30/2025

PAGES: 32

ISBN: 9781645472636

Wisdom Stories of India

By Laura Burges and Vinita Prachi Murarka;
illustrated by Wen Hsu
\$19.95 - Hard Cover

About the Book

Explore the rich cultural and spiritual heritage of India with this inspiring picture book of fourteen classic stories of timeless life lessons found in Hinduism, Buddhism, Sufism, and more.

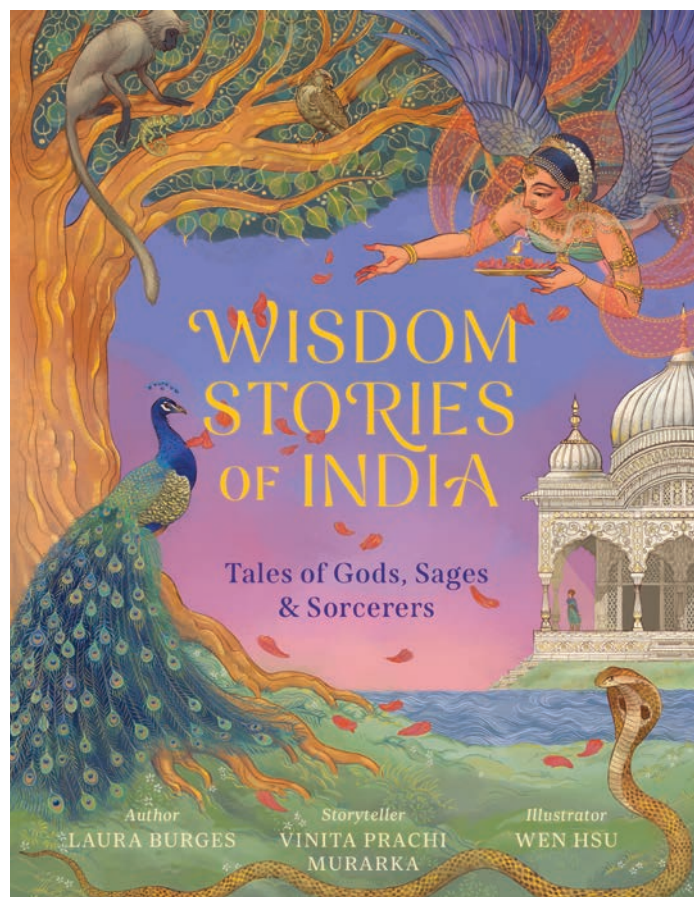
The stories in this gorgeous collection will encourage younger readers (ages 6+) and adults together to explore the essential skills needed for growing into conscientious individuals.

Wise kings and queens, kind merchants, mystical monks, sorcerers, incarnate gods, and more—this book takes readers on a journey through beloved stories that have been told throughout India for thousands of years. Accompanied by vibrant illustrations, the tales here are set in sunlit halls, crystal castles, humble villages, and vast forests, representing the many wonders of India. Each story explores different aspects of ethics, such as treating strangers with kindness, respecting nature, choosing words thoughtfully, and making informed decisions when faced with difficult choices. They include both historical and spiritual figures, such as Indra (king of the devas), Siddhartha (the historical Buddha), Akbar the Great (beloved sixteenth-century ruler of India), Kabir (acclaimed mystic poet), and more.

All fourteen tales are accompanied by a summary, offering both historical context and intuitive life lessons that can be applied today. The book also includes a glossary to describe unfamiliar terms for greater understanding of the stories and their meanings.

About the Authors

LAURA BURGES (Ryuko Eitai) is a lay-entrusted Buddhist teacher in the Soto Zen tradition. She received monastic training at Tassajara Zen Mountain Center and lectures, teaches classes, and leads retreats at San Francisco Zen Center and other practice centers in Northern California. Her book *Buddhist Stories for Kids* won Gold in the Moonbeam Children's Book Awards in 2023.



PRACHI MURARKA is an Ayurvedic practitioner, access consciousness facilitator, author, yoga and meditation teacher, animal and plant communicator, light grid scribe, and workshop facilitator. She is a bi-national globe trotter who spends her time between India and the United States.

About the Illustrator

WEN HSU is a Taiwanese-Costa Rican illustrator. She has a wide range of styles working with papercuts, ink, watercolor, textiles, and digital art. She has illustrated stories for children in Guatemala, Nicaragua, Costa Rica, India, Japan, Korea, and China. *Kuan Yin* is her most recent book for Bala Kids

Juvenile Fiction - Religious - Buddhist

Juvenile Fiction - Social Themes - Values & Virtues

Juvenile Fiction - Legends, Myths, Fables - Asian

BALA KIDS

05/26/2026

PAGES: 144

ISBN: 9781645471547

YOGA

The Ocean of Yoga

A Complete Guide to Living the Teachings, Tradition, and Practice

By Amy Landry

\$21.95 - Trade Pbk

About the Book

A definitive guidebook to the core principles and practice of yoga—from its traditional roots to the latest contemporary developments.

Immerse yourself in the timeless practice of yoga with this essential and accessible guide. With a commitment to honoring rather than modifying the tradition of yoga, experienced teacher Amy Landry unveils the vast ocean of yoga—from its rich history, texts, and traditions to the core principles and practice. Explore:

- A captivating overview of the history and evolution of yoga
- Key facets of subtle yogic anatomy, including *prana*, *koshas*, *nadis*, *kundalini*, *chakras*, *vayu*, and a map of the mind
- A practical framework inward that expands beyond the popularized eight-limbed approach
- Teachings on the tangible techniques, such as traditional joint movements, purification practices, *mudra*, meditation, mantra, and approaching yoga through an Ayurvedic lens
- Diverse paths, including Bhakti, Karma, Jnana, Raja, Hatha, Laya, and Tantra
- Guidance on living (and teaching) yoga through stewardship and lineage, while using the four aims and stages of life as anchors
- Foundational yoga texts, featuring the revered Bhagavad Gita and Patanjali's Yoga Sutra, alongside some lesser-known treasures
- The sanctity of Sanskrit, sound, and so much more

With a clear and inspiring voice, Landry offers pivotal insight to any student or teacher seeking a genuine connection to the depths of yoga.

About the Author

AMY LANDRY is a registered senior yoga teacher, Ayurvedic practitioner, mentor, Odissi dancer, podcast host, and founder of Shruti School of Yoga. She is known for her sold-out international retreats and has contributed extensively to *Australian Yoga Journal*, *OM Yoga & Lifestyle Magazine*, *YOGA Magazine*, and *Nature & Health Magazine*. Amy has presented across Australia at Wanderlust, evolve yoga festival, Byron Spirit Fest, and Ekam Yoga Festival.

Health & Fitness - Yoga

Body, Mind & Spirit - Mindfulness & Meditation

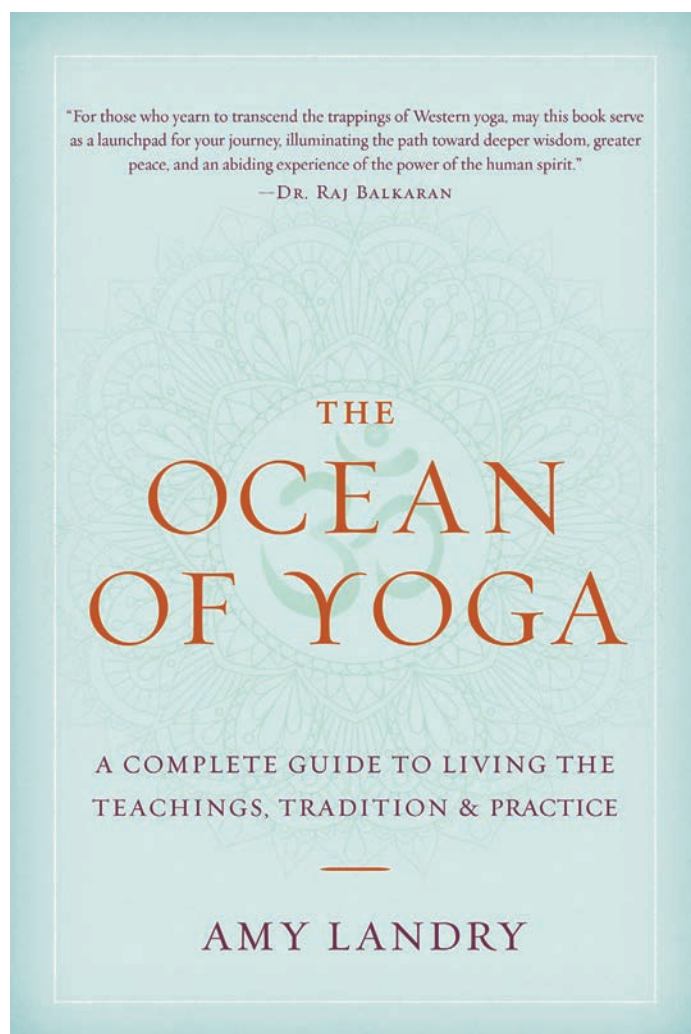
Health & Fitness - Exercise - Stretching

SHAMBHALA

03/31/2026

PAGES: 224

ISBN: 9781645474692



Wisdom of the Earth, Wisdom of the Body

**A Seasonal Guide to Chinese Medicine and
Yoga for Balance and Vitality**

By Jennifer Raye

\$24.95 - Trade Pbk

About the Book

Experience vibrant health and harmony through a unique, seasonal self-care approach that intertwines the earth-based wisdom of Traditional Chinese Medicine with yoga and meditation.

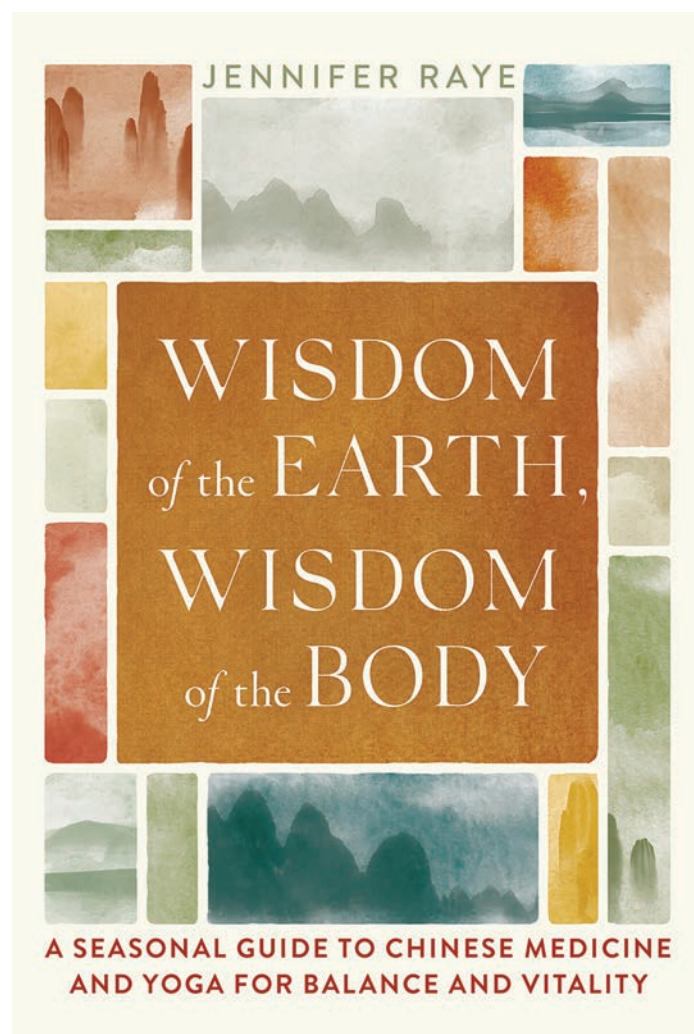
In this practical manual, experienced Traditional Chinese Medicine specialist and yoga teacher Jennifer Raye leads you through accessible movement, mindfulness, and healing practices aligned with the natural rhythm of the seasons.

Drawing from Chinese medicine and yogic practices, Raye offers gentle guidance on using yoga postures, diet, herbal medicine, massage, and other practices in harmony with the seasons, the weather, the time of day, and other environmental influences. The book includes:

- An introduction to using acupressure points
- An introduction to the five-element theory and how it manifests in your life
- Yoga postures that target the organs and meridians according to the Chinese medicine model
- Various meditations including Brahma Vihara meditations, guided Shamata meditation, and Inner Trust meditation
- Breathing techniques such as Bhramari Pranayama
- Inquiry suggestions and journal exercises
- And much more

About the Author

JENNIFER RAYE, R.TCM.P., is an internationally recognized Traditional Chinese Medicine practitioner and teacher, specializing in the intersection of Chinese medicine, yoga, and



mindfulness. Jennifer holds a postgraduate doctorate in Traditional Chinese Medicine, is a licensed practitioner, acupuncturist, herbalist, holistic nutritionist, and an experienced yoga and meditation teacher. Raye shares her writing on her popular website jenniferraye.com, and has been featured in print with *Mantra Magazine*, and many online blogs.

Health & Fitness - Alternative Therapies
Body, Mind & Spirit - Mindfulness & Meditation
Health & Fitness - Yoga

Subrights Sold: Dutch, Polish

SHAMBHALA
12/09/2025
PAGES: 312
ISBN: 9781645471721

Buddhism

Blossom Awakening

The Life and Poetry of Wandering Monk Saigyō

By Saigyō; translated by Peter Levitt and

Kazuaki Tanahashi

\$21.95 - Trade Pbk

About the Book

The essential introduction to Saigyō, one of Japan's greatest and most enduring poets.

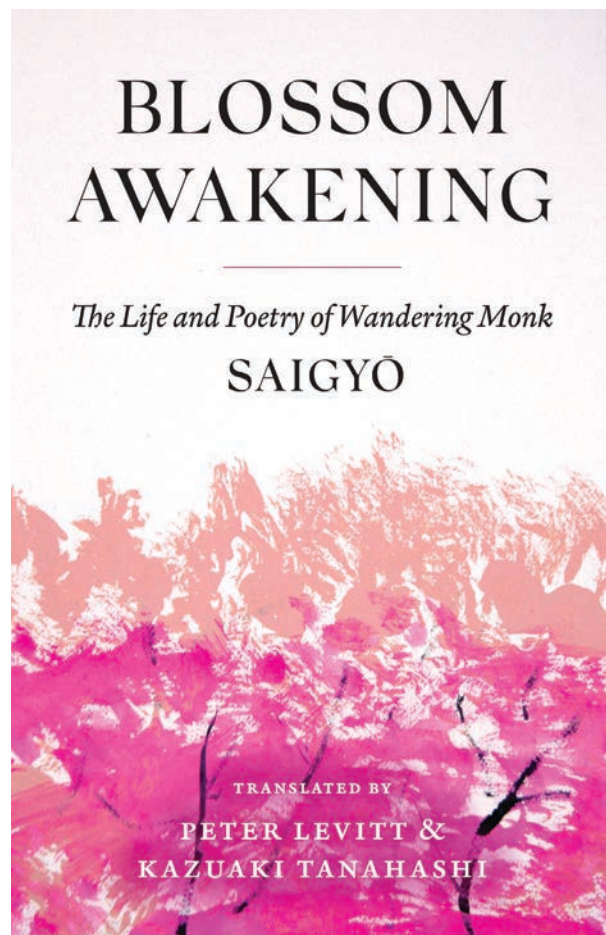
Born in the twelfth century during a time of great political upheaval and warfare, Saigyō made the shocking decision in his youth to resign from his respectable post as a guard to the emperor's family and pursue a life of Buddhist renunciation, wilderness wandering, and poetry. Over his lifetime he became one of Japan's most celebrated poets, and his aesthetics of spiritual longing and aching identification with the natural world left an indelible imprint on his country's literary culture for centuries to come.

With 193 poems on 11 themes like the moon, journeys, mountain abodes, love, and the dreamlike world, *Blossom Awakening* collects Saigyō's most poignant and impactful work, revealing him as a spiritual seeker whose perceptivity and insight remains an inspiration to this day. Translators Kazuaki Tanahashi and Peter Levitt present the poems with their original Japanese text and provide an introduction and commentary that illuminate the political, religious, and literary dimensions of Saigyō's life and work.

About the Authors

KAZUAKI TANAHASHI is a world-renowned calligraphic artist, a Zen teacher, author, environmentalist, peaceworker, and translator, particularly of the works of Eihei Dogen. He is author or translator of numerous books, and his art has been featured in shows throughout the world.

PETER LEVITT is a poet and Zen teacher who lives in British Columbia. He was authorized to teach in the lineage of Shunryu Suzuki by



Norman Zoketsu Fischer. He is the author or translator of several collections of poetry and is the recipient of the prestigious Lannan Foundation Award in Poetry. He also teaches creativity in writing and other endeavors in various venues.

Poetry - Asian - Japanese

Poetry - Ancient & Classical

Religion - Buddhism - Zen

SHAMBHALA

07/15/2025

PAGES: 312

ISBN: 9781645473633

The Buddhist Enneagram

Nine Paths to Create a Deeper Relationship with Yourself and Others

By Susan Piver

\$19.95 - Trade Pbk

About the Book

Buddhist wisdom meets the enneagram to offer spiritual guidance tailored to your unique personality.

This integrated framework, from *The New York Times* best-selling author Susan Piver, will help you become your best self, deepen your relationships, and embrace authentic connection.

This illuminating integration of the enneagram personality types with Buddhist wisdom offers a uniquely insightful path of self-discovery and spiritual growth that transcends traditional personality typing.

Meditation teacher Susan Piver combines nearly thirty years of experience as a Buddhist practitioner with enneagram teachings, offering readers a deeply personal and nuanced exploration of their spiritual journey that surpasses typical self-help narratives. Through personal anecdotes, reflective exercises, and spiritual wisdom, Piver demonstrates how understanding your type's inherent challenges and gifts can lead to profound personal transformation. The book also explores the three centers of intelligence, integration and disintegration patterns, and the unique spiritual challenges each type faces.

Readers will gain powerful tools for navigating relationships, understanding emotional patterns, and cultivating compassion for themselves and others. Whether you're new to the enneagram or a seasoned practitioner, this compelling work offers fresh perspectives on personal growth and spiritual development. Piver's authentic voice and deep insights make this an essential guide for anyone seeking to understand themselves more fully and create meaningful connections with others.



About the Author

SUSAN PIVER is *The New York Times* best-selling author of many books, including the award-winning *How Not to Be Afraid of Your Own Life*, *The Wisdom of a Broken Heart*, *Start Here Now*, and *The Four Noble Truths of Love*. Piver has been a practicing Buddhist since 1993 and graduated from a Buddhist seminary in 2004. She is an internationally acclaimed meditation teacher, known for her ability to translate ancient practices into modern life. Her work has been featured on The Oprah Show, TODAY, CNN, and in *The New York Times* and *The Wall Street Journal*, among other media. In 2013, she launched the Open Heart Project, the largest virtual mindfulness community in the world with 20,000 members.

Psychology - Interpersonal Relations

Self-Help - Emotions

Religion - Buddhism – Tibetan

Subrights Sold: No Spanish or Turkish

SHAMBHALA

03/10/2026

PAGES: 272

ISBN: 9781645475149

The Carefree-Ease Record

By David Hinton

\$27.95 - Trade Pbk

About the Book

In this radical new translation of a classic Ch'an (Zen) koan collection, David Hinton illuminates the Taoist dimensions of "carefree-ease," the effortless joy of the enlightened mind in harmony with earth and cosmos.

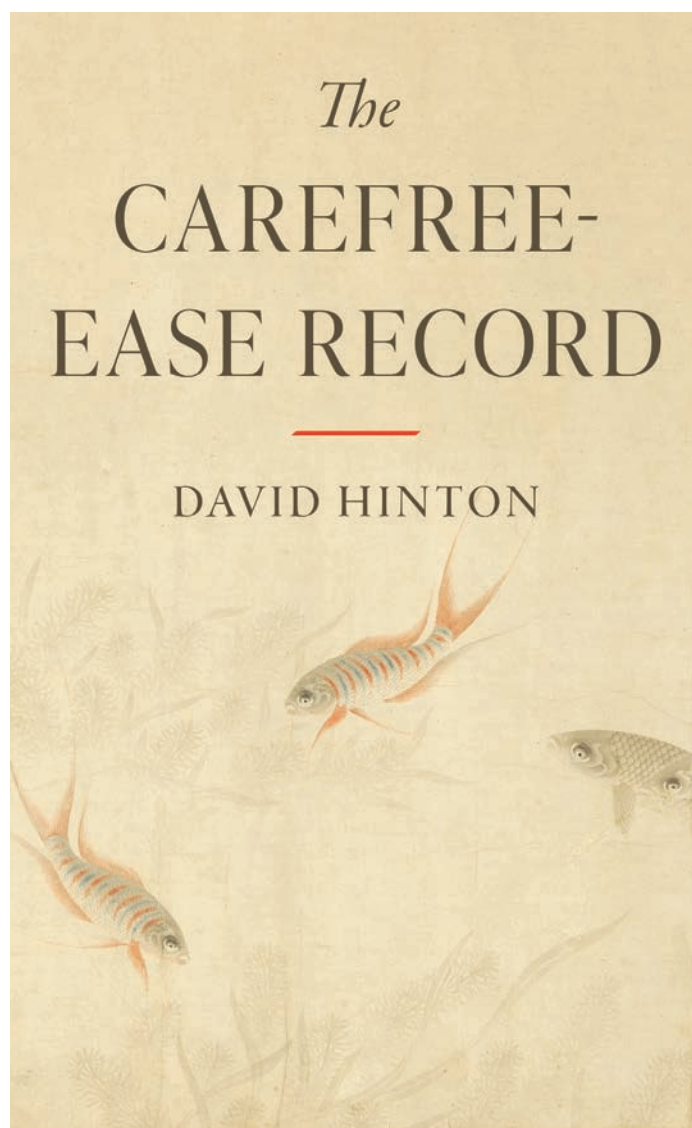
First collected by the Ch'an master Wisdom-Expanse (Hung-Chih) in the twelfth century, this collection of one hundred *kung-ans*, or koans, is an essential text for students of Ch'an and Zen. These miniature masterpieces of Chinese philosophy and literature offer a unique way of penetrating directly into the essence of Ch'an teaching, and in this new translation, Hinton affords readers an opportunity to experience these koans in English like never before.

Paring away the later commentaries that are usually presented with these koans, Hinton lets the original stories stand on their own, revealing themselves as nothing less than poetic expressions of the awakened mind. A far cry from the transcendence of life-and-death that typifies the traditional Buddhist goal of nirvana, this awakening is distinctly earthy and grounded in the rhythms of nature, shaped by the centuries of Taoist tradition that preceded Ch'an. "Carefree ease," writes Hinton, "is to move through life with the profound tranquility of the Cosmos itself as it unfurls through its perennial transformations."

Following his translation of *No-Gate Gateway* (2018) and *Blue-Cliff Record* (2024), this volume marks the completion of Hinton's project to translate all three of the classic koan collections.

About the Authors

DAVID HINTON has published numerous books of poetry and essays and many translations of ancient Chinese poetry and philosophy. This widely acclaimed work has earned Hinton a



Guggenheim Fellowship, numerous fellowships from NEA and NEH, and both of the major awards given for poetry translation in the U.S.: the Landon Translation Award and the PEN American Translation Award. Recently, Hinton received a lifetime achievement award by the American Academy of Arts and Letters.

Religion - Buddhism - Zen

Literary Collections - Asian - Chinese

Philosophy - Taoist

SHAMBHALA

09/02/2025

PAGES: 264

ISBN: 9781645472711

The Dharma of Healing

The Path of Liberation from Stress, Pain, and Trauma

By Justin Michelson

\$21.95 - Trade Pbk

About the Book

A handbook for spiritual freedom in an age of global polycrisis, offering a wise and warm path to liberation from stress, pain, and trauma through the doorway of true compassion.

The world is in turmoil because of its trauma. Our unhealed psychological wounds block our innate expressions of wisdom and compassion, setting the stage for ongoing conflict, division, and stress. Our fate, both individual and collective, lies in our capacity to heal—and healing starts with knowing the power, resilience, and essential goodness of our compassionate hearts. In *The Dharma of Healing*, Justin Michelson walks readers through an ingeniously simple approach to self-healing using the power of compassion. Step-by-step, he shows how compassion, when carefully cultivated, carries the greatest power to heal and transform.

Rooted in the ancient and proven wisdom tradition of Buddhism but written for the modern seeker, *The Dharma of Healing* is an essential guide for anyone who longs for inner peace in a world that is anything but peaceful. Michelson synergizes psychological and spiritual principles to present a clear path to freedom and provides dozens of guided audio meditations that empower readers to walk the path themselves. Whether you're just starting a healing journey or spiritual practice, or you've been walking the path for decades, this book will meet you right where you are and take you as far as you're ready to go.

About the Author

JUSTIN MICHELSON is a teacher in the insight meditation tradition with over twenty years

The DHARMA of HEALING

THE PATH OF LIBERATION
from STRESS, PAIN, and TRAUMA



JUSTIN MICHELSON

Foreword by Rodney Smith

of training at Spirit Rock Meditation Center, Insight Meditation Society, Vipassana-Metta Foundation, and Cloud Mountain Retreat Center. He is the founder and lead teacher for two meditation centers based in Eugene, Oregon—Nature's Heart: Center for Natural Mindfulness and the Eugene Insight Meditation Center.

Self-Help - Communication & Social Skills
Psychology - Mental Health
Philosophy - Buddhist

Subrights Sold: Portuguese (Brazil)

SHAMBHALA

06/17/2025

PAGES: 336

ISBN: 9781645473640

How Compassion Works

Buddhism and Psychology for Cultivating Well-Being, Love, and Wisdom

By John Makransky and Paul Condon
\$24.95 - Trade Pbk

About the Book

Mindfulness training adapted from Tibetan Buddhism and contemporary psychology to help people from all faiths or from none uncover their innate capacity for love, compassion, and wisdom.

Everything we care about—our mental and physical well-being, our relationships, our spiritual life, our ability to be useful to others—depends on our ability to access love and compassion within ourselves first. In this clear, step-by-step guide, John Makransky and Paul Condon show us how to tap this innate power through their evidence-based method of Sustainable Compassion Training (SCT).

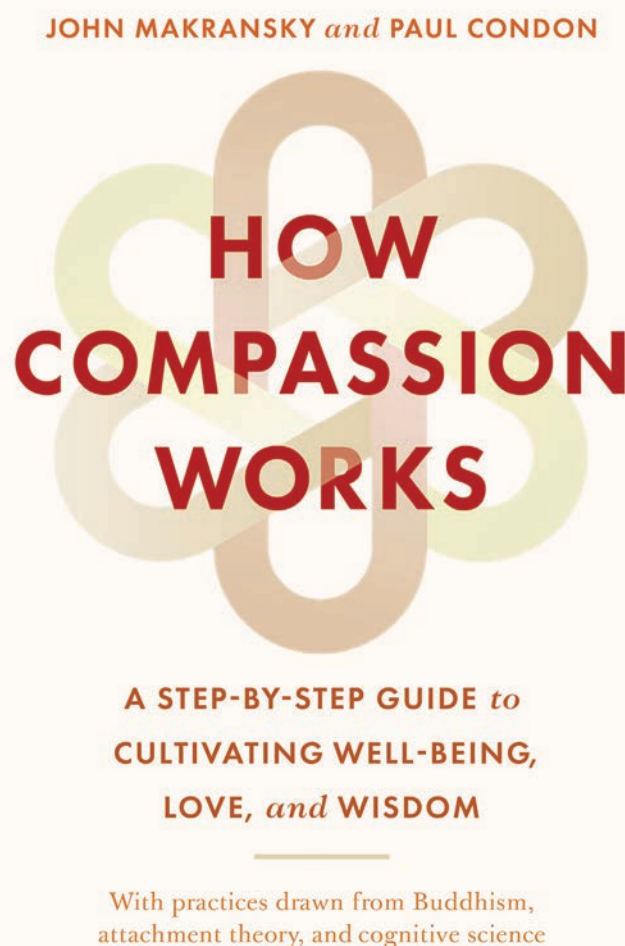
With practices drawn from Tibetan traditions, attachment theory, and cognitive science, SCT offers a progressive series of meditations designed to foster a sense of love, compassion, worth, and presence in ourselves so we can then turn around and extend these same qualities to others and the world.

Organized into three categories—receptive mode, deepening mode, and inclusive mode—the practices gradually build our capacity for unconditional care from within. Additional meditations develop a capacity for cultivating empathy that helps avoid empathic distress, compassion fatigue, or burnout.

A flexible approach that invites us to bring our personal religious or spiritual beliefs and experiences into the process, SCT provides a reliable framework of practice for anyone who does not want to abandon their identity or affiliations for a purely secular approach to mindfulness.

About the Authors

JOHN MAKRANSKY is associate professor of Buddhism and comparative theology at Boston



College, senior academic advisor for Chökyi Nyima Rinpoche's Centre of Buddhist Studies at Rangjung Yeshe Institute in Nepal, former president of the Society of Buddhist-Christian studies, a contemplative fellow of the Mind and Life Institute, and cofounder of the Foundation for Active Compassion and Courage of Care Coalition. He is an ordained lama in the Nyingma tradition of Tibetan Buddhism.

PAUL CONDON is assistant professor of Psychology at Southern Oregon University, a research fellow of the Mind and Life Institute, and a meditation teacher with the Foundation for Active Compassion.

Self-Help - Meditations
Religion - Buddhism - Tibetan
Psychology - Mental Health

SHAMBHALA
06/24/2025
PAGES: 288
ISBN: 9781645471738

In Search of the Bodhisattva Way

The Child Sudhana's Journey to Enlightenment from the Avatamsaka Sūtra

By Kosei Morimoto
\$35.95 - Trade Pbk

About the Book

A retelling of Sudhana's story from the *Avatamsaka Sūtra*, this book chronicles a child's quest to seek spiritual wisdom from fifty-five bodhisattvas. Each chapter focuses on a different bodhisattva, with accompanying images from a twelfth-century Japanese painted scroll.

What does it mean to dedicate yourself to the spiritual path with the innocence of a child? The answers to that are revealed in the story of a little boy named Sudhana, protagonist of the longest chapter in one of the oldest and most prominent Mahāyāna Buddhist sūtras.

In Search of the Bodhisattva Way is Kōsei Morimoto's summary of "Entering the Dharma Realm" (Gandavyūha), the final chapter of the *Avatamsaka Sūtra*, which had a lasting influence on painting and sculpture across Asia. This full-color book contains images from *The Painting Scroll of the Fifty-Five Avatamsaka Sites*, created by an unknown artist dated to the end of the twelfth century and designated a National Treasure of Japan.

The core of the book consists of fifty-five short chapters, each of which centers around a different bodhisattva. The early Indian Mahāyāna cosmology and doctrine represented in these narratives are grounded in the idea of emptiness but also an expansive infinite notion of enlightened mind illuminating everywhere. For example, the bodhisattva Megasrī, the first master Sudhana visits, shows with his supernatural power that there are countless enlightened beings in an infinite number of worlds. Sāgaramegha, the second master, shows how to separate one's consciousness or soul from the physical body, thereby being able to fly in the air or appear in multiple locations. It is only at the end of his journey that Sudhana is shown the direct path to enlightenment.



This work is academic, spiritual, and artistic, including an introduction detailing the sūtra's long reception history by the author, Dr. Morimoto, the former head of the Japanese Avatamsaka (Kegon) school and abbot of Tōdai monastery.

About the Author

KŌSEI MORIMOTO (b. 1934) entered Tōdai Monastery at age fifteen. He received his PhD from Kyoto University in Islamic Studies. He served as the abbot of Tōdai Monastery and the head of the Kegon (Japanese Avatasaka) School, 2004–2007. His publications include *Sekai ni Hirake Kegon no Hana* (*Open for the World: Avatamsaka Blossoms*) and *The Fiscal Administration of Egypt in the Early Islamic Period* (1981).

Religion - Buddhism - Sacred Writings
Art - Asian - Japanese
Philosophy - Buddhist

Subrights Sold: No Japanese

SHAMBHALA
02/17/2026
PAGES: 320
ISBN: 9781645473831

In This Body, In This Lifetime

Awakening Stories of Japanese Soto Zen Women

By Edited by Esho Sudan, translated
by Kogen Czarnik
\$24.95 - Trade Pbk

About the Book

Available for the first time in English, an intimate look into the private lives and spiritual experiences of 30 nuns and laywomen practicing under pioneering female Zen master Sozen Nagasawa Roshi in World War II-era Japan.

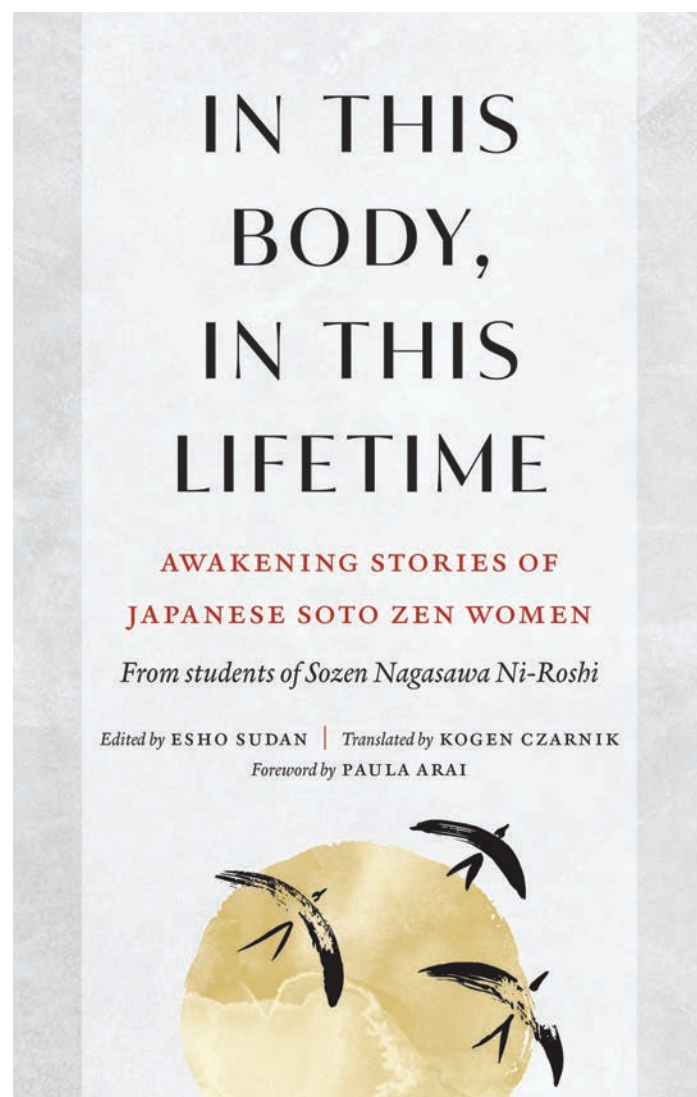
Born in 1888, Sozen Nagasawa Roshi was a pioneer of women's monastic Zen practice in Japan. With a profound wish to become a nun from a young age, she persevered through the extreme social pressures and material difficulties facing women of her generation to become an abbess who trained hundreds of students (primarily women), won equal rights for Japanese nuns, and established organizations to support nuns and laywomen practitioners.

Known for her compassion and fierceness, Nagasawa Roshi used a rigorous koan practice to guide her students to *kensho* (enlightenment). As more and more students awakened, she asked them to write about their experiences. These stories were initially published in a Japanese magazine and subsequently compiled into a book published in Japan called *Collection of Experiences in Zen Practice*.

These stories offer an intimate look into the personal lives and spiritual determination of women who longed to end their suffering and awaken to their true nature despite the obstacles they faced. A rare glimpse into Zen practice in World War II-era Japan, these inspiring women confront loss, grief, food shortages, air-raid sirens, and a cultural crisis with grit and courage as they persist in their efforts to end their suffering and the suffering of all.

About the Authors

ESHO SUDAN (editor) is a Soto Zen nun and teacher based in Japan. She teaches the Baikaryu style of chanting and has worked as an editor for various monastery publications in Japan, the United States, and Australia for more than two decades.



KOGEN CZARNIK (translator) is a Zen Priest in the Soto tradition, in the lineage of Tangen Harada Roshi. He is the editor of *Throw Yourself into the House of Buddha*.

KOJUN SOZEN NAGASAWA ROSHI (1888–1971) was a pioneer of women's monastic Zen practice in Japan. She received ordination from Daiun Sogaku Harada Roshi, who arranged for her to train at Shogen-ji, a men-only monastery known for its rigorous practice. In 1935, she established Kannon-ji, a temple for nuns, where she guided generations of nuns and laywomen to an awakening experience. A fierce advocate for equal rights for female Zen practitioners, she also served as vice president of the Soto Schools Nuns Organization (established in the mid-1940s) and the Japan's Nuns Organization (established in 1951).

Religion - Buddhism - Zen
Biography & Autobiography – Women
History - Asia - Japan

SHAMBHALA
06/17/2025
PAGES: 232
ISBN: 9781645473589

Meeting the Myriad Things

A Zen Practitioner's Guide to Dogen's Genjokōan

By Shinshu Roberts; with contributions by
Shohaku Okumura and Zuiko Redding
\$29.95 - Trade Pbk

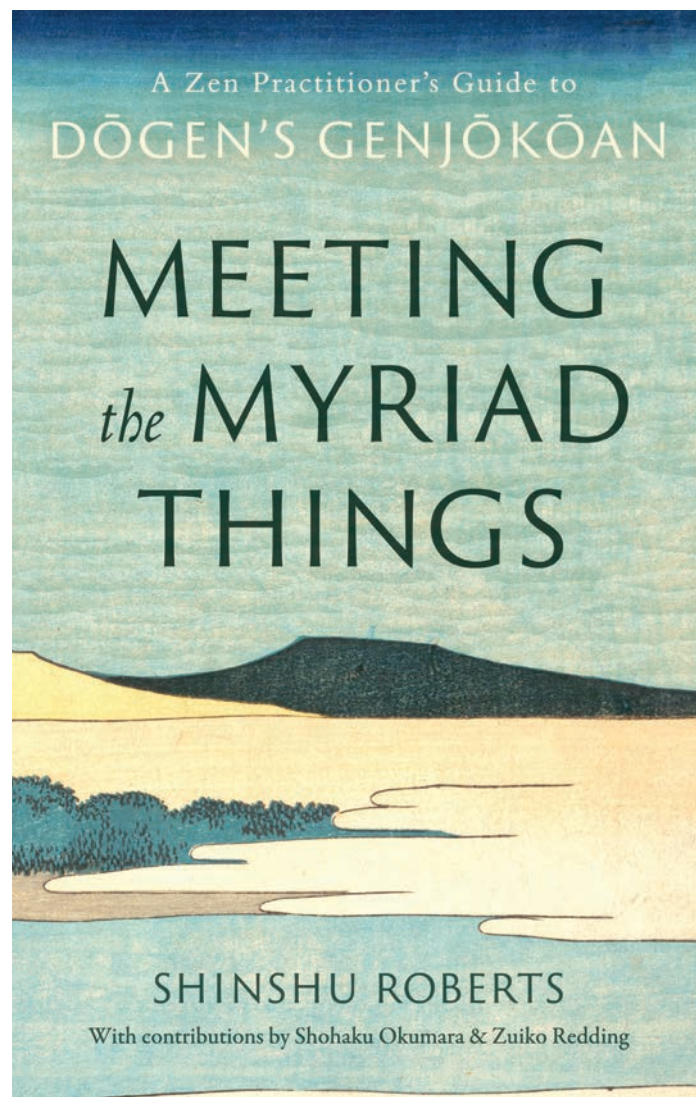
About the Book

A fresh commentary on Dōgen's most famous teaching that offers a concise guide to awakening Buddha mind for the contemporary Zen practitioner.

In the words of Eihei Dōgen, the thirteenth-century Buddhist monk who introduced the Sōtō school of Zen to Japan, "To study the Buddha way is to study the self. To study the self is to forget the self. To forget the self is to be actualized by myriad things." Centuries later, these enigmatic words from his seminal *Genjōkōan* (*Actualizing the Fundamental Point*) are still studied in Zen communities the world over.

But what did Dōgen really mean when he encouraged studying the self to forget the self? In this innovative new commentary, respected Zen teacher Shinshu Roberts takes readers on a journey to understand Japan's great Buddhist philosopher. In contrast to prevailing Western commentaries, Roberts applies her deep familiarity with Dōgen's work to illuminate the text as a cohesive whole—a unified story in which Dōgen teaches how to develop one's eye of practice.

In addition to a full translation of Dōgen's *Genjōkōan*, this volume includes the commentary *Okikigaki-sho* (*Notes of What Was Heard and Extracted*) written by two of Dōgen's direct students—the first time an English translation of this highly influential work has appeared in print.



About the Author

SHINSHU ROBERTS is a Dharma Heir of Sojun Mel Weitsman in the lineage of Shunryu Suzuki Roshi. She received her priest training at San Francisco Zen Center and from the North American branch of the Japanese Soto School. She has been appointed Kokusaifukyoshi (International Dharma Teacher) by the Shumicho (Japanese Soto Administration). She cofounded Ocean Gate Zen Center in Capitola, CA with her spouse Jaku Kinst. She is the author of *Being-Time: A Practitioner's Guide to Dogen's Shobogenzo Uji*.

Religion - Buddhism - Zen

Philosophy - Zen

Religion - Buddhism - Rituals & Practice

SHAMBHALA

08/19/2025

PAGES: 312

ISBN: 9781645472728

Nothing to Attain

Zen Stories of Faith and Understanding

By Reb Anderson

\$19.95 - Trade Pbk

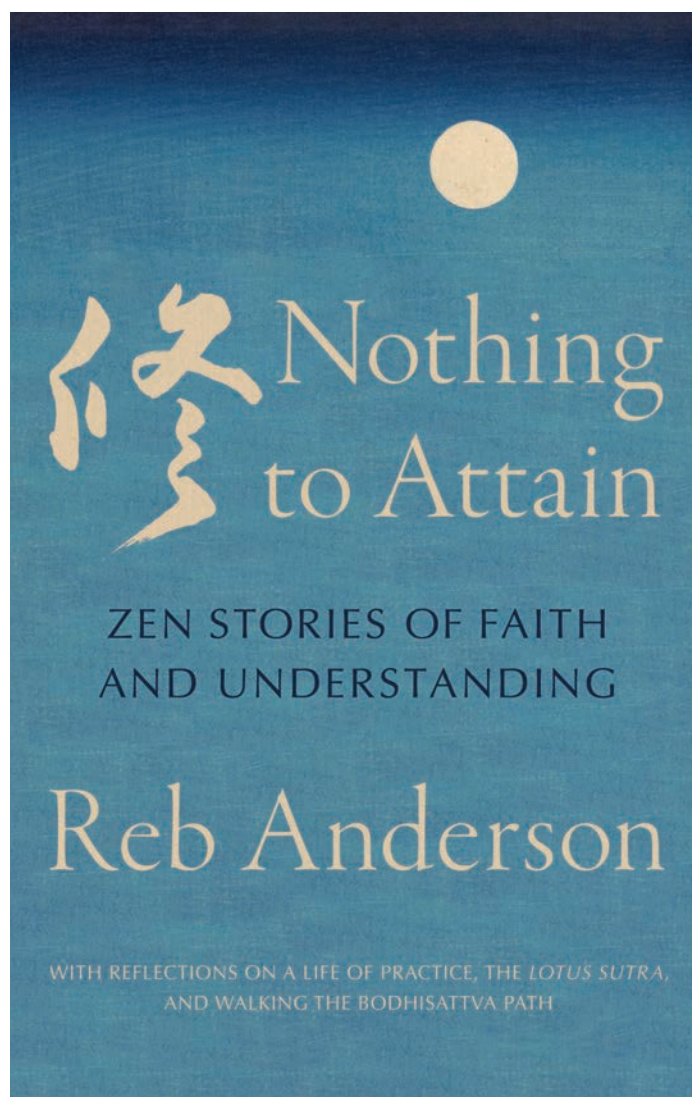
About the Book

An exploration of the Zen Buddhist path through classic stories of the tradition—from the esteemed Zen teacher Reb Anderson.

You are a bodhisattva, a being on the path to enlightenment whose true nature is completely pure and always accessible. You just don't remember it.

In the great Buddhist text the *Lotus Sutra*, there is a striking parable that expresses this idea. A child leaves his home village and becomes a destitute young man. Years later, he comes upon his father, who has moved to a new city and become quite wealthy—but he doesn't recognize him. His father, however, recognizes the son, and sees his potential to become a great man. Slowly, his father trains him in the ways of maintaining the household, and slowly, the son gains confidence in himself. One day, having witnessed the son's growth in character, his father tells him, "From now on, you and I are to be no different." He reveals the truth of their family bond and bequeaths all his wealth to his son.

We already are what we most deeply yearn for, and yet we need training to recognize this truth—such is the essence of the Zen spiritual path. Informed by a lifetime of practice, this mature reflection explores key aspects of Zen training—including the guidance of the teacher, the taking of precepts, the study of the mind, and the cultivation of compassion—through the lens of the parable of the destitute son. With insightful reflections on additional Zen stories, as well as the author's own life stories and memories of such legendary teachers as Shunryu Suzuki Roshi and Dainin Katagiri Roshi, *Nothing to Attain* offers readers a new way of looking at their own spiritual path—not as a journey to a foreign destination but as a homecoming to the place we've always belonged.



About the Author

REB ANDERSON moved to San Francisco from Minnesota in 1967 to study Zen Buddhism with Shunryu Suzuki Roshi, who ordained him as a priest in 1970. Since then, Reb has continued to study at San Francisco Zen Center. Reb served as abbot from 1986 to 1995 and is now a senior dharma teacher. He lives with his family and friends at Green Gulch Farm, where he teaches, lectures, and leads practice periods.

Religion - Buddhism - Zen

Philosophy - Zen

Religion - Buddhism - Rituals & Practice

SHAMBHALA

03/31/2026

PAGES: 208

ISBN: 9781645474272

Of Mud and Lotuses

Dreaming the Lives of Buddhist Women

By Paula Arai

\$18.95 - Trade Pbk

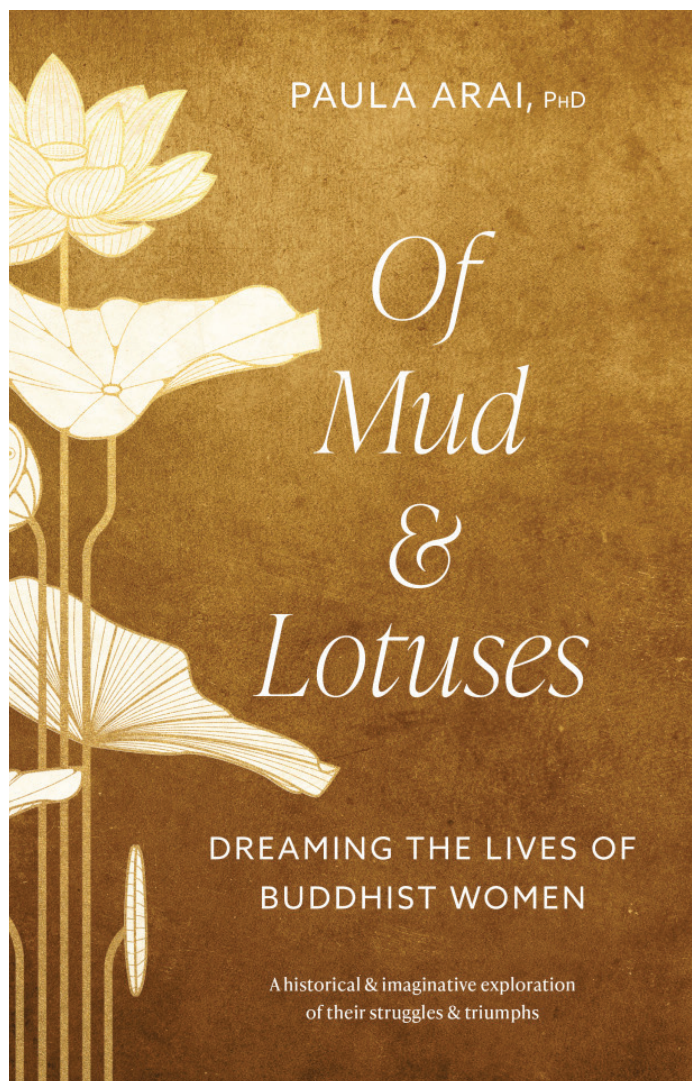
About the Book

A unique blend of personal reflection, historical fiction, and interview-based nonfiction that vividly imagines the lives of Buddhist women over 2,500 years, illuminating their hardships, resilience, and the creative ways they adapted the Dharma to daily life—often in ways history has ignored.

With lyrical storytelling and a perspective informed by decades as a Japanese American scholar of women in Buddhism, Paula Arai conjures the kitchens, temples, and intimate moments of Buddhist women's lives across India, Sri Lanka, China, Japan, and the contemporary U.S. A mother and daughter circle a stupa amid a scent of jasmine. The Buddha exchanges letters with Mahaprajapati, his aunt and adoptive mother. An ancient Indian queen proclaims the womb as the very cradle of Buddha-nature. A woman in fifth-century Sri Lanka expresses the Dharma by cooking for the local bhikkhus even as she cares for her ill sister-in-law. A widow finds solace in the communal rituals of a Japanese nunnery. In these historical-fiction short stories, motherhood is sacred and everyday, caregiving is both burden and liberation, and the "womb of the Buddha" pulses at the heart of spiritual awakening. Complementing these fictional pieces are Arai's personal and scholarly reflections on Buddhist women's history, as well as several nonfiction narratives of contemporary American Buddhist women whose struggles and triumphs reveal a striking continuity with the ancestors who preceded them.

About the Author

PAULA ARAI was raised in Detroit by a Japanese mother and did Zen training in Japan. She obtained her PhD in Buddhist Studies from Harvard University in 1993 and is now the



Eshinni & Kakushinni Professor of Women and Buddhist Studies at the Institute of Buddhist Studies in Berkeley, California. She is the author of *Bringing Zen Home: The Healing Heart of Japanese Women's Rituals*, *Women Living Zen: Japanese Soto Buddhist Nuns*, and *Painting Enlightenment: Healing Visions of the Heart*

History - Women

Religion - Buddhism - History

Body, Mind & Spirit - Inspiration & Personal Growth

SHAMBHALA

08/25/2026

PAGES: 144

ISBN: 9781645475217

Seeing the Bodies Within

Exploring the Samma Araham Practice of Theravada Buddhism

By Potprecha Cholvijarn

\$21.95 - Trade Pbk

About the Book

An in-depth examination of the Samma Araham tradition, a distinctive Theravada Buddhist meditation system that emphasizes visualization, mantra, and the discovery of the spiritual bodies within us.

Discovered in a vision by the monk Luang Pho Sot Candasaro in 1916, Samma Araham is a thriving meditation tradition in its native Thailand, but little understood in the West. In this fascinating overview, Jak Cholvijarn weaves together Candasaro's life story, the historical context that shaped his influential teachings, and the enduring legacy of the Samma Araham meditation system that he established. Drawing on Candasaro's own writings and sermons, Cholvijarn presents the entire Samma Araham meditation system in all its intricate detail, demonstrating how the practice incorporates elements of both canonical Buddhist texts like the *Satipatthana Sutta*, as well as the regional *boran kammattana* or "old meditation" practices that once thrived in Southeast Asia. Detailed descriptions of the meditative journey into a series of eighteen "inner bodies," each corresponding to different levels of Buddhist teaching reveal a colorful, mystical side of the Theravada tradition that has gone underappreciated in the age of mindfulness and insight meditation.

About the Author

POTPRECHA CHOLVIJARN earned his doctorate in Buddhist Studies at the University of Bristol. He is currently a special lecturer at the Thai Studies Center, Faculty of Arts, Chulalongkorn University.

SEEING the BODIES WITHIN

Exploring the Sammā Araham
Practice of Theravada Buddhism



POTPRECHA CHOLVIJARN

The meditation tradition of
Luang Pho Sot Candasaro

Religion - Buddhism - Theravada

Religion - Buddhism - History

History - Asia - Southeast Asia

SHAMBHALA

11/25/2025

PAGES: 168

ISBN: 9781645473381

Voices of Siam

Illuminating the Buddhist Path to Natural Reality

Translated by Bruce Evans; with writings from
Bhikku Buddhadasa, Ajahn Chah, P.A. Payutto,
and others
\$24.95 - Trade Pbk

About the Book

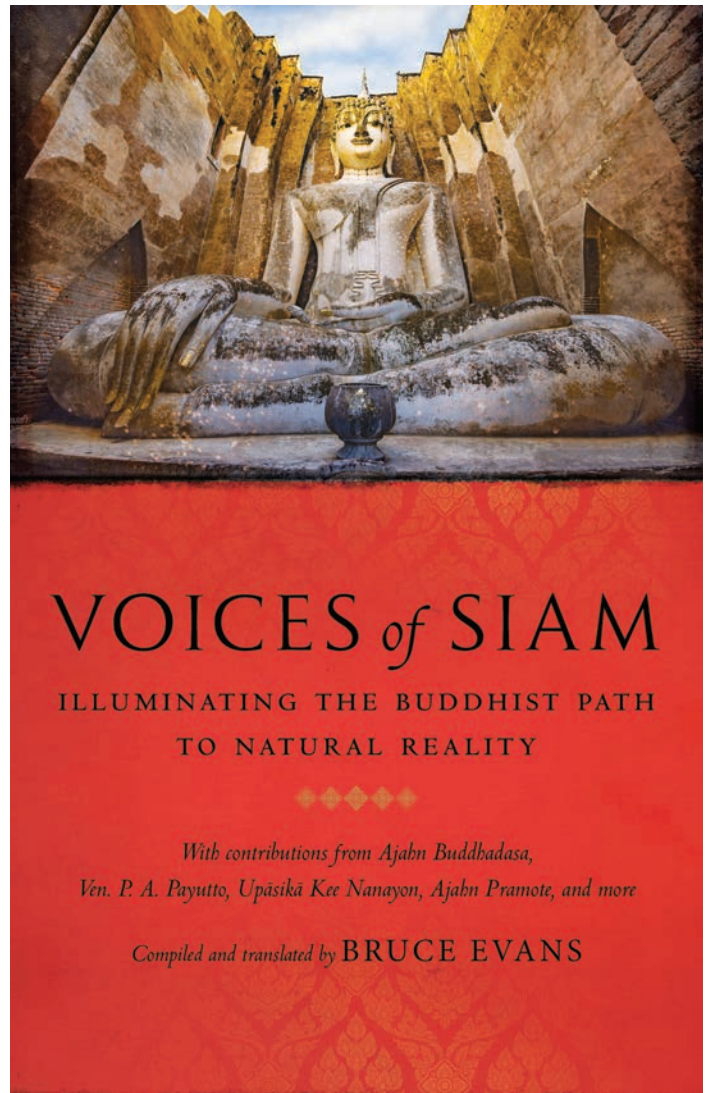
A rich compilation of teachings from revered Buddhist masters in Thailand's deep Theravada tradition.

Accessible, engaging, and inspiring, this collection of teachings reveals Thai Buddhism to be a no-nonsense, practical spiritual path with an emphasis on personal experience, mindfulness, ethical conduct, and confronting the roots of one's suffering head-on. Perfect for anyone interested in insight meditation, *Voices from Thailand* showcases the bountiful wisdom of the Buddhist tradition that inspired a generation of Western teachers—including Jack Kornfield, Joseph Goldstein, Sharon Salzberg, Sylvia Boorstein, and many more.

Translator Bruce Evans presents these timeless Dhamma teachings in English for the first time, masterfully conveying the unique voice of each teacher. Each chapter presents a complete teaching that can be readily applied to daily life and meditation practice—ranging from the mysterious “Girimananda Sutta,” originally discovered on a palm-leaf manuscript and translated into modern Thai in 1922, to contemporary talks given by a new generation of Buddhist masters.

About the Author

BRUCE EVANS is a translator, editor, and Theravada Buddhist practitioner. He took bhikkhu ordination under Ajahn Chah in the 1970s and lived for seventeen years as a monk in Thailand. From 1985 to 1992,



he served as abbot of a remote monastery on the Thailand-Laos border. He lives in Melbourne, Australia.

Religion - Buddhism - Theravada

Religion - Buddhism - Rituals & Practice

Religion - Buddhism - Sacred Writings

SHAMBHALA

12/16/2025

PAGES: 248

ISBN: 9781645473077

Waking Up and Growing Up

Spiritual Cross-Training for an Evolving World

By Diane Musho Hamilton, Gabriel Kaigen Wilson
\$19.95 - Trade Pbk

About the Book

A fresh, nuanced view of Zen integrates relational and emotional skill-building with traditional practices in a spiritual “cross-training” approach suited for the unique demands of modern life.

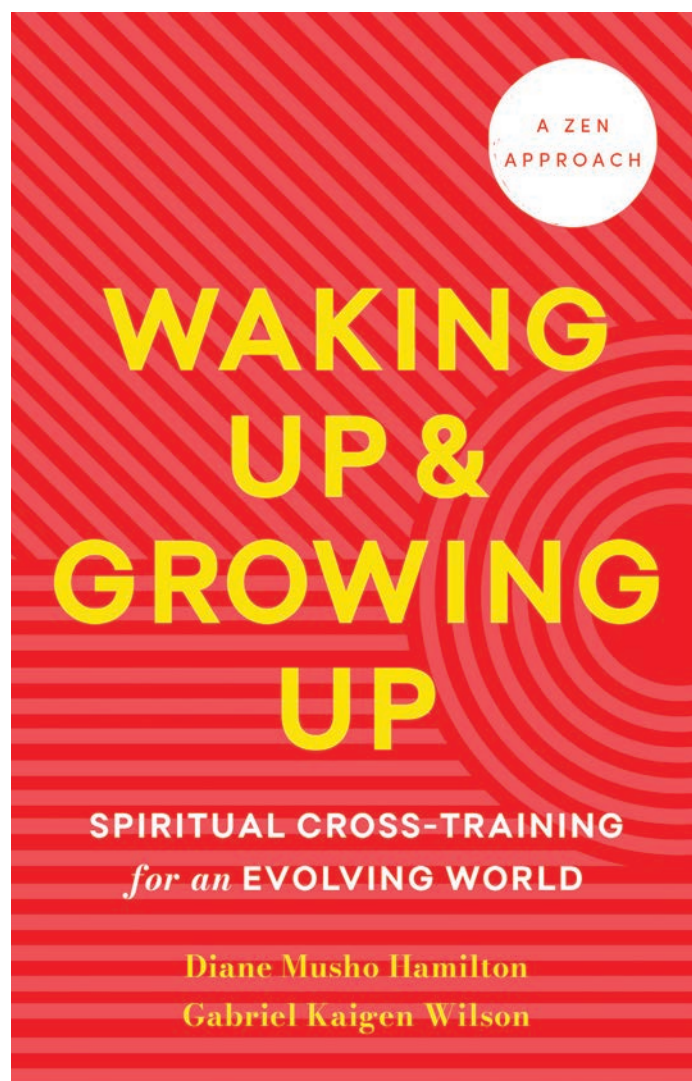
This compelling and innovative view of Zen practice gives people in their 20s and 30s a contemporary approach to spiritual development that is meaningful and actionable within the complexities of modern life. Grounded deeply in the tradition of Soto Zen, professional mediators and Zen practitioners, Diane Hamilton and Gabriel Wilson extol the virtues of sitting meditation, dharma study, and the student-teacher relationship. At the same time, they offer insight into the importance of emotional development and the maturation of relationship skills. This approach draws on insights from Integral psychology as taught by philosopher Ken Wilber, neurophysiology, trauma work, adult development, and teachings of the Zen masters to

- develop interpersonal communication skills;
- blend the spiritual path with the realities of contemporary life;
- learn how to navigate issues of inclusivity and diversity;
- explore issues of identity;
- train our power of attention rather than get caught up in social media, division, and crisis;
- mature our emotional and relational skills;
- and much more.

Complete with practices, exercises, and reflections in each chapter, this book offers an accessible, insightful approach to becoming more personally effective, compassionate, and spiritually awake.

About the Authors

DIANE MUSHO HAMILTON is an award-winning professional mediator, author, and teacher of Zen



meditation. She is the cofounder of Two Arrows Zen and founder of Real LIFE programs in Utah. She is the author of *Everything Is Workable*, *The Zen of You and Me*, and *Compassionate Conversations*.

GABRIEL KAIGEN WILSON is a conflict mediator and team coach, trainer for the Real LIFE programs, and senior practitioner in the Two Arrows Zen practice. He is a coauthor of *Compassionate Conversations*.

Religion - Buddhism - Zen

Self-Help - Communication & Social Skills

Body, Mind & Spirit - Mindfulness & Meditation

Subrights Sold: Spanish

SHAMBHALA

06/03/2025

PAGES: 200

ISBN: 9781645473114

The World Exists to Set Us Free

Straight-Up Dharma for Living a Life of Awareness

By Larry Rosenberg with Madeline Drexler
\$21.95 - Trade Pbk

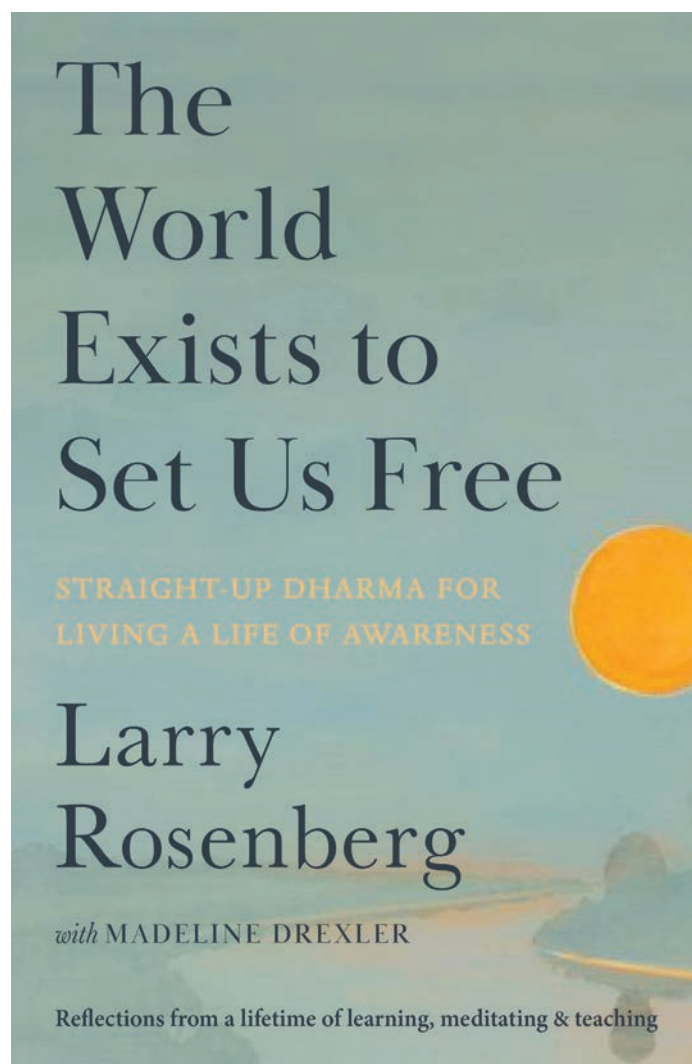
About the Book

Down-to-earth wisdom on how to live a life of authenticity and spiritual integrity, from one of the West's most respected teachers of vipassana meditation.

How does dharma wisdom show up in our lives every day? This collection of teachings by the beloved Insight Meditation teacher Larry Rosenberg offers clear, down-to-earth guidance on learning how to live a life informed by Buddhism—through questioning, reflective observation, and self-understanding. Rosenberg is known for presenting the essence of the Buddhism in a way that is unvarnished, utterly accessible, and that resonates with a wide audience. In this book he unpacks—with his signature engaging and iconoclastic style—such topics as meditation, silence, use of the breath, self-knowing, working with strong emotions, intimacy, illness and grief, among others.

There are few teachers who so epitomize the idea of “spiritual friend” in the way that Larry Rosenberg does. His teachings give a clear sense that dharma is very much a part of everyday life. This book is also informed by what Rosenberg considers his deeper and more immediate understanding of dharma that has come in recent years—a period marked in his own life by illness and disability—and in the life of the planet by a deadly pandemic, war, an existential climate crisis, and pervasive technological distraction. He speaks directly to readers about how to carry on a life of authenticity and spiritual integrity in the face of personal and global challenges.

An introductory essay, written by journalist and author Madeline Drexler, serves as a spiritual biography of Rosenberg, presenting his reflections on more than half a century of dedicated dharma practice and instruction. This essay illuminates what, for Rosenberg, were profound turning points and moments of realization—his long apprenticeships with foundational figures in twentieth-century Buddhism, including Ajahn Chah, Thich Nhat Hanh, Seung Sahn, and Ajahn Buddhadasa, as well as Indian philosopher Jiddu Krishnamurti.



About the Authors

LARRY ROSENBERG is the founder and guiding teacher of the Cambridge Insight Meditation Center, in Cambridge, Massachusetts, and is a former guiding teacher at the Insight Meditation Society, in Barre, Massachusetts. He is the author of three books, *Breath by Breath*, *Living in the Light of Death*, and *Three Steps to Awakening*.

MADELINE DREXLER is an award-winning Boston-based journalist and author who has studied with Larry Rosenberg since 2000. For ten years she served as editor of *Harvard Public Health Magazine*. Drexler's work has appeared in *The Atlantic*, *The New York Times*, *Tricycle*, *Undark*, *The Nation*, *The American Prospect*, *The Virginia Quarterly Review*, *Saveur*, *Nieman Reports*, and many other publications.

Religion - Buddhism - General
Religion - Buddhism - Theravada
Body, Mind & Spirit - Mindfulness & Meditation

SHAMBHALA
08/26/2025
PAGES: 248
ISBN: 9781645473947

With a Single Breath

The Complete Path of Mindfulness

By Melvin McLeod
\$19.95 - Trade Pbk

About the Book

Practice mindfulness as a complete, transformative path that expands and deepens its benefits to all aspects of our lives and society.

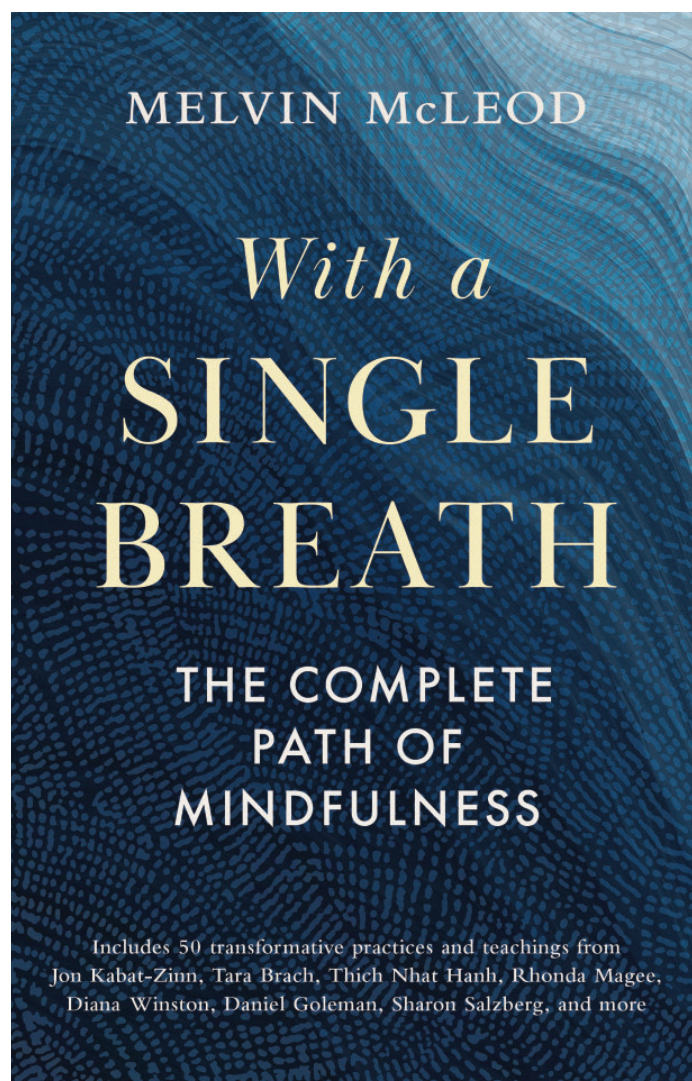
Includes more than fifty practices from renowned teachers such as Jon Kabat-Zinn, Tara Brach, Thich Nhat Hanh, Rhonda Magee, Diana Winston, Daniel Goleman, Sharon Salzberg, and many others.

With a Single Breath is the first book to introduce a step-by-step framework for practicing mindfulness as a comprehensive path of life.

Through five essential keys—Mindfulness Practice, Insight, Ethics, Love and Compassion, and Community—Melvin McLeod, draws on his fifty years of practice and wisdom to present a practical approach that expands mindfulness beyond simple meditation into a transformative life path that deepens and expands how mindfulness is defined, taught, and lived. He demonstrates how each of these interconnected keys can help you discover your natural goodness, develop deeper awareness, and create meaningful connections in an increasingly disconnected world.

The book includes fifty practices—five in each section—from renowned mindfulness teachers including Tara Brach, Diana Winston, Thich Nhat Hanh, Sharon Salzberg, Christopher Germer, Jack Kornfield, Mark Coleman, Jon Kabat-Zinn, Rick Hanson, Rhonda Magee, Sylvia Boorstein, Dr. Robert Waldinger, Pema Chödrön, Joan Halifax, and Robert Waldinger.

Based on universal human qualities and aspirations, not tied to any particular religion or philosophy, this transformative path is accessible to everyone and brings out the best in who we are as human beings.



About the Author

MELVIN MCLEOD is the founder and editor-in-chief of *Lion's Roar*, the largest Buddhist-inspired media organization in the English language, and cofounder of *Mindful Magazine*. He is a well-known, respected, and authoritative voice in the mindfulness and dharma fields. His own writings in *Lion's Roar* have been praised by leaders in the field and have attracted a large readership.

Self-Help - Meditations

Body, Mind & Spirit - Mindfulness & Meditation

Body, Mind & Spirit - Inspiration & Personal Growth

SHAMBHALA
07/07/2026
PAGES: 192
ISBN: 9781645474715

Tibetan Buddhism

Change Your Mind, Change Your Life

The Transformative Power of Lojong Practice

By Jetsunma Tenzin Palmo

\$19.95 - Trade Pbk

About the Book

Transform life's difficult moments into opportunities for growth with this clear and direct guide to Tibetan *lojong*, or mind training.

Take the Tibetan Buddhist approach to mind training with lojong, a practice of simple contemplations and pithy "slogans" to train the mind in enlightened compassion, or *bodhichitta*. A centuries-old, time-tested method, lojong remains readily applicable to daily life.

One of the most essential lojong texts is *The Seven Points of Mind Training*, a series of slogans composed by Tibetan master Geshe Chekawa Yeshe Dorje (1102–76). In this straightforward guide to *The Seven Points*, the renowned Buddhist teacher Jetsunma Tenzin Palmo unpacks each of Chekawa's lojong slogans and illuminates their relevance to modern life. Jetsunma's teachings will allow you to

- discover a wellspring of compassion to guide you in your daily life;
- gain a new understanding on core Buddhist concepts like the preciousness of human life, impermanence, karma, and rebirth;
- establish or develop a meditation practice for both tranquility and insight into the nature of mind;
- and work with the totality of your life as an opportunity for spiritual practice and growth—even the most difficult experiences of adversity, illness, and despair.

About the Author

JETSUNMA TENZIN PALMO was raised in London and became a Buddhist while still in her teens. At the age of twenty, she

The Transformative Power of Lojong Practice

CHANGE YOUR MIND, CHANGE YOUR LIFE

JETSUNMA TENZIN PALMO

author of *Reflections on a Mountain Lake* & *The Heroic Heart*

traveled to India, becoming one of the first Westerners to be ordained as a Buddhist nun. The international bestseller *Cave in the Snow* chronicles her twelve years of seclusion in a remote cave. Deeply concerned with the plight of Buddhist nuns, she established Dongyu Gatsal Ling Nunnery in India. In 2008, His Holiness the Twelfth Gyalwang Drukpa, head of the Drukpa Kagyu lineage, gave her the rare title of Jetsunma (Venerable Master).

Religion - Buddhism - Tibetan

Religion - Buddhism - Rituals & Practice

Body, Mind & Spirit - Mindfulness & Meditation

SHAMBHALA

05/26/2026

PAGES: 192

ISBN: 9781645474395

Dreams of a White Snow Lion

The Remarkable Life, Vision, and Deeds of the Dalai Lama

By Mariateresa Bianca and Sherab Dhargye
\$27.95 - Hard Cover

About the Book

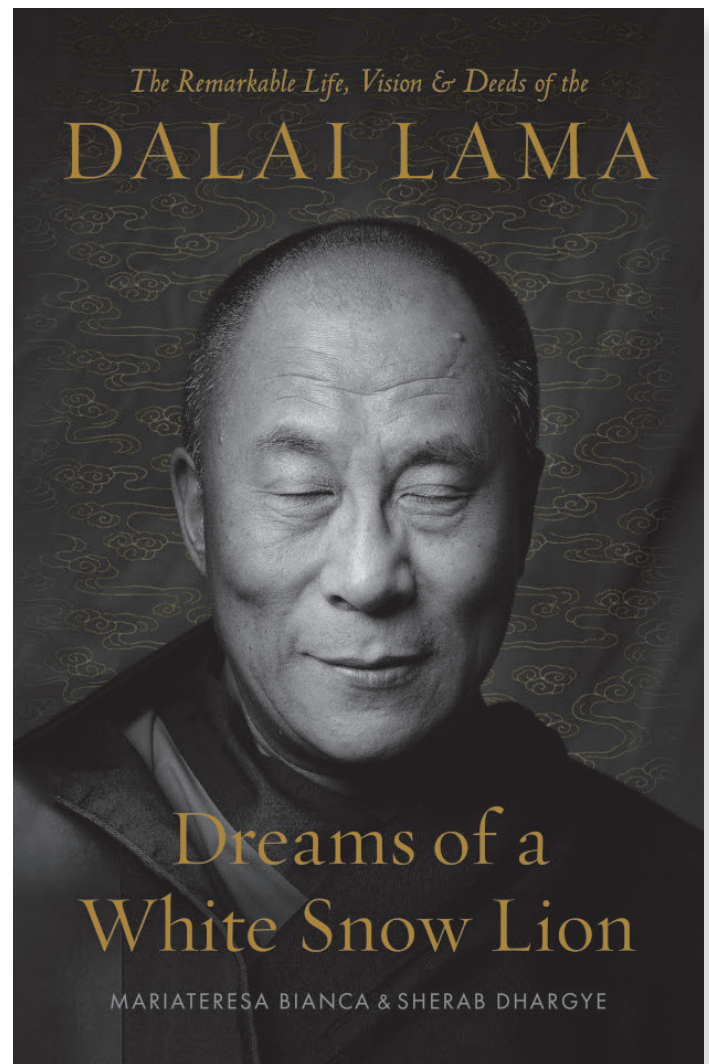
A spiritual biography of the Fourteenth Dalai Lama, Tenzin Gyatso, based on traditional Tibetan sources, presenting his united roles as political and spiritual leader in a complex global landscape.

This comprehensive biography of the Fourteenth Dalai Lama, Tenzin Gyatso, presents the unique spiritual journey of an unprecedented spiritual and political leader at the intersection of myriad complex political and geographical realms. The profound prophecies and karmic connections that shaped his leadership are revealed through a multifaceted lens of compassion, resilience, and strategic vision. This narrative explores his philosophical approach, particularly the Middle Way strategy, which advocates for dialogue and nonviolent resistance, while providing unprecedented insights into the internal dynamics of Tibetan governance and Buddhist ideals.

Beyond a mere historical account, this work draws from over fifty Tibetan sources on his life, along with the Dalai Lama's own words, from public international speeches to intimate teachings to close students. Representing a significant contribution to understanding the Dalai Lama's transformative leadership, this book offers profound reflections on resilience, cultural preservation, and the potential for compassionate action to transcend political boundaries.

About the Authors

SHERAB DHARGYE completed his monastic education at Gomang College of Drepung Monastery in South India. He has published twenty-five books in Tibetan including biographies, three volumes on modern Tibetan history, and a significant work on the Kalachakra Tantra in nine volumes. Sherab teaches Tibetan language to both Tibetans and Westerners and produces a Tibetan-medium Facebook account focused on the Dalai Lama's



views and teachings with tens of thousands of followers.

MARIATERESA BIANCA has lived and worked in Dharamsala, India, since 1993, with a period of five years' residence in the United States. She serves as a translator and interpreter of Tibetan language, notably for the Dalai Lama and senior Tibetan teachers.

Biography & Autobiography - Religious

Religion - Buddhism – Tibetan

Biography & Autobiography - Political

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SHAMBHALA

08/25/2026

PAGES: 464

ISBN: 9781645475415

The Flowing River of Dharma

Instructions on Parting from the Four Attachments Featuring Sakya, Kagyu, Nyingma, Kadam of Old, and Gelug Teachings

By Anyen Rinpoche and Allison Choying Zangmo
\$24.95 - Trade Pbk

About the Book

Discover succinct instructions for ending the habits that cause you so much suffering in this contemporary exploration of a foundational four-line teaching from Vajrayana Buddhism.

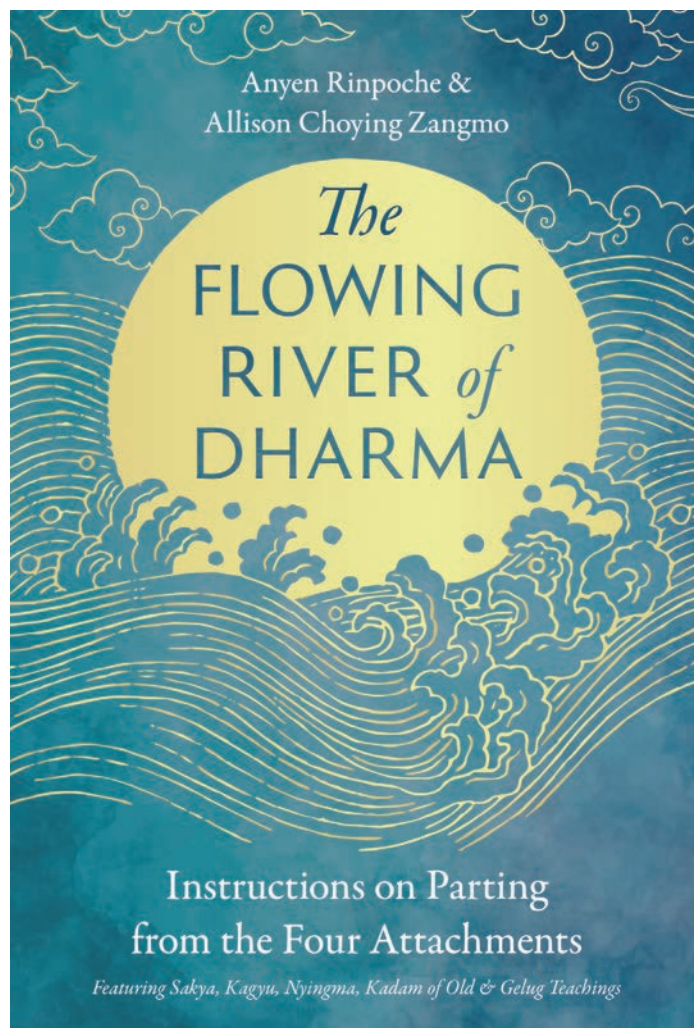
How do we break free from the habits and compulsions that bring us suffering? In the twelfth century, Sakya Drakpa Gyeltsen penned four short but significant lines, known as *Parting from the Four Attachments*, offering a concise guide to becoming a genuine dharma practitioner and charting a path to enlightenment.

In *The Flowing River of Dharma*, Anyen Rinpoche and Allison Choying Zangmo offer a fresh, contemporary exploration of this foundational text, drawing on insights from Anyen Rinpoche's teacher, Khenchen Tsara Dharmakirti Rinpoche, and a cave-dwelling hermit known as Lama Tsepel. Introducing the rime movement, which promotes cross-traditional learning to uncover core teachings, the authors use this approach to offer a comprehensive review of the text, referring to teachings from a variety of traditions, including *The Four Dharmas of Gampopa*, as well as texts from the Longchen Nyingthig lineage and Nyingma, Sakya, and Kagyud schools.

With clear language and a candid look at the challenges of dharma practice, the authors delve into the power of renunciation, understanding samsara's true nature, and cultivating bodhicitta—the altruistic intent to relieve others' suffering—as pathways to genuine happiness.

About the Authors

ANYEN RINPOCHE is a recognized tulku of the Longchen Nyingthig lineage within the Nyingma tradition. Born and raised in Amdo, Tibet, he trained extensively in Dzogchen meditation and Buddhist scholarship under his root teacher Kyabje Tsara Dharmakirti Rinpoche. Founder of the Orgyen Khandroling Buddhist Meditation Center in Denver, Colorado, Anyen Rinpoche is known for his deep



spiritual insight and accessible teaching style. He is the author of many books, often in collaboration with his wife and translator, Allison Choying Zangmo, including *Union of Dzogchen and Bodhichitta*, *Stop Biting the Tail You're Chasing*, and *The Tibetan Yoga of Breath*. He is founder of the Phowa Foundation, which focuses on preparing people for a peaceful and conscious death.

ALLISON CHOYING ZANGMO is Anyen Rinpoche's longtime student, personal translator, and collaborator. She has received extensive Buddhist training, including empowerments and teachings from various prominent Tibetan masters such as Khenchen Tsara Dharmakirti Rinpoche and Lama Damphel. With Anyen Rinpoche's encouragement, she began teaching through the Orgyen Khandroling Dharma Center in Denver, Colorado, in 2017.

Religion - Buddhism - Tibetan

Religion - Buddhism - Sacred Writings

Religion - Buddhism - Rituals and Practice

SHAMBHALA

11/18/2025

PAGES: 160

ISBN: 9781645473626

How Not to Miss the Point

The Buddha's Wisdom for a Life Well Lived

By Jetsun Khandro Rinpoche

\$21.95 - Trade Pbk

About the Book

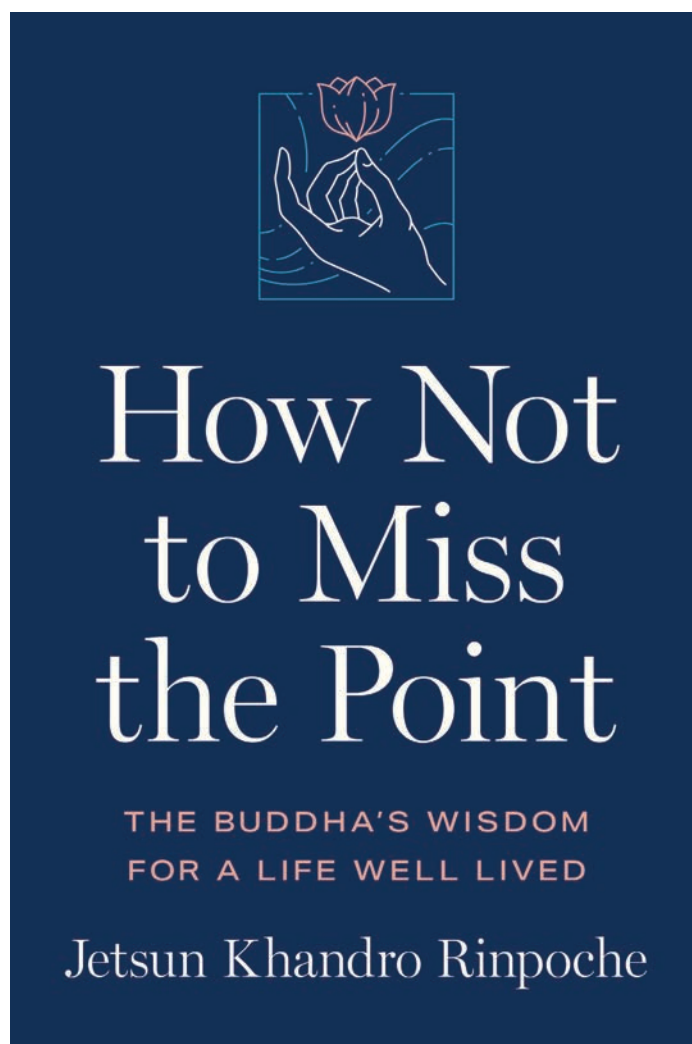
Cut through the noise and cultivate a meaningful and impactful life through the teachings of the Buddha.

We're bombarded with advice about how to live—how to find happiness, how to maintain relationships, how to help the world—and yet has all this advice brought us peace? In *How Not to Miss the Point*, beloved Buddhist teacher Jetsun Khandro Rinpoche focuses on the Buddha's core teachings—basic principles that are universally true, whether we are Buddhist or not—as a way to cultivate our inner light and work for good, no matter how the world unfolds around us.

Because the simplicity of the Buddha's fundamental teachings—the three basic laws of nature, four noble truths, and eightfold path—can get lost in complexity. Rinpoche goes straight to their heart to convey the Buddha's core message: If we want this life—our own life, the lives of others, and the life of our planet—to be fulfilling and good, we must accept responsibility for cultivating the best qualities of our human mind and life. To put the how-and-why into practice, Rinpoche guides us through the steps of the Buddha's path.

About the Author

JETSUN KHANDRO RINPOCHE is the daughter of Tibetan meditation master His Holiness Mindrolling Trichen and is herself a renowned teacher in the Kagyu and Nyingma lineages of Tibetan Buddhism. She teaches throughout Europe, North America,



and Asia. She is actively involved with the Mindrolling Monastery and Samten Tse Retreat Centre in India and other Samten Tse centers and associations around the world.

Religion - Buddhism - Tibetan

Religion - Buddhism - Rituals & Practice

Body, Mind & Spirit - Mindfulness & Meditation

Subrights Sold: Polish, Portuguese (Brazil), Spanish, Vietnamese

SHAMBHALA

06/10/2025

PAGES: 184

ISBN: 9781611808568

Releasing the Knot of the Mind

Instructions on Resting in Stillness and Awareness

By Anam Thubten
\$24.95 - Trade Pbk

About the Book

Release the complexity of conceptual thinking to rest in the nature of mind with this accessible exploration of essential Dzogchen teachings.

Renowned Buddhist teacher Anam Thubten presents a powerful exploration of the nineteenth-century yogi Dudjom Lingpa's essential Dzogchen teachings as found in his song of realization. Through clear, accessible language, Anam Thubten reveals traditional Tibetan Buddhist methods for recognizing and resting in our natural state of awareness, according to the Dzogchen, or Great Perfection, tradition. The book seamlessly integrates traditional Buddhist wisdom with contemporary insights. Readers will discover how to work with mental hindrances, cultivate genuine presence, and access the mind's inherent clarity.

This book provides invaluable tools for awakening to your true nature. Anam Thubten's teachings guide readers toward meeting life with equanimity and genuine compassion, without getting caught up in temporary experiences meditation can generate. This book serves as an indispensable companion for anyone seeking to transform their relationship with the knots of their own minds to rest in natural clarity and awareness. Includes a link to two guided audio meditations.



About the Author

ANAM THUBTEN is a Buddhist teacher in the Nyingma lineage of Tibetan Buddhism. He is the author of numerous books in both Tibetan and English. He is the spiritual advisor for both Dharmata Foundation and Kailash Fellowship, which is dedicated to preserving Dudjom Lingpa's lineage.

Religion - Buddhism - Tibetan

Self-Help - Meditations

Religion - Buddhism - Sacred Writings

SHAMBHALA
04/28/2026
PAGES: 208
ISBN: 9781645475446

Skymind

The Radical Path of Open Awareness

By Charlotte Rotterdam and Pieter Oosthuizen;
foreword by Lama Tsultrim Allione
\$29.95 - Trade Pbk

About the Book

Tibetan Buddhist wisdom meets modern life in this powerful guide that teaches you to face inner obstacles with courage, embrace all of life's experiences, and live with clarity and boundless awareness—even amid constant ups and downs.

Amid life's relentless challenges, uncertainties, and endless striving, how do we find a sense of ease, clarity, and connection? *Skymind* offers a way to step back from life's constant push and pull and discover the spaciousness and wholeness that has always been within you. Inspired by the revolutionary teachings of Machig Labdrön, an eleventh-century Tibetan yogini who pioneered a radical approach to inner freedom, this book introduces Skymind meditation—a practice that helps you cultivate clarity, compassion, and resilience by resting in the sky-like nature of your mind.

Through simple exercises, contemplations, and Machig's powerful verses, you'll be guided to meet life's challenges with courage and radical acceptance. These teachings invite you to embrace every part of your experience—even the emotions and thoughts you'd rather avoid—and discover the freedom that comes from including everything in your awareness. Whether you are new to meditation or a seasoned practitioner, *Skymind* offers profound insights and practical tools to help you live with authenticity, ease, and a heart as vast as the sky.

About the Authors

CHARLOTTE ROTTERDAM, MTS, and PIETER OOSTHUIZEN began their Dharmic paths over twenty-five years ago—Pieter through meeting the Dalai Lama in Dharmasala and later receiving teachings from Namkhai Norbu Rinpoche in South Africa; Charlotte through her graduate studies at

Harvard Divinity School. They met while directing Naropa University's School for Extended Studies in the late '90s. As program director, Charlotte invited numerous Buddhist teachers such as Lama Tharchin Rinpoche, Ponlop Rinpoche, Namkha Drimed Rinpoche, John Daido Looi Roshi, and Traleg Rinpoche. They later served as executive codirectors of Tara Mandala, the retreat center founded by Lama Tsultrim Allione, and are now senior teachers in that lineage. In 2016, Charlotte received the title Magyu Lopön from Lama Tsultrim, officially designating her lead teacher and lineage holder of the Mother Lineage at Tara Mandala. They've offered retreats at Tara Mandala and internationally since 2005

Religion - Buddhism - Tibetan

Body, Mind & Spirit - Mindfulness & Meditation

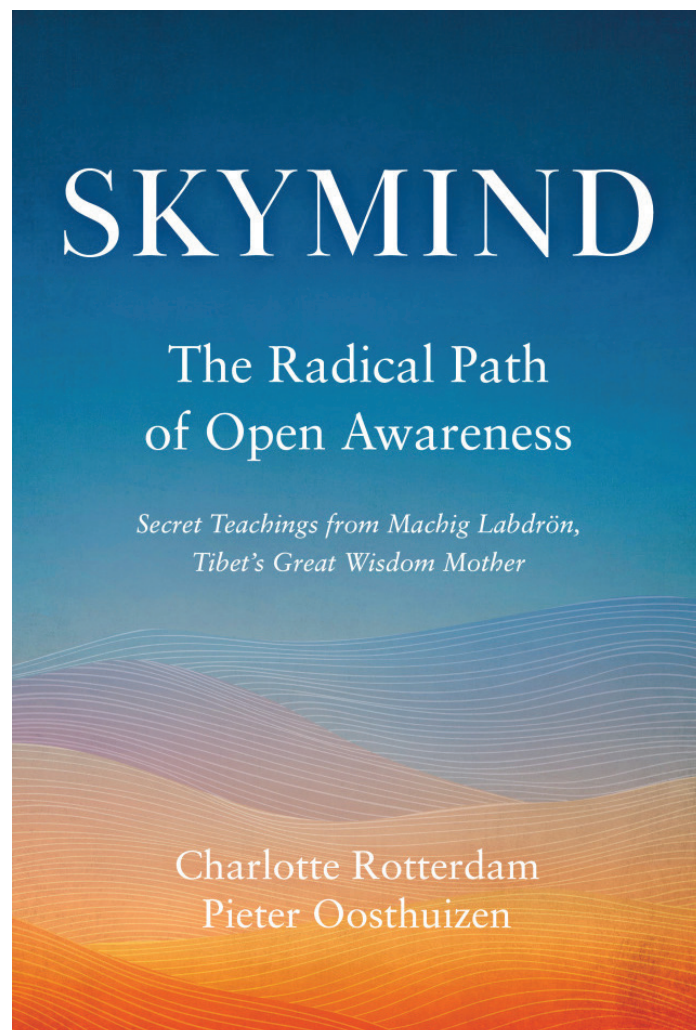
Religion - Buddhism - Rituals & Practice

SHAMBHALA

05/12/2026

PAGES: 288

ISBN: 9781645471394



The Vital Essence of Dzogchen

A Commentary on Dudjom Rinpoche's Advice for a Mountain Retreat

By Dudjom Rinpoche and B. Allan Wallace
\$27.95 - Trade Pbk

About the Book

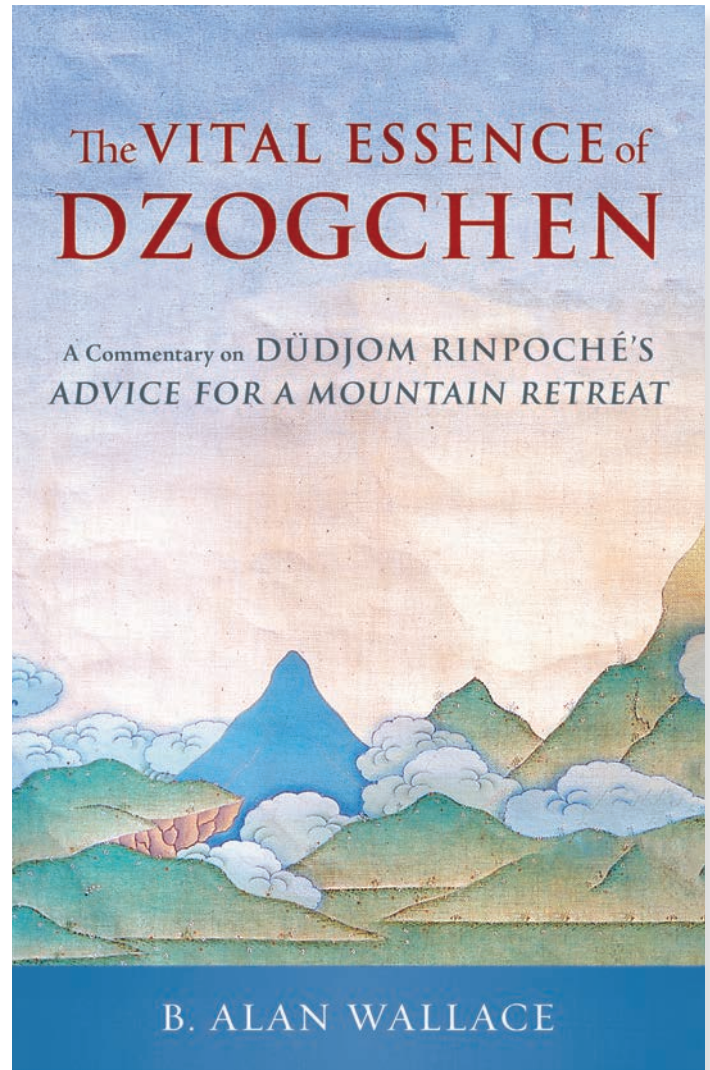
A modern commentary on a classic Tibetan text of instructions for practitioners of the Dzogchen tradition of Tibetan Buddhism, with practical step-by-step instructions for advanced Nyingma teachings on realizing the nature of mind.

B. Alan Wallace translates and comments on the text *Extracting the Vital Essence of Accomplishment: Concise and Clear Advice for Practice in a Mountain Retreat* by twentieth-century Nyingma master, Dūdjom Rinpoche, one of the greatest tertöns of the twentieth century, and also served as the first head of the Nyingma school of Tibetan Buddhism. Wallace elucidates the Great Perfection path, with its central object of meditation being the sustained recognition of the ultimate ground of existence.

Six concise and powerful practices composed by Wallace appear throughout the commentary, and there are several robust appendixes of additional commentarial and translated material. This volume is a manual usable for seasoned Dzogchen practitioners as well as a clear representation of the Nyingma Buddhist path for those interested in broader questions about direct and unmediated spiritual realization. "By extracting the essence of all meditative accomplishment through the practice of Dzogchen," Wallace states, "you draw forth the vital essence of consciousness itself."

About the Author

TSERING LAMA was ordained at the Mugsang monastery before traveling to Palyul and receiving transmissions from the great Khenpo



Ngaga Rinpoche, the second Drubwang Pedma Norbu Rinpoche, the fourth Karma Kuchen Rinpoche, the second Chögrül Rinpoche, and many others. After completing all stages of inner practice, he received the title of Vajra Acharya (tantric master). During his lifetime, he taught writing, poetry, astrology, and grammar and studied all of the important tantras. Before dying at the age of eighty-four, he wrote a large volume of poetry praising gurus of the Nyingmapa tradition.

Religion - Buddhism - Tibetan

Religion - Buddhism - Rituals & Practice

Religion - Buddhism - Sacred Writings

SHAMBHALA

08/19/2025

PAGES: 280

ISBN: 9781645473732

You Are Good, You Are Enough

Free Yourself from the Trap of Doubt and Return to Basic Goodness

By Lodro Rinzler
\$19.95 - Trade Pbk

About the Book

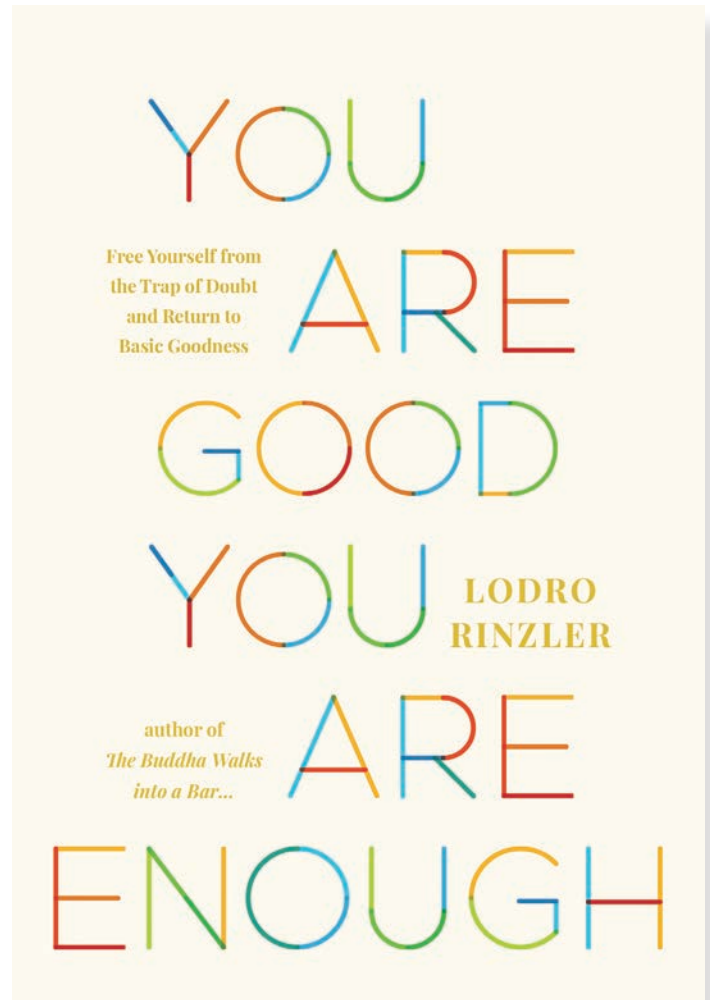
Is your inner critic running your life? Buddhist meditation teacher Lodro Rinzler shares down-to-earth wisdom to help you overcome self-doubt and find your authentic voice, with five guided meditation, and fifteen “on-the-spot” exercises.

Drawing from over two decades of teaching and leading meditation workshops, best-selling author Lodro Rinzler offers a transformative exploration of the Buddhist concept of basic goodness. In thirty-three short chapters, and through heartfelt anecdotes and practical exercises, he illustrates how recognizing our inherent self-worth can heal the wounds of isolation and fear exacerbated by modern society.

Rinzler explores:

- The core concept of basic goodness and the three steps of living a life based in basic goodness to integrate into your daily life.
- How we are born basically good, but society conditions us to doubt ourselves.
- Feelings of imposter syndrome.
- Our hyper focus on perfectionism.
- How to cultivate presence and curiosity in long-term relationships and to stay attuned to the basic goodness of your partner.
- How to combat overwhelm and connect to basic goodness when bombarded by the daily news cycle.
- And much more.

Rinzler offers us a path to rediscover our innate wholeness and cultivate compassion for ourselves and others. By embracing our basic goodness, Rinzler believes we can create a more connected, empathetic world. This book is a beacon of hope for anyone feeling disconnected or unworthy, showing that the key



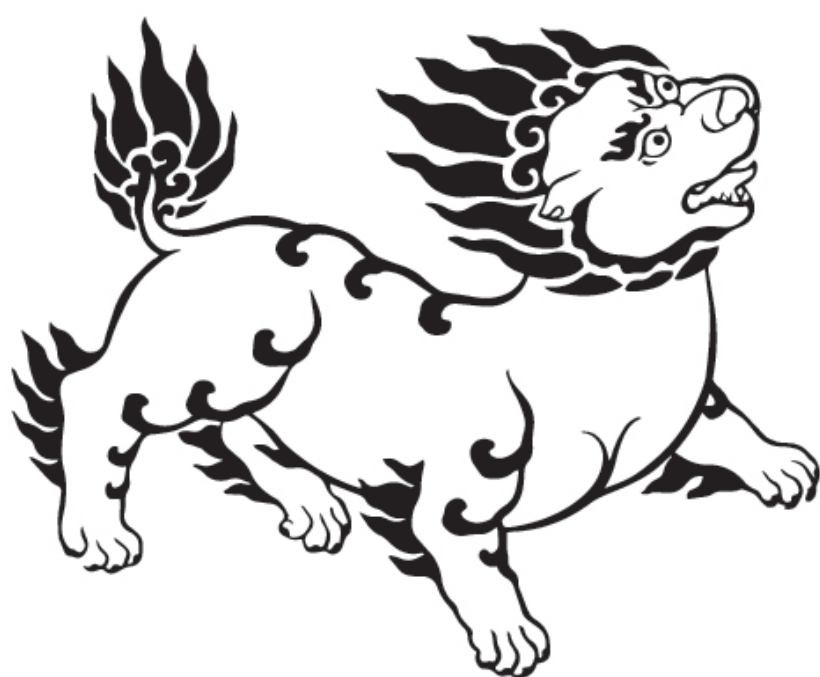
to a fulfilling life lies within our true nature. The book includes five guided meditations (which readers can also access as guided recordings online via a link in the book) and fifteen practical “on-the-spot” exercises.

About the Author

LODRO RINZLER is a Buddhist teacher and the author of several books, including the international bestseller *The Buddha Walks into a Bar*. He is also the cofounder of MNDFL meditation studios in New York City.

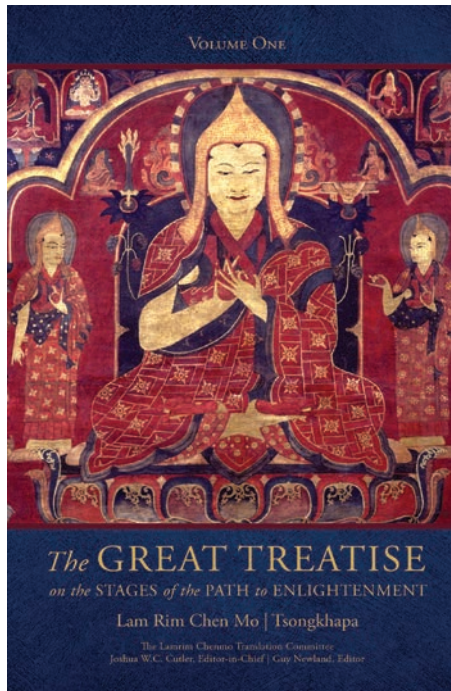
Body, Mind & Spirit - Mindfulness & Meditation
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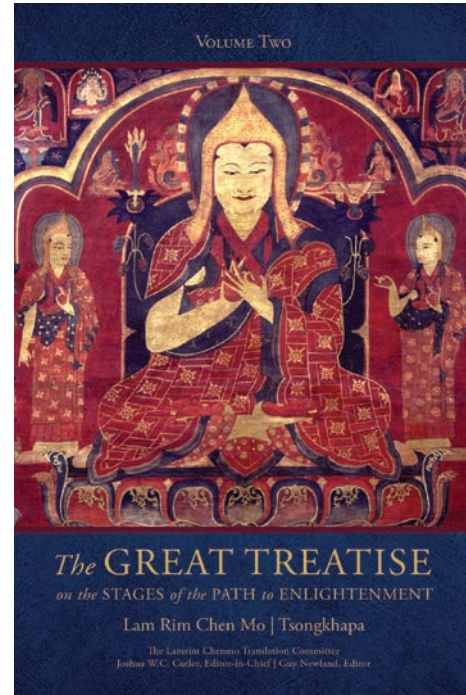


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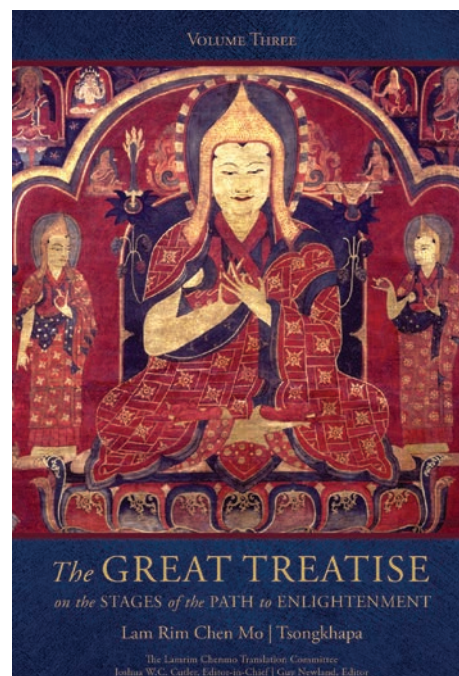
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THE GREAT TREATISE VOLUME 1
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TSONGKHAPA, THE LAMRIM
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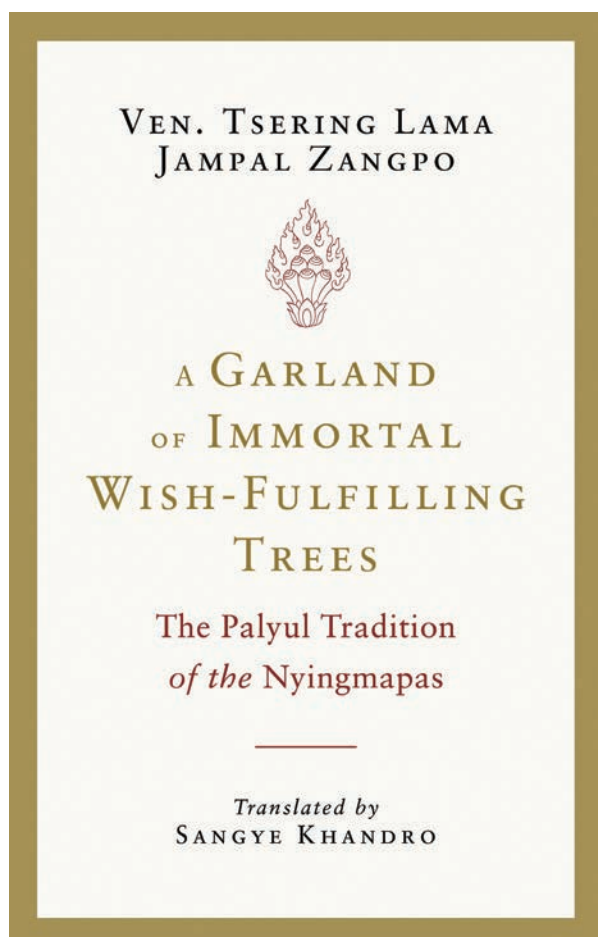


THE GREAT TREATISE VOLUME 2
BY LAM RIM CHEN MO,
TSONGKHAPA, THE LAMRIM
CHENMO TRANSLATION
COMMITTEE

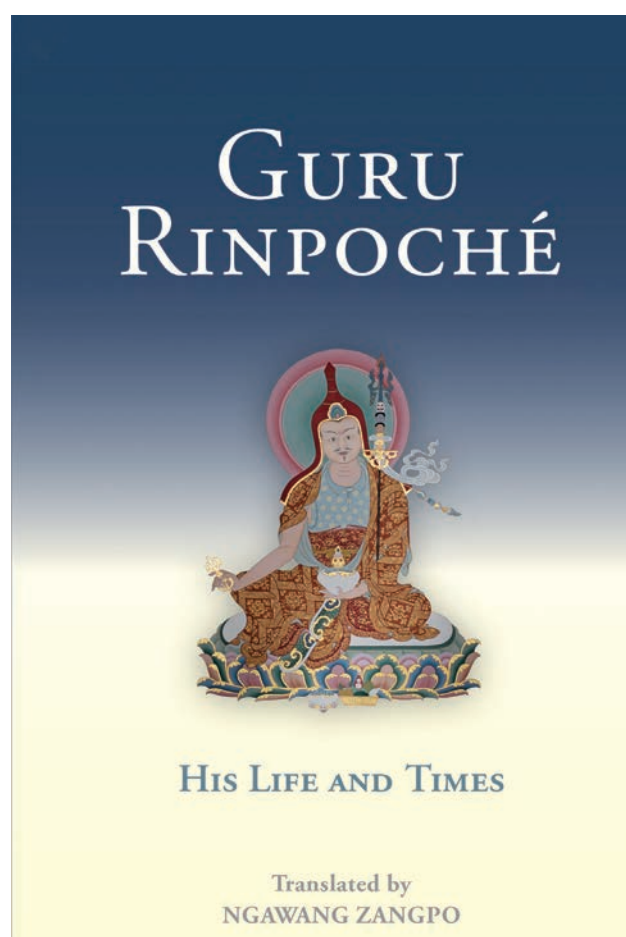


THE GREAT TREATISE VOLUME 3
BY LAM RIM CHEN MO,
TSONGKHAPA, THE LAMRIM
CHENMO TRANSLATION
COMMITTEE

Reissues



A GARLAND OF IMMORTAL
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TRANSLATED
BY SANGYE KHANDRO



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TRANSLATED
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