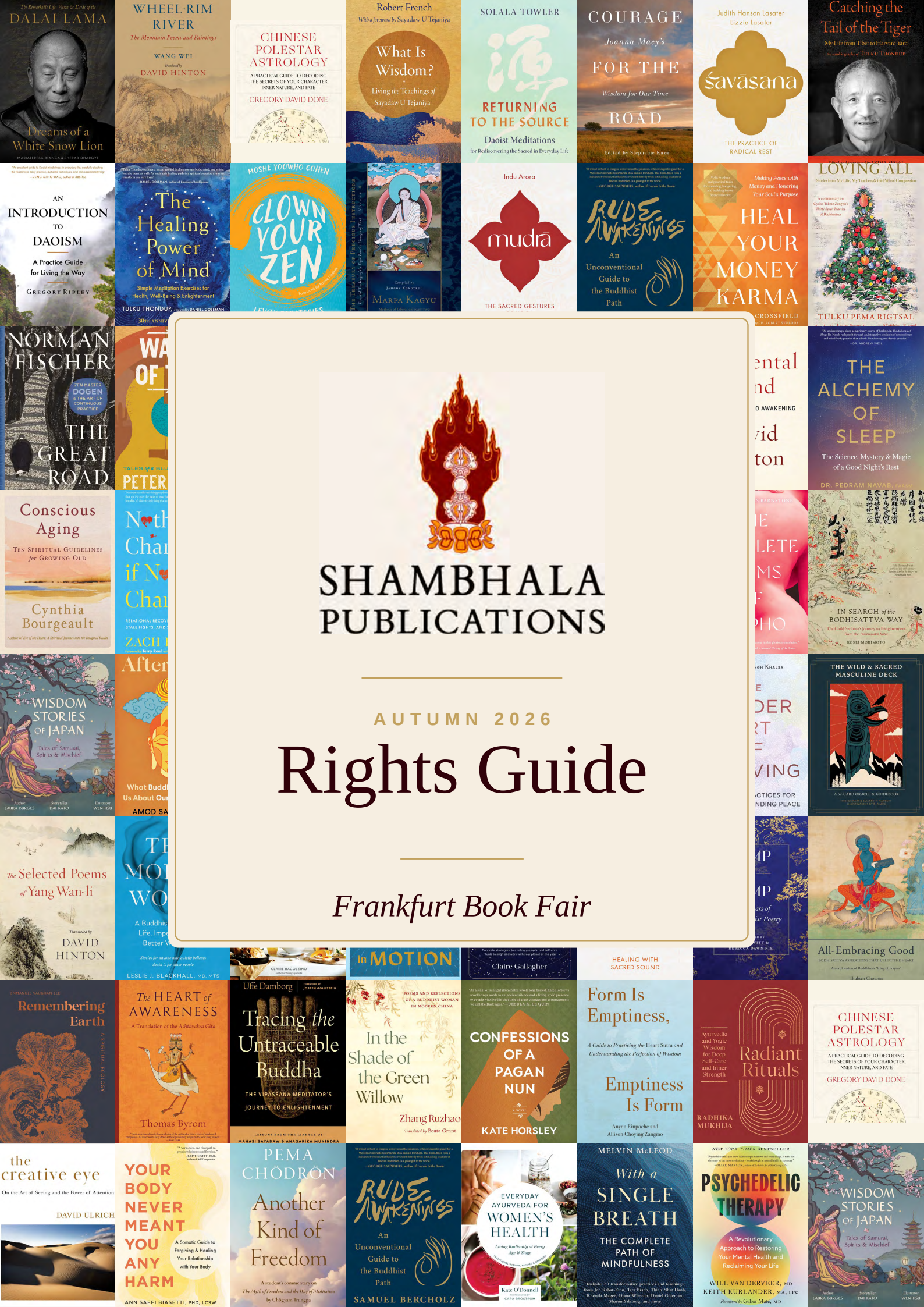




Foreign Rights Catalog

FRANKFURT BOOK FAIR 2026 · TRANSLATION RIGHTS

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SHAMBHALA
PUBLICATIONS

Foreign Rights Catalog

AUTUMN 2026 · FRANKFURT BOOK FAIR

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Regional representatives are listed at the back of this catalog.

SECTION

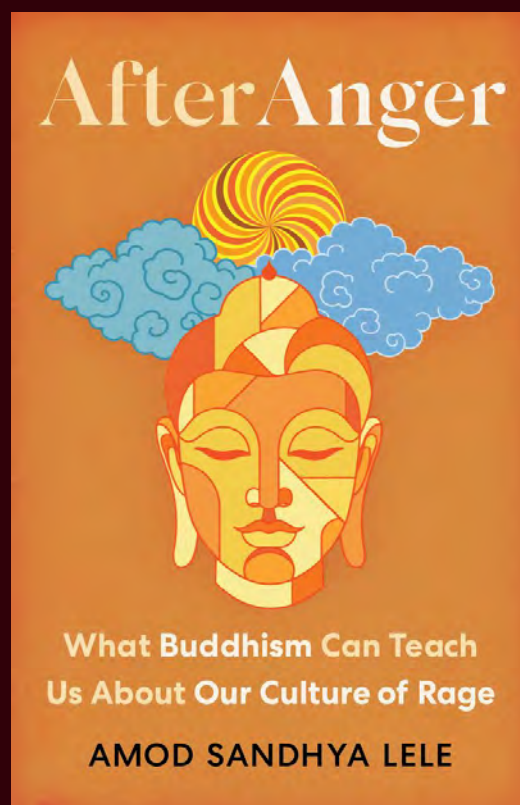
General Trade

After Anger

What Buddhism Can Teach Us About Our Culture of Rage

AMOD LELE

In a world quick to embrace anger, discover a profound philosophical defense of Buddhist serenity. A timely exploration of mindfulness, justice, and the power of inner peace.



ABOUT THE BOOK

Against the rising tide of rage in contemporary discourse, *After Anger* challenges the popular assumption that anger is necessary to combat injustice and promote a more peaceful world. Drawing from classical Buddhist meditation teachings, Stoic wisdom, Western philosophy, and psychological studies, Amod Sandhya Lele presents a compelling case for mindful serenity as a path to both personal and social peace.

Lele constructs a robust framework for understanding why serenity matters. He expertly dismantles arguments promoting anger as a tool for social justice while offering a nuanced perspective on how mindfulness can serve both individual well-being and collective progress. Through vivid narratives—from the Indian epic *The Mahābhārata* and the life of Kurt Cobain, to the author's own experiences with racial prejudice—Lele shows why anger cannot be the transformative agent for justice many hope it to be. *After Anger* speaks directly to those questioning the efficacy of mindfulness in an age of high-stakes global crises, revealing the contemporary relevance of ancient Buddhist teachings and offering practical wisdom for anyone seeking to reduce their mental suffering without sacrificing their commitments to justice and social progress.

PRAISE

"Drawing effectively on his own experience as a practitioner and as a target of harm, on careful readings of Buddhist philosophy, and on clear philosophical and psychological reflection, Amod Lele presents us with the most precise, detailed, and convincing contemporary analyses of anger and its disadvantages, as well as of serenity and its advantages. Nobody who reads this will ever valorize anger again; nobody who reads this will fail to understand the target state of serenity and why it is so valuable."

Jay Garfield, professor of philosophy, Smith College, and author of *Losing Ourselves: Learning to Live without a Self* and *Buddhist Ethics: A Philosophical Exploration*

ABOUT THE AUTHOR

AMOD SANDHYA LELE has taught Asian religion and philosophy at Harvard University, Boston University, Colorado College, and Stonehill College, and is now associate director of the Ethics Institute at Northeastern University. He has been published in many scholarly journals, including the *Journal of Buddhist Ethics*. He also writes for a general audience on the Indian Philosophy Blog, which he co-manages, and on his personal blog and Substack, *Love of All Wisdom*. He has a PhD from Harvard University in the study of religion with a focus on Buddhist ethics. He is from Canada and lives with his wife in Somerville, Massachusetts.

PUBLICATION

24 November 2026
Shambhala Publications

FORMAT

Trade Pbk · \$24.95
304 pages

ISBN

978-1-64547-522-4

CATEGORIES

Philosophy · Buddhist ·
Social Science · Activism
& Social Justice · Mind,
Body, Spirit · Mindfulness
& Meditation

SUBRIGHTS SOLD

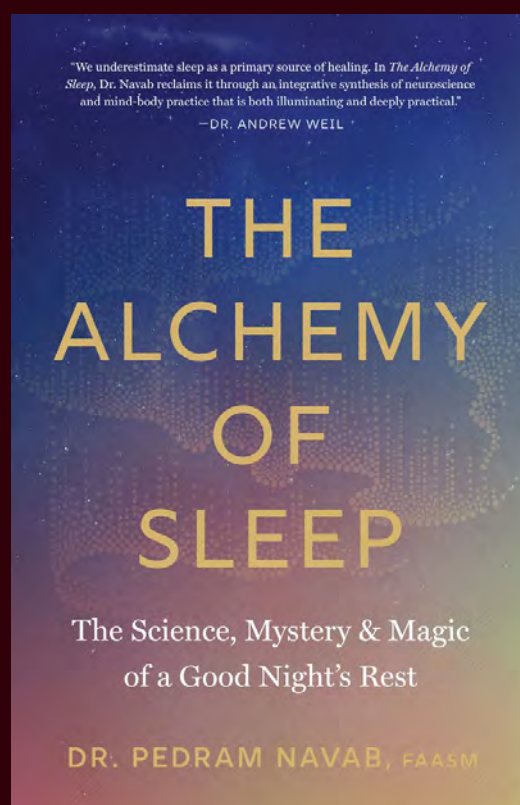
—

The Alchemy of Sleep

The Science, Mystery, and Magic of a Good Night's Rest

DR. PEDRAM NAVAB

A comprehensive guide to the science and sacred mystery of deep rest. From neurologist, sleep specialist, and integrative medicine practitioner Dr. Pedram Navab, whose multidisciplinary approach has helped thousands reclaim the benefits of sleep.



ABOUT THE BOOK

Sleep is far more than a biological function—it is a sacred gateway to the unconscious, a nightly journey into creativity and renewal. In *The Alchemy of Sleep*, Dr. Pedram Navab blends rigorous neuroscience and sleep medicine with timeless perspectives from psychology, religion, and ancient traditions to revolutionize how we approach rest.

Moving beyond simple sleep hygiene and optimization, *The Alchemy of Sleep* explores sleep as a multidimensional phenomenon: a time of physical and emotional healing, spiritual insight, and personal growth. Through practical techniques such as shadow work, dream journaling, breathwork, sound therapy, and mindfulness, readers are invited to engage with sleep as an active process of self-discovery—one that shapes not only brain and body health, but also creativity, relationships, and spiritual well-being.

Addressing sleep disorders like insomnia, sleep apnea, parasomnia, and paralysis, as well as highlighting the shortcomings of today's sleep culture—from the perils of chronic exhaustion to the obsession with data-driven sleep "perfection"—this book offers a compassionate and integrative approach to reclaiming true rest. It provides hope for anyone ready to move beyond surface-level solutions.

With immersive storytelling and insightful reflection, *The Alchemy of Sleep* invites you to rekindle wonder for the night and reconnect with ancient rhythms of renewal.

PRAISE

*"We underestimate sleep as a primary source of healing. In *The Alchemy of Sleep*, Dr. Navab reclaims it through an integrative synthesis of neuroscience and mind-body practice that is both illuminating and deeply practical."*

Dr. Andrew Weil

ABOUT THE AUTHOR

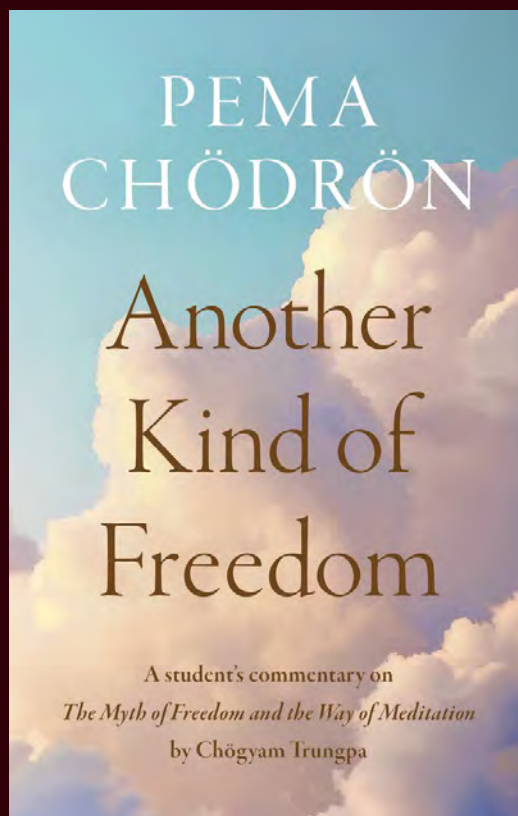
Dr. PEDRAM NAVAB, FAASM, is a neurologist and sleep medicine specialist. He completed fellowships at both the Stanford Sleep Disorders Center, where he trained under sleep medicine pioneer Dr. Christian Guilleminault, and the Andrew Weil Center for Integrative Medicine, where he trained under integrative medicine pioneer Dr. Andrew Weil. This dual training allows him to blend cutting-edge neuroscience with holistic practices such as breathwork, shadow work, acupuncture, Tai Chi, and mindfulness in his approach to sleep health. Author of *Sleep Reimagined*, Dr. Navab has been featured on The Today Show, CBS, NBC, and in *TIME*, *HuffPost*, *Glamour*, and *Salon*. He is a Fellow of the American Academy of Sleep Medicine, serves on its public safety committee, and practices at The Clinic at Beverly Hills and Hoag Memorial Hospital. Dr. Navab also advises the Dream Team, a pioneering project to create the first film from a recorded dream.

PUBLICATION	FORMAT	ISBN	CATEGORIES	SUBRIGHTS SOLD
27 October 2026 Shambhala Publications	Trade Pbk · \$21.95 272 pages	978-1-64547-477-7	Health & Fitness · Sleep · Mind, Body, Spirit · Dreams · Medical · Holistic Medicine	Polish, Turkish

Another Kind of Freedom

PEMA CHODRON

In a world of endless distractions and quick fixes that leave us wanting, beloved Buddhist nun Pema Chödrön, author of When Things Fall Apart, reveals why true freedom arises not in escape but in developing our natural capacity for presence, openness, and wholehearted acceptance.



ABOUT THE BOOK

What if the freedom you seek isn't found by changing your circumstances but by embracing life exactly as it is? Pema Chödrön goes back to her very foundations in her latest and possibly most important book. With the spiritual classic *The Myth of Freedom* as the touchstone, Pema invites us to look beyond the "myth of freedom"—the idea that we can escape discomfort—and to work compassionately and wisely with what keeps us stuck.

Drawing from the seminal work from her beloved teacher Chögyam Trungpa Rinpoche, Pema explores how meditation, mindfulness, and radical self-acceptance can transform our struggles, neuroses, and pain into gateways to awakening. "These were the teachings," Pema says, "that inspired me most in my early years of practicing Buddhism. They continue to inspire me now and have influenced all the teachings I've given over the years."

With her characteristic humor, practical wisdom, and compassionate insight, she shows us how to make friends with our minds, work skillfully with emotions, and open our hearts to the richness of human experience. Inspiring and accessible, this book is an essential companion for anyone longing for genuine freedom, clarity, and connection in a world of uncertainty and change.

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*.

PUBLICATION

6 April 2027
Shambhala Publications

FORMAT

Trade Pbk · \$19.95
256 pages

ISBN

978-1-64547-665-8

CATEGORIES

Religion · Buddhism ·
Tibetan · Self-Help ·
Meditations · Mind, Body,
Spirit · Inspiration &
Personal Growth

SUBRIGHTS SOLD

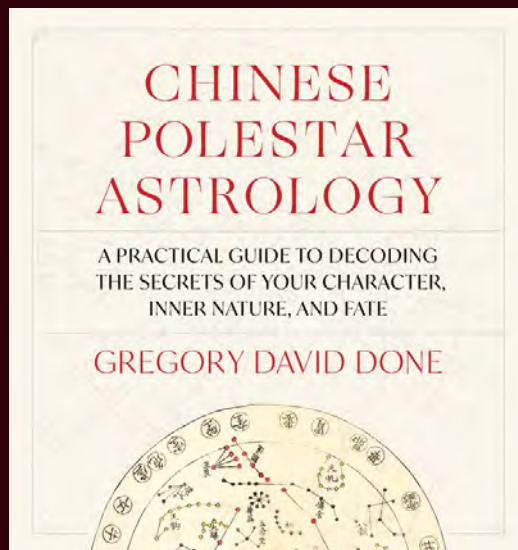
Chinese (Complex), Dutch, German, Italian,
Portuguese (Brazil), Spanish

Chinese Polestar Astrology

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

GREGORY DAVID DONE

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.



ABOUT THE BOOK

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.

PRAISE

“Interest in Chinese astrology is an enduring tradition in the West. Most people know their Chinese ‘zodiac’ animal. However, people rarely go beyond the mere surface of this profound system. Gregory David Done has skillfully synthesized the traditional astrological calculation methods with a wide variety of other influences. He brings a host of teachings and years of study to bear, yielding a robust and deeply informed treasure trove that is both accessible and profound. The contents are guided by an infrastructure that presents View, Method, and Fruition, allowing the reader to go far beyond the ‘good or bad luck’ binary. This text now joins the canon of Polestar Astrology texts in English, alongside Kwok Man-Ho and the other historical greats.”

Josh Paynter, co-abbot of Parting Clouds Daoist Temple

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.

PUBLICATION

25 August 2026
Shambhala Publications

FORMAT

Trade Pbk · \$39.95
536 pages

ISBN

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CATEGORIES

Mind, Body, Spirit ·
Astrology - Chinese ·
Self-Help · Spiritual ·
Religion - Asian

SUBRIGHTS SOLD

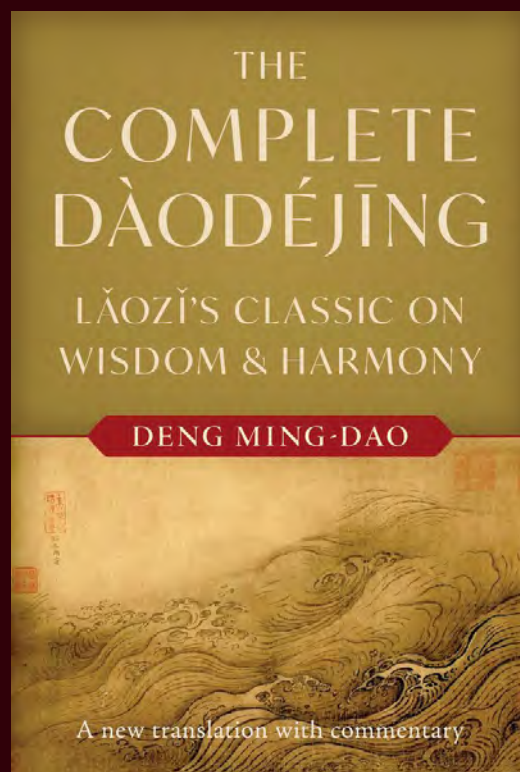
—

The Complete Daodejing

Laozi's Classic on Wisdom and Harmony

DENG MING-DAO

A momentous new translation of the Daoist classic. In this wonderfully readable rendition, modern master Deng Ming-Dao brings new light to the beloved teachings of Laozi.



ABOUT THE BOOK

In a true labor of love, renowned teacher Deng Ming-Dao presents a monumental new translation of the most revered Daoist teachings. By stripping away centuries of misinterpretation, Deng crystalizes Laozi's original message: that we are innately worthy beings who can find fulfillment through simplicity, selflessness, and harmony with the Dao.

As ever, Laozi's teachings are eminently powerful, guiding us toward harmony in every aspect of life. Bringing his deep knowledge of Daoism to bear, Deng Ming-Dao offers unparalleled clarity to this ancient text, highlighting its teachings on virtue, the cosmos, and the wisdom of the feminine. Each chapter includes his original translations, word-by-word analysis, and detailed commentary. He includes historical context, etymological insights, and parallel passages to elucidate a comprehensive understanding never before rendered in English.

With this translation, *The Complete Daodejing* bridges history and mystical philosophy with practical guidance and the wisdom of the Way—with the text remaining just as potent today as it was thousands of years ago.

ABOUT THE AUTHOR

DENG MING-DAO is an author, artist, and teacher. He is the author of over a dozen books on Daoism, which have been translated into several languages. Deng has trained in Chinese martial arts since 1975, and regularly teaches workshops on martial arts and Daoist wellness techniques.

PUBLICATION

19 January 2027
Shambhala Publications

FORMAT

Trade Pbk · \$34.95
480 pages

ISBN

978-1-64547-567-5

CATEGORIES

Philosophy · Taoist ·
Religion · Taoism · History
- Asia - China

SUBRIGHTS SOLD

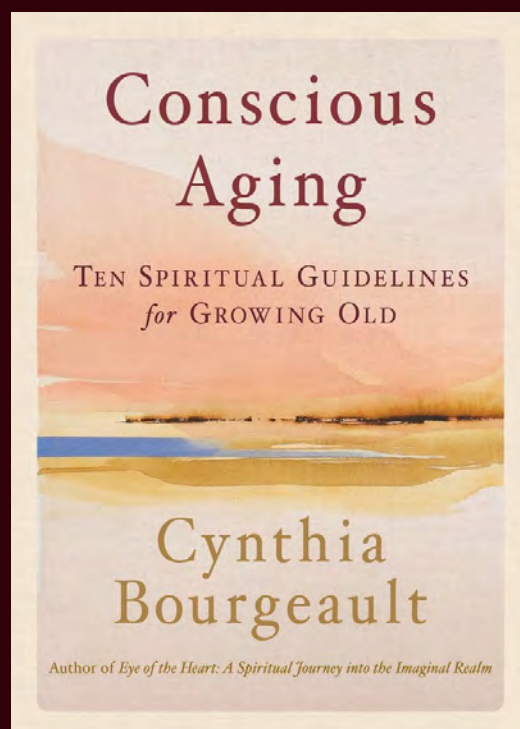
—

Conscious Aging

Ten Spiritual Guidelines for Growing Old

CYNTHIA BOURGEAULT

Release your resistance to aging and step fully into your spiritual maturation.



ABOUT THE BOOK

In this illuminating guide, beloved teacher Cynthia Bourgeault explores aging as a sacred opportunity for spiritual evolution. Drawing on a lifetime of study and practice in the mystical Christian and Gurdjieff traditions, she introduces ten guidelines for mindfully accepting and working with the physical body's changes while awakening the spiritual body within. By cultivating this inner body, we transform the uncertain and sometimes frightening process of aging into a period of growth and spiritual maturation.

Through the practices and reflection questions included within, readers will discover how to:

- accept your physical changes,
- release outdated self-images,
- befriend new facets of your selfhood,
- and radiate the deep vitality of your inner work.

This isn't another guide to staying young; it's an invitation to grow into authentic elderhood. Whether you're already in your senior years or seeking wisdom for the road ahead, this book offers transformative insights that honor both the challenges and the profound opportunities that arise as we approach the end of our planetary journey.

ABOUT THE AUTHOR

CYNTHIA BOURGEAULT is a modern-day mystic, Episcopal priest, and theologian. She divides her time between solitude at her seaside hermitage in Maine and traveling globally to promote the rediscovery of the Christian contemplative path. She is a core faculty emerita at the Center for Action and Contemplation and founding director of the international network of Wisdom Schools. Cynthia's articles and essays have appeared in many journals and publications, and she is the author of numerous books, including *Thomas Keating*, *Eye of the Heart*, *The Wisdom Jesus*, *The Meaning of Mary Magdalene*, *The Holy Trinity and the Law of Three*, and *The Heart of Centering Prayer*.

PUBLICATION

16 March 2027
Shambhala Publications

FORMAT

Trade Pbk · \$16.95
192 pages

ISBN

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CATEGORIES

Self-Help - Aging ·
Religion - Spirituality ·
Religion - Christianity -
Episcopalian

SUBRIGHTS SOLD

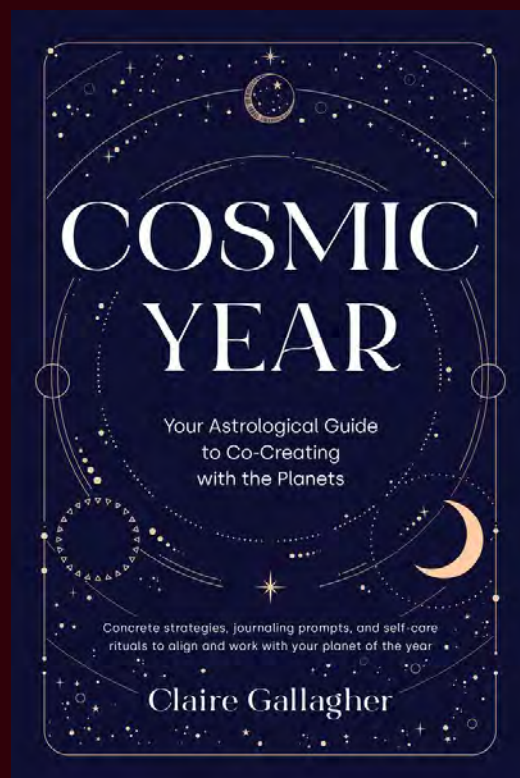
No German

Cosmic Year

Your Astrological Guide to Co-Creating with the Planets

CLAIRE GALLAGHER

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



ABOUT THE BOOK

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, has been a professional astrologer since 2015. She holds master's degrees in acupuncture and nutrition and specializes in using astrology as a tool for deepening personal authority, self-compassion, and body trust. She's a Virgo Sun, Aquarius Moon, and Sagittarius rising.

PUBLICATION

18 August 2026
Shambhala Publications

FORMAT

Trade Pbk · \$19.95
248 pages

ISBN

978-1-64547-494-4

CATEGORIES

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

SUBRIGHTS SOLD

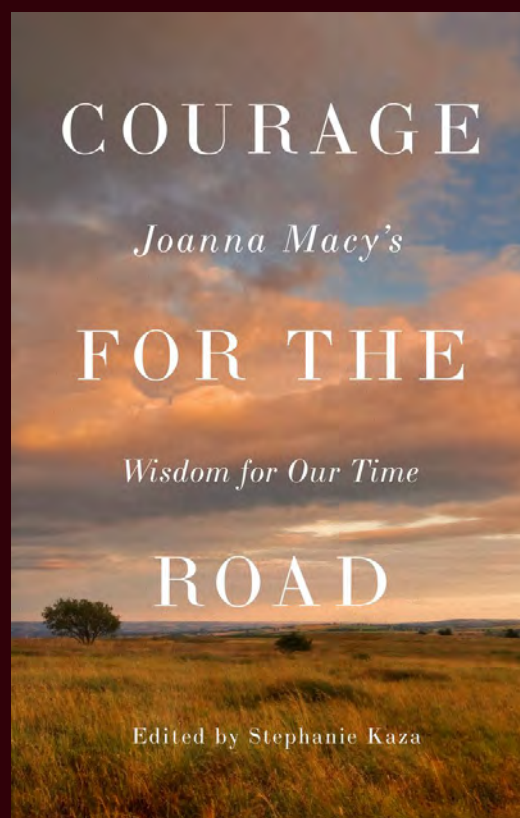
—

Courage for the Road

Joanna Macy's Wisdom for Our Time

JOANNA MACY; EDITED BY STEPHANIE KAZA

In this compendium of her essential teachings, renowned environmentalist Joanna Macy bestows a parting message of fierce love and resounding hope.



ABOUT THE BOOK

"If the world is to be healed through human efforts, I am convinced it will be by ordinary people, people whose love for this life is even greater than their fear."—Joanna Macy

A globally beloved writer and scholar, deep ecologist, Buddhist philosopher, and a foremother of modern environmentalism, Joanna Macy spent her life teaching us how to actively take part in the healing transformation our world desperately needs. Here, in a collection of her most vital teachings, she shows us how to meet this era of planetary crisis with boundless courage and deep compassion.

Organized around Macy's core ideas—The Great Turning, systems thinking, deep time, and heart of practice—*Courage for the Road* distills a lifetime of teachings on concepts like the ecological self, active hope, and working directly with despair. With wisdom borne of decades facing nuclear threats, habitat destruction, and climate crisis, Macy imparts both unflinching honesty about the challenges we face and an unwavering belief in our capacity for transformation. We are living through what she describes as a "birthing time as well as a dying time," and she shows us how to face it head-on by reconnecting with our innate sense of belonging and interbeing, finding gratitude in the face of despair, and transforming our fear into meaningful action. This book is a parting gift: for both weathered climate activists and a new generation of environmental defenders, these are words to turn to again and again on the long road ahead.

ABOUT THE AUTHORS

JOANNA MACY, PhD, (1929–2025) was a scholar of Buddhism, systems thinking, and deep ecology, and a respected voice in movements for peace, justice, and ecology. She is a globally known author, speaker, teacher, and activist whose groundbreaking *Work That Reconnects* has influenced thousands of concerned citizens of the world. STEPHANIE KAZA, PhD, is professor emerita of environmental studies at the University of Vermont and lead editor and compiler of the Joanna Macy festschrift, *A Wild Love for the World* (Shambhala, 2020). A leading voice in Buddhism and ecology, Kaza's writing includes *Green Buddhism* and *Conversations with Trees*.

PUBLICATION

6 April 2027
Shambhala Publications

FORMAT

Trade Pbk • \$18.95
196 pages

ISBN

978-1-64547-592-7

CATEGORIES

Social Science - Activism &
Social Justice - Nature -
Environmental Conservation
& Protection - Biography &
Autobiography -
Environmentalists &
Naturalists

SUBRIGHTS SOLD

—

The Creative Eye

On the Art of Seeing and the Power of Attention

DAVID ULRICH

Reclaim the art of deep perception with over 35 guided explorations, prompts, and contemplations designed to awaken your creativity and reclaim the full power of your attention.

the creative eye

On the Art of Seeing and the Power of Attention

DAVID ULRICH



ABOUT THE BOOK

After losing sight in one eye, photographer David Ulrich had to train himself to see again. Through that arduous journey, he discovered the profound difference between simply looking and truly seeing.

In *The Creative Eye*, Ulrich draws on this formative experience plus five decades of creative practice, contemplative study, and teaching photography to show how deep perception can become a doorway to unlocking creativity, developing self-understanding, and opening a path to spiritual awakening.

Influenced by the close mentorship of legendary photographer Minor White, Ulrich also shares White's influential teachings on awareness and perception with an intimacy and depth rarely available to readers.

He blends this lineage of spiritual insight with practical guidance to offer precise, grounded instruction in more than 35 creative exercises and mindfulness practices—many designed as long-term explorations—that train attention, heighten awareness, and cultivate lasting presence. These are interwoven with Ulrich's captivating personal narrative and photographs by Ulrich, White, and others.

For photographers, artists, meditators, and anyone seeking to refine their creative energy, this book reveals perception as a dynamic doorway and offers practical tools to walk through it—into richer creativity, deeper awareness, and more genuine connection with the world.

PRAISE

"David Ulrich reminds us that seeing is not passive but a discipline of attention, one that can be shattered by the loss of an eye, and rebuilt, more deeply, through practice. Part memoir, part lifetime of teaching distilled into practical guidance, The Creative Eye is a companion for anyone who wishes to look at the world, and at themselves, with greater clarity."

Matthieu Ricard

ABOUT THE AUTHOR

DAVID ULRICH is a renowned photographer, author, and educator whose work has been widely exhibited and published internationally. His previous books, *Zen Camera* and *The Mindful Photographer*, have established him as a leading voice at the intersection of visual art and contemplative practice. Through his roles as professor, speaker, and workshop leader, Ulrich has reached diverse audiences—from creatives and spiritual seekers to those navigating the modern attention economy.

PUBLICATION

6 April 2027
Shambhala Publications

FORMAT

Trade Pbk · \$24.95
288 pages

ISBN

978-1-64547-548-4

CATEGORIES

Self-Help · Creativity ·
Mind, Body, Spirit ·
Mindfulness & Meditation ·
Photography · Individual
Photographers · Essays

SUBRIGHTS SOLD

—

From Conflict to Connection

Nonviolent Communication for Saying What You Feel (Not What You'll Regret)

MICAH SALABERRIOS

Stuck in a cycle of miscommunication, hurt feelings, and unresolved conflict? This easy-to-use handbook empowers you to approach conflicts both big and small with authenticity, clarity, and compassion using the principles of Nonviolent Communication.

ABOUT THE BOOK

Conflict is a natural and inevitable part of life, whether you are setting a boundary with a friend, confronting a roommate about dirty dishes, or having a serious disagreement with a partner, coworker, or family member. With the right tools, you can use conflict as an opportunity to authentically express your needs, listen deeply, and even strengthen your relationships.

A simple 4-step process can help guide these conversations:

STEP 1: Bring attention to the issue using only observable facts.

STEP 2: Express how you authentically feel.

STEP 3: Express why you feel the way you do.

STEP 4: Make a specific request.

In this book, Nonviolent Communication coach Micah Salaberrios shows you how to communicate clearly and productively with straightforward instructions and everyday tools you can start using right away. You will learn how to:

- Acknowledge, accept, and honor your emotions
- Express your feelings in a neutral and authentic way—even the most uncomfortable ones
- Communicate with facts, feelings, needs, and requests, rather than evaluations, judgments, criticisms, analysis, advice, or accusations
- Use “emergency empathy” in times of great distress
- Deal with frustration when it seems like nothing is working (and the go-to phrases that work when all else fails)
- And more

Full of relatable examples, sample dialogues, and useful techniques, *From Conflict to Connection* will empower you to handle difficult conversations with confidence.

PUBLICATION

6 October 2026
Shambhala Publications

FORMAT

Trade Pbk · \$18.95
160 pages

ISBN

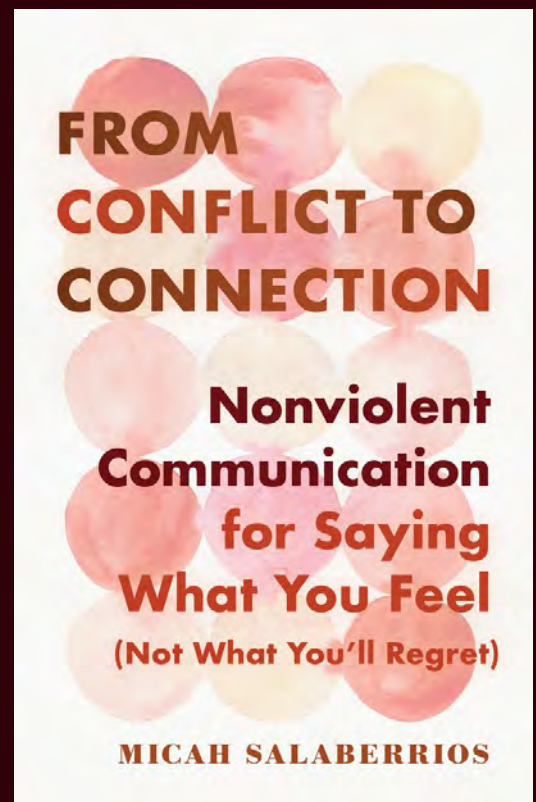
978-1-64547-372-5

CATEGORIES

Self-Help ·
Communication & Social
Skills · Family &
Relationships · Conflict
Resolution · Psychology ·
Interpersonal Relations

SUBRIGHTS SOLD

No German



PRAISE

“Micah’s work helps us turn painful patterns into moments of connection. With warmth, humor, and the tools of Nonviolent Communication, we learn to pause before lashing out, speak honestly about our own experience without wounding, and make the most difficult conversations more safe and kind.”

Elena Brower, author of *Hold Nothing*

ABOUT THE AUTHOR

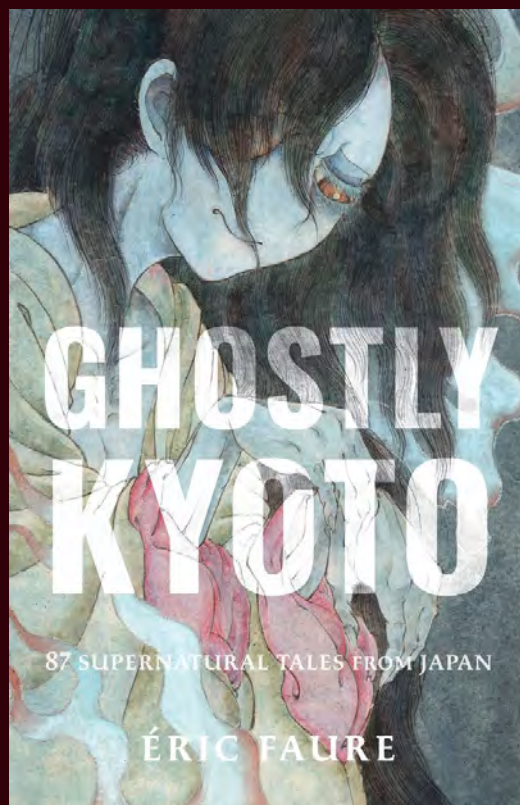
MICAH SALABERRIOS, an expert in the field of Nonviolent Communication, has been teaching the practice since 2016 (his course is available on Teachable) and he sees private clients. He is a musician, video editor, and host of the podcast *The Art of NVC*. Salaberrios’s belief in the transformative power of NVC has been the driving force behind his work, helping people to resolve conflicts peacefully and fostering deeper understanding in their relationships. He is dedicated to spreading the teachings of NVC to as many people as possible, empowering them to live more fulfilling and harmonious lives.

Ghostly Kyoto

87 Supernatural Tales from Japan

ÉRIC FAURE

Ancient temples, haunted bridges, and spectral women—discover 87 supernatural tales where Kyoto's history and Buddhist lore entwine with restless spirits, Hungry Ghosts, and the rituals that keep them at bay.



ABOUT THE BOOK

In Kyoto, ghosts are not just stories—they are neighbors, warnings, and, sometimes, protectors. This atmospheric collection gathers 87 supernatural legends from Japan's former capital, where every street corner, shrine, and cherry tree harbors its own haunting. From the fires of Obon guiding the ancestors home to the Demon's Gate and the wells said to lead straight to Hell, each tale pulses with the city's living relationship to the otherworld.

Meet vengeful onryo, Hungry Ghosts with insatiable cravings, and poetic spirits trapped in the Six Realms. Witness monks who bargain with the King of Hell, statues that bleed or move, and women whose longing lingers for centuries. These stories are drawn from centuries-old chronicles, temple lore, and the whispered warnings of Kyoto cab drivers.

Written with the intimacy of a local and the curiosity of a folklorist, this book is a rare English-language treasury of Japanese ghost stories—perfect for readers fascinated by yokai, Buddhist afterlife, and the mysterious rituals that shape Kyoto's everyday life. These tales will change the way you see the city—and what walks its shadowed lanes.

PRAISE

"As with his Meiji era predecessor, Lafcadio Hearn, we should be thankful for Éric Faure's hard work and passion in bringing us these supernatural tales. Some of them are oral folk culture written down for the first time, giving us a peek into a ghostly Japan that most of us have never seen before. Highly recommended for fans of ghost stories and Japanese history and culture."

Sean Michael Wilson, author of *Musashi: A Graphic Novel*

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 both university journals and magazines, and published 11 academic or 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 Kyôto to Dazaifu: A Journey into the World of Japanese Legends* (2023).

PUBLICATION

9 June 2026
Shambhala Publications

FORMAT

Trade Pbk · \$21.95
272 pages

ISBN

978-1-64547-497-5

CATEGORIES

Fiction - Ghost · Fiction -
Fairy Tales, Folk Tales,
Legends & Mythology ·
Fiction - World Literature -
Japan

SUBRIGHTS SOLD

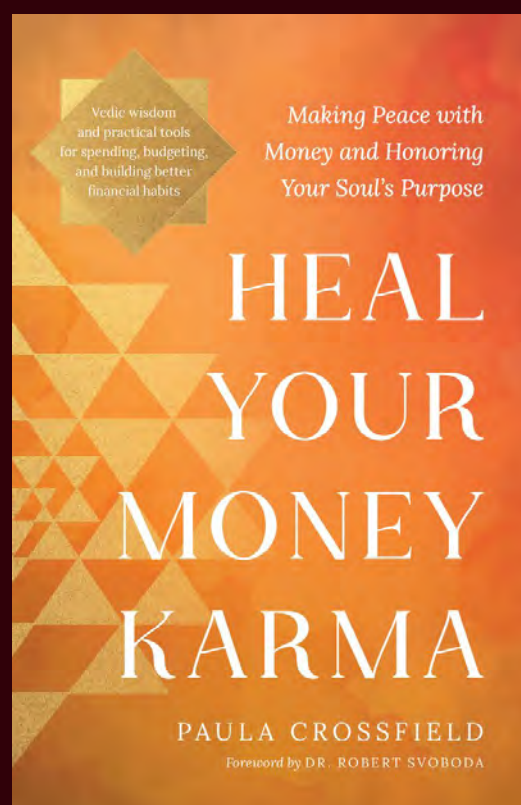
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Heal Your Money Karma

Making Peace with Money and Honoring Your Soul's Purpose

PAULA CROSSFIELD; FOREWORD BY DR. ROBERT SVOBODA

Written by a successful entrepreneur who has guided hundreds of clients to six- and seven-figure breakthroughs, this book offers a grounded, spiritually aligned path to prosperity—so your income, your values, and your purpose finally match.



ABOUT THE BOOK

Heal Your Money Karma is for yogis, seekers, and spiritually curious entrepreneurs who consult their astrological chart, know their dosha, or pull oracle cards for guidance—yet still feel stuck when it comes to money. Vedic astrologer and business coach Paula Crossfield reveals how inherited beliefs, ancestral patterns, and karmic imprints quietly shape your income, your career choices, and your sense of worth.

Drawing on Indian philosophy and the psychology of money, Paula shows you how to bring your financial life into alignment with your values—without sacrificing prosperity. Weave ancient remedies like honoring Lakshmi, the Hindu goddess of wealth and prosperity, and work with planetary influences, with concrete tools like budgeting, tracking, and mindset work.

You'll learn how to:

- Spot the karmic patterns and ancestral stories that keep repeating in your finances
- Use simple Vedic remedies (mantra, puja, charity, and timing) to shift stuck money karma
- Work consciously with planetary influences on wealth and opportunity
- Clarify your soul-level desires so you stop undercharging, overgiving, or playing small
- Build practical systems—budgets, tracking, and structures—that feel supportive
- Rewrite limiting money beliefs so your income reflects your gifts, not your fears

Get ready to transform your relationship with money into one that is clear, empowered, and spiritually grounded—so your prosperity finally reflects the truth of who you are.

ABOUT THE AUTHOR

PAULA CROSSFIELD is a Vedic astrologer, business strategist, and regenerative farmer dedicated to helping spirit-led entrepreneurs create aligned prosperity and meaningful impact. With over a decade of experience in Indian philosophy, meditation, and yoga, she blends spiritual wisdom with practical strategy so clients can align with their cosmic blueprint and thrive. A citizen of the Cherokee Nation, Paula lives on a 160-acre farm in rural Maine, where she is committed to land stewardship and giving back to Indigenous and other causes.

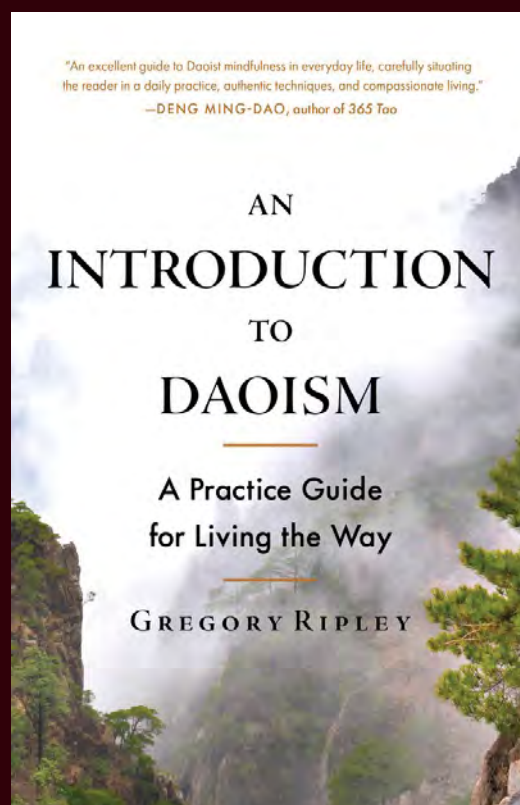
PUBLICATION	FORMAT	ISBN	CATEGORIES	SUBRIGHTS SOLD
20 April 2027 Shambhala Publications	Trade Pbk · \$19.95 208 pages	978-1-64547-580-4	Business & Economics - Personal Finance - Money Management · Self-Help - Personal Growth - Success · Philosophy - Asian	—

An Introduction to Daoism

A Practice Guide for Living the Way

GREGORY RIPLEY

Discover ancient Daoist wisdom for modern mindfulness—with slogans, verses, and practices drawn from traditional Daoist texts to redirect our busy, chattering minds to an awareness of the sacred here and now.



ABOUT THE BOOK

In *An Introduction to Daoism*, ordained Daoist priest Gregory Ripley reveals a lesser-known treasure of spiritual practice: mindfulness verses drawn from centuries-old Daoist texts. Ripley provides historical context and commentary that reveals how uniquely fresh and relevant the Daoist view is in our contemporary world.

Drawing from two traditional texts, *The Precepts of Initial Perfection* and *The 58 Prayers of Great Clarity*, Ripley offers a complete framework for cultivating presence, compassion, and harmony with the natural world. He presents a full day's spiritual routine—from waking to sleeping—integrating meditation, altar setup and use, and embodied practices (sitting, lying down, walking, and standing), appealing to those seeking a holistic and grounded approach to Daoism beyond just philosophy.

With historical context and contemporary insights, this wise and accessible guide empowers you to integrate authentic Daoist practice into daily life, moment by moment, returning to your true self and walking the path of the ancient sages.

PRAISE

"An excellent guide to Daoist mindfulness in everyday life, carefully situating the reader in a daily practice, authentic techniques, and compassionate living."

Deng Ming-Dao, author of *365 Tao*

ABOUT THE AUTHOR

GREGORY RIPLEY is a nature and forest therapy guide and an ordained Daoist Priest in the Quanzhen Longmen tradition, receiving the Daoist name Li Guan (理觀). He is the author of *The Hundred Remedies of the Tao* (Inner Traditions, 2023). He is also a trained acupuncturist and lives in Minneapolis–Saint Paul, Minnesota, with his wife and two daughters.

PUBLICATION

24 November 2026
Shambhala Publications

FORMAT

Trade Pbk • \$19.95
192 pages

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CATEGORIES

Religion - Taoism • Mind,
Body, Spirit - Mindfulness
& Meditation • Self-Help -
Spiritual

SUBRIGHTS SOLD

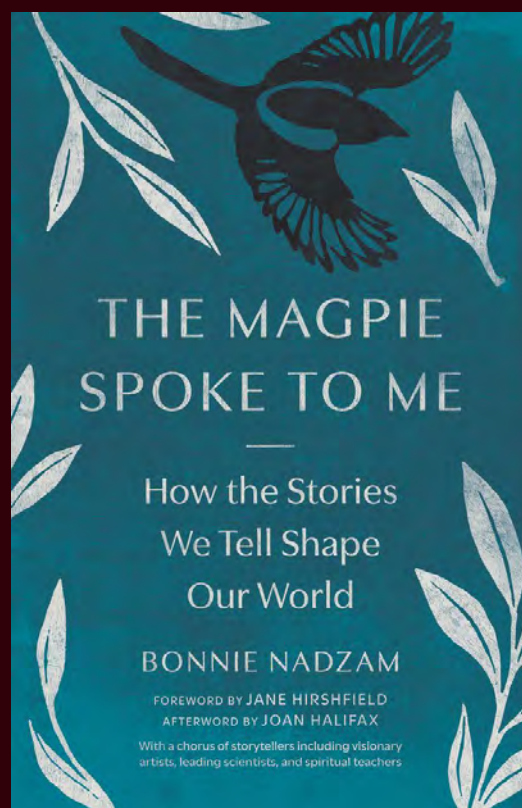
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The Magpie Spoke to Me

How the Stories We Tell Shape Our World

BONNIE NADZAM; FOREWORD BY JANE HIRSHFIELD; AFTERWORD BY JOAN HALIFAX

A profound exploration of the power of storytelling to shape our shared reality, reveal our fundamental interbeing, and transform our future for the better.



ABOUT THE BOOK

Stories show us who we really are. Really good stories show us what it means to be alive. This is a book about storytelling. A book that explores how the stories we tell shape the realities we live in. What if our most far-fetched stories, the ones we dismiss, sideline, and even pathologize, could be doorways to a better future?

In *The Magpie Spoke to Me*, Zen priest and acclaimed novelist Bonnie Nadzam confronts the dominant narrative of our time—that of separation between self and other, between humanity and nature—and shows us that different stories are possible. People around the world are meeting this era of upheaval, grief, and environmental destruction with tales of possibility, wonder, and hope. We hear from Indigenous healers, Buddhist teachers, artists, poets, musicians, students, professors, scientists, doctors, workers, parents, and children—a chorus of voices celebrating the interconnection of all life on Earth.

This is a book about relationships—with people, plants, animals, minerals, and all other manner of beings. A book that invites us to embrace creative practice and imagination. A book that explores what it means to be fully human. Together, we might begin to write a new chapter of our human story.

Included are contributions from Jane Hirshfield, Joan Halifax, Aimee Bender, Laura van den Berg, Deb Olin Unferth, Wendy Egyoku Roshi, Beowulf Sheehan, Curtis White, and more.

PRAISE

“Poetic and mysterious, The Magpie Spoke to Me is a peek under the fabric of the universe that reveals the fleeting and interconnected nature of things, giving reason to pause and recognize the gift of all experience.”

Sharon Salzberg, author of *Lovingkindness* and *Real Life*

ABOUT THE AUTHOR

BONNIE NADZAM is an American writer and Zen Buddhist priest and chaplain. Her poetry, essays and fiction have appeared in *Harper's Magazine*, *Orion Magazine*, *The Iowa Review*, *The Kenyon Review*, and many other journals and magazines. Her first novel, *Lamb*, was the recipient of The Center for Fiction's Flaherty-Dunn First Novel Prize, translated into several languages, and made into an award-winning independent film. Her second novel, *Lions*, was a finalist for the PEN USA Literary Award in Fiction. She is also co-author of *Love in the Anthropocene* with environmental ethicist Dale Jamieson. She holds a BA from Carleton College, an MFA from Arizona State University, and an MA and PhD from the University of Southern California. She is currently a research fellow with the Harvard Animal Law and Policy Program and recently completed Upaya Zen Institute's Buddhist chaplaincy training program. She is represented by Kate Johnson (Wolf Literary Services).

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3 November 2026
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FORMAT

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240 pages

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CATEGORIES

Literary Criticism - Subjects
& Themes - Nature · Mind,
Body, Spirit - Inspiration &
Personal Growth · Nature -
Environmental
Conservation & Protection

SUBRIGHTS SOLD

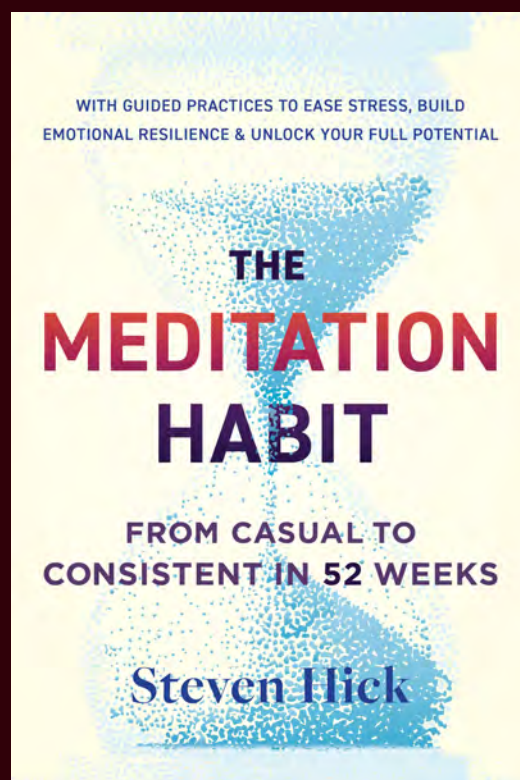
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The Meditation Habit

From Casual to Consistent in 52 Weeks

STEVEN HICK

Building on the evidence-based foundation of Mindfulness-Based Stress Reduction (MBSR), this step-by-step guide offers emotional healing, resilience training, and the tools you need to establish a consistent daily practice of mindfulness.



ABOUT THE BOOK

The Meditation Habit offers an evidence-based, step-by-step journey through a year of mindfulness practice for personal growth. Drawing on his lived experience with dyslexia, autism, trauma, and anxiety, Steven Hick blends mindfulness, psychology, and holistic healing in this accessible guide to lasting transformation.

This book offers a full year of structured, practical exercises to help you turn mindfulness into a lifelong habit. Each week, you'll explore simple yet profound practices to manage stress and anxiety, build emotional resilience, and reconnect with your deeper wisdom. With short, digestible teachings, reflection questions, and meditations—including access to guided audio—you'll rewire old patterns and learn to embrace the present moment. Whether you're seeking relief from chronic stress, clarity in uncertain times, or a deeper connection to yourself, *Meditation Habit* will meet you where you are.

ABOUT THE AUTHOR

STEVEN HICK has had a lifelong engagement with a variety of meditative traditions, including 20 years of mindfulness and insight meditation teaching. An MBSR teacher trainer and the director of Ottawa Insight Meditation Community (OIMC), Hick's teachings on mindfulness are widely available on Insight Timer and on his YouTube channel, @drmindfulness. He holds a PhD in social work.

PUBLICATION

13 July 2027
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272 pages

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CATEGORIES

Mind, Body, Spirit -
Mindfulness & Meditation

SUBRIGHTS SOLD

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Nothing Changes if Nothing Changes

Relational Recovery for Stuck Love, Stale Fights, and Strained Relationships

ZACH BRITTLE

Are you watching your relationship unravel one eye roll and silent treatment at a time, wondering if there is any hope for repair?

A veteran couples therapist with over two decades of experience shows how, with the practice of relational recovery, something sacred and surprising can still emerge from what feels like an unmanageable mess.

"I've spent decades watching people wait for their partner to change first. Brittle blows that up. He puts the tools in your hands and makes you responsible. That's uncomfortable. It's also the only thing that actually works." —Phil Stryker, author of *The Tool*

Nothing Changes if Nothing Changes

RELATIONAL RECOVERY FOR STUCK LOVE, STALE FIGHTS, AND STRAINED RELATIONSHIPS

ZACH BRITTLE

Foreword by Terry Real, author of *Us* and *The Five Rules of Marriage*

ABOUT THE BOOK

Nothing Changes if Nothing Changes is a deeply practical, honest, and occasionally funny guide to relational recovery—the ongoing, courageous, and sometimes clumsy dance of healing relationships that are limping along, weighed down by old hurts, misunderstandings, trauma, or familiar patterns.

This isn't a step-by-step program or a checklist for perfection. It's a guide to the soulful, creative, and occasionally sideways journey back to connection.

Drawing from his own sobriety story and the relational repairs it required, as well as decades in the therapist's chair, Zach Brittle offers real-life stories, actionable tools, and fresh perspectives for anyone tired of repeating the same old fights.

Through a mix of spiritual wisdom, pop culture references, and a little "choose your own adventure," you'll explore playful but powerful practices that help you:

- Find courage when you feel afraid
- Become curious when you feel certain
- Get creative when you feel stuck
- Grow compassion when you feel selfish
- Reach for connection when you feel lonely
- Stay conscientious when you feel complacent

Together, these practices teach you to trade old, reactive patterns for more responsible, generative ways of relating—building quieter, sturdier, and more honest relationships than you imagined possible.

Whether you're seeking resources for yourself, with a partner, or as a clinician, this book invites you to loosen up and get curious again.

ABOUT THE AUTHOR

ZACH BRITTLE is a licensed therapist, certified in both the Gottman Method and Relational Life Therapy. He is the host of the *Marriage Therapy Radio* podcast, with over 4 million downloads, and the author of *The Relationship Alphabet*. His work has appeared in *Vanity Fair*, *Men's Health*, *The New York Times*, and *Real Simple*. He lives in Seattle with his wife Rebecca, to whom he has been happily married for 27 out of 30 years, and has two adult daughters.

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6 April 2027
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Trade Pbk · \$19.95
244 pages

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CATEGORIES

Family & Relationships ·
Love & Romance ·
Self-Help · Communication
& Social Skills · Mind,
Body, Spirit · Inspiration &
Personal Growth

SUBRIGHTS SOLD

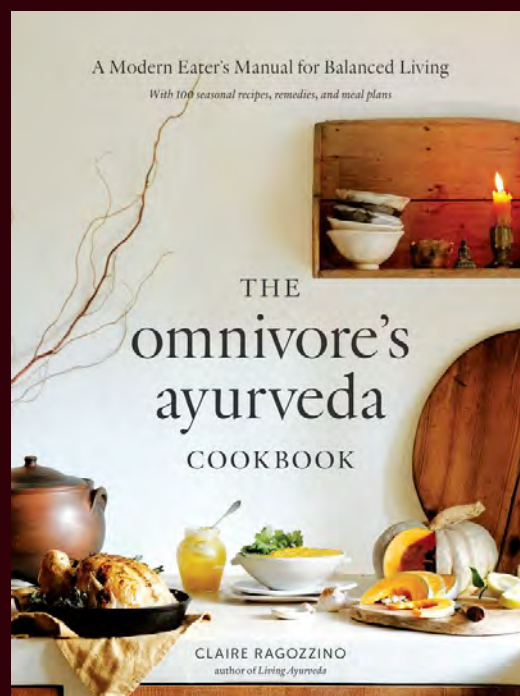
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The Omnivore's Ayurveda Cookbook

A Modern Eater's Manual for Balanced Living

CLAIRE RAGOZZINO

A comprehensive, accessible, and unrestrictive guide to Ayurveda from best-selling author Claire Ragozzino. With 100 nourishing recipes, remedies, and practical meal plans, Claire shows how the timeless wisdom of Ayurveda goes beyond food trends—helping you eat with awareness for body and mind.



ABOUT THE BOOK

After years of struggling with digestive disorders and restrictive diets, Claire Ragozzino turned to Ayurveda and found a practical, intuitive path to better understanding her body's needs. She wrote *The Omnivore's Ayurvedic Cookbook* to help others approach food with greater freedom and confidence.

In a world of endless food choices, how do we eat in a way that truly nourishes us? *The Omnivore's Ayurvedic Cookbook* brings Ayurveda's timeless principles into today's kitchen, blending ancient wisdom with a flexible, real-world approach. It empowers you with time-tested knowledge of all foods—how they work, when to eat them, and why—so you can nourish your body with confidence. This isn't about rigid rules or restrictive dieting; it's about a mindful, middle-path approach that embraces both plant-based staples and ethically sourced animal foods. A way of eating that aligns with the seasons, your digestion, and a sustainable future.

Inside, you'll find:

- 100 seasonal recipes and remedies
- Illustrated menu guides, meal planning, and cooking tips to simplify balanced eating
- Ayurvedic wisdom for cultivating an intuitive cooking approach
- Kitchen rituals to deepen your relationship with food and mindful eating

More than a cookbook, this is a guide to eating well, feeling good, and reconnecting with food as medicine. One nourishing meal at a time.

ABOUT THE AUTHOR

CLAIRE RAGOZZINO is a certified yoga instructor and Ayurvedic practitioner with a background in holistic nutrition and natural cooking. Her work is dedicated to bringing Vedic wisdom to a modern lifestyle through immersive workshops, education programs, and retreats. She is the author of the best-selling book, *Living Ayurveda*, a comprehensive Ayurvedic cookbook and lifestyle guide. She also writes and photographs for online and print publications surrounding topics of food, culture, and our relationship to nature.

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9 February 2027
Shambhala Publications

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312 pages

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CATEGORIES

Mind, Body, Spirit -
Ayurveda · Cooking -
Health & Healing -
General · Cooking -
Seasonal

SUBRIGHTS SOLD

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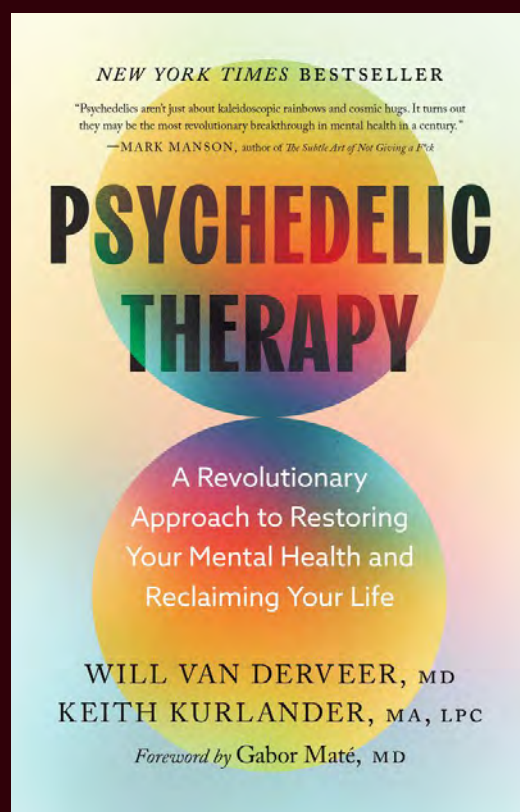
Psychedelic Therapy

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

WILL VAN DERVEER AND KEITH KURLANDER; FOREWORD BY GABOR MATÉ

A New York Times and USA Today Bestseller.

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.



ABOUT THE BOOK

For those grappling with anxiety, depression, PTSD, or other mental health challenges—and those who feel let down by a limited 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, Will Van Derveer, MD, and Keith Kurlander, LPC, draw on their clinical expertise, client stories, and the latest research to help you:

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

The authors address the limitations of today's mental health care by explaining how a focus on symptom management brings little relief and leaves many patients still desperate for healing. They reveal how psychedelic therapy can uniquely target the root causes of suffering, particularly trauma, an often misunderstood driver of mental health struggles.

Whether you're considering psychedelic therapy for yourself, supporting a loved one, or seeking professional insights as a mental health provider, this book equips you with the knowledge to find qualified practitioners, understand the process, and navigate challenging experiences with care and confidence.

PRAISE

“Psychedelics aren't just about kaleidoscopic rainbows and cosmic hugs. It turns out they may be the most revolutionary breakthrough in mental health in a century. Whether you're skeptical, curious, or already on the journey, this book is the map you'll wish you had.”

Mark Manson, *The New York Times* best-selling author of *The Subtle Art of Not Giving a F*ck*

ABOUT THE AUTHORS

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.

KEITH KURLANDER, MA, LPC, is cofounder of the Integrative Psychiatry Institute and Integrative Psychiatry Centers and co-host 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.

PUBLICATION

27 April 2027
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256 pages

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CATEGORIES

Self-Help · Motivational &
Inspirational · Psychology
· Mental Health · Health &
Fitness · Alternative
Therapies

SUBRIGHTS SOLD

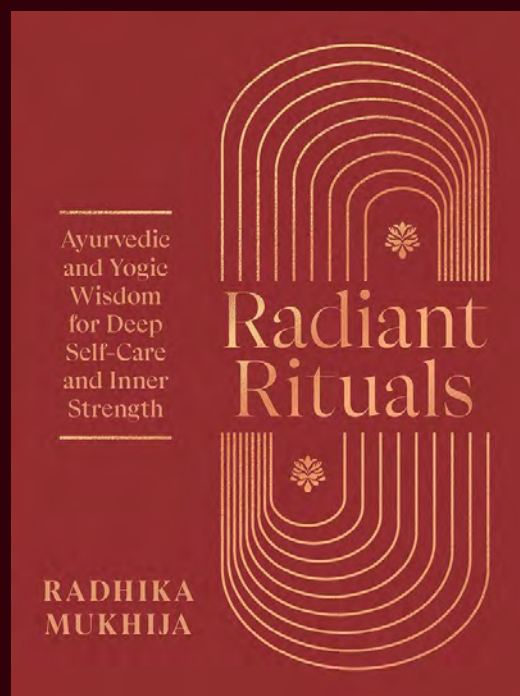
Czech, Italian, Polish, Romanian, Serbian,
Spanish

Radiant Rituals

Ayurvedic and Yogic Wisdom for Deep Self-Care and Inner Strength

RADHIKA MUKHIJA

Heal from burnout, unplug from grind culture, and reclaim the innate wisdom of your body using the power of ritual.



ABOUT THE BOOK

Are you stuck in an unending cycle of busyness, stress, and overwhelm? Or moving through a season of transition, grief, or disconnection? Have you reached a point where effort isn't enough, and you're ready to be unstoppable from a place of alignment and flow? Radhika Mukhija has been there, too: a demanding corporate career, emotional exhaustion, and mental burnout. When her mother became ill, everything shifted—inviting her to reevaluate how she was living and what it truly meant to be well. Drawing on years of study and over a decade as a coach, mentor, and meditation guide, Mukhija offers an integrative, regenerative approach to wellness—one that meets you where you are and supports your unique path.

Using principles of yoga and Ayurveda, functional nutrition, mindfulness/trauma-informed practices, and mind-body awareness, Mukhija guides you to optimize your wellness and become the best version of yourself. *Radiant Rituals* invites you to live in rhythm with your body, the seasons, and the elements that shape your inner and outer world. It includes science-backed strategies and mindful rituals to:

- Cultivate an intuitive approach to rest
- Nourish your body in alignment with your unique rhythms and seasons
- Regulate your energy and move through stress with awareness and rituals
- Work with life-force energy to create clarity and vitality for sustained radiance
- Practice surrender, letting go of patterns, beliefs, and identities that no longer serve you.
- And more

With a holistic approach that prioritizes spiritual and emotional wellness over “peak performance,” you will learn to reconnect with your body's intuitive wisdom and cultivate the awareness, clarity, and resilience to thrive in every aspect of your life. Each chapter includes prompts, practices, and meditations to help you lean into your inner knowing and create personal rituals that resonate for you.

PRAISE

“When you’re navigating uncertainty, identity shift, or reinvention, Radiant Rituals is a capable guide, inviting you to remember your innate wisdom. Move through life’s transitions with steadiness, meet grief and challenges with compassion, and practice reconnecting with the grounded rhythms at the heart of who you are.”

Elena Brower, best-selling author of *Hold Nothing and Practice You*

ABOUT THE AUTHOR

RADHIKA MUKHIJA is a former executive turned wellness mentor and meditation guide. She is also a certified health coach, human potential coach, yoga teacher, and meditation guide. Raised in India with the consciousness of yoga and ancestral traditions, she now guides professionals to create lasting mind-body balance and resilience. Her integrative approach weaves Yoga Philosophy, Ayurveda, and neuroscience with modern science to support transformation and well-being.

PUBLICATION

15 December 2026
Shambhala Publications

FORMAT

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280 pages

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CATEGORIES

Health & Fitness ·
Women's Health · Mind,
Body, Spirit · Ayurveda ·
Self-Help ·
Self-Management · Stress
Management

SUBRIGHTS SOLD

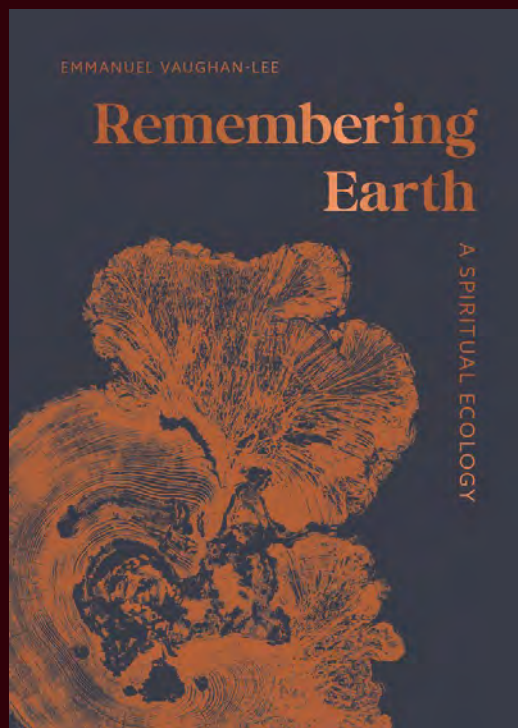
Polish

Remembering Earth

A Spiritual Ecology

EMMANUEL VAUGHAN-LEE

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.



ABOUT THE BOOK

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. Each practice is a doorway, inviting you from concept to communion, from observer to participant in the sacred web of life, offering an embodied spiritual ecology that moves beyond ideas into lived experience.

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.

PRAISE

"Remembering Earth is an exceptional book born of a remarkable life and mind. Reading it, I felt a sense of calm lucidity move over me: a clarity at what has happened to disconnect spirit from matter, and what might—must—be done to connect it again. At its heart is the recognition that, as Vaughan-Lee puts it, the work of reconnection with this memorious, wondrous Earth of ours is 'not about learning something new but remembering something very, very old.'"

Robert Macfarlane, author of *Underland* and *Is a River Alive?*

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 20 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*. Before his work in film and media, he performed with renowned jazz artists and released two acclaimed records, *Previous Misconceptions* and *Borrowed Time*. His work invites a deeper relationship with the living world through story, practice, and devotion.

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23 June 2026
Shambhala Publications

FORMAT

Hard Cover · \$21.95
232 pages

ISBN

978-1-64547-510-1

CATEGORIES

Nature · Ecology · Mind,
Body, Spirit · Mindfulness
& Meditation · Philosophy
· Nature

SUBRIGHTS SOLD

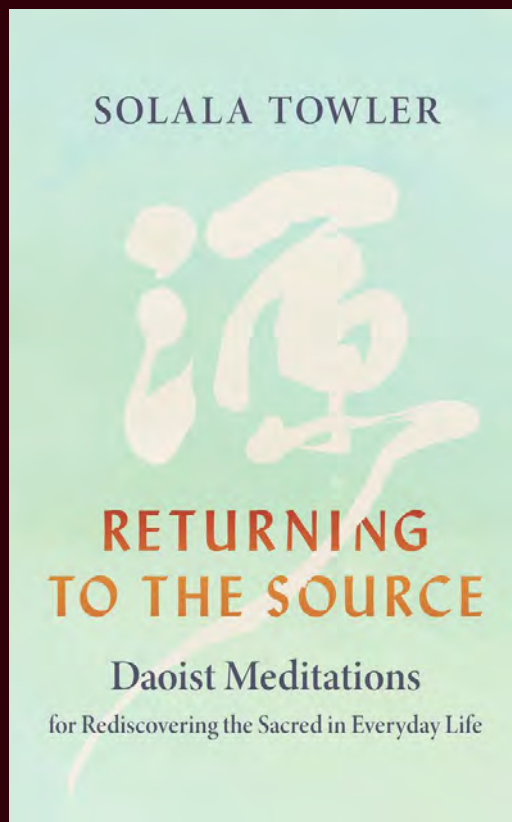
Dutch

Returning to the Source

Daoist Meditations for Rediscovering the Sacred in Everyday Life

SOLALA TOWLER

Experience the profound benefits of meditative practices from the Daoist tradition. This practical guide by a renowned teacher offers more than 32 guided practices to support emotional balance, enhance qi (vital energy), and cultivate a sense of groundedness and inner peace.



ABOUT THE BOOK

Unlike conventional meditation approaches, practices drawn from Daoism and qigong incorporate both stillness and movement, offering a complete system for holistic well-being of body and mind. Daoist meditation teacher Solala Towler offers 32 practices with a unique blend of ancient wisdom and practical application, including Daoist energy practices, qigong, breathing techniques, and visualization methods that promote healing, vitality, and spiritual awareness. Perfect for both beginners and experienced practitioners, this guide helps you integrate meditative awareness into every aspect of life while maintaining balance between stillness and activity.

Whether you're seeking stress relief, emotional balance, or spiritual growth, these essential Daoist meditation practices—including the Small Heavenly Orbit, Internal Alchemy, and Sacred Space creation, among many others—will allow you to access deeper states of awareness while cultivating vital energy.

PRAISE

"In simple, poetic strokes, Solala Towler captures the wisdom and key principles of Daoism cultivated over 5000 years. He offers a Way open to anyone, in a book that will satisfy both beginners and sages."

Michael Winn, founder of HealingTaoUSA.com

ABOUT THE AUTHOR

SOLALA TOWLER was editor/publisher of *The Empty Vessel: The Journal of Daoist Philosophy and Practice* for 25 years. He is the author of 14 books, some of which have been translated into Dutch, French, Italian, and Spanish. He is a founding board member and president emeritus of the National Qigong Association. He has taught qigong and Daoist meditation for over 35 years and leads tours to visit Daoist temples and meditation and qigong masters in the sacred mountains of China and Taiwan.

PUBLICATION

2 June 2026
Shambhala Publications

FORMAT

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176 pages

ISBN

978-1-64547-508-8

CATEGORIES

Philosophy · Taoist ·
Self-Help · Spiritual ·
Religion · Meditations

SUBRIGHTS SOLD

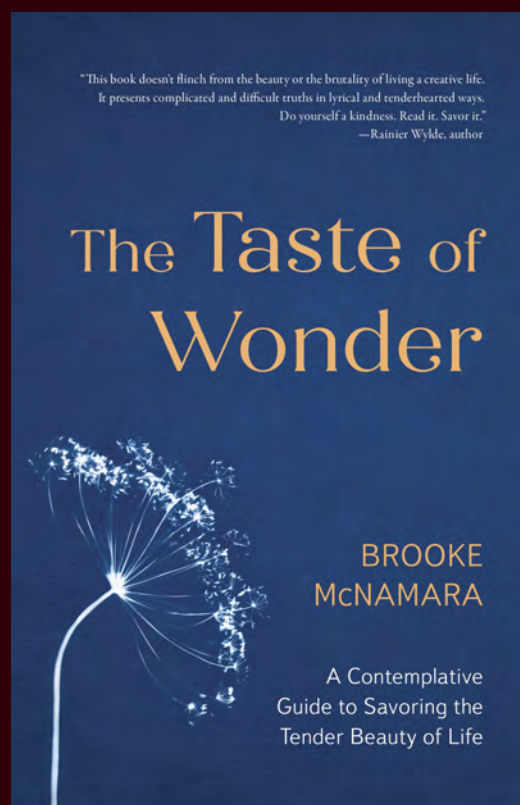
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The Taste of Wonder

A Contemplative Guide to Savoring the Tender Beauty of Life

BROOKE MCNAMARA

Combining an artist's sensitivity with Zen Buddhist wisdom, poet and teacher Brooke McNamara introduces the profound practice of "savoring" as a way to meet the breadth of human experience with tenderness, curiosity, and awe.



ABOUT THE BOOK

What if you could experience each moment—ordinary, beautiful, or difficult—with a sense of wonder?

In *The Taste of Wonder*, poet and Zen teacher Brooke McNamara invites you to slow down, return to your senses, and reconnect with what matters most through the practice of savoring.

Using stories, Zen teachings, and practices to awaken your senses and nourish your heart, you'll learn how savoring can help you:

- Enjoy pleasure without attachment
- Meet pain, injustice, loss, and uncertainty with compassion
- Appreciate the gifts hidden in ordinary life
- Reconnect with peace, gratitude, and aliveness
- Let go gracefully
- Bolster resilience, presence, and generosity

For creative souls who long to feel more alive and connected, *The Taste of Wonder* offers a spiritually grounded alternative to a culture of distraction and endless striving. Appealing to readers of Ross Gay, Rebecca Solnit, Natalie Goldberg, and Mark Nepo, this book shows us a more intimate and compassionate way to live—one grounded in the present and open to wonder.

ABOUT THE AUTHOR

BROOKE MCNAMARA is an award-winning poet, meditation guide, and Zen teacher. Trained in the tradition of Diane Musho Hamilton Roshi, she is president and a founding Sensei of Dragon Lake Zen. The author of two poetry collections, *Bury the Seed* and *Feed Your Vow*, she received the Charles B. Palmer Prize from the Academy of American Poets. A former professional dancer, she has performed with LEVYdance, Malashock Dance, Kim Olson/SWEET EDGE, and independently. She has taught yoga studies at Naropa University and dance at the University of Colorado Boulder. Her work reflects a lifelong devotion to poetry, contemplative practice, and the transformative possibilities of attention.

PUBLICATION

20 July 2027
Shambhala Publications

FORMAT

Trade Pbk • \$18.95
144 pages

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978-1-64547-545-3

CATEGORIES

Self-Help - Personal
Growth - Happiness

SUBRIGHTS SOLD

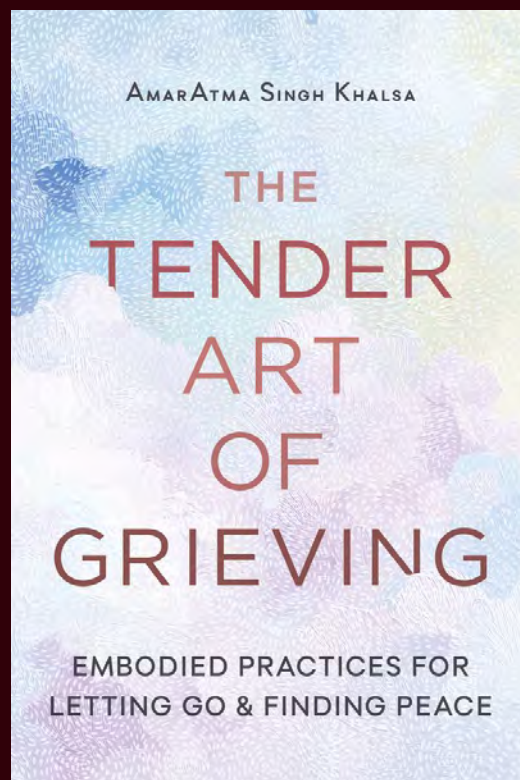
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The Tender Art of Grieving

Embodied Practices for Letting Go and Finding Peace

AMARATMA SINGH KHALSA

Grief changes everything—including how you breathe, move, and rest. Learn how to work with your grieving body, not against it, with more than 75 techniques for soothing emotional pain, restoring balance, and finding steadiness in loss.



ABOUT THE BOOK

Grief isn't just something you experience in your mind—it's something you feel throughout your body. *The Tender Art of Grieving* is a practical guide for anyone seeking simple, accessible tools to navigate the physical, emotional, and spiritual impact of loss.

Drawing on decades of experience as a grief counselor and chaplain, and integrating insights from neuroscience, Traditional Chinese Medicine, Ayurveda, and somatic therapy, AmarAtma Singh Khalsa offers a compassionate approach to healing that meets grief where it is: in the body.

In *The Tender Art of Grieving*, you'll find more than 75 accessible techniques for working with emotions like sadness, anxiety, anger, regret, guilt, shame, and numbness—as well as those that often get shut down in grief, such as joy, aliveness, and purpose. Through breathwork, mindful movement, yoga, qigong-inspired exercises, acupressure, creative expression, sensory practices, grounding rituals, and more, you'll discover practical ways to regulate your nervous system, process complex feelings, and create space for healing at your own pace.

With heartfelt storytelling and real-life examples, this book offers a compassionate approach to grieving, one that reminds you that you are not alone—grief is a shared human experience, and healing can be eased by community and gentle presence with your pain. Whether you're grieving an illness, a death, a relationship, a dream, or a major life transition, this book offers support and a path toward greater integration, resilience, and connection—without rushing or bypassing your experience.

PRAISE

"Grief is the one thing every human being will face and almost nobody is prepared for. We medicalize it. We spiritually bypass it. We perform our way through it and wonder why our bodies are screaming. AmarAtma wrote the grief book we've been missing. Embodied, honest, and grounded in real experience, it will change how you hold your pain."

Sah D'Simone, founder of the Somatic Activated Healing Method and best-selling author of *Spiritually Sassy* and *Spiritually, We*

ABOUT THE AUTHOR

AMARATMA SINGH KHALSA is a grief specialist, educator, and founder of the Institute for Compassionate Grieving. With a graduate degree from Harvard Divinity School, and Master's degree in Acupuncture and Chinese Medicine, he blends ancient traditional wisdom with his 15 years in end-of-life care for modern grief support. As one of the first Sikh Board Certified Chaplains in the U.S., AmarAtma has provided spiritual care and grief support to thousands navigating profound loss in both inpatient and outpatient settings. Creator of the Compassionate Grieving™ model, he integrates body-based somatic practices with emotional healing to offer practical, real-time relief. AmarAtma is an advocate for emotional literacy and holistic healing, sharing his expertise through retreats, workshops, and a growing online community. His work normalizes grief, challenges cultural myths, and empowers people to transform pain into resilience and renewed purpose.

PUBLICATION

29 September 2026
Shambhala Publications

FORMAT

Trade Pbk · \$24.95
344 pages

ISBN

978-1-64547-495-1

CATEGORIES

Self-Help · Death, Grief,
Bereavement · Mind,
Body, Spirit · Mindfulness
& Meditation · Family &
Relationships · Death,
Grief, Bereavement

SUBRIGHTS SOLD

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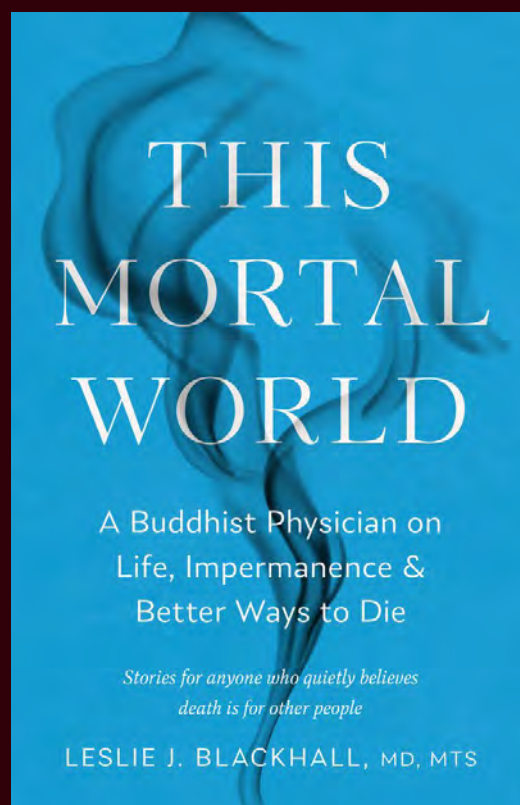
This Mortal World

A Buddhist Physician on Life, Impermanence, and Better Ways to Die

LESLIE J. BLACKHALL, MD, MTS

A reflective and compassionate meditation on “death awareness” for anyone who quietly believes death is for other people.

With wisdom and humor, a palliative care physician challenges cultural taboos surrounding death and encourages us to embrace impermanence as a transformative lens for living.



ABOUT THE BOOK

Most of us live under what Dr. Leslie Blackhall calls the “immortality illusion”—pretending death won’t happen while missing opportunities for authentic living. A leading palliative care physician with more than forty years of experience, Blackhall reveals how our cultural denial of mortality creates unnecessary suffering and obscures us from recognizing life’s true meaning.

Combining perspectives from Western and Tibetan medicine with Buddhist philosophy, Blackhall offers a radical perspective on death awareness—not as a morbid preoccupation, but as a pathway to fearless living. Through powerful patient stories and personal experiences, Blackhall exposes the flaws in our approach to end-of-life care, revealing that accepting impermanence can liberate us from anxiety about the future and help us focus on what truly matters now.

Moving beyond familiar advice about advance directives and hospice care, *This Mortal World* challenges readers to fundamentally reconsider their relationship with mortality. Blackhall shows how death awareness can radically change your perspective and clarify your true priorities. This book will change how you think about living, dying, and finding purpose in our beautifully impermanent world.

ABOUT THE AUTHOR

DR. LESLIE BLACKHALL is the Section Head for Palliative Care at the University of Virginia School of Medicine and an internationally known expert on end-of-life care. She is a graduate of Yale University, the NYU School of Medicine, and Harvard Divinity School. In her search for alternative approaches, she trained in Tibetan medicine and worked with the Dalai Lama’s personal physician. Her career includes pioneering work in bioethics, spirituality and medicine, and palliative care.

PUBLICATION

12 January 2027
Shambhala Publications

FORMAT

Trade Pbk · \$19.95
184 pages

ISBN

978-1-64547-582-8

CATEGORIES

Self-Help · Death, Grief,
Bereavement · Self-Help ·
Aging · Mind, Body, Spirit ·
Inspiration & Personal
Growth

SUBRIGHTS SOLD

—

Walls of Time

Tales of a Bluegrass Pilgrim

PETER ROWAN

A musician's unforgettable apprenticeship in bluegrass, spirituality, and the search for America's musical soul.



ABOUT THE BOOK

In 1965, a young Peter Rowan joined Bill Monroe's legendary Blue Grass Boys, embarking on a musical career that would take him from the hallowed stage of the Grand Ole Opry to the dusty backroads of the segregated South, from the folk clubs of England to the San Francisco psychedelic scene, and from bluegrass music to a search for wisdom in philosophy and Buddhism.

Perfect for fans of *Chronicle* by Bob Dylan and readers who enjoyed *Bluegrass: A History* by Neil V. Rosenberg, this memoir offers rare insight into the creative process of a man who helped bring bluegrass music into the mainstream. Rowan's narrative weaves together vivid portraits of legendary figures—Jerry Garcia, David Grisman, and the Father of Bluegrass himself, Bill Monroe—with explorations of Tibetan Buddhism, Native American spirituality, and the cross-cultural roots of American roots music.

More than a music memoir, *Walls of Time* traces how the “ancient tones” connect past and present, how tradition and innovation collide, how songs carry wisdom across generations, and how one artist's quest for authenticity mirrors a nation's search for its soul. Readers seeking an authentic voice from the 1960s folk revival and the birth of jamgrass will find an essential chronicle of American music's living history.

PRAISE

“This book is a wonderful glimpse inside the fascinating mind of the great American bluegrass guru, Peter Rowan, student of the universe and Bill Monroe. It is a kaleidoscope of music, mystery, meditation, mastery, muse, milestones, adventure, and hillbilly history. Constructed of many personal diary entries and stories of his life, it puts the reader on the tour bus, along for the ride, as it weaves through the years. It serves as a portal directly into the time and space where Peter learned the ways of the road.”

Billy Strings

ABOUT THE AUTHOR

Grammy Award-winning singer-songwriter PETER ROWAN is one of America's most revered musical storytellers. A 2022 inductee into the International Bluegrass Music Hall of Fame, and winner of the Inaugural Lifetime Achievement Award in Music given by Your Roots are Showing (Ireland's Folk Conference), Rowan has spent over five decades shaping the sound and spirit of American roots music—from bluegrass and folk to rock, country, and beyond.

PUBLICATION

8 December 2026
Shambhala Publications

FORMAT

Trade Pbk · \$19.95
304 pages

ISBN

978-1-64547-576-7

CATEGORIES

Biography &
Autobiography · Music ·
Music · Genres & Styles ·
Country & Bluegrass ·
Religion · Spirituality

SUBRIGHTS SOLD

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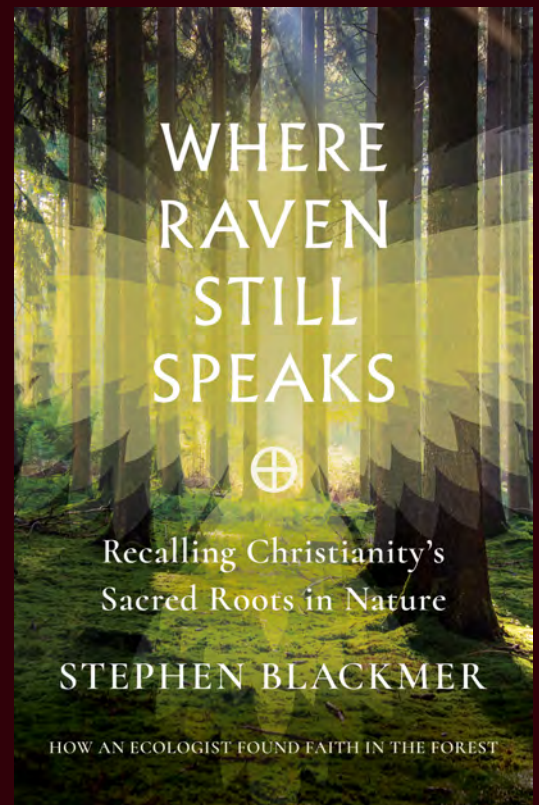
Where Raven Still Speaks

Recalling Christianity's Sacred Roots in Nature

STEPHEN BLACKMER

In dreams, visions, and mysterious encounters, a burnt-out environmental activist receives an unexpected message.

This numinous memoir reveals how he discovers his true calling as a woods priest.



ABOUT THE BOOK

In this mystical spiritual memoir, Stephen Blackmer tells the story of his unlikely journey from forest activist and ecologist to Episcopal priest—a calling that came through otherworldly messages and mysterious encounters in the woods. As he is drawn toward Christ, he must cross the boundaries that once defined his life: between wilderness and church, skepticism and faith, grief and wonder.

Challenging the long separation between Christianity and the natural world, Blackmer establishes Church of the Woods, an outdoor space of worship in the recovering forests of New England. Here, among trees, rocks, and streams, the ancient rhythms of liturgy and sacrament are rediscovered and renewed alongside the land and creatures who inhabit it.

Without preaching or pretense, *Where Raven Still Speaks* is a story of spiritual awakening, ecological loss, and the mystery of new life taking root in damaged places. It offers a vision of Christian faith that embraces both the sacredness of creation and the call to care for it. In the spirit of writers like Thomas Berry, Cynthia Bourgeault, Richard Rohr, and Wendell Berry, this book invites you onto a path of renewal, returning to a way of Christ that is earthy, humble, inclusive, and alive in the company of all creation.

ABOUT THE AUTHOR

STEPHEN BLACKMER is a forest ecologist, conservationist, and Episcopal priest whose work bridges the realms of spirituality and environmental stewardship. After decades of leadership in forest conservation, including founding the Northern Forest Center and the Northern Forest Alliance, Blackmer experienced an unexpected calling to the priesthood at age 52. He went on to establish Church of the Woods in New Hampshire, an Earth-centered Christian community where the land itself is sacred space. A graduate of Yale Divinity School and Yale School of Forestry and Environmental Studies, Blackmer has devoted his life to exploring the intersection of faith, ecology, and community. Now living as a forest guardian at Church of the Woods, he writes, teaches, and welcomes visitors seeking a deeper connection to the sacredness of the natural world. His story has been featured in Harper's Magazine, The Boston Globe, and Spirituality & Health.

PUBLICATION

10 August 2027
Shambhala Publications

FORMAT

Trade Pbk · \$21.95
240 pages

ISBN

978-1-64547-533-0

CATEGORIES

Religion - Christian
Theology - Ecology ·
Religion - Christian Living
- Personal Memoirs ·
Nature - Ecology

SUBRIGHTS SOLD

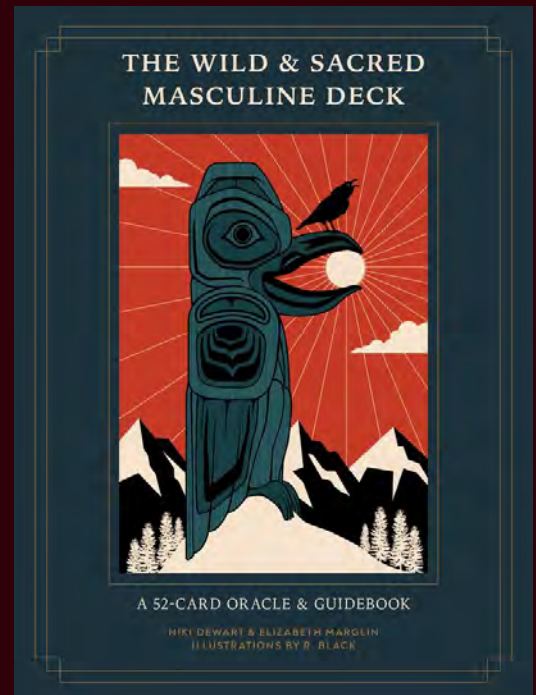
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The Wild and Sacred Masculine Deck

A 52-Card Oracle and Guidebook

NIKI DEWART & ELIZABETH MARGLIN; ILLUSTRATED BY R. BLACK; FOREWORD BY STEFANOS SIFANDOS

Forge a deeper connection with your authentic masculine power. From the creators of The Wild & Sacred Feminine Deck, this striking oracle deck and guidebook is for anyone ready to reclaim and celebrate the full spectrum of masculine energy—wild, sacred, and whole.



ABOUT THE BOOK

In a world where the masculine is often constrained by stereotypes, this 52-card deck and guidebook offers a rare invitation to rediscover what is essential, noble, and true in the masculine spirit. Here, the masculine is envisioned not as a monoculture of conformity, but as a vibrant permaculture of diversity and possibility.

Inspired by sources ranging from Native American animal medicine to the Upanishads, this deck is organized into four suits—Wild, Elemental, Archetypal, and Divine Masculine—each reflecting a unique facet of masculine energy. The accompanying guidebook provides concise interpretations and shadow insights, inviting honest self-reflection and growth. Masculinity is presented as a force of balance: wild yet sacred, steadfast yet adaptable, powerful yet vulnerable.

Created as a companion to *The Wild & Sacred Feminine Deck*, this deck is a powerful tool for anyone who seeks to know and understand the masculine more deeply, whether within themselves, their partner, or the world around them. Designed for self-inquiry and guidance, this deck can also serve as a touchstone in men's groups, therapy, or daily life.

ABOUT THE AUTHORS

NIKI DEWART is an unabashed lover of mystery. She has traveled worldwide to immerse herself in spiritual traditions and sit with wisdom keepers. She bows to the land and other-than-human world for soul-furthering inspiration. Following these threads of awe, she writes books, designs sacred spaces, and leads retreats. She is the coauthor of *Sacred Motherhood* and *The Wild & Sacred Feminine Deck*. She lives in Lyons, Colorado.

ELIZABETH MARGLIN is a poet and writer with a passion for mystics of all stripes. She leads poetry salons and writing circles, writes articles for a variety of publications, and is the coauthor of *The Wild & Sacred Feminine Deck*. She lives in Longmont, Colorado.

R. BLACK is an international graphic artist specializing in event posters, book covers, and album designs. He started his 25-year career designing underground band and club fliers in San Diego until his bold, unique style was in broader demand. In 2011, he earned national attention for his posters supporting the Occupy movement. R. Black has also published an art book, as well as designed and released his own tarot deck.

PUBLICATION	FORMAT	ISBN	CATEGORIES	SUBRIGHTS SOLD
22 September 2026 Shambhala Publications	Non-Traditional Fm · \$40.00 224 pages	978-1-64547-426-5	Mind, Body, Spirit · Divination · Tarot · Self-Help · Motivational & Inspirational · Mind, Body, Spirit · Inspiration & Personal Growth	—

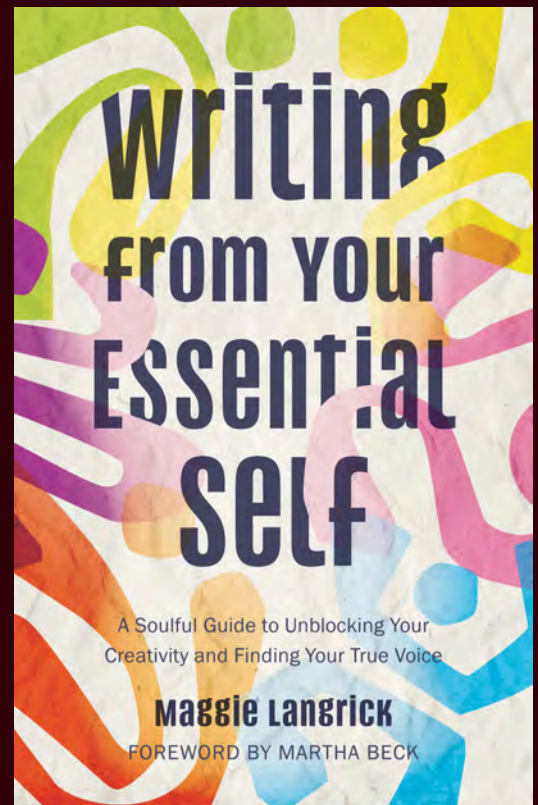
Writing from Your Essential Self

A Soulful Guide to Unblocking Your Creativity and Finding Your True Voice

MAGGIE LANGRICK, FOREWORD BY MARTHA BECK

Reclaim your freedom. Write your truth. Share your story.

A compassionate exploration of writing, healing, and self-trust from an award-winning publisher and creativity coach.



ABOUT THE BOOK

If you've ever felt blocked, silenced, overwhelmed, or unable to trust your own voice, you are not alone. Self-doubt, perfectionism, fear, and shame can leave us feeling disconnected from our creativity and ourselves.

In *Writing from Your Essential Self*, editor and creativity coach Maggie Langrick invites you to see your writing struggle in a new way: not as a failure of discipline, talent, or technique, but as a sign of deeper disconnection from the truest part of yourself.

Drawing on her own journey through illness, burnout, and creative paralysis—as well as decades spent helping writers shape their work—Langrick offers a compassionate path back to the page. Organized around nine spiritual principles that apply as much to life as they do to writing, she shows how creative practice can become a tool for personal growth, a way to heal old wounds, and a means of stepping into your life's purpose.

Whether you are paralyzed by perfectionism, afraid to be seen, or have lost touch with your creative longings, this book will help you find your way back to the page—and to yourself.

ABOUT THE AUTHOR

MAGGIE LANGRICK is the founding publisher of Wonderwell Press, a hybrid publishing company established in 2013. A seasoned editor and creativity coach trained in Martha Beck's Wayfinder program, Maggie has guided books to peer-reviewed honors and national bestseller lists, including *USA Today* and *The Wall Street Journal*. She is the host of *The Selfish Gift* podcast and creator of *The Underwire Substack*, where she speaks and writes about writing, purpose, and personal and spiritual growth.

PUBLICATION

29 June 2027
Shambhala Publications

FORMAT

Trade Pbk · \$19.95
240 pages

ISBN

978-1-64547-590-3

CATEGORIES

Language Arts &
Disciplines - Writing -
General

SUBRIGHTS SOLD

—

Your Body Never Meant You Any Harm

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

ANN SAFFI BIASETTI, PHD, LCSW

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.

ABOUT THE BOOK

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.

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.

PUBLICATION

21 July 2026
Shambhala Publications

FORMAT

Trade Pbk · \$19.95
288 pages

ISBN

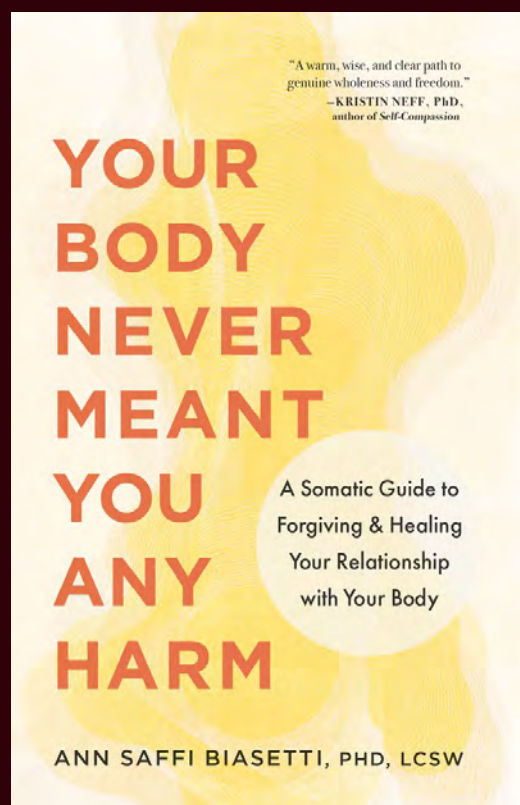
978-1-64547-441-8

CATEGORIES

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

SUBRIGHTS SOLD

Dutch



PRAISE

"This is a book about coming home. Coming home to yourself and coming home to the wisdom deep within your flesh. In a world full of rupture, the pages within provide essential guidance to mend the mind and body split while providing insightful care on the path to healing and self-love."

Tias Little, MA, author of *Yoga of the Subtle Body*

ABOUT THE AUTHOR

ANN SAFFI BIASETTI, PhD, LCSW, CEDS, is a Transpersonal Psychologist and 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* and *Awakening Self-Compassion Cards*. 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.

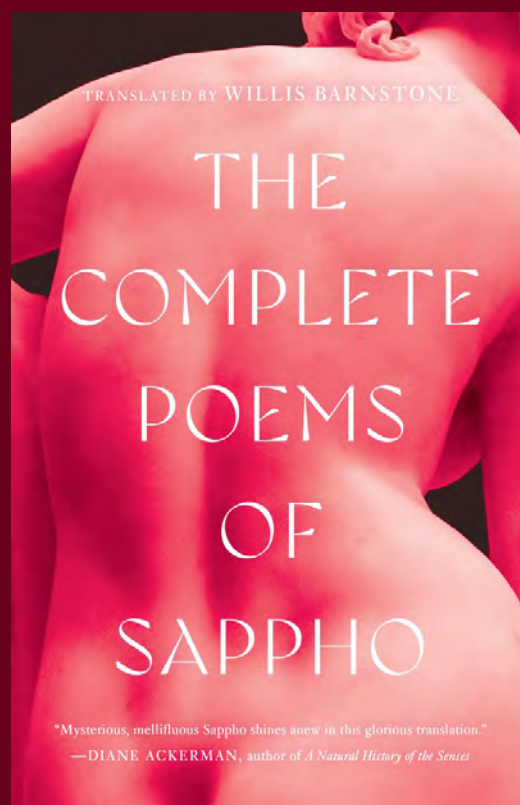
SECTION

Shambhala Reissues

The Complete Poems of Sappho

WILLIS BARNSTONE

In this vivid translation, acclaimed poet Willis Barnstone captures the thrilling lyric verse of Sappho, the greatest Greek love poet.



ABOUT THE BOOK

Sappho has captivated generations with a passion and wonder that transcends time. Known for her revealing and intimate love poems, Sappho's expressions of love, longing, pain, and pleasure made her one of history's most renowned poets.

After 2,600 years, what remains of Sappho's poetry are mere fragments. Only a handful of complete poems survive. Yet from these fragments, a full and extraordinary voice emerges. Willis Barnstone captures that voice with mastery, remaining faithful to the emotional power and rhythm of Sappho's surviving work.

This edition includes a wealth of materials for understanding Sappho's life and work, and a special section of "Testimonia": appreciations of Sappho in the words of ancient writers from Plato to Plutarch.

PRAISE

"Mysterious, mellifluous Sappho shines anew in this glorious translation, and Barnstone's masterful introduction locates her historically, unveils her impassioned life, and reflects on the sensuous grace of her poverty, revealing the woman as she's never been seen before."

Diane Ackerman, author of *A Natural History of the Senses*

ABOUT THE AUTHOR

WILLIS BARNSTONE, PhD, former O'Connor Professor of Greek at Colgate University, is Distinguished Professor Emeritus of Comparative Literature at Indiana University. A Guggenheim Fellow, poet, scholar, and memoirist, his many books include *Poets of the Bible*, *Mexico in My Heart*, *The Poems of Jesus Christ*, *With Borges on an Ordinary Evening in Buenos Aires*, *Life Watch*, *Border of a Dream: The Poems of Antonio Machado*, and *The Gnostic Bible* (with Marvin Meyer). He has received numerous awards for his work, among them the Emily Dickinson Award, the W. H. Auden Award, and a PEN/Book-of-the-Month-Club Special Citation for translation.

PUBLICATION

10 November 2026
Shambhala Publications

FORMAT

Trade Pbk · \$21.95
256 pages

ISBN

978-1-64547-574-3

CATEGORIES

Poetry - Ancient &
Classical · Poetry -
Women Authors · Poetry -
LGBTQ+

SUBRIGHTS SOLD

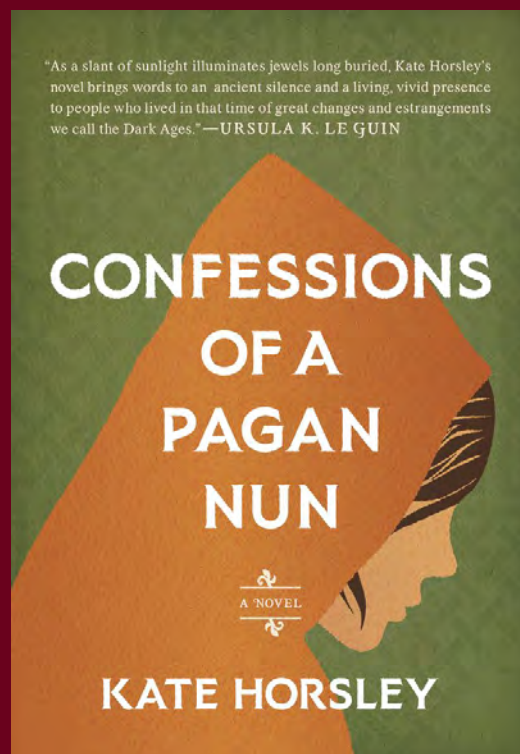
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Confessions of a Pagan Nun

A Novel

KATE HORSLEY

The compelling historical novel of a young Irishwoman who struggles between the old Druid ways and the rising tide of Christianity.



ABOUT THE BOOK

This moving and subtle tale both embodies and confirms the enduring power of language. Gwynneve is raised in a village of fishermen and pigkeepers at the height of Ireland's transition from paganism to Christianity. All around her, the new doctrines of Saint Patrick and the "tonsured men" are inexorably driving out the old Druid ways. When Gwynneve loses the two figures she loved the most—her mother succumbing to disease and her outspoken Druid teacher abducted by his enemies—she leaves her village and finally takes refuge in the convent of Saint Brigit.

Of her past life and loves, she retains only intangibles: her mother's independent mind and love of nature and her teacher's gift of literacy and addiction to truth. Clinging to the one constant and comforting force in her life—the power of words and their offer of immortality to those who set them down—she records her memories surreptitiously, interrupting her work of transcribing Patrick and Augustine. But disturbing events from the present keep intervening. Finally, her headstrong ways and growing criticism of the monastery's new abbot lead to an accusation that she consorts with demons. The story's tragic conclusion confirms both Gwynneve's fears and her powers: centuries after she and her tormentors sink back into the Irish earth, her words remain to haunt and inspire us.

ABOUT THE AUTHOR

KATE HORSLEY lives in Albuquerque, New Mexico, and teaches creative writing at Central New Mexico Community College. A poet as well as a novelist, Horsley has a PhD in American studies and has published nine novels. She won the Kenneth Patchen Award for Innovative Fiction for her novel *Between the Legs*, which was published in the fall of 2015.

PUBLICATION

9 June 2026
Shambhala Publications

FORMAT

Trade Pbk · \$19.95
208 pages

ISBN

978-1-64547-525-5

CATEGORIES

Fiction - Historical · Fiction - Medieval · Fiction - Religious · Fiction - Literary

SUBRIGHTS SOLD

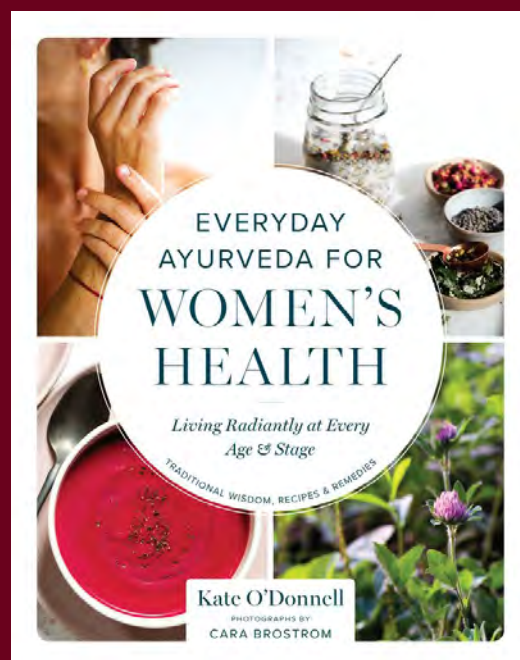
Croatian, Portuguese, Russian, Sinhalese

Everyday Ayurveda for Women's Health

Living Radiantly at Every Age and Stage

KATE O'DONNELL; PHOTOGRAPHS BY CARA BROSTROM

Find a deeper sense of wellness fueled by self-care, nurturing routines, healing foods, and herbal remedies—for women of any age. Reclaim your health, balance your hormones, and age radiantly.



ABOUT THE BOOK

Women's health evolves through many seasons—from menstruation and fertility to menopause and beyond. Best-selling author Kate O'Donnell distills the wisdom and science of Ayurveda into practical routines, nurturing rituals, healing foods, and herbal support for balance at every age and stage.

This essential guide will empower you to understand your body, how it works and changes over time, and how to listen to its messages for healing. With *Everyday Ayurveda for Women's Health*, you will:

- Cultivate health and vibrancy by adopting a more generative lifestyle
- Balance your hormones by choosing foods, herbs, and practices that are right for your constitution—with 60+ recipes
- Preserve your inner radiance by establishing personal boundaries and integrating self-care with the care of others
- Align your routines and rituals with the rhythms of nature and the energy and cycles of the moon

PRAISE

"Weaving together digestible information, attainable lifestyle practices, and delightful recipes, you can jump into this knowledge at any stage of life and find powerful benefits. Through this wisdom applied, you may even find liberation."

Claire Ragozzino, author of *Living Ayurveda*

ABOUT THE AUTHORS

KATE O'DONNELL is the author of four Ayurveda books published in seven languages, including *The Everyday Ayurveda Cookbook*, as well as an international presenter, Ayurvedic practitioner, and mentor. She is the founder of the Ayurvedic Living Institute, an online community space for self-transformation. She lives in Portland, Maine.

CARA BROSTROM is an artist, writer, and photographer. She studies and practices Ayurveda, yoga, and bioregional herbalism.

PUBLICATION

15 September 2026
Shambhala Publications

FORMAT

Trade Pbk · \$39.95
368 pages

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978-1-64547-505-7

CATEGORIES

Mind, Body, Spirit -
Ayurveda · Health &
Fitness · Women's Health
· Cooking · Health &
Healing · General

SUBRIGHTS SOLD

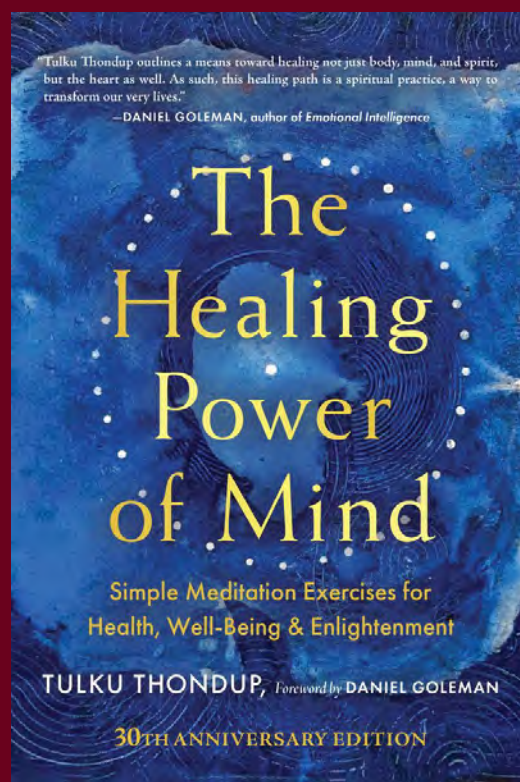
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The Healing Power of Mind

Simple Meditation Exercises for Health, Well-Being, and Enlightenment

TULKU THONDUP

Tulku Thondup's classic text, based on Mahayana Buddhist teachings, invites you to discover the healing power of your mind.



ABOUT THE BOOK

The Healing Power of Mind is an invitation to awaken the healing power of our minds through inspiring images and sounds, mindful movements, positive perceptions, soothing feelings, trusting confidence, and the realization of openness. The healing principle on which these exercises are based is the universal nature and omnipresent power envisioned in Mahayana Buddhism, yet open to those coming from any tradition. We can heal body and mind simply by allowing our own natural healing qualities to manifest: a peaceful and open mind, a loving and positive attitude, and warm, joyful energy in a state of balance and harmony.

Reissued for its 30th anniversary, Tulku Thondup's classic text invites readers to discover how our minds possess the power to heal pain and stress and to blossom into peace and joy by loosening the clinging attitudes that Buddhists call "grasping at self." When we mentally grasp and emotionally cling to our wants and worries with all our energy, we lose our enlightened freedom and strength, only to gain stress and exhaustion, suffering and overexcitement, like the turbulent waves rolling on the surface of the ocean. But if we apply the mind's healing power, we can heal not only our mental and emotional afflictions but physical problems as well. *The Healing Power of Mind* demonstrates that the true nature of our minds is enlightened and peaceful, as the depth of the ocean is calm and clear.

PRAISE

"Tulku Thondup outlines a means toward healing not just body, mind, and spirit, but the heart as well. As such, this healing path is a spiritual practice, a way to transform our very lives."

Daniel Goleman, author of *Emotional Intelligence*

ABOUT THE AUTHOR

TULKU THONDUP RINPOCHE was born in East Tibet and was recognized to be a tulku at age five. He studied at Tibet's famed Dordrupchen Monastery, settling in India in 1958 and teaching for many years in its universities. He came to the United States in 1980 as a visiting scholar at Harvard University. Residing in Cambridge, Massachusetts, for over forty years, he dedicated himself to writing, translating, and teaching through the Buddhayana Foundation. His numerous books include *The Healing Power of Mind*, which has now been published in eighteen languages, and *Boundless Healing*, which has been published in eleven languages.

PUBLICATION

2 June 2026
Shambhala Publications

FORMAT

Trade Pbk · \$24.95
224 pages

ISBN

978-1-64547-506-4

CATEGORIES

Religion - Buddhism -
Rituals & Practice · Mind,
Body, Spirit · Mindfulness
& Meditation · Religion -
Buddhism - Tibetan

SUBRIGHTS SOLD

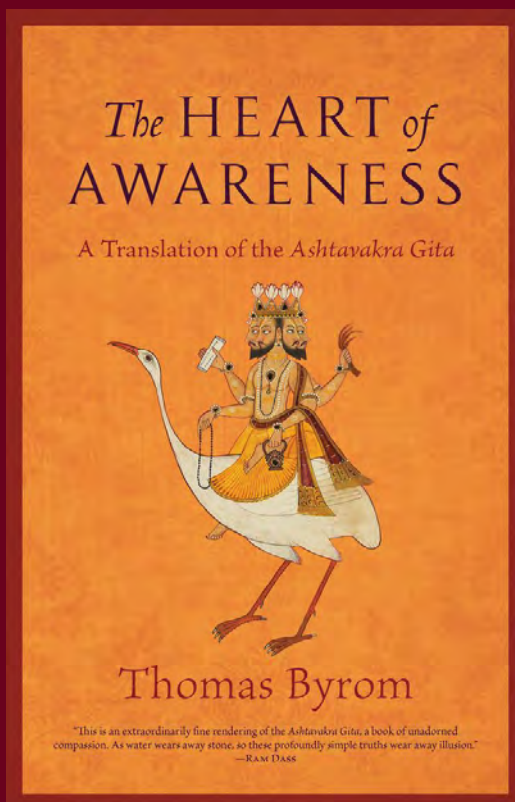
Chinese (Simplified and Complex), Czech,
Danish, Dutch, Finnish, French, German,
Hebrew, Hungarian, Indonesian, Italian,
Japanese, Polish, Portuguese (Brazil),
Spanish, Thai, Vietnamese

The Heart of Awareness

A Translation of the Ashtavakra Gita

THOMAS BYROM

This English translation of the Ashtavakra Gita conveys with beauty and simplicity the essential teachings of Advaita Vedanta, the most influential of the Hindu philosophical systems.



ABOUT THE BOOK

Composed by an anonymous master of the school of the great sage Shankara, this is a book of practical advice for seekers of wisdom as well as an ecstatic expression of the experience of enlightenment. This accessible and aphoristic version from acclaimed translator Thomas Byrom brilliantly conveys the clarity and lyricism of the Sanskrit original.

PRAISE

"Thomas Byrom's understanding and direct experience of the pure nature of awareness (as outlined in his wonderful introduction) shines through beautifully in this clear, direct, and concise translation of this masterful, timeless Song of Realisation. It flows deeply and smoothly like a clear mountain stream, guiding the reader to a reawakening to their true Nature. 'Your nature is pure awareness / You are flowing in all things / And all things are flowing in you.' What more needs to be said?"

Samaneri Jayasāra

ABOUT THE AUTHOR

THOMAS BYROM (1941–1991), PhD, was educated at Oxford and Harvard. He was formerly a fellow of St. Catherine's College and Exeter College, Oxford, where he taught Old English and modern literature. His best-selling translation of the Dhammapada was first published in 1976.

PUBLICATION

16 June 2026
Shambhala Publications

FORMAT

Trade Pbk · \$19.95
160 pages

ISBN

978-1-64547-504-0

CATEGORIES

Religion - Hinduism -
Sacred Writings · Religion
- Hinduism - Theology ·
Philosophy - Hindu

SUBRIGHTS SOLD

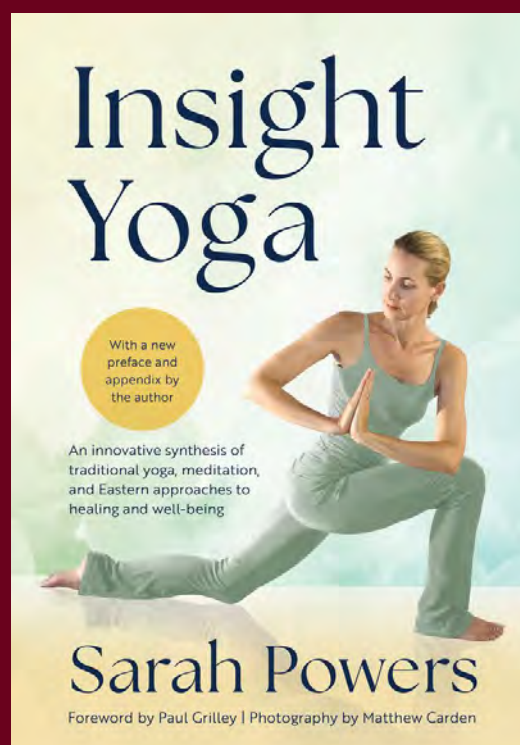
Dutch, German, Hebrew, Japanese,
Portuguese (Brazil)

Insight Yoga

An Innovative Synthesis of Traditional Yoga, Meditation, and Eastern Approaches to Healing and Well-Being

SARAH POWERS; FOREWORD BY PAUL GRILLEY

Blending traditional yoga with Eastern healing practices, beloved yoga teacher Sarah Powers offers a holistic approach to lifelong health, balance, and emotional clarity. This edition features a new preface, an expanded section on mindfulness of feelings, and an updated reading list.



ABOUT THE BOOK

Acclaimed yoga and meditation teacher Sarah Powers shares her distinctive approach, *Insight Yoga*, which combines traditional yoga with the meridian system of Chinese medicine and Buddhist mindfulness meditation.

Drawing on the Yin Yoga approach popularized by Paul Grilley, Powers presents a variety of sequences that balance Yin (passive) and Yang (active) poses to support healthy organs, muscles, joints, and tendons—and to calm and focus the mind. She pairs these practices with guidance in traditional Chinese medicine principles and mindfulness meditation. Through photographed sequences that blend slow, steady stretches with dynamic movement, Powers invites readers on an inspiring inner journey toward lasting physical well-being and emotional clarity.

PRAISE

“Sarah Powers seamlessly integrates her unique expressions of yin and yang yogas, with traditional Chinese medicine, Taoism, and Buddhism, to create one of the most complete and balanced systems of modern yoga. This is a teaching of great warmth and intelligence that will heal your body, invigorate your mind, and inspire your soul.”

Richard Rosen, author of *The Yoga of Breath*

ABOUT THE AUTHOR

SARAH POWERS is the cofounder of the Insight Yoga Institute and interweaves yoga, Buddhism, Taoism, and transpersonal psychology into an integrated practice to enliven the body, heart, and mind. Sarah has been teaching for over 30 years, blending a Yin sequence of long-held floor poses to enhance the meridian and organ systems with a mindfully based flow yoga practice. She is trained in both psychosynthesis and the Internal Family Systems psychological models and has been a student of spiritual psychology for over 35 years. She draws from her education and participation in long retreats in the Vipassana, Tantric, and Dzogchen practices of Buddhism.

PUBLICATION

1 September 2026
Shambhala Publications

FORMAT

Trade Pbk · \$24.95
264 pages

ISBN

978-1-64547-473-9

CATEGORIES

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

SUBRIGHTS SOLD

Chinese (Complex and Simplified), Czech,
German, Japanese, Korean, Turkish

The Power of Limits

Proportional Harmonies in Nature, Art, and Architecture

GYORGY DOCZI

COVER
TO COME

ABOUT THE BOOK

PUBLICATION

25 May 2027
Shambhala Publications

FORMAT

Trade Pbk · \$39.95
208 pages

ISBN

978-1-64547-507-1

CATEGORIES

Art - History - General ·
Mathematics - Recreations
& Games · Nature -
Essays

SUBRIGHTS SOLD

Chinese (Complex and Simplified) German,
Hebrew, Japanese, Portuguese (Brazil),
Russian, Serbian, Spanish

Sonnets to Orpheus

RAINER MARIA RILKE

Acclaimed translator and one of America's greatest poets, Willis Barnstone showcases Rilke's masterwork of art, love, and transformation in an illuminating new translation. This dual-language edition is accompanied by the original German.

COVER
TO COME

ABOUT THE BOOK

Written during an astonishing outburst of creativity during a period of only two weeks in February 1922, Rilke's *Sonnets to Orpheus* is one of the great poetic works of the twentieth century. Willis Barnstone brings these striking poems into English with an approach honed through years of work on the philosophy of translation, about which he has written extensively. This dual-language edition allows readers to compare versions face-to-face to get a clear sense of the nuances of the translation. Also included is an extensive introduction from the translator that offers a biographical sketch of Rilke and reflects upon the ever-present tension between the poet's passion for life, romance, and adventure, and his yearning for the solitude he desperately needed to dedicate himself fully to his art.

PRAISE

"Willis Barnstone's versions of Rilke's Sonnets to Orpheus are daring, passionate, and beautiful. The choices he makes between beauty, song, and literalness serve a cause Rilke would approve. Of all translations of the sonnets, Barnstone's songs tame the animals while serving Rilke's great art."

Stanley Moss, author of *A History of Color*

ABOUT THE AUTHOR

RAINER MARIA RILKE (1875–1926) is widely regarded as one of the greatest and most influential poets of the twentieth century. His work is celebrated for its spiritual intensity and lyrical precision. His works include *Duino Elegies*, *The Sonnets to Orpheus*, and *Letters to a Young Poet*.

WILLIS BARNSTONE, PhD, former O'Connor Professor of Greek at Colgate University, is Distinguished Professor Emeritus of Comparative Literature at Indiana University. A Guggenheim Fellow, poet, scholar, and memoirist, his many books include *Poets of the Bible*, *Mexico in My Heart*, *The Poems of Jesus Christ*, *With Borges on an Ordinary Evening in Buenos Aires*, *Life Watch*, *Border of a Dream: The Poems of Antonio Machado*, and *The Gnostic Bible* (with Marvin Meyer). He has received numerous awards for his work, among them the Emily Dickinson Award, the W. H. Auden Award, and a PEN/Book-of-the-Month-Club Special Citation for translation.

PUBLICATION

8 June 2027
Shambhala Publications

FORMAT

Trade Pbk · \$18.95
240 pages

ISBN

978-1-64547-639-9

CATEGORIES

Poetry - European -
German · Literary
Criticism - European -
German · Poetry - Ancient
& Classical

SUBRIGHTS SOLD

—

To Buy or Not to Buy

Why We Overshop and How to Stop

APRIL LANE BENSON, PHD AND CARRIE RATTLE, MBA

A new edition of the trusted guide, now updated for the digital age.

Break the cycles of compulsive shopping, one-click purchasing, and endless scrolling for the best deal. To Buy or Not to Buy gives you proven tools to understand your triggers and build healthier habits so you can finally take control of your spending and your life.

WHY WE OVERSHOP AND HOW TO STOP

To Buy or Not To Buy



Tools to break the cycle and take control of your life

APRIL LANE BENSON, PhD

CARRIE RATTLE, MBA

ABOUT THE BOOK

Are you a compulsive shopper?

- Do you make impulse purchases online or on your phone?
- Does social media trigger your shopping?
- Do you shop to feel better, even if you can't afford it?
- Do your binges leave you feeling anxious or guilty?
- Are your habits affecting your relationships or family?

If you've tried to stop shopping but can't seem to break the cycle, you are not alone. Millions struggle with buying habits that lead to debt, damaged relationships, and shame. If this sounds like you—or someone you care about—the help you need is here. In this newly revised edition of *To Buy or Not to Buy*, psychologist April Lane Benson and financial expert Carrie Rattle offer a practical, evidence-based program to help you break free from compulsive and impulsive shopping, updated for the digital age.

Using cognitive behavioral therapy techniques, the latest research on addiction and habit change, mindfulness practices, and money psychology, this guide helps you uncover how childhood experiences shape your habits, identify your unique shopping patterns, and build resilience against the constant pressure of consumer culture and social media.

With strategies for building healthier habits and guidance for getting back on track if you slip, this book is your companion for lasting change. Follow the program, and you'll spend less, feel more in control, and experience greater satisfaction, stability, and alignment with what truly matters to you.

PRAISE

"This is a practical and deeply needed book. Overshopping tries to fill a hole that stuff was never meant to fill. To Buy or Not to Buy names that hook with real clarity, then shows us how to free ourselves from it."

Judson Brewer, MD, PhD, author of *Unwinding Anxiety* and *The Craving Mind*

ABOUT THE AUTHORS

APRIL LANE BENSON, PhD, was a nationally recognized psychologist specializing in compulsive buying disorder, with over 40 years in private practice in New York City. A Barnard College graduate, she held advanced degrees from Columbia and Yeshiva Universities and post-graduate certificates in psychotherapy, eating disorders, and spirituality. Dr. Benson co-founded New York's oldest outpatient eating disorders clinic.

CARRIE RATTLE, MBA, AFC®, CDFA®, is a 30-year financial industry veteran who has observed money psychology and behaviors in six countries. She earned an MBA from York University, Toronto, and has credentials as a Accredited Financial Counselor® and Certified Divorce Financial Analyst® in the United States. She received training from money psychology expert and acclaimed author Olivia Mellan and conducted clinical research on compulsive shopping with Dr. April Benson. Carrie's work has been featured in *New York Magazine*, *USA Today*, *Glamour*, *Cosmopolitan*, and more.

PUBLICATION

29 December 2026
Shambhala Publications

FORMAT

Trade Pbk · \$21.95
304 pages

ISBN

978-1-64547-499-9

CATEGORIES

Self-Help · Motivational & Inspirational · Psychology · Mental Health · Business & Economics · Personal Finance · Money Management

SUBRIGHTS SOLD

Korean, Romanian

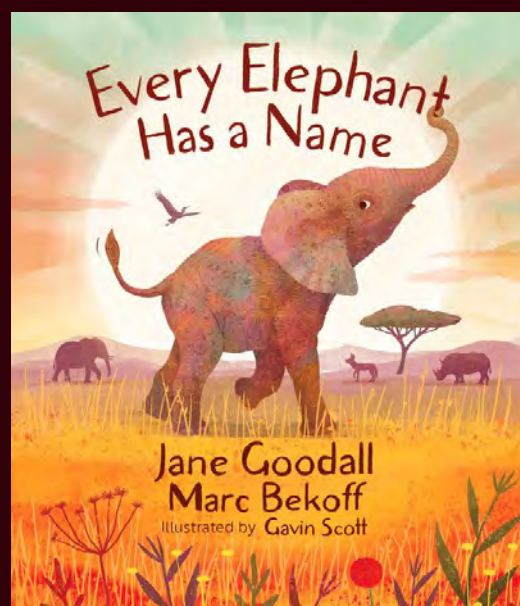
SECTION

Bala Kids

Every Elephant Has a Name

JANE GOODALL AND MARC BEKOFF; ILLUSTRATED BY GAVIN SCOTT

From legendary ethologist and conservationist Jane Goodall and animal behavior expert Marc Bekoff comes the unforgettable story of Taraji, a young elephant in Tanzania who must learn the “code of the animal kingdom” in order to help him face life’s challenges with hope and courage.



ABOUT THE BOOK

Taraji’s name means “hope,” but lately, he feels lost. Everything changes when his grandmother teaches him the code of the animal kingdom: five promises rooted in interconnectedness and environmental stewardship that inspire him to grow into his name.

Inspired by their best-selling book *The Ten Trusts: What We Must Do to Care for the Animals We Love*, Jane Goodall and Marc Bekoff condensed their “10 trusts” down to 5 accessible principles to empower and connect kids to the larger world around them. Grounded by an engaging narrative told through Taraji’s eyes, young readers will discover how even small actions can make a big difference in protecting our precious planet and all its inhabitants.

Additional educational resources follow at the back of the book, including fascinating facts about elephants, how readers can apply the code of the animal kingdom to their own lives, and resources for getting involved in their community and making a positive difference.

ABOUT THE AUTHORS

DR. JANE GOODALL (1934–2025), founder of the Jane Goodall Institute and UN Messenger of Peace, was an iconic voice for compassionate and sustainable solutions. Her global advocacy as an ethologist and environmentalist shaped attitudes and policy on issues from animal protection and human rights to the climate crisis, inspiring action through the power of hope. Jane Goodall’s Roots & Shoots international youth program is active in 75 countries to develop compassionate changemakers of tomorrow.

DR. MARC BEKOFF is an award-winning author, ethologist, behavioral ecologist, and professor emeritus of Ecology and Evolutionary Biology at the University of Colorado, Boulder. He also is an ambassador for Jane Goodall’s Roots & Shoots program.

GAVIN SCOTT was fascinated by the natural world from an early age, spending much of his childhood drawing animals. He studied natural history illustration, and his style eventually evolved from scientific into children’s picture books. He lives in Somerset with his wife, who is also an illustrator, and their growing family.

PUBLICATION	FORMAT	ISBN	CATEGORIES	SUBRIGHTS SOLD
2 February 2027 Shambhala Publications	Hard Cover · \$18.95 36 pages	978-1-64547-438-8	Juvenile Fiction - Science & Nature - Environment · Juvenile Fiction - Social Themes - Values & Virtues · Juvenile Fiction - Animals - Elephants	—

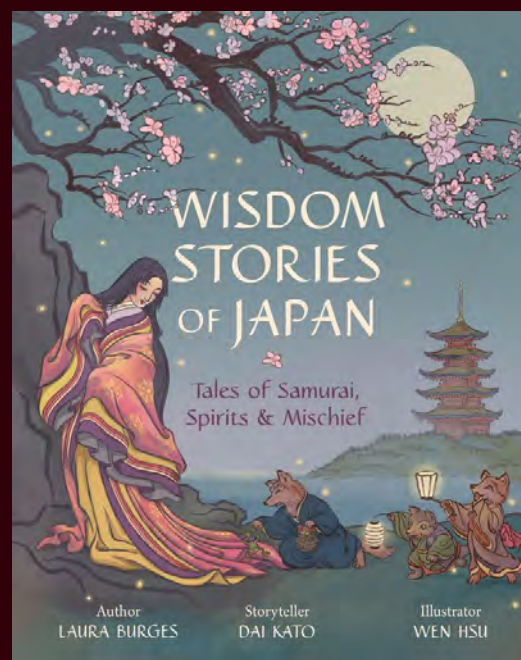
Wisdom Stories of Japan

Tales of Samurai, Spirits, and Mischief

LAURA BURGES AND DAI KATO; ILLUSTRATED BY WEN HSU

Journey to the mystical islands of Japan and explore a captivating collection of 14 traditional tales.

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



ABOUT THE BOOK

Fly to the moon with a Luminous Princess. Ride on the back of a turtle to a mysterious palace under the sea. Cheer for tiny Issun-boshi as he defeats a fearsome giant. Hear the melody of a bamboo flute as a daughter tries to reach her distant father.

From the cherry blossom picnics of spring to a Ghost Temple where raccoons beat their drums, this beautifully illustrated collection of timeless stories brings the living spirit of Japan's folk traditions to young readers and their families, each tale a lesson in kindness, courage, and wonder. Author Laura Burges and storyteller Dai Kato effortlessly blend classic Buddhist stories, Zen parables, and animal fables with authentic, vibrant details of Japanese culture—tea ceremony, temple life, and the gentle wisdom of nature. For anyone seeking multicultural children's books, whether for the classroom or for bedtime storytelling, these tales bring the islands of Japan to life—one magical story at a time.

Combining adventure, humor, and timeless wisdom, each tale is accompanied by a summary, offering both historical context and intuitive life lessons that can be applied today.

ABOUT THE AUTHORS

RYUKO LAURA BURGES is a lay entrusted dharma teacher in the Soto Zen tradition, teaching and leading retreats in California. A longtime educator, Laura's previous children's books from Shambhala include *Buddhist Stories for Kids*, *Zen for Kids*, *Wisdom Stories of Tibet*, and *Wisdom Stories of India*.

DAI KATO, MA, is a clinical mental health family therapist and the founder of the Five Rings Program in Boulder, CO. He is originally from a Japanese Samurai family in the Owari clan and started his Zazen practice at the age of seven. He practices Hekiryu Bishu Chikurin-ha Zen Archery and Kyudo under the 21st Shibata Kanjuro Sensei in Kyoto.

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.

PUBLICATION	FORMAT	ISBN	CATEGORIES	SUBRIGHTS SOLD
20 April 2027 Shambhala Publications	Hard Cover · \$19.95 144 pages	978-1-64547-155-4	Juvenile Fiction - Legends, Myths, Fables - Asian · Juvenile Fiction - Religious - Buddhist · Juvenile Fiction - Social Themes - Emotions & Feelings	—

SECTION

Yoga

Mantra

Healing with Sacred Sound

MELISSA SHAH

Bring the healing power of mantra into everyday life with this practical guide to using breath, sound, and pitch to ease anxiety and depression, improve focus, support emotional well-being, and deepen self-connection through simple therapeutic practices.



ABOUT THE BOOK

Discover the healing power of mantra through this supportive guide by yoga therapist Melissa Shah. Drawing from her deep roots in Indian tradition and extensive experience in yoga therapy, Shah presents an accessible approach to using sacred sound for wellness.

In *Mantra*, readers will explore how these powerful, sound-based practices can address anxiety, depression, focus issues, and emotional processing while deepening their connection to their true selves. Shah demystifies this subtle yogic practice, offering clear instruction on proper breath work, pronunciation, and pitch, while maintaining cultural authenticity and respect for this sacred tradition.

This book offers powerful therapeutic techniques you can use in everyday life, whether you're new to mantra or an experienced practitioner. The sound-based practices in *Mantra* help alleviate anxiety and depression, sharpen focus, and support emotional well-being while deepening your connection to your true self.

ABOUT THE AUTHOR

MELISSA SHAH (she/they) is a Los Angeles—based yoga therapist and educator specializing in Viniyoga, Ayurveda, and accessible, trauma-informed practice. With 2,000+ training hours and an MPH in health policy, she integrates therapeutic yoga practices into schools, her private practice, clinical settings, and social justice—oriented community offerings.

PUBLICATION

10 August 2027
Shambhala Publications

FORMAT

Trade Pbk · \$18.95
144 pages

ISBN

978-1-64547-549-1

CATEGORIES

Health & Fitness - Yoga

SUBRIGHTS SOLD

—

Mudra

The Sacred Gestures of Yoga

INDU ARORA

Discover the grounding power of mudras: 25 sacred hand gestures to guide your energy, and focus and calm your mind in the midst of daily life. With 25 instructional photos.

The third volume in the Yoga Masters Series, which offers the timeless wisdom of essential yoga practices for the contemporary seeker.



ABOUT THE BOOK

This concise guide to mudra, the subtle practice of sacred hand gestures, offers an inspiring and practical view on how to bring mudras into your yoga practice and into your everyday life. Many spiritual traditions incorporate hand gestures to calm the body, focus the mind, and set the intention in prayer or practice. Mudras in the yogic tradition also tap into the energy of the subtle body through channels called nadis. Stimulating the nadis balances and harmonizes the life current in the body, to maintain a healthy state of mind and body.

This manual offers Indu Arora's expert guidance and down-to-earth wisdom on exploring mudras. She draws from Yogic and Tantric texts, and offers techniques for using mudras with asana, prāṇayama, and meditation practices for therapeutic purposes and everyday life. This book explores the following subjects:

- The purpose of mudra in yoga practice, and how you integrate mudra before, during, and after asana practice
- Mudras for therapeutic purposes such as dosha balance, digestion, sleep, immunity, and heart health, to regulate breathing, curb anxiety, and more
- How to use a mala in mudra practice
- Which mudras best support meditation
- And much more

ABOUT THE AUTHOR

INDU ARORA is a lifelong student and teacher of Yoga and Ayurveda. She is the founder of Yog Sadhna, and is devoted to sharing traditional Yoga and Ayurvedic studies. Teaching since the age of nineteen, she brings decades of study, practice, and lived experience to her work. Her guiding motto is: "Yoga is work in, not work out." She is the author of three other books on Yoga.

PUBLICATION

27 April 2027
Shambhala Publications

FORMAT

Trade Pbk · \$18.95
176 pages

ISBN

978-1-64547-537-8

CATEGORIES

Health & Fitness · Yoga ·
Philosophy · Asian · Mind,
Body, Spirit · Healing ·
Energy (Auras, Chakras,
Qigong, Reiki)

SUBRIGHTS SOLD

—

Prana

The Practice of Body, Mind, and Breath

PRASAD RANGNEKAR

An encouraging, practical guide to understanding prāṇa—the yogic life force that goes beyond the breath to nourish body, mind, and spirit.

The first volume in the Yoga Masters Series, which offers the timeless wisdom of essential yoga practices for the contemporary seeker.



ABOUT THE BOOK

For thousands of years, yogis have understood what science now confirms: How we breathe can transform how we feel, think, and live. But in traditional yoga, prāṇa is more than breath—it's the subtle energy that connects the physical, mental, emotional, and spiritual dimensions of our lives.

Drawing from the timeless wisdom of the Vedas, Upanishads, Tantra, and Ayurveda and modern scientific insights, yoga educator Prasad Rangnekar offers a grounded, accessible exploration of prāṇa as breath practice and beyond. With clear explanations and practical exercises, you'll discover how principles of prāṇa and practices of prāṇāyāma can support:

- Respiratory health and physical vitality
- Emotional balance and nervous system regulation
- Mental clarity and focus
- Meditation, inner stillness, and self-realization

Both an introduction and a deepening for serious practitioners, this book invites you into a richer relationship with your own life force—and with the living, breathing tradition of yoga itself.

PRAISE

"Prasad Rangnekar is a cherished teacher whose work has deeply inspired me over the years. In Prāṇa: The Practice of Body, Mind, and Breath, he offers something increasingly rare in the modern yoga world: a sincere, nuanced, and deeply rooted exploration of yoga's inner teachings that does not reduce prāṇa to mere breathwork or technique but restores it to its rightful place as the living thread connecting body, mind, nature, and consciousness itself. What moved me most was the way Prasad bridges scholarship, lived practice, and direct contemplative insight. He reminds us that yoga is not merely physical exercise but a profound process of refining perception and awakening our participation in the greater field of life. I highly recommend this book to every sincere student and teacher of yoga. It is a valuable resource and a meaningful contribution to the preservation of yoga's deeper wisdom."

Kino MacGregor, author of *Accessible Ashtanga*

ABOUT THE AUTHOR

PUBLICATION

13 October 2026
Shambhala Publications

FORMAT

Trade Pbk · \$18.95
144 pages

ISBN

978-1-64547-490-6

CATEGORIES

Health & Fitness - Yoga ·
Philosophy - Mind & Body
· Mind, Body, Spirit -
Healing - Energy (Auras,
Chakras, Qigong, Reiki)

SUBRIGHTS SOLD

—

Savasana

The Practice of Radical Rest

JUDITH LASATER AND LIZZIE LASATER

Embrace rest as an essential practice for modern living with the gift that is Śavāsana: yoga's most powerful—and perhaps misunderstood—pose. Mother-daughter yoga duo Judith Hanson Lasater and Lizzie Lasater unpack the profound nature of this pose and reveal how deeply transformative and healing it is, personally and energetically.

The second volume in the Yoga Masters Series, which offers the timeless wisdom of essential yoga practices for the contemporary seeker.



ABOUT THE BOOK

In a world that glorifies constant motion and productivity, Judith Hanson Lasater and Lizzie Lasater combine decades of yoga expertise with contemporary science to illuminate the profound impact of Śavāsana, or “corpse pose,” on your physical, emotional, and spiritual well-being.

Through personal narratives, scientific insights, and practical instructions, this book guides you beyond the common misconception that rest is merely a luxury. The authors share their intimate journeys with Śavāsana—from Judith’s experience with deep grief to Lizzie’s postpartum healing—while offering variations suitable for all body types and lifestyles. Hand-drawn illustrations and thoughtful journaling prompts enhance your learning experience.

You’ll discover how this seemingly simple pose can regulate your nervous system, improve sleep quality, and restore emotional balance. Experienced yoga practitioners and teachers will appreciate the depth and potency of this guide—and the opportunity to understand and more authentically embody this profound practice. More than just a yoga guide, this book is your invitation to embrace rest as an essential practice for modern living.

PRAISE

“We’ve spent a lifetime proving ourselves. Judith and Lizzie ask us to release accomplishment and practice the truth of rest.”

Elena Brower, best-selling author of *Hold Nothing and Practice You*

ABOUT THE AUTHORS

JUDITH HANSON LASATER, PhD, PT, holds a PhD in East-West psychology and a BS in physical therapy. She has taught yoga since 1971, is a co-founder of *Yoga Journal*, and the author of 11 books on yoga and related topics. She has taught yoga internationally and throughout the U.S. She is also a C-IAYT (certified yoga therapist) and an E-RYT-5000 (experienced registered yoga teacher).

LIZZIE LASATER has a BA in art history and an MA in architecture. She completed a 200-hour yoga teacher training in 2005 and is an E-RYT 200. Additionally, she is a Relax and Renew Level 2 trainer and leads Restorative Yoga teacher trainings both online and in-person.

WREN POLANSKY is an artist, mother, and somatic healing professional based in Encinitas, CA. Her lifelong mindfulness meditation and yoga asana practice inform her creative life. This book marks her seventh Shambhala title.

PUBLICATION

24 November 2026
Shambhala Publications

FORMAT

Trade Pbk · \$18.95
128 pages

ISBN

978-1-64547-491-3

CATEGORIES

Health & Fitness - Yoga ·
Philosophy - Mind & Body
· Mind, Body, Spirit -
Healing - Energy (Auras,
Chakras, Qigong, Reiki)

SUBRIGHTS SOLD

—

Yoga of the Fluid Body

A Guide to the Conscious Movement of Your Inner Ocean

TIAS LITTLE

Harness the power of your “internal ocean” to increase physical adaptability, regulate your nervous system, sharpen mental clarity, and heal from pain.

Includes somatic practices and techniques that support neural plasticity, metabolic health, sensory motor awareness, and much more.

COVER
TO COME

ABOUT THE BOOK

This detailed guide reveals that tuning into our internal “ocean”—the blood, lymph, and cerebrospinal fluid that makes up 75% of our bodies—has profound benefits for healing and self-awareness.

In *Yoga of the Fluid Body*, renowned yoga teacher Tias Little challenges traditional approaches to movement and meditation by introducing readers to a compelling new perspective on embodied awareness. Drawing from his 30 years of experience, Little presents SATYA (Sensory Awareness Training for Yoga Attunement), his original methodology that shifts focus from rigid, performance-based movement to the subtle, intelligent flow of our body’s fluid systems.

Little combines insights from osteopathy, neuroscience, and ancient wisdom traditions to help readers cultivate a deeper relationship with their body’s inherent wisdom. Perfect for yoga practitioners, meditators, and anyone seeking to navigate pain or stress, *Yoga of the Fluid Body* offers a path to greater physical adaptability, nervous system regulation, and mental clarity through the art of conscious, fluid movement.

ABOUT THE AUTHOR

TIAS LITTLE synthesizes years of study in classical yoga, Sanskrit, Buddhism, anatomy, massage, and trauma healing in his dynamic style of teaching. He is one of the foremost yoga teachers in the U.S. and teaches at major yoga conferences and institutes across the country. He is the founder of Prajna Yoga School and teaches online and internationally.

PUBLICATION

31 August 2027
Shambhala Publications

FORMAT

Trade Pbk · \$21.95
192 pages

ISBN

978-1-64547-550-7

CATEGORIES

Health & Fitness - Yoga

SUBRIGHTS SOLD

—

SECTION

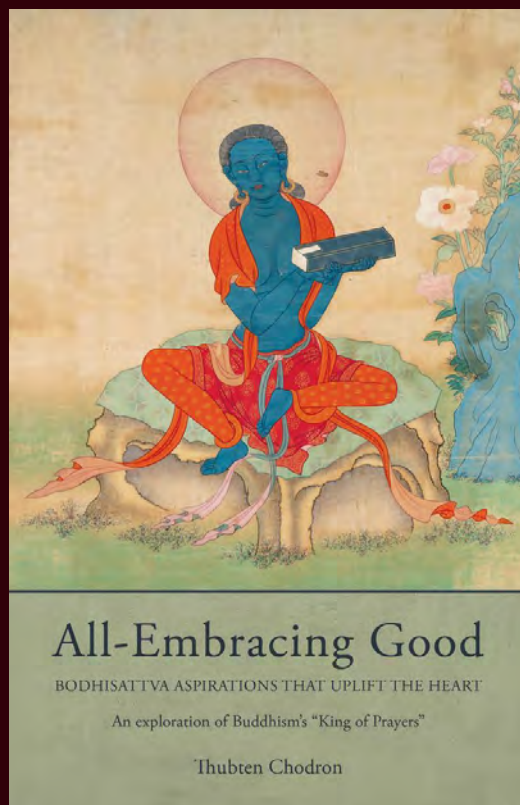
Buddhism

All-Embracing Good

Bodhisattva Aspirations That Uplift the Heart

THUBTEN CHODRON

From the beloved and pioneering Buddhist nun Thubten Chodron, a modern commentary on what's considered Buddhism's "King of Aspiration Prayers"—a powerful aspiration on the bodhisattva path for relieving suffering from every sentient being in the cosmos.



ABOUT THE BOOK

In this illuminating exploration, Venerable Chodron reveals the wisdom of the “King of Aspiration Prayers,” a sacred text from the Gaṇḍavyūha Sūtra, which is itself the final chapter of the Avataṃsaka Sūtra. The prayer, which expresses aspirations of the bodhisattva Samantabhadra, is the final teaching that the student Sudhana receives in the story from the Avataṃsaka Sūtra that tells of his pilgrimage to 53 different teachers. Through Ven. Thubten Chodron’s commentary on each verse, readers discover a path of universal compassion that transcends self-interest and embraces all beings.

Ven. Thubten Chodron brings contemporary insights to these ancient teachings to address the challenges of modern spiritual life, including doubt, distraction, and the struggle to sustain genuine commitment. She reveals how aspiration, ethical conduct, and meditative wisdom converge to purify karma and cultivate bodhicitta, the mind of enlightenment. Whether you seek solace at life’s end, guidance on the bodhisattva path, or inspiration to transform daily actions into causes for awakening, *All-Embracing Good* offers a timeless roadmap to enlightenment for yourself and all sentient beings.

ABOUT THE AUTHOR

VENERABLE THUBTEN CHODRON was ordained as a Tibetan Buddhist nun in 1977. She is an author, teacher, and the founder and abbess of Sravasti Abbey. Sravasti Abbey is the only Tibetan Buddhist training monastery for Westerners in the U.S. and holds gender equality, social engagement, and care for the environment amongst its core values. Ven. Chodron teaches worldwide and is known for her practical (and humorous!) explanations of how to apply Buddhist teachings in daily life. She is also actively involved in prison outreach and interfaith dialogue. She has published many books on Buddhist philosophy and meditation, and has coauthored a book—*Buddhism: One Teacher, Many Traditions*—with His Holiness the Dalai Lama, with whom she has studied for nearly forty years.

PUBLICATION

13 April 2027
Shambhala Publications

FORMAT

Trade Pbk · \$21.95
288 pages

ISBN

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CATEGORIES

Religion - Buddhism -
General · Religion -
Buddhism - Sacred
Writings · Religion -
Buddhism - Rituals &
Practice

SUBRIGHTS SOLD

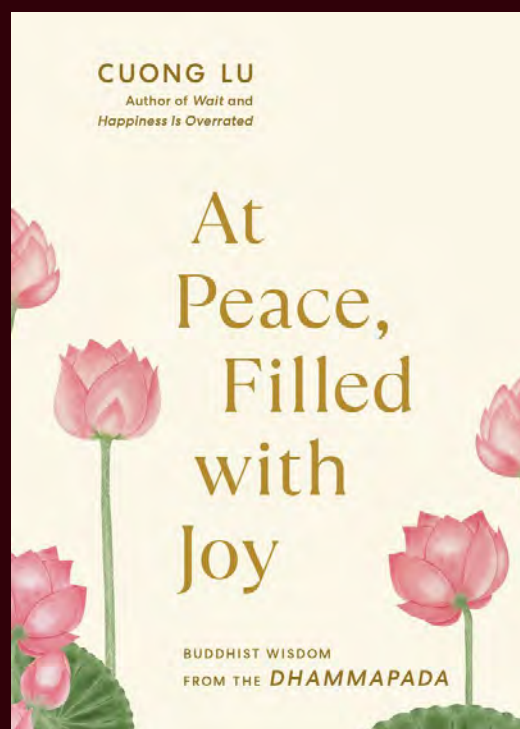
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At Peace, Filled with Joy

Buddhist Wisdom from the Dhammapada

CUONG LU

What if your deepest struggles were the very ground from which authentic joy could grow? Through 57 carefully-selected verses, Zen master Cuong Lu draws on the ancient wisdom of the Dhammapada to give us a path through suffering to insight and compassionate action.



ABOUT THE BOOK

From a direct disciple of the great Thich Nhat Hanh comes a radical new way to approach suffering. Instead of burying or avoiding pain, author Cuong Lu uses the profound wisdom of the Dhammapada—the most widely known collection of sayings from the Buddha—to reveal its hidden purpose. He offers a clear path to embracing life’s difficulties, showing us how to transmute our suffering into deep insight, compassionate action, and lasting joy.

Lu presents 57 verses from this treasured Buddhist text, making its timeless teachings accessible and relevant for contemporary readers seeking deeper meaning in their lives. Through clear, engaging prose, his interpretations blend Zen wisdom with practical psychology, guiding readers to reframe their relationship with difficult experiences rather than resisting them. The book includes reflective exercises and real-world applications, making complex Buddhist concepts approachable for both newcomers and experienced practitioners.

This book serves as both a meditation companion and practical guide, helping readers cultivate inner peace amid life’s turbulence. Whether you’re new to Buddhist teachings or a seasoned practitioner, Lu’s interpretations offer fresh perspectives on timeless truths, guiding you toward greater awareness, compassion, and the joy that comes from living with presence and understanding.

PRAISE

“At Peace, Filled with Joy is a good companion for sleepless nights in hard times, teaching us to wake up to equanimity in the midst of suffering. Culling wisdom from the Dhammapada, Cuong Lu writes for beginners and seasoned Buddhist practitioners alike.”

Miriam Greenspan, author of *Healing Through the Dark Emotions*

ABOUT THE AUTHOR

CUONG LU is a Buddhist teacher, scholar, and writer. He was born in Vietnam in 1968 and emigrated to the Netherlands with his family in 1980. He majored in East Asian studies at the University of Leiden, and in 1993, he was ordained a monk at Plum Village in France and became a disciple of Thich Nhat Hanh. In 2000, he was authorized by Thich Nhat Hanh to teach the Dharma in the Lieu Quan line of the Linji School of Zen Buddhism. In 2009, Cuong Lu left Plum Village after sixteen years and returned to lay life in the Netherlands. He became a chaplain in the Netherlands’ penitentiary system for six years. In 2015, he received a master’s degree in Buddhist Spiritual Care from the Free University in Amsterdam. Cuong is the founder of Mind Only Institute of Buddhist Psychology in the Netherlands and No Word Zen Practice Center in France.

PUBLICATION

28 July 2026
Shambhala Publications

FORMAT

Trade Pbk · \$18.95
168 pages

ISBN

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CATEGORIES

Philosophy - Buddhist ·
Self-Help - Spiritual ·
Religion - Buddhism -
Sacred Writings

SUBRIGHTS SOLD

No Vietnamese

Elemental Mind

A Little Guide to Awakening

DAVID HINTON

The essential primer for understanding awakening in the Ch'an Buddhist tradition.

Elemental Mind

A LITTLE GUIDE TO AWAKENING

David Hinton

ABOUT THE BOOK

Long acclaimed as a translator and interpreter of ancient Chinese philosophy, David Hinton turns his attention to the practice of meditation. Distilling 2,600 years of Taoist and Ch'an (Zen) wisdom into a narration of a single meditation session, Hinton traces the insights that can arise in the mind of the meditator—insights that reveal the deep interrelation of self and other, humanity and earth, consciousness and cosmos.

Hinton strips away complex Chinese terminology to reveal the simple, empirical truths at the heart of meditative awakening. In plainspoken prose, he shows how our minds are empty in nature, how thought is the cosmos contemplating itself, how our primordial kinship with nature entails an environmental ethics of responsibility, and how beauty can teach us just as effectively as a retreat in a monastery. Interwoven with translations of poems by Yang Wan-li, one of China's great Ch'an poets, *Elemental Mind* will deepen your understanding of the power of meditation.

ABOUT THE AUTHOR

DAVID HINTON has published numerous books of poetry and essays, and many translations of ancient Chinese poetry and philosophy—all informed by an abiding interest in deep ecological thinking. 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 United States: the Landon Translation Award (Academy of American Poets) and the PEN American Translation Award. Most recently, Hinton received a lifetime achievement award from the American Academy of Arts and Letters.

PUBLICATION

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Shambhala Publications

FORMAT

Trade Pbk · \$18.95
128 pages

ISBN

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CATEGORIES

Mind, Body, Spirit ·
Mindfulness & Meditation ·
Philosophy · Zen ·
Religion · Buddhism · Zen

SUBRIGHTS SOLD

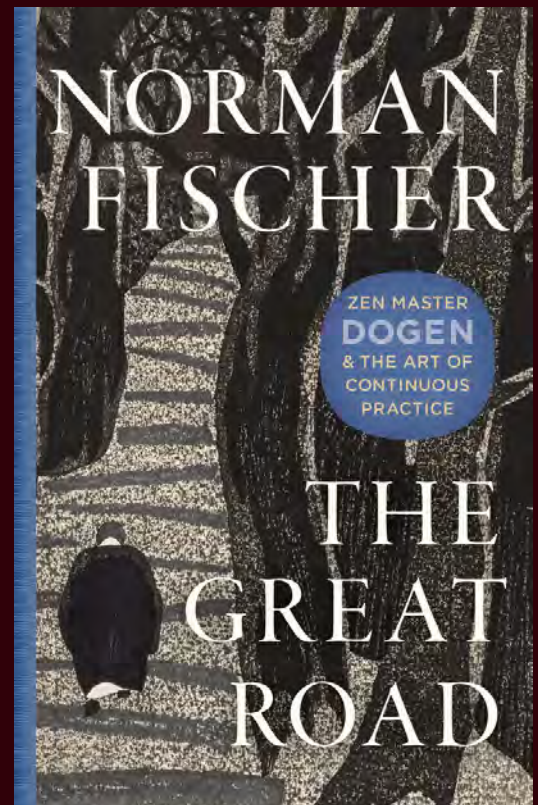
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The Great Road

Zen Master Dogen and the Art of Continuous Practice

NORMAN FISCHER

From beloved Zen teacher and poet Norman Fischer, a new collection of wise and surprising essays that explores what it means to dive fully into spiritual practice and to embody our deepest aspirations in every waking moment.



ABOUT THE BOOK

The essence of the Buddhist path is to live life itself as a continuous spiritual practice. In this wide-ranging collection of essays, Norman Fischer meditates on the philosophy of “continuous practice” as taught by Japanese Zen master Eihei Dogen. Fischer breaks Dogen’s philosophy free from the Zen box, weaving together Eastern and Western perspectives with reflections from literature, Western philosophy, and his own life spent among America’s Zen masters. He muses on the life of the Buddha, meditation, and the work of Western thinkers like Simone Weil and William Wordsworth—ultimately taking us on a journey into the heart of life itself.

By turns spiritual, philosophical, literary, and personal, *The Great Road* makes a compelling case for living compassionately, recognizing the extraordinary within the ordinary, and continuously engaging with fundamental mysteries of life.

PRAISE

“Repetition is central in Zen practice, offering us an opportunity to see with fresh eyes. That’s the relationship you will want with this book, returning to it again and again for new insights. Norman has given us a deep and accessible book. He invites us into continuous practice and the miracle of presence in everyday life.”

Frank Ostaseski, author of *The Five Invitations: Discovering What Death Can Teach Us About Living Fully*

ABOUT THE AUTHOR

NORMAN FISCHER is a Zen teacher, poet, translator, and director of the Everyday Zen Foundation. A beloved figure in the Buddhist world, he is also well-known for his efforts at interreligious dialogue. His numerous books include *The World Could Be Otherwise: Imagination and the Bodhisattva Path*, *What Is Zen?: Plain Talk for a Beginner’s Mind*, and *Training in Compassion: Zen Teachings on the Practice of Lojong*.

PUBLICATION

15 December 2026
Shambhala Publications

FORMAT

Trade Pbk · \$21.95
320 pages

ISBN

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CATEGORIES

Religion - Buddhism - Zen
· Philosophy - Zen ·
Philosophy - Essays

SUBRIGHTS SOLD

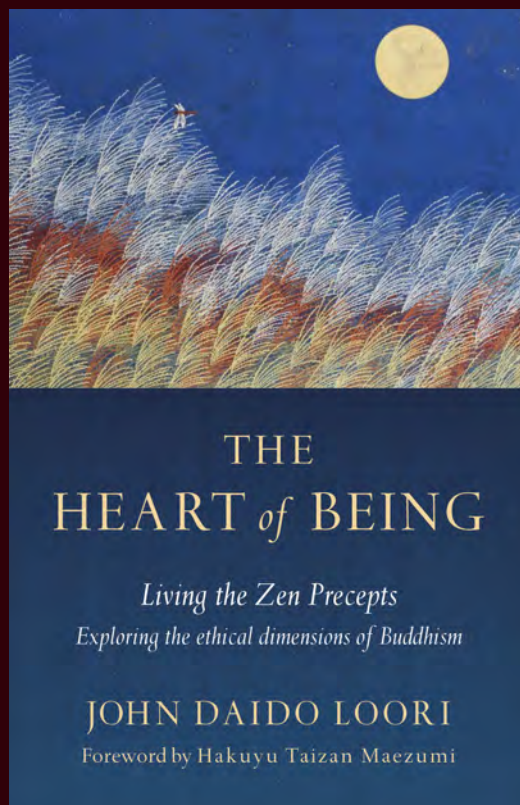
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The Heart of Being

Living the Zen Precepts

JOHN DAIDO LOORI, FOREWORD BY HAKUYU TAIZAN MAEZUMI

Zen master John Daido Loori's unique examination of the Buddhist precepts, the significance of their invocation in ceremonial settings, and their relevance for both modern practitioners and as general ethical guidelines.



ABOUT THE BOOK

Starting on the Zen path is a commitment to living a new way. In this handbook to the Buddhist precepts that guide Zen living, Loori shares Master Dogen's time-honored instructions about the precepts and discusses the ethical significance of the Zen vows that reflect the Buddha's teachings on a wide range of social and moral issues, whether for formal Zen training or as guidelines for living an enlightened life. A question-and-answer section is provided as well to clarify the practical applications of the precepts in the context of day-to-day life.

While Loori's detailed explanation of the precepts is rooted especially in the practices of the Mountains and Rivers Order that he led for many years, his presentation and commentary reflect the relevance of the precepts for any practitioner of Buddhism. He details:

- jukai, the ceremony of initiation;
- what it means to take refuge in the Buddha, his teachings, and the community;
- the relationship between the precepts and living in harmony with the world around us;
- and the four great bodhisattva vows.

These teachings provide perennial wisdom not only for those studying Buddhism but for anyone struggling to navigate the dilemmas of modern life. As Loori demonstrates, the Buddha's teachings offer a true moral compass for wise, compassionate, and "right" action.

ABOUT THE AUTHOR

JOHN DAIDO LOORI (1931–2009) was one of the West's leading Zen masters. He was the founder and spiritual leader of the Mountains and Rivers Order and abbot of Zen Mountain Monastery. His work has been most noted for its unique adaptation of traditional Asian Buddhism into an American context, particularly with regard to the arts, the environment, social action, and the use of modern media as a vehicle of spiritual training and social change. Loori was an award-winning photographer and videographer. His art and wildlife photography formed the core of a unique teaching program that integrated art and wilderness training by cultivating a deep appreciation of the relationship of Zen to our natural environment.

PUBLICATION

19 January 2027
Shambhala Publications

FORMAT

Trade Pbk · \$21.95
264 pages

ISBN

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CATEGORIES

Religion - Buddhism - Zen
· Religion - Buddhism -
Rituals & Practice ·
Religion - Ethics

SUBRIGHTS SOLD

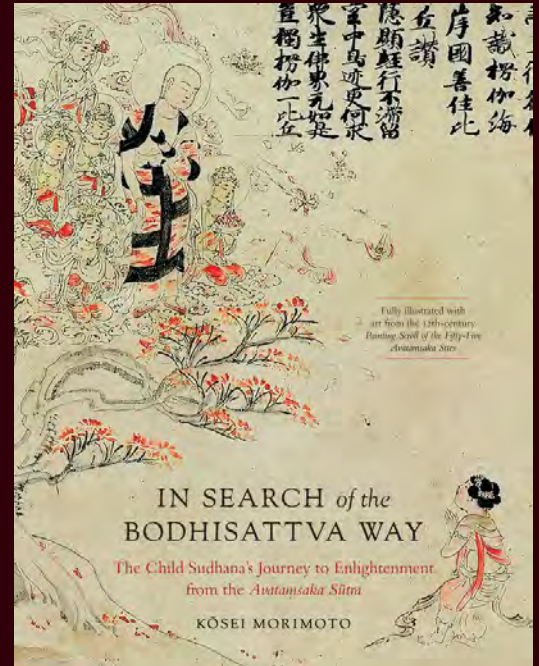
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In Search of the Bodhisattva Way

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

KOSEI MORIMOTO

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 12th-century Japanese painted scroll.



ABOUT THE BOOK

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 12th 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 Megastī, 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 spiritual, artistic, and accessible, while maintaining academic rigor. It includes 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.

PRAISE

"This extraordinary book about the child Sudhana's journey to find the bodhisattva way is a true treasure for scholars and practitioners alike. There is nothing like the work of Kōsei Morimoto, the former abbot of Tōdai-ji in Nara, Japan. The text is rich and revelatory. The illustrations are truly rare and remarkable."

Rev. Joan Jiko Halifax, abbot of Upaya Zen Center and author of *Being with Dying*

ABOUT THE AUTHOR

KOSEI MORIMOTO (1934–) entered Tōdai Monastery at age fifteen and served as the abbot of Tōdai Monastery and the head of the Kegon (Japanese Avatamsaka) School from 2004 to 2007. He received his PhD from Kyōto University in Islamic studies and is the author of several publications on Avatamsaka Buddhism in Japan and the Nara period of Japanese history, as well as Islamic history, economics, and Ibn Khaldun.

PUBLICATION

18 August 2026
Shambhala Publications

FORMAT

Hard Cover · \$35.95
368 pages

ISBN

978-1-64547-383-1

CATEGORIES

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

SUBRIGHTS SOLD

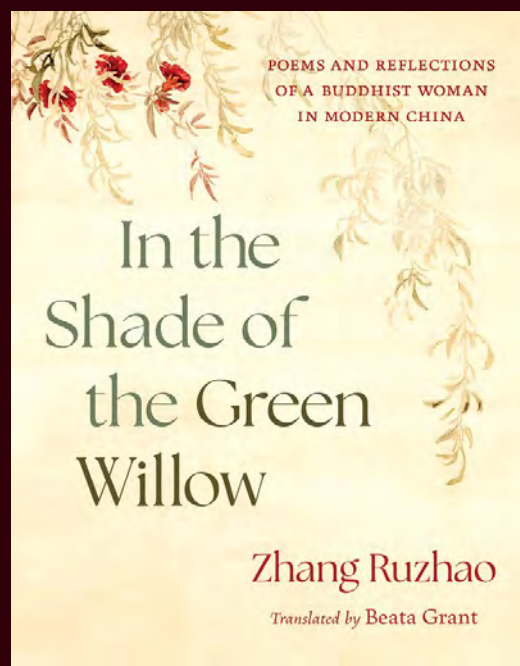
No Japanese

In the Shade of the Green Willow

Poems and Reflections of a Buddhist Woman in Modern China

ZHANG RUZHAO; TRANSLATED BY BEATA GRANT

Through verse, the rural world becomes the landscape for a woman's resolute spiritual quest, set against the restless currents of twentieth-century China.



ABOUT THE BOOK

Twentieth-century China was rife with political and spiritual turmoil as it sought to shake off the shackles of its imperial past and move along the path of modernization. In the midst of this turmoil, Zhang Ruzhao (later ordained as Tiantai Master Benkong)—a prolific Buddhist, feminist, literary, and political figure—became disillusioned with what, for her, seemed a mindless and self-interested embrace of change for the sake of change. To put into practice her exploration of Buddhist and Chinese philosophical teachings, Zhang acquired a small piece of mountainside property in 1929, turning it into a hermitage where she could engage in deep and intensive study, Buddhist practice, and self-sufficiency. It was at this hermitage that she composed an account of her life, recording her process of clearing the ground, planting trees and vegetable gardens, repairing walls, and building a modest place to live and practice.

Translated beautifully in its thought-provoking simplicity by Beata Grant, Zhang's account is written using an interweaving of prose and short four-line poems, an emulation of the long-observed Chinese tradition of poets and intellectuals living in rural retreats, notably all of which were men. This collection offers a unique perspective on this tradition from an independent and largely solitary woman during a time marked by a radical reassessment, and often rejection, of many of the traditions of the nation's imperial past. Zhang's writings provide us with an extraordinary glimpse into one woman's determination to pursue an urgent spiritual and religious quest amidst the turbulence of her times. Her contemplations, exceedingly relevant, offer solace and solidarity to readers facing an increasingly busy, confusing, volatile, and change-focused world.

PRAISE

"The clarity and sincerity in the voice of this Chinese woman living a Dharma-inspired life make this book impossible to put down. Exceptional translations. What's surprising is that Zhang didn't live a thousand years ago but just around the corner in 1930s China!"

Red Pine, award-winning translator and author

ABOUT THE AUTHORS

ZHANG RUZHAO (Tiantai Master Benkong) established a reputation as a poet early in life and was actively engaged in many of the political and feminist movements of the 1920s. Disillusioned both politically and personally, she turned to Buddhism and reinvented herself as China's premier female lay Buddhist scholar, writer, and educator during the 1930s and 1940s. From 1949, she took ordination as a Buddhist nun and was officially designated a lineage holder in the Tiantai lineage. She was persecuted severely during the early years of the Cultural Revolution and died in 1969.

BEATA GRANT, professor emerita of Chinese and religious studies (Washington University in St. Louis), lives in Santa Fe, NM. Her publications include *Daughters of Emptiness: Poetry of Buddhist Nuns of China* (Wisdom Publications, 2003); *Eminent Nuns: Female Chan Buddhist Masters of Seventeenth Century China* (University of Hawai'i Press, 2008); *Zen Echoes: Verse Commentaries by Three Female Chan Masters* (Wisdom Publications, 2017); and most recently, *An Anthology of Poetry by Buddhist Nuns of Late Imperial China* (Oxford University Press, 2023.)

PUBLICATION

10 November 2026
Shambhala Publications

FORMAT

Trade Pbk · \$19.95
160 pages

ISBN

978-1-64547-480-7

CATEGORIES

Poetry · Asian · Chinese ·
Religion · Buddhism · Zen
· History · Women

SUBRIGHTS SOLD

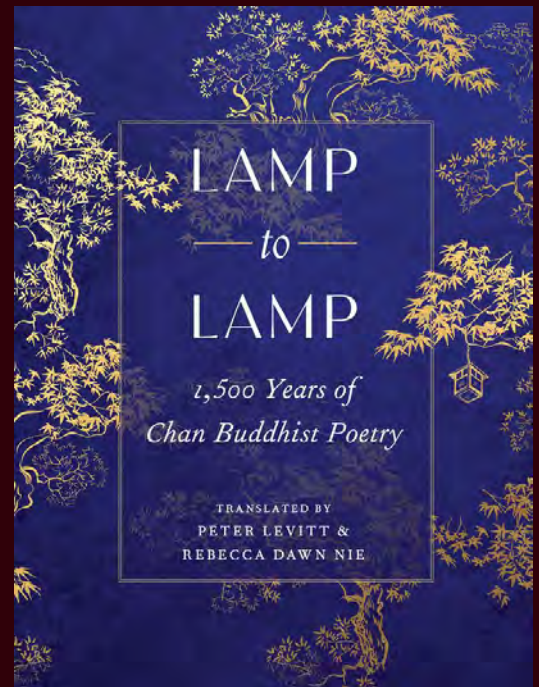
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Lamp to Lamp

1,500 Years of Chan Buddhist Poetry

TRANSLATED BY PETER LEVITT AND REBECCA DAWN NIE

Rooted in the raw mystery of nature, this centuries-spanning journey through the Chan Buddhism poetic tradition awakens sudden, quiet insight.



ABOUT THE BOOK

Featuring works from both renowned Buddhist ancestors as well as sages unknown in the West, these beautiful poems deepen our understanding of Chan Buddhism's evolution. We discover that the distinctive, naturalistic style of Chan expression—earthy yet transcendent, direct yet mysterious—was nurtured not only in Tang-dynasty China but over the course of many centuries on the Korean peninsula, in the mountains of Central Asia, in the highlands of Siberia, and in the rainforests of Canton. And it was developed by both male and female poets.

In these poems, moments of personal struggle, sudden insight, and deep connection to nature bring English-language readers as close as possible to a mind-to-mind encounter with the Chan tradition's founders and innovators from the sixth century to the twentieth century. With a substantive introduction and short biographies of each of the poets included, this essential anthology is a testament to poetry's role in the journey of spiritual awakening.

In these poems, moments of personal struggle, sudden insight, and deep connection to nature bring English-language readers as close as possible to a mind-to-mind encounter with the Chan tradition's founders and innovators from the sixth century to the twentieth century. With a substantive introduction and short biographies of each of the poets included, this essential anthology is a testament to poetry's role in the journey of spiritual awakening.

ABOUT THE AUTHORS

PETER LEVITT is a poet and translator whose numerous books of poetry include *One Hundred Butterflies*, *Within Within*, *The Essential Dogen*, *The Complete Cold Mountain*, and *Yin Mountain*. In addition, he is the author of *Fingerpainting on the Moon: Writing and Creativity as a Path to Freedom*. He is the guiding teacher of the Salt Spring Zen Circle in British Columbia.

REBECCA NIE is a transmitted Chinese American Zen master of the Jogye Order, scholar, and award-winning algorithm and new media artist. Born and raised in China, she came of age in Canada and the United States, and now she serves as the Buddhist Chaplain-Affiliate at Stanford University. Ms. Nie is also the founding abbot of M.V. Seon Sanctuary, dedicated to unleashing humanity's full potential through artistic expressions and offering systematic training in Eastern wisdom-spiritual traditions.

PUBLICATION

6 April 2027
Shambhala Publications

FORMAT

Trade Pbk • \$21.95
192 pages

ISBN

978-1-64547-539-2

CATEGORIES

Religion - Buddhism - Zen
• Poetry - Asian - Chinese
• Religion - Buddhism -
Sacred Writings

SUBRIGHTS SOLD

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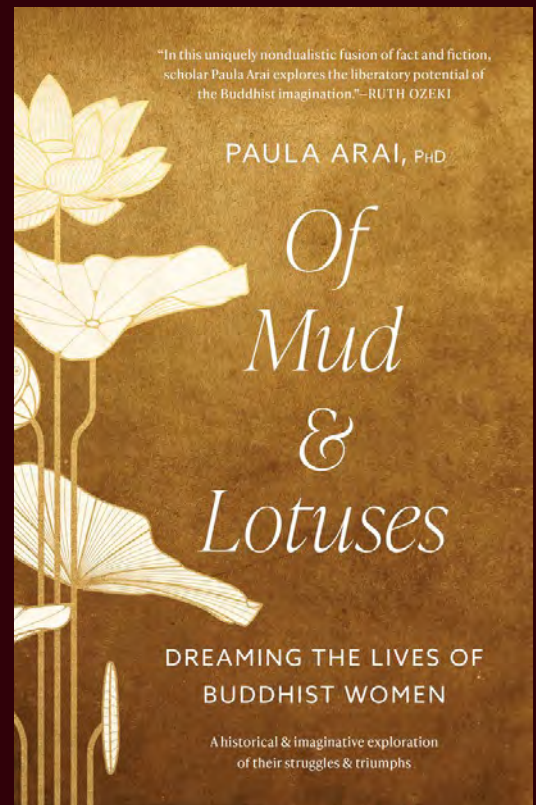
Of Mud and Lotuses

Dreaming the Lives of Buddhist Women

PAULA ARAI; FOREWORD BY KARMA LEKSHE TSOMO

A unique blend of personal reflection, creative histories, and interview-based nonfiction that vividly imagines the lives of Buddhist women over 2,500 years.

Of Mud and Lotuses illuminates the hardships, resilience, and creative ways in which Buddhist women have applied the Dharma to daily life—often in ways that history has ignored.



ABOUT THE BOOK

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 amidst 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 creative histories, 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.

PRAISE

"In this uniquely nondualistic fusion of fact and fiction, scholar Paula Arai explores the liberatory potential of the Buddhist imagination."

Ruth Ozeki, author of *A Tale for the Time Being* and *The Book of Form and Emptiness*

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 Sutra*.

PUBLICATION

25 August 2026
Shambhala Publications

FORMAT

Trade Pbk · \$18.95
208 pages

ISBN

978-1-64547-521-7

CATEGORIES

Religion - Buddhism -
History - History - Women
· Mind, Body, Spirit -
Inspiration & Personal
Growth

SUBRIGHTS SOLD

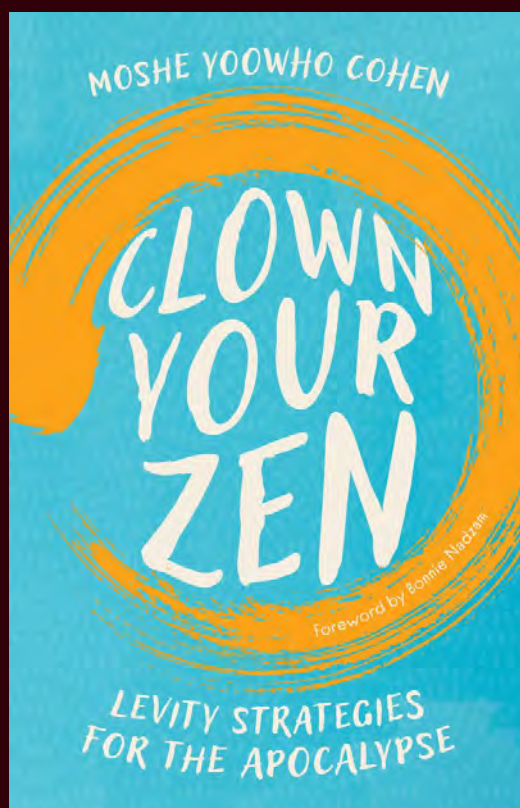
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Clown Your Zen

Levity Strategies for the Apocalypse

MOSHE YOOWHO COHEN, FOREWORD BY BONNIE NADZAM

“Clown your Zen” and invite humor into daily life with playful practices to restore balance, release stress, and strengthen your connections. With simple exercises, you’ll reconnect with your natural joy, deepen your presence, and embrace your sacred birthright of laughter.



ABOUT THE BOOK

Sacred mischief is humor with a purpose: a way to restore balance when life gets too heavy, too discouraging, or simply goes too far in any direction. Rooted in the Native American concept of the sacred clown, it invites you to meet seriousness with play, fear with curiosity, and overwhelm with a lightness of heart. It is a subtle art, a daily practice, and a way of being that can spark a smile in your community, your country, your world—or at the very least, on your own face.

Moshe Cohen has taught the sacred-mischief approach around the world, from Zen centers with the late Roshi Bernie Glassman to university classrooms, clown and theater schools, and even the corporate bored-room. Perfect for cultivating mindful presence and for countering negativity, these practices will help you awaken your own funny, your lightness, and your own sacred mischief. May you delight in them!

ABOUT THE AUTHOR

MOSHE YOOWHO COHEN is an internationally renowned teacher and performing artist, the founder of Clowns Without Borders-USA, and co-founder of the Zen Order of Disorder, where he is known as YooWho. After 40+ years in the physical comedy performance world, he teaches workshops internationally and occasionally brings his Mr. YooWho performance onto the stage. When he is home in San Francisco he works with the Medical Clown Project and offers lightfulness trainings for companies such as Google and PayPal.

PUBLICATION

27 April 2027
Shambhala Publications

FORMAT

Trade Pbk · \$19.95
208 pages

ISBN

978-1-64547-554-5

CATEGORIES

Self-Help · Personal
Growth · Happiness ·
Religion · Buddhism · Zen
· Self-Help · Spiritual

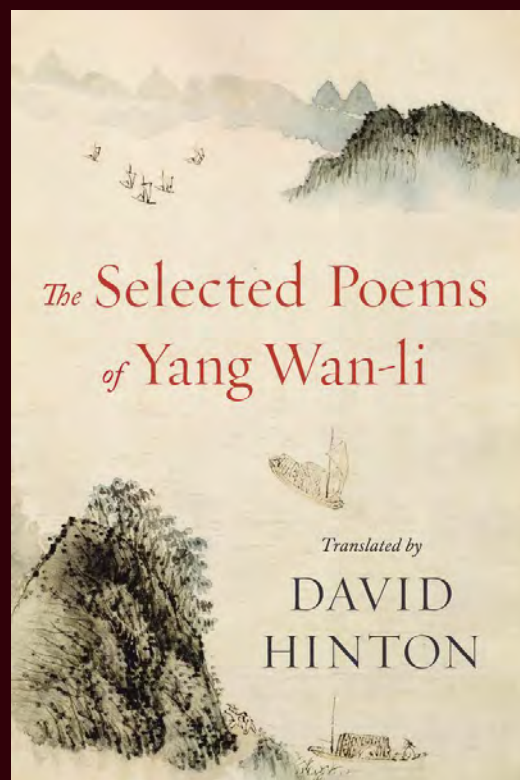
SUBRIGHTS SOLD

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The Selected Poems of Yang Wan-li

TRANSLATED BY DAVID HINTON

An expansive selection of poems from the last giant of classical Chinese poetry's golden age, Yang Wan-li (1127–1206 c.e.), masterfully translated by David Hinton.



ABOUT THE BOOK

A typical Yang Wan-li poem attends to immediate experience with profound clarity, and this attention usually leads to a moment of sudden awakening: a startling image or turn of thought, a surprising imaginative gesture, a twist of humor. As a government official, Yang undertook many long and arduous journeys that exposed him to both breathtaking landscapes and hardships of hunger, exhaustion, bitter weather, and dangerous rapids in stark gorges. It is in this crucible of tranquil beauty and existential danger that he forged a poetry of self-realization deeply informed by Ch'an (Zen) Buddhist insight. With nothing more than a crystalline attention to the present moment, Yang's poems find enlightenment everywhere: in a fly, for instance, sunning on a windowsill. Hinton's translations give a remarkably modern voice to Yang's journeys through the perennial mysteries of consciousness, revealing for a new generation why his poetry has captivated readers for nearly a millennium.

PRAISE

"Hinton's achievement is a gift to our language."

W. S. Merwin

ABOUT THE AUTHOR

DAVID HINTON has published numerous books of poetry and essays, and many translations of ancient Chinese poetry and philosophy—all informed by an abiding interest in deep ecological thinking. 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 United States: the Landon Translation Award (Academy of American Poets) and the PEN American Translation Award. Most recently, Hinton received a lifetime achievement award by the American Academy of Arts and Letters.

PUBLICATION

14 July 2026
Shambhala Publications

FORMAT

Trade Pbk · \$19.95
248 pages

ISBN

978-1-64547-500-2

CATEGORIES

Poetry - Asian - Chinese ·
Religion - Buddhism - Zen
· Poetry - Subjects &
Themes - Animals &
Nature

SUBRIGHTS SOLD

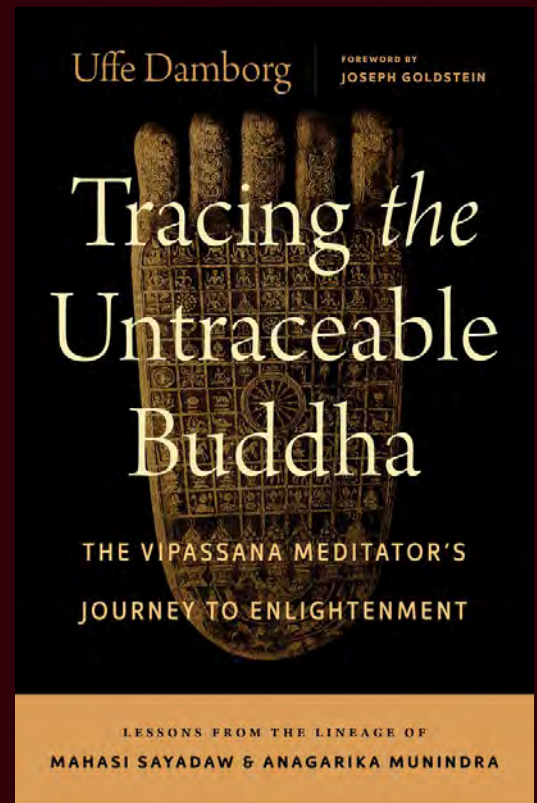
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Tracing the Untraceable Buddha

The Vipassana Meditator's Journey to Enlightenment

UFFE DAMBORG; FOREWORD BY JOSEPH GOLDSTEIN

The essential teachings of the Buddha for students of vipassana meditation.



ABOUT THE BOOK

Born into a Bengali Buddhist family in 1915 and trained in Buddhist practice by the Burmese master Mahasi Sayadaw, Anagarika Munindra became a beloved and influential meditation teacher who contributed significantly to the dawn of Western Buddhism and the insight (vipassana) meditation movement. He taught many Western students in the 1960s and 1970s, and among them was Uffe Damborg, who lived with Munindra-ji in Bodh Gaya, India, for six years. Here, Damborg distills everything he learned from Munindra-ji and from his subsequent decades of practice and teaching to present the Theravada path of vipassana meditation in modern language.

Damborg unpacks the story of the Buddha's spiritual journey and his core teachings on non-self, karma, perception, meditation, and the four noble truths—not as ideas to be intellectually understood but as meditative insights to be cultivated as one approaches the Buddhist goal of stream entry, a profound shift in consciousness that orients one's life toward nibbana, or enlightenment. With reflections on Damborg's formative years with Munindra-ji, whose teaching style emphasized direct experience over dogma, this uniquely personal work illuminates the path of vipassana meditation for beginners and experienced practitioners alike.

PRAISE

"The depth of insight from Damborg's decades of vipassana practice shine through in Tracing the Untraceable Buddha. Combined with his understanding from his years studying with one of my main teachers, Munindra-ji, Damborg shares a comprehensive picture of the Buddha's teachings."

Sharon Salzberg, author of *Lovingkindness* and *Real Life*

ABOUT THE AUTHOR

UFFE DAMBORG holds a M.Sc. in psychology from the University of Copenhagen, Denmark. In the 1960s and 1970s, he studied Buddhism and meditation in monasteries and hermitages in the East and lived for six years with renowned vipassana teacher Anagarika Munindra-ji in Bodh Gaya, North India. He lives in Sweden and regularly teaches vipassana meditation at Scandinavian retreats.

PUBLICATION

28 July 2026
Shambhala Publications

FORMAT

Trade Pbk · \$24.95
336 pages

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CATEGORIES

Religion - Buddhism -
Theravada · Mind, Body,
Spirit - Mindfulness &
Meditation · Religion -
Buddhism - Rituals &
Practice

SUBRIGHTS SOLD

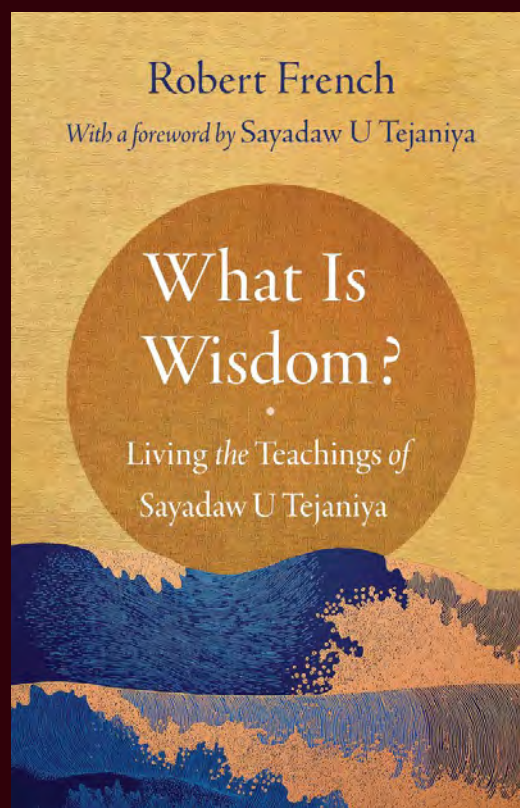
No Danish, Swedish, Norwegian

What Is Wisdom?

Living the Teachings of Sayadaw U Tejaniya

ROBERT FRENCH; FOREWORD BY SAYADAW U TEJANIYA

A lively, down-to-earth account of how mindful awareness can uncover the wisdom that naturally lies within each of us.



ABOUT THE BOOK

Reflecting on a life well lived, Robert French confronts a question he has circled throughout decades of Buddhist meditation: What exactly is wisdom? Avoiding abstract concepts and spiritual platitudes, he offers a humble account of how the ancient teachings of Theravada Buddhism meet the messy realities of aging, relationships, and daily life in the twenty-first century.

French draws on the teachings of his longtime teacher, the beloved Sayadaw U Tejaniya, to explore the Buddhist idea that wisdom, or *paññā*, lies latent within each of us. Wisdom is not something added from the outside. Rather, it's the natural clarity of awareness within us that knows the difference between true or false, kind or harmful, whole or fragmented. French explores the concept of *paññā* from his ordinary perspective as a textile craftsman, a lifelong surfer, and a family man from New Zealand who has not exactly lived with the purity of a monk. His story shows how wisdom manifests subtly, unexpectedly, and often during mundane tasks like making tea, tending a garden, or connecting with old friends.

Though there are detours through the fascinating experiences that can arise from meditation—kundalini awakenings, the thrill of sudden meditative insights—French emphasizes how true understanding arises when we stop trying to fix ourselves and simply learn to be present with whatever shows up in our beautifully flawed lives.

ABOUT THE AUTHOR

ROBERT FRENCH is a writer and longtime meditation practitioner from New Zealand. A student of Sayadaw U Tejaniya since 2008, he writes about the development of awareness and wisdom in everyday life. For more than sixty years he has worked as a furniture maker and upholsterer, spending his days with timber, textiles, and the quiet discipline of skilled craftsmanship. He lives with his wife, Christine, in New Plymouth, New Zealand.

PUBLICATION

10 August 2027
Shambhala Publications

FORMAT

Trade Pbk · \$21.95
192 pages

ISBN

978-1-64547-581-1

CATEGORIES

Religion - Buddhism -
Theravada · Mind, Body,
Spirit - Mindfulness &
Meditation · Self-Help -
Spiritual

SUBRIGHTS SOLD

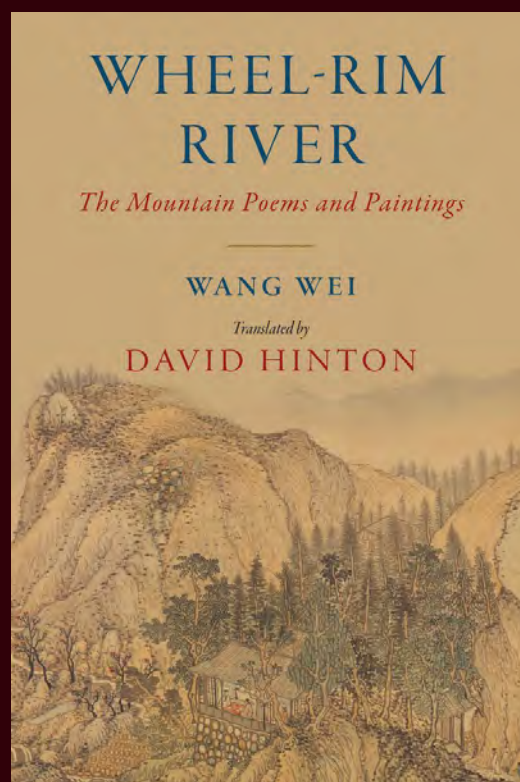
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Wheel-Rim River

The Mountain Poems and Paintings

WANG WEI; TRANSLATED BY DAVID HINTON

Renowned in ancient China's artistic tradition, the Wheel-Rim River poems and paintings come to life in exquisite translations and 40 full-color reproductions.



ABOUT THE BOOK

The famed T'ang-Dynasty poet Wang Wei once said that his poems were paintings and his paintings poems. This book presents a legendary instance of that conjunction. One autumn in eighth century China, Wang's friend P'ei Ti came to visit, and the two of them wandered the mountain landscape around Wang's house. They wrote poems at twenty sites in the area, and Wang later painted a scroll-painting of those same sites. The poems are among the most revered in the tradition, and though Wang's scroll-painting was lost, it was so admired that scores of painters produced virtuosic copies and variations during the centuries that followed. Two of these scroll-paintings are reproduced here, site by site, together with the corresponding poems. The result is a unique collaboration between poets, painters, and translator David Hinton.

In ancient China, poetry and painting were considered expressions of Ch'an (Zen) Buddhistinsight, and Hinton's commentary situates these masterpieces within that context. Presented as a constellation of interrelated words and images, *Wheel-Rim River* reveals mountain landscape as a transformative and enlightening realm.

PRAISE

"David Hinton is the best English-language translator of classical Chinese poetry we have, and have had for decades."

The American Academy of Arts and Letters

ABOUT THE AUTHOR

DAVID HINTON has published numerous books of poetry and essays, and many translations of ancient Chinese poetry and philosophy—all informed by an abiding interest in deep ecological thinking. 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 United States: the Landon Translation Award (Academy of American Poets) and the PEN American Translation Award. Most recently, Hinton received a lifetime achievement award by the American Academy of Arts and Letters.

PUBLICATION

8 December 2026
Shambhala Publications

FORMAT

Trade Pbk · \$21.95
152 pages

ISBN

978-1-64547-481-4

CATEGORIES

Poetry - Asian - Chinese ·
Art - Asian - Chinese ·
Philosophy - Buddhist

SUBRIGHTS SOLD

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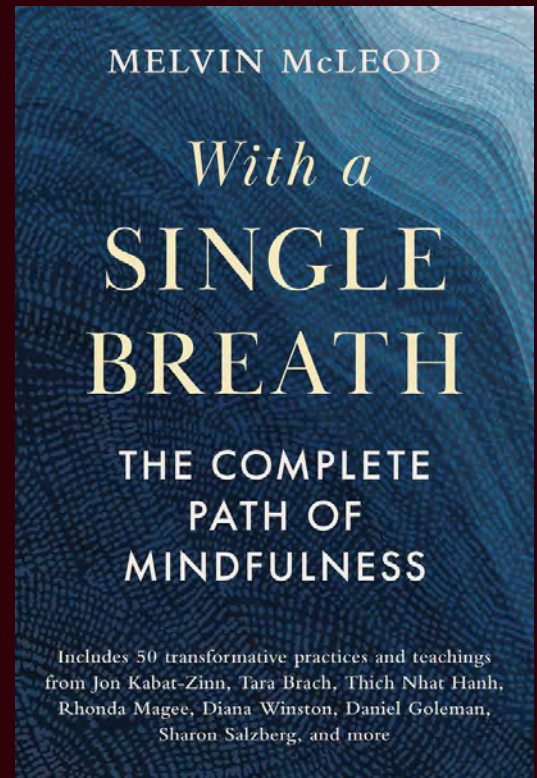
With a Single Breath

The Complete Path of Mindfulness

MELVIN MCLEOD

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

Includes more than 50 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.



ABOUT THE BOOK

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 Meditation, Insight, Love and Compassion, Ethics, and Community—Melvin McLeod draws on the wisdom of forty years of meditation practice to present a ground-breaking approach that deepens and expands how mindfulness is defined, practiced, and lived. Starting with the simple practice of being present, he explains how these five keys work together to help you discover your natural goodness, develop deeper awareness, and create meaningful connections in an increasingly disconnected world. Based on universal human qualities and aspirations, not tied to any particular religion or philosophy, the Complete Path of Mindfulness is accessible to everyone and brings out the best in who we are as human beings.

The book includes more than 50 practices to benefit all aspects of your life from renowned mindfulness teachers such as Tara Brach, Jon Kabat-Zinn, Diana Winston, Thich Nhat Hanh, Sharon Salzberg, Kristin Neff, Christopher Germer, Mark Coleman, Trudy Goodman, Susan Piver, Rick Hanson, Rhonda Magee, Pema Chödrön, Joan Halifax, and Dr. Robert Waldinger.

PRAISE

"With a Single Breath offers a pioneering vision of mindfulness—not as a technique, but as a doorway into who we truly are. Drawing from a treasure trove of teachings and practices, it reveals how presence opens into inner freedom and an intimate belonging with all of life. Here mindfulness becomes a way of living with wisdom, courage, and compassion in our world."

Tara Brach, PhD, author of *Radical Acceptance*

ABOUT THE AUTHOR

MELVIN MCLEOD is editor-at-large of *Lion's Roar*, the largest media organization in the English language devoted to Buddhist meditation and mindfulness, and cofounder of *Mindful* magazine. He has been practicing for more than 40 years and is a well-known and respected authority on mindfulness and meditation. His ground-breaking teaching on the Complete Path of Mindfulness has been praised by leaders in the field as an important advance in how mindfulness is defined and practiced.

PUBLICATION

11 August 2026
Shambhala Publications

FORMAT

Trade Pbk · \$19.95
288 pages

ISBN

978-1-64547-471-5

CATEGORIES

Self-Help - Meditations ·
Mind, Body, Spirit -
Mindfulness & Meditation ·
Mind, Body, Spirit -
Inspiration & Personal
Growth

SUBRIGHTS SOLD

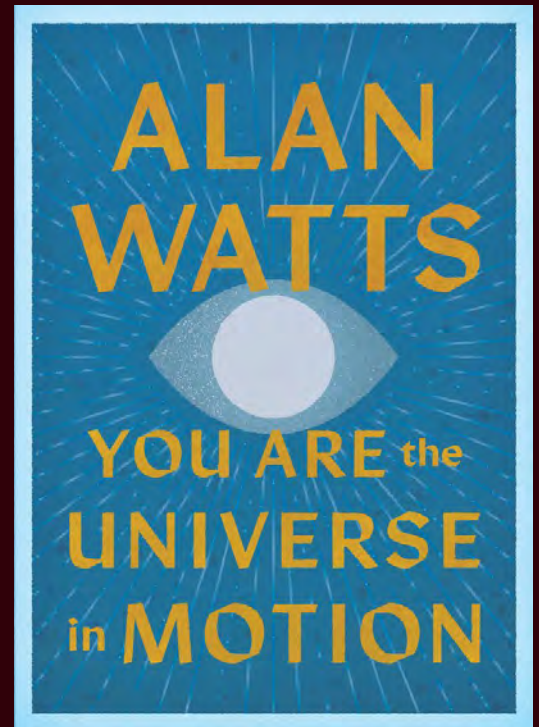
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You Are the Universe in Motion

ALAN WATTS

“You’re trying to straighten out a wiggly world—no wonder you’re in trouble.” —Alan Watts

In an age when all knowledge is at our fingertips, Alan Watts reminds us that wisdom is something else entirely. He invites us to rediscover the vitality, spontaneity, and deep unity that underlies everything.



ABOUT THE BOOK

Alan Watts was not just a philosopher and entertainer; he was a bridge between worlds. Drawing from the spiritual traditions of both East and West, Watts illuminated ancient truths in language that is reverently irreverent and still remarkably fresh and clear half a century later.

Originally published in 1977 as *The Essence of Alan Watts*, this collection is based on Watts’ acclaimed 1971 television series and includes, for the first time, the original introductory talk from the show.

With characteristic humor and sharp insight, Watts explores existential questions about topics like God, ego, and death alongside practical dilemmas like meditation and our relationship with time, work, and play, challenging our most basic assumptions about language, self, and reality.

This is not a book of instructions or dogma, but a provocative call to wake up—a timeless voice reminding us that the wisdom we seek is not somewhere else, but already within us.

Whether you’re new to Alan Watts or revisiting his work to learn how his teachings speak to the challenges of today, this collection distills his most powerful ideas into one accessible volume that can reconnect you with the deep simplicity at the heart of life—not as a concept, but as an experience. It is an invitation to meet the world with curiosity, to play with ideas, and to remember the wisdom that is always available to us in the present moment.

ABOUT THE AUTHOR

ALAN WATTS (1915–1973) was a British-born philosopher, writer, and speaker renowned for interpreting and popularizing Eastern philosophy for Western audiences. Born in Chislehurst, England, he moved to the United States in 1938 and began Zen training in New York. He received a master’s degree in theology from Seabury-Western Theological Seminary and served as an Episcopal priest before leaving the ministry in 1950. Watts then moved to California, where he joined the faculty of the American Academy of Asian Studies (now the California Institute of Integral Studies). He authored more than 25 books, including *The Way of Zen* and *The Wisdom of Insecurity*, and became a prominent lecturer, introducing millions to Eastern thought through his writings and broadcasts. His work influenced a wide range of thinkers, artists, and spiritual teachers, including John Lennon, Ken Wilber, Van Morrison, Spike Jonze, and Bruce Lee.

PUBLICATION

21 July 2026
Shambhala Publications

FORMAT

Trade Pbk · \$16.95
152 pages

ISBN

978-1-64547-546-0

CATEGORIES

Philosophy · Asian ·
Religion · Asian · Religion
- Buddhism · Zen

SUBRIGHTS SOLD

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SECTION

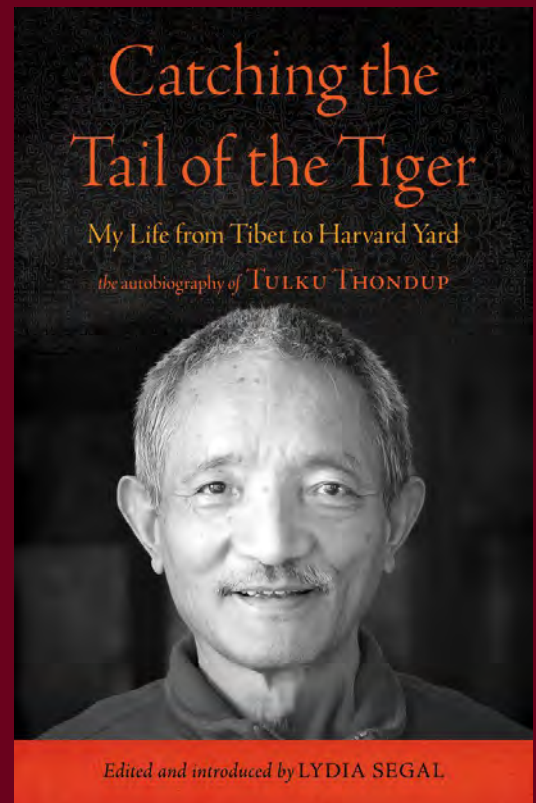
Tibetan Buddhism

Catching the Tail of the Tiger

My Life from Tibet to Harvard Yard

TULKU THONDUP

The remarkable life story of Tulku Thondup (1939–2023), who traces his journey from a recognized reincarnate lama, or tulku, in Tibet to a renowned Buddhist scholar and teacher in America.



ABOUT THE BOOK

Through vivid storytelling, this beloved Tibetan lama, the late Tulku Thondup reveals intimate details of his early life in the Do Valley, his recognition as a tulku and his dramatic escape from Tibet while political upheaval threatened centuries of Buddhist tradition. His widow, Lydia Segal, contributes an in-depth personal introduction, expanding his story to the present day.

The narrative weaves together personal revelations, historical events, and spiritual insights, offering readers unprecedented access to Tibetan Buddhist practices and philosophies. Tulku Thondup's unique perspective as both an insider and cultural bridge-builder illuminates the depths of Buddhist wisdom, while making complex concepts accessible to Western readers. His account of establishing Buddhist teachings in America while maintaining connections to his homeland provides a fascinating glimpse into the evolution of Tibetan Buddhism in the modern world.

This remarkable memoir serves as both a historical document and a spiritual guide, offering readers profound insights into the nature of consciousness, death, and rebirth. Tulku Thondup's teachings on unconditional love, combined with his personal experiences of loss and renewal, create an inspiring testament to the power of spiritual practice in transforming lives. His story will resonate with seekers of wisdom, students of Buddhist philosophy, and anyone interested in the intersection of Eastern spirituality with Western life.

PRAISE

"Tulku Thondup was a well-concealed gem, a truly hidden yogi who gave us occasional glimpses of his remarkable capacities. In Catching the Tail of the Tiger he shares the training and times that let him progress on the journey to awakening. A must-read for anyone who takes that journey seriously."

Daniel Goleman, author of the international bestseller *Emotional Intelligence*

ABOUT THE AUTHOR

TULKU THONDUP (1939–2023) was born in East Tibet and was recognized to be a tulku at age five. He studied at Tibet's famed Dordrupchen Monastery, settling in India in 1958 and teaching for many years in its universities. He came to the United States in 1980 as a visiting scholar at Harvard University. Residing in Cambridge, Massachusetts, for over forty years, he dedicated himself to writing, translating, and teaching through the Buddhayana Foundation. His numerous books include *The Healing Power of Mind*, which has now been published in eighteen languages, and *Boundless Healing*, which has been published in eleven languages.

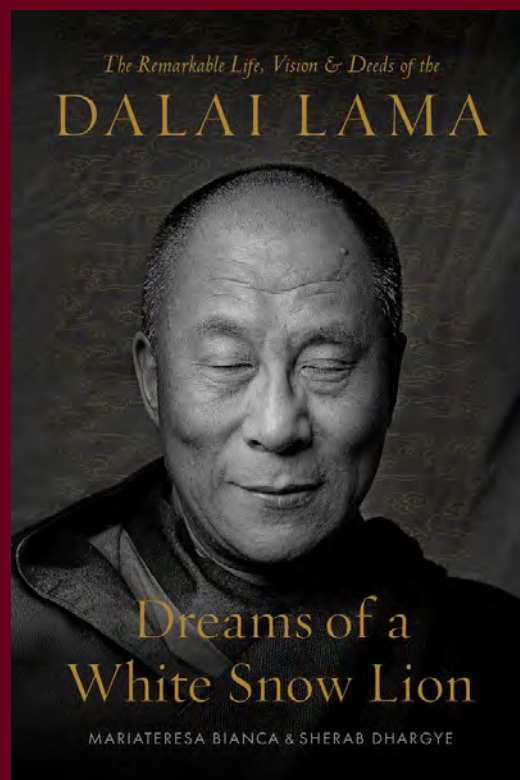
PUBLICATION	FORMAT	ISBN	CATEGORIES	SUBRIGHTS SOLD
19 January 2027 Shambhala Publications	Trade Pbk · \$24.95 272 pages	978-1-64547-532-3	Biography & Autobiography - Religious · Religion - Buddhism - Tibetan · Biography & Autobiography - Cultural & Regional	—

Dreams of a White Snow Lion

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

MARIATERESA BIANCA AND SHERAB DHARGYE

The definitive biography of His Holiness the Dalai Lama—a singular portrait of one of the most influential spiritual and political leaders of our time.



ABOUT THE BOOK

Drawing from more than fifty traditional Tibetan sources, this landmark work offers the most complete and intimate account to date of the life of Tenzin Gyatso, His Holiness the Fourteenth Dalai Lama. It reveals not only the public figure known across the globe, but the spiritual master shaped by prophecy, lineage, and profound historical and spiritual ties.

With narrative richness and scholarly depth, the book traces his extraordinary journey from a recognized child reincarnation to a global voice for compassion, nonviolence, and human dignity. It illuminates his dual roles as political and spiritual leader in a complex global landscape, offering unprecedented insight into the inner workings of Tibetan governance, Buddhist philosophy, and the immense challenges of leading a nation in exile. This book focuses on his Middle Way strategy, which advocates for a radical commitment to dialogue, coexistence, and peaceful resolution in the face of geopolitical conflict. Through his own words, spanning major international addresses to intimate teachings, readers encounter a leader whose wisdom is as practical as it is profound.

More than a biography, this is a deeply human story providing a vital and timely testament to leadership grounded in ethics and service in a divided world. Representing a significant contribution to understanding the transformative leadership of the Dalai Lama, this book offers profound reflections on resilience, cultural preservation, and the enduring power of compassionate action to transcend political boundaries.

PRAISE

“The best biography of H.H. the Dalai Lama available—extremely well-written, an utter delight to read, and a powerful source of hope for a good future.”

Robert Thurman, Jey Tsong Khapa Professor Emeritus, Columbia University

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.

PUBLICATION

15 September 2026
Shambhala Publications

FORMAT

Hard Cover · \$39.95
688 pages

ISBN

978-1-64547-541-5

CATEGORIES

Biography &
Autobiography - Religious
· Religion - Buddhism -
Tibetan · Biography &
Autobiography - Political

SUBRIGHTS SOLD

No Italian or Russian

Form Is Emptiness, Emptiness Is Form

*A Guide to Practicing the Heart Sutra and
Understanding the Perfection of Wisdom*

ANYEN RINPOCHE AND ALLISON CHOYING ZANGMO

*Experience the indivisibility of appearance and
emptiness through the living tradition of the
Heart Sutra, guided by authentic Vajrayana
insight and heartfelt practice.*

Form Is Emptiness,

*A Guide to Practicing the Heart Sutra and
Understanding the Perfection of Wisdom*

Emptiness Is Form

Anyen Rinpoche and
Allison Choying Zangmo

ABOUT THE BOOK

The Heart Sutra, taught by the Buddha on Vulture Peak Mountain, is the most recited and contemplated text in Mahayana Buddhist history. Anyen Rinpoche and Allison Choying Zangmo invite readers beyond recitation into the heart of practices as it is lived in Tibet. In these pages, the elusive dance between form and emptiness becomes deeply personal—accessible, rigorous, and urgently relevant.

This book exposes a startling truth: the Buddha's teaching on emptiness is not abstract philosophy—it is a practical tool for dismantling blame, transforming karmic momentum, dispelling obstacles to practice, and severing the root of suffering itself. Drawing on the lineage of these teachings in Tibet, including the yogas of appearance, emptiness, and indivisibility, this commentary unfolds the subtle layers of the perfection of wisdom through stories, direct instructions, and critical reflection.

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 the lineage practices and scholarship of the Longchen Nyingthig and especially the practice of Atiyoga Dzogchen under his root lama Kyabje Tsara Dharmakirti Rinpoche. Founder of the Orgyen Khandroling Dharma 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 *The Union of Dzogchen and Bodhichitta*, *Stop Biting the Tail You're Chasing*, *The Tibetan Yoga of Breath*, and *The Flowing River of Dharma*. He is also founder of the Phowa Foundation, which focuses on helping people prepare for a peaceful and conscious death.

ALLISON CHOYING ZANGMO is Anyen Rinpoche's spiritual partner, 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, Tulku Rolpai Dorje, and Denpai Wangchuk. With Anyen Rinpoche's encouragement, she began teaching through the Orgyen Khandroling Dharma Center in Denver, Colorado, in 2017, and now plays a vital role in bringing the dharma to a Western audience. She is coauthor with Anyen Rinpoche of *Stop Biting the Tail You're Chasing*, *The Tibetan Yoga of Breath*, and *The Flowing River of Dharma*, and has assisted him with many other titles.

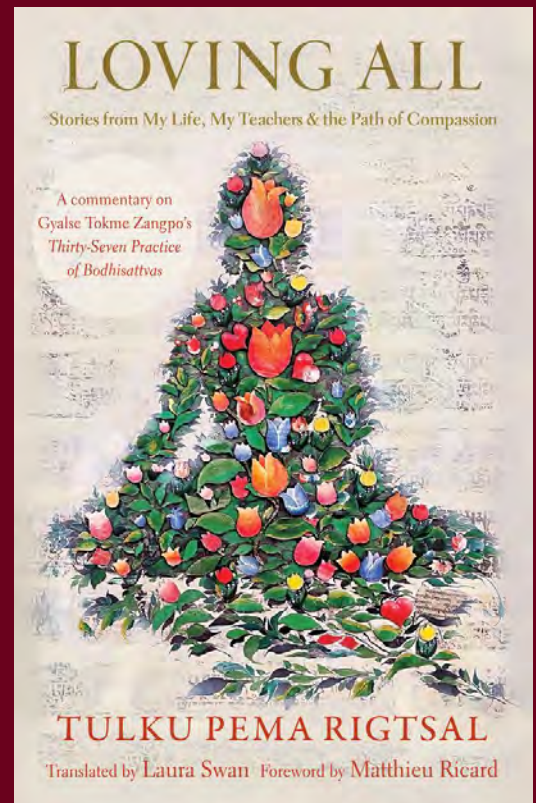
PUBLICATION	FORMAT	ISBN	CATEGORIES	SUBRIGHTS SOLD
9 March 2027 Shambhala Publications	Trade Pbk · \$19.95 192 pages	978-1-64547-478-4	Religion - Buddhism - Tibetan · Religion - Buddhism - Sacred Writings · Religion - Buddhism - Rituals & Practice	—

Loving All

Stories from My Life, My Teachers, and the Path of Compassion

TULKU PEMA RIGTSAL; TRANSLATED BY LAURA SWAN; FOREWORD BY MATTHIEU RICARD

Tulku Pema Rigtsal weaves together personal stories and Buddhist teachings, offering practical guidance on compassion, kindness, and wisdom.



ABOUT THE BOOK

This personal and practical exploration of the Buddhist path blends together the author's own journey with the timeless wisdom of his teachers and lineage. Through vivid stories, historical anecdotes, and direct teachings, the narrative illuminates the transformative power of compassion, kindness, and wisdom. Drawing on the foundational principles of Mahayana Buddhism, the reader is guided through essential practices such as renunciation, patience, generosity, and the cultivation of bodhicitta—the altruistic intention to benefit all beings.

Tulku Pema Rigtsal emphasizes the importance of spiritual friendship, the challenges of overcoming attachment and anger, and the necessity of self-examination and mindfulness. Ultimately, this book serves as both an inspirational memoir and a practical guide, inviting readers to embrace the path of awakening in order to be of true benefit to others.

PRAISE

"Uniting erudition with practical guidance and heartfelt immediacy, Tulku Pema Rigtsal encourages readers to mingle their minds with the Dharma, to free themselves from worldly concerns, and to go into the heart of contemplative practice."

Matthieu Ricard, author of *Enlightened Vagabond*

ABOUT THE AUTHORS

TULKU PEMA RIGTSAL is a student of Khenpo Dazer Rinpoche, Khenpo Chokhyab Rinpoche, Thinley Norbu Rinpoche, Yangtang Rinpoche, and others. He is a holder of the Namkha Khyung Dzong lineage, a subtradition of the Dudjom Tersar. He resides in Humla, Nepal, where he oversees a monastery of five hundred monks and nuns and a community of retreatants and lay practitioners.

LAURA SWAN is a student of Tulku Pema Rigtsal Rinpoche and others. She began her study of Tibetan and buddhadharma in 2005 at Rangjung Yeshe Institute and continued her studies at Ka-Nying Shedrub Ling's monastic shedra. She has translated for 84000, Samye Translations, Rangjung Yeshe Publications, and more recently for the Khyentse Vision Project.

PUBLICATION	FORMAT	ISBN	CATEGORIES	SUBRIGHTS SOLD
18 August 2026 Shambhala Publications	Trade Pbk · \$24.95 384 pages	978-1-64547-476-0	Religion · Buddhism · Tibetan · Self-Help · Spiritual · Biography & Autobiography · Religious	No Nepalese

Rude Awakenings

An Unconventional Guide to the Buddhist Path

SAMUEL BERCHOLZ

From the founder of Shambhala Publications, a no-nonsense, occasionally irreverent field guide to busting out of your own neuroses—mixing Buddhist wisdom and a dash of mischief to help you wake up (even in the middle of work, sex, and your bank account).

ABOUT THE BOOK

In this refreshingly unfiltered guide, Sam Bercholz—founder of Shambhala Publications and a lifelong student and teacher of Buddhism—invites you to drop the pretense, roll up your sleeves, and get real about waking up.

Drawing on decades of firsthand experience with some of the most influential Buddhist teachers of our time, Sam serves up the full spectrum of Buddhist teachings with a healthy dose of humor and zero sugarcoating. This isn't about sitting on a cushion and pretending you're above it all. It's about wrestling with your own distractions, addictions, and neuroses—right in the middle of your messy, beautiful, everyday life.

From meditation and tonglen to the everyday chaos of work, sex, and money, Sam gets his hands dirty with the real challenges of being human—no spiritual bypassing required. He dives into the gritty details of breaking free from habitual patterns, finding flashes of clarity in the chaos, and discovering your own basic goodness—even when you feel like a total mess.

You'll get the inside scoop on Vajrayana teachings, the power of lineage, and the Shambhala path of warriorship, all delivered with Sam's trademark irreverence and honesty. If you're looking for a guide who's been through the wringer and come out laughing—and who'll urge you to live the teachings, not just read about them—this is your invitation to wake up, lighten up, and join the dance.

Limited quantities of a hardcover edition are available.

PUBLICATION

25 August 2026
Shambhala Publications

FORMAT

Trade Pbk · \$24.95
384 pages

ISBN

978-1-64547-328-2

CATEGORIES

Self-Help · Motivational &
Inspirational · Religion ·
Buddhism · Tibetan ·
Philosophy · Buddhist

SUBRIGHTS SOLD

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"It would be hard to imagine a more amiable, generous, or knowledgeable guide for a Westerner interested in Dharma than Samuel Bercholz. This book, filled with a lifetime of wisdom that Bercholz received directly from astonishing teachers of Tibetan Buddhism, is a great gift to the world."

—GEORGE SAUNDERS, author of *Lincoln in the Bardo*

**RUDE
AWAKENINGS**

An
Unconventional
Guide to
the Buddhist
Path



SAMUEL BERCHOLZ

PRAISE

"It would be hard to imagine a more amiable, generous, or knowledgeable guide for a Westerner interested in Dharma than Samuel Bercholz. This book, filled with a lifetime of wisdom that Bercholz received directly from astonishing teachers of Tibetan Buddhism, is a great gift to the world."

George Saunders, author of *Lincoln in the Bardo*

ABOUT THE AUTHOR

As the founder of Shambhala Publications, SAM BERCHOLZ has been instrumental in the transmission of Buddhism and authentic lineages of wisdom from Asia to the rest of the world. He has been a close disciple of two of the great luminaries of his time, Chögyam Trungpa Rinpoche and Thinley Norbu Rinpoche, who both empowered him to teach. His books include the best-selling anthology *The Buddha and His Teachings* (coedited with Sherab Chodzin Kohn) and a graphic memoir titled *A Guided Tour of Hell* (illustrated by Pema Namdol Thaye). A senior teacher in the Nyingma and Kagyu schools of Tibetan Buddhism, Sam has taught extensively in North America, Europe, and Australasia, often at the request of Tareg Kyabgon. His fearless, humorous, and deeply personal style makes the age-old tradition of Buddhism eminently relatable.

SECTION

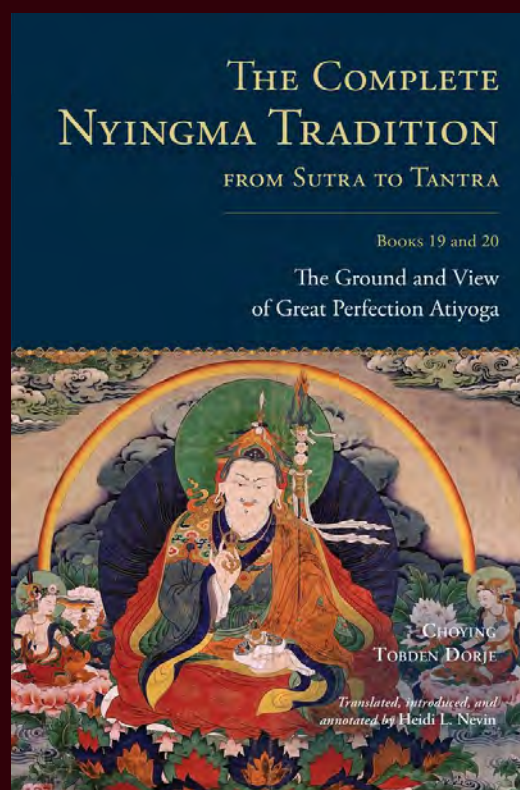
Snow Lion

The Complete Nyingma Tradition from Sutra to Tantra, Books 19 and 20

The Ground and View of Great Perfection Atiyoga

CHOYING TOBDEN DORJE; TRANSLATED BY HEIDI NEVIN

In this volume of Choying Tobden Dorje's The Complete Nyingma Tradition from Sutra to Tantra, Heidi Nevin translates, for the first time, books 19 and 20 on the ground and view of the Great Perfection Atiyoga.



ABOUT THE BOOK

Complete Nyingma Tradition from Sutra to Tantra, Books 19 and 20, is a comprehensive exploration of Atiyoga, the most advanced set of practices within the Nyingma tradition of Tibetan Buddhism. This fifth volume of the Complete Nyingma Tradition series presents the profound teachings of the Great Perfection, or Dzogchen, offering an intricate examination of awareness, consciousness, and spiritual realization. The text traces the historical lineage of these teachings, illuminating the transmission of wisdom through generations of realized masters. It articulates the nuanced relationship between delusion and wisdom, samsara and nirvana, demonstrating their fundamental interconnectedness.

Masterfully translated by Heidi Nevin, this volume includes a glossary, translator's introduction, and extensive annotations to guide the reader. Through detailed analysis of mental afflictions, empowerments, and the nature of ground-appearances, the work provides a traditional investigation into the transformative potential of Nyingma Buddhist practices. It presents an understanding of consciousness that bridges philosophical discourse and experiential wisdom.

ABOUT THE AUTHORS

CHOYING TOBDEN DORJE (1787–1848) was a brilliant Vajrayana master of Eastern Tibet. His masterwork, *The Complete Nyingma Tradition from Sutra to Tantra*, remains the main text studied by Tibet's Ngakpa lineages of lay Buddhist practitioners.

HEIDI NEVIN is a disciple of Kyabje Chatral Sangye Dorje Rinpoche and Dzongsar Jamyang Khyentse Rinpoche. She began studying Tibetan in Darjeeling, India, in 1996 and has published translations of several biographical and commentarial works under the auspices of Tsadra Foundation. She is currently a member of the in-house translation team at Khyentse Vision Project. She lives in Oregon with her husband and two children.

PUBLICATION

7 July 2026
Shambhala Publications

FORMAT

Hard Cover · \$49.95
448 pages

ISBN

978-1-64547-443-2

CATEGORIES

Religion - Buddhism -
Tibetan · Religion -
Buddhism - Sacred
Writings · Religion -
Buddhism - History

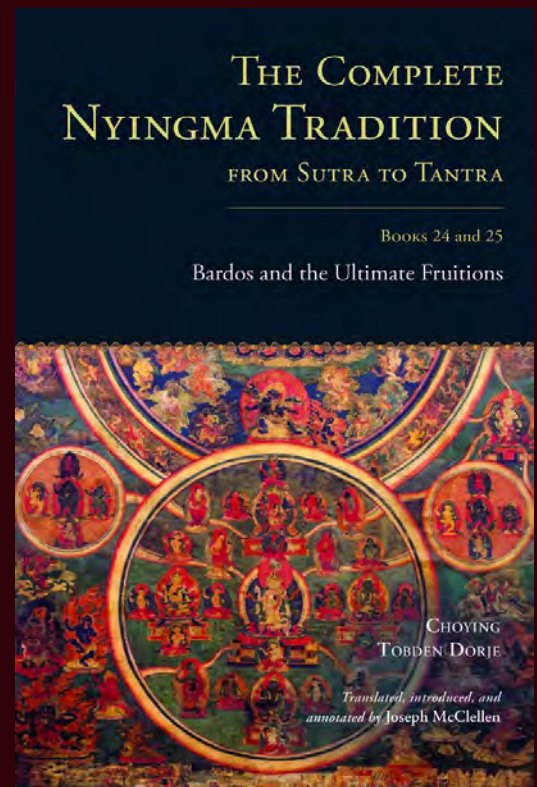
SUBRIGHTS SOLD

No French

The Complete Nyingma Tradition from Sutra to Tantra, Books 24 and 25 *Bardos and the Ultimate Fruitions*

CHOYING TOBDEN DORJE; TRANSLATED BY JOSEPH MCCLELLAN WITH NT NYINJYED

In this series, The Complete Nyingma Tradition from Sutra to Tantra, Tibetan yogi Chöying Tobden Dorje presents the entire Buddhist path from foundation to fruition. This volume translates books 24 and 25, on the liminal states between birth and death and the final results of the Buddhist path.



ABOUT THE BOOK

In this volume, Joseph McClellan translates books 24 and 25 of The Complete Nyingma Tradition series, in which Chöying Tobden Dorje extracts and weaves together the fourteenth-century master Longchen Rabjam's discussions of the bardos—the "liminal states," including post-death experiences—and the ultimate fruition of the Buddhist path. These two central topics of Buddhist thought are drawn from two of Longchenpa's lesser-known works: The Precious Treasury of the Genuine Meaning and The Precious Treasury of the Supreme Vehicle.

In the Nyingma tradition, the bardos—the transitional states between life, death, and rebirth—are not just about what happens after we die, but are ongoing phases unfolding throughout our lives, inviting us to recognize the luminous nature of our own mind. Through deep meditation and preparation, we can face death without fear, seeing it as a natural dissolution into primordial purity—the vast, timeless ground beyond all dualities. This fruition of the Buddhist path transcends all dualities and conceptual limitations, revealing a luminous, dynamic reality where the mind rests in effortless clarity and compassionate activity flows naturally.

ABOUT THE AUTHORS

CHÖYING TOBDEN DORJE (1787–1848) was a brilliant Vajrayana master of Eastern Tibet. His masterwork, The Complete Nyingma Tradition from Sutra to Tantra, remains the main text studied by Tibet's Ngakpa lineages of lay Buddhist yogi-practitioners.

JOSEPH MCCLELLAN became a student of Chagdud Tulku Rinpoche in 1996. He earned a BA in history from the University of Washington, then spent two years in Nepal studying Tibetan language and philosophy, before going on to receive MA, MPhil, and PhD degrees in comparative philosophy from Columbia University's Department of Religion. Since 2017, he has taught at colleges in Bangladesh, Myanmar, and most recently in Bhutan.

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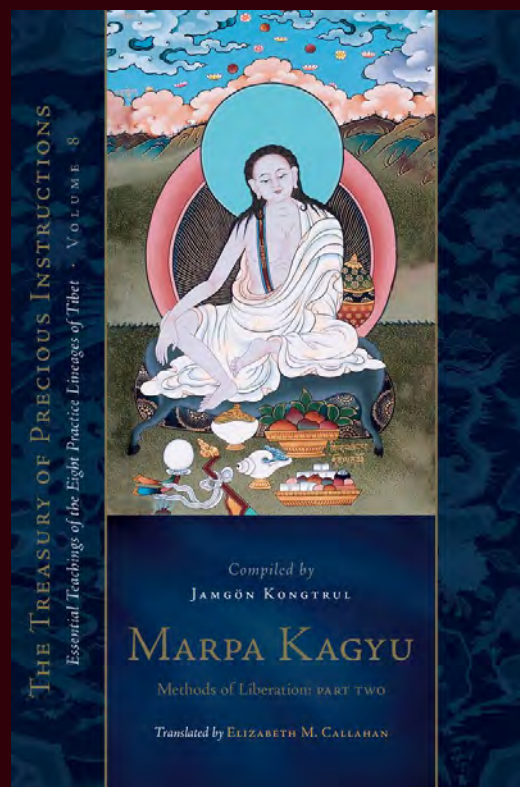
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Marpa Kagyu, Part Two

Methods of Liberation: Essential Teachings of the Eight Practice Lineages of Tibet, Volume 8 (The Treasury of Precious Instructions)

JAMGÖN KONGTRUL, TRANSLATED BY ELIZABETH M. CALLAHAN

Volume 8 of the Treasury of Precious Instructions, titled Marpa Kagyu, Part Two, is a translation from Tibetan of practice texts of the Marpa Kagyu lineage of Tibetan Buddhism.



ABOUT THE BOOK

The Treasury of Precious Instructions series by Jamgön Kongtrul Lodrö Taye, one of Tibet's greatest Buddhist masters, presents essential teachings from the entire spectrum of practice lineages that existed in Tibet. In its eighteen volumes, Kongtrul brings together some of the most important texts on key topics of Buddhist thought and practice, as well as authoring significant new sections of his own. Each volume serves as both a practice manual and a preservation of ancient teachings significant to the literature and history of world religions.

Volume 8 of the series, *Marpa Kagyu, Part Two*, is the second of four volumes on teachings and practices from the Marpa Kagyu tradition of Tibetan Buddhism. The Marpa Kagyu tradition derives from the Indian masters Saraha, Tilopa, Nāropa, and Maitrīpa, and then the Tibetan Marpa Chökyi Lodrö. This volume continues the extensive Rechung Aural Transmission, from volume 7, and presents the intermediate Ngamdzung Aural Transmission, the abbreviated Dakpo Aural Transmission, and other unique traditional practice texts of this lineage.

ABOUT THE AUTHOR

JAMGÖN KONGTRUL LODRÖ TAYE (1813–1900) was a versatile and prolific scholar and one of the most outstanding writers and teachers of his time in Tibet. He was a pivotal figure in eastern Tibet's nonsectarian movement and made major contributions to education, politics, and medicine.

ELIZABETH M. CALLAHAN is a Tibetan translator of the Kagyu tradition. She completed two three-year retreats in the Karma Kagyu tradition under the guidance of Kalu Rinpoche, is a student of Khenpo Tsültrim Gyamtso Rinpoche, and has been a Tsadra Foundation Fellow since 2002. Her previous translations include *The Treasury of Knowledge: Frameworks of Buddhist Philosophy* by Jamgön Kongtrul and *The Profound Inner Principles* by the Third Karmapa Rangjung Dorje.

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