



# R i g h t s   C a t a l o g

## 2024

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## - TABLE OF CONTENTS by THEME -

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**4 & 5**

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### **BODY MIND SPIRIT/SELF-HELP**

**6**

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### **CONSCIOUSNESS/ECOLOGY/SUSTAINABILITY**

**7-8**

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### **INSPIRATION**

**9**

*uplifting spiritual wisdom, poetic & magical*

### **SELF -HELP**

**10-12**

*Many award winning titles*

### **SPIRITUALITY/SELF HELP**

**13-15**

*Personal Growth & Development, Evolutionary Psychology, Communication*

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### **SPIRITUALITY**

**16-18**

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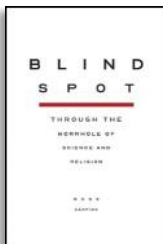
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**19-22**

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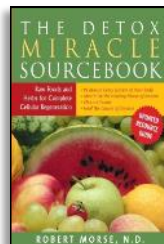
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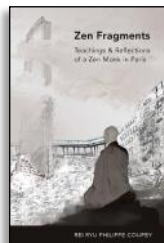
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Rei Ryu Philippe  
Coupey

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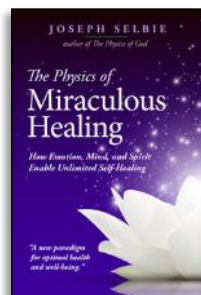
*The Awakening of  
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Red Hawk

This book is an in-depth examination of the much-needed process of "self" study known as self-observation. We live in an age where the "attention function" of the brain has been badly damaged by TV and computers—up to 90% of the public under age 35 suffers from attention-deficit disorder! This book offers the most direct, non-pharmaceutical means of healing attention dysfunction.

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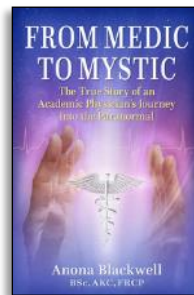
Joseph Selbie  
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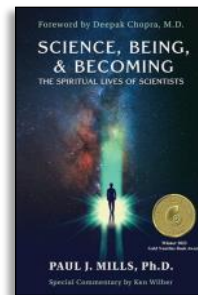
In this candid memoir, Dr. Anona Blackwell shares her remarkable journey from orthodox-trained medic to unapologetic mystic. Chronicling her dual professional life as a highly respected, **Lancet-published academic physician** while also investigating powerful psychic and paranormal experiences in her work and personal life, Dr. Blackwell presents compelling evidence for telepathy, clairvoyance, near-death experiences (NDEs), life after death, the power of prayer, non-ordinary reality, and more.

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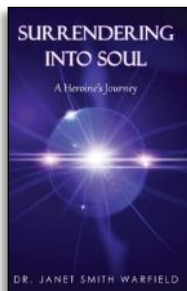
Paul J. Mills, PhD, has over 400 scientific publications in the fields of pharmacology, cardiology, oncology and more. He published some of the earliest research on meditation.

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SPIRITUALITY & SCIENCE



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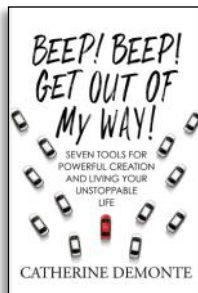
Uncover and discover the power of your mind and the power of your words to bring peace, power, and prosperity into your one precious life. Using mind-opening stories, clarifying questions, analogy, metaphor, and a gentle sprinkling of didactic teaching, find your own answers to the question, "What is my purpose on this planet?"

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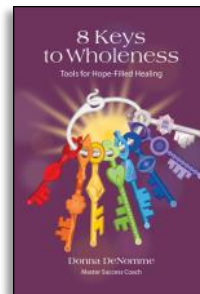
Catherine DeMonte

*Beep! Beep! Get Out of My Way* is based on the seven transformative tools from Abundance Circle groups created by psychotherapist Catherine DeMonte, in which participants manifested their long-held dreams. This process shifted them into "manifesting mavens."

This easy-to-read and engaging book shares the inspiring stories of those participants and how they manifested what their hearts deeply desired but had been elusive for many years, even when the odds seemed impossible. Learn how they did it and practice easy, enjoyable exercises and tools to manifest your own dreams.

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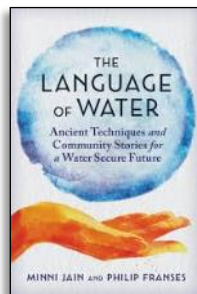
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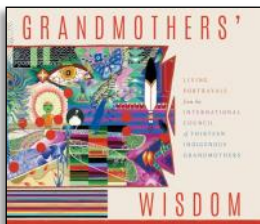
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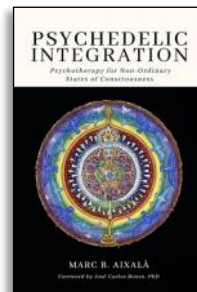
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Marc Aixelà

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This trailblazing guidebook is for anyone interested in psychedelic-assisted therapy. Psychologist and psychotherapist Marc B. Aixelà traces the evolution of psychedelic-assisted therapy and integration research from the 1960s to the present moment, explains therapeutic techniques, and outlines a clinician's real-world observations on the deep work of healing. **Originally in Spanish**

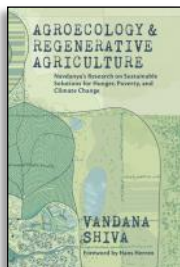
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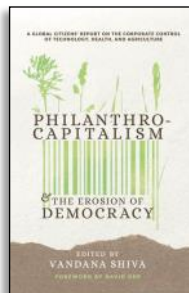
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PSYCHOPHARMACOLOGY





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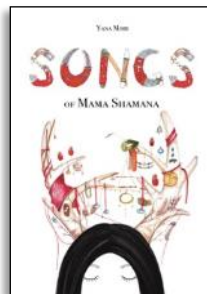
J.P. Vaswani

These 100 stories are repositories of wisdom nuggets of truth wrapped in a sugar coating of a well-told narrative. We bring together 100 stories chosen from Rev Dadas recent talks and books, neatly packaged with his thoughts offered for your reflection, and his trademark practical exercises in the form of tips for you to follow!

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Yana Mori

Illustrations by  
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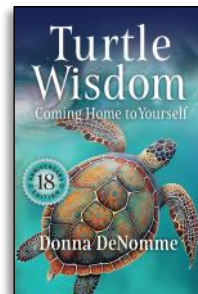
This book is a soft blanket enveloping readers in the embrace of 61 enchanting stories about Mama Shamanam each story decorated with colorful illustrations.

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## TURTLE WISDOM *Coming Home to Yourself*

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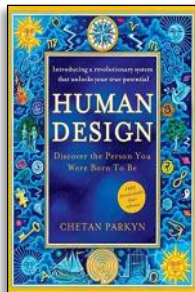
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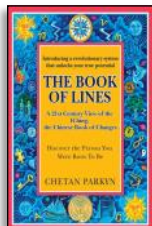
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Chetan Parkyn

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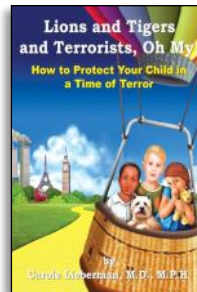
This award-winning guidebook addresses one of the most critical yet seldom taught skills. It is suitable for high school and college students, as well as any individual wanting to improve his or her thinking and reasoning skills in the shortest time frame. There are five sections: Perception & Mindset, Decision Making, Creative Thinking, Analyzing Arguments, and Mastering Logic.

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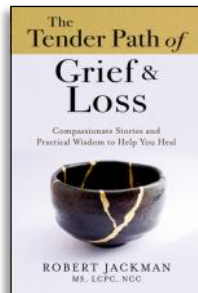
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EDUCATION

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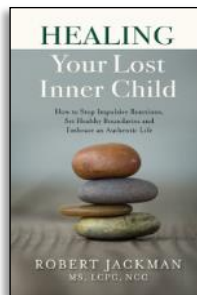
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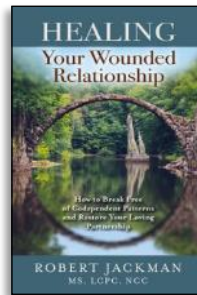
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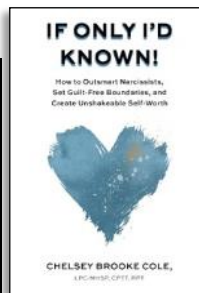
*How to Break Free of Codependent Patterns and Restore Your Loving Partnership*

People often wonder what they're doing wrong and why they keep making bad relationship choices. This book identifies overlooked red flags and how inner child wounding keeps showing up, attracting another codependent to play out this wounded dance. Practical and accessible, each chapter brings the reader closer to awareness with intentional communication techniques to create functional relationships. This book is packed with stories and examples helping the reader understand how their relationship life got off track.

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## IF ONLY I'D KNOWN

*How to Outsmart Narcissists, Set Guilt-Free Boundaries, and Create Unshakeable Self-Worth*

Chelsey Brooke Cole

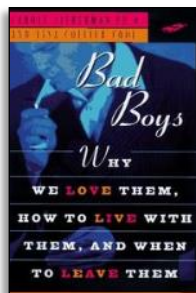
*If Only I'd Known* educates and inspires survivors of narcissistic abuse and complex trauma to overcome their struggles and find healing. Praised as “Enlightening and Empowering,” the book breaks down complex topics like narcissistic abuse, trauma bonds, and gaslighting in an easy-to-understand way. With real-life survivor stories and research-backed insights, this book also includes actionable strategies to build mental strength, leaving readers with a sense of hope and empowerment.

Chelsey Brooke Cole is a psychotherapist routinely featured in *Psychology Today*, *USA Today* and other media.

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CODEPENDENCY



## BAD BOYS

*Why We Love Them, How to Live with Them and When to Leave Them*

Carole Liberman, MD

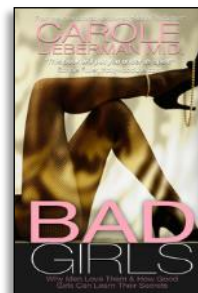
This perennial classic was a bestseller when Penguin/Dutton first published it in 1997 (hardcover) and 1998 (trade paperback). Since some are still attracted to—and getting their hearts broken by—bad boys, they are still eager to discover why and how to find true love. The book profiles 12 types of Bad Boys—including the Fixer-Upper Lover, Self-Absorbed Seducer, and Commitment-Phobe—and helps folks turn their frog into a prince!

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RELATIONSHIPS/SELF-HELP



## BAD GIRLS

*Why Men Love Them & How Good Girls Can Learn Their Secrets*

Carole Liberman, MD

This multi-award-winner, published in 2010 as a trade paperback, received lots of media attention. The book profiles 12 types of bad girls—including the Gold-Digger, Sex Siren, Husband Hunter/Trapper, and Ball-Buster. It helps good girls even the playing field, so they don't sit on the shelf while men pursue bad girls, and helps men see the red flags, so they're not exploited by bad girls and left brokenhearted.

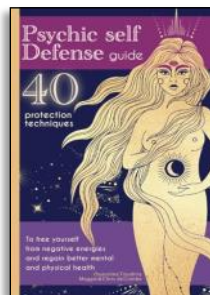
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RELATIONSHIPS/SELF-HELP



## PSYCHIC SELF DEFENSE

*40 protection techniques to free yourself from negative energies and regain better mental and physical health*

Ouassima Touahria

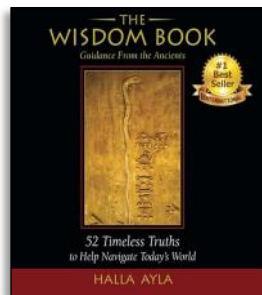
By ignoring the invisible aspect of our reality, we neglect our own energy, our vibratory hygiene, our borders and limits in relation to other. This book offers you a real toolbox of psychic defense and energy protection. It offers you the opportunity to reconnect with yourself and your inner strength, your power to act and raise your vibrations.

By protecting your physical and energy bodies, you gain strength and can live a more fulfilling and harmonious life whatever happens around you!

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**SELF-EMPOWERMENT**



## THE WISDOM BOOK

*Guidance from the Ancients: 52 Timeless Truths to Help Navigate Today's World*

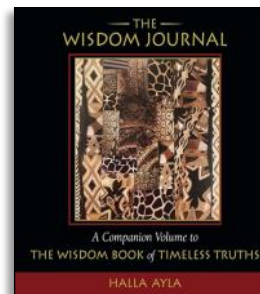
Halla Ayla

Wisdom is needed more than ever today! *The Wisdom Book* is a powerful transformational tool that offers the reader greater insight and understanding as to life's true meaning and purpose. It provides tools and techniques to help navigate the challenges of today's world with its **52 profound teachings for every week of the year**. Each teaching offers guidance on how to connect with your Soul's infinite wisdom, which can lead you to living a happier, healthier and more meaningful life. The Truths are a Roadmap Home to greater wholeness and wellbeing, reminding us that life is meant to be a lot more

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**INSPIRATIONAL**



## THE WISDOM JOURNAL

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The Wisdom Journal is a safe container for your innermost thoughts and feelings. It is your own private and personal space to express your deepest fears and doubts, as well as your dearest hopes, desires and dreams. It is a transformational tool that offers 52 Timeless Wisdom Teachings accompanied by questions that allow you to examine, evaluate and gain greater insight and understanding about your life and how to best live it. The process of journal writing is a powerful one that will help you discover and recover a greater sense of happiness, wisdom and wellbeing.

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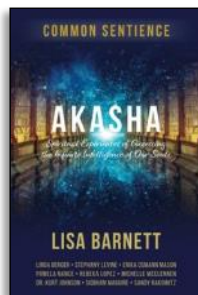
**SELF-REFLECTION**



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These stories are authored by some of the most well-known and loved wisdom teachers of today sharing the power of their story and yours. Each book in this series focuses on a spiritual phenomenon —what it is, true experiences shared, and practices and processes to deepen into for your own experience.

**AKASHA**

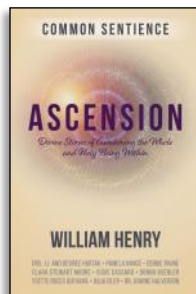
*Spiritual Experiences of  
Accessing the Infinite  
Intelligence of Our  
Souls*

Lisa Barnett

Akasha is the recording of all that exists. Lisa Barnett shares who the Akashic Record Keepers are and how they can assist you on your soul's journey.

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*Divine Stories of Awakening the Whole and Holy Being Within*

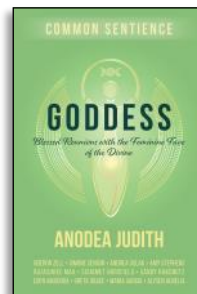
William Henry

Transforming or ascending to a being of light is the universal goal of spiritual and metaphysical traditions worldwide. Ascension scholar and researcher of esoteric traditions William Henry shows us that this is not just an ancient activity that happens after death. Learn practices to deepen your own ascension experience and awaken the whole and holy being in you as William Henry and selected storytellers share their inspiring experiences.

William Henry is author, investigative mythologist, TV presenter and more. He is an internationally recognized authority on human spiritual potential, transformation and ascension.

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*"Anodea Judith has a gift of expressing complex ideas in clear, poetic language."*  
—**Starhawk**, author of *Spiral Dance*.

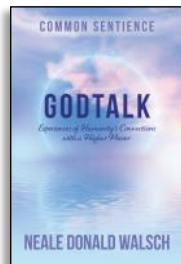
Anodea Judith is a globally recognized teacher and author of bestselling books on chakras, psychology, social change which have been translated into 28 languages.

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## COMMON SENTIENCE

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## GODTALK

*Experiences with  
Humanity's Connection  
with a Higher Power*

Neale Donald Walsch

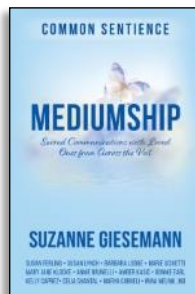
Don't look now, but God is talking with you. In fact, God is never not talking with you!

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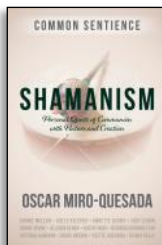
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## SHAMANISM

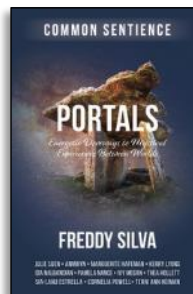
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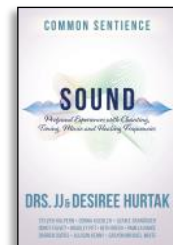
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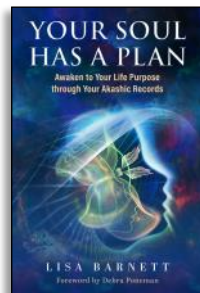
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Lisa Barnett

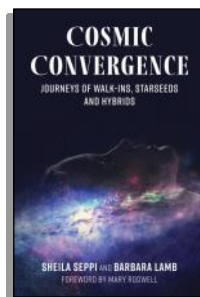
You were born with a plan of sacred contracts, soul talents and

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**ANCIENT KNOWLEDGE**



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In this beautifully written book you will thoughtfully explore what it means to be human and our potential as spiritual beings, learn who and what walk-ins, starseeds, and hybrids are, their identifying signs and attributes and gain captivating insights through personal narratives. You will explore timelines, parallel realities, and planes of existence within the cosmos, discover the quantum principles that govern dimensions, densities, and the harmonic universe and uncover the multi-dimensional aspects of human existence by exploring energetic systems that shape our very essence. Cosmic Convergence is cutting edge and fresh.

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Fabio Araujo

Originally published in German, using prophecies, myths, and legends from different countries and mathematics, this predicted a global crisis/recession in the beginning of the 2020s (which happened, as the COVID-19 recession), civil conflicts in European countries immediately after (which happened against lockdowns), Putin (compared to Anti-christ) in power for 25–27 years since 1999, and the Third World War breaking out in 2020–2025 with Russia, allied to China, attacking the Western world. Other predictions for this decade are included.

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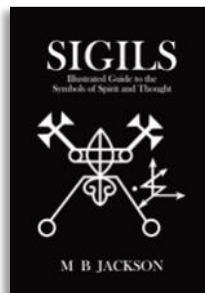
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**RELIGION PROPHECIES**

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*Green Magic, originally started in 1997, is an independent publisher based near Glastonbury, England, specializing in spirituality and Paganism.*

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### SIGILS

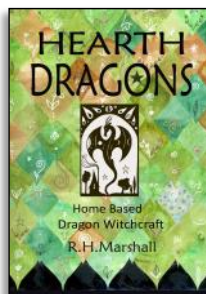
*Illustrated Guide to the Symbols of Spirit and Thought*

M B Jackson

Sigils are symbolic icons designed for a specific magical purpose. In modern times, Chaos magicians employ Sigils as Monograms of Thought, psychological symbols of intent and desire, created by the conjuror in their personal quest of mystical exploration. Fully illustrated guides to these magic symbols accompany full explanations from down through the time.

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*Home-Based Dragon Witchcraft*

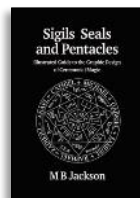
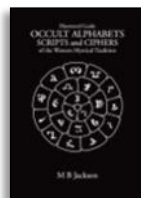
Rachael H Marshall

The Hearth Dragons are awakening. They wish to aid us in our lives, and to spread positive energy into

the world. But we must first learn to welcome them in. This extraordinary book invites us to nourish our spirit and our hearth, through enchanted self-care practices and the creation of our own sacred space, so that we can welcome harmony and magick into our lives and our homes. ISBN: 9781915580238 Pgs. 166

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## ... More Sigils ...



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## THE SIGIL SECRET

*Using Magic Symbols to Protect, Heal and Create*

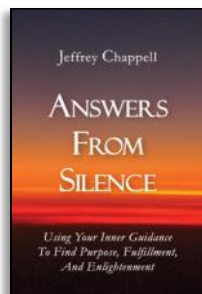
Mark Vincent

Sigils have been used to magically protect, heal, and create since the dawn of humanity. The art of making these magical symbols was almost lost...but this book breathes new life into this ancient spiritual craft. Sigil expert and clinical hypnotherapist Mark Vincent draws on his extensive knowledge of neuroscience, psychology, and therapeutic approaches combining them in this book with his personal experiences in the world of magic.

Visit [www.palaysia.com/sigilsecret](http://www.palaysia.com/sigilsecret) for a free meditation and talk to help you better understand sigil magic and find your clear intent for making your own sigils.

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## ANSWERS FROM SILENCE

*Using Your Inner  
Guidance to Find  
Purpose, Fulfillment,  
and Enlightenment*

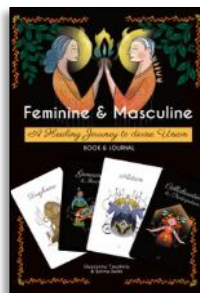
Jeffrey Chappell

*Answers From Silence* contains brief, no-nonsense insights and how-to information for communicating with your Enlightened Self. Chappell delivers question-and-answer dialogues from a cosmic viewpoint on metaphysics and spirituality as well as down-to-earth topics such as career, relationships, and personal growth.

Jeffrey Chappell, a professional concert pianist and 30-year student of meditation, delivers fresh insights on problems of living in the 21st century and finding higher consciousness in everyday life.

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**MEDITATION / SELF-HELP**



## FEMININE & MASCULINE

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Ouassima Touahria

This book/journal is a ritual of liberation in itself! Reconnect with the archetypes of the Feminine and Masculine. You are invited into a healing journey that will help you harmonize and balance the Feminine and Masculine within you.

With the big changes that our planet is going through and the opening of consciousness, we now have a priceless opportunity to re-learn more about the different aspects of the feminine and masculine archetypes. You will know them better and learn to accept them in yourself and others.

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**ARCHETYPES**



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Rev. Dr. Louise-  
Diana

*Seeds of Consciousness* is a source of guidance, encouragement and inspiration. Affirmation books continue to be popular because they inspire and motivate us to get through the day proactively with an effective tool in directing our minds towards a desired goal or destination. Through daily practice, affirmations can inspire personal growth and create a more positive and fulfilling life.

Rev. Dr. Louise-Diana is a respected authority in the field of personal effectiveness, a yoga and clinical therapist, ordained minister, life coach and the CEO of Inner Fitness.

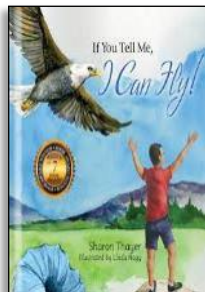
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**SELF-ESTEEM**

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### IF YOU TELL ME, I CAN FLY

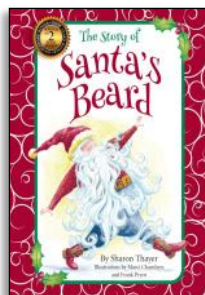
**WINNER OF 7 BOOK AWARDS**

A tale of inspiration and empowerment through examples of creatures who really do learn to fly. The perfect gift for times when loved ones are on the brink of change.

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Sharon Thayer

There's a problem growing at the North Pole because Santa's beard grows each time children share, play fair, do their best, and tell the truth. Soon, Santa's beard gets so long he can't walk, talk, or make the toys. But those clever elves come up with a plan. In the end, all Santa must do is choose the best kids from his "Good List" to receive a snippet of his beard.

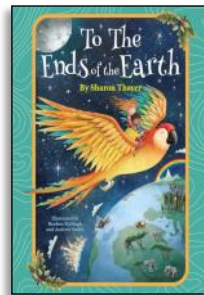
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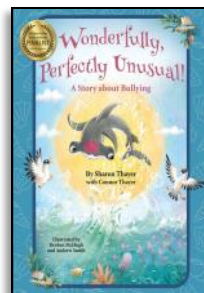


## TO THE ENDS OF THE EARTH

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A lyrical love story that illustrates how far parents will go to keep their loved ones safe and happy.

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In a far-off ocean lagoon, a young hammerhead shark pup who is different from the others learns how

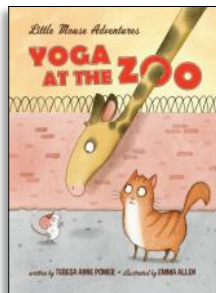
to deal with bullies, hearing his mom describe him as "wonderfully, perfectly unusual."

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**AGE RANGE - 5-8**

## TERESA ANNE POWER *LITTLE MOUSE ADVENTURES*

Teresa Anne Power is an internationally recognized educator, keynote speaker, yoga advocate and bestselling author of the award-winning series, *Little Mouse Adventures* and *The ABCs of Yoga for Kids*.



### YOGA AT THE ZOO

Come along with curious, lovable Little Mouse and his best friend, Mr. Opus, the wise tabby cat, as they go to the zoo for the first time and meet new animal friends in

this beautifully illustrated book. Teresa Anne Power presents this playful book that teaches kids how to deal with new experiences, emotions, and friendship through simple yoga poses.

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AGE RANGE 5-6



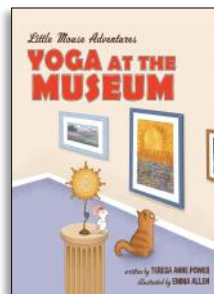
## MINDFULNESS AT THE PARK

Little Mouse and his family live in a cozy burrow nestled in Tammy McDoodle's backyard. Tammy and her mother love to practice yoga and mindfulness together, and Little Mouse loves to follow along! Blending humor and fun, *Mindfulness at the Park* gently imparts ways to navigate the excitement and uncertainty of new experiences.

**MULTI-AWARD-WINNING BOOKS**  
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## YOGA AT THE MUSEUM

Curious Little Mouse is back to help children use yoga to solve problems and manage emotions in *Yoga at the Museum*. Little Mouse loves to doodle and daydream, which often gets in the way of his schoolwork. When he and Mr. Opus get the opportunity to tag along on a trip to the museum, they leap at the chance! During their museum adventure, Little Mouse learns about famous artwork plus simple yoga poses related to the paintings.

For more Yoga and Mindfulness Books for Kids visit: [www.abcyogaforkids.com](http://www.abcyogaforkids.com)

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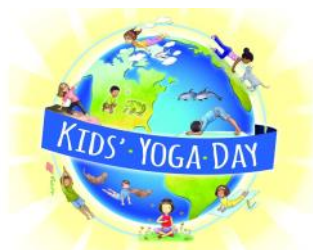
AGE RANGE 5-10



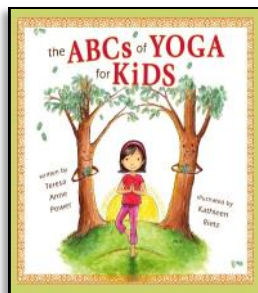
## TERESA ANNE POWER'S ABC's OF YOGA FOR KIDS SERIES

Teresa Anne Power is an internationally recognized educator, keynote speaker and bestselling author of the award-winning series, *Little Mouse Adventures* and *The ABCs of Yoga for Kids* which has been translated into five languages.

Teresa Anne Power is also the founder of **International Kids' Yoga Day** now in its 9th year with over 45 countries participating. Teresa's mission is to share strategies and tips to help children, parents and educators enrich their lives and manage stress. It's not too early to start planning for **Kids' Yoga Day April 4, 2025**.



[www.abcyogaforkids.com](http://www.abcyogaforkids.com)

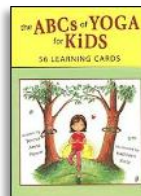


## THE ABCs OF YOGA FOR KIDS

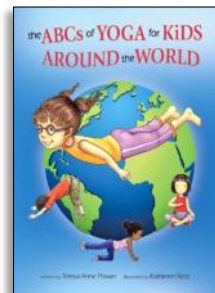
Children are faced with over-stimulation in today's fast-paced society. Practicing simple yoga postures is the ideal way for kids to both unwind naturally and do physical activity. Using the alphabet, rhyming vignettes and colorful illustrations, each page promotes poses for flexibility and coordination, while encouraging children to incorporate healthy activity into their daily lives.

**\*WINNER OF 11 AWARDS\***

**Including Mom's Choice,  
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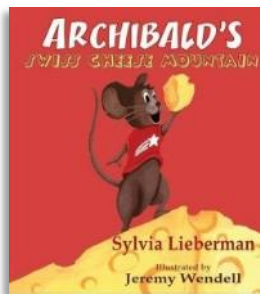


## THE ABCs OF YOGA FOR KIDS AROUND THE WORLD

*The ABCs of Yoga for Kids Around the World*, written by International Kids' Yoga Day founder and 30+ year practitioner Teresa Power, is a beautifully illustrated hardcover book that takes readers on a fun-filled tour of 32 countries, sharing kid-friendly facts about each, as well as teaching simple yoga poses suitable for children of all ages and athletic abilities. Additionally it introduces children to the alphabet and how to say 'hello' in the language of each country represented.

**\*MULTI-AWARD WINNER\*  
Including Mom's Choice & IBPA**

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# ARCHIBALD'S SWISS CHEESE MOUNTAIN

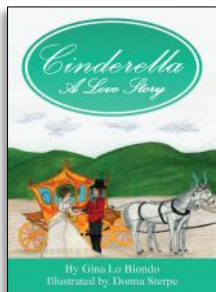
Sylvia  
Lieberman

This multi-award-winning classic not only entertains kids with its captivating story and illustrations but provides a moral: Never give up pursuing your dreams! Archibald is a little mouse with a big heart who helps kids reach their big dreams by showing them how it's done. Leaving his mouse hole for the first time, Archibald discovers a Swiss cheese mountain that he's determined to conquer and cleverly overcomes obstacles until he reaches his dream.

**\*MULTI-AWARD WINNER\***  
including London Book Festival

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**AGE RANGE 3–11**



# CINDERELLA

*A Love Story*

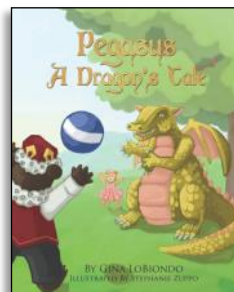
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