



JOHN HUNT PUBLISHING

# CATALOGUE

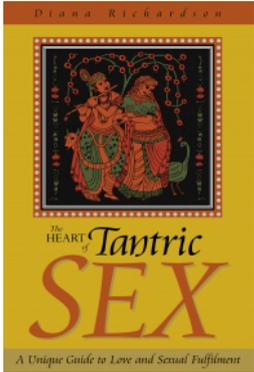
**Top 20 Bestsellers – MBS**

(Revised March 2021)

<b>3</b>	MIND BODY SPIRIT
<b>8</b>	ORDER FORM
<b>10</b>	DISTRIBUTION INFORMATION

\*Format is H8.5xW5.5 inches/H216xW140mm unless otherwise stated.

\*Publication is always on the last Friday of the month except December when it may vary.



## Heart of Tantric Sex

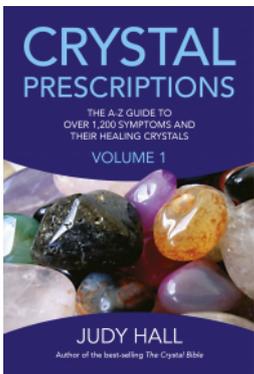
Diana Richardson

Bestselling classic by Diana Richardson, one of the world's leading authorities on human sexuality.

*"After many years of exploration, Diana Richardson found that the ancient practice of Tantra, with its unique, intelligent approach to sex, had the effect of enhancing intimacy and deepening love. Here she has adapted Tantra for modern Western lovers in a practical, sympathetic way. Tantric Sex can transform your experience into a more sensual, loving and fulfilling one. One of the most revolutionary books on sexuality ever written."*

**Ruth Ostrow, Sex, Relationship and Spirituality journalist, News Ltd.**

**O-BOOKS;** 2003-12-04; Spiritual/Sexual Instruction; Pb-9781903816370, \$19.95/£9.99, 256pp, 5.5x8.5inches / 5.5x8.5mm, Ebk-9781846946370, \$14.99/£7.99.



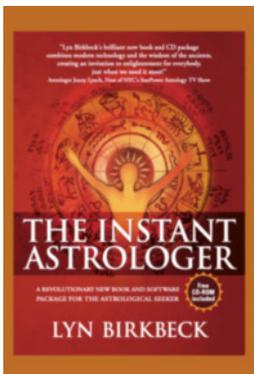
## Crystal Prescriptions

Judy Hall

This symptom-based A-Z directory by Judy Hall, author of the best-selling *The Crystal Bible*, will help you to identify exactly the right crystal for your needs, whether for healing of the mind, body, psyche or spirit, and will point you to useful stones for improving vitality and well-being, and for balancing the chakras. Listing over 1,200 symptoms, it is a practical first-aid guide based on sound crystal healing principles that have been practised for millennia.

*"Author of the excellent The Crystal Bible, Judy Hall is truly a master of her subject and the book is a clever idea well executed."* **Paradigm Shift**

**O-BOOKS;** 2006-10-24; Alternative Therapies/Crystals; Pb-9781905047406, \$15.95/£9.99, 172pp, 5.125x7.5inches / 190x130mm, Ebk-9781846946295, \$9.99/£6.99.



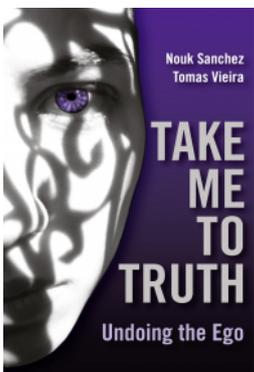
## Instant Astrologer

Lyn Birkbeck

*The Instant Astrologer* is the most comprehensive astrology package available for astrologers everywhere at a readily affordable price.

*"Lyn is one of those rare astrologers who combines profound personal information with an accessible style designed to empower his readers to do it for themselves. This ground-breaking combination of software and book will enable people to look deeply into themselves and their relationships with others. Lyn knows the magic that comes from giving people the freedom to follow their own investigations."* **Richard Beaumont, Kindred Spirit Magazine**

**Dodona Books;** 2003-12-04; Astrology (General)/Handbooks & Manuals; Hc-9781903816493, \$69/£39,448pp, 7.5x9.5inches / 190x241mm



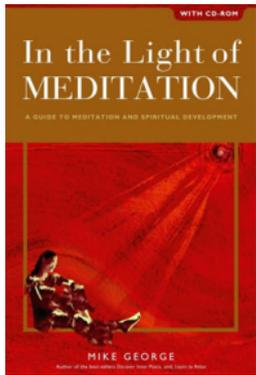
## Take Me To Truth

Tomas Vieira & Nouk Sanchez

*Take Me To Truth* is the first book to present a practical guide to the six stages involved in shedding our distorted ego perception. It explains why our search for real happiness has eluded us and how to perceive the Love for which we all yearn so deeply.

*"Take Me To Truth is not just a book - it's a revelation. Nouk Sanchez is a gifted spiritual teacher who knows what she is talking about and has a good idea of how to communicate her knowledge. The writing of Nouk and Tomas is uncompromising, exciting and strikingly consistent."* **Gary R Renard, author of The Disappearance of the Universe**

**O-BOOKS;** 2007-09-28; Spirituality/Theosophy/Channeling & Mediumship; Pb-9781846940507, \$19.95/£12.99, 295pp, 5.5x8.5inches / 216x140mm, Ebk-9781846946547, \$9.99/£6.99.



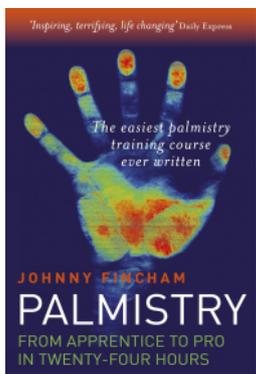
## In the Light of Meditation

Mike George

*In the Light of Meditation* offers an introduction to the art and practice of meditation while laying down the foundations for ongoing spiritual development. A series of ten lessons provide specific insights into Raja Yoga, with practical exercises to complement and to help your understanding of the method and underlying teachings.

*"A classy book. A gentle yet satisfying pace and is beautifully illustrated."* **Brainwave**

**MANTRA BOOKS**; 2003-12-04; Motivational & Inspirational/Mindfulness & Meditation; .



## Palmistry: From Apprentice to Pro in 24 Hours

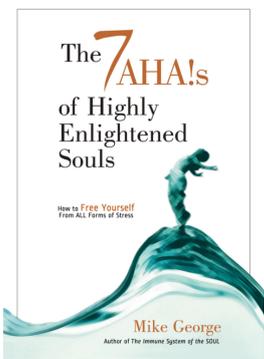
Johnny Fincham

Ever wanted to learn palmistry but been confused by the mumbo-jumbo?

This no-nonsense book is for everyone and the most innovative approach to the subject in the last two hundred years. It draws on groundbreaking scientific research into individual fingerprint patterns and is illustrated with images of actual hands, including those of Einstein, ex-UK prime minister Tony Blair, and the hands of various celebrities.

*"Wonderful - the palmist of the stars."* **Denise Van Outen**

**Dodona Books**; 2007-08-24; Personal & Practical Guides/Palmistry; Pb-9781846940477, \$16.95/£9.99, 240pp, 5.5x8.5inches / 216x140mm, Ebk-9781846946448, \$9.99/£5.99.



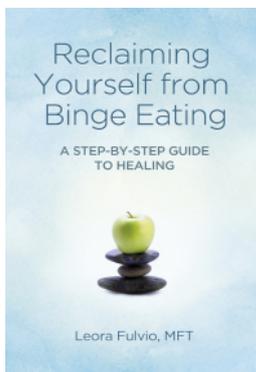
## 7 Aha's of Highly Enlightened Souls

Mike George

7 moments of profound insight into our own lives, which we can all reach, which will open us to new ways of seeing our problems and our potential. With thousands of insights now flooding the marketplace of spiritual development how do we begin to decide where to start our 'spiritual journey'?

*"A very profound, self-empowering book. Each page bursting with wisdom and insight. One you will need to read and reread over and over again!"* **Paradigm Shift**

**O-BOOKS**; 2003-12-04; Motivational & Inspirational/Inspiration & Personal Growth; Pb-9781903816318, \$11.95/£5.99, 128pp, 7.5x5.3inches / 7.5x5.3mm, Ebk-9781846946813, \$6.99/£3.99.



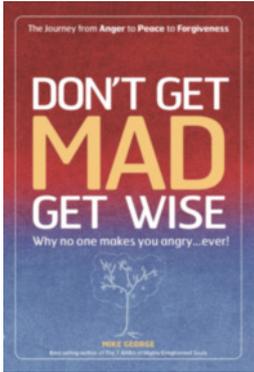
## Reclaiming Yourself from Binge Eating

Leora Fulvio, MFT

Are you one of the millions of people suffering from Binge Eating Disorder? Are you caught in the trap of binge eating, emotional eating, mindless eating, and diet obsession? This book will help you to stop binge eating right now.

*"Leora Fulvio takes the mystery out of binge eating in her wonderful new book. Reclaiming Yourself from Binge Eating is readable, engaging and eye-opening. Ms. Fulvio obviously cares about people who binge eat and knows how to help them stop, heal and reclaim personhood through health and freedom. I highly recommend this book."* **Joanna Poppink, MFT Los Angeles Psychotherapist**

**AYNI BOOKS**; 2014-03-28; Mental Health/Weight Loss/Women's Health; Pb-9781780996806, \$26.95/£15.99, 340pp, 8.5x5.5inches / 216x140mm, Ebk-9781780996813, \$15.99/£9.99.



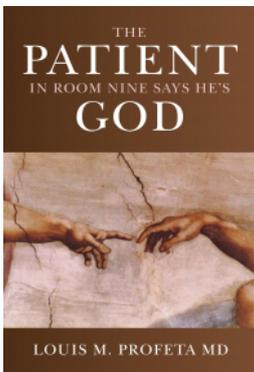
## Don't Get MAD Get Wise

Mike George

We all have some anger in our hearts, and it corrodes relationships everywhere, from the individual to the international. But anger is never healthy or justified. This is not a book about moderating or transforming our anger, but getting rid of it.

*After The Power of Now, I thought I would never find another self-help book that was even a quarter as useful as that. I was wrong. Mike George's book on anger, like a Zen master's teaching, is simple yet profound. This isn't one of those wishy-washy books about forgiving people. It's just the opposite... a spiritually powerful little book.* **Marian Van Eyk, Living Now Magazine**

**O-BOOKS;** 2006-09-29; Inspiration & Personal Growth/Motivational & Inspirational; Pb-9781905047826, \$14.95/£7.99, 160pp, 5.5x8.5inches / 5.5x8.5mm, Ebk-9781846946851, \$8.99/£4.99.



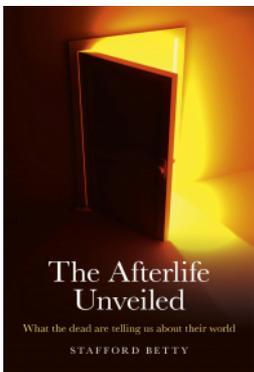
## Patient in Room Nine Says He's God, The

Louis Profeta

A young Jewish doctor prays to a coma patients Blessed Mother on Christmas Eve, only to have the woman suddenly awakened. *The Patient in Room Nine Says He is God* is a search for a conscience in medicine, whose doctors keep their faith and their feelings hidden.

*"I'll always remember The Patient in Room Nine for its sensitivity, wit and originality. Dr. Profeta has constructed an outstanding work here that, at its best moments, channels Oliver Sachs, and otherwise maintains an instructive vision and calming spirit."* **Writer's Digest**

**AYNI BOOKS;** 2010-09-24; Prayer & Spiritual/Ethics & Morals/Emergency Medicine; Pb-9781846943546, \$19.95/£10.99, 192pp, 5.5x8.5inches / 5.5x8.5mm, Ebk-9781780997360, \$11.99/£6.99.



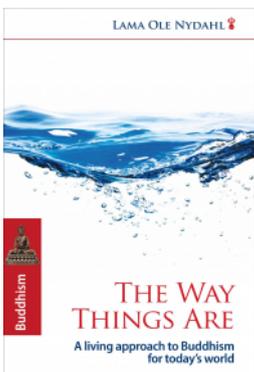
## Afterlife Unveiled, The

Stafford Betty

What happens to us when we die? Many think of heaven as an unimaginable state of bliss. As for hell, it's far out of proportion to any sin we might have committed and makes a travesty of God. But what if the afterlife was something very different?

*"This book contains what purport to be reports from people who have died, telling us in what conditions they live, and how they may move on from one sphere to another. Whatever they may make of this, everyone will find it intensely interesting."* **John Hick, author of Death and Eternal Life, preeminent philosopher of global religion**

**6th Books;** 2011-06-24; Out-of-Body Experience/Death, Grief, Bereavement/Metaphysics; Pb-9781846944963, \$16.95/£9.99, 139pp, 5.5x8.5inches / 216x140mm, Ebk-9781846949265, \$9.99/£6.99.



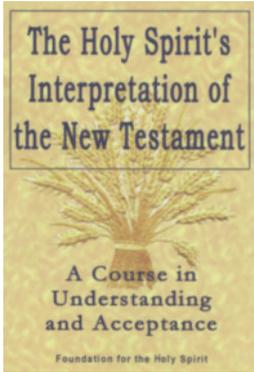
## Way Things Are, The

Lama Ole Nydahl

This seminal work offers the liberating and powerful methods of Diamond Way (Vajrayana) Buddhism for readers seeking to incorporate Buddhist practice into their daily lives.

*"This book, which clarifies the Buddha's teachings in an accessible and contemporary format, has proved a popular and useful resource for students of Buddhism since its first publication. This revised and expanded edition will doubtlessl be even more influential in acquainting people with the path to liberation and Enlightenment."* **Trinlay Thaye Dorje, the 17th Gyalwa Karmapa, Head of the Karma Kagyu Lineage of Tibetan Buddhism**

**MANTRA BOOKS;** 2008-05-30; Tibetan/Buddhist/Handbooks & Manuals; Pb-9781846940422, \$19.95/£9.99, 208pp, 5.5x8.5inches / 5.5x8.5mm, Ebk-9781780998459, \$11.99/£5.99.



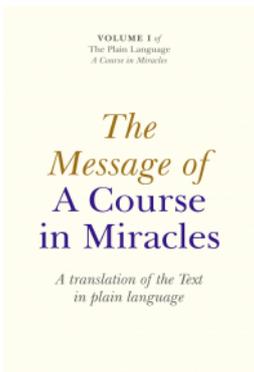
## Holy Spirit's Interpretation of the New Testament (NTI), The

Regina Dawn Akers

*The Holy Spirit's Interpretation of the New Testament* is a course in understanding a metaphysical interpretation of the New Testament, delivered by the voice of the Holy Spirit.

"Surely this is contemporary scripture: the perfect companion to *A Course in Miracles*, a bridge between the New Testament and *A Course in Miracles*. NTI is certain to emerge as one of the great spiritual works of the modern era. There is great practical wisdom in NTI, which sets our feet on the path of awakening if we but follow its teaching." **Thomas E. Whitmore, A Course in Miracles Society**

**O-BOOKS;** 2008-03-28; Channeling & Mediumship/Spirituality/Handbooks & Manuals/Spirituality/New Testament; Pb-9781846940859, \$36/£18, 608pp, 5.5x8.5inches / 5.5x8.5mm, Ebk-9781780990835, \$9.99/£6.99.



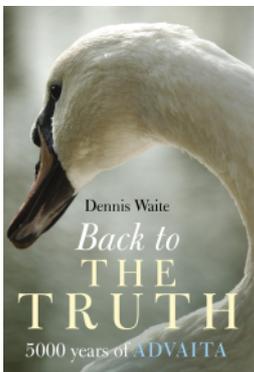
## Message of A Course In Miracles, The

Elizabeth A. Cronkhite, ACIM Mentor

In the mid-1970s *A Course in Miracles* was published. It is a self-study course designed to help you undo your conscious and unconscious beliefs that you are separate from God so that you can return to your natural State of Boundless Love, Peace, and Joy. Since then it has become the Holy Book of over a million people worldwide who have experienced a loving transformation to a more peaceful life.

"A profoundly simple yet powerful translation of *A Course in Miracles*; consistent, practical and pulls no punches. For those who really want to Awaken from the dream - this is a truly helpful book!" **Nouk Sanchez and Tomas Vieira, authors of Take Me to Truth**

**O-BOOKS;** 2010-07-30; Spirituality/Inspiration & Personal Growth; Pb-9781846943195, \$44.95/£29.99, 774pp, 6x9inches / 6x9mm, Ebk-9781846946424, \$9.99/£6.99.



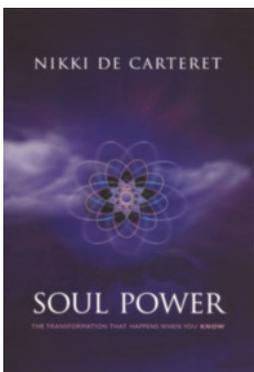
## Back to the Truth

Dennis Waite

Advaita is a spiritual philosophy based on the Upanishads, older than most other religious systems we know about but also the most logical and scientific in its approach. The literal meaning is 'Not two'. There is only one truth - but, it has to be said, there are many teachers. So how is a 'seeker' to choose between them? This book is a systematic treatment of Advaita which demystifies it.

"A wonderful book. Encyclopedic in nature, and destined to become a classic." **James Braha, Author of Living Reality**

**MANTRA BOOKS;** 2007-02-23; Hindu/Spirituality; Pb-9781905047611, \$49.95/£19.99, 640pp, 5.5x8.5inches / 5.5x8.5mm, Ebk-9781846946240, \$16.99/£11.99.



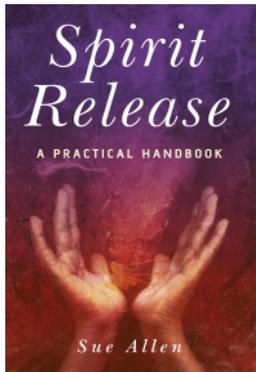
## Soul Power

Nikki de Carteret

What are the tools for empowering the soul? How do you cultivate the power of presence? How do you create inner stability in times of chaos? Where does humility meet mastery? These are just some of the threads of spiritual inquiry that Nikki de Carteret weaves into a tapestry of Soul Power.

"A unique combination of scholarly research and hands-on experience. Soul Power is a fascinating and useful manual for those already on the path to spiritual realization." **Michael Rymer, Hollywood film director**

**O-BOOKS;** 2003-12-04; Motivational & Inspirational/Inspiration & Personal Growth; Pb-9781903816363, \$18.95/£12.99, 286pp, 5.5x8.5inches / 216x140mm.



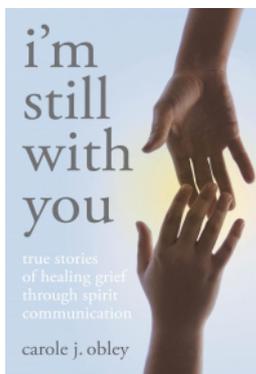
## Spirit Release

Sue Allen

A guide to psychic attack, curses, witchcraft, spirit attachment, possession, soul retrieval, haunting, soul rescue, deliverance, exorcism and others, as taught at the College of Psychic Studies in London.

*"This book is the most comprehensive I have seen on the subject of spirit release. For some, this subject matter could be seen as terrifying, it is the stuff of horror films. Sue has a down to earth common-sense approach that leaves you without fear and no doubt that what she is saying is accurate. This book is a must for anyone working and dealing with people."* **Becky Walsh, Presenter of The Psychic Show on LBC**

**6th Books;** 2007-04-27; Parapsychology (General)/Witchcraft/Supernatural; Pb-9781846940330, \$24.95/£13.99, 256pp, 5.5x8.5inches / 216x140mm, Ebk-9781846946516, \$14.99/£6.99.



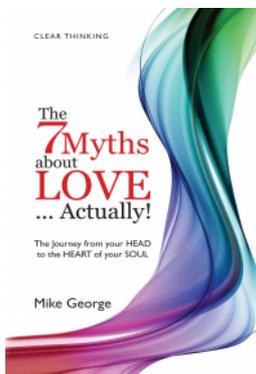
## I'm Still With You

Carole J. Obley

A collection of compelling, true stories of after-death communication from the experiences of psychic medium Carole J. Obley. These inspiring examples open our hearts and minds by convincingly demonstrating how contact with the spirit world can be a catalyst in healing grief.

*"An extremely readable record. Carole deals extensively with the understanding of spirit communication and includes an enlightening chapter on the tools necessary for healing grief. A worthwhile addition to anyone's library of spiritual and Spiritualist books. I welcome it."* **Ray Buckland, author of The Spirit Book**

**6th Books;** 2008-06-27; Death, Grief, Bereavement/Channeling & Mediumship/Afterlife & Reincarnation; Pb-9781846941078, \$22.95/£13.99, 256pp, 5.5x8.5inches / 216x140mm, Ebk-9781846946394, \$13.99/£6.99.



## 7 Myths about Love...Actually! The

Mike George

Millions obsess over it. Thousands have died for it. Few will find it. Even fewer will live it. You don't do it. You won't ever see it. You can't even 'make it'. It is LOVE. Infinite and yet indestructible, it is only when you understand LOVE that you will understand your life.

*"I would recommend this wondrous teacher of hope to anyone looking for a way to learn cleanly and clearly about love."* **Riki Frahmman, Mystic Living Today**

**O-BOOKS;** 2010-04-30; PSYCHOLOGY/Spirituality/Inspiration & Personal Growth; Pb-9781846942884, \$19.95/£9.99, 224pp, 5.5x8.5inches / 5.5x8.5mm, Ebk-9781846946820, \$11.99/£5.99.



## Book of One, The

Dennis Waite

A comprehensive, yet entertaining introduction to Advaita, the non-dual philosophy which provides a completely reasonable explanation for who we are and the nature of the universe.

*"Dennis Waite has written a masterful and profoundly insightful survey of the Advaita Vedanta Teaching and the Contemporary Scene. This book will greatly contribute to a deeper understanding of this important movement, sweeping the West, and which eventually leads to Self Realisation."* **Alan Jacobs, Chairman, Ramana Maharshi Foundation UK**

**MANTRA BOOKS;** 2010-04-30; Spiritual/Hindu; Pb-9781846943478, \$24.95/£13.99, 448pp, 5.5x8.5inches / 5.5x8.5mm, Ebk-9781846946257, \$14.99/£7.99.

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	9781905047406	Crystal Prescriptions	Judy Hall	\$15.95	£9.99

## Dodona Books

	9781905047406	Instant Astrologer	Lyn Birkbeck	\$15.95	£9.99
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## O-BOOKS

	9781846940507	Take Me To Truth	Tomas Vieira & Nouk Sanchez	\$19.95	£12.99
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## MANTRA BOOKS

	9781846940507	In the Light of Meditation	Mike George	\$19.95	£12.99
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## Dodona Books

	9781846940477	Palmistry: From Apprentice to Pro in 24 Hours	Johnny Fincham	\$16.95	£9.99
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## O-BOOKS

	9781903816318	7 Aha's of Highly Enlightened Souls	Mike George	\$11.95	£5.99
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## AYNI BOOKS

	9781780996806	Reclaiming Yourself from Binge Eating	Leora Fulvio, MFT	\$26.95	£15.99
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## O-BOOKS

	9781905047826	Don't Get MAD Get Wise	Mike George	\$14.95	£7.99
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## AYNI BOOKS

	9781846943546	Patient in Room Nine Says He's God, The	Louis Profeta	\$19.95	£10.99
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## 6th Books

	9781846944963	Afterlife Unveiled, The	Stafford Betty	\$16.95	£9.99
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## MANTRA BOOKS

	9781846940422	Way Things Are, The	Lama Ole Nydahl	\$19.95	£9.99
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## O-BOOKS

	9781846940859	Holy Spirit's Interpretation of the New Testament (NTI), The	Regina Dawn Akers	\$36	£18
	9781846943195	Message of A Course In Miracles, The	Elizabeth A. Cronkhite, ACIM Mentor	\$44.95	£29.99

## MANTRA BOOKS

	9781905047611	Back to the Truth	Dennis Waite	\$49.95	£19.99
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## O-BOOKS

	9781903816363	Soul Power	Nikki de Carteret	\$18.95	£12.99
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## 6th Books

	9781846940330	Spirit Release	Sue Allen	\$24.95	£13.99
	9781846941078	I'm Still With You	Carole J. Obley	\$22.95	£13.99

## O-BOOKS

	9781846942884	7 Myths about Love...Actually! The	Mike George	\$19.95	£9.99
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## MANTRA BOOKS

	9781846943478	Book of One, The	Dennis Waite	\$24.95	£13.99
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