



NEW
TITLES
ADDED

BOOKS TO EMPOWER, AWAKEN & NOURISH HEALTHY LIVING



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We are the best-selling publisher of nonfiction books promoting creativity, healthy eating, independent lifestyles, and bringing more joy and humor into daily life for 50 years.





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4 HERBAL

BEST-SELLING AUTHOR ROSEMARY GLADSTAR



"In addition to 101 recipes from 70 herbal practitioners, this book offers charming drawings, hand-drawn titles, bits of history regarding the popular brew, tributes, and entertaining anecdotes."

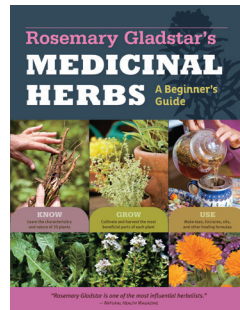
— Edible East Bay

Fire Cider!

ROSEMARY GLADSTAR

For more than 30 years, herbalist Rosemary Gladstar has been touting the health benefits of fire cider — a spicy blend of apple cider vinegar, onion, ginger, horseradish, garlic, and other immune-boosting herbs. In this lively celebration of a beloved and versatile folk remedy, more than 70 herbal enthusiasts contribute 101 recipes ranging from Black Currant Fire Cider to Triple Goddess Vinegar, Fire Cider Dark Moonshine, and Bloody Mary Fire Cider.

Paper; 204 pages; 7 x 9
Full-color
\$16.95 US
ISBN 978-1-63586-180-8; No. 626180
Storey Publishing

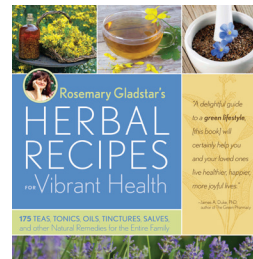


Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide

For a new generation of gardeners and natural health enthusiasts, Rosemary Gladstar presents a fresh introduction to growing and using 33 healing herbs, including aloe vera, chamomile, lavender, and turmeric. More than 100 easy-to-follow and effective recipes for teas, salves, tinctures, oils, syrups, and pills help fortify naturally against common upsets and ailments.

■ **227,000 copies in print**

Paper; 224 pages; 7 x 9
Full-color throughout
\$14.95 US
ISBN 978-1-61212-005-8; No. 622005
Storey Publishing

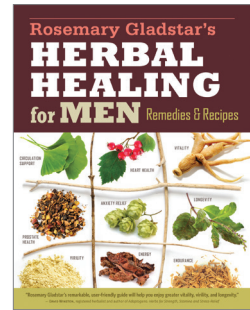


Rosemary Gladstar's Herbal Recipes for Vibrant Health

Renowned herbalist Rosemary Gladstar provides 175 proven therapies and herbal remedies that are easy to prepare and safe enough for children. Offering a potent and effective alternative to commercial pharmaceuticals, Gladstar will inspire you to nurture yourself with nature's healing herbs.

■ **174,000 copies in print**

Paper; 408 pages; 7¼ x 7¼
Full-color throughout
\$16.95 US
ISBN 978-1-60342-078-5; No. 62078
Storey Publishing



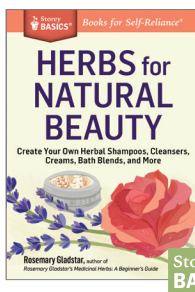
Rosemary Gladstar's Herbal Healing for Men

Treating men's health issues — such as sexual vitality, prostate well-being, and heart strength — is easy with this inviting introduction, which features dozens of delicious and simple herbal formulas. In-depth profiles of 30 herbs explain how men will benefit from each and provide a variety of suggested uses and accessible preparation tips.

Paper; 224 pages; 7 x 9
Full-color throughout
\$16.95 US
ISBN 978-1-61212-477-3; No. 622477
Storey Publishing

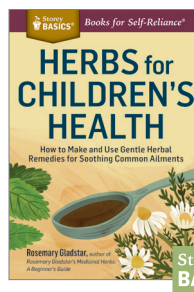
"Practical, affordable, and easy-to-understand recommendations for basic men's health issues."

— Michaël Friedman, ND,
executive director, Association
for the Advancement of
Restorative Medicine



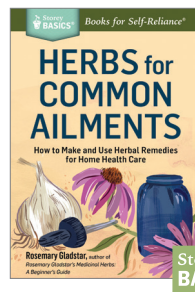
Herbs for Natural Beauty

Paper; 128 pages; 5 x 7
Illustrations throughout
\$8.95 US
ISBN 978-1-61212-473-5; No. 622473
Storey Publishing



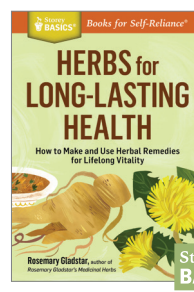
Herbs for Children's Health

Paper; 128 pages; 5 x 7
Illustrations throughout
\$8.95 US
ISBN 978-1-61212-475-9; No. 622475
Storey Publishing



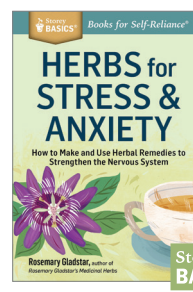
Herbs for Common Ailments

Paper; 128 pages; 5 x 7
Illustrations throughout
\$8.95 US
ISBN 978-1-61212-431-5; No. 622431
Storey Publishing



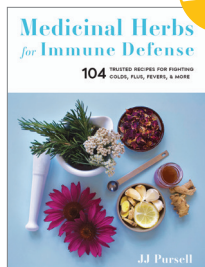
Herbs for Long-Lasting Health

Paper; 128 pages; 5 x 7
Illustrations throughout
\$8.95 US
ISBN 978-1-61212-471-1; No. 622471
Storey Publishing



Herbs for Stress & Anxiety

Paper; 128 pages; 5 x 7
Illustrations throughout
\$8.95 US
ISBN 978-1-61212-429-2; No. 622429
Storey Publishing

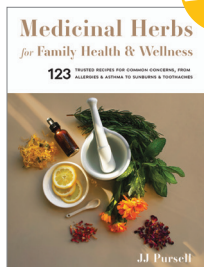


Medicinal Herbs for Immune Defense

JJ PURSELL

104 recipes that will support and build up immune systems, with recipes addressing common concerns like colds, the flu, bronchitis, coughs, and more. The recipes include capsules, salves, teas, tinctures and more that are safe and easy to create at home.

Paper; 220 pages; 6 x 8
Full-color throughout
\$14.95 US
ISBN 978-1-64326-066-2; No. 686066
Timber Press

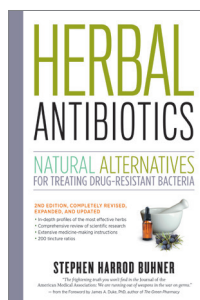


Medicinal Herbs for Family Health and Wellness

JJ PURSELL

A collection of safe and trusted herbal remedies that focus on whole-family health. Covering everything from asthma, allergies and heart health, to pregnancy, lactation, cradle cap and colic, the 123 recipes include capsules, salves, teas, tinctures and more that are safe and easy to create at home.

Paper; 264 pages; 6 x 8
Full-color throughout
\$14.95 US
ISBN 978-1-64326-067-9; No. 686067
Timber Press



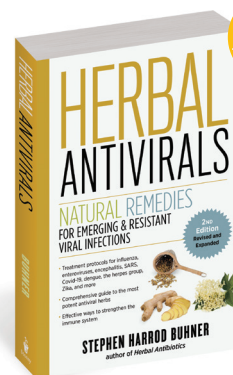
Herbal Antibiotics, 2nd Edition

STEPHEN HARROD BUHNER

As antibiotic-resistant infections become increasingly common, this bestseller has become an indispensable reference for sound information on herbal alternatives to standard antibiotics. In-depth profiles of 30 valuable herbs examine their antibiotic properties, methods for collection and preparation, dosages, contraindications, potential side effects, and alternatives.

■ **114,000 copies in print**

Paper; 480 pages; 6 x 9
Two-color
\$24.95 US
ISBN 978-1-60342-987-0; No. 62987
Storey Publishing



Herbal Antivirals, 2nd Edition

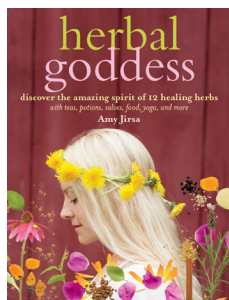
STEPHEN HARROD BUHNER

The best-selling book on herbal antivirals, with more than 88,000 copies in print, is updated and expanded with an in-depth guide to the most effective plant medicines for addressing COVID-19 and related co-infections, as well as strengthening the immune system to fight other emerging and resistant viral infections.

Paper; 480 pages; 6 x 9
Two-color
\$24.95 US
ISBN 978-1-63586-417-5; No. 62647
Storey Publishing

"This is a must have book, not only for the professional herbalist but for anyone who is interested in using plant medicine in their own lives."

— Herbalists Without Borders

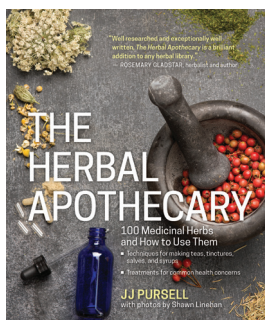


Herbal Goddess

AMY JIRSA

Nature's restorative powers come to life by fully embracing the distinctive qualities of 12 versatile herbs. Each chapter explores one herb in depth, with recipes for food, drink, and body care, as well as suggestions for incorporating that herb's properties into meditation and yoga.

Paper; 256 pages; 6½ x 8½
Full-color throughout
\$19.95 US
ISBN 978-1-61212-412-4; No. 622412
Storey Publishing



The Herbal Apothecary

JJ PURSELL

An accessible and comprehensive introduction to medicinal plants, with advice on growing, recommendations for plant-based formulations that fight common ailments, and step-by-step instructions for making essential herbal remedies.

Paper; 312 pages; 7½ x 9
Full-color throughout
\$24.95 US
ISBN 978-1-60469-567-0; No. 689567
Timber Press

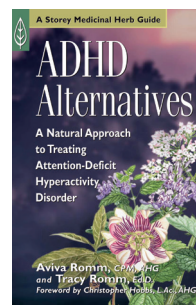


Master Recipes from the Herbal Apothecary

JJ PURSELL

This comprehensive book starts with master recipes for tinctures, salves, teas, capsules, oils, washes, and more. Once readers understand how to make these basic formulations, they can access the more than 375 specific recipes that address a range of health concerns.

Paper; 288 pages; 7½ x 9
Full-color throughout
\$24.95 US
ISBN 978-1-60469-852-7; No. 689852
Timber Press

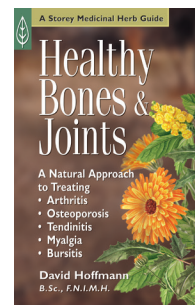


ADHD Alternatives

AVIVA & TRACY ROMM

Many parents and educators want to take a holistic, natural, and effective approach to the problems of attention, impulsivity, and hyperactivity. This thoughtful and inspiring book offers advice on addressing a child's unique needs through nutrition, herbal medicine, and understanding parenting.

Paper; 160 pages; 5½ x 8½
Photographs and illustrations throughout
\$12.95 US
ISBN 978-1-58017-248-6; No. 67248
Storey Publishing



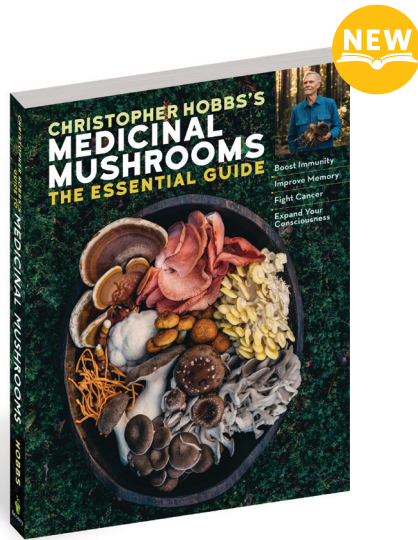
Healthy Bones & Joints

DAVID HOFFMANN

A healthy musculoskeletal system is crucial to well-being, and this introductory guide shows how to use easy herbal remedies and simple lifestyle changes to prevent and fight bone and joint diseases such as arthritis, osteoporosis, and more.

Paper; 128 pages; 5½ x 8½
Photographs and illustrations throughout
\$12.95 US
ISBN 978-1-58017-253-0; No. 67253
Storey Publishing

6 HERBAL

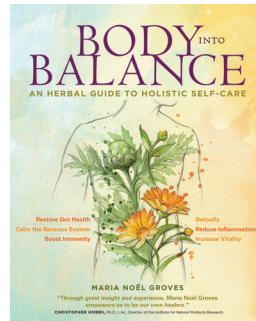


Christopher Hobbs's Medicinal Mushrooms: The Essential Guide

CHRISTOPHER HOBBS

In this introductory guide, esteemed mycologist and herbalist Christopher Hobbs profiles the most powerful medicinal mushrooms and provides detailed instructions on how to select, store, and prepare each variety for use, whether readers are sourcing mushrooms from a local provider or growing or foraging their own.

Paper; 272 pages; 7 x 9
Full-color throughout
\$24.95 US
ISBN 978-1-63586-167-9; No. 626167
Storey Publishing

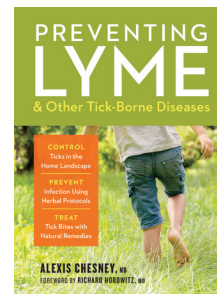


Body into Balance

MARIA NOËL GROVES

This comprehensive home health guide examines how each body system — respiratory, digestive, immune, nervous, reproductive, and more — optimally functions and how to naturally restore lost vitality. While emphasizing how to use herbal medicine as part of a holistic preventive self-care program, in-depth instructions explain how to select and use herbs and commercially available preparations most effectively.

Paper; 336 pages; 8 x 10
Full-color throughout
\$24.95 US
ISBN 978-1-61212-535-0; No. 622535
Hardcover; \$34.95 US
ISBN 978-1-61212-807-8; No. 622807
Storey Publishing

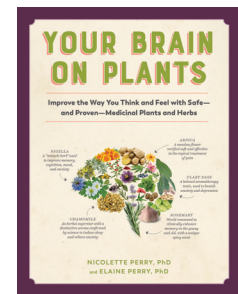


Preventing Lyme & Other Tick-Borne Diseases

ALEXIS CHESNEY, ND

Discover practical advice on how to limit exposure to ticks and boost the body's ability to fend off disease when bitten. Naturopathic physician Alexis Chesney provides formulas for prophylactic herbal tinctures and options for herbs that can be used with antibiotics in post-bite treatment. A pull-out color tick and rash ID card included.

Paper; 192 pages plus 2 pull-out
4-color ID cards; 5¼ x 7
Illustrations throughout
\$16.95 US
ISBN 978-1-63586-209-6; No. 626209
Storey Publishing

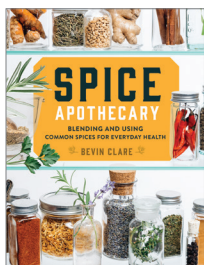


Your Brain on Plants

NICOLETTE PERRY, PH.D.
ELAINE PERRY

This practical guide introduces you to more than 50 medicinal plants that offer natural, safe ways to optimize your brain health. They provide scientific research on how medicinal plants can help you sleep soundly, reduce stress, improve your memory, and simply feel better.

Paper; 256 pages; 7 x 9
Full-color throughout
\$16.95 US
ISBN 978-1-61519-446-9; No. 779446
The Experiment



Spice Apothecary

BEVIN CLARE

Herbalist and nutritionist Bevin Clare explores how 19 common culinary spices can be used to achieve optimal health, and offers specialty recipes for dried spice blends formulated to address particular health goals, from bolstering the immune system to supporting kidney health.

176 pages; 6½ x 8½
Full-color throughout
Paper **\$18.95 US**
ISBN 978-1-63586-083-2; No. 626083
Hardcover; \$28.95 US
ISBN 978-1-63586-088-7; No. 626088
Storey Publishing



Healing Herbal Teas

SARAH FARR

These 101 original recipes offer real health advantages *and* taste great. Some formulations benefit a specific body system, while seasonal blends help reduce allergies, offer immune support, or simply cool and nourish after a long day. Readers also learn how to develop their own signature mixtures.

Paper; 272 pages; 7½ x 7½
Full-color
\$16.95 US
ISBN 978-1-61212-574-9; No. 622574
Storey Publishing

8-copy counter display
\$135.60 US
ISBN 978-1-61212-862-7; No. 622862



Recipes from the Herbalist's Kitchen

BRITTANY WOOD NICKERSON

Food is our most powerful medicine, and this unique cookbook reveals how the kitchen can be a place of true awakening for the senses, as well as deep nourishment for the body. Detailed profiles of favorite culinary herbs such as dill, sage, basil, and mint include fascinating insights into the healing properties of each herb.

Hardcover; 312 pages; 8 x 10
Full-color
\$24.95 US
ISBN 978-1-61212-690-6; No. 622690
Storey Publishing

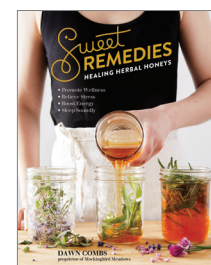


Herbal Recipe Keeper

FRANÇOISE WEEKS

Allows readers to record their use of healing plants—whether as medicinal formulations or as essential oil blends. It includes space to record descriptions, harvesting notes, preparations, uses, and details on dosage and safety.

Hardcover; 208 pages; 8 x 8½
Full-color throughout
\$19.95 US
ISBN 978-1-60469-887-9; No. 689887
Timber Press

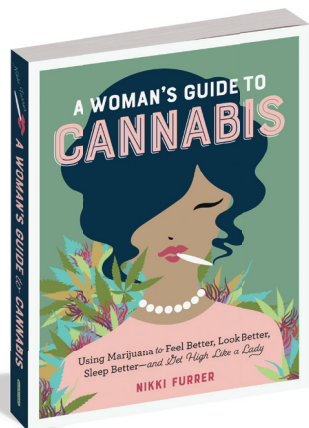


Sweet Remedies

DAWN COMBS

The synergy between raw honey and medicinal herbs amplifies the healing properties of both. Formulations for honey spreads (called electuaries), infusions, and oxymels address common ailments and support overall wellness for people of all ages. Additional recipes offer creative ways to get a dose of healing into food.

Paper; 224 pages; 6½ x 8½
Full-color throughout
\$19.95 US
ISBN 978-1-61212-992-1; No. 622992
Storey Publishing



"EVERYONE loves this guide — both men and women — for helping educate them on wellness alternatives while reducing the stigma. It's a beautiful way of minimizing barriers to cannabis as an alternative therapy."

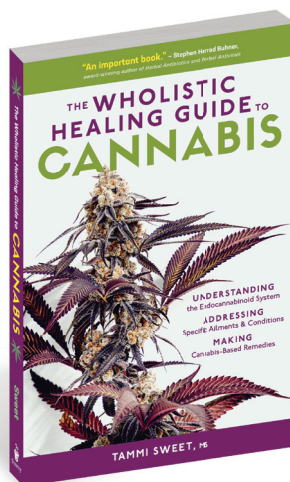
— Judy Gosselin of Revolutionary Clinics, Somerville, MA

A Woman's Guide to Cannabis

NIKKI FURRER

Women of all ages are using marijuana and its products to feel and look better—even a small daily dose is enough to relieve anxiety, lift depression, melt stress, reduce inflammation, ease aches and pains, help you lose weight, and give you a great night's sleep. *A Woman's Guide to Cannabis* is here to show how to understand the amazing health-giving compounds found in cannabis—THC, CBD, and more. Plus over twenty recipes, from edibles to self-care products.

Paper with flaps; 224 pages; 6 x 8
Full-color illustrations throughout
\$16.95 US
ISBN 978-1-5235-0200-4 No. 100200
Workman Publishing



"An important book and a wonderful introduction to the body's endocannabinoid system."

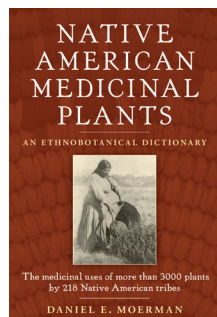
— Stephen Harrod Buhner, award-winning author of *Herbal Antibiotics* and *Herbal Antivirals*

The Wholistic Healing Guide to Cannabis

TAMMI SWEET

Consumers and health practitioners alike are seeking a deeper understanding of how cannabis can be used most effectively to address chronic pain, anxiety, PTSD, insomnia, and other conditions. Combining scientific research with an appreciation for traditional uses of cannabis, herbalist Tammi Sweet offers a full perspective on the attributes of the cannabis plant and the physiology of the endocannabinoid system in the human body, and provides detailed instructions for making cannabis remedies at home.

Paper; 272 pages; 6 x 9
Two-color with 16-page full-color insert
\$24.95 US
ISBN 978-1-63586-137-2; No. 626137
Storey Publishing



Native American Medicinal Plants

DANIEL E. MOERMAN

Moerman describes the medicinal use of more than 2,700 plants. Information includes 82 categories of medicinal uses. Includes extensive indexes arranged by tribe, usage, and common name.

Paper; 800 pages; 6 x 9
b/w
\$29.95 US
ISBN 978-0-88192-987-4; No. 682987
Timber Press

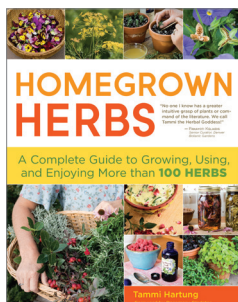


Grow Your Own Herbs

SUSAN BELSINGER & ARTHUR O. TUCKER

This beginner-friendly guide includes basic details on soil, watering, and potting. Profiles of 40 culinary herbs feature tasting notes, cultivation information, and harvesting tips. Additional information includes instructions for preserving and storing, along with recipes and techniques for making delicious pastes, syrups, vinegar, and butters.

Paper; 224 pages; 7 x 9
Full-color throughout
\$16.95 US
ISBN 978-1-60469-929-6; No. 689929
Timber Press



Homegrown Herbs

TAMMI HARTUNG

This primer shows gardeners how to plant, grow, harvest, and use more than 100 popular herbs. It covers everything from seed selection to drying, plus uses in the kitchen and home pharmacy, crafting, and body care.

Paper; 256 pages; 8½ x 10½
Full-color throughout
\$19.95 US
ISBN 978-1-60342-703-6; No. 62703
Storey Publishing

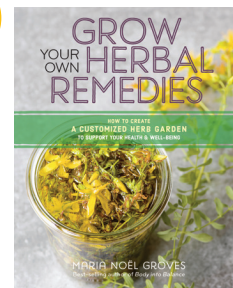


Grow Your Own Tea

CHRISTINE PARKS & SUSAN M. WOLCOTT

Readers will learn how to cultivate, harvest, and process white, green, oolong, and black teas. Information includes tips on how to get started, how to grow tea plants in containers, and how to process and store harvested tea leaves.

Paper; 208 pages, 8 x 9
Full-color throughout
\$24.95 US
ISBN 978-1-60469-931-9; No. 689931
Timber Press



Grow Your Own Herbal Remedies

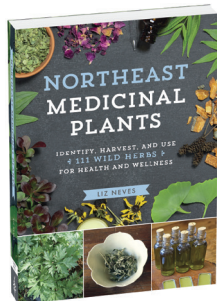
MARIA NOEL GROVES

With 23 herb garden plans accompanied by simple recipes for herbal preparations, readers will cultivate the medicine their bodies need, whether they're seeking headache relief, immune support, stress relief, or treatment for chronic stomach problems.

Paper; 336 pages; 8 x 10
Full-color throughout
\$24.95 US
ISBN 978-1-63586-013-9; No. 626013
Storey Publishing

8 HERBAL/GROWING HERBS

TIMBER'S REGIONAL MEDICINAL PLANTS



Northeast Medicinal Plants

LIZ NEVES

An essential guide to safely finding and using medicinal plants in CT, ME, MA, NH, NJ, NY, PA, RI, and VT.

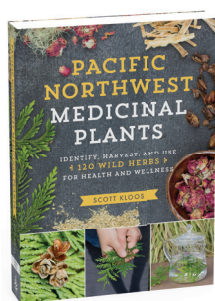
Paper; 416 pages; 6½ x 9

Full-color throughout

\$27.95 US

ISBN 978-1-60469-913-5; No. 689913

Timber Press



Pacific Northwest Medicinal Plants

SCOTT KLOOS

An essential guide to safely finding and using medicinal plants in AK, northern CA, OR, WA, and British Columbia.

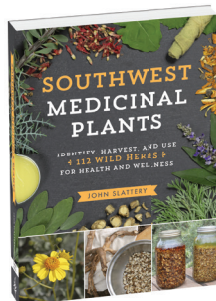
Paper; 416 pages; 6½ x 9

Full-color throughout

\$27.95 US

ISBN 978-1-60469-657-8; No. 689657

Timber Press



Southwest Medicinal Plants

JOHN SLATTERY

An essential guide to safely finding and using medicinal plants in AZ, southern CA, southern CO, NM, southern NV, OK, western and central TX, and southern UT.

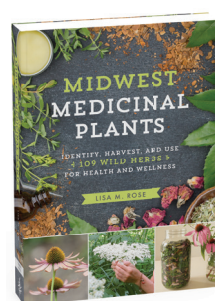
Paper; 392 pages; 6½ x 9

Full-color throughout

\$27.95 US

ISBN 978-1-60469-911-1; No. 689911

Timber Press



Midwest Medicinal Plants

LISA M. ROSE

An essential guide to safely finding and using medicinal plants in IA, IL, IN, KS, MI, MN, MO, ND, NE, OH, SD, WI, and Ontario.

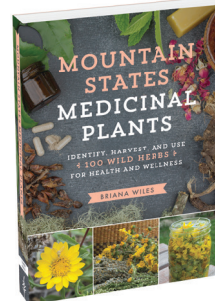
Paper; 312 pages; 6½ x 9

Full-color throughout

\$27.95 US

ISBN 978-1-60469-655-4; No. 689655

Timber Press



Mountain States Medicinal Plants

BRIANA WILES

An essential guide to finding and using medicinal plants in CO, ID, MT, northern NV, eastern OR, UT, eastern WA, WY, and southern Alberta and Saskatchewan.

Paper; 296 pages; 6½ x 9

Full-color throughout

\$27.95 US

ISBN 978-1-60469-654-7; No. 689654

Timber Press



Southeast Medicinal Plantst

COREYPINE SHANE

An essential guide to safely finding and using medicinal plants in WV, VA, KY, TN, NC, SC, GA, FL, AL, MS, AR, and LA.

Paperback; 304 pages; 6½ x 9

Full-color

\$27.95

ISBN: 978-1-64326-007-5 No. 686007

Timber Press

Available November 2021



Lavender Lover's Handbook

SARA BERRINGER BADER

Provides a complete overview of the 100 varieties. Includes tips on planting, pruning, care, and maintenance. Additional information includes tips on how to harvest, cook with, and preserve the plant, along with step-by-step craft projects.

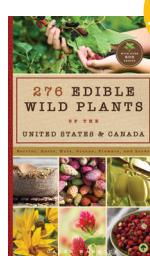
Hardcover; 192 pages; 8 x 9

Full-color throughout

\$27.95 US

ISBN 978-1-60469-221-1; No. 689221

Timber Press



276 Edible Wild Plants of the United States and Canada

CALEB WARNOCK

Packed with over 800 photographs of over 276 wild berries, roots, nuts, greens, and flowers, this valuable reference will show you which plants are edible, where to find them, how to prepare them, and how to avoid poisonous look-alikes.

Flexible plastic vinyl cover;

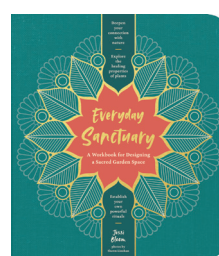
320 pages; 5.3 x 8

Full-color throughout

\$24.99 US

ISBN 978-1-64170-242-3; No. 550242

Familius



Everyday Sanctuary

JESSI BLOOM

This workbook is filled with prompts and exercises that help readers create a garden that will nourish their spiritual well-being. Guided activities help readers select plants for health and healing, design and install a healing garden, and create meaningful recipes and ceremonies.

Paper; 216 pages; 8 x 9

Full-color throughout

\$18.95 US

ISBN 978-1-60469-928-9; No. 689928

Timber Press



Creating Sanctuary

JESSI BLOOM

Bloom taps into multiple sources of traditional plant wisdom to help readers find a deeper connection to the outdoor spaces they already have. Includes information on how to design a healing space, harness the power of 50 sacred plants, and create soothing recipes and rituals.

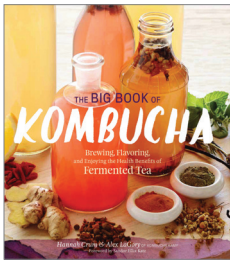
Paper; 236 pages; 8 x 9

Full-color throughout

\$24.95 US

ISBN 978-1-60469-754-4; No. 689754

Timber Press



The Big Book of Kombucha

HANNAH CRUM AND ALEX LAGORY

Kombucha is taking the healthy beverage market by storm. Unlike any other book on the topic, this one-stop reference features dozens of step-by-step photographs, recipes for more than 200 flavor combinations, and an extensive troubleshooting guide for successful home brewing.

■ Silver Nautilus Book Award

■ 90,000 copies in print

Paper; 400 pages; 8 x 9
Full-color
\$26.95 US
ISBN 978-1-61212-433-9; No. 622433
Hardcover; \$36.95 US
ISBN 978-1-61212-434-6; No. 622434
Storey Publishing

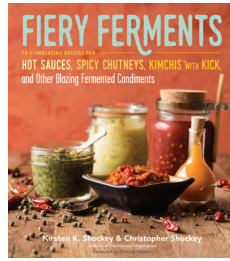


Homebrewed Vinegar

KIRSTEN K. SHOCKEY

Covering vinegar science and brewing basics—along with methods and recipes for fermenting vinegars using everything from wine and cider to flowers, fruits, and vegetables—*Homebrewed Vinegar* is the go-to vinegar fermentation guide.

Paper; 296 pages; 7 x 9
Full-color
\$22.95 US
ISBN 978-1-63586-281-2; No. 626281
Storey Publishing



Fiery Ferments

KIRSTEN K. SHOCKEY AND CHRISTOPHER SHOCKEY

Fans of fermentation can expand their repertoire with more than 70 recipes for hot sauces, mustards, pickles, chutneys, relishes, and kimchis from around the globe. Chiles take the spotlight in these gut-healing condiments, but other traditional spices like horseradish, ginger, and peppercorns also make cameo appearances. An additional 40 recipes for breakfast foods, snacks, entrées, and beverages highlight many uses for the hot ferments.

Paper; 272 pages; 8 x 9
Full-color
\$24.95 US
ISBN 978-1-61212-728-6; No. 622728
Storey Publishing

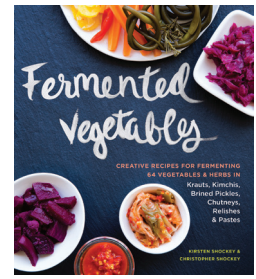


Miso, Tempeh, Natto & Other Tasty Ferments

KIRSTEN K. SHOCKEY AND CHRISTOPHER SHOCKEY

Following step-by-step photography and instructions, home cooks can make flavorful, probiotic-rich foods that have long been staples in Asian cooking in their own kitchens. In addition to using traditional ingredients, readers will create ferments with chickpeas, lentils, quinoa, and more, and find recipes for using ferments in cooking.

Paper; 408 pages; 8 x 10
Full-color throughout
\$29.95 US
ISBN 978-1-61212-988-4; No. 622988
Storey Publishing



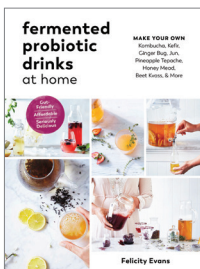
Fermented Vegetables

KIRSTEN K. SHOCKEY AND CHRISTOPHER SHOCKEY

Prized for their health benefits and powerful flavor punch, fermented foods such as kimchi, sauerkraut, pickles, chutneys, and pastes are enjoyed around the globe. This comprehensive guide includes 140 unique recipes for fermenting more than 80 vegetables, as well as 84 recipes for using them in meals and snacks.

■ 90,000 copies in print

Paper; 376 pages; 8 x 9
Full-color
\$24.95 US
ISBN 978-1-61212-425-4; No. 622425
Storey Publishing

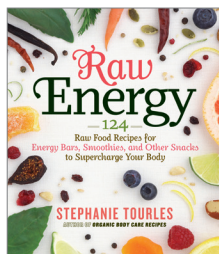


Fermented Probiotic Drinks at Home

FELICITY EVANS

An easy-to-follow, step-by-step guide to making seriously delicious, gut-friendly fermented beverages from scratch. Evans breaks down the science behind probiotics, offering 50 easy, delicious, and inexpensive recipes for 8 types of probiotic-rich fermented beverages including kombucha, water and milk kefirs, and jun.

Paper; 192 pages; 6¼ x 9
Color photographs throughout
\$18.95 US
ISBN 978-1-61519-448-3; No. 779448
The Experiment



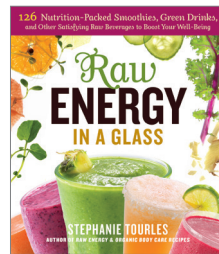
Raw Energy

STEPHANIE TOURLES

These 125 nutrition-packed recipes for trail mixes, soups, chips, dips, cookies, and more are all made with unprocessed whole foods such as nuts, seeds, fruits, vegetables, carob, cocoa, and fresh juices.

■ 61,000 copies in print

Paper; 272 pages; 6½ x 7½
Full-color
\$16.95 US
ISBN 978-1-60342-467-7; No. 62467
Storey Publishing

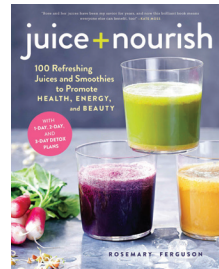


Raw Energy in a Glass

STEPHANIE TOURLES

More than 120 super-nutritious, super-delicious recipes for smoothies, shakes, green drinks, power shots, mocktails, longevity elixirs, and fermented beverages are all designed to boost health and energy.

Paper; 288 pages; 6½ x 7½
Full-color
\$16.95 US
ISBN 978-1-61212-248-9; No. 622248
Storey Publishing



Juice + Nourish

ROSEMARY FERGUSON

Simple, inspired recipes to cleanse, heal, and revitalize—plus realistic detox plans and expert guidance on eating for good health. Arranged by need, the recipes will help detox (rehydration, gut health), rest and de-stress (mood boosters, sleep aids), care (anti-aging, healthy skin and hair, weight loss), and protect (immunity boosters, cold and cough soothers, anti-inflammatories).

Paper; 192 pages; 6.5 x 8.3
Full-color throughout
\$12.95 US
ISBN 978-1-61519-620-3; No. 779620
The Experiment



The Moon Cycle Cookbook

DEVON LOFTUS & JENNA RADOMSKI, MSCN

A unique approach to women's self-care and diet focused on supporting the body's nutritional needs at each stage of the menstrual cycle, with savory and sweet recipes developed by the chef-nutritionist team who founded the Moon Cycle Bakery.

Paper; 240 pages; 6½ x 8½;
Full-color
\$18.95 US
ISBN 978-1-63586-285-0; No. 626285
Storey Publishing
Available September 2021

10 CRYSTALS & METAPHYSICAL

BEST-SELLING AUTHOR MAIA TOLL

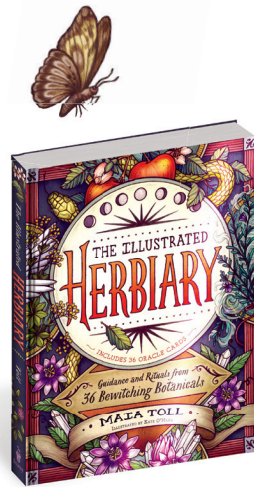


Maia Toll's Wild Wisdom Companion

From the best-selling author of the Wild Wisdom book series comes a season-by-season companion guide, complete with 28 oracle cards, to developing a spiritual practice that is in tune with the natural world throughout the year.

Hardcover with 4 pocket gatefold inserts and 7 cardstock sheets in a bound-in envelope;
192 pages; 8 x 8;
Full-color
\$24.95 US
ISBN 978-1-63586-129-7; No. 626129

5-copy counter display
\$124.75 US
ISBN 978-1-63586-511-0; No. 626511
Storey Publishing
Available October 2021



Illustrated Herbiary

ILLUSTRATED BY KATHERINE O'HARA

By learning the language and wisdom of plants, we can interact with the natural world in a way that is intuitive and meaningful and that offers a chance to re-envision life from a fresh perspective. For each plant in this beautiful book, author Maia Toll describes its character, shares its wisdom, and offers prompts for reflection.

Hardcover with 9 cardstock sheets in a bound-in envelope;
176 pages; 6 x 8
Full-color throughout
\$19.95 US
ISBN 978-1-61212-968-6; No. 622968
Storey Publishing



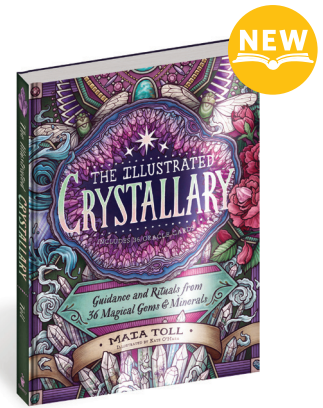
The Illustrated Bestiary

ILLUSTRATED BY KATHERINE O'HARA

Profiles of 36 animals' most meaningful traits explore how those qualities can illuminate people's habits, guide their intentions, and inform their actions. Rituals and reflections assist readers in cultivating each animal's energy, while 36 oracle cards further focus readers' thoughts.

Hardcover with 9 cardstock sheets in a bound-in envelope;
168 pages; 6 x 8
Full-color
\$19.95 US
ISBN 978-1-63586-212-6; No. 626212
Storey Publishing

5-copy counter display
\$99.75 US
ISBN 978-1-63586-254-6; No. 626254



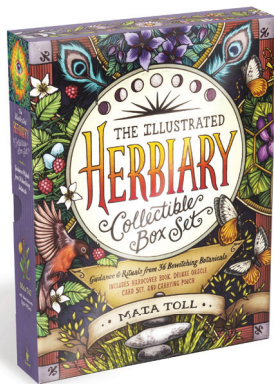
The Illustrated Crystallary

ILLUSTRATED BY KATHERINE O'HARA

Maia Toll explores the mystical aspects of 36 gems and minerals, including turquoise, topaz, opal, quartz, and more. Ritual practices and questions for reflection and journaling invite readers to explore the life lessons each crystal offers while using the included 36 oracle cards.

Hardcover with 9 cardstock sheets in a bound-in envelope;
168 pages; 6 x 8
Full-color
\$19.95 US
ISBN 978-1-63586-222-5; No. 626222
Storey Publishing

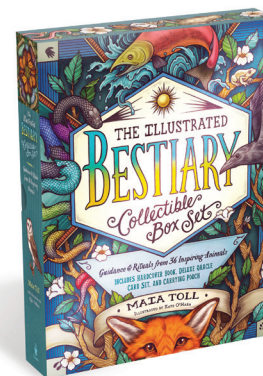
5-copy counter display
\$99.75 US
ISBN 978-1-63586-298-0; No. 626298



The Illustrated Herbiary Collectible Box Set

Maia Toll's best-selling book, *The Illustrated Herbiary*, offers a contemporary spin on the tradition of turning to plants for meaning and messages. This collectible box set features the book along with a freestanding deck of 36 large, gilt-edged oracle cards and a cloth carrying pouch so readers can always have plant wisdom on hand. For devotees of tarot, witchcraft, mysticism, botanicals, and beautiful art, this special edition makes a truly distinctive gift.

Hardcover with deluxe card set and carrying pouch;
168 pages; 6 x 8
Full-color
\$29.95 US
ISBN 978-1-63586-246-1; No. 626246
Storey Publishing



The Illustrated Bestiary Collectible Box Set

This collectible box set combines the second book in Maia Toll's Wild Wisdom series, *The Illustrated Bestiary*, with a freestanding deck of 36 large, gilt-edged oracle cards and a cloth carrying bag for keeping animal wisdom close at hand. Together, the book and the cards explore the ancient, mystical connection between humans and other members of the animal kingdom, and guide readers in channeling animal energy through ritual and meditation.

Hardcover with deluxe card set and carrying pouch;
168 pages; 6 x 8
Full-color
\$29.95 US
ISBN 978-1-63586-336-9; No. 626336
Storey Publishing

ORACLE CARDS

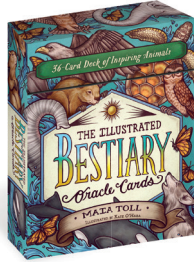


Responding to popular demand, the intricately illustrated oracle cards from Maia Toll's three best-selling Wild Wisdom books are now available in deluxe, large format decks in a sturdy, flip-top box. Each special edition boxed set is accompanied by an accessible guidebook explaining the symbolism of the plants, animals, and crystals featured within and how to use the cards for self-discovery and spiritual exploration.



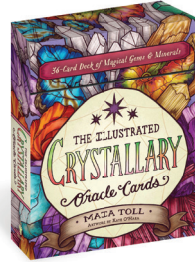
The Illustrated Herbiary Oracle Cards

MAIA TOLL • KATE O'HARA
36-card deck plus 40-page booklet in a gift box;
 40 pages; Box 4.125 x 5.25 x 1.25
 Full-color
\$19.95 US
 ISBN 978-1-63586-485-4; No. 626485
 Storey Publishing
Available November 2021



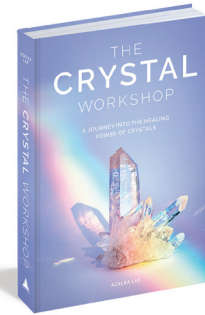
The Illustrated Bestiary Oracle Cards

MAIA TOLL • KATE O'HARA
36-card deck plus 40-page booklet in a gift box;
 40 pages; Box 4.125 x 5.25 x 1.25
 Full-color
\$19.95 US
 ISBN 978-1-63586-486-1; No. 626486
 Storey Publishing
Available November 2021



The Illustrated Crystallary Oracle Cards

MAIA TOLL • KATE O'HARA
36-card deck plus 40-page booklet in a gift box;
 40 pages; Box 4.125 x 5.25 x 1.25
 Full-color
\$19.95 US
 ISBN 978-1-63586-487-8; No. 626487
 Storey Publishing
Available November 2021



The Crystal Workshop
 BY AZALEA LEE

Crystal healer Azalea Lee is here to help readers understand the fundamentals of crystals, and how they can develop their own intuition when it comes to working with these metaphysical stones. *The Crystal Workshop* is a friendly and accessible program carefully developed by Lee over years of teaching crystal workshops and conducting healing sessions.

Hardcover; 352 pages; 6.7 x 9.3
 Full-color throughout
\$24.95 US
 ISBN 978-1-57965-865-6; No. 85865
 Artisan



Mystical Stitches
 CHRISTI JOHNSON

Novice or well-practiced crafters will delight in this gorgeous embroidery book filled with nearly 200 original patterns for symbols inspired by botanicals, animals, numbers, the cosmos, earth elements, and mythological icons. How-to instructions allow readers to combine and stitch each symbol to create unique embroidered objects of personal significance.

Hardcover; 208 pages; 8 x 10
 Full-color
\$24.95 US
 ISBN 978-1-63586-334-5; No. 626334
 Storey Publishing



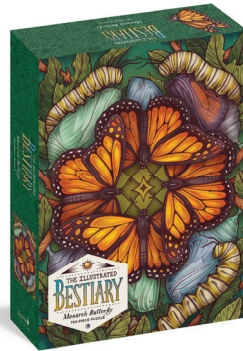
Illustrated Crystallary Puzzle: Garden Quartz

750-piece jigsaw puzzle;
 7.677 x 10.748 x 2.125
 Full-color throughout
\$19.95 US
 ISBN 978-1-63586-405-2; No. 626405
 Storey Publishing



Illustrated Herbiary Puzzle: California Poppy

750-piece jigsaw puzzle;
 7.677 x 10.748 x 2.125
 Full-color throughout
\$19.95 US
 ISBN 978-1-63586-403-8; No. 626403
 Storey Publishing



Illustrated Bestiary Puzzle: Monarch Butterfly

750-piece jigsaw puzzle;
 7.677 x 10.748 x 2.125
 Full-color throughout
\$19.95 US
 ISBN 978-1-63586-404-5; No. 626404
 Storey Publishing



Everything is Made Out of Magic

1,000 Piece Puzzle
 Boxed puzzle with poster: box size 7.625 x 10.75; Puzzle size 18.875x 26.375
\$19.95
 ISBN: 978-1-5235-1433-5 No. 101433
 Workman

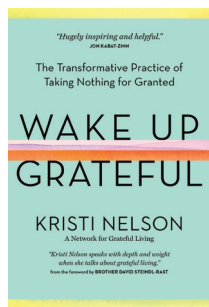


The Moon Calendar Card 2022

KIM LONG
 The 40th edition of Kim Long's classic moon calendar, the first of its kind and a fan favorite since 1982. With a graphic, at-a-glance 2022 lunar calendar on the front and easy-to-read, detailed data provided by the US Naval Observatory on the back.

10 x 6 4/5
Pack of 5 reference cards
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 ISBN 9781615197842; No. 779784
Pack of 40 reference cards;
\$120.00;
 ISBN 9781615197859 No. 779785
 The Experiment

12 INSPIRATION & MINDFULNESS



Wake Up Grateful

KRISTI NELSON

Kristi Nelson unlocks the path to profound personal change, inviting readers to recognize that they don't need a frightening wake-up call to see the fullness of life as it is, right now. Reflection prompts, exercises, and meditations provide a framework for a daily gratitude practice.

Hardcover with jacket;

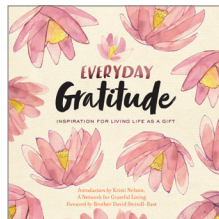
240 pages; 5 3/4 x 8 1/2

One color throughout

\$26.95 US

ISBN 978-1-63586-244-7; No. 626244

Storey Publishing



Everyday Gratitude

A NETWORK FOR GRATEFUL LIVING; FOREWORD BY BR. DAVID STEINDL-RAST

Everyday Gratitude offers a curated collection of quotes and reflections that bring awareness to the abundance of things to be grateful for in ordinary daily life. Created by A Network for Grateful Living — which encompasses a global community one million strong — this beautifully designed collection expresses their desire to help others discover that the roots of happiness lie in gratefulness.

Paper with ribbon bookmark;

288 pages; 6 x 6; Full-color

\$14.95 US

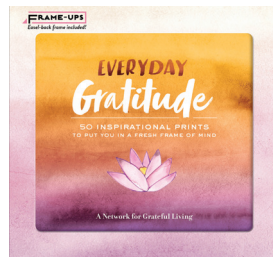
ISBN 978-1-63586-046-7; No. 626046

Storey Publishing

4-copy counter display

\$59.80 US

ISBN 978-1-63586-057-3; No. 626057



Everyday Gratitude Frame-Ups

A NETWORK FOR GRATEFUL LIVING

A special way to display, swap, and cherish 50 inspiring sayings. With 40 selections from the best-selling *Everyday Gratitude*, plus 10 new quotations, each pull-out quote card features hand-lettering on a colorful background and fits the stand-up detachable frame included on the inside cover.

Paper with stand-up cardstock easel;

100 pages; 7 1/2 x 7

Full-color throughout

\$14.95 US

ISBN 978-1-63586-242-3; No. 626242

Storey Publishing



The Gratitude Explorer Workbook

KRISTI NELSON

With dozens of prompts, exercises, inspiring quotes, and space for writing, this beautiful, interactive workbook is the perfect tool for beginning and keeping a daily gratitude practice, from A Network for Grateful Living, creators of the best-selling *Everyday Gratitude* and *Wake Up Grateful*.

Paper; 128 pages; 6 x 8

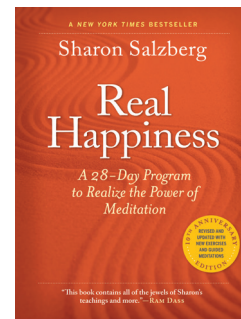
Full-color throughout with 6 perforated text sheets, 10 perforated cardstock sheets, and 6 sticker sheets;

\$16.95 US

ISBN 978-1-63586-206-5; No. 626206

Storey Publishing

Available November 2021



Real Happiness, 10th Anniversary Edition

SHARON SALZBERG

In this *New York Times* bestseller, one of the world's foremost meditation teachers and spiritual authors offers a complete guide to starting and maintaining a meditation practice. Includes exercises, journal prompts, and ten guided meditations recorded by the author and available as down-loads through links embedded in scannable QR codes.

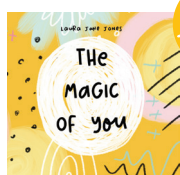
Paper; 240 pages; 6 x 8

Illustrations throughout

\$16.95 US

ISBN 978-1-5235-1012-2; No. 101012

Workman Publishing



Magic of You

LAURA JANE

From the popular Instagram accounts @laurajaneillustrations and @hellohappy comes a collection of illustrated quotes and affirmations to help you love yourself in every color of the rainbow. This gorgeous chunky mini book is the perfect guide to connecting with your dreams and truly blooming.

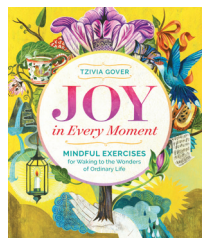
Hardcover; 128 pages; 4 x 4

Full-color throughout

\$9.99 US

ISBN 978-1-64170-469-4 No. 550469

Familias



Joy in Every Moment

TZIVIA GOVER

This exquisite inspirational book offers creative ways to uncover bits of joy every day, whether brushing your teeth, making a to-do list, or stopping at a tollbooth. Short essays accompanied by practical exercises and the art of internationally noted illustrator Olaf Hajek make this the perfect gift for those looking to increase their daily joy quotient.

Paper with flaps; 220 pages; 6 x 7

Two-color with 10 full-color illustrated inserts

\$12.95 US

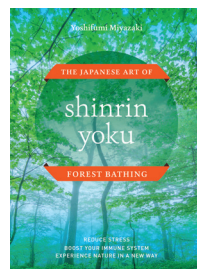
ISBN 978-1-61212-511-4; No. 622511

Storey Publishing

5-copy counter display

\$64.75 US

ISBN 978-1-61212-718-7; No. 622718



Shinrin Yoku The Japanese Art of Forest Bathing

YOSHIFUMI MIYAZAKI

Explains the science behind forest bathing and explores the health benefits. Teaches readers how to bring the benefits of the forest into the home through the use of essential oils, cypress baths, and flower therapy.

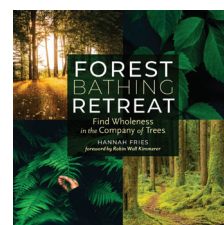
Hardcover; 192 pages; 6 x 8 1/4

Full-color throughout

\$16.95 US

ISBN 978-1-60469-879-4; No. 689879

Timber Press



Forest Bathing Retreat

HANNAH FRIES

Inspired by the Japanese concept of shinrin-yoku, or forest bathing, this gift book encourages readers to experience the benefits of quiet time spent in the company of trees. Stunning nature photography, mindfulness exercises, and writings and sayings from across cultures invite frequent revisiting for fresh insights.

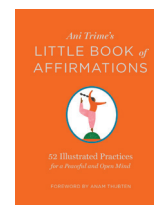
Paper with flaps; 192 pages; 6 x 6

Full-color throughout

\$14.95 US

ISBN 978-1-63586-094-8; No. 626094

Storey Publishing



Ani Trime's Little Book of Affirmations

ANI TRIME

Ani Trime, a beloved teacher in the Tibetan Buddhist tradition developed simple, straightforward affirmative statements to teach people to cultivate a freer, healthier, more open mind. Collected in this appealing, pocket-size volume, alongside original illustrations by 39 well-known international artists.

Hardcover; 136 pages; 3 1/4 x 4 1/4

Full-color throughout

\$12.95 US

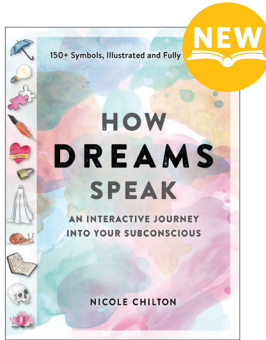
ISBN 978-1-63586-184-6; No. 626184

Workman Publishing

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\$64.75 US

ISBN 978-1-63586-255-3; No. 626255



How Dreams Speak
NICOLE CHILTON

Peek into your subconscious by learning to interpret 150 common dream symbols, beautifully illustrated in watercolor, a unique visual dream interpretation guide that demystifies over 150 universal symbols and themes.

Paper; 176 pages; 6 x 8
\$14.95 US
Full-color
ISBN 9781523511440; No. 101144
Workman Publishing



The Lost Art of Doing Nothing
MAARTJE WILLEMS AND LONA AALDERS

The Dutch have a word for active rest: niksken, which closely translates to “doing nothing.” Where other self-help philosophies push us to do more, niksken invites us to do less and reap the benefits—such as lower stress, better health, and creative inspiration.

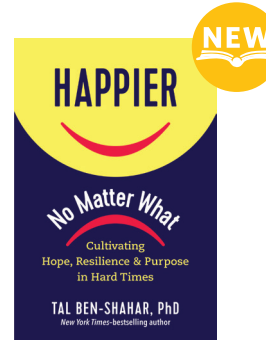
Hardcover; 160 pages; 5½ x 7
Color illustrations throughout
\$16.95 US
ISBN 978-1-61519-764-4; No. 779764
The Experiment



High-Vibe Feng Shui
ASHLEY CANTLEY

Blending the traditional and the modern, this guide makes the ancient Chinese practice of Feng Shui accessible to a new generation. Its practical, customizable 11-step approach features guided exercises that help readers create intention and transform energy flow for balance, groundedness, prosperity and wellness.

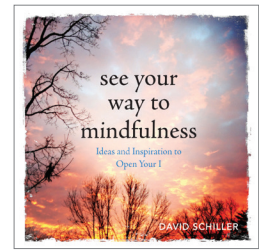
Paper; 192 pages; 6 x 8;
Two-color
\$16.95 US
ISBN 978-1-63586-238-6; No. 626238
Storey Publishing



Happier, No Matter What
TAL BEN-SHAHAR

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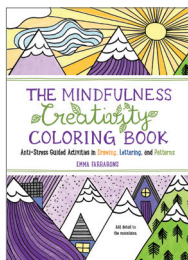


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DAVID SCHILLER

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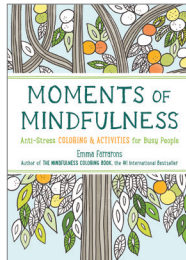
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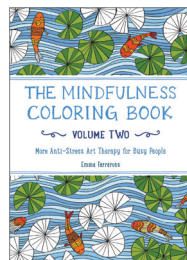
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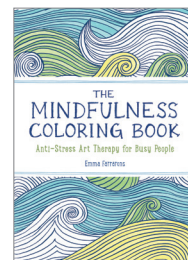
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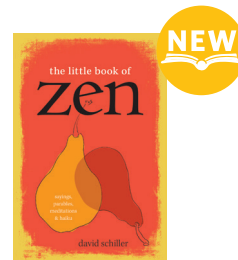


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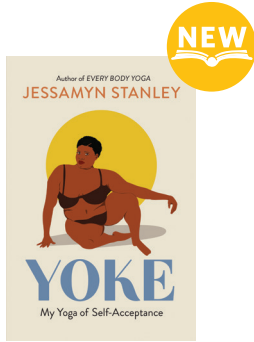


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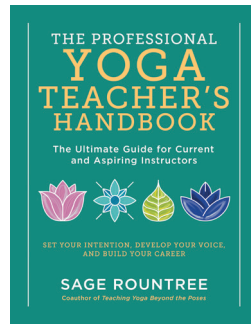


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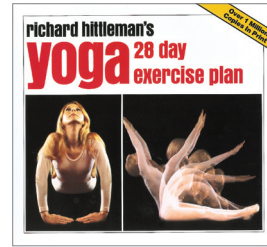


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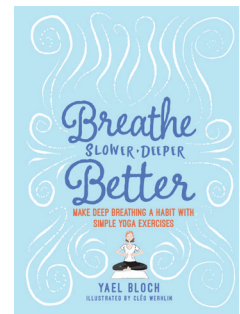
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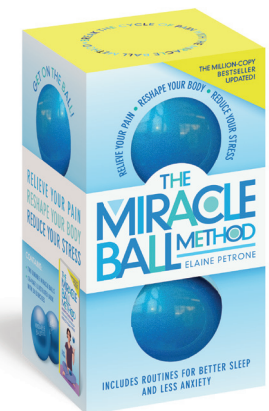


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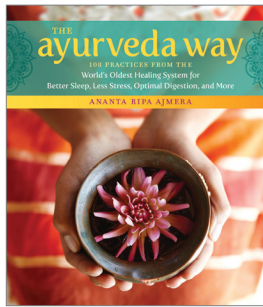


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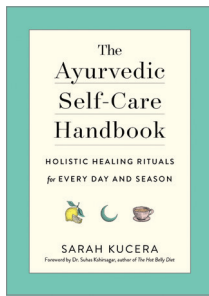
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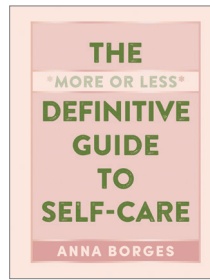
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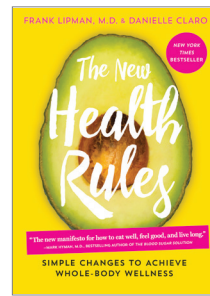
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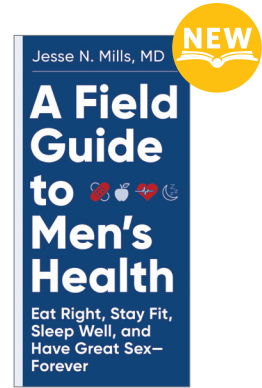
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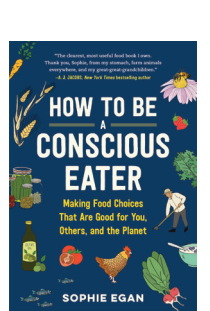
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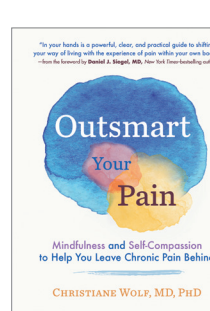
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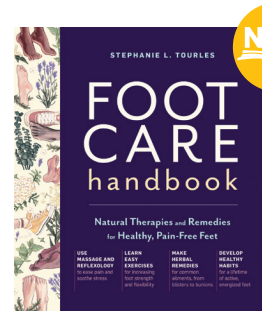
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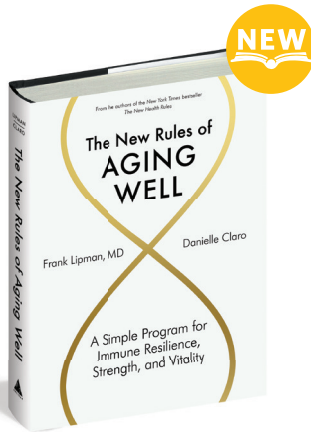
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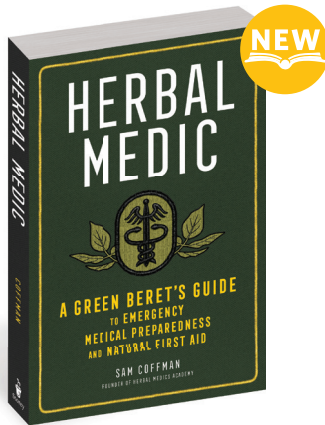


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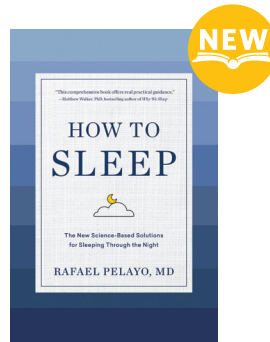


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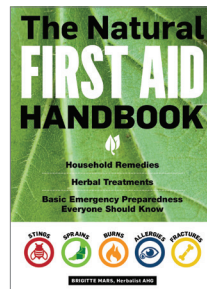


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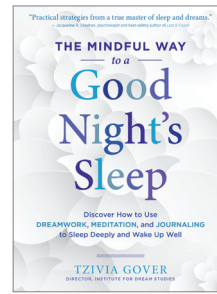


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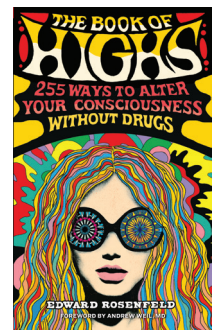


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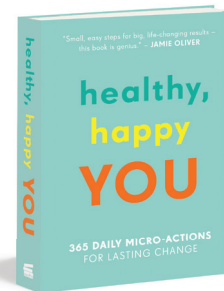
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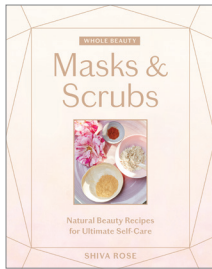
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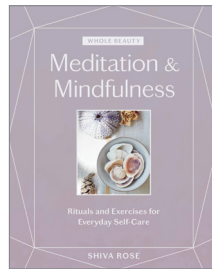


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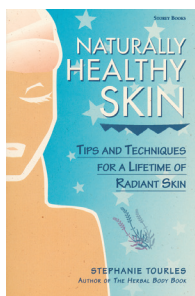
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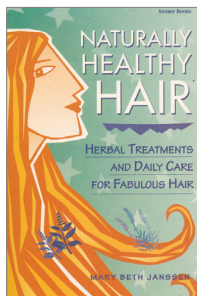


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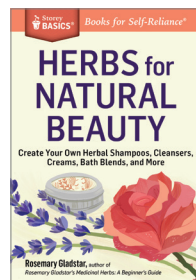


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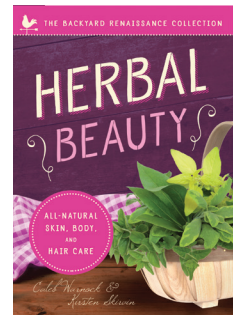
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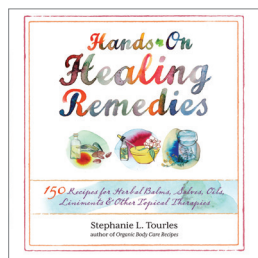
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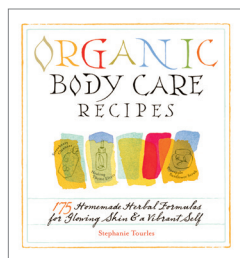
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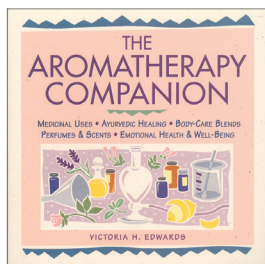
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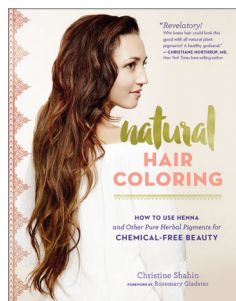
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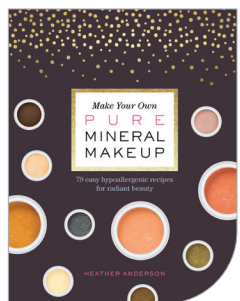
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