

## Anita Moorjani Dying To Be Me

Open Wide  
Resilience from the Heart  
Dying to Know  
You  
Energy Speaks  
The Essential  
Wayne Dyer  
Collection  
Living in a Mindful Universe  
The Premonition  
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How to Starve Cancer  
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The Love for a Dying Woman with Lupus  
The World As It Is  
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The Handbook of Near-Death Experiences: Thirty Years of Investigation  
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Between Two Kingdoms--And I Breathed  
Adventures in the Afterlife  
Dying To Be Me - Gujarati Edition (Cancer Upar Vijay)  
Higher Self Now!  
Life After Life  
Infidel  
To Heaven and Back  
A Work in Progress  
Heal  
Seeking Sickness  
Not That Kind of Girl

### Open Wide

Rocking relationships with your family and friends. A soulmate who gets you on the deepest level. And the best soulful sex of your life. Anything is possible with Melissa Ambrosini by your side! From the bestselling author of *Mastering Your Mean Girl*, *Open Wide* is the definitive guide to fulfilling and intimate 21st-century relationships, delving into everything from cultivating self-confidence, to unleashing your inner goddess, to forming lasting friendships . . . and even to experiencing toe-curling orgasms on demand. Called a “self-love guru” by *Elle* magazine, Melissa is a voice

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for the modern woman. Rather than the preachy tone that plagues many relationship guides, she's your supportive best friend sharing her wisdom in a way that makes your journey fun and simple. Full of electric insights, deeply personal stories, and genuine 'aha' moments, *Open Wide* serves up real tools and relatable advice that you can put into action immediately for lasting results. A powerful, life-altering read, *Open Wide* gives you practical tools you can start using immediately to rewrite your future, create authentic connections, and experience heart-bursting love.

### **Resilience from the Heart**

A powerful new voice providing clear and direct guidance for personal transformation *Energy Speaks* gives us a clear blueprint for growth and change. It provides practical guidance and inspiration on the things that matter most to us — including love, sex, money, personal power, self-expression and purpose, emotional healing and well-being, and how to have peace with our families — as well as more esoteric topics, such as how to invoke the help of our spirit guides and angels. This empowering book is the work of a great emerging spiritual teacher. It is filled with tools that you can use to break free of limitations and transform your life.

### **Dying to Know You**

"A thrilling journey. . . A must-read." Freida Pinto  
"How fortunate a thing it is, when life alters you

without warning." Lisa Ray is one of India's first supermodels. She's also an acclaimed actor, a cancer survivor, a mother of twins born through surrogacy, a lifelong student, and a person of no fixed address. She is a woman who has lived many lives. And this is her story. Unflinching and deeply moving, *Close to the Bone* traces Lisa Ray's serendipitous life, from her childhood in Canada as the biracial daughter of an Indian man and Polish woman, to her rise as a Bollywood star; from her battle with a rare and incurable cancer, to her journey to find identity and belonging, both in the world and in her own body. Transporting and atmospheric, it takes readers across the globe: Toronto in the 1970s, when Lisa was searching for place and purpose; the intense, frenetic streets of Bombay, where, young and unmoored, she became a peer of some of the biggest names in the Bollywood industry; the lush sensuality of Colombo and a film role that changed the course of her career; and in London, where she simultaneously found her footing in drama school and lost herself in an abusive relationship. It is a storied life, and one whose adventures teach Lisa that in the brightest and darkest moments, no matter where she travels to, she can always find her way back home--to herself. At once charming and wise, intimate and gut-wrenchingly honest, *Close to the Bone* is a revealing travelogue of the soul--a brave and inspiring story of a life lived on one's own terms.

### **Energy Speaks**

In this truly inspirational memoir, Anita Moorjani

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relates how, after fighting cancer for almost four years, her body began shutting down—overwhelmed by the malignant cells spreading throughout her system. As her organs failed, she entered into an extraordinary near-death experience where she realized her inherent worth . . . and the actual cause of her disease. Upon regaining consciousness, Anita found that her condition had improved so rapidly that she was released from the hospital within weeks—without a trace of cancer in her body! Within these pages, Anita recounts stories of her childhood in Hong Kong, her challenge to establish her career and find true love, as well as how she eventually ended up in that hospital bed where she defied all medical knowledge. As part of a traditional Hindu family residing in a largely Chinese and British society, Anita had been pushed and pulled by cultural and religious customs since she was a little girl. After years of struggling to forge her own path while trying to meet everyone else's expectations, she had the realization, as a result of her epiphany on the other side, that she had the power to heal herself . . . and that there are miracles in the Universe that she'd never even imagined. In *Dying to Be Me*, Anita freely shares all she has learned about illness, healing, fear, "being love," and the true magnificence of each and every human being! This is a book that definitely makes the case that we are spiritual beings having a human experience . . . and that we are all One!

### **The Essential Wayne Dyer Collection**

In this truly inspirational memoir, Anita Moorjani

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relates how, after fighting cancer for almost four years, her body began shutting down--overwhelmed by the malignant cells spreading throughout her system. As her organs failed, she entered into an extraordinary near-death experience where she realized her inherent worth . . . and the actual cause of her disease. Upon regaining consciousness, Anita found that her condition had improved so rapidly that she was released from the hospital within weeks--without a trace of cancer in her body! Within these pages, Anita recounts stories of her childhood in Hong Kong, her challenge to establish her career and find true love, as well as how she eventually ended up in that hospital bed where she defied all medical knowledge. As part of a traditional Hindu family residing in a largely Chinese and British society, Anita had been pushed and pulled by cultural and religious customs since she was a little girl. After years of struggling to forge her own path while trying to meet everyone else's expectations, she had the realization, as a result of her epiphany on the other side, that she had the power to heal herself . . . and that there are miracles in the Universe that she'd never even imagined. In *Dying to Be Me*, Anita freely shares all she has learned about illness, healing, fear, "being love," and the true magnificence of each and every human being! This is a book that definitely makes the case that we are spiritual beings having a human experience . . . and that we are all One!

### **Living in a Mindful Universe**

Save Send Delete is a debate about God between

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polar opposites: Mira, a poor, Catholic professor and Rand, an atheist author and celebrity. It's based on a true story. Mira reveals gut-level emotions and her inner struggles to live fully and honestly – and to laugh – in the face of extraordinary ordeals. She shares experiences so profound, so holy, they force us to confront our beliefs in what is true and possible. Rand hears her; he understands her; he challenges her ideas; he makes her more of herself. The book is in essence a love story. What emerges from these eternal questions is not so much about God, but what faith means to us, and ultimately, what we mean to each other. The writing is exquisite. There are pages of this manuscript that I want to highlight and keep close to me on my nightstand. It is filled with wisdom from sources I don't normally draw on: The wisdom of the Bible, the Talmud, the Vedas, Twelve Step programs, and mostly, the wisdom of Mira.

### **The Premonition Code**

WITH A BRAND NEW LOOK! ON FEBRUARY 22, 1980, KHORSHED AND RUMI BHAVNAGRI'S WORLD WAS SHATTERED. ONE MONTH LATER, A NEW ONE OPENED. Khorshed and Rumi Bhavnagri lost their sons, Vispi and Rato, in a tragic car crash. With both their sons gone, the couple felt they would not survive for long. They had lost all faith in God until a miraculous message from the Spirit World gave them hope and sent them on an incredible journey.

### **How to Starve Cancer**

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A life-altering car accident, an act of unforgettable violence One woman's courageous story. Tricia Barker was a depressed, agnostic college student at The University of Texas in Austin until a profound near-death experience (NDE) during surgery revolutionizes her entire world. As she learns to walk again, Tricia lets go of painful wounds from childhood and integrates some of the aftereffects of her spiritual journey into her daily life. She returns to college with renewed vigor, intending to embark on a new path by becoming an English teacher. But after a year of teaching in the US, Tricia travels to South Korea, where she is the victim of a sexual assault. Now, she must use the wisdom she gained on the Other Side to heal herself; and later, guide countless junior high, high school, and college students to greater peace. Through teaching and mentoring others—many of whom are struggling with traumas of their own—Tricia decides to devote her life to bringing the “light” she experienced during her NDE to individuals who are seeking solace, inspiration, and overall well-being.

### **The Valedictorian of Being Dead**

There is a space within you where you are already perfect, whole, and complete. It is pure consciousness - the space inside of which all thoughts come and go. When you rest in the feeling of this space, the warmth of it heals your mind and body. When you operate from the infinite creative potential of this space, you produce high levels of performance and creative flow. When you sit in the openness of this space with others, you experience a level of connection and

intimacy that is breathtakingly enjoyable and filled with love. And when you explore this space more deeply, you will find yourself growing closer and closer to the divine, even if you're not sure there is such a thing and wouldn't know how to talk about it if there was. Every problem we have in life is the result of losing our bearings and getting caught up in the content of our own thinking; the solution to every one of those problems is to find our way back home. This is both the invitation and the promise of this book. One problem. One solution. Infinite possibilities. Are you ready to begin?

### **The Love for a Dying Woman with Lupus**

What has been missing from my work, from everyone else's work, from personal stories, from those who interpret personal stories, from experts in religion and spirituality, from the news media, the scientists, the grief-stricken, and the born again . . . is the voice of the collective . . . inside what we all seek to describe. What lies at the heart of near-death experiences? A God that in ways beyond description, smiles at you. Not the God of holy writ, but a Sourceplace—an all-encompassing Oneness, Allness, that, as It breathes, moves skin and bark and wings and stars and babes and rivers and comets and dreams and faces . . . as well as the mustard on your hotdog. The book you have before you releases that collective voice, the sum of millions of people—worldwide—who speak as one. It is nothing less than the proof that everyone on planet Earth, in their own heart, seeks to have: that God exists.

## **The World As It Is**

A team of international experts presents the history, recent developments, and controversies in the intriguing study of near-death experience. • 14 tables

## **Wishes Fulfilled**

#1 NEW YORK TIMES BESTSELLER • Includes two new essays! NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY MICHIKO KAKUTANI, THE NEW YORK TIMES • NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BUZZFEED, THE GLOBE AND MAIL, AND LIBRARY JOURNAL For readers of Nora Ephron, Tina Fey, and David Sedaris, this hilarious, wise, and fiercely candid collection of personal essays establishes Lena Dunham—the acclaimed creator, producer, and star of HBO’s *Girls*—as one of the most original young talents writing today. In *Not That Kind of Girl*, Dunham illuminates the experiences that are part of making one’s way in the world: falling in love, feeling alone, being ten pounds overweight despite eating only health food, having to prove yourself in a room full of men twice your age, finding true love, and most of all, having the guts to believe that your story is one that deserves to be told. “Take My Virginity (No Really, Take It)” is the account of Dunham’s first time, and how her expectations of sex didn’t quite live up to the actual event (“No floodgate had been opened, no vault of true womanhood unlocked”); “Girls & Jerks” explores her former attraction to less-than-nice guys—guys who had perfected the “dynamic of disrespect” she found so intriguing; “Is This Even

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Real?” is a meditation on her lifelong obsession with death and dying—what she calls her “genetically predestined morbidity.” And in “I Didn’t F\*\*\* Them, but They Yelled at Me,” she imagines the tell-all she will write when she is eighty and past caring, able to reflect honestly on the sexism and condescension she has encountered in Hollywood, where women are “treated like the paper thingies that protect glasses in hotel bathrooms—necessary but infinitely disposable.” Exuberant, moving, and keenly observed, *Not That Kind of Girl* is a series of dispatches from the frontlines of the struggle that is growing up. “I’m already predicting my future shame at thinking I had anything to offer you,” Dunham writes. “But if I can take what I’ve learned and make one menial job easier for you, or prevent you from having the kind of sex where you feel you must keep your sneakers on in case you want to run away during the act, then every misstep of mine will have been worthwhile.” Praise for *Not That Kind of Girl* “The gifted Ms. Dunham not only writes with observant precision, but also brings a measure of perspective, nostalgia and an older person’s sort of wisdom to her portrait of her (not all that much) younger self and her world. . . . As acute and heartfelt as it is funny.”—Michiko Kakutani, *The New York Times* “It’s not Lena Dunham’s candor that makes me gasp. Rather, it’s her writing—which is full of surprises where you least expect them. A fine, subversive book.”—David Sedaris “This book should be required reading for anyone who thinks they understand the experience of being a young woman in our culture. I thought I knew the author rather well, and I found many (not altogether welcome) surprises.”—Carroll

Dunham “Witty, illuminating, maddening, bracingly bleak . . . [Dunham] is a genuine artist, and a disturber of the order.”—The Atlantic From the Trade Paperback edition.

### **The Space Within**

In the tradition of John Green’s *The Fault in Our Stars* and *Me and Earl and the Dying Girl*, this incredibly moving and harrowing true story of a teenager diagnosed with cancer is “a resounding affirmation of how music can lift one’s spirits beyond gray skies and bad news (Kirkus Reviews).” Punk’s not dead in rural West Virginia. In fact, it blares constantly from the basement of Rob and Nat Rufus—identical twin brothers with spiked hair, black leather jackets, and the most kick-ass record collection in Appalachia. To them, school (and pretty much everything else) sucks. But what can you expect when you’re the only punks in town? When the brothers start their own band, their lives begin to change: they meet friends, they attract girls, and they finally get invited to join a national tour and get out of their rat box little town. But their plans are cut short when Rob is diagnosed with a rare form of cancer that has already progressed to Stage Four. Not only are his dreams of punk rock stardom completely shredded, there is a very real threat that this is one battle that can’t be won. While Rob suffers through nightmarish treatments and debilitating surgery, Nat continues on their band’s road to success alone. But as Rob’s life diverges from his brother’s, he learns to find strength within himself and through his music. *Die Young* with

Me is a “raw, honest picture of the weirdness of growing up” (Marky Ramone) and the story of a brave teen’s battle with cancer and the many ways music helped him cope through his recovery.

### **Unlimited Power**

From award-winning vlogger and entrepreneur Connor Franta comes this collectible hardcover edition—complete with a brand-new bonus chapter—of his New York Times bestselling memoir, *A Work in Progress*, which was selected by Forbes as a Top 5 Breakthrough Book of 2015 and won the Goodreads Choice Award for Best Memoir. In this intimate memoir of life beyond the camera, YouTube star Connor Franta shares the lessons he has learned on his journey from small-town boy to Internet sensation—so far. Here, Connor offers a look at his Midwestern upbringing as one of four children in the home and one of five in the classroom; his struggles with identity, body image, and sexuality in his teen years; and his decision to finally pursue his creative and artistic passions in his early twenties, setting up his thrilling career as a YouTube personality, philanthropist, entrepreneur, and tastemaker. Exploring his past with insight and humor, his present with humility, and his future with hope, Connor reveals his private struggles while providing heartfelt words of wisdom for young adults. His words will resonate with anyone coming of age in the digital era, but at the core this is a timeless message for people of all ages: don’t be afraid to be yourself and to go after what you truly want. This full-color collection

includes photography and exclusive childhood clippings and is a must-have for anyone inspired by his journey.

### **Dying to Be Me**

In this groundbreaking book, bestselling author Theresa Cheung joins forces with cognitive neuroscientist Julia Mossbridge, PhD, Director of the Innovation Lab at The Institute of Noetic Sciences (IONS). Together they reveal revolutionary new research showing that sensing the future is possible, they also provide practical tools and techniques you can use to develop your own powers of precognition. Precognition is the scientific name for the knowledge or perception of the future, obtained through extrasensory means. Often called 'premonition', precognition is the most frequently reported of all extrasensory perception (ESP) experiences, occurring most often in dreams. It may also occur spontaneously in waking visions, auditory hallucinations, flashing thoughts entering the mind, the sense of "knowing" and physiological changes. Combining science and practice, Theresa and Dr Julia unravel the mystery of precognition. The book will cover:

- What precognition is and the different types, clearly explaining the cutting-edge science, including what is known and what is still a mystery
- The most common premonitions that people experience and why, including examples from around the world
- Experimental tools to help you cultivate precognition experiences to help get useful information for your life
- Case studies included throughout, with

supporting scientific evidence offered alongside to provide validation and explanation • Personal experiences of the authors, detailing how premonition has shaped their lives and interviews with leading scientists and experts in the field

### **Angels in the OR**

Adventures in the Afterlife is a powerful journey of spiritual awakening; a bold quest for answers and enlightenment. The old assumptions of heaven are confronted and an expansive new vision of our continuing life is presented. After being diagnosed with cancer, William Buhlman, author of Adventures Beyond the Body, pursued answers to the mysteries of our existence after death. Confronting his mortality, he experienced profound insights into what lies beyond our physical body. Our journey into the next life is the basis for Adventures in the Afterlife. The author chronicles his out-of-body experiences and lucid dreams through the eyes of a fictional character, Frank Brooks. The insights are sometimes surprising, but a clear message is always apparent; we are powerful, spiritual beings and we shape our reality now and in the future. The purpose of this book is to prepare us for the many thought responsive environments we will experience. William Buhlman teaches and lectures worldwide on the subjects of out-of-body experiences and spiritual empowerment. Visit the author at [www.astralinfo.org](http://www.astralinfo.org).

### **The Handbook of Near-Death Experiences: Thirty Years of**

## Investigation

NEW YORK TIMES BESTSELLER \* From one of Barack Obama's most trusted aides comes a revelatory behind-the-scenes account of his presidency--and how idealism can confront harsh reality and still survive. "The closest view of Obama we're likely to get until he publishes his own memoir."--George Packer, *The New Yorker* NAMED ONE OF THE BEST BOOKS OF THE YEAR BY THE GUARDIAN For nearly ten years, Ben Rhodes saw almost everything that happened at the center of the Obama administration--first as a speechwriter, then as deputy national security advisor, and finally as a multipurpose aide and close collaborator. He started every morning in the Oval Office with the President's Daily Briefing, traveled the world with Obama, and was at the center of some of the most consequential and controversial moments of the presidency. Now he tells the full story of his partnership--and, ultimately, friendship--with a man who also happened to be a historic president of the United States. Rhodes was not your typical presidential confidant, and this is not your typical White House memoir. Rendered in vivid, novelistic detail by someone who was a writer before he was a staffer, this is a rare look inside the most poignant, tense, and consequential moments of the Obama presidency--waiting out the bin Laden raid in the Situation Room, responding to the Arab Spring, reaching a nuclear agreement with Iran, leading secret negotiations with the Cuban government to normalize relations, and confronting the resurgence of nationalism and nativism that culminated in the

election of Donald Trump. In *The World as It Is*, Rhodes shows what it was like to be there--from the early days of the Obama campaign to the final hours of the presidency. It is a story populated by such characters as Susan Rice, Samantha Power, Hillary Clinton, Bob Gates, and--above all--Barack Obama, who comes to life on the page in moments of great urgency and disarming intimacy. This is the most vivid portrayal yet of Obama's worldview and presidency, a chronicle of a political education by a writer of enormous talent, and an essential record of the forces that shaped the last decade. Praise for *The World as It Is* "A book that reflects the president [Rhodes] served--intelligent, amiable, compelling and principled . . . a classic coming-of-age story, about the journey from idealism to realism, told with candor and immediacy . . . His achievement is rare for a political memoir: He has written a humane and honorable book."--Joe Klein, *The New York Times Book Review*

### **Beyond Past Lives**

The groundbreaking, bestselling classic, now available in a special fortieth-anniversary edition that includes a new Foreword from Eben Alexander, M.D., author of *Proof of Heaven*, and a new Afterword by the author. Raymond Moody is the "father" of the modern NDE (Near Death Experience) movement, and his pioneering work *Life After Life* transformed the world, revolutionizing the way we think about death and what lies beyond. Originally published in 1975, it is the groundbreaking study of one hundred people who experienced "clinical death" and were revived, and

who tell, in their own words, what lies beyond death. A smash bestseller that has sold more than thirteen million copies around the globe, *Life After Life* introduced us to concepts—including the bright light, the tunnel, the presence of loved ones waiting on the other side—that have become cultural memes today, and paved the way for modern bestsellers by Eben Alexander, Todd Burpo, Mary Neal, and Betty Eadie that have shaped countless readers notions about the end life and the meaning of death.

### **Dying to Wake Up**

Dr. Eben Alexander, author of international phenomenon *Proof of Heaven*, shares the next phase of his journey to understand the true nature of consciousness and how to cultivate a state of harmony with the universe and our higher purpose. In 2008, Dr. Eben Alexander's brain was severely damaged by a devastating case of bacterial meningitis, and he lapsed into a weeklong coma. It was almost certainly a death sentence, but he miraculously survived and brought back with him an astounding story. During those 7 days in coma, he was plunged into the deepest realms of consciousness and came to understand profound truths about the universe we inhabit. What he learned changed everything he knew about the brain, mind, and consciousness and drove him to ask a question confounding the entire scientific community: How do you explain the origins of consciousness if it is not a byproduct of the brain? His challenge relates to a revolutionary shift now underway within our modern

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scientific understanding. Ultimately, direct experience is key to fully understanding how we are all connected through the binding force of unconditional love and its unlimited power to heal. In *Living in a Mindful Universe*, the New York Times bestselling author of *Proof of Heaven* and *The Map of Heaven* shares his insights into the true nature of consciousness. Embracing his radically new worldview, he began a committed program of personal exploration into nonlocal consciousness. Along the way, he met Karen Newell, who had spent most of her lifetime living the worldview he had only just discovered was possible. Her personal knowledge came from testing various techniques and theories as part of her daily routine. With *Living in a Mindful Universe*, they teach you how to tap into your greater mind and the power of the heart to facilitate enhancement of healing, relationships, creativity, guidance, and more. Using various modalities related to meditation and mindfulness, you will gain the power to access that infinite source of knowing so vital to us all, ultimately enriching every facet of our lives.

### **The Laws of the Spirit World**

"The author draws on research conducted at his advanced workshops since 2012 to explore how common people are doing the uncommon to transform themselves and their lives"--

### **Close to the Bone**

"Jason Garner's new book weaves modern-day tales of

celebrity with age-old spiritual teachings. His journey--at times raw and always heartfelt--is an inspiration to every reader, young and old, on a quest for self-examination, self-realization, and the real meaning of health, happiness, success, and love."--Author's website.

### **Save Send Delete**

Collects three works that detail how intention allows creation, the search for what life is about, and stopping negative thoughts from preventing success.

### **Becoming Supernatural**

'A propulsive, soulful story of mourning and gratitude - and an intimate portrait of one woman's sojourn in the wilderness between life and death.' TARA WESTOVER, author of *Educated* \_\_\_\_\_ We all face moments that bring us to our knees: heartbreak, trauma, illness. When things don't go to plan this is the book to reach for - an inspirational memoir about what we can learn about life from a brush with death. At just twenty-two, on the cusp of adult life, Suleika Jaouad was diagnosed with leukemia and given a 35 per cent chance of survival. For the next five years, her world comprised four white walls, a hospital bed, fluorescent lights, tubes and wires. She became patient 5624. At twenty-seven, and celebrating her first year of remission, Suleika realized that, having survived, she now had no idea how to live. And so she set out to meet some of the many strangers who had written to her about their experiences of life, death,

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healing and recovery in response to her Emmy-Award winning New York Times column, 'Life Interrupted'. Between Two Kingdoms is the result. Drawing on Suleika's TED Talk, now with 3.5 million views, it illuminates universal questions about how we live, mourn, heal and grow up, and what it means to begin again. \_\_\_\_\_ Praise for Between Two Kingdoms: 'A work of breathtaking creativity and heart-stopping humanity.' ELIZABETH GILBERT, author of Eat Pray Love 'A beautiful, elegant and heart-breaking book that provides a glimpse into the kingdom of illness.' SIDDHARTHA MUKHERJEE, Pulitzer Prize-winning author of The Emperor of All Maladies 'A deeply touching account of learning to live in the now, because nothing else is promised. I loved it.' KATHRYN MANNIX, author of With the End in Mind

### **Blackout**

“Alan Cassels strips layers of expectation, hype, jargon, false-starts, and conflicts of interest off the medical screening mantra.” —Nortin M. Hadler, author of Worried Sick Why wouldn't you want to be screened to see if you're at risk for cancer, heart disease, or another potentially lethal condition? After all, better safe than sorry. Right? Not so fast, says Alan Cassels. His Seeking Sickness takes us inside the world of medical screening, where well-meaning practitioners and a profit-motivated industry offer to save our lives by exploiting our fears. He writes that promoters of screening overpromise on its benefits and downplay its harms, which can range from the merely annoying to the life threatening. If you're

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facing a screening test for breast or prostate cancer, high cholesterol, or low testosterone, someone is about to turn you into a patient. You need to ask yourself one simple question: Am I ready for all the things that could go wrong? “With engaging clarity backed by academic rigor, Cassels discusses a variety of popular investigational procedures . . . an excellent way to start the important process of self-education.”  
—Quill & Quire “Smartly written and very readable.”  
—Brian Goldman, MD, author of *The Secret Language of Doctors* “Cassels tackles this touchy topic, looking at it test by test. His overarching message is that modern medicine has ‘overpromised’ with claims that screening will save our lives. He contends that with the lack of hard evidence on benefits, the evidence of harm from by such screening, as well as the multi-billion dollar interests at stake, we should approach this kind of screening with great precaution.”  
—Canadian Women’s Health Network

### **Die Young with Me**

Part of Moorjani's post-near-death experience "has involved contemplating the cultural myths infused into our everyday lives. Passed down from generation to generation, these myths are pervasive and influential. From the belief we reap what we sow to the idea we must always be positive, cultural myths are often accepted as truths without questioning. Moorjani asserts it is now time for questioning in order to help us reach our fully informed, authentic selves. By freeing ourselves from these ubiquitous expectations, we can break open an honest pathway

to life as it was meant to be lived"--

### **Dying to Be Me**

A doctor's account of her own experience of death, heaven and return to life with a new realization of her purpose on earth. Dr Mary Neal, an orthopaedic surgeon, was on a kayaking holiday in Chile. Sceptical of near death experiences, she was to have her life transformed when her kayak became wedged in rocks at the bottom of a waterfall and was underwater for so long that her heart stopped. *To Heaven And Back* is Mary's faith-enriching story of her spiritual journey, her first-hand experience of heaven and its continuing life-enhancing effects.

### **Dreams & Visions**

*Higher Self Now!* is a powerful affirmation for immediate spiritual liberation; a modern guide book for personal transformation. Learn about the unseen nature of our existence, the continuing evolution of soul after death and how to navigate thought responsive realities. Develop your own Spiritual Directive as you discover the practices of an end-of-life coach. Through a variety of personal accounts and practical guidance, you can be prepared to assist your loved ones as they begin to transition from the physical world. Experience a variety of techniques that will clear the way for you to achieve escape velocity from the dimensions of density and form. We are powerful, creative beings with the ability to shape and mold our current reality and influence our

afterlife as well. Become knowledgeable about continuing spiritual evolution beyond matter to prepare for and enhance your spiritual journey. Your amazing adventure has just begun - become self-empowered today! William Buhlman, author of *Adventures beyond the Body*, teaches and conducts workshops at The Monroe Institute focusing on the exploration of consciousness, the afterlife, and profound spiritual awakening. Visit the author at [www.astralinfo.org](http://www.astralinfo.org). Susan Buhlman is a certified end-of-life Doula, hospice volunteer, and bereavement support companion. Together they have written this compelling book that will not only encourage an environment of comfort and respect during the end-of-life experience, but direct the departing soul to reach their highest level of spiritual evolution as well. Visit the authors at [www.astralinfo.org](http://www.astralinfo.org).

### **What If This Is Heaven?**

In this book, regressionist Mira Kelley shares the life-changing lessons she has learned from her clients to help you find support and understanding, and to empower you in your own growth. Mira teaches you how to connect with your Higher Self in any moment to receive guidance. You'll come to understand how everything around you is just a reflection of yourself, why is it important to forgive, why you have the right to love yourself, and how the Universe always supports you lovingly and unconditionally. The stories contained in these pages will help you discover how to heal your body, mind, and spirit as you learn about the nature of time, karma, destiny, and free will—as

well as how each choice creates a new reality for you. As you read *Beyond Past Lives*, you'll see how regression has helped others shift to a reality of health and well-being, and you will be guided to achieve the same for yourself. Prepare for a powerful transformation as you experience the profound lesson of your past lives!

### **Between Two Kingdoms**

Describes how one can truly change the concept of self, embark upon a God-realized way of living, and fulfill the spiritual truth that, with God, all things are possible.

### **--And I Breathed**

**\*A NEW YORK TIMES BESTSELLER\*** For Sarah Hepola, alcohol was "the gasoline of all adventure." She spent her evenings at cocktail parties and dark bars where she proudly stayed till last call. Drinking felt like freedom, part of her birthright as a strong, enlightened twenty-first-century woman. But there was a price. She often blacked out, waking up with a blank space where four hours should be. Mornings became detective work on her own life. What did I say last night? How did I meet that guy? She apologized for things she couldn't remember doing, as though she were cleaning up after an evil twin. Publicly, she covered her shame with self-deprecating jokes, and her career flourished, but as the blackouts accumulated, she could no longer avoid a sinking truth. The fuel she thought she needed was draining

her spirit instead. A memoir of unblinking honesty and poignant, laugh-out-loud humor, BLACKOUT is the story of a woman stumbling into a new kind of adventure--the sober life she never wanted. Shining a light into her blackouts, she discovers the person she buried, as well as the confidence, intimacy, and creativity she once believed came only from a bottle. Her tale will resonate with anyone who has been forced to reinvent or struggled in the face of necessary change. It's about giving up the thing you cherish most--but getting yourself back in return.  
\*Includes Reading Group Guide\*

### **Adventures in the Afterlife**

Go on a fascinating scientific and spiritual journey in this eye-opening book that explores the body's incredible ability to heal itself—perfect for fans of Deepak Chopra and Anita Moorjani. When we receive diagnoses from medical professionals, we are often so overwhelmed that we give up authority over our own health and well-being. But the truth is, we have more control over our health and life than we have been led to believe, and that belief is at the core of our body's capacity to heal itself. Based on the groundbreaking documentary of the same name, *Heal* follows two people on their healing journeys, while combining science-backed research and real-world testimonials from experts like Marianne Williamson, Bruce Lipton, Deepak Chopra, Bernie Siegel, Anita Moorgani, Kelly Brogan, and many others, to offer hope and alternative treatments for the many people suffering from a variety of chronic illnesses. By identifying the

emotional roots of illnesses, we can tap into the body's healing powers and discover that although healing can be complex and deeply personal, it can also happen spontaneously in a moment. Heal shows us that science and spirituality are united and demonstrates that our thoughts, beliefs, and emotions have a huge impact on our overall health and the ability to recover from illness and injury.

### **Dying To Be Me - Gujarati Edition (Cancer Upar Vijay)**

In this compelling revised edition of his book *The Turning Point*, best-selling author and visionary Gregg Braden merges his expertise in leading-edge science with present-day realities to reveal the strategies for embracing stressful change in our lives. This updated edition contains an all-new chapter not included in the original release, featuring material on the surprising discovery of brain-like cells - sensory neurites - located within the human heart, and the role they play in creating personal resilience. The powerful heart-brain connection made possible by these cells is now recognized as a portal to the deepest levels of our intuition, as well as a gateway to the subconscious mind. This book gets to the heart of the fundamental question you have no doubt asked yourself in the face of the complexities and challenges of the modern world: How do I make everyday life better for myself and my family? Through his skillful synthesis of easy-to-understand science and real-life circumstances, Gregg uniquely provides the answer, describing:

- State-of-the-art

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discoveries that are the key to embracing big change in a healthy way • The three shifts that will transform the way you think of your career, lifestyle, and finances • The simple strategies of heart-based resilience that you can learn and use immediately for optimal health in our stressful world • A template of strategies for resilient living for your family and community . . . and much more. Gregg is an optimist, as well as a realist. His lifetime of work with indigenous cultures, combined with his scholarship in science and ancient traditions, gives him reason to believe in our ability to transform in a healthy way. To get to that point, however, we must be honest with ourselves. When the facts are clear, our choices become obvious and something beautiful happens. And it's the power of this simple truth that is the basis for Resilience from the Heart. Join Gregg on this intimate journey as he unlocks the mystery of the world's extremes . . . to reveal the power to thrive in life!

### **Higher Self Now!**

After being given a terminal diagnosis with only a few weeks to live, Jane dug up research, some decades old, in her quest to survive. Rather than aiming to cure cancer, which in many cases is unachievable, Jane's approach was to stop it growing. Remarkably her approach not only stopped it growing, it disappeared altogether. There are now clinics following her protocol, achieving remarkable successes. This book is a game-changing new dawn in the treatment of cancer. An international publishing

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sensation. This page-turning inspirational read is updated with a new 'Metro Map', Jane's unique and revolutionary route map to starving cancer. A glossary and index will also be included. Written in two sections, in Part 1 Jane intertwines her remarkable life story of 'terminal cancer' to full recovery, describing how she discovered a unique cocktail of off label drugs (drugs usually prescribed for other conditions) and supplements that effectively starve the cancer stem cell, the cell left behind by conventional treatment. Treatment for the stem cell is hailed as the Holy Grail, so this book plugs the missing piece into why we do not have a cure for cancer. Lead cancer researchers at top oncology centers are now using this book as a guide and Jane has a huge following of tens of thousands on Facebook. Testimonials abound from happy and delighted recovered patients and from oncologists who use her methods. National press, TV and radio have already covered Jane's ground-breaking research. Much more is in the pipeline with two documentaries and a possible movie in the future. Jane won the 'Amazing Women Global' Lifetime Achievement 2019 and the New York Big Book Award 2019

### **Life After Life**

This book was written in tribute to a great woman who developed a disease called lupus. Having this illness caused her to give up her career as a registered nurse and to submit to lupus. Alice's desire to live came from her faith in God. She knew that God

has the power to heal. At times Alice would get angry over her illness and cry out to God, saying, "Why me?" Some people say we should not question God or ask why. It has been said that we should ask God for what we want and wait for the answer. As this lady of great faith held to God's unchanging hands and the doctors were doing all they could, she began to motivate herself to live on. She developed a purpose for living. She had developed lupus in the year of 1972. At that time, they did not know much about the disease called lupus. Being her husband and caretaker, I began to try to understand. I was having emotional difficulty dealing with the thought that there was no cure and that my loved one was going to die. It seemed very unfair. My faith and our faith combined together, and our love for one another was our strength and our key to our endurance. When you are doing all you can, the best medicine is just a little tender loving care. I was proud to be her husband through sickness and in health. This story is about my love for a dying woman with lupus.

### **Infidel**

Dr Rajiv Parti was the last man to believe in heaven or hell – until he saw them with his own eyes. Dr Parti was a wealthy man of science with a successful career as the Chief of Anesthesiology at the Bakersfield Heart Hospital in California. He demanded the same success from his son, whose failures provoked episodes of physical abuse from Dr Parti. However, his fate was overturned in 2005, when he was diagnosed with cancer. During his seventh

operation against the disease, dying from sepsis with a 105 degree fever, Dr Parti left his body and watched his own operation from the ceiling. What followed was a profound near-death experience, in which Dr Parti was met by archangels and his deceased father, who led him to witness both heaven and hell. From the angels, he learned lessons of spiritual health that they insisted he bring down to earth – to do so, Dr Parti knew he had to change his ways. After his near-death experience, Dr Parti awoke a new man. He gave away his mansion, quit his career, opened a wellness clinic and completely turned around his relationships with his family. In this remarkable true story of spiritual transformation, Dr Parti provides rare details of heaven, hell, the afterlife and angels. In sharing the lessons and eternal truths from the Divine that changed him forever, Dr Parti offers his audience the opportunity to attain peace and live a better life here on Earth.

### **To Heaven and Back**

Presents a motivational program for African Americans to train the mind so they can overcome societal roadblocks to achieve empowerment and the life of their dreams.

### **A Work in Progress**

Dream meanings.

### **Heal**

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From New York Times bestselling author and blogger Heather B. Armstrong comes an honest and irreverent memoir—reminiscent of the New York Times bestseller *Brain on Fire*—about her experience as the third person ever to participate in an experimental treatment for depression involving ten rounds of a chemically induced coma approximating brain death. For years, Heather B. Armstrong has alluded to her struggle with depression on her website, *dooce*. It's scattered throughout her archive, where it weaves its way through posts about pop culture, music, and motherhood. In 2016, Heather found herself in the depths of a depression she just couldn't shake, an episode darker and longer than anything she had previously experienced. She had never felt so discouraged by the thought of waking up in the morning, and it threatened to destroy her life. For the sake of herself and her family, Heather decided to risk it all by participating in an experimental clinical trial. Now, for the first time, Heather recalls the torturous eighteen months of suicidal depression she endured and the month-long experimental study in which doctors used propofol anesthesia to quiet all brain activity for a full fifteen minutes before bringing her back from a flatline. Ten times. The experience wasn't easy. Not for Heather or her family. But a switch was flipped, and Heather hasn't experienced a single moment of suicidal depression since. "Breathtakingly honest" (Lisa Genova, New York Times bestselling author), self-deprecating, and scientifically fascinating, *The Valedictorian of Being Dead* brings to light a groundbreaking new treatment for depression. *The Valedictorian of Being Dead* was previously published with the subtitle "The True Story of Dying

Ten Times to Live.”

## **Seeking Sickness**

The author of *The Caged Virgin* recounts the story of her life, from her traditional Muslim childhood in Somalia and escape from a forced marriage to her efforts to promote women's rights while surviving numerous threats to her safety. Reprint. 100,000 first printing.

## **Not That Kind of Girl**

THE NEW YORK TIMES BESTSELLER! "I had the choice to come back or not. I chose to return when I realized that 'heaven' is a state, not a place" In this truly inspirational memoir, Anita Moorjani relates how, after fighting cancer for almost four years, her body began shutting down—overwhelmed by the malignant cells spreading throughout her system. As her organs failed, she entered into an extraordinary near-death experience where she realized her inherent worth . . . and the actual cause of her disease. Upon regaining consciousness, Anita found that her condition had improved so rapidly that she was released from the hospital within weeks—without a trace of cancer in her body! Within this enhanced e-book, Anita recounts—in words and on video—stories of her childhood in Hong Kong, her challenge to establish her career and find true love, as well as how she eventually ended up in that hospital bed where she defied all medical knowledge. In "Dying to Be Me," Anita Freely shares all she has learned about illness,

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healing, fear, "being love," and the true magnificence of each and every human being!

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