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# WATERSIDE FOREIGN RIGHTS GUIDE

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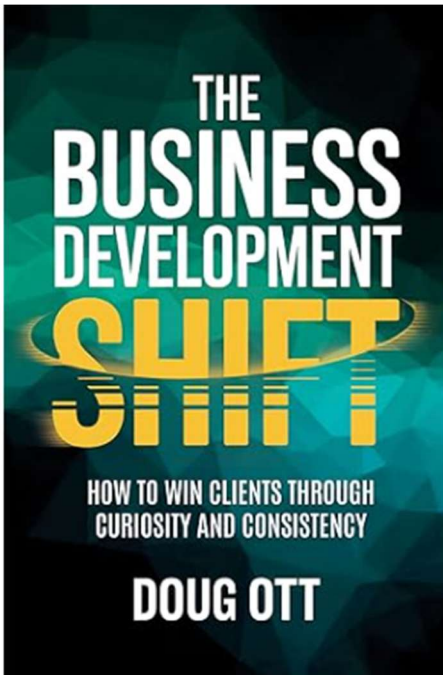
Spring/Summer 2026



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**BUSINESS & ECONOMICS  
LEADERSHIP  
ENTREPRENUERSHIP  
MARKETING**



## The Business Development Shift

### How to Win Clients Through Intellectual Curiosity and Consistency

by Doug Ott  
Morgan James Publishing  
978-1636988399 ~ 200 pages  
March 3, 2026

Most professionals are never taught how to develop business, let alone how to do it in a way that feels natural, repeatable, and authentic.

In *The Business Development Shift*, business development coach Doug Ott flips the script on traditional sales advice. Instead of relying on charisma or chasing every lead, professionals learn how to grow their practice by focusing on what truly works: curiosity, trust, and consistency.

Drawing on decades of experience coaching lawyers, consultants, and expert advisors, Ott shares the mindset shifts and real-world strategies that transform business development from an intimidating chore into a relationship-driven habit. From overcoming fear and building confidence, to asking better questions, to

staying top of mind with the right people, *The Business Development Shift* offers a clear, practical path to long-term growth, without the awkward pitch.

Whether someone is an associate looking to build early momentum or a senior professional ready to deepen their network, this insightful resource will help them stop selling and start connecting.

Business goes to those who show up consistently, and *The Business Development Shift* shows professionals how.

## The Babylon Blueprint for Authors

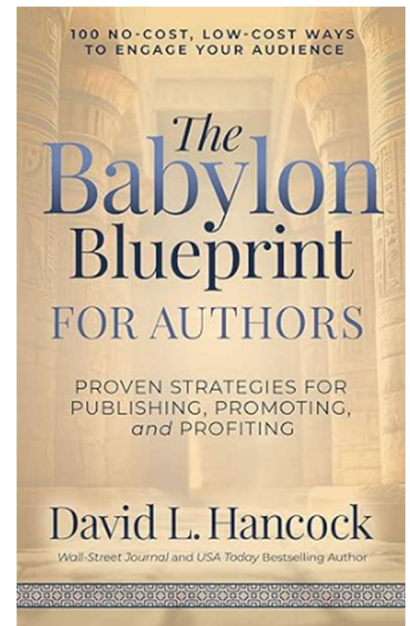
### Proven Strategies for Publishing, Promoting, and Profiting - 100 No-Cost, Low-Cost Ways to Engage Your Audience

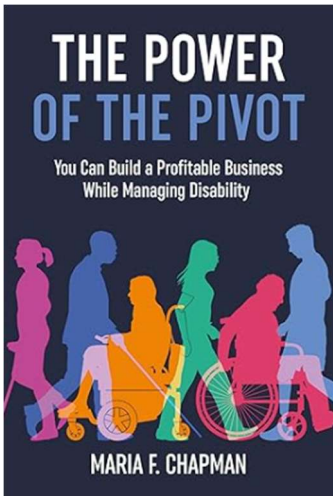
by David L. Hancock  
Morgan James Publishing  
978-1636987798 ~ 246 pages  
March 17, 2026

**Authors today face limitless opportunities—and countless challenges—in the rapidly evolving publishing landscape. Inspired by timeless financial wisdom from *The Richest Man in Babylon*, *The Babylon Blueprint for Authors* equips entrepreneurial authors with actionable, budget-friendly strategies for success.**

Best-selling author and publishing innovator David L. Hancock translates powerful, ancient financial principles into practical, modern-day strategies that empower authors to publish successfully, market creatively, and profit sustainably. Within its pages, authors will discover 100 no-cost or low-cost tactics specifically crafted to enhance visibility, authentically engage an audience, and drive sustained profitability.

From harnessing the power of hybrid publishing and mastering guerrilla marketing techniques to developing strategic partnerships and shifting to an entrepreneurial mindset, *The Babylon Blueprint for Authors* provides an essential guide for thriving in today's competitive market. This resource delivers proven methods and insider secrets from Hancock's extensive experience as a pioneering hybrid publisher and *Wall Street Journal* best-selling author.





## The Power of the Pivot

by Maria F. Chapman  
Morgan James Publishing  
978-1636989693 ~ 224 pages  
May 5, 2026

**Ever tried climbing a ladder in a wheelchair? Spoiler alert: It sucks.**

The corporate ladder was never built for disabled professionals, and traditional career paths often create more barriers than opportunities. But entrepreneurship offers an alternative—a chance to build financial security, autonomy, and a business that works for people with disabilities.

With the right support, entrepreneurship can be a powerful tool for disabled individuals navigating a workforce that wasn't designed with them in mind. *The Power of the Pivot* challenges the outdated corporate mindset and offers a fresh approach to business ownership. Whether balancing chronic illness, caregiving, or simply wanting a business that fits into their life (not the other way around), this

pragmatic guide provides practical strategies for working smarter—not harder.

Author and entrepreneur Maria Chapman knows firsthand the challenges of launching a business while managing life's complexities. After a neuromuscular condition ended her teaching career, she built a ghostwriting agency starting from her hospital bed. Through real-life experiences, proven frameworks, and actionable advice, she shares how to

- Build a profitable business without sacrificing one's health or personal life
- Manage time, money, and energy for sustainable growth
- Leverage outsourcing and automation to avoid burnout
- Prioritize relationships, self-care, and nonnegotiables in one's business strategy

Success isn't about working more hours—it's about working the right way. *The Power of the Pivot* is the disabled person's guide to redefining success, reclaiming their time, and building a business that works for them. Ready to create a business that supports one's life instead of consuming it?

## Gratitude Harnessing the Force of Organizational Gratitude

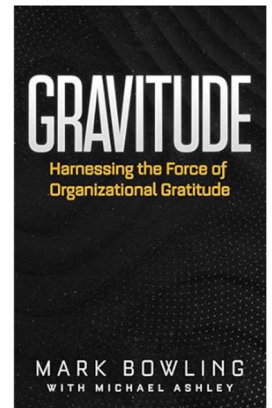
by Mark Bowling  
Morgan James Publishing  
978-1636987170 ~ 220 pages  
January 6, 2026

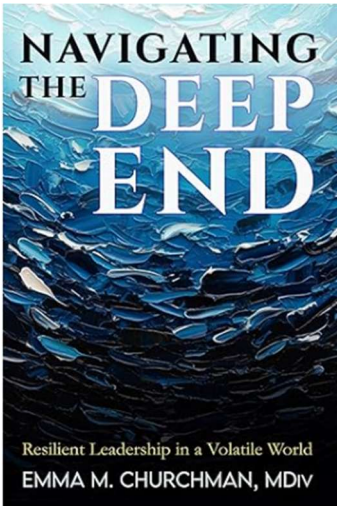
Mark Bowling has had some incredible mentors - Cam Lanier and Regi Campbell top the list. Their impact on his life has been profound, for which he is extremely grateful. You probably have your own list. And chances are, you're on someone else's. *Gratitude* provides you (and your organization) with the tools to grow that second list.

Gratitude isn't just a virtue - it's a force that shapes the success of organizations. *Gratitude* reveals how leaders can harness this powerful force through six foundational pillars: Phileo Love, Trust, Teamwork, BHAGs (Big Hairy Audacious Goals), Legacy, and Identity. Just as gravity strengthens with mass, the presence of these pillars amplifies *Gratitude*—a measurable force that fosters engagement, loyalty, and organizational excellence.

Featuring exclusive insights from top executives - including **Dave Katz** (President & COO, Coca-Cola Consolidated), **Glen Jackson** (Co-Founder, Jackson Spalding), **Tim Fisher** (President, Jackson + Coker), **Jeff Henderson** (Executive Director, Leadership Strategy and Innovation, Chick-fil-A), **Ben Tyson** (CEO, No Longer Bound), and **Horst Schulze** (Co-Founder, Ritz-Carlton) - this book validates how gratitude transforms workplace culture.

*Gratitude* also distinguishes between fleeting thankfulness and deep, lasting gratitude, explaining why cultivating "grateful fans" leads to greater organizational success than simply creating "raving fans." Finally, it introduces the Gratitude Quotient (GQ), a groundbreaking tool that enables leaders to measure and strengthen gratitude within their teams.





## Navigating the Deep End Resilient Leadership in a Volatile World

by Emma Churchman  
Grace Point Publishing – Empower Press  
978-1966346968 ~ 250 pages  
June 1, 2026

*How do you lead resiliently when everything you thought you knew disappears in an instant?*

In these pages, you'll discover the stories of leaders who navigated their businesses through Hurricanes Helene, COVID supply chain disruptions, California wildfires, personal health crises, and market collapses. You'll also journey with me through my own story of loss, heartache, and the path back to purposeful leadership.

This isn't just another business book filled with theories and frameworks—though you'll find practical tools throughout. This is part leadership guide, part roadmap for staying human in the midst of chaos. It's your invitation to consider what it truly means to lead from a place of vulnerability and authenticity, empowering yourself and everyone around you to show up fully, especially when the ground beneath you shifts.

Working with leaders in crisis has taught me the most resilient leaders aren't the ones who never fall down, they're the ones who know how to get back up, bring others with them, and find a way to honor both the weight of their responsibility and the fullness of their humanity.

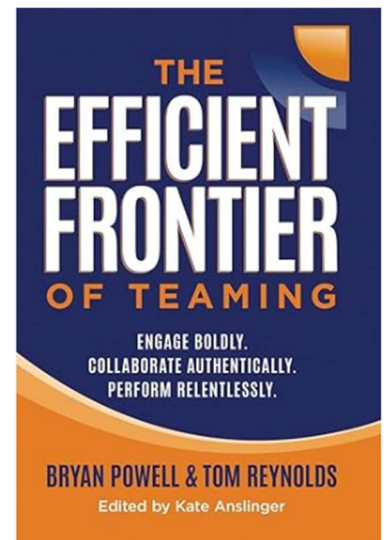
This book will show you how.

## The Efficient Frontier of Teaming Engage Boldly. Collaborate Authentically. Perform Relentlessly

by Byran Powell & Tom Reynolds  
Ethos Collective  
978-1966346968 ~ 250 pages  
February 13, 2026



#1 New Release



### Are you leading a team or just managing one?

Your team isn't failing because you lack talent or strategy. It's underperforming because you lack the systems and courage to unlock what's already there. You can't separate performance from psychology.

In *The Efficient Frontier of Teaming*, Bryan Powell and Tom Reynolds seek to raise the standard of what it means to be part of a team where everyone's voice is appreciated, heard, and respected. This is your guide to:

- Create a safe place that helps your team feel comfortable operating more efficiently
- Lead with vulnerability and authenticity so your team is not afraid to make mistakes and learn from them
- Build your team from merely functioning to performing optimally

It is time to design a team that doesn't just perform daily tasks but consistently innovates, collaborates, and transforms the way each team member expresses their unique thoughts.

**Don't just manage routines. Lead innovation, starting today.**



## Thinking for Success

### 52 Stories That Upgrade Your Thinking to Boost Productivity, Problem-Solving, and Relationships

by John Knowlton  
Morgan James Publishing  
978-1636987231 ~ 150 pages  
January 6, 2026

Great thinking leads to great success. But how do you train your mind to think in ways that boost productivity, solve problems, and strengthen relationships?

In *Thinking for Success*, John Knowlton shares 52 captivating stories that challenge limiting beliefs, spark fresh perspective, and help you make better decisions in every area of life. Drawing from history, literature, and real-world experiences—including his own—John presents a practical and engaging approach to thinking differently.

Learn what Kurt Vonnegut had to say about love and courtesy. Discover how Midshipman Jonathan Monkhouse saved Captain Cook and the crew of HMS

Endeavor. Find wisdom about self-talk from an elderly woman named Yvonne.

Whether you're a recent graduate seeking direction, a manager aligning your team, or a business leader looking to communicate with clarity—*Thinking for Success* delivers real tools for upgrading your thinking, one story at a time. Perfect for personal development, leadership training, or weekly team discussions, this inspiring collection offers insight, challenge, and transformation in short, actionable chapters.

## The CEO Mirage

by John B. Gearing  
Morgan James Publishing  
978-1636988177 ~ 120 pages  
February 3, 2026

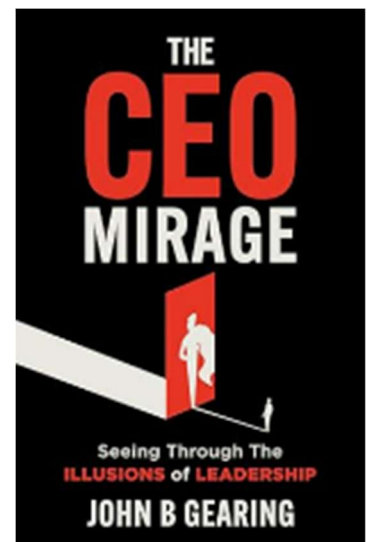
Leading a business—or just managing the illusion of success?

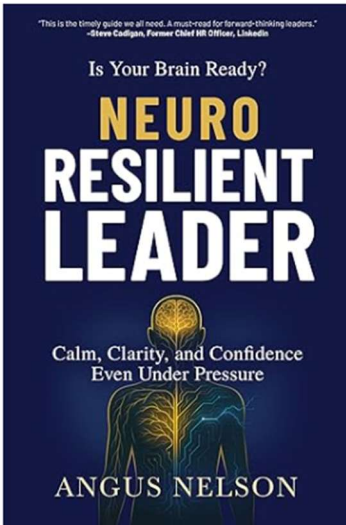
In *The CEO Mirage*, John B. Gearing pulls back the curtain on modern business leadership, revealing the dangerous myths, blind spots, and ego traps that take down even the smartest CEOs and founders. Drawing on twenty-five years of hard-won experience across startups, private equity, and international brand management, Gearing delivers a brutal but necessary reality check for anyone in the top seat.

From the cult of the charismatic founder to the seductive lies of optimistic business plans, this insightful guide lays out the leadership illusions that derail companies—and the operational truths that save them. No jargon. No theory. Just real-world case studies, sharp insights, and battle-tested tools designed to help CEOs lead with clarity, discipline, and courage.

Whether they're scaling fast, preparing for an exit, or just trying to survive the next board meeting, *The CEO Mirage* will challenge how CEOs and founders think about leadership—and show them how to build a company that doesn't collapse when reality hits.

See through the mirage. Lead what's real.





## Is Your Brain Ready? Neuro Resilient Leader Calm, Clarity, and Confidence Even Under Pressure

by Angus Nelson  
Morgan James Publishing  
978-1636988795 ~ 250 pages  
May 5, 2026

**The most overlooked performance system in business today is the human nervous system.**

While many executives have been perfecting strategies and systems, their nervous systems have been burning out from processing complexity they weren't designed to handle. The exhaustion they feel isn't just mental—it's neurological.

In *The Neuro-Resilient Leader*, transformation expert Angus Nelson reveals how the most successful leaders are mastering the ability to maintain optimal nervous system function under exponential pressure.

Through seven powerful evolutions, executives will discover how to

- Transform from reactive to regulated under any pressure
- Convert self-doubt into unshakable self-trust
- Create magnetic influence that attracts top talent and opportunities
- Build the internal capacity to thrive in chaos while others burn out

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## Visionary How Driven Entrepreneurs Get What They Want Without Doing It All Themselves

by Mark C. Winters  
Ethos Impact  
978-1636805771 ~ 332 pages  
December 3, 2025

### How Can I Get What I Want Without Doing It All Myself?

If you're an entrepreneur, you already know the hustle. You're spinning plates, managing teams, launching ideas, chasing opportunities—and somehow, you still feel stuck. You're working harder than ever, yet your impact feels smaller than you expected. Sound familiar?

You're not alone—and you're not broken. In *Visionary*, author Mark C. Winters unpacks the real reason so many high-achieving entrepreneurs feel frustrated: they're doing too much of what they *shouldn't* be.

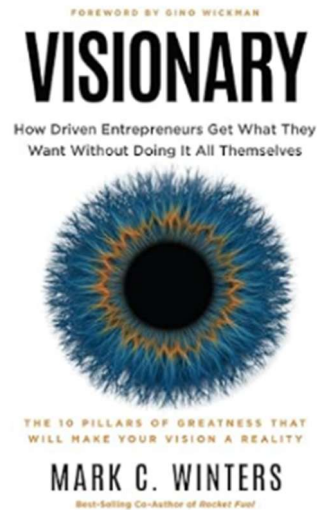
Most Visionaries have a rebellious streak. Mark understands well the resistance to being told what to do. He knows most Visionaries don't like structure, hate getting in the weeds, and struggle to delegate—even the work they don't love. But here's the secret: greatness isn't found in doing more—it's in channeling your energy.

After more than a decade of teaching Visionaries and Integrators how to maximize the power of their V/I Duo relationship, Mark is going deep on the visionary entrepreneur. What does it mean to be truly great as a Visionary? It's time to unlock massive impact by leveling up this vital role in the context of your business. In the process, you'll realize even more of the unique freedom you seek.

Inside, Mark will share the 10 Pillars of Greatness, principles that will help you:

- Define what *greatness* truly means for you so you can maximize your impact.
- Identify what's holding you back so you can unleash your true power.
- Stop drowning in the small stuff and go make your vision a reality.

**Stop drowning in details. Start playing your real role. Create the impact you were born to make.**





## Management by Cliche Business Proverbs That Worked

by Jim Tracy  
Morgan James Publishing  
978-1636988030 ~ 80 pages  
February 24, 2026

Build a business. Live the dream. Learn from the clichés that actually work.

From humble garage startup to multimillion-dollar enterprise, Jim Tracy and his family didn't just chase the American dream—they caught it. Along the way, they created jobs, built thriving companies, and proved that success doesn't always require reinventing the wheel.

In *Management by Cliché*, Tracy reveals the so-called clichés that quietly power real-world success—time-tested business truths that built empires from the industrial age to the tech boom. From the wisdom of Theodore Roosevelt to the grit of millennial entrepreneurs Jim has worked with directly, these principles have stood the test of time because they work.

Discover how these classic business mantras can

- Sharpen communication across teams
- Strengthen leadership at every level
- Supercharge business growth in any organization

Ideal for entrepreneurs, executives, or anyone passionate about business, these timeless insights offer more than just wisdom—they can transform communication and ignite business success.

It's not just advice. It's a winning playbook—hidden in plain sight.

## Rollout Get Your Entire Team Running on EOS to Achieve Your Vision

by Marisa Smith & Beth Fahey  
Ethos Impact  
978-1-63680-589-4  
February 8, 2026

### What's Keeping Your Company from Reaching the Next Level?

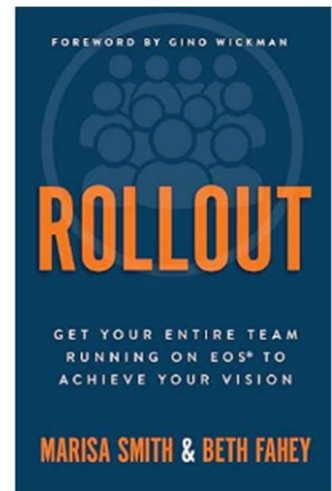
You've mastered the basics of the Entrepreneurial Operating System® (EOS®). Your leadership team is aligned, the vision is clear, and you're gaining traction. Now comes the real challenge: rolling out your vision and EOS company-wide.

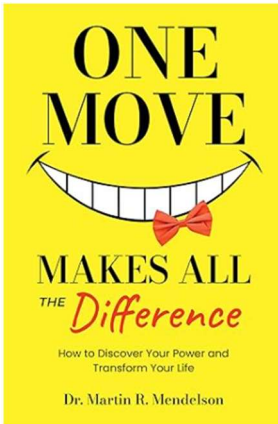
To get what you want from your business, you must take EOS beyond the leadership team and equip everyone in the organization with the tools they need to help you achieve the vision. With a clear plan and patient, intentional leadership, you can get your entire team to understand, embrace, and consistently use the EOS tools.

*Rollout: Get Your Entire Team Running on EOS to Achieve Your Vision* was written by Expert EOS Implementers® Marisa Smith and Beth Fahey to bridge the gap between learning the EOS tools and embedding them into the fabric of your organization. With proven strategies, real-world insights, and practical guidance, you'll learn how to:

- Cascade your vision and tools throughout every level of the company
- Overcome resistance to change, get buy-in, and keep momentum alive
- Build accountability and create alignment so your entire team works in harmony

Whether you're just starting your EOS journey, rebooting after a stalled attempt, or fine-tuning an implementation system that's already running well, *Rollout* gives you the roadmap you need to succeed.





## One Move Makes All the Difference

### How to discover your power and transform your life

by Dr. Martin R. Mendelson  
Morgan James Publishing  
978-1636987897 ~ 200 pages  
December 2, 2025

Burnout has become an epidemic, with 77% of professionals experiencing it at some point in their careers. *One Move Makes All the Difference* offers a science-backed solution for leaders and high achievers struggling with overwhelm, decision fatigue, and work-life imbalance. Drawing on cutting-edge neuroscience, psychology, and coaching principles, Dr. Martin Mendelson—renowned executive coach and leadership strategist—delivers a proven path to sustainable success.

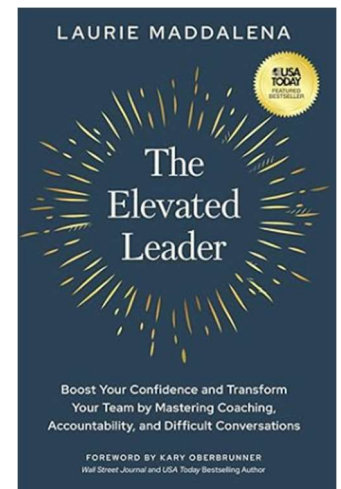
This transformative guide introduces a simple yet powerful four-step framework designed to help professionals rewire thinking patterns, enhance decision-making under pressure, and regain control of their time and energy. Unlike theory-heavy leadership books, *One Move Makes All the Difference* provides clear, actionable strategies that can be implemented immediately, making it an essential tool for those ready to overcome feeling stuck and step into more effective leadership.

Ideal for executives, managers, and business leaders, *One Move Makes All the Difference* offers practical insights that support both personal and professional growth. Whether applied in corporate training programs, executive coaching, or personal development, this guide empowers organizations and individuals to create lasting transformation, bringing clarity, focus, and balance back into the hands of today's busy professionals.

## The Elevated Leader

### Boost Your Confidence and Transform Your Team by Mastering Coaching, Accountability, and Difficult Conversations

by Laurie Maddalena  
Ethos Collective  
978-1-63680-235-0 ~ 228 Pages  
September 12, 2025



#### The World Needs You—The Elevated Leader

Imagine being able to boost your focus and your energy, deliver exceptional results, and enhance your work-life fulfillment, all while achieving your highest levels of success.

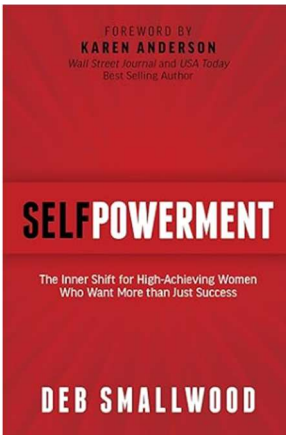
Author and leadership expert Laurie Maddalena understands the challenge of managing without the right tools or training. Like most leaders, early in her career, she longed for a model to help overcome the obstacles. In her journey, she discovered a framework that made success possible and practical. She transformed her leadership style and achieved new levels of executive effectiveness.

In *The Elevated Leader*, you'll discover these same skills and strategies to confidently lead your team, experiencing undeniable success. Get ready for your own transformative journey that will empower you to become an influential catalyst within your organization.

Learn and leverage these powerful principles:

- **The Power of Confident Coaching:** Master how to confidently coach your employees through constant change, harnessing their untapped potential, and guiding them toward greatness.
- **The Art of Intentional Leadership:** Uncover the science of intentionality with your newfound focus and energy.
- **Navigating Tough Conversations:** Equip yourself with the skills to facilitate challenging conversations with grace and effectiveness. Gain the confidence to handle even the most difficult exchanges directly and respectfully.
- **Igniting Employee Engagement:** Discover innovative techniques to engage your employees fully, igniting their peak performance. Enjoy the ripple effect as your team's productivity soars.

With real-world examples, actionable insights, and practical advice, *The Elevated Leader* is your roadmap to creating a thriving, positive, results-driven team.



## Self Powerment

### The Inner Shift for High-Achieving Women Who Want More than Just Success

by Deb M. Smallwood  
Morgan James Publishing  
978-1636989983 ~ 200 pages  
April 14, 2026

Success opened the door. Fulfillment takes it further. Checked every box. Earned the titles. Led with strength. Reached the top—yet something still feels missing. Smart, capable, accomplished . . . and often depleted. Somewhere along the way, the deeper *why* got buried under the weight of achievement, expectations, and the constant push to prove that women can do it all.

Being a woman in business today still carries unique challenges. But no permission is needed to reclaim power—it's a choice. *SelfPowerment* is a bold, research-backed guide for high-achieving women ready to stop powering through and start leading from a place of clarity, confidence, and inner peace. Built on 46 years of executive insight and grounded in interviews with 52 senior women leaders and 10 male allies, Deb Smallwood introduces a transformational four-part framework: Acknowledge, Awaken, Accept, Align.

Whether stepping into the next chapter of leadership, navigating a career pivot, or seeking deeper personal growth, *SelfPowerment* helps women

- Quiet the inner noise
- Move from burnout to purpose
- Redefine success on their own terms

A promise of transformation:

- Exhaustion → Energy
- Survival → Thriving
- Performance → Presence
- Validation → Alignment

This isn't about scaling back ambition—it's about realigning power, mindset, and voice. The shift begins now. And it begins from within. Welcome to *SelfPowerment*.

## Sell Like A Woman

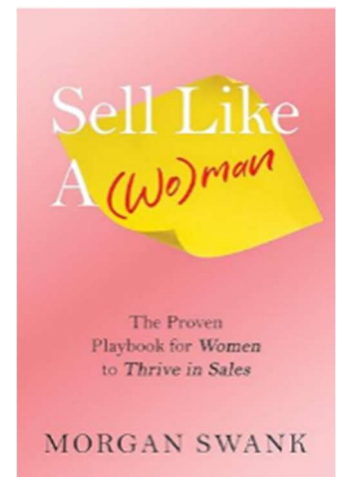
### The Proven Playbook for Women to Thrive in Sales

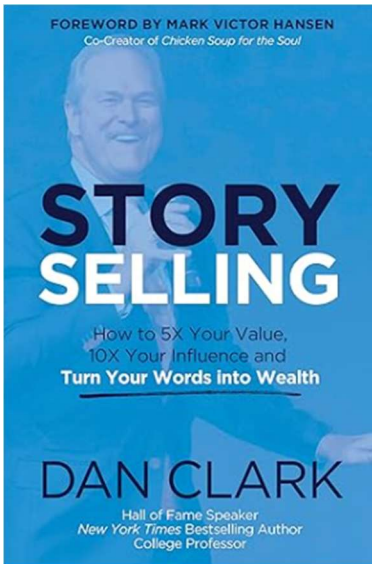
by Morgan Swank  
Morgan James Publishing  
978-1636988276 ~ 85 pages  
February 10, 2026

*Sell Like A Woman* challenges the outdated, aggressive sales tactics that have long dominated the industry and redefines success on new terms—ones that work for women. In a world where sales has been shaped by competition, cold calls, and cutthroat deals, this insightful guidebook offers a fresh approach: one built on empathy, collaboration, and authenticity.

Drawing on real-world experiences, compelling research, and sharp humor, *Sell Like A Woman* reveals how women can leverage their natural strengths—like relationship-building, active listening, and strategic problem-solving—to not only compete but outperform traditional sales methods. Through practical strategies, mindset shifts, and actionable exercises, women will learn how to navigate workplace bias, redefine assertiveness, and master the art of authentic networking without sacrificing who they are.

Packed with insights for sales professionals, business owners, and corporate leaders, *Sell Like A Woman* flips the script on success in sales. Whether professional women are closing deals, growing a business, or climbing the corporate ladder, this useful resource will help them ditch outdated playbooks and build a career that works on their terms. The question isn't whether a woman can sell like a man. The question is—why would she want to?





## Story Selling

How to 5x your value, 10x your influence, and turn your words into wealth

by Dan Clark  
Morgan James Publishing  
978-1636989051 ~ 184 pages  
April 7, 2026

Master the Art of Story Selling

Success demands the ability to communicate with power, clarity, and emotion. Leaders who can deliver their story with authenticity, humor, and insight are seen as credible, influential, and unforgettable. Storytelling is not just an art—it's a science rooted in brain chemistry.

*Story Selling* explores how to activate the six key brain chemicals—Adrenaline, Endorphins, Dopamine, Serotonin, Oxytocin, and Cortisol—through strategic storytelling. Drawing from decades of research and speaking experience, Dan Clark reveals how to discover, structure, and deliver stories that resonate deeply and move people to action.

More than a guide to public speaking, *Story Selling* is a blueprint for influence. Whether closing deals, inspiring teams, or building trust, the right story, told well, becomes a leader's most powerful tool.

*Story Selling* transforms speakers into storytellers—and storytellers into unforgettable leaders.

## MILLION DOLLAR AI PROMPTS

### The Blueprint from Prompt to Product to Profit

by Desmond A. Brown  
Morgan James Publishing  
978-1636988672  
October 7, 2025

*Million Dollar AI Prompts* is the ultimate guide for creatives, side hustlers, and solopreneurs tired of watching from the sidelines as others cash in on the AI revolution. Turning a simple sentence into income-generating art, products, and brands has never been easier—and it doesn't require tech degrees, coding skills, or big budgets—just a hunger to win.

As highlighted by Carnegie Hall's Power Network Summit, Desmond A. Brown is a leading innovator in creative entrepreneurship and AI-driven monetization. In this groundbreaking blueprint, Brown reveals exactly how to leverage free AI tools like ChatGPT, Midjourney, and DALL-E to design sellable products, launch scalable brands, and generate multiple streams of digital income.

Blending street-smart hustle with proven business strategies, *Million Dollar AI Prompts* delivers actionable tactics for turning creativity into currency. If *Rich Dad Poor Dad* and *Crushing It!* had a futuristic cousin straight from the AI lab with a million-dollar game plan—*Million Dollar AI Prompts* would be it.

- It's not about tech; it's about ownership.
- It's not about prompts; it's about profit.
- No need for a background in AI, just a hunger to win.
- Who's ready to turn AI into their next payday

## MILLION DOLLAR AI PROMPTS

The Blueprint from Prompt  
to Product to Profit



DESMOND A. BROWN

# THE GUIDE TO GOING VIRAL

## THE GUIDE TO GOING VIRAL The Art and Science of Succeeding on Social Media

by Brendan Kane  
Hook Point LLC  
979-8990871410 ~ 316 pages  
July 15, 2024



#1 Best Seller

### BRENDAN KANE

**In a digital realm where there are 4.8 billion people on social media sending billions of messages out into the world every day, standing out requires more than just luck—it demands the strategic finesse akin to crafting a blockbuster film.**

**The Guide to Going Viral** is like a director's manual for social media. It provides a step-by-step approach to crafting content with the impact of a classic film. Brendan Kane leverages his expertise in social media, entrepreneurship, and the film industry to blend

the art of filmmaking with strategies for viral content creation. This unique combination highlights his talent in transforming traditional storytelling into engaging online narratives, ensuring success in the digital realm.

Through Kane's perspective, social media becomes a director's stage, with each post unveiling a narrative arc designed to captivate and engage the audience—and striving for the digital equivalent of a standing ovation. He empowers you to assume the role of director, producer, actor, and screenwriter for your content, helping you master storytelling techniques that leave a lasting impact.

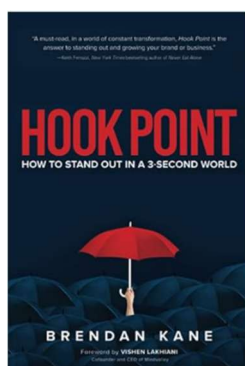
With twenty years of experience, Kane and his team at Hook Point have pioneered a process that has amassed tens of billions of views and hundreds of millions of followers for their clients. Now, Kane shares the most effective tools from his digital agency's arsenal. This includes the Viral Content Model, Viral Formats, and the Communication Algorithm—consider these your elite digital content advisers.

Designed for visionary creatives, aspiring influencers, emerging entrepreneurs, and seasoned professionals alike, this guide is your blueprint for establishing a legacy on social media.

Emmy Award-winning radio and TV host John Tesh commends this approach: "Working with Kane and his team revolutionized my approach to social media. I thought I had audience engagement figured out, but their insights revealed just how much more there is to learn."

This book simplifies the complexities of achieving virality on social media, providing clear insights into a world where you're usually told to rely on ephemeral hashtags, passing trends, and mere luck.

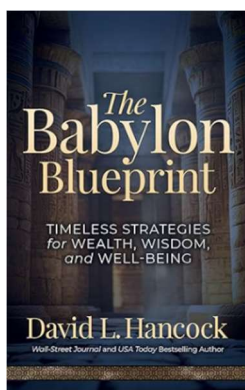
If you're ready to seize the spotlight in your industry and create content that earns widespread recognition, *The Guide to Going Viral* offers a crucial blueprint for sustained success.



**ALSO AVAILABLE  
FROM  
BRENDAN KANE**

**Translated into 16  
languages**





## The Babylon Blueprint

### Timeless Strategies for Wealth, Wisdom, and Well-being

by David L. Hancock  
Morgan James Publishing  
978-1636987811 ~ 142 pages  
December 2, 2025

Unlock Ancient Secrets for Modern Financial Success  
What if the path to financial freedom and abundance had already been discovered thousands of years ago? *The Babylon Blueprint* brings timeless wisdom from the legendary city of Babylon into the modern world, revealing proven principles for building lasting wealth and prosperity.

Through powerful insights, relatable case studies, and practical strategies, best-selling author David L. Hancock shows people how to reshape their mindset, master their money, and create sustainable financial success. Drawing inspiration from the enduring lessons of Babylon's golden era, people will learn how to:

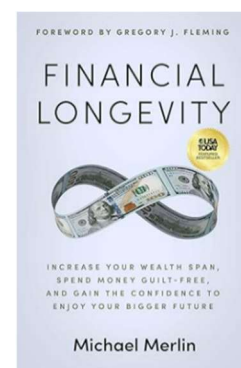
- Develop an empowering wealth mindset
- Gain control over their cash flow and spending
- Establish powerful saving and investment habits
- Protect and grow their assets effectively
- Generate passive income to achieve financial independence
- Create lasting prosperity through disciplined practices and strategic generosity

Whether people are just starting their financial journey or looking to strengthen their existing wealth-building strategies, *The Babylon Blueprint* is the essential guide to a life of abundance and lasting prosperity. *Build wealth the Babylonian way—timeless lessons, modern results.*

## Financial Longevity

### Increase Your Wealth Span, Spend Money Guilt-Free, and Gain the Confidence to Enjoy Your Bigger Future

Michael Merlin  
Ethos Collective  
978-1-63680-353-1  
March 31, 2025



**If you could live for a hundred more years, would your resources survive too?**

People are living longer than ever, but most are not financially prepared for their longevity. Whether you live to fifty or one hundred fifty, your lifespan will be less fulfilling if your wealth span does not match.

In *Financial Longevity*, wealth management expert Michael Merlin demystifies the complex world of financial planning, offering a clear roadmap to increase your wealth span and enjoy a bigger, more fulfilling future. Whether you're just starting your financial journey or looking to verify you're on the right track, this book is your essential guide.

Michael identifies three “financial diseases” that cause short wealth spans and provides simple, actionable strategies for treating each. You'll learn how to:

- Maximize your wealth span and secure your financial future
- Spend money guilt-free while still growing your assets
- Enjoy your bigger future with confidence

Don't let financial complexity hold you back from living your best life. Take the complex and make it simple.

In the span of 21 months, and before his 40th birthday, Justin's investments drove enough passive income for both he and his wife Jennifer to leave their jobs. Following his simple investment system and 10 Commandments of Lifestyle Investing®, Justin negotiated deals with over 100 companies, multiplied his net worth to over eight figures, and maintained a family-centric lifestyle in less than two years. Just two years later, he doubled his net worth again.

# TAKE CONTROL

The Financial Advisor's Guide to Exponential Income Growth



RICKSON DSOUZA  
Foreword by Dan Sullivan, Co-Founder of Strategic Coach

## Take Control The Financial Advisor's Guide to Exponential Growth

by Rickson Dsouza  
Ethos Collective  
978-1636805863 ~ 114 pages  
December 17, 2025



#1 Best Seller



**Success is never an accident.**

Looking from the outside in, people only see the end result, the glory, the wins. But what kind of sleepless nights, sacrifices, and strategic decisions does it take to go from struggling to thriving? How do you rise above the noise and build a career that delivers extraordinary results, freedom, and fulfillment?

Rickson Dsouza, one of Dubai's most accomplished life insurance advisors, knows the answers because he's lived them. In *Take CONTROL*, Rickson shares the powerful, proven framework he used to transform his life and career, offering readers an actionable guide to achieving the same. The CONTROL system is a blueprint for commission-based professionals who want to unlock exponential growth, serve their clients with excellence, and build a business that aligns with their dreams.

Let Rickson's CONTROL System help you:

- Set Clear Goals and take Ownership to unlock exponential growth
- Know Your Numbers and establish Tactics so you can serve your Right-Fit clients with excellence
- Lean into an Obsession with your craft and build a business that aligns with your dream life

This book is a call to action for anyone tired of mediocrity. Packed with real-world strategies, relatable anecdotes, and the mindset shifts needed to succeed, *Take CONTROL* is a must-read for financial advisors, entrepreneurs, and anyone ready to take charge of their future. Your next breakthrough isn't a matter of luck—it's a matter of control. Take it.

## And Then You Win A Start-Up's Untold Story of Grit, Grind, and Glory

by George Kikvadze  
Ethos Collective  
978-1-63680-531-3  
December 2, 2025



#1 Best Seller



**The first true insider story of Bitcoin's rise—told by someone who survived it.**

First they ignore you. Then they laugh at you. Then they fight you. And then you win. This story you're about to immerse yourself in? It's real. It's raw. It may sound unbelievable, but every word is true. And the witnesses? Bitcoin OGs. VCs. Angels. Presidents. Oligarchs. Sheikhs. FBI agents. Hackers. Buddhist monks. They lived it too.

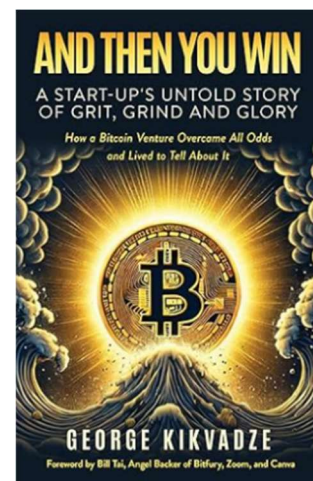
*And Then You Win* is the untold insider account of Bitcoin's wildest decade: how a fringe idea battled ridicule, resistance, and regulatory heat to become a global financial movement. From early-stage boardrooms and late-night strategy calls to global stage battles, George Kikvadze brings you to the front lines of the revolution with stories no one else can tell.

Inside, you'll discover:

- How to lead through chaos when the world thinks you're crazy
- Why relentless focus and grit matter more than genius
- What it takes to win when the odds are rigged against you

Meet the misfits and rebels who risked everything to rewrite the rules of money, power, and trust. *And Then You Win* is a wild ride through one of the most disruptive movements of our time—told by someone who lived it from the inside.

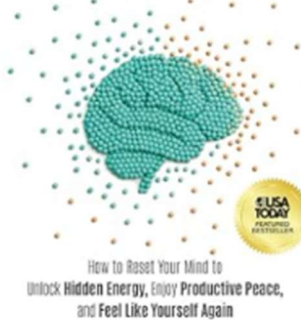
This isn't just a startup story. It's a hard-won blueprint for winning against impossible odds, packed with lessons learned and candid advice for the next generation of tech entrepreneurs.



# **SELF-HELP / PERSONAL GROWTH**

Foreword by Dr. David G. Amaral, Founder of Amen Clinics and Author of the New York Times Bestseller *Change Your Brain, Change Your Life*

# REGROUP



BARBARA GUSTAVSON

## Regroup

How to Reset Your Mind to Unlock Hidden Energy, Enjoy Productive Peace, and Feel Like Yourself Again

by Barbara Gustavson  
Ethos Collective  
978-1-63680-565-8 ~ 162 pages  
January 6, 2026



**Who will take care of everything if you don't take care of yourself?**

You've built a life of showing up—for your business, your team, your clients, and your family. On the outside, it looks like you've got it all handled, but the weight of your responsibilities is quietly wearing you down.

Author Barbara Gustavson knows how you feel. Navigating the emotional demands of caregiving, raising a family, and running a business took its toll—until she built a life around alignment and restoration. In *Regroup*, she weaves together personal stories, grounded insights, and practical steps to remind you you're not alone and help you start living from a place of alignment, focus, and deep connection.

Rooted in neuroscience, the framework Barbara developed will show you how to reset your mind so you can:

- Turn time management into untapped energy management.
- Learn to work with your brain, not against it.
- Reconnect with what fuels you so you can feel like yourself again.

*Regroup* isn't about escaping or pushing harder. It's about pausing long enough to get clear on what matters most—so you can move forward with intention, not overwhelm.

**Protect your purpose and lead from a place of clarity and resilience starting today.**

## Beat Yesterday

The Playbook for playing life up to your full potential

by Jake Thompson  
Morgan James Publishing  
978-1636988931 ~ 200 pages  
April 7, 2026

Every day there's a choice: drift toward mediocrity or compete for excellence.

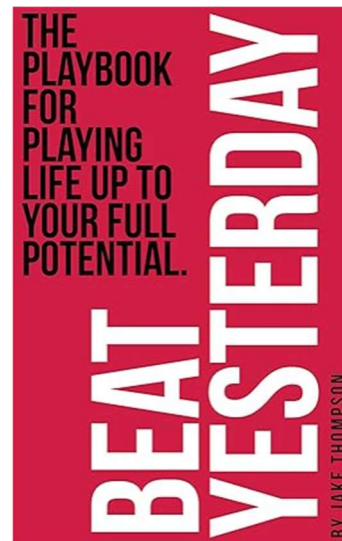
In an comparison-obsessed world, people exhaust themselves chasing external validation while the real competition happens within. Former athlete turned performance coach Jake Thompson reveals why "being the best" leads to burnout while "becoming your best" creates sustainable success.

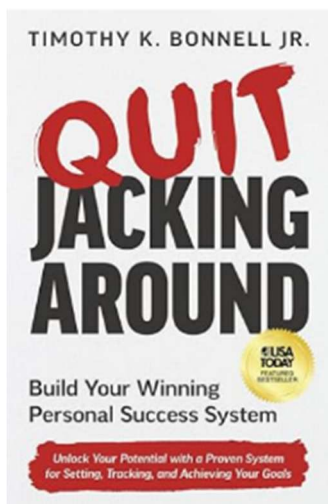
*Beat Yesterday* provides the first framework designed specifically for competitive personalities trapped in social media comparison cycles. Through proven systems like the C.O.M.P.E.T.E. and T.O.D.A.Y. frameworks, people learn to

- Transform comparison from quicksand into rocket fuel
- Redirect competitive drive toward daily internal competition
- Build sustainable excellence within real-world constraints
- Create separation through consistent 1% improvements

Design relationships and environments that elevate your game

High achievers must stop measuring themselves against everyone else's highlight reels, and start competing with yesterday's version of themselves. Their greatest victory won't be beating others; it will becoming who they were designed to be.





## Quit Jacking Around Build Your Winning Personal Success System

by Timothy K. Bonnell Jr.  
CoVerse  
978-1636805498 ~ 330 pages  
January 14, 2026



**Do your dreams keep slipping out of reach?**

Filled with optimism and energy, you set ambitious goals you are determined to achieve. You start out strong, feeling confident, but after a while, life gets in the way, and you realize it's suddenly been weeks without progress. Here's the thing: Most people don't fail because they lack ambition; they fail because they lack the systems to bridge the gap between their dreams and reality.

Author Tim Bonnell knows this struggle well. He reached a breaking point in his weight loss journey until he changed his mindset—and went on to lose ninety pounds. Whatever your goal is, you can have the same success.

In *Quit Jacking Around*, Tim teaches you how to:

- Clarify your vision so you can filter distractions from priorities
- Sustain momentum to keep you pushing towards your goals
- Build a Personal Success System that will lead to lasting success

With the right mindset, purpose, vision, goals, and execution system, real transformation happens. Quit jacking around and start creating the life you want to live.

**Turn your ambitions into action today.**

## The 1up Effect Gamify your life to win and have fun playing

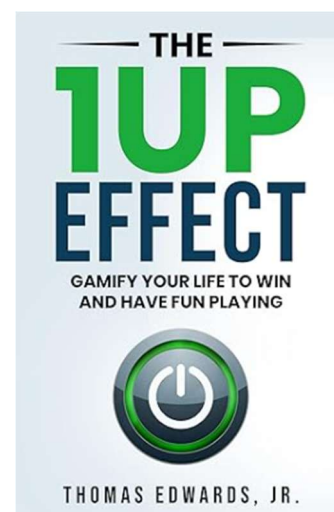
by Thomas Edwards Jr.  
Morgan James Publishing  
978-1636989396 ~ 220 pages  
June 2, 2026

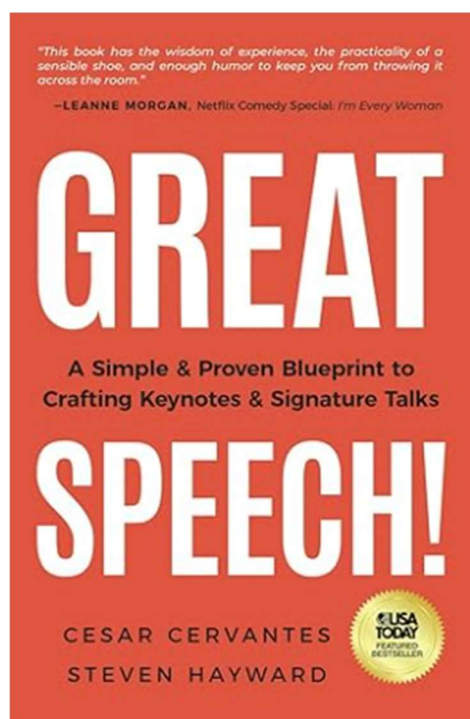
Winning the game of life but still not happy?

The traditional path to happiness has always started with being successful first: “Get a job, make money, be successful, *then* have fun.” Some go-getters achieve the greatest of success, only to be left feeling empty, wondering whether that's all life has in store for them. Many continue to hustle, searching for the endgame and struggling with constant burnout. But there are a few who are genuinely happy *and* successful. What makes them different? What do they do that everyone else doesn't?

*The 1up Effect* reveals why the traditional game of success is rigged and how people can stop playing by those rules. Instead, people will discover how to design their own game of life using the four powerful principles of lasting fulfillment. Drawing from his personal life, sixteen-plus years of professional experience, research, and a great passion for games, Thomas Edwards shows people how to level up sustainably in every area of life.

The result? A game of life they actually enjoy playing—and can even win.





## Great Speech! A Simple & Proven Blueprint to Crafting Keynotes & TEDx Talks

by Cesar Cervantes and Steven Hayward  
Ethos Collective  
978-1-63680-418-7 ~ 126 pages  
April 15, 2025



### Is this thing on?

There are two kinds of speeches in the world: the ones that change lives and the ones that make people wish they had different lives. If you've ever sat through the second kind (and who hasn't?), you know what we mean. Whether you're delivering your viral signature talk or a corporate keynote speech, this book will ensure your audience isn't secretly dialing 911 in the hopes of getting the building evacuated.

Here's the good news: you've done the hard part already. You're an expert. Maybe you've written a whole book about it. Maybe two. It's groundbreaking and earth-shattering, and you know people need to hear it. But turning that into a talk that people will actually listen to? That's a different skill entirely. Don't worry—we've got the blueprint.

Authors Cesar Cervantes and Steven Hayward have cracked the code for creating unforgettable speeches. In *Great Speech!*, they reveal their proven blueprint, which has generated over 24 million views and hundreds of standing ovations.

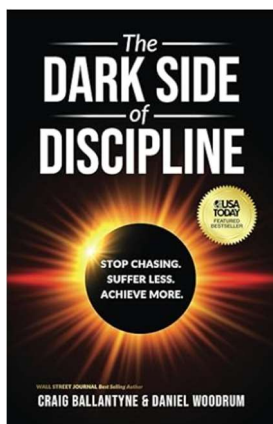
Inside, you'll discover how to:

- Transform your expertise into a career-defining talk with our proven blueprint.
- Hook your audience from the first word with psychology-backed strategies.
- Turn complex ideas into a problem statement that makes audiences forget to blink.
- Create an O.M.G. moment that audiences will share for years to come.
- Design a call-to-action that can spark a movement.

### About the Author

Cesar Cervantes is a speaker coach and speechwriter based in Houston, TX. He started his journey as a stand-up comedian, was featured on Comedy Central, and appeared in several Hollywood movies. He then taught comedy classes in the theatre department at Colorado College before becoming a professional speaker, teaching people how to develop deeper connections using humor. Cesar has served as a speaker coach at multiple TEDx locations across three continents. He now leads Top Talks and his speaker mentorship program. He's an avid tennis player and loves being a dad even more than he loves tacos.

Born and raised in Toronto, Canada, Steven Hayward is a Professor of English at Colorado College. In addition to publishing four award-winning books, including the Canadian national bestseller *Don't Be Afraid*, Steve is a seasoned keynote speaker, TEDx speaker, and directed the documentary feature *The Block Plan*, which won "Best Picture" at the 2022 Helsinki International Educational Film Festival.



## The Dark Side of Discipline

### Stop Chasing. Suffer Less. Achieve More.

by Craig Ballantyne & Daniel Woodrum  
Ethos Collective  
978-1-63680-472-9 ~ 158 pages  
April 1, 2025



#### Everything You Know About Discipline Is Wrong.

Discipline is *not* cold-plunging, joining the 5 AM Club, exercising twice per day, reading one book every week, or living with a Navy SEAL. True discipline requires you to put a Level 10 effort into your Level 10 problem and say "No!" to everything else.

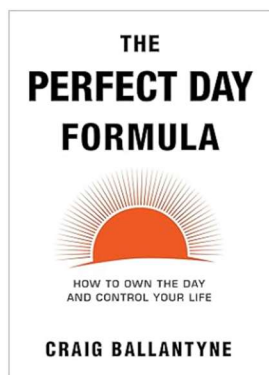
Authors and business coaches Craig Ballantyne and Daniel Woodrum share simple yet powerful strategies for doing what you should do, when you should do it, no matter how you feel about doing it.

Inside, you will learn:

- How to leverage Effortless Discipline Systems and Higher Standards to achieve your big goals and dreams
- The one "North Star" decision required for achieving results faster and getting back on track whenever extreme obstacles get in your way
- How to quickly and easily shift your identity—a key element of high performance—so you can replace bad habits practically overnight
- A formula for creating your own personal standards of excellence that deliver your dream life without extreme sacrifices or suffering

*The Dark Side of Discipline* shows you how to figure out what matters—and what doesn't—to effortlessly and painlessly achieve your goals. Stop spending hundreds of hours chasing the wrong path to success. Are you ready to apply a Level 10 effort to your Level 10 problems automatically?

## ALSO AVAILABLE FROM CRAIG BALLANTYNE



### THE PERFECT WEEK FORMULA



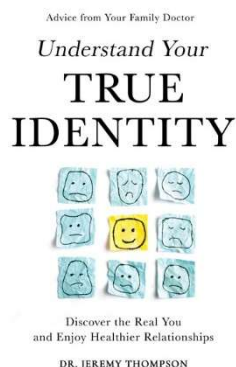
Build Your Business Around Your Life,  
Not Your Life Around Your Business

CRAIG BALLANTYNE  
WITH AUSTIN GILLIS

#### About the author

Craig Ballantyne is known as the "World's Most Disciplined Man" and is a business coach for high-performing entrepreneurs who want to go to the next level. His previous books include *The Perfect Day Formula*, *The Perfect Week Formula*, and his Wall Street Journal best seller, *Unstoppable*. He also created the Turbulence Training fitness system and owns *Early To Rise*.

Craig lives in Vancouver with his wife Michelle and their three children.



## Understand Your True Identity

by Dr. Jeremy Guy Thompson  
Morgan James Publishing  
978-1636986272 ~ 240 pages  
January 6, 2026

***Understand Your True Identity* addresses one of the fundamental problems behind people's anxiety, depression, and relationship problems.**

Dr. Thompson, an experienced family physician, observed how many of his patients felt mixed up and confused, while others cruised through life with everything seemingly under control. What was it that caused the difference between these groups?

Using real-life examples, Dr. Thompson explains the importance of understanding one's true self by separating one's inbuilt talents from the negative thoughts that have lodged in one's head. People are born with genetic strengths and natural inclinations, which should form the basis of their character, but unfortunately, life's hardships cause people to acquire negative patterns of thinking and a confused sense of self (the mixed bag concept).

With clear methods, Dr. Thompson explains how people can separate these negative beliefs from the true strengths of their personality and learn to equally see the good sides of other people. They can throw away their sensitivities and not get caught up in dysfunctional communication (positive centered psychology).

By rediscovering who they really are, they can start doing more of the things that make them happy and easier to get along with. These principles are something people can base their lives on and apply to group situations—for example, in their family, team, workplace, or organization.

The result? Peace in themselves, peace in their relationships, and peace in their community.

## Divine and Dangerous A Radical Guide to Living Your Purpose

by Michelle Vandepas  
Grace Point Press - Empower Press  
978-1966346036 ~ 200 pages  
April 14, 2026

Are you tired of playing small? Feeling stuck in outdated patterns that no longer serve you?

**This isn't just another self-help book**—it's a rallying cry for those ready to disrupt the status quo and claim their truth unapologetically.

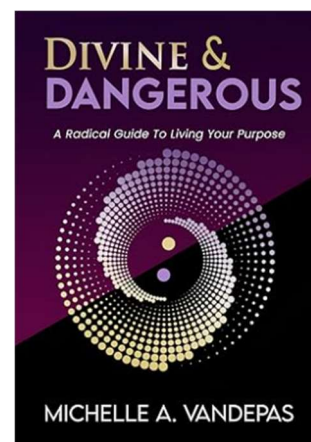
Break free from limitations and embody your inner leader with Michelle A. Vandepas's transformative guide to living a life of purpose and impact. Vandepas challenges you to embrace your full duality—intuitive and luminous, yet rebellious and disruptive—to create the life you're truly meant to live.

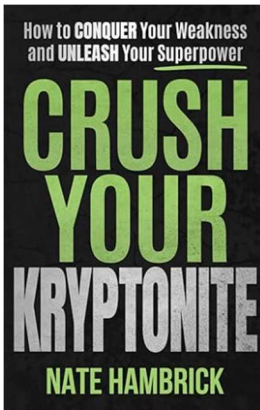
Drawing from decades of experience as a purpose coach, publishing leader, and TEDx speaker, Vandepas offers practical wisdom for navigating life's messy middle. She guides you through unlearning limitations, expanding your capacity, trusting your intuition, and stepping boldly into leadership—even when it feels terrifying.

This powerful guide is for thought leaders, entrepreneurs, and changemakers who:

- Sense they're meant for more but struggle to break free
- Want to increase their resilience and creative capacity
- Are ready to lead authentically and make a lasting impact
- Desire to transform their challenges into catalysts for growth

The world's biggest movements and breakthroughs come from those who refuse to fit in. The world doesn't need you to wait until you're perfect. It needs you—in your full, authentic power—right now. **It's time to stop waiting and start living the Divine and Dangerous life you were born for.**





## CRUSH YOUR KRYPTONITE

### How to Conquer Your Weakness and Unleash Your Superpower

by Nate Hambrick  
979-8985701081 ~ 170 pages  
May 28, 2025

What if your **greatest weakness** was the key to your **biggest breakthrough**?

If you're feeling stuck, burned out, or worried about your financial future—you're not alone. But you're not powerless either.

*Crush Your Kryptonite* is a battle plan to help you overcome your obstacles and unlock a life of freedom and exponential growth.

#### Inside, you'll discover:

- How to reclaim 80% of your time and 4x your productivity
- Why self-sufficiency is a trap (and what successful people do instead)
- Practical strategies to increase your income without burning out
- 4 unconventional ways to destroy procrastination for good
- How billionaires double their wealth in recessions (and how you can too)

And that's just scratching the surface.

Even if you apply just one principle, this book will pay for itself tenfold. Apply them all, and you could transform your life forever.

## THE 18 LAWS OF LEVERAGE

### The Ultimate Blueprint for Exponential Wealth

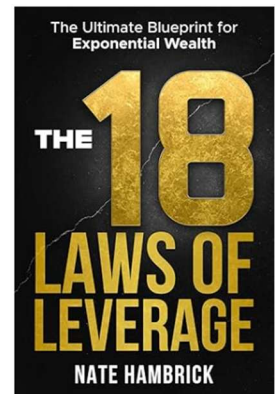
by Nate Hambrick  
979-8985701081 ~ 170 pages  
January 6, 2025

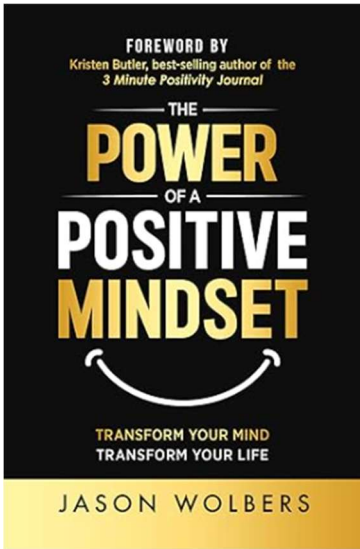
Hard work isn't enough to become wealthy in today's world. The key to extraordinary wealth is to leverage the resources at your disposal to multiply your outcomes. *The 18 Laws of Leverage* is your guide to implementing strategies that create exponential results.

This book will teach you how to:

- **Leverage the capital and skill sets of others** to multiply your output. (Laws Two through Four)
- **Monetize your reputation** through partnerships, sponsorships, and endorsements. (Law Five)
- **Buy your victories** instead of working for them. (Law Six)
- **Turn liabilities you already own into assets** that pay you monthly. (Law Thirteen)
- **Create scalable products** that can be sold infinitely. (Law Fourteen)
- **Acquire assets that produce** income independently of your day-to-day efforts. (Law Sixteen)
- **Leverage accelerated depreciation** to reduce your taxable income so you keep more of your earnings. (Law Seventeen)
- **Harness the attention economy.** (Law Eighteen)

This book will transform the way you earn, produce and leave a legacy through real-life examples and actionable systems. Each law builds on the previous one to amplify your efforts and propel you forward.





## The Power of a Positive Mindset

by Jason Wolbers  
Morgan James Publishing  
978-1636986371 ~ 212 pages  
October 14, 2025

**Helping the world become more positive, one mindset at a time.**

Jason Wolbers, a seasoned salesperson and successful business owner, is on a mission to help others think more positively. In today's world of constant doom and gloom on social media, people need daily reminders to focus on the good things in their life.

In *The Power of a Positive Mindset*, individuals are invited to complete a 90-day challenge to embrace a positive mindset. Filled with practical advice and daily habits to develop and maintain a positive mindset, this transformative resource helps individuals understand why a positive outlook is vital for a happy life and how daily routines can shape lives, for good or for bad. Featuring a daily challenge, positive affirmations to

recite, and insightful quotes, *The Power of a Positive Mindset* sets individuals up for success through positive thinking.

Once individuals begin cultivating positive daily habits, they can shift their attitude within days and become the architect of their destiny. This treasure trove of practical success principles takes individuals down a path that taps into unlocked potential, urging them to explore the true capabilities of their mind and make lasting changes to their mindset.

One truly becomes what one thinks about—so let's make it something positive!

## Silence Your Inner Critic A Practical Guide to Building a Positive Self-Relationship

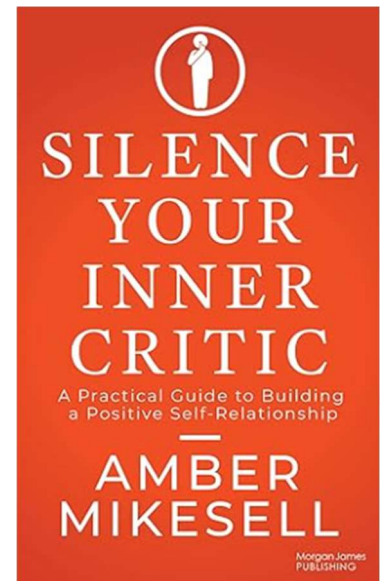
by Amber Mikesell  
Morgan James Publishing  
978-1636985541 ~ 182 pages  
September 9, 2025

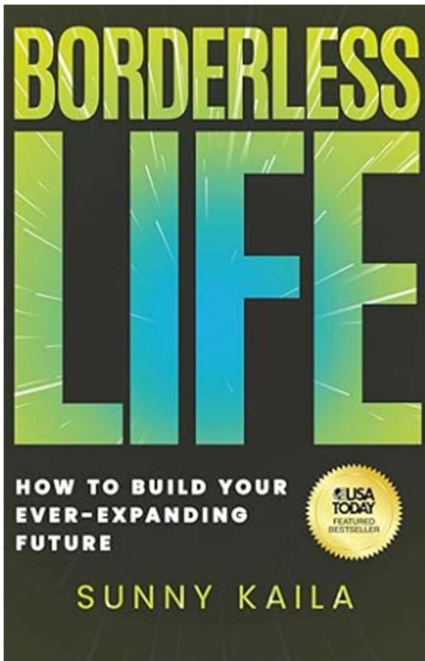
***Silence Your Inner Critic* invites individuals experiencing self-doubt to embark on an epic quest to rise above their greatest adversary—their Inner Critic.**

This transformative guide weaves the exhilarating elements of superhero comic book lore with practical psychological insights, empowering individuals to reclaim their hero's journey from the clutches of self-criticism.

Opening with an exploration of how past experiences, societal expectations, and personal fears create a fertile ground for self-doubt to flourish, this enlightening resource arms individuals with an arsenal of tools—mindfulness techniques, self-compassion practices, and confidence-building exercises—all designed to fortify their resilience against their Inner Critic.

Offering a hands-on approach to self-empowerment through engaging, real-life examples blended with interactive exercises, individuals learn to identify and challenge the distorted perceptions that fuel their internal foe. Techniques such as the "Tablet of Internal Power" and "Journal of Justice" are presented as superhero gadgets that individuals can visualize and deploy, making the process both fun and impactful.





## BORDERLESS LIFE

### How to Build Your Ever-Expanding Future

by Sunny Kaila  
Ethos Collective  
978-1636805269 ~ 96 pages  
July 15, 2025



#### Are you letting invisible borders hold you back?

The borders that most profoundly limit our lives aren't the ones on maps. They're the ones in our minds. Self-limiting beliefs, glass ceilings, fears, and doubts all create restrictions around growth in every area of life.

Everyone is born with borderless capabilities and potential. If it is humanly possible, you can do it. It's only a matter of identifying your borders and breaking through them to achieve lifelong freedom.

Sunny Kaila's borderless life has involved a transformation from a farmer's son to a New York taxi driver to a global entrepreneur. It all started when he decided to change his mindset and move past the borders that threatened to suppress him. In *Borderless Life*, he reveals common borders and provides actionable strategies for eliminating everything holding you back.

Let Sunny help you:

- Overcome health misconceptions to achieve holistic abundance of mind, body, and soul
- Reassess relationships and find authenticity among family, friends, and colleagues
- Defy professional limits and pursue purpose in your career
- 11x your ambition to extend your impact worldwide

The world wasn't designed for you, and you shouldn't be designed by the world. It's time to start living by design, not default. When your thinking is limitless, your life will be borderless.

**Embrace Borderless Life Today!**



~~fine~~  
~~okay-ish~~  
~~good enough~~

## **BEST.LIFE.EVER.** THE BOOK

12 Steps to Stop **REACTING** to Life  
& Begin **CREATING** It

## **BEST.LIFE.EVER** 12 Steps to Stop **REACTING** to Life & Begin **CREATING** It

by Joanna Rajendran  
 Waterside Productions, Inc.  
 978-1962984904 ~ 103 pages  
 March 18, 2025

The self-guided version of the life changing course by

**JOANNA RAJENDRAN**

- Are you thriving or surviving?
- Living out your dreams or managing what life is throwing your way?
- Do you sometimes forget that you are an actual miracle walking around in human form?

Well, you're in the right place. This book will guide you through 12 steps to stop **REACTING** to life and begin **CREATING** it.

Step 1. Pick up this book and give it a hug (seriously!) & feel me hugging you back, acknowledging that we have all been there.

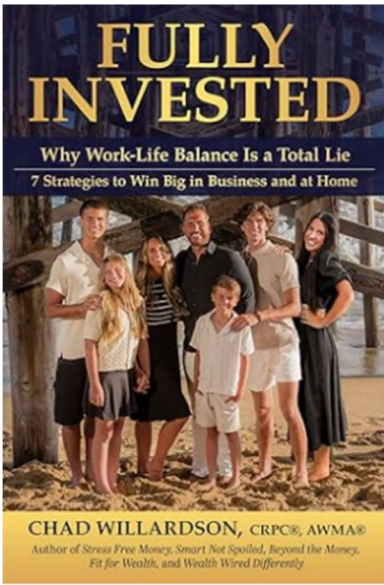
Step 2. Open it and use it as a guide to bring you to a place where you remember what sets your soul on fire and you have the tools to do just that.

After spending 26 years studying with modern-day sage and the world's oldest yoga teacher, Tao Porchon-Lynch, Joanna Rajendran shared the lessons learned in her first must-read book *My Guru Wears Heels*. Obsessed with helping as many people as possible live their best life ever, Joanna has taken her expertise in meditation & mindset mastery off the mat and into the world. She spends her time connecting with others through her keynote speaking, performance coaching and leading her signature course **BEST.LIFE.EVER.**

This is the book version of that course, to make the transformational magic accessible to everyone, everywhere.

Joanna Rajendran met Tao when she was only 17. Drawn to Tao's light, she studied under, trained with and assisted her for the next 26 years. This unlikely friendship impacted every aspect of Joanna's life. Joanna's relatability makes the philosophies of the Guru accessible for this and future generations. She currently lives on the beach with her husband and their kids: Natasha Tao and River Vail.

She loves to laugh, dance, create and travel and lives to help as many people as possible live their BEST LIFE EVER!



# Fully Invested

## Why Work-Life Balance Is a Total Lie

by Chad Willardson  
 Ethos Collective  
 978-1-63680-497-2  
 September 23, 2025



### Still chasing “work-life balance”? Stop.

That picture-perfect version of your life where everything fits neatly in its box? That’s not reality. Especially for a driven, ambitious, busy leader like you.

If you’re pursuing “work-life balance” so you don’t have to sacrifice anything, you’re likely sacrificing everything that matters.

The truth is that it *is* possible to be Fully Invested in both at the same time. You *can* be successful in business without abandoning your family, and you *can* be an incredible spouse, parent, or friend without giving up your big dreams of business success.

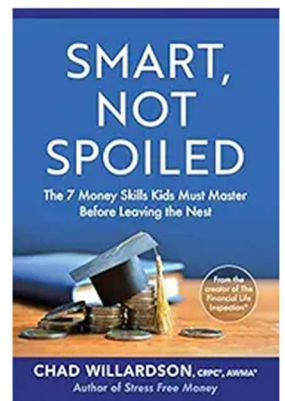
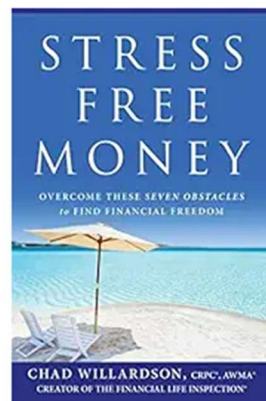
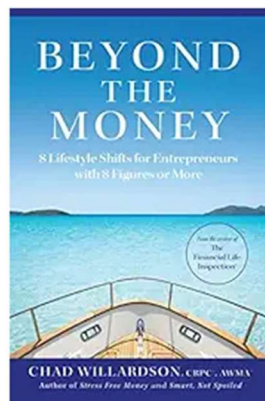
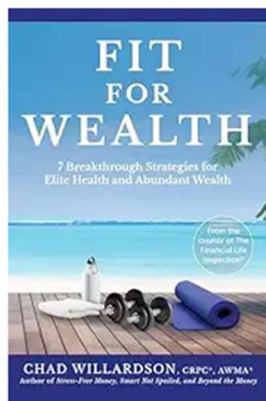
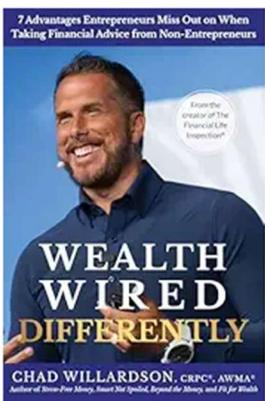
And that’s the good news: you can win big in business *and at home*—but it’s not about splitting your time and attention 50/50. It’s actually about deciding what you really want and going **ALL IN. 100/100.**

In *Fully Invested*, Chad Willardson shares the exact game plan with seven strategies to help you drive massive growth in your business *without* sacrificing your marriage, your kids, your health, or your sanity. No theory—just straight talk and proven steps from someone living it today.

You’ll learn how to:

- Cut time-wasters to create space for what matters most
- Build a powerful network that pushes you higher in every area of life
- Take big action and transform your life (before you feel “ready”)

## ALSO AVAILABLE FROM CHAD WILLARDSON



# **BODY / MIND / SPIRIT**



## Elemental Human Design

### A Somatic Approach for Navigating Uncertainty

by Orion Ohev  
 Grace Point Press - Human Design Press  
 978-1966346166 ~ 200 pages  
 March 24, 2026

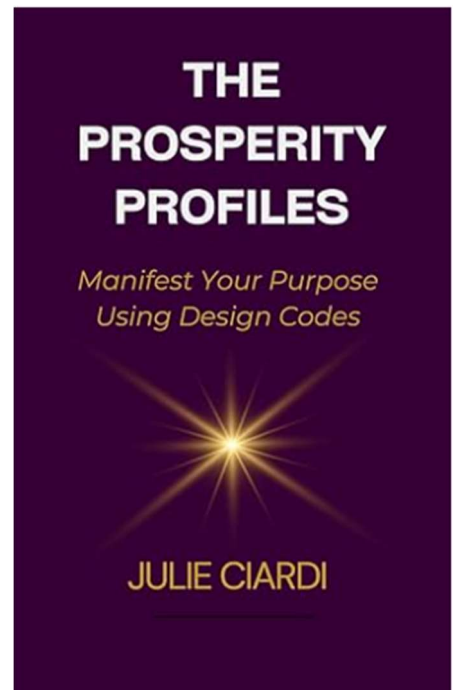
"Elemental Human Design" offers a transformative approach to leadership and self-mastery by integrating the Human Design System with the Five Elements of Traditional Chinese Medicine. Grounded in timeless wisdom and modern insights, it provides practical tools for thriving in an era where creativity, innovation, and adaptability define success. This book introduces The 5 A's of Leadership: Awareness, Acceptance, Alignment, Audacity, and Action— each connected to the Five Elements. By mapping Human Design channels to the body's meridians, it presents a unique framework for cultivating emotional intelligence, trust, and courage. Readers will explore somatic practices to reconnect with their innate strengths, embrace their design, and navigate uncertainty with confidence and clarity. A guide for leaders, changemakers, and visionaries, "Elemental Human Design" inspires a shift from conformity to creativity, fostering curiosity, compassion, and purposeful leadership. Practical and somatic, it empowers readers to turn uncertainty into opportunity and lead with heart in an ever-evolving world.

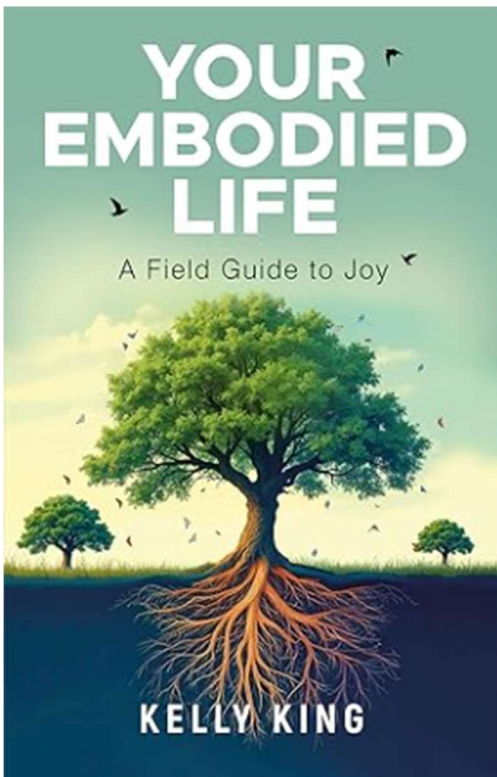
## The Prosperity Profiles

### Manifest Your Purpose Using Design Codes

by Julie Ciardi  
 Grace Point Press - Human Design Press  
 978-1966346173 ~ 220 pages  
 March 24, 2026

The Prosperity Profiles is your guide to discovering that key. At its heart are the 12 Prosperity Profiles— powerful archetypes that reveal the role you are meant to embody in order to manifest your highest potential. But it doesn't stop there. Each profile is driven by an underlying "color," a dynamic force that shapes your motivations, perceptions, and natural strategies for navigating life. With 72 unique combinations of profiles and colors, this system offers a profoundly personalized blueprint for success, self-mastery, and authentic living. Through this transformative framework, you'll gain deep clarity about your true self, including the strengths, talents, and gifts you're meant to share with the world. You'll also learn how others see you, how to cultivate meaningful relationships, and how to shift your energetic frequency to align with your highest purpose. Packed with actionable insights, tools, and examples, The Prosperity Profiles will empower you to honor your unique design and step boldly into your role.





## Your Embodied Life A Field Guide to Joy

by Kelly King  
Morgan James Publishing  
978-1636989297 ~ 220 pages  
March 24, 2026

Movement and mindfulness combine to awaken joy, spark curiosity, and deepen people's connection to themselves.

*Your Embodied Life* is a quick-start guide to cultivating daily joy through simple yet powerful mindfulness and movement practices. Part inspiration, part workbook, and part gentle invitation, it blends storytelling, research, and reflection to support real-life change.

With relatable anecdotes and easy-to-follow prompts, this guide offers a grounded entry point into mindfulness—whether through quick movement breaks, reflective writing, or full-body awareness practices.

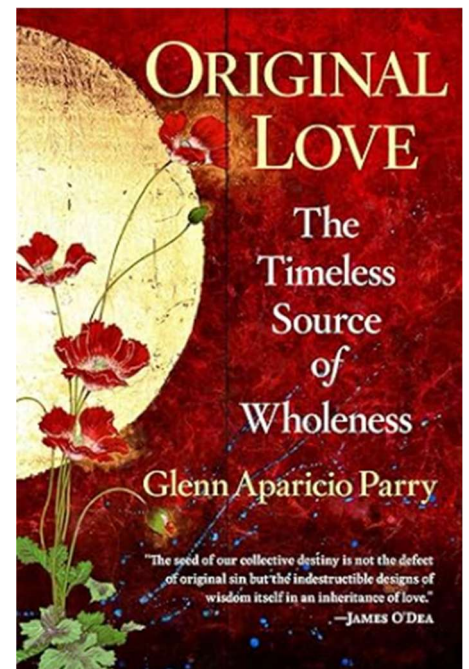
Each chapter offers space to pause, breathe, wriggle, and integrate—encouraging a fuller, more joyful way to move through life.

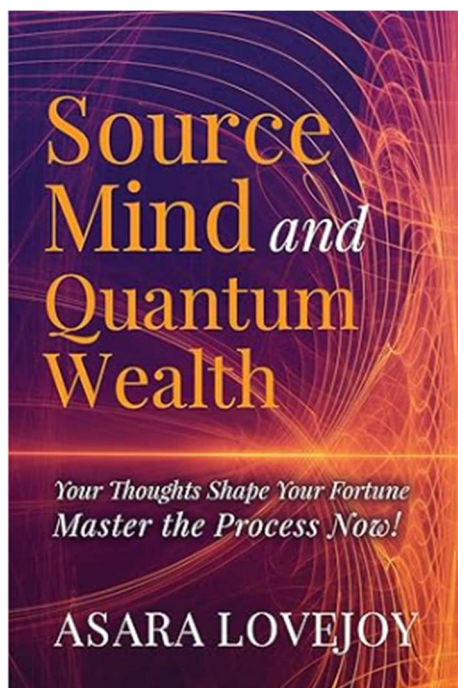
Take a deep breath, wriggle, and begin.

## Original Love The Timeless Source of Wholeness

by Glenn Aparicio Parry, PhD  
Select Books  
978-1590795743 ~ 192 pages  
February 13, 2026

Original love is love from the origin, mother, or Source, and as such transcends any limitations of time or space. It is love that has always been here and always will be here, love that is timeless and whole. Glenn Aparicio Parry tells a story of how humanity, nature, and love co-evolved. In archaic times, we were one with Mother Earth, immersed in love; then we separated from Mother Earth's womb. In the magical and mythical eras that followed, we developed ceremonies and stories to recapture a feeling of oneness. Modern rational thought enabled great scientific advancement, but is less relational, more abstract—causing love itself to become an abstraction—a fairy tale between lovers rather than an immersion into the entirety of nature. Original Love repositions love in its rightful place: as a timeless source of wholeness. Love is the most powerful force in the universe with the capacity to integrate the wisdom of the ages. This understanding of love will soon become fully known.





## Source Mind and Quantum Wealth Your Thoughts Shape Your Fortune Master the Process!

by Asara Lovejoy  
Morgan James Publishing  
978-1636989013 ~ 210 pages  
March 31, 2026

Step into the transformative world of *Source Mind and Quantum Wealth*, where ancient wisdom meets the latest breakthroughs in quantum science and the power of theta brainwaves.

Not just another self-help book, this inspirational guidebook reveals quantum intelligence—the creative force connecting mind and matter that dissolves negative money patterns and rescripts people’s brains for wealth with peace of mind and satisfaction.

Inside these pages, Asara Lovejoy—celebrated author, teacher, and pioneer in personal transformation—features inspiring real-world stories, demonstrating how everyday people have removed subconscious money blocks, reduced debt, and created more wealth, illustrating what’s possible.

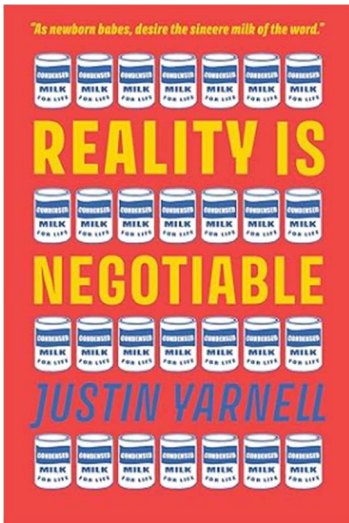
Using Asara’s proven techniques, people can increase their self-worth, get paid for their true value, and create the financial freedom they deserve. Whether people seek greater wealth, deeper relationships, or unshakable intuition, *Source Mind and Quantum Wealth* is an invitation to step into one’s highest potential.

### About the Author

**Asara Lovejoy** is a world-renowned thought leader, author of *The One Command*, highly prized Nightingale-Conant program author, and pioneer in quantum intelligence. Known for unlocking human potential, her groundbreaking work has impacted Fortune 500 CEOs, entrepreneurs, artists, business owners, and personal growth seekers. Drawing from early training with the Psycho Physical Foundation in Holistic Health Education and Neuroscience, she developed a unique six-step theta process combining neuroscience with transformational methods. Validated by Dr. Elmer Green—inventor of biofeedback—and studied at the Menninger Foundation, her signature technique is deeply rooted in these early scientific explorations.

In addition, training in Direct Impact Creativity and integrating Gestalt, psychodrama, and transpersonal psychology, she has taught transformative workshops across North America and Europe. She is cofounder of Business Evolution Worldwide and founder of Threshold University of Body Mind Science.

Asara’s innovative One Command theta technique is practiced worldwide and translated into multiple languages. She hosts the *Positively Transformational* podcast and resides in Seattle, Washington, inspiring people to rewire their minds, access quantum intelligence, and live with greater purpose, prosperity, and joy.



## REALITY IS NEGOTIABLE

### Condensed Milk for Life

by Justin Yarnell  
 Namaste Publishing  
 978-1897238721 ~ 248 pages  
 August 12, 2025

*A glorious breath of fresh air packed with permission to follow our inner spiritual calling, even if it diverges from everything we thought we knew.*

What if the Bible is not a book of rules to avoid judgment and condemnation but a book of revelation meant to empower us to do what we came here to do—to thrive, heal, and create?

What if Jesus is trying to tell us that we are miracle workers, just like him? That we have the capacity to heal, transform and manifest anything?

What if the Bible, although written 2000 years ago, is as relevant right now—for us—in modern times?

These are the questions Justin Yarnell, a minister at one of America's biggest megachurches, asked himself when he had a personal awakening to the true messages in the Bible.

He discovered that the Bible is not meant to be dogma or doctrine but rather a mystical code for developing our innate human power. Its messages are designed to actualize the higher consciousness within all of us, to show us how to create our own reality with our imagination and the noble desires of our hearts.

After he had this revelation, Justin left 20 years of mainstream Christian faith behind and found his niche, helping people transition from Church life to authentic spiritual freedom.

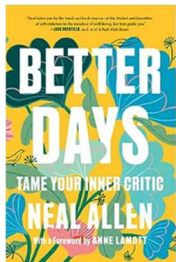
He has never looked back.

In *Reality Is Negotiable*, Justin provides an approachable, condensed overview of the tools necessary to make this journey back to Self. His lessons tie the principles of reality creation to the words of the Bible, shedding light on our misinterpretations while simultaneously casting a fresh perspective that reshapes our understanding of existence.

Refreshing and accessible, *Reality Is Negotiable* is a book for anyone interested in manifesting their own reality, and especially for those who want to free themselves from the chains of organized religion without abandoning their love for God.

*Reality Is Negotiable* will provide some food for thought, some condensed milk, if you will, for life and for the soul.

## Also available from Namaste Publishing

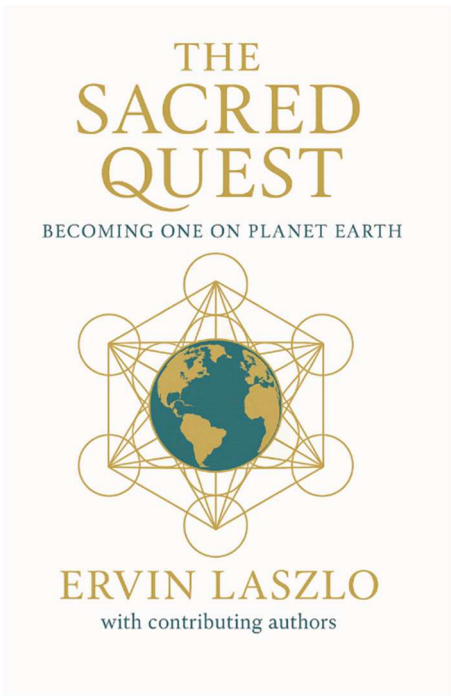


## Better Days

### Tame Your Inner Critic

by Neal Allen  
 Namaste Publishing  
 978-1897238844 ~ 200 pages  
 December 5, 2023

*In this life-changing book, writer and spiritual coach, Neal Allen, teaches us a stunning new method for quieting the inner critic.*

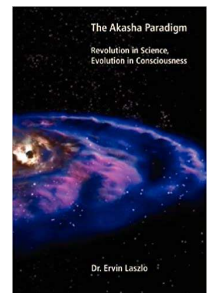
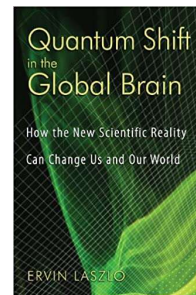
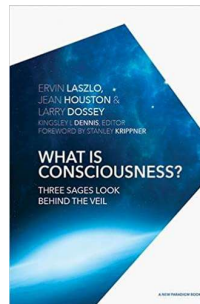
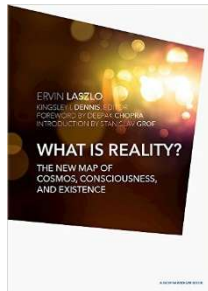
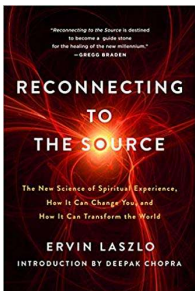
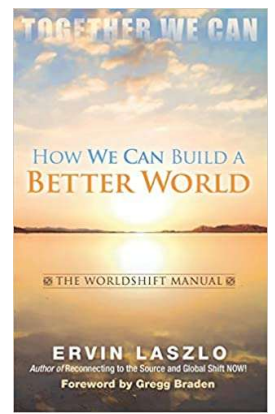
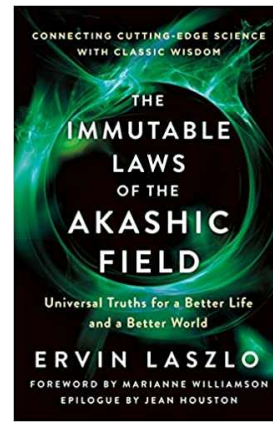
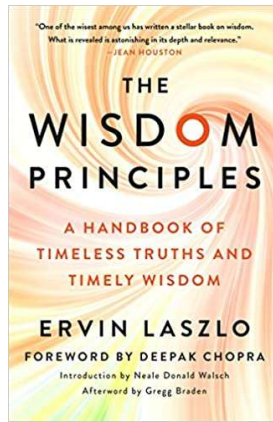
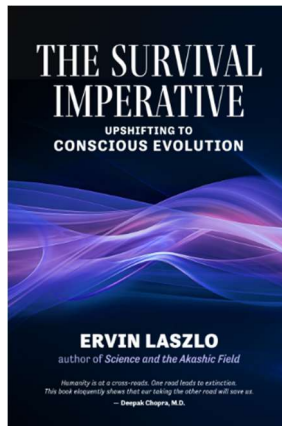
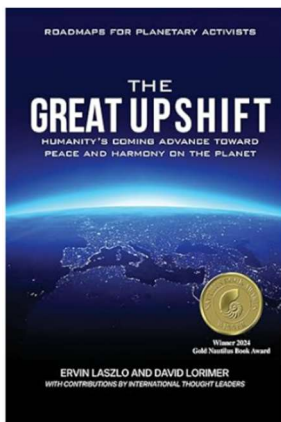


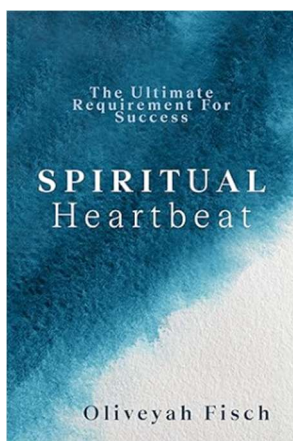
## The Sacred Quest Mastering our Evolution

by Ervin Laszlo  
Waterside Productions, Inc.  
190 pages  
November 1, 2025

Are you seeking to align your life with a deeper purpose? In THE SACRED QUEST, renowned philosopher Ervin Laszlo, together with a distinguished group of visionary thinkers, presents a profound integration of science and spirituality. Discover how we can consciously participate in the evolutionary process and realize our connection to the greater Whole. This thought-provoking book offers insights and guidance for those ready to embark on a journey of transformation and awakening.

## Also available from Ervin Laszlo





## Spiritual Heartbeat The Ultimate Requirement for Success

by Oliveyah Fisch  
Grace Point Press - Empower Press  
978-1966346067 ~ 300 pages  
October 21, 2025

Discover the rhythm that aligns success with soul fulfillment

In "**Spiritual Heartbeat**," transformational coach Oliveyah Fisch reveals how reconnecting with your inner wisdom creates the ultimate foundation for success. Moving beyond traditional achievement metrics, Fisch introduces the seven principles of **Spiritual Heartbeat**—a framework that harmonizes ambition with authenticity and material success with deeper meaning.

This practical guide teaches readers how to:

- Embrace Radical Living by taking full responsibility for your reality
- Trust your intuition as your most reliable guide
- Live authentically by honoring your full self—shadows and all
- Cultivate joy as a natural state rather than a distant reward
- Step into your power through conscious action and clear boundaries
- Make love-centered decisions in everyday moments
- Align with the divine through faith and courageous trust

Drawing from two decades of coaching high performers, Fisch combines spiritual wisdom with actionable tools, helping readers transform challenges into opportunities and elevate their consciousness while achieving real-world results.

Whether you're a professional seeking greater impact, a seeker navigating uncertainty, or someone ready to align external achievements with inner peace, this book provides the ultimate requirement for success—a strong **Spiritual Heartbeat** that pulses through every aspect of your life.

**Join the wave of awakening. Your Spiritual Heartbeat is calling.**

## The Direct Path to Healing A Trinity of Energy, Light & Information

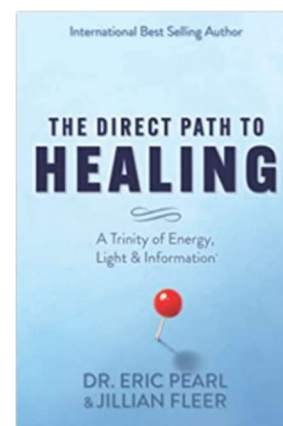
by Dr. Eric Pearl & Jillian Fleer  
Waterside Productions  
978-1958848401 ~ 148 pages  
November 1, 2022

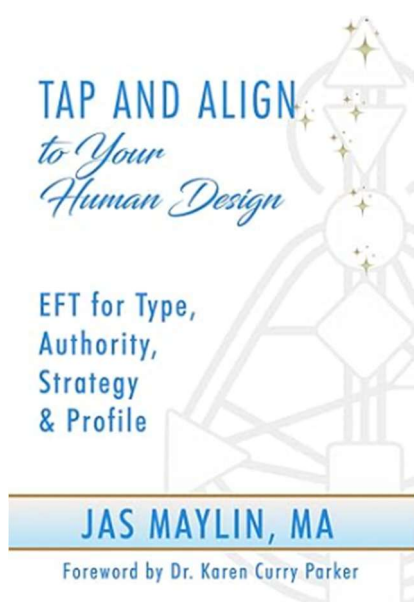
Whether you're searching for physical, mental, emotional or spiritual healing for yourself or someone you love, this book will allow your most intimate and comprehensive healing experience to unfold.

Written by renowned healer, internationally acclaimed author and chiropractor Dr. Eric Pearl along with speaker, scholar and teaching partner Jillian Fleer, *The Direct Path to Healing: A Trinity of Energy, Light & Information* – and you – are Here!

This book is supported with straightforward science, simple quantum physics and insights into our non-dual reality. With enjoyable easy-to-follow exercises at the end of each chapter, you will become the ultimate catalyst for subtle and epic changes in your life and the lives of others, all without time-consuming practices or complex techniques. You will be astounded by its sheer simplicity. *The Direct Path to Healing* gives you the keys to the best kept secret you will ever unveil: a happy, loving, healthy and healed you!

Through powerful workshops, seminars and training programs, the Reconnective Healing Experience has revolutionized the lives of millions of people around the globe. Now it's your turn! This is your invitation to *Be* who you truly *Are*.





## Tap and Align to Your Human Design EFT for Type, Authority, Strategy, and Profile

by Jas Maylin  
Grace Point Press - Human Design Press  
978-1966346241 ~ 280 pages  
May 27, 2025

Feeling stuck, despite knowing your Human Design? Ready to move beyond understanding to truly embodying your authentic self? Deep down, you feel called to create profound impact, yet something keeps holding you back from fully stepping into your power.

In this transformative guide, psychotherapist and Human Design specialist Jas Maylin offers a gentle yet powerful approach to releasing the subconscious blocks keeping you from your true potential. By combining the wisdom of Human Design with the scientifically-proven effectiveness of EFT tapping, she creates a compassionate pathway to authentic alignment and soul-led success.

## Quantum Wellness Healing Your Mind, Body, and Spirit with Human Design

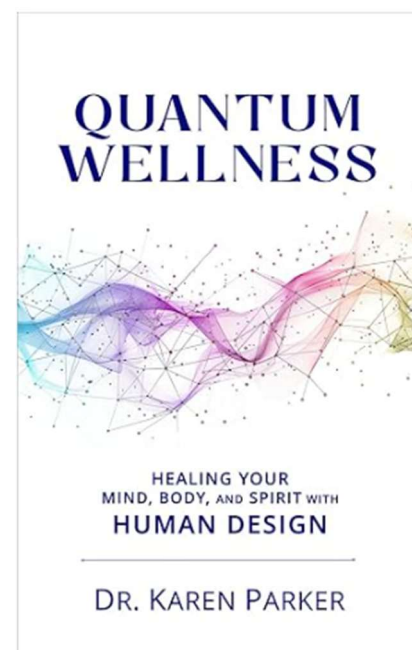
by Karen Curry Parker  
Grace Point Press - Human Design Press  
978-1961347830 ~ 200 pages  
August 20, 2025

*Quantum Wellness: Healing Your Mind, Body, and Spirit with Human Design* by Dr. Karen Curry Parker blends ancient Human Design wisdom with quantum physics, offering a revolutionary approach to holistic healing and personal transformation.

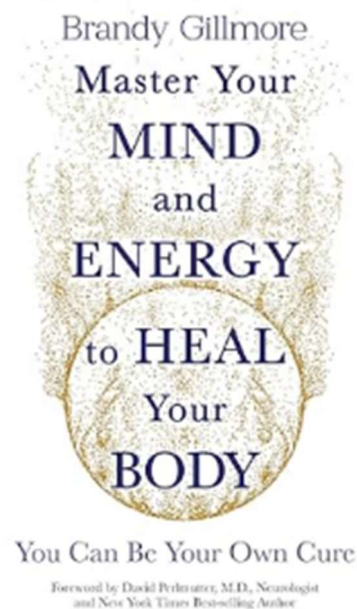
Dr. Parker provides practical tools to unlock potential and create purposeful, vibrant lives. This essential resource addresses core issues beyond symptoms, guiding readers on a transformative journey of self-realization and deep healing.

### About the Author

Dr. Karen Curry Parker is a #1 best-selling author, Human Design specialist, trainer, professional speaker, and creator of Quantum Human Design™ and the Quantum Alignment System™. She has been a high-performance life and business coach for more than 30 years and has coached over 10,000 people and taught thousands more.



"I highly recommend this work. It's centering, balancing, healing, and moreover, self-empowering." — Sharon Stone



# Master Your Mind and Energy to Heal Your Body

## You Can Be Your Own Cure

by Brandy Gillmore  
Welbeck Balance  
978-1801292214 ~ 256 pages  
March 12, 2024

**What if you could learn how to heal your injuries, pain, or illness using only the power of your mind?**

"This is essential reading for both those receiving care as well as those who provide it." —David Perlmutter, M.D., Neurologist and *New York Times* Best-selling Author

"I highly recommend this book. It is empowering and has the ability to transform the way the world sees health and healing." —Jack Canfield, Co-author of the Chicken Soup for the Soul® series and The Success Principles™

**A captivating must read, this book unveils the astounding hidden power of the human mind. If you are working on self healing, or if you have been struggling for years with your own recovery, then you will not want to miss this book.**

After an unexpected event, Brandy Gillmore found herself disabled and desperately searching for answers to heal. She tried every healing approach she could find, including special diets, supplements, meditation, and everything in between, but to no avail. It wasn't until Brandy delved deeper into the workings of the mind that she discovered obscure research that helped her unlock the mystery of the body's innate healing ability, resulting in her full recovery and a profound transformation in her life.

Since uncovering these remarkable findings, Brandy has gained recognition for helping others heal themselves, even from extreme illness. She has also demonstrated how to alleviate chronic pain within minutes and documented these results using medical thermal imaging equipment.

In this groundbreaking book, you will...

- Gain a revolutionary understanding of the body's ability to heal itself
- Learn the key factors to activate healing (the 5 Factors for GIFT Mind-Body Healing™)
- Implement a step-by-step process with powerful tools and techniques that can help you heal and free yourself from mental, emotional, and physical pain

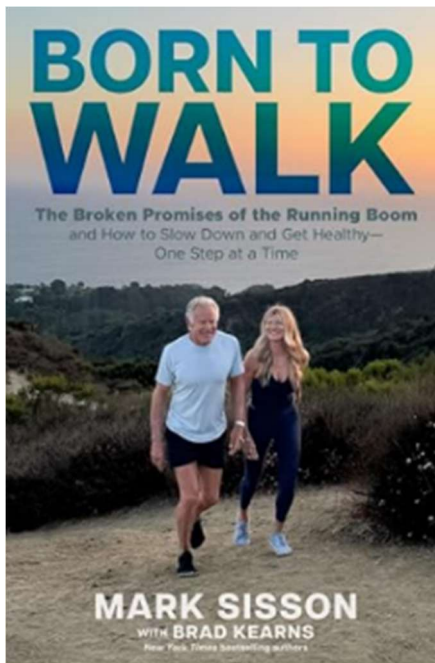
Brandy's journey from having a debilitating condition to complete recovery is more than inspirational; it can be seen as a blueprint for anyone facing seemingly insurmountable health challenges.

Throughout history, for thousands of years, spiritual teachings have documented the mind's remarkable ability to heal. Furthermore, there is medically documented proof that our minds can impact our health in a variety of ways, such as research on stress or the placebo. This book takes these well-known concepts to an entirely new level to help you understand how to tap into your body's own innate ability to heal itself.

Written from a deep sense of mission and love, *Master Your Mind to Heal Your Body* has the ability to change your world by showing you how to harness the greatest gift you have - the power of your mind - to heal your body and improve the quality of your life.

Get started today and learn how you can be your own cure!

# HEALTH & WELLNESS



## BORN TO WALK

### The Broken Promises of the Running Book, and how to Slow Down and Get Health – One Step at a Time

by Mark Sisson with Brad Kearns  
 Primal Blueprint Publishing  
 978-1736294413 ~ 350 pages  
 January 21, 2025

The romanticized notion that humans are "born to run" has buoyed the so-called running boom of the past 50 years: well-intentioned fitness enthusiasts lacing up their cushioned shoes and plodding down roads and trails in pursuit of the runner's high, a trim physique, and the fountain of youth. Unfortunately, born to run is a big, fat ruse--a marketing gimmick and a gross misappropriation of evolutionary biology insights about our Homo sapiens genetic attributes for endurance. While any movement away from a sedentary-dominant lifestyle is laudable, the truth is that humans are actually born to walk, not run.

Mark Sisson, *New York Times* bestselling author, forefather of the ancestral health movement, entrepreneur founder of Primal Kitchen and Peluva footwear, and former 2:18 marathon runner, is officially proclaiming an end to the running boom. For the vast majority

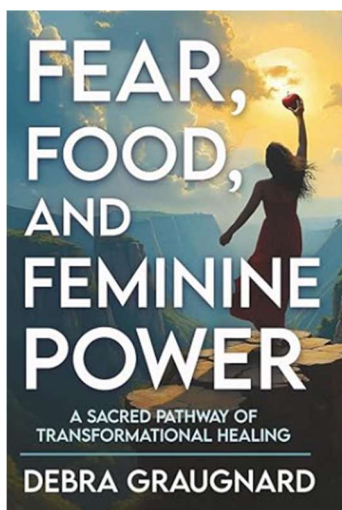
of enthusiasts, running--even slow-paced jogging--is far too physically, metabolically, and hormonally stressful to promote health, weight loss, or longevity. Alas, the elevated, heavily cushioned modern running shoe enables ill-adapted people to run with poor technique, increased impact trauma, and a truly embarrassing rate of chronic overuse injuries.

*Born To Walk* will help reshape fitness culture to reject flawed and dated "no pain, no gain" ideals, and replace them with a simple, accessible, sustainable program to increase general everyday movement, improve aerobic conditioning the right way, avoid the risks of injury and burnout associated with running, and promote a healthy, happy, energetic, long life-one step at a time. In *Born To Walk* you'll learn:

- How the "endurance runner hypothesis" of evolutionary biology is irrelevant to most modern citizens, whose genetic endurance gifts are buried under excess body fat, insufficient daily activity, weak musculature, and dysfunctional feet caused by a lifetime in shoes
- How the running boom was made possible by the invention of the heavily cushioned shoe. Without this, most people would be unable to run more than a short distance (especially on pavement) before succumbing to discomfort or injury
- How elevated, cushioned shoes actually increase impact trauma, enable poor technique, and are the driving cause of overuse injuries
- How to avoid the shocking 50 percent annual injury rate among regular runners by slowing down, improving foot functionality and implementing a correct midfoot landing technique
- How running does not help you lose excess body fat, and in fact can prompt genetic signaling for increased appetite, carb dependency, fat storage, and poor metabolic and hormonal health
- How running can promote a "skinny fat" physique: deficient strength and muscle mass, poor posture, and an accumulation of health-destructive abdominal fat-even if you run lots of weekly miles
- How an extreme devotion to endurance training can increase cardiovascular disease risk, compromise gut health, and suppress immune and hormonal function
- How to identify your ideal training pace using "fat max" heart rate-likely a brisk walk for most runners
- How the world's greatest endurance athletes train in a relatively less stressful, more sensible manner than the average novice, and how you can refine your approach to honor their protocols
- How walking can be a great catalyst for fat reduction by improving metabolic flexibility, regulating appetite and satiety hormones, and prompting an "under-the-radar" increase in metabolic rate
- How going barefoot or wearing minimalist shoes with flat, flexible soles and individual toe articulation can strengthen feet and reduce injury risk-and why you should walk in them, but not run

This approach will get you fitter, leaner, and stronger than ever-without the pain, suffering, and sacrifice of the typical approach to endurance training.

[borntowalkbook.com](http://borntowalkbook.com)



## Fear, Food and Feminine Power A Sacred Pathway of Transformational Healing

by Debra Graugnard  
Grace Point Publishing – Empower Press  
978-1966346296 ~ 312 pages  
November 4, 2025

What if your fears, cravings, and struggles with safety were not signs of weakness—but powerful messages calling you home to yourself?

In *Fear, Food, and Feminine Power*, Debra Graugnard guides readers through a profound journey of healing and awakening. She explores how fear and food intertwine with the feminine experience, revealing how women often seek safety and comfort in nourishment when the world feels unsafe.

Rooted in compassion and truth, this book shines light on the cultural and personal forces that shape a woman's relationship with her body, her worth, and her voice. It invites readers to move beyond shame and self-protection and instead discover their innate strength, wisdom, and sovereignty.

At the heart of this work is the **CARITAS Healing Process™**—a seven-step framework for releasing fear, reclaiming sovereignty, and embodying the true sacred feminine power.

*Fear, Food, and Feminine Power* is more than a guide—it's a call to remember who you are. By embracing authenticity, compassion, and courage, women can help birth a new era of collective healing and feminine leadership.

## First 1000 Days How Your Baby's Gut Microbes Shape Lifelong Health

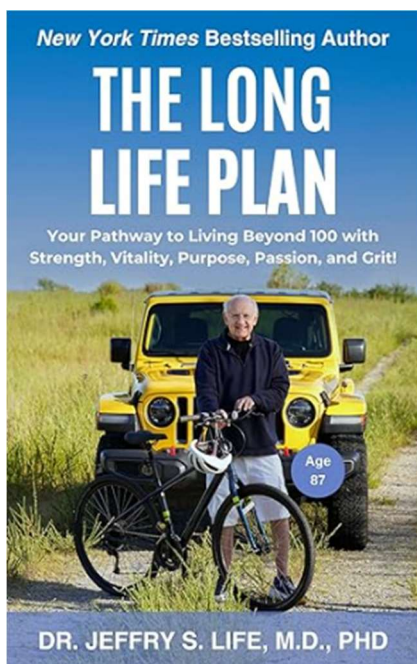
by Savita Srivastava, MD  
Grace Point Publishing – Empower Press  
978-1966346326 ~ 300 pages  
March 24, 2026

Renowned gastroenterologist Dr. Savita Srivastava reveals a revolutionary truth: your child's lifelong health is largely determined in their first 1,000 days— not by genes, but by gut bacteria. Drawing from cutting-edge research and her experience as both physician and mother of a child with food allergies, Dr. Srivastava explains how modern practices disrupt the delicate bacterial ecosystem that shapes your baby's immune system and brain development. The alarming rise in allergies, autoimmune diseases, and autism may trace back to this hidden gut health crisis. This essential guide provides a practical roadmap for nurturing your child's internal ecosystem during this critical window when the microbiome is most malleable. From birth choices to feeding methods, each decision impacts your child's health trajectory. Dr. Srivastava empowers parents with knowledge standard medical care often overlooks— potentially preventing chronic diseases before they begin.



### About the Author

Dr. Savita Srivastava is a Board-Certified Yale-trained gastroenterologist who has served as an assistant professor at Duke University and a staff physician at the University of Virginia Health. Under the auspices of the National Institutes of Health training programs, she has conducted research and published work in autoimmune liver disease and served as a study physician for the NIH Clinical Research Network in fatty liver.



## The Long Life Plan

by Jeffrey S. Life  
Morgan James Publishing  
978-1636989907 ~ 250 pages  
June 2, 2026

The quest for immortality has fascinated humanity for centuries.

If living forever isn't possible, how long can a person live? And can one live well into their eighties, nineties, or even beyond 100 with strength, vitality, purpose, passion, and grit?

Dr. Jeffrey S. Life, MD, PhD, a New York Times bestselling author, has spent decades researching these questions and has found that the answer is within reach.

At eighty-seven years old, Dr. Life still practices medicine full-time, works out daily, and is more active today than he was decades ago.

In *The Long Life Plan*, Dr. Life reveals the simple, science-based plan he developed to overcome the most common barriers to health, vitality, and longevity. It is the same plan he follows to stay healthier and more productive than most people half his age.

Accessible to individuals of all ages and backgrounds, *The Long Life Plan* offers practical steps for living a longer, more vibrant life, no matter how busy or tight the budget may be.

The question isn't just how long a life can last, but how fully it can be lived.

## Your Aging Advantage The 7 New Stages of Aging

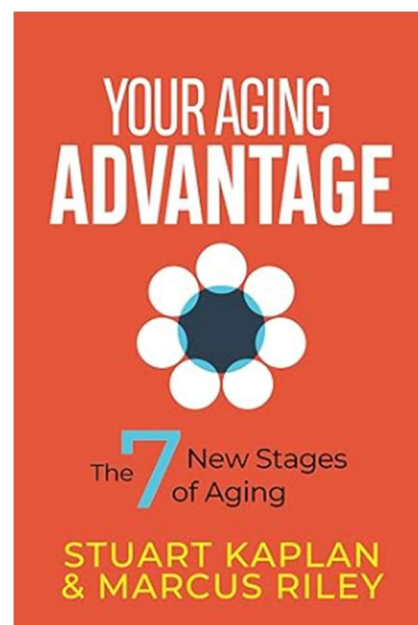
by Stuart Kaplan, Marcus Riley  
Morgan James Publishing  
978-1636989136 ~ 220 pages  
July 7, 2026

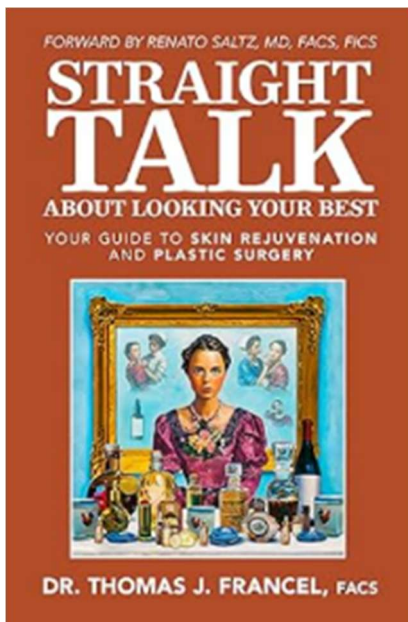
Rethink age. Redefine the future.

Society has been taught to see aging as a steady decline—but what if it's actually a dynamic, flexible journey shaped by how people live, think, and choose?

In *Your Aging Advantage*, two leading experts in health and aging introduce a new way to understand the stages of life—including the powerful Flicker Stage, where a person's "feels-like" age can shift forward or backward. Whether navigating their own next chapter or supporting aging loved ones, this insightful guide to aging helps people break free from outdated expectations and embrace what's truly possible.

With the Aging Advantage Plan—a practical, step-by-step road map—people will learn how to take charge of their future, design a life of passion and purpose, and thrive in every decade. Packed with real stories, actionable tools, and insights grounded in science and lived experience, *Your Aging Advantage* is not just a book about growing older. It's a call to grow better.





## Straight Talk About Looking Your Best Your Guide To Skin Rejuvenation and Plastic Surgery

by Thomas J. Francel, MD, FACS  
Morgan James Publishing  
978-1636987613 ~ 190 pages  
January 6, 2026

**Is there something about your appearance that makes you unhappy?** Does it bother you every day, or only once in a while? Considering aesthetic treatments or plastic surgery can feel overwhelming—even intimidating. Yet, every year, hundreds of thousands of people undergo procedures to enhance their appearance and boost their confidence. But where do you start?

With over **35 years of experience** and more than **10,000 aesthetic and plastic surgeries** performed, **Dr. Thomas J. Francel, MD, FACS**, offers expert advice to help you **navigate the world of aesthetic procedures with confidence**. Before stepping into a consultation, arm yourself with **insider knowledge** to maximize your time, avoid unnecessary expenses, and ensure you make informed decisions.

Let Dr. Francel be your guide—turn what could be a frustrating and costly experience into an **empowering, fulfilling** journey toward the best version of yourself!

## Path to Pet Wellness The Holistic Vet's Guide to Thriving Pets and Empowered Pet Parents

by Jeff Feinman  
Morgan James Publishing  
978-1636987255 ~ 250 pages  
February 10, 2026

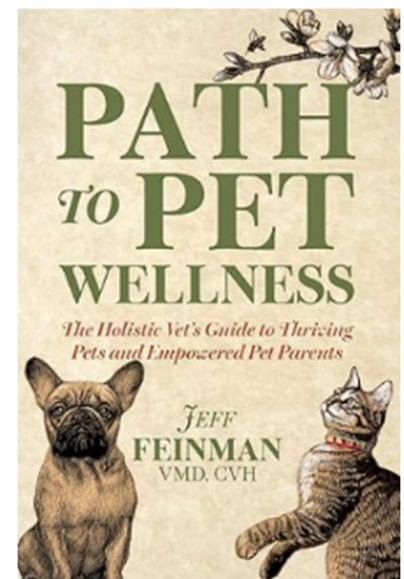
**This revolutionary, heartfelt guide is for pet lovers who want their furry friends to live happier, healthier lives, to support their pet's health naturally and confidently.**

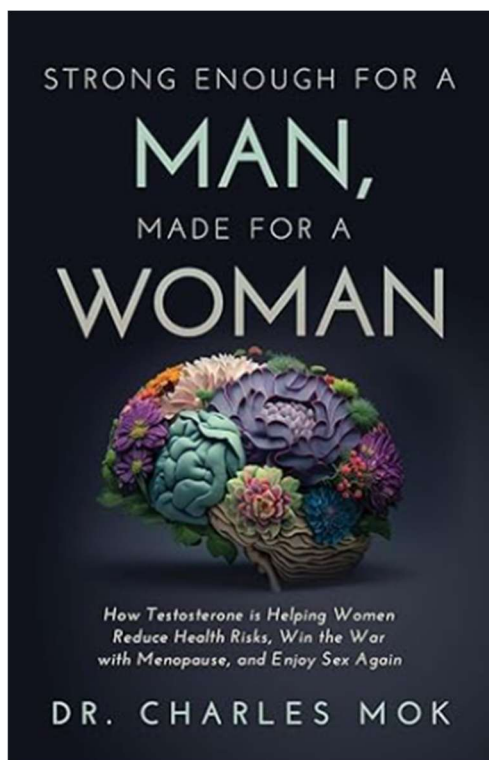
Groundbreaking holistic veterinarian Jeff Feinman shares his innovative “whole-istic” love-based framework, cutting-edge scientific research, beautiful illustrations, endearing pet stories, and easy ways to strengthen your bond with your pet.

In this book, you'll discover how to:

- Interpret your pet's symptoms, especially ones that keep coming back, and respond to them meaningfully
- Support healing with the best of both conventional medicine and holistic traditions
- Apply a love-centered approach to your pet that unlocks their natural healing ability
- Make informed health decisions based on your pet's physical and spiritual well-being

By the end of *Path to Pet Wellness*, you'll become a true advocate for your pet's wellness, learn from your pet how to live a more connected, joyful life, and engage more meaningfully with your pet every day.





## **Strong Enough For a Man, Made For a Woman**

### **How Testosterone is Helping Women Reduce Health Risks, Win the War with Menopause, and Enjoy Sex Again**

by Dr. Charles Mok  
Ethos Collective  
978-1-63680-472-9 ~ 254 pages  
April 18, 2025

#### **We picked the wrong hormone!**

Since the 1960s, doctors used estrogen to treat symptoms in women that were associated with a natural decrease in their sexual hormones. It was chosen for symptoms of ovarian failure.

However, testosterone is five to twenty times more abundant than estrogen in a healthy young woman. The latest research has shown that testosterone improves menopausal symptoms without any adverse effects.

Author Dr. Charles Mok shares his expertise in this eye-opening book, *Testosterone: Strong Enough for a Man, Made for a Woman*. With decades of experience working with these issues and this science, along with extensive clinical experience,

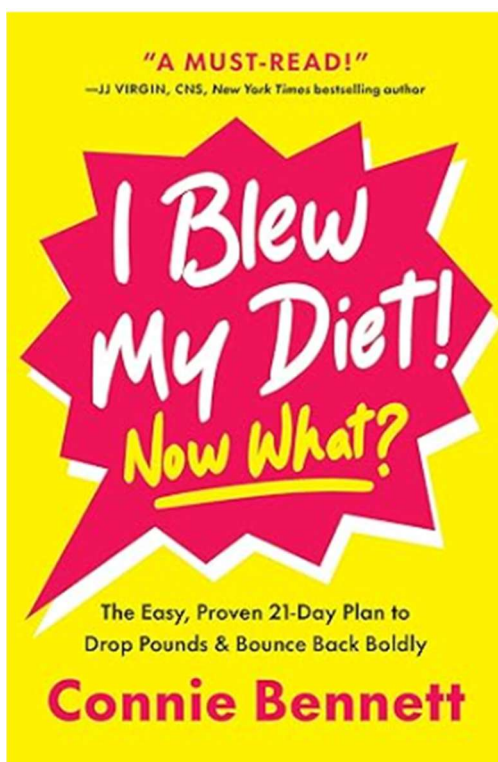
Dr. Mok shows you how natural hormone replacement and testosterone:

- Improve your sexual health, so you achieve an increase in your sexual desire, activity, and satisfaction
- Reduce peri-menopausal symptoms so you experience fewer hot flashes, night sweats, and moodiness
- Benefit the heart, brain, circulatory system, and skin, helping prevent joint and muscle pain, memory loss, thinning of scalp hair, and fatigue

Hormone status should be considered during most adult health care. It has been proven to prolong disease-free life and treat many of the common diseases of the elderly.

#### **About the Author**

Dr. Charles Mok received his medical degree from Chicago College of Osteopathic Medicine, Chicago, Illinois, in 1989. He completed his medical residency at Mount Clemens General Hospital, Mt. Clemens, Michigan. Dr. Mok has worked with laser manufacturing companies to improve their technologies, performed clinical research studies, and taught physicians from numerous other states. His professionalism and personal attention to detail have contributed to the success of one of the first medical spas in Michigan. Board Certifications: 1. American Society of Cosmetic Breast Surgery 2. American Board of Phlebology 3. American Board of Osteopathic Emergency Medicine



## **I Blew My Diet! Now What?** **The Easy, Proven 21 Day Plan to Drop Pounds & Bounce Back Boldly**

by Connie Bennett  
 GreenLeaf Books  
 979-8886452808 ~ 376 pages  
 May 20, 2025

Former carbs-addicted journalist and bestselling author Connie Bennett (*Sugar Shock!* and *Beyond Sugar Shock*) knows firsthand how quickly we can lose our willpower. After eating wholesome, sugar-free, gluten-free foods for more than a decade, she blew her diet big-time and packed on 21 pounds after a heartbreaking year helplessly watching her mother succumb to cancer.

Connie felt ashamed. But hitting rock bottom made her determined to discover: Why do millions of people overeat junk foods? What events, conditions, or emotions trigger mindless bingeing? How can you shed unhealthy excess weight while you heal your heart, claim calm, and shed your shame?

*I Blew My Diet! Now What?* is the result of Connie's seven-year quest for answers. This engaging, eye-opening book guides you to:

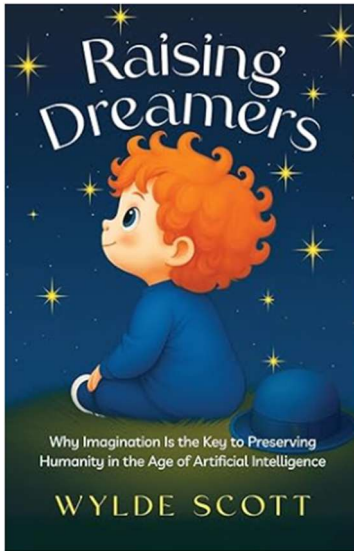
- Discover 21 Reasons You Blew Your Diet
- Implement research-backed FEASTS (Fast, Easy, Awesome, Simple, Tested Strategies) to take back your power
- Create nutritious, delicious, blood-sugar-balanced, modified ketogenic (KetoMod) meals or snacks
- Boost oxytocin (the feel-good hormone) with Connie's fun, science-based Hum-Hug-Rock Relief Process

This groundbreaking book, which includes entertaining cartoons by Isabella Bannerman, will help you shift your mindset from powerless to powerful while you create the healthy body you desire and the fulfilling life you deserve. For more information, visit [www.connieb.com](http://www.connieb.com).

### **About the Author**

I'm a self-mocking, former sugar-and-carbs-addicted journalist, certified health coach, DreamBuilder coach, life coach, and bestselling author of *Sugar Shock!* (Berkley Books) and *Beyond Sugar Shock* (Hay House). My latest book, *I Blew My Diet! Now What?* (Greenleaf Book Group) was inspired by my own experiences. I'm sure many of you will relate. After losing my dear mother, I overloaded on carbohydrate garbage (carbage), packed on 21 pounds, and felt like a big fraud. Now I'm back to help readers like you discover why you, eat badly, how to make peace with food and yourself, and learn simple, science-based tools to Bounce Back Boldly™.

# **PARENTING / FAMILY & RELATIONSHIPS**



## Raising Dreamers

### Why Imagination is the Key to Preserving Humanity in the Age of Artificial Intelligence

by Wylde Scott  
Ethos Collective  
978-1636805795 ~ 226 pages  
February 1, 2026

#### Will we lose our imagination in the age of artificial intelligence?

We are living through the most rapid transformation in human history. Artificial Intelligence is redefining intelligence, creativity, and even the boundaries of what it means to be human. But as machines grow smarter, humanity faces a deeper challenge—one that cannot be solved by algorithms or data.

In *Raising Dreamers*, author, researcher, and futurist **Wylde Scott** offers a bold and urgent thesis: **Our survival as a species depends not on our intelligence, but on our imagination.**

Drawing on neuroscience, psychology, education theory, and decades of creative research, Scott explores the imagination as both a biological function and a societal force—one capable of shaping the future of innovation, purpose, and human connection. Through clear frameworks and compelling storytelling, he reveals how imagination can be intentionally cultivated in children and adults alike to build resilience, adaptability, and meaning in an increasingly automated world.

#### Learn how to:

- Cultivate imagination to enhance creativity, resilience, and purpose
- Shift education from memorization to imagination to helping children thrive in a future where curiosity and creativity define success
- Use the power of play, creativity, and empathy to restore meaning and resilience in the digital era
- Discover purpose and the power of human connection to preserve the very essence of the human experience for generations to come

*Raising Dreamers* redefines how we think about learning, intelligence, and the future of humanity. It is a manifesto for parents, educators, and leaders who believe that technology should serve—not replace—the boundless potential of the human mind.

**To imagine is to be human. To protect imagination is to protect our future.**

## Value Creation Family

### The Proven Playbook for Setting Up Your Family to Enjoy True Success

by Lee Benson  
Ethos Collective  
978-1636805979 ~ 160 pages  
January 30, 2026

amazon

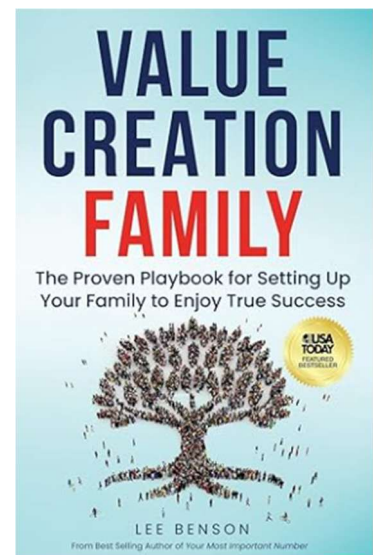
#1 New Release

#### Are you setting your kids up for success or failure? How can you be certain?

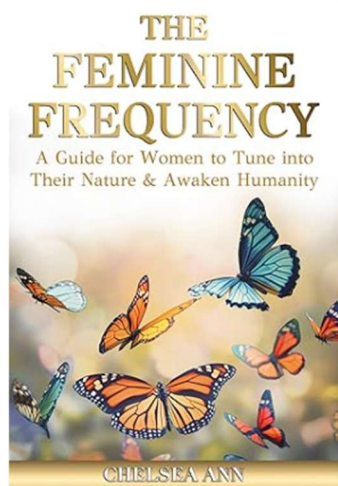
You work hard to be a positive influence and prepare your children for adulthood, but everyone is so busy that there never seems to be enough time. Every day, it feels like you are drifting further from the goal.

You know that you need to turn things around, but you don't know where to begin. *Value Creation Family* provides a powerful playbook to help you:

- Cultivate your kids' character, skills, and confidence.
- Empower them to create meaningful value for themselves, their family, and their community.
- Break free from self-limiting beliefs and behaviors.



**Take action now, your kids' brighter, more prosperous future starts today!**



## The Feminine Frequency A Guide for Women to Tune into Their Nature & Awaken Humanity

by Chelsea Ann  
Morgan James Publishing  
978-1636987637 ~ 200 pages  
March 10, 2026

What if the greatest crisis facing humanity isn't political or environmental—but the loss of feminine nature itself?

For centuries, society has prioritized masculine values, pushing women to compete with men in order to be seen as successful. The feminist movement, while expanding opportunities, has also led many to disconnect from their feminine energy. This shift has created widespread emotional, mental, and physical imbalances, affecting families for generations.

*The Feminine Frequency* explores how this disconnection has hindered true progress. Chelsea Ann argues that humanity has not evolved as believed but has instead moved backward in understanding the feminine essence. Women have been shaped by societal pressures rather than their inherent nature, leading to a crisis in identity and relationships.

Through real-life stories from women worldwide, *The Feminine Frequency* examines what it truly means to embrace the feminine. The nature of a woman has never been clearly defined—until now. It is not rooted in competition, control, victimhood, or a struggle to mirror men. Instead, it thrives in motherhood, intuition, connection to divinity, and the ability to bring harmony to relationships.

Restoring balance in the world depends on recognizing the immense value of feminine energy. Women are the driving force of humanity, and by reclaiming their authentic nature, they can lead society toward greater harmony and peace—and they'll never wish they were men again.

## Emotionally Intelligent Coaching Using the Enneagram to Understand, Connect and Win with Your Team

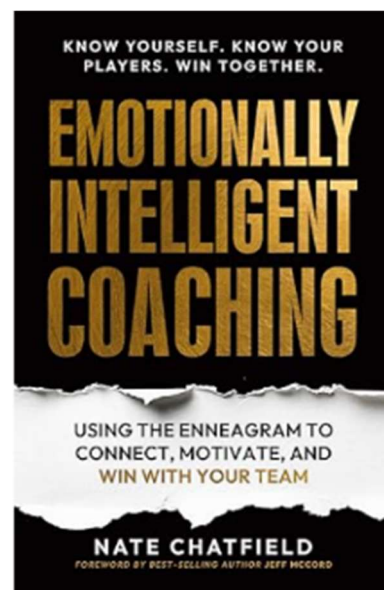
by Nate Chatfield  
Morgan James Publishing  
978-1636988610 ~ 200 pages  
February 3, 2026

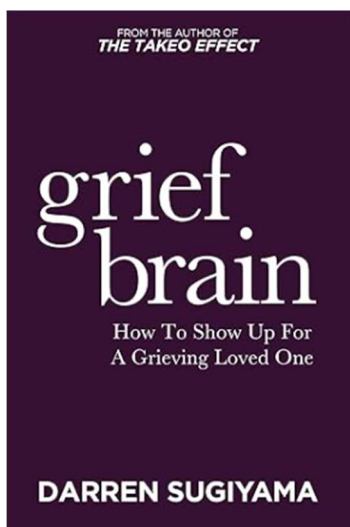
Great coaching isn't just about strategy—it's about understanding people. The best teams aren't just built on talent; they thrive on trust, communication, and emotional intelligence.

*Emotionally Intelligent Coaching* provides a game-changing framework for coaches who want to lead with impact, connect deeply with their players, and build a championship culture. By using the Enneagram, a powerful tool for understanding motivation and behavior, coaches will learn how to bring out the best in each athlete, improve team dynamics, and navigate challenges with confidence.

With practical insights, real-world coaching examples, and a deep dive into the nine unique personality types, this informative guide equips coaches to adapt their leadership approach, foster resilience, and create lasting influence both on and off the field.

Winning is important, but building strong, motivated, and inspired athletes is what truly sets great coaches apart. *Emotionally Intelligent Coaching* will help coaches step up their leadership and transform the way they coach.





## Grief Brain

### How to Show Up for a Grieving Loved One

by Darren Sugiyama  
Morgan James Publishing  
978-1636988818 ~ 150 pages  
March 25, 2026

**In the aftermath of loss, the ability to offer true support hinges on knowing how grief affects the mind, heart, and spirit.**

*Grief Brain* is an essential emergency guide for anyone who wants to support a grieving loved one—but doesn't know how. Written by Darren Sugiyama, a respected business leader and bereaved father, this resource offers clear, compassionate direction on what to say (and what not to say), what to do (and what not to do), and how to truly be there for someone in the throes of devastating loss.

Blending personal insight with powerful research, *Grief Brain* explores the neuroscience of grief, the emotional landscape of the grieving brain, and the deep inner conflict between spiritual beliefs and raw human pain. People will learn the do's and don'ts of grief etiquette, gain a clearer understanding of the stages of traumatic grief, and discover how to walk alongside the grieving—without making things worse.

For anyone searching for the right words, *Grief Brain* is an essential road map.

## Don't Throw in the Towel Yet!

### If it's Worth Fighting About, It's Worth Fixing!

by Veronica L. Nabizadeh, Esq.  
Morgan James Publishing  
978-1636989198 ~ 260 pages  
June 2, 2026

Tired of constant conflict, pretending everything's fine, or feeling like the only one trying to fix the marriage?

This is battle-weariness. But there's no need to throw in the towel. Not yet.

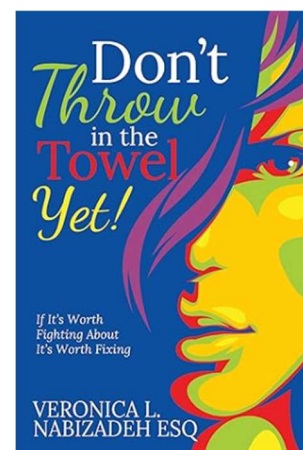
*Don't Throw in the Towel Yet!* delivers no-fluff, soul-rooted guidance—blending insider legal insights, lived emotional truths, and spiritually grounded tools—for practical, emotionally intelligent, spiritually curious wives seeking real answers from someone who's lived it and now leads others through it.

Written by Veronica L. Nabizadeh, certified marriage coach and Florida Supreme Court certified family law mediator, this insightful resource offers a rare trifecta of legal, emotional, and spiritual wisdom—meeting women in the messy middle, where most marriage books fall short.

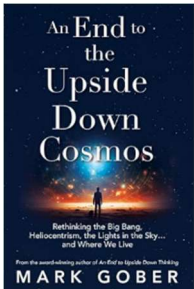
Inside:

- The seven “bad boy” relationship saboteurs that quietly wreck marriages
- The *Stop, Drop, and Roll, Baby!* technique that's already helped save countless relationships
- Tools to break toxic cycles—even without a partner's participation
- How to communicate clearly, set boundaries with love, and reclaim emotional stability
- Step-by-step support for the “gray area” wife—stuck, but not ready to leave

This is for the 60% of women who initiate divorce—many without exploring practical or spiritual alternatives. More than advice, it's a lifeline and a movement, backed by the *Truth Bombs & Tantrums* podcast and a growing community. When the heart still whispers *don't give up yet*—it's time to listen. One overlooked truth could change everything.



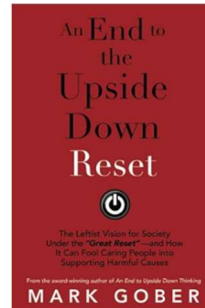
~MARK GOBER~



## An End to Upside Down Cosmos

*Rethinking the Big Bang, Heliocentrism, The Lights in the Sky and Where We Live*

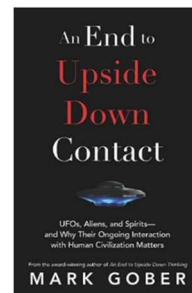
312 pages  
August 4, 2024



## An End to Upside Down Reset

*The Leftist Vision for Society Under the "Great Reset" and How it Can Fool Caring People into Supporting Harmful Causes*

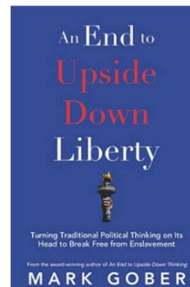
243 pages  
December 24, 2022



## An End to Upside Down Contact

*UFOs, Aliens and Spirits and Why Their Ongoing Interaction with Human Civilization Matters*

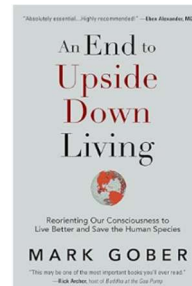
285 pages  
June 15, 2022



## An End to Upside Down Liberty

*Turning Traditional Political Thinking on its Head to Break Free from Enslavement*

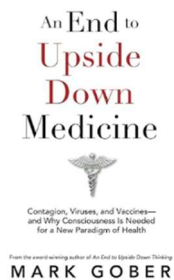
291 pages  
October 1, 2021



## An End to Upside Down Living

*Reorienting Our Consciousness to Live Better and Save the Human Species*

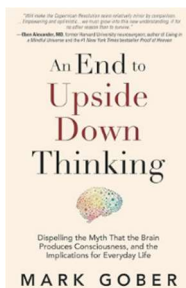
200 pages  
April 27, 2020



## An End to Upside Down Medicine

*Contagion, viruses and Vaccines and Why Consciousness is Needed for a new Paradigm of Health*

296 pages  
November 15, 2023



## An End to Upside Down Thinking

*Dispelling the Myth That the Brain Produces Consciousness, and the Implications for Everyday Life*

331 pages  
April 21, 2023

# **ROSENFELD MEDIA COMPUTER TECHNOLOGY**



## Designing Assistant Technology AI That Makes Us Smarter

by Christopher Noessel  
Rosenfeld Media  
978-1959029601 ~ 224 pages  
March 17, 2026

When artificial intelligence is designed poorly, it diminishes people's skills rather than enhancing them. It can even make users less capable and more dependent on AI. In *Designing Assistant Technology*, Christopher Noessel provides a framework for how to use AI to assist users, as well as mitigating the risks of de-skilling and overreliance on AI.

### Who Should Read This Book

This book was written with four audiences in mind:

- Product owners and technology strategists who want to ensure that the software they offer is doing everything it can for users and their organizations.
- Interaction designers, user experience professionals, educators, and students who will build and inform the direct experiences with these systems.
- Futurists and tech sector pundits who might want to understand that AI is only as dark as they let it become.
- Everyone else because part of the responsibility of being a citizen is building literacy in the major forces at play, what biases those forces have, and what needs to be done to combat negative effects.

### Takeaways

You'll learn to:

- Understand the conceptual difference between an agent and an assistant.
- Better understand your business's challenges and how AI can help.
- Incorporate the book's framework into an existing design process.
- De-risk how assistants are introduced to a workflow.
- Learn design patterns to mitigate the risks of assistants.
- Rely on AI assistants just enough, but not too much.



## THE GAME DEVELOPMENT STRATEGY GUIDE

### Crafting Modern Video Games That Thrive

by Cheryl Platz  
 Rosenfeld Media  
 978-1959029717 ~ 400 pages  
 September 16, 2025

Some of today's most popular video games have been on the market for decades, while others barely make it days before disappearing forever. What differentiates the games that survive? This expansive look at modern video game development gives you an end-to-end, cross-disciplinary understanding of the people, processes, and core design principles you'll need to create video games that thrive.

#### Who Should Read This Book

This book is for *anyone* and *everyone* interested in working on and creating games, including:

- Aspiring game developers of any discipline.
- Veteran game developers looking to reframe their understanding of game development to account for modern trends and standards.
- Creative leaders who need to build and support environments where great video games are created.
- Game designers trying to improve their understanding of the business considerations that have felled so many recent games.
- User experience designers looking to understand, define, and expand their impact in the broader video game market.
- Producers struggling with the choice of business model or monetization choices for their games.
- Partners to video game developers like legal counsel, business development, venture capitalists, marketing, licensing, and human relations.

#### You'll learn...

- A standard for basic game design principles.
- Foundational science and the art of universal player motivation, critical to informing decisions about the game.
- The modern gaming business, including live-service games.
- The roles that people and companies play in the game development process.
- A common language for game development techniques.
- How to achieve creative ideation and learn prioritization techniques.
- More advanced design topics to help games thrive over time.
- How to design games that encourage positive social experiences.
- Modern video gaming monetization techniques.
- To recognize common ethical and legal issues.
- About key video games hardware, software, engines, and platforms.
- What works and what doesn't in gaming—showing common patterns in the industry and design struggles.
- Insights that will apply to teams and games of any size—from indie games to mega games



## We Need to Talk

### A Survival Guide for Tough Conversations

by Joshua Graves  
 Rosenfeld Media  
 978-1-959029-11-3 ~ 296 pages  
 April 15, 2025

Drawing from psychology, neuroscience, and years of real-world experience, *We Need to Talk* provides a practical framework for navigating difficult conversations with confidence and empathy. Whether you're dealing with workplace conflicts, team dynamics, or challenging personal discussions, this book equips you with the tools to transform confrontational situations into opportunities for growth and understanding. No scripts, no shortcuts—just proven strategies that work.

#### Who Should Read This Book

If you work with other humans, this book is for you. Whether you're a leader trying to build psychological safety on your team, an individual contributor navigating tricky workplace dynamics, or someone who wants to get better at having hard conversations, you'll find practical tools here. While the examples come primarily from technology and creative fields, the framework works across industries and various roles. You'll learn how to transform potentially confrontational situations into opportunities for growth and understanding, all while staying true to your authentic communication style. This isn't about becoming a conflict expert—it's about you feeling confident and capable when those inevitable tough conversations arise.

#### Takeaways

- Learn the core principles underlying difficult conversations.
- Delve into how your brain processes conflict.
- Study a multitude of techniques for maintaining psychological safety.
- Learn to apply practical solutions to solving real-world problems.
- Practice handling difficult conversations in your own authentic way.
- Figure out specific techniques for staying centered, asking the right questions, and keeping your cool when caught off guard.
- Learn how to navigate the tricky waters of conflict when you don't agree with your boss.
- Study de-escalation techniques for a tense situation in order to guide conversations back to productive territory.
- Say no and mean it!



## THE STAFF DESIGNER

### Grow, Influence, and Lead as an Individual Contributor

by Catt Small  
Rosenfeld Media  
978-1959029687 ~ 200 pages  
December 2025

Staff design is a combination of team leadership and in-the-pixels design work, all without any direct people management. There are tons of management books, but very little help for senior designers who want to keep working with the pixels. Fret not: this handbook will guide you to success — whether you're already navigating a Staff Design role, or you're an Independent Contributor deciding whether or not to embark on the journey. You'll learn methods to build influence as an individual contributor, improve your executive communication, and impact strategy at scale.

#### Take-aways

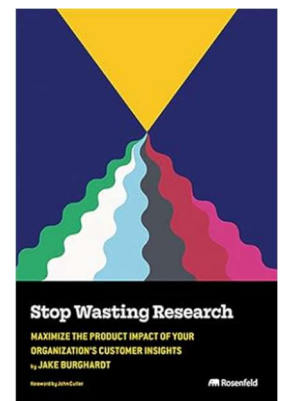
- Understand Staff Designer roles and responsibilities, including how they differ from Senior Designers, to set appropriate expectations with teams and executives.
- Enhance executive communication skills and cross-team collaboration to influence company vision and roadmap at a strategic level.
- Develop effective time management and boundary-setting strategies to sustainably focus on high-impact, strategic work.

## Stop Wasting Research

### Maximize the Product Impact of Your Organization's Customer Insights

by Jake Burghardt  
Rosenfeld Media  
978-1959029991~ 320 pages  
June 24, 2025

Why do crucial customer insights often fail to drive product decisions? The answer: wasted research. Jake Burghardt identifies the insidious root causes of research waste, giving actionable ideas to increase the impact of siloed research. You'll learn to enhance collaboration, maximize learning, and drive research-informed product launches. Anyone—from UX researchers and insight generators to data scientists and CX analysts—will benefit from these crucial customer insights.



#### Who Should Read This Book

This book is for anyone who's seen too many important customer insights that failed to drive next steps in their business. It's for leaders and practitioners who want to experiment with new ways to increase their organization's research use in product development and delivery. Specifically, it's perfect for researchers from any discipline from UX to CX to sales to data science. It's also a must-read for leaders of product, design, marketing, and engineering — anyone who wants to improve decision-making based on available customer research. And that includes operations people.

#### Takeaways

- Uncover tools and methods to reduce research waste.
- Learn how to find and use hidden research that might have lasting impact on your organization.
- Discover knowledge-consolidating tools and requirements for repositories.
- Increase the impact of any type of customer research on your organization.
- Note the special "IDEA" sections that show possible actions to choose based on what makes sense for your current resources and organizational context
- See "You Might Be Asking" sidebars, which give answers to common questions.
- Search for "Imagine a Way Forward" sidebars that highlight special scenarios—telling a story of action ideas as step-by-step narratives.
- Look for insightful interviews from experts in the field.
- Read the chapter summaries of key proposals to get more value from research, including a distillation of what success might look like.