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Sat Nam Imprints —  Body, Mind, and Spirit
Trade Books

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2014

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A customer [writers/authors/readers/vendors] is the most important visitor on our premises. He is not dependent on us. We are dependent on him. He is not an interruption of our work. He is the purpose of it. He is not an outsider to our business. He is part of it. We are not doing him a favour by serving him. He is doing us a favour by giving us an opportunity to do so.

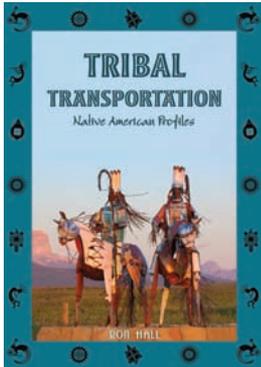
—Mahatma Gandhi



Word Keepers, Inc.

Bibliocast/Sat Nam Imprints/Imagine Books/Hawk's Cry Publications

Tel. 402.628.8270 wordkeepersinc@gmail.com ~ www.wordkeepersinc.com



Tribal Transportation Native American Profiles

By Ron Hall

Paperback \$24.95
978-0-9785393-3-7
256 pages, 6 x 9
April 22, 2014
Bibliocast

Native American profiles for academic and trade book readers who want a better understanding of tribal leaders who embrace change, self-determination, and leadership to improve quality of life for tribal lands and Native communities.

Helping at home is a constant theme for the Native Americans in this book. That core theme is the driving force in their lives. Each Chapter Author has a commitment to improving the transportation infrastructure of tribal lands and communities through tribal self-determination. It is equally compelling to note that helping at home is not an easy task, and while Native communities are unique in many ways, local resistance to change is virtually universal. Improving local conditions means change. Change is difficult to accomplish even when the end result is a dramatic improvement to the quality of life for the people you love and cherish. For academic and trade book readers, a collection of stories from tribal leaders who embraced change through leadership.

SALES & MARKETING POINTS

- Earth Day celebrations and events featuring this book's Native American themes of good stewardship practices and leadership
- Educational and informative with thoroughly researched Tribal Transportation and Native American reservation leadership
- Co-authors share stories of specific tribes and reservation needs and vulnerabilities for next generation tribal leadership roles and profound responsibility to change through our choices

COMPARATIVES

ISBN-13: 13: 978-1936449002
TITLE: Working in Indian Country: Building Successful Business Relationships with American Indian Tribes
AUTHOR: Larry D. Keown

COMPARATIVES CONTINUED

DATE: October 2010
PRICE: \$18.58
PUBLISHER: Roberts & Ross Publishing
FORMAT: Paperback

ISBN-13: 978-1402748813
TITLE: The Power of Four: Leadership Lessons of Crazy Horse
AURHOR: Joseph M. Marshall III
DATE: January 2009
PRICE: \$12.03
PUBLISHER: Sterling
FORMAT: Hardcover

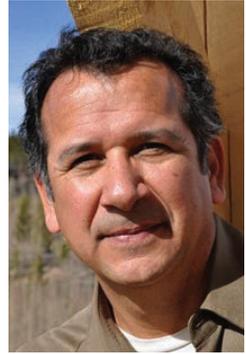
ISBN-13: 978-0071808835
TITLE: Leadership Lessons from the Cherokee Nation: Learn from All I Observe
AUTHOR: Chad "Corntassel" Smith
DATE: February 2013
PRICE: \$13.56
PUBLISHER: McGraw-Hill
FORMAT: Paperback – 304 pages

AUTHOR QUOTE

"I care about the safety and security of each child going to school and about each bureaucrat, tribal politician, and rancher or business person who drives to work each day."

"You did not ask to be born, but you are here. You have weaknesses as well as strengths. You have both because in life there is two of everything. Within you is the will to win, as well as the willingness to lose. Within you is the heart to feel compassion as well as the smallness to be arrogant. Within you is the way to face life as well as the fear to turn away. The weakest step toward the top of the hill, toward sunrise, toward hope, is stronger than the fiercest storm. Keep going."

—Quote from **Keep Going** by Joseph M. Marshall III, (Sterling Publishing Co., 2006)

**ABOUT THE AUTHOR**

Ron Hall leads an active life filled with new and engaging challenges. Whether it is rediscovering golf, road cycling in the Rocky Mountains and foothills around his home in Fort Collins, Colorado, outwitting the bugs and drought that assault his garden, being a father and mentor to his two sons that are recent college graduates, being an engaged and connected partner to his wife of 28 years, running a consulting business that undertakes grassroots strategies to support tribal initiatives, or directing a program that addresses the transportation infrastructure training and education needs of tribes in the Four Corner States and across the country, Ron is constantly on the go and learning more than he teaches. Being an enrolled member of the Mandan, Hidatsa and Arikara Nation in North Dakota, and raised in the northern plains in the 60's and 70's Ron has appreciated the warmth and security of a strong family and questioned the issues that arose on a personal, community and regional level between Native Americans and whites. He attended primary and secondary school in Moberly, South Dakota. The dynamics of a reservation border town and the tribal communities challenged Ron to understand his experience that there are incredible loving people in both communities, and a few that are not so good. Why are poverty and difficult social issues associated with Tribal communities? As he walked in both the Native and White worlds the lines of separation became more apparent with each year. These questions lead Ron to study Sociology and Criminal Justice at Augustana College in Sioux Falls, South Dakota. From there he studied law at William Mitchell School of Law in St. Paul, Minnesota. Since then he has sought to build on the strengths and opportunities that exist in tribal communities and facilitate engagement and cooperation with federal, state and local governments and communities.

PUBLISHERS

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The Plateau: voices of the earth Book One of a Trilogy

By Maureen Dudley

Paperback \$19.95

978-097853939-9

360 pages, 6 x 9

April 22, 2013 - Earth Day

Hawk's Cry Publications

For readers who love a suspenseful story that engages thought-provoking conversations about our role as earth stewards. What's at stake? Every living thing on planet earth!

What if you have half a second to stop the extinction of the human race? What if that pivotal day to save humanity

depends on you saving your own life? Catherine's life and humanity's continued existence depend on her ability and willingness to believe in an altered, future timeline with a colony of Earth inhabitants. It couldn't come at a worse time. Catherine's father dies unexpectedly. The pressure of her research and advocacy work adds dead weight to her life's precarious tipping points. Catherine's losing battles includes sleep deprivation. Sleep eludes her, because when it does come, she finds herself repeatedly dreaming about standing on the same high plateau with her greyhound dog, Addy, and a stranger (Keitha) & her dog (Murphey) surrounded by plants and animals and insects, and then poof! The living landscape transforms into ash.

Catherine does not suspect that she is the lynch pin, but she is the one who must stop the Machiavellians from shifting Earth's future timeline, resulting in the colony's extinction. But, because of her own beliefs in the Hau de no sau nee (Six Nations Iroquois Confederacy) principal that we have to consider the effect decisions have on descendants seven generations into the future, Catherine pauses and reaches back into her own past generations until her ancestor, Shi Ma, from the Lipan Indian tribe, the one who passed on her family's oral history, reminds her that she's connected to something beyond the people and place of her time, her now. Catherine puts this belief to the ultimate test when she learns that 'the event' is her own death. In order to stop it, she must walk directly into its path.

SALES & MARKETING POINTS

- Earth Day celebrations and events featuring this book's environmental themes of good stewardship practices
- Author uses dramatic storyline to demonstrate earth's vulnerability and our profound responsibility to change through our choices
- Helps readers dare to question their role in earth's future tipping points for the next seven generations through real-life dogmas, political agendas, and environmental issues that plague our future existence

COMPARATIVES

ISBN-13: 978-0307955630

Title: Full Body Burden: Growing Up in the Nuclear Shadow of Rocky Flats

AUTHOR: Kristen Iversen

DATE: June 2012

PRICE: \$24.00

PUBLISHER: Crown

FORMAT: Hardcover - 416 pages

AUTHOR QUOTE

"There is a path next to a canal that is one of the routes that my dog and I take on our morning walk. I sometimes see others talking on cell phones or running with headphones on, their eyes straight ahead. It makes me wonder if they know what they're missing. You see, I'm a scanner; the ground, the open areas, the trees, and the sky. Nature is amazing - from a delicate purple flower at the edge of the path to a majestic hawk in flight - in the middle of an urban area, what beauty there is to see."



REVIEWER QUOTE

"The author uses Keitha and Catherine's stories to illustrate how important it is to take care of the environment not just for their sakes, but also for that of future generations who must live with the outcome of their ancestor's actions. The story keeps the reader engaged by revealing just enough of the past's influence on the future. Despite the revelation of future outcomes to the reader, the author was able to maintain the suspense in the narrative and this is definitely one reason the novel works well. The Plateau: voices of the earth is a very interesting and well-written story. The plot is engaging, the characters are likeable, and once the action gets going, the book keeps a page-turning pace that will engage those who enjoy fantasy, general fiction, and stories about the environment."

—Laura Munion, ForeWord Review Magazine

"Given this particular time in the state of our collective consciousness in our world, I think The Plateau – voices of the earth is a timely and thought-provoking book."

—Christine Andrew, Enlightening Radio/CoSozo Radio

ABOUT THE AUTHOR

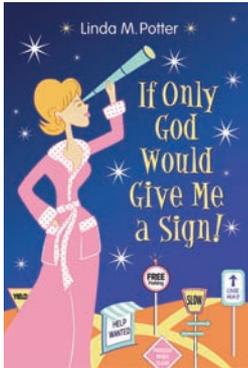
Ms. Dudley received her Bachelor of Science in Environmental Engineering from Montana College of Mineral Science and Technology. After moving to Colorado, Maureen's career as an Environmental Engineer began with the State of Colorado. After more than two decades of working for state and then local governments, Maureen decided it was time for a change. She discovered that working in solitude suited her. With first Kilty and now Charley (pictured) at her side, Ms. Dudley has transitioned into her next career—writing. The Plateau – voices of the earth is Ms. Dudley's debut novel and Book One in a Trilogy about our efforts to protect and preserve our natural environments—how what we ultimately do, as either good or bad stewards of our planet, affects the next seven generations and earth's future timelines.



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If Only God Would Give Me a Sign!

By Linda M. Potter

Paperback \$16.95

9780979531576

256 pages, 6 x 9

June 2011

Bibliocast

Women and men, Baby-Boomers, will love a romp through these pages of posted signs with this witty, heart-felt humorist on a spiritual path. For anyone who's stepped out into the night sky, looked up, and responded to the cosmos: If Only God Would Give Me a Sign! life would finally make sense. (Pink polka dots are optional.)

If Only God Would Give Me a Sign! is a delightful read, from the Erma Bombeck of Metaphysics—Linda M.

Potter—of inspirational how-to's (and how- not- to's) in finding meaning in everyday signs. You encounter *the literal and subtle signs* along the journey of this entertaining, anecdotal, and light-hearted smorgasbord of personal stories, life lessons, and encounters with 'signs.' As you set out in search of spiritual guidance, you begin your discovery of *signs*, and life transforms itself from the mundane to the divine.

What about the *Speed Limit Ahead* sign? Are you 'setting your own limits' in a world of unlimited possibilities? There are no shortages of signs for those who pay attention, live life with an open heart, and read the signs with a sense of humor. If you're ready to lighten up a little about spiritual *enlightenment*, this book's for you. Chat about your spiritual journey over a decaf latte with this humorist. Engage in a meaningful dialogue while relaxing in your backyard hot tub. Spirit is in and throughout all things. You have been led, you are lead, and you will always be led—just follow the signs! Perhaps that last sign—*Fog Conditions May Exist*—was positioned for you after all. Once you start noticing the signs—they're everywhere.

SALES & MARKETING POINTS

- A warm and fuzzy 'Signs 101' course for beginners seeking spiritual enlightenment in the mundane multilayered precursor of life's crossroads.
- Spirit-raising and mood enhancing laughter for how God or Cosmic Management might be sending messages to the masses—with signs!
- It's part guide book to the 'course of signs' and laughter on the road to enlightenment.
- Baby-Boomers seeking spiritual answers to those lifelong questions of "Who am I?" "What am I doing here?" and "Who paid for my trip to get here, anyway? Is that the karma thing?"

COMPARATIVES

ISBN-13: 978-0553383621

TITLE: Why Your Life Sucks and What You Can Do About It

AUTHOR: Alan Cohen

DATE: 2005

PRICE: \$15.00

PUBLISHER: Bantam

FORMAT: Paperback

ISBN-13: 978-0143038412

TITLE: Eat Pray Love

AUTHOR: Elizabeth Gilbert

DATE: 2007

PRICE: \$15.00

PUBLISHER: Penguin

FORMAT: Paperback

AUTHOR QUOTE

"My professional resume reads like a Wikipedia entry for Attention Deficit Disorder. I've had more jobs than hair colors and filled out more career aptitude forms than tax returns."

REVIEWER QUOTE

"Everyone wants to be happy, yet we frequently find changing the habits of a lifetime almost impossible. The truth is that everyday signs can be the change you really need to focus on. This book will inspire you and motivate you in finding meaning in everyday signs. Linda Potter shows you how to de-code the key signs in creating positive spiritual change."

—Gary Quinn, Author, *Living in the Spiritual Zone*



"I spent years waiting for the neon sign or flashing light from God, but it never came! If Only God Would Give Me a Sign! reminds me that there are signs all along the path. I just have to pay attention. Hilarious and pity, I smiled and groaned in recognition of my own journey in every chapter. I'm recommending this book to everyone in my community! Thanks for letting us walk part of your path with you, Linda! Now it feels like you're walking with me on mine."—Rev. Dr. Petra Weldes, Sr. Minister, Center for Spiritual Living

ABOUT THE AUTHOR

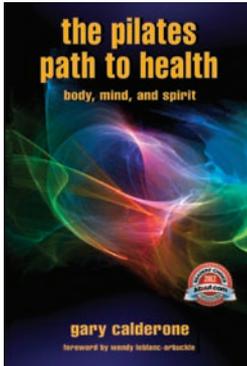
A stand-up comedian was Ms. Potter's first career choice. Practicality won out, though, and Potter pursued a BA degree in Speech and Theatre, and an MA degree in Theatre Arts. "My professional resume reads like a Wikipedia entry for Attention Deficit Disorder. I've had more jobs than hair colors and filled out more career aptitude forms than tax returns." As the Managing Editor for BellaSpark Magazine, Ms. Potter writes the featured interviews with such dynamic authors as Shirley MacLaine, Wayne Dyer, Deepak Chopra, Gregg Braden, Ian Cohen, John Randolph Price, Iyanla Vanzant, Lynn McTaggart, Joan Borysenko, Brian Weiss, James Twyman, John Holland, and Dr. Joe Dispenza. Potter's loyal readers love her digestible, comedic insights offered in her quirky, yet grounded messages on life's challenges and the 'signs' that offer responses to those challenges. You can reach Ms. Potter at www.lindampotter.com

PUBLISHERS

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The Pilates Path to Health Body, Mind, and Spirit

By Gary Calderone

Foreword by Wendy LeBlanc-Arbuckle

Paperback \$19.95

9780979531583

188 pages, 6 x 9

June 2011

Bibliocast

Men and women experiencing or new to the Pilates community who seek a deeper understanding of the healing gift of the Pilates Method, who are seeking balance in their lives, specifically the categories of body, mind, and spirit.

Gary Calderone personally recognizes the healing gift of Pilates. The practice of the Pilates Method offered Gary support in his process of healing from a serious illness. Healing is an inside job. Most of us are not given an owner's manual: We bungle toward balance and health. We rush. We eat and drink too much, too little. We work more and play less. We live outside of our natural selves; holding up; putting off, or just getting through until we can "feel or fix" it later, until we can turn a corner and discover the truth--health is the natural state of the body. Balance is within our grasp. That's the gift of this book: a contemporary voice of who, what, and how we find that balance. The Pilates Path to Health emerged from the concepts of the foundational work of Joseph Pilates' Contrology. Gary, a contemporary voice in the Pilates community, recognizes Pilates as more than just an exercise regimen. He sees Pilates as a healthy lifestyle. Because Pilates is evolving in a global community where people are seeking balance in all categories of their lives, this book is timely, acting as a marker of how Pilates is adapting and serving a 21st century world.

Book Award: The 2012 Readers' Choice Award for Best-in-Pilates book!

SALES & MARKETING POINTS

- A timely book that focuses on how Pilates is adapting and serving the 21st century world.
- This book's forward is written by Wendy LeBlanc-Arbuckle who has studied with all of the Pilates Elders, beginning with Romana Kryzanowska and longtime friends and treasured mentors, Mary Bowen and Kathleen Stanford Grant, and Pilates master Teacher Alan Herdman.
- Gary offers a contemporary voice in the Pilates community that lends distinction for teachers with a greater mission to evolve practitioner, student, and client to their next level of health.

COMPARATIVES

ISBN-13: 978-0961493790

TITLE: Pilates' Return to Life Through Contrology

AUTHOR: Joseph Pilates and William Miller

DATE: 1998

PRICE: \$29.95

PUBLISHER: Presentation Dynamics

FORMAT: Paperback

ISBN-13: 9781424316779

TITLE: The Body Biz: The Pilates Story

AUTHOR: Joan Breibart

DATE: 2006

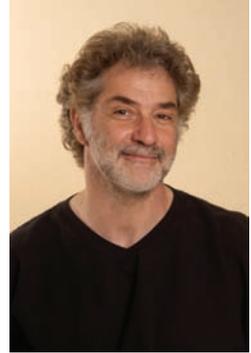
PRICE: \$16.95

PUBLISHER: PMI Publishers

FORMAT: Paperback (Fiction)

AUTHOR QUOTE

"The resolve you may find in this book is not a panacea. The inner work we all come to do in our lifetime and the myriad of paths it may take—the "archeological digs" we perform on ourselves—is necessarily subjective. I came to trust my inner journey to uncover what I know as my truth. I hope this book helps you with your own inner journey, so that you can come to know your truth."



REVIEWER QUOTE

"It is minds like Calderone's mind that will help speed up the day, where a critical mass will embrace a peaceful and balanced state between body, mind, and spirit hastening the shift in our world's paradigm from one of anger to one of love."

—**Brent D. Anderson**, PT, Ph.D., OCS, President of Polestar Pilates

"Because there is so much trendy hype about Pilates it is imperative that the real value of this work be spoken about loudly and creatively as Gary has done in this book. Pilates is transformative."

—**Rachel Taylor Segel with Amy Taylor Alpers**, Co-founder and Co-owner, The Pilates Center Boulder, CO

"This book is important for the existence and survival of Joseph Pilates intention in the world."

—**Lara Kolesar**, Master Pilates Teacher

ABOUT THE AUTHOR

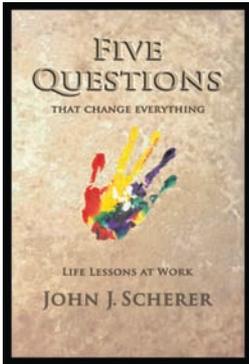
Gary Calderone was lecturing in three countries and immersed in holistic health sciences prior to his Pilates experience. This set the stage for the writing of his first book, providing readers access to a deeper level of personal care and health. His dedication and exploration of the Pilates Method, as it relates to the experience of a series of exercises, engagement in body, mind, and spirit connection, and overall health and balance, comes out of that immersion and his history of injury and recovery and personal need. At a personal and professional level, Gary lives and teaches from his understanding that the practice of the Pilates Method is more than just an exercise regimen. He recognizes how Pilates continues to adapt and serve the needs of a global community—now, in this 21st century more than ever. You may visit his Web site at www.pilatespathtohealth.com.

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Five Questions That Change Everything Life Lessons at Work

By John Scherer

Foreword by Elisabet Sahtouris, PhD

Paperback \$19.95

9780979531521

304 pages, 6 x 9

March 2009

Bibliocast

Men and women who want a deeper understanding of life's lessons. They will see their relationships, work, recreation, and devotional practice--as a classroom, which becomes the curriculum for a development "course" for life.

"Everyone gets the experience. Some get the lesson." T.S.

Eliot captures the essence of Five Questions That Change Everything. So what turns an experience into a learning opportunity? It's not what happens in the seminar, workshop or classroom. It has to do with your attitude, the way you approach the experience. The only requirement is that you seek the lesson in the experience. And the more you need that lesson, the more likely it is to show up in your everyday experiences through your relationships. If you could start to see your entire life—relationships, work, recreation, and devotional practice--as a classroom, then all the "stuff" that happens to you every day, at work, for instance, could be seen as grist for your learning mill, could become the "curriculum" for your development "course" you are taking in this life. We are not just about mastering a subject or a set of skills—the object of most classrooms. This classroom is more about the self-mastery to learning how to manage things like success, failure, fear, pride, confusion, and/or anger. When you can hold what happens at work—or anywhere else in life—this way, then class is always in session, and that changes everything.

SALES & MARKETING POINTS

- Sets a new standard of excellence for the impact of spirituality in readers' lives
- Uses words that are simple enough to be easily understood, yet deep enough to be profound. This book fits all levels of people
- Gets to the root of any problem, helping readers find their own answers

COMPARATIVES

ISBN-13: 9780963134110

TITLE: Work as a Heroic Journey: Using the Workplace to Evolve Your Character and Consciousness

AUTHOR: Marion Moss Hubbard

DATE: 2005

PRICE: \$19.95

PUBLISHER: Orion Publishing

FORMAT: Paperback

ISBN-13: 9780310232223

TITLE: The Soul of a Leader: Finding your path to Success and Fulfillment

AUTHOR: Margaret Benefiel

DATE: 2008

PRICE: \$16.95

PUBLISHER: Crossroad Publishing

FORMAT: Paperback

AUTHOR QUOTE

"When I step onto a stage to talk, I see it as a global platform to offer my passion, my work, for transforming the world at work by unleashing the human spirit—starting with my own."

REVIEWER QUOTE

"You hold in your hand the answer to my yearning: five powerful questions that expand from my observations of youth into the richness of an adult world. Best of all, the NOW of our everyday life becomes the college for mining the gems of our individual souls. As the Zen master said, "Wherever you go, there you are." We carry within us the key to improving relationships, living more authentically, and transforming our lives. The questions posed by this book will turn the key. What more could any self-explorer want?"

—Eileen McDargh, Author, *Gifts from the Mountain: Simple Truths for Life's Complexities*

**ABOUT THE AUTHOR**

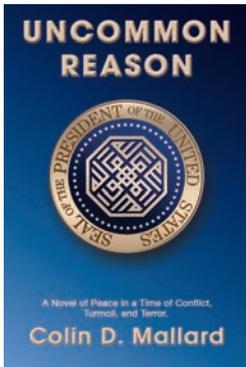
After finishing his four-year Navy tour of duty John enrolled in the Lutheran Theological Seminary in Columbia, SC. After graduating with honors he conducted one of the nation's first Street Ministries, doing crisis intervention work with "people of the night." His reputation as a facilitator of change grew. His Executive Development Intensive (EDI), started in 1987, was among the first solo, holistic programs of its kind. In November, 2007, Stephen Covey's organization named John one of America's Top 100 Thought Leaders for 2008 in Personal Excellence. He is a pioneer in the emerging field that shares the name of his 1993 book, *Work and the Human Spirit*. Over 5,000 people from around the world receive his weekly newsletter. Based in Seattle, WA, John has four grown children, plays the guitar, runs or swims (he still does the butterfly) and does yoga daily, and loves to read a good spy novel. You may visit his website at www.scherercenter.com.

PUBLISHERS

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Uncommon Reason

A Novel of Peace in a Time of Conflict, Turmoil, and Terror

By Colin D. Mallard

Paperback \$20.00

978-0-9795315-1-4

435 pages, 6 x 9

June 2008

Sat Nam Imprints

Readers who are in tune with today's political environment and who are open to a path of possibilities beyond the poisonous cycles of war

"This novel does something unusual—it presents an imaginary situation which can give us hope because it indicates what is necessary, even suggesting [what is]

possible, in these desperate times."—Howard Zinn. This suspense filled political thriller invites the reader down a path of possibilities, beyond the poisonous cycles of war. What leads a man to violence and beyond to peace? Professor David Tremaine, the most unlikely of characters to lead the most powerful free nation in the world, becomes the spokesman to answer that question. Laced with words of wisdom, this philosophy professor, armed with only speech, becomes President of the United States during the turbulent times preceding 9/11. David Tremaine never expected to be drawn into a global scenario of intrigue, corruption, war, or terror. Ill equipped to lead a nation from the positions of force and violence, President Tremaine draws from his own spiritual well of a life lead by reason, compassion, principles of love, selfless service, and peace. Woven with these ideals, *Uncommon Reason* tells a tale to transform the individual, a nation, and a world. It is not a new story, but an old story of enlightenment—an antidote for lasting peace.

SALES & MARKETING POINTS

- Proposes putting an end to terror and its counter force without violence or bloodshed
- A suspense-filled political thriller that asks the question, "What leads a man to violence and beyond to peace?"
- Protagonist offers readers a breath of fresh air as he draws from his own spiritual well of a life lead by reason, compassion, principles of love, selfless service, and peace

COMPARATIVES

ISBN-13: 978-1-59030-500-3

TITLE: Practicing Peace in Times of War

AUTHOR: Pema Chodron

DATE: 2006

PRICE: \$7.95

PUBLISHER: Shambhala Publishing

FORMAT: Paperback (NF)

ISBN-13: 978-0-8294-2720-2

TITLE: A Persistent Peace: One Man's Struggle for a Nonviolent World

AUTHOR: Rev. John Dear SJ and Martin Sheen

DATE: 2008

PRICE: \$22.95

PUBLISHER: Loyola Press

FORMAT: Hardcover (Autobiography)

AUTHOR QUOTE

"Woven with these ideals, Uncommon Reason tells a tale to transform the individual, a nation, and a world. It is not a new story, but an old story of enlightenment—an antidote that provides lasting peace."

REVIEWER QUOTE

"This novel does something unusual—it presents an imaginary situation which can give us hope because it indicates what is necessary, even suggesting possible, in these desperate times."

—Howard Zinn, Professor Emeritus, Boston University

"... politically incorrect, religiously troubling, and thought provoking ... Mallard has provided the reader with something to ponder. It is not a quick read. Don't expect to be simply entertained. Expect to be challenged. I was."

—Ginger Cody, Ramona Sentinel

"Mallard crafts a message for today. Penetrating gradual unfolding of the secrets of life."

—The Book Reader

"This book has everything; it's philosophical, yet has adventure, intrigue, pathos and romance. The reader is drawn into the story and finds subtle changes occurring in his/her own thinking."

—Reverend Lavona Stillman, Universal Church of the Master, Santa Clara, CA

"A brilliant work from the heart. It will touch you, transform you and bring peace to your soul and the planet."

—Madhukar Thompson, Author, *The Odyssey of Enlightenment*



ABOUT THE AUTHOR

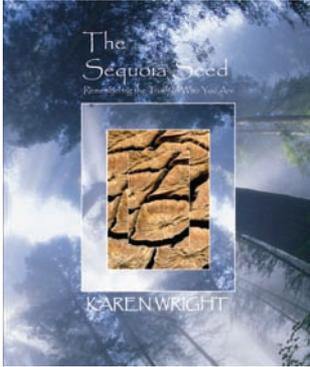
Colin Mallard was born in England during World War II, and immigrated to Canada with his parents as a youth. While attending college in Boston, he was active in the Civil Rights and Peace Movements of the 1960s. During a peace rally at Boston Common, he witnessed the brutal beating of a demonstrator by police. His visceral response showed him his own capacity for violence, sharpening his desire to know and understand himself. He needed to know what gives rise to violence and, more importantly, to peace. His formal education focused on Philosophy, Theology, Literature, and Psychology. A long-standing interest in spiritual matters drew him deeply, first into Western philosophy and then into Eastern philosophy, particularly Taoism and Advaita Vedanta. As understanding took place he found a deep sense of peacefulness accompanied it. You may visit his website at <http://www.colinmallard.com>.



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The Sequoia Seed Remembering the Truth of Who You Are

By Karen Wright

Foeword by Jim Warda

Paperback \$15.00

978-0-9649679-3-9

161 pages, 7.5 x 9

June 2008

Hawk's Cry Publications

Men and women, especially Baby Boomers who now have the time to ask, "What's next?" For anyone facing life's problems, difficult people, tragedies or transitions. How to manage life's ever changing landscapes with new eyes.

Deep in an ancient forest of giant sequoias, a small cone waits patiently to release new life. Over the mountain ridge, a wildfire is rapidly approaching. It will destroy all in its path. But, paradoxically, the fire's intense heat will release the tiny seed, smaller than a flake of oatmeal, from the dormant cone and new life will amazingly take root. So it is for us. Problems, difficult people, tragedies—these are our fires; these are our teachers. The fires of our crises and tragedies can destroy us. Or, they can lead us to the deeper truth of what life can be. Written in an easy conversational style, each chapter is a stand alone with an intended focus. Included are stories from Karen's international e-zine audience who share stories of how they've faced their own fires. How well are you managing yourself in this journey of life? The Sequoia Seed gives you the litmus tests: Decidophobia; The Balancing Act; Out of the Land of Lack, Driving with the Brake On, etc. Karen Wright captures, in a profound tongue of everyday challenges, humanity's journey of spiritual awakening.

SALES & MARKETING POINTS

- Bite-size stories in an easy essay style voice of stand-alone chapters that move readers along on a personal journey of possibilities to their own magnificence
- Encourages readers to punch holes through the walls of illusion they've created to hide from responsibility and take action
- Helps readers dare to question and be accountable for the choices they've made thus far through real-life dilemmas from real people who didn't have all the answers
- Author uses an ordinary voice from personal experiences to demonstrate vulnerability and share profound messages that are universal for the human condition

COMPARATIVES

ISBN-13: 978-1-57863-427-9

TITLE: Find the Power to Never Feel Powerless Again

AUTHOR: Guy Finley

DATE: 2008

PRICE: \$14.95

PUBLISHER: Red Wheel/Weiser, LLC

FORMAT: Paperback

ISBN-13: 978-1-4019-1853-8

TITLE: Choices and Illusions: How Did I Get Where I Am, and How Do I get Where I Want to Be?

AUTHOR: Eldon Taylor

DATE: 2006

PRICE: \$14.95

PUBLISHER: Hay House Inc.

FORMAT: Paperback

AUTHOR QUOTE

"Thousands of readers all over the world have tried to make sense of their lives. In poignant e-mails and phone calls, these strangers have confided their fears and failings to me as a trusted friend. They know I know. Within the pages of my book they see themselves and slowly begin to remember the truth—the fires they face aren't destructive, but instructive."



REVIEWER QUOTE

"I'm fascinated with the content. Karen has been an experimental person with her life, launching out without a guarantee. The Sequoia Seed can be extremely helpful for those wishing to find their true potential. I highly recommend it."
—Tony Steward, PBS

"I've read many self-help books in my life and always end up feeling like a failure. They say just follow these three steps and money will flow, your kids will love you, and you will find your dream job. Not! The Sequoia Seed stories are so honest and real. It was truly uplifting to hear of people struggling to find their way and not giving up even when they have every right to throw in the towel!"
—Steve Schindler, Reader

ABOUT THE AUTHOR

Karen Wright's life reflects her favorite Marcel Proust quote, "The real voyage of discovery consists not in seeking new landscapes, but in having new eyes." Her nomadic search for Self, exploring numerous careers and locales, became her soul's curriculum. She learned to let go of fear, listen to inner guidance, and come home to her own spirit. "It is the longest journey and the shortest distance," she confides. "With a shift in thought, entire lives can change." Karen is the author of the internationally read *Waking Up*, a provocative and life-enhancing online e-zine with a fiercely loyal following. Her writing speaks of everyday challenges with self-worth, fear, life purpose, encouraging us to courageously embrace the unknown and realize our destined greatness. Karen resides in the Pacific Northwest close to family and the nurturing sustenance of undisturbed natural beauty. You may visit her website at <http://www.wrightminded.com>.

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ForeWord Reviews

The Plateau: Book One: Voices of the Earth by Maureen Dudley

Even the smallest of our actions can affect what happens to the environment in the future. What if a mundane daily task could cause the difference between a life full of possibilities and a land unrecognizable from your own? The Plateau: Voices of the Earth examines these possibilities.

Despite this premise, the book is not a time travel story per se. Instead, author Maureen Dudley takes a complex look at how generations affect one another and interact.

The story is narrated from two perspectives—Keitha's and Catherine's. The women are linked somehow, and the actions of one can affect the other. However, their relationship isn't particularly friendly, and communication between the pair is fraught with complications. Yet despite their differences, the importance of their relationship to future generations forces Keitha and Catherine to continue interacting.

The author uses Keitha and Catherine's stories to illustrate how important it is to take care of the environment not just for their sakes, but also for that of future generations who must live with the outcome of their ancestor's actions. The story keeps the reader engaged by revealing just enough of the past's influence on the future. Despite the revelation of future outcomes to the reader, the author was able to maintain the suspense in the narrative and this is definitely one reason the novel works well.

Another strong point of the book is that the main characters are sympathetic and relatable. For example, Catherine isn't always the nicest or most likable person, but her difficult past and personal tragedies make her sympathetic. Some of the secondary characters aren't very well developed, but this doesn't detract from the story much thanks to the strong leads. The main drawback of the novel is that the narrative takes a while to get moving. The beginning is confusing which makes it difficult for readers to be drawn in. Some may be turned off by the shifts in point of view and the early lack of continuity between the two story lines.

If readers stick with the novel, however, they will be rewarded. The Plateau: Voices of the Earth is a very interesting and well-written story. The plot is engaging, the characters are likeable, and once the action gets going, the book keeps a page-turning pace that will engage those who enjoy fantasy, general fiction, and stories about the environment.

—Laura Munion ~ Four Stars (out of Five)

ForeWord Reviews

If Only God Would Give Me a Sign!

By Linda M. Potter

If Only God Would Give Me a Sign! is a delightful, lighthearted personal-growth guide for those seeking answers to life's unending dilemmas. With a laser-like wit and a depth of spirit, Linda Potter teaches us through her life's many twists and turns that lessons are learned when we are able to accept with gratitude the wisdom that comes from trusting our instincts and imagination.

In a moment of doubt and humorous self-recrimination, Potter begins to notice "Signs." In her favorite bookstore she is mesmerized by one that says "Help Wanted: Inquire Within." Looking closely, as if to find a hidden message, these words literally sparks an epiphany and she sees clearly that not all things are as they appear to be. If we pay close attention, says Potter, signs are all around us offering answers and new directions: To stay "open" is to lead yourself into new unexplored territories, saying "yes" to all things fresh and new; to stay "closed" is to shut yourself off, dampen your spirit, and miss out on joy and available opportunities; to "Beware of the Dog" is to remain paralyzed, in a state of fear, and unable to move in any direction; to "go" is simply to be fearless, attack life, and move forward, despite any odds.

Her chapters are filled with uncanny human insight laced with hilarity and lessons that one might overlook by never heeding the "signs." With the ingenuity of a standup comic, Potter examines relationships, her own spirituality, an array of human emotions, and the basic fear of examining ourselves as we truly are—imperfect beings with faults and gifts, successes and failures, all striving in a complex world to find our way.

If Only God Would Give Me a Sign! is a uniquely woven metaphysical philosophy that leads us to believe, if we look hard enough, long enough, and from every available vantage point, that we will eventually come up with our own solutions and maybe even surprise ourselves with laughter in the path of unforeseen circumstances. While waiting for her own "sign," Linda Potter has spun her valuable comedic wisdom into a cautionary tale that beckons her audience to "Read Without Caution."

—Peggy La Vake, (July 2011)

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