

DANCING WITH CANCER

by Judy Erel

When Judy was diagnosed with cancer she felt she had reached a roadblock and only an intuitive path of action would move her on. She shares her experiences and encourages others to access their own personal resources, so they can actively participate in their healing process. As an artist she includes illustrations of moods and sensations, but there are also charts listing practical things to do and ways to think. She encourages patience, laughter and even singing to your cells, and there are guided meditations to support low times and prepare for occasions such as surgery.

208pp, 230 x 191 mm, Paperback, 2018, RRP £14.99

❖ Code: 280102 Cygnus Price: £9.50



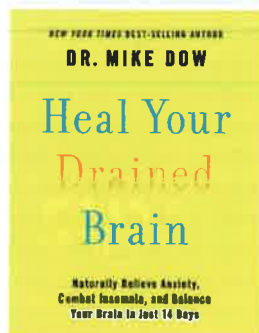
HEAL YOUR DRAINED BRAIN

by Dr. Mike Dow

From the New York Times bestselling author of The Brain Fog Fix comes the latest cutting edge research on improving brain function and just feeling mentally sharper. It covers foods that are bad for the brain, plus recipes containing food that is beneficial, as well as information on supplements, sleep patterns, exercise and meditation. It's all summed up in a basic 14 day programme that uses simple targets and objectives. Levels of stress are rising and antidepressants are being prescribed like antibiotics – here is a chance to take our recovery into our own hands.

368pp, 229 x 178 mm, Hardback, 2018, RRP £20.50

❖ Code: 280111 Cygnus Price: £13.99

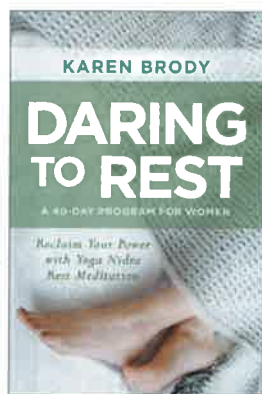


DARING TO REST by Karen Brody

The message of this book is aimed at modern women who feel they always need to be busy, and that taking a rest is mere indulgence. Yoga Nidra means yogic sleep and it is often included at the end of a yoga class to bring about deep relaxation. Having discovered Yoga Nidra for herself as a busy mum Karen soon realised how these times of brief relaxation affect every aspect of life. The 40 day course builds gradually beginning with gentle relaxation to establish an intention to let go and relax, then leading on to deeper states.

240pp, 250 x 160 mm, Paperback, 2017, RRP £15.99

❖ Code: 280126 Cygnus Price: £10.99



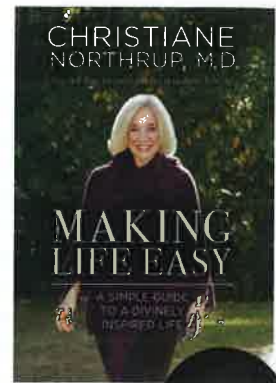
MAKING LIFE EASY

by Christiane Northrup

Dr Northrup is best known for her classic Women's Body Women's Wisdom, in which she explained many of the crucial factors in women's health. Since then, her work has become more overtly spiritual, and in this book she applies her skill and insight to illuminate the mind and spirit, as well as the body. And it's not just relevant to women: in it she describes countless different ways available to all of us for bolstering our emotional and spiritual lives. Her writing as always is confident and authoritative and encourages us all to make that fresh start.

272pp, 230 x 152 mm, Paperback, 2018, RRP £12.99

❖ Code: 280120 Cygnus Price: £7.99



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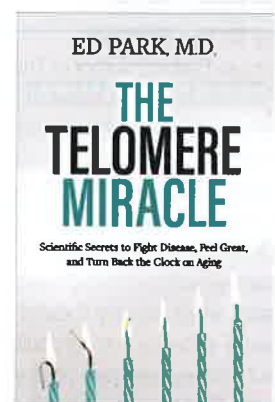
THE TELOMERE MIRACLE

by Dr Ed Park

In this authoritative volume, Dr Park explores the revolutionary idea that disease and ageing in humans all arise from one single source: genetic errors caused by shortening of telomeres, or the sequences of DNA at the ends of our chromosomes. The cutting edge information here shows how we can intervene in the ageing process through various techniques and practices. The book is in depth but not hard to read, and uses all sorts of illustrations and metaphors to make its points. We might not want to live in these bodies forever, but almost all of us would like to live there for quite a bit longer, and in a more healthy condition.

344pp, 235 x 161 mm, Hardback, 2018, RRP £20.50

❖ Code: 280141 Cygnus Price: £13.99



MINDFUL PREGNANCY AND BIRTH by Riga Forbes

Enormous changes happen during pregnancy, not just physically. A woman is often extra busy and it is too easy to become tired and stressed, so a little book like this, another in the mindfulness series from Leaping Hare Press, is essential to ward off anxiety and stress. Ideas and exercises help smooth this important life transition by developing acceptance, connecting with the inner self and honouring the state of pregnancy. As the birth approaches, a mindful birth meditation practice is offered. The gift of mindfulness during labour is the ability to defuse negative reactions to what is happening physically.

144pp, 207 x 137 mm, Hardback, 2017, RRP £8.99

❖ Code: 280128 Cygnus Price: £6.50

