



# FLORIS BOOKS

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New Non-fiction

July–December 2012

# Taking Appearance Seriously

The Dynamic Way of Seeing in  
Goethe and European Thought

**HENRI BORTOFT**

The history of western metaphysics from Plato onwards is dominated by the dualism of being and appearance. What something really is (its true being) is believed to be hidden behind the 'mere appearances' through which it manifests. Twentieth-century European thinkers radically overturned this way of thinking. 'Appearance' began to be taken seriously, with the observer participating in the dynamic event of perception.

In this important book, Henri Bortoft guides us through this dynamic way of seeing, exploring issues including how we distinguish things, how we find meaning, and the relationship between thought and words.

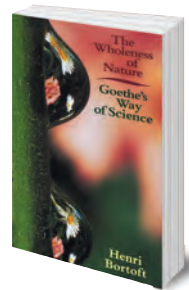
Expanding the scope of his previous book, *The Wholeness of Nature*, Bortoft shows how Goethean insights combine with this dynamic way of seeing in continental philosophy, to offer an actively experienced 'life of meaning'.

This book will be of interest to anyone who wants to understand the contribution and wider implications of modern European thought in the world today.

Also by Henri Bortoft:

978-086315-238-2

paperback | £20.00



A renowned thinker explores a dynamic way of seeing and experiencing

Henri Bortoft is a physicist with an interest in the history of science and continental philosophy. He is the author of the well-received book, *The Wholeness of Nature: Goethe's Way of Science* (Floris Books, 1996, 2005).

234 x 156 mm | b/w illustrations | 208 pp | 978-086315-927-5 | paperback | £16.99 | 25 October 2012





# Stargazers' Almanac 2013

A Monthly Guide to the Stars and Planets

**BOB MIZON**

Explore the night skies with this beautiful illustrated monthly guide to the stars and planets.

This large-format almanac allows you to step outside and track the planets, locate the Milky Way, recognise the constellations of the zodiac and watch meteor showers.

*Stargazers' Almanac 2013* is a beautiful month-by-month guide to the night skies. It's designed specifically for naked-eye astronomy – no telescope required! – making it ideal for beginners, children and backyard astronomers. It has become a popular Christmas gift – and one which lasts the whole year round.

Each monthly chart features two views of the night sky looking north and south, and a visual guide to the phases of the moon and the movements of the planets. The notes include fascinating insights into the science, history, folklore and myths of the stars and planets.

This year there are feature articles on Britain's newest dark-sky reserves – the best places in the UK for stargazing – and on Edwin Powell Hubble, who died 60 years ago.

Suitable for astronomy enthusiasts throughout the Northern Hemisphere's temperate latitudes.




**‘A very good, very useful Almanac.’**

– SIR PATRICK MOORE

**‘This calendar has a place in the study or library as a reminder of what’s up in the sky, and has popular appeal especially for newcomers to astronomy.’**

– JOURNAL OF THE BRITISH  
ASTRONOMICAL ASSOCIATION



Includes a  
memorial to  
Maria Thun  
1922–2012

Maria Thun and her son, Matthias, base this calendar on over fifty years of biodynamic research and experience at their farm in Germany.

# The Biodynamic Sowing and Planting Calendar 2013

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**MARIA AND MATTHIAS THUN**

The original biodynamic sowing and planting calendar, now in its 51st year. This useful guide shows the optimum days for sowing, pruning and harvesting various plants and crops, as well as working with bees. It includes Maria and Matthias Thun's unique insights, which go above and beyond the standard information presented in some other lunar calendars. It is presented in colour with clear symbols and explanations. The calendar includes a pullout wallchart that can be pinned up in a barn, shed or greenhouse as a handy quick reference.

Includes a memorial section to Maria Thun, who died in February 2012.

**Also available:**

*The North American Biodynamic Sowing and Planting Calendar 2013*, adapted for North American (Eastern Standard Time) dates and times.

# When Wine Tastes Best 2013

A Biodynamic Calendar for Wine Drinkers

MARIA AND MATTHIAS THUN

When you buy a bottle of wine to enjoy at home, wouldn't you like to know when it's going to be at its best?

Based on Maria Thun's biodynamic calendar, this handy little pocket guide tells you which days are optimum wine-drinking days, and which days to avoid if you want to get the most out of your glass. At least two supermarket chains only do their wine tastings on the best days as indicated by this calendar!

Includes a bonus month, December 2012, to cover the festive season.

Try it for free!

Test the theory for yourself with our free iPhone app, Wine Tonight? – available now from the Apple App Store



## Promotional packs:

Why not order one of our special promotional packs? Each pack includes twenty copies of *When Wine Tastes Best 2013* in a free display box – perfect for counter top placement.

978-086315-930-5 | £79.80



Discover the best days to uncork your favourite bottle

‘A number of heavyweights in the wine industry agree with Maria Thun.’

– JAMIE IRVING,  
GREATGRAPES BLOGSPOT

An enlightening book exploring the concept of living energy in our food

Gill Bacchus completed a Master of Science degree on food nutritional quality. After working as a government agricultural policy analyst, she became an educator in organic and biodynamic farming and gardening. She co-authored (as Gillian Cole) the biodynamic farming book *Grasp the Nettle*. She now helps children to grow vegetables in their school gardens in New Zealand.

# Food Full of Life

Nourishing Body, Soul and Spirit

**GILL BACCHUS**

- Is organic and biodynamic food worth the higher price?
- Which aspects of us are nourished by the food we eat?
- How can different methods of growing and cooking food best preserve the life energies in our food?

In recent years there has been a growing awareness of the quality of the food we eat, allied to a mistrust of many aspects of large-scale 'agri-industry'. In response to these concerns, many consumers turned towards buying organic or biodynamic produce.

Our current financial climate makes those buying decisions difficult for many people. Organic food is often more expensive, and tests by conventional scientists claim to show that it has no extra nutritional value. This book questions the basis of these claims.

Gill Bacchus concludes that modern scientific methods simply cannot reveal or measure the true life processes that give quality to our food. Exploring ideas from organics and Rudolf Steiner's biodynamics, the author discusses how the Earth's formative energies, especially sunlight, are essential to the healthy life of plants and animals. The living energy in our food is either enhanced or destroyed by our chosen methods of farming, processing and cooking.

She argues that the health not only of our bodies, but also of our consciousness, thinking and emotions, depends on nourishing ourselves wisely, and gives advice on how we can learn to find and choose food that is 'full of life and light'.

# The Living Kitchen

Organic Vegetarian Cooking  
for Family and Friends

**JUTKA HARSTEIN**

With so many customers from her restaurant asking for her delicious recipes, Jutka Harstein decided it was time to write a cookery book...

This beautiful hardback book, with soft, hand-drawn pencil illustrations, is filled with nourishing recipes for all the family to enjoy. Jutka shares stories of food from her childhood in Hungary, popular recipes for healthy children's meals, celebratory food to share with friends, and recipes through the seasons.

Inspired by Rudolf Steiner's ideas, Jutka includes advice on nutrition and planning balanced meals that will nourish body, mind and spirit. She gives delicious options for including seven grains over the seven days of the week. All recipes use organic, vegetarian food, and are also kosher.

The recipes are interspersed with charming personal anecdotes from her own life and the inspiration behind her recipes, which make this book a real joy to read.

A beautiful and charming family  
cookbook filled with personal anecdotes

Jutka (Judith) Harstein Cohn, a Hungarian, was born in Transylvania (Romania). Later she emigrated to Israel and, after discovering anthroposophy, moved to Forest Row, England, where she cooked for people with disabilities. Since returning to Israel, she has managed the organic, vegetarian restaurant at Harduf kibbutz, and she lectures on nutrition in Waldorf schools.



New  
Edition

# Weeds and What They Tell Us

**EHRENFRIED E. PFEIFFER**

This wonderful little book covers everything you need to know about the types of plants known as weeds. Ehrenfried Pfeiffer discusses the different varieties of weeds, how they grow and what they can tell us about soil health. The process of combatting weeds is discussed in principle as well as in practice, so that it can be applied to any situation.

First written in the 1950s, this is still one of the best overviews of the subject available.

Previously published as *Weeds and What They Tell* by the Biodynamic Farming and Gardening Association of North America.

A new edition of the essential book on working with weeds

Ehrenfried E. Pfeiffer (1899–1961) was born in Munich. He visited the USA several times in the 1930s, was awarded a doctorate for his groundbreaking Sensitive Crystallisation theory as a blood test for detecting cancer, and emigrated there in 1940. He pioneered biodynamic agriculture in the USA and helped found the Biodynamic Farming & Gardening Association. He died in Spring Valley, New York.

Also by  
Ehrenfried  
Pfeiffer:



# Koepf's Practical Biodynamics

Soil, Compost, Sprays and Food Quality

## HERBERT H. KOEPF

Herbert Koepf was a pioneer of biodynamics in Germany, the USA and in the UK. He was an expert teacher, and drew on his own practical background in farming.

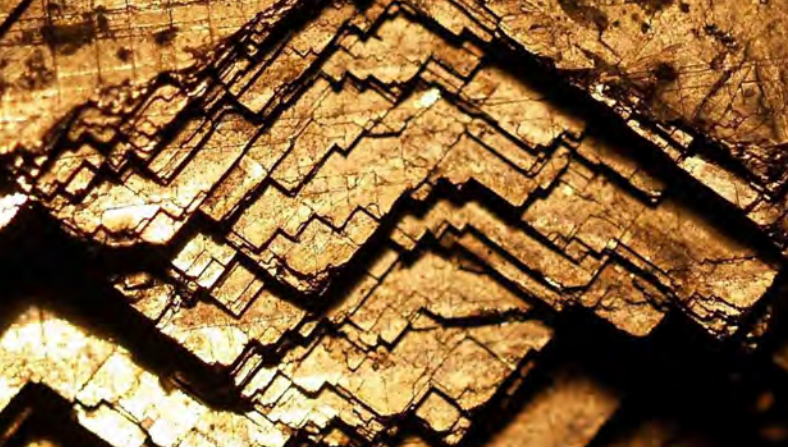
This book is a collection of some of Koepf's writings on key aspects of biodynamics. It includes practical guidance on building soil structure, preparing and applying biodynamic sprays, crop rotation, compost and composting methods. He also considers ways of researching the effectiveness of biodynamic methods, and measuring results.

This is an invaluable guide for anyone working with biodynamic methods, offering Koepf's unique insights and wisdom on practical issues.

This overview of Koepf's work is a newly-edited combination of four pamphlets: *Compost*, *Biodynamic Sprays*, *Three Lectures on Biodynamics*, and *Research in Biodynamic Agriculture*, all previously published by the Biodynamic Farming and Gardening Association of North America.

An invaluable guide for anyone  
working with biodynamic methods

Herbert Hans Koepf (1914–2007) was a farmer in Germany who went on to receive a PhD in agriculture. In 1962, after the death of Ehrenfried Pfeiffer, with whom Koepf had worked closely, he became director of Pfeiffer's biodynamic research laboratory in Spring Valley, New York. Then in 1970 he moved to Emerson College in the UK, running the biodynamic agriculture course every year until 1990. He was also head of the Agriculture Section at the Goetheanum in Switzerland.



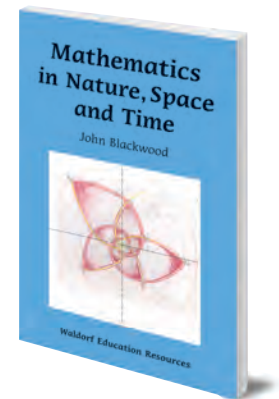
John Blackwood worked in mechanical engineering design for nearly 30 years and was inspired by Lawrence Edwards' work with plant geometry. He became a teacher at the Glenside Rudolf Steiner School in Sydney, Australia. There he designed a maths course for Classes 11 and 12 which was adopted by the school board of New South Wales. He lives near Sydney. He is the author of *Mathematics in Nature, Space and Time* (Floris Books, 2011).

**'This is an exciting and unusual book ... There are explorations of art, culture, nature, accurate drawing and model making with a wide range of photographs and diagrams.'**

— EDUCATION OTHERWISE  
on *Mathematics in Nature, Space and Time*

Also by John Blackwood:

978-086315-818-6  
paperback | £16.99



# Geometry in Nature

**JOHN BLACKWOOD**

From the simplest observations in nature to detailed measuring of intricate forms, we find geometry everywhere in the world around us.

In this magnificent book, John Blackwood explores different kinds of symmetry in the diverse realms of nature. He considers the fundamental forms of minerals, plants, animals and humans, before going on to look at spirals, vortices, buds and other complex shapes.

Using projective geometry as a basis, he shows how many forms in nature are generated by the same basic geometrical process, but significant disparities lead to the wondrous variety found in our universe.

Fully illustrated with over 500 photographs, drawings and diagrams, this is a both a beautiful and inspirational book.

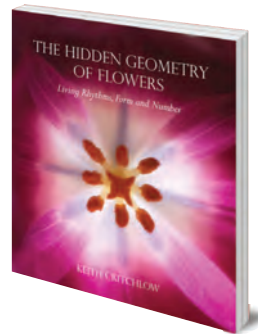
You may also be interested in:

The Hidden Geometry of Flowers

Keith Critchlow

978-086315-806-3

paperback | £30.00



Lavishly-illustrated and inspirational book on the geometry which is found throughout nature

A practical book on understanding and creating three-dimensional shapes

Jon Allen is a practising architect who worked closely with Keith Critchlow, a world authority on geometry, for twenty years. He has a particular interest in the application of geometry to architectural design. He lives in London, and teaches geometry workshops in the UK and US. His book *Drawing Geometry* was published by Floris Books in 2007.

# Making Geometry

Exploring Three-Dimensional Forms

**JON ALLEN**

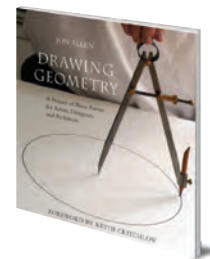
Following on from his successful *Drawing Geometry*, Jon Allen explores the creation of the many-sided three-dimensional forms known as the Platonic and Archimedean solids. Based on patterns of equally spaced points on a sphere, these polyhedra have been the fundamentals of geometric exploration for millennia.

Many professionals find they need to be able to build three-dimensional shapes accurately, and understand the principles behind them. This unique book shows them how to make models of all the Platonic and Archimedean solids, as well as several other polyhedra and stellated forms. It provides step-by-step instructions for constructing the three-dimensional forms, as well as showing how to draw out accurately the geometry of the paperfold nets.

Beginners and experienced artists and designers alike will find this book a source of practical guidance, as well as delight and inspiration which will amply repay the careful attention needed to construct the models.

Also by Jon Allen:

978-086315-608-3  
paperback | £12.99





# The Storyteller's Art

Why Stories Matter and How To Tell Them

**JOSIE FELCE**

This practical and inspirational book introduces readers to the value of storytelling throughout life, discussing the importance of traditional tales, and how they can transform our lives from childhood through to old age.

Children develop emotional intelligence by being immersed in stories that deal with the challenges they face in growing up. Josie Felce discusses the use of stories in the Steiner-Waldorf school curriculum, and hopes to pass on this wisdom to a wider audience. She goes on to discuss the therapeutic value of stories throughout our adult lives, how they help us to approach challenges creatively, giving examples of how stories can be used in group development sessions.

Felce considers the difference between telling and reading a story, offering practical advice on body language and presentation skills. Throughout the book she recommends suitable stories for different age groups and situations, with examples of how to adapt stories and tailor them for your audience.

You may also be interested in more books about storytelling:



An inspiring book about the power of stories with practical advice on how to tell them

Josie Felce began working with stories as a puppeteer in the 1980s and became a professional storyteller in the mid 1990s. She taught in a Steiner-Waldorf school for eight years, where she experienced the importance of stories for human development. She plays the folk harp and lives in Gloucestershire.

234 x 156 mm | 144 pp | 978-086315-923-7 | paperback | £14.99 | 23 August 2012



# Saint Paul

Challenges for Contemporary Thinkers

**MICHAEL TAPP**

The writings of St Paul in the New Testament are full of challenges to contemporary ways of thinking. Paul was carrying Christianity beyond the Jewish community and inevitably that resulted in cultural and social clashes.

In this readable little book, Michael Tapp explores Paul's claim to spiritual authority. He looks particularly at the themes of freedom and morality in Paul's epistles, and how they are connected to individual responsibility.

You may also be interested in:

Free From Dogma by Tom Ravetz

978-086315-690-8

paperback | £14.99

The Christian Year by Evelyn Capel

978-086315-897-1

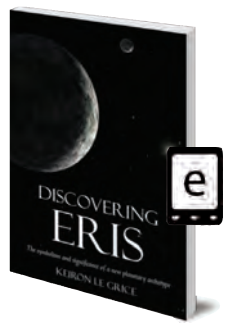
paperback | £9.99



A fascinating exploration of the issues raised in St Paul's epistles

Michael Tapp was born in 1933. He worked as a priest of The Christian Community in Bristol and Sussex, England, and then in New Zealand, before retiring to Stroud, Gloucestershire.

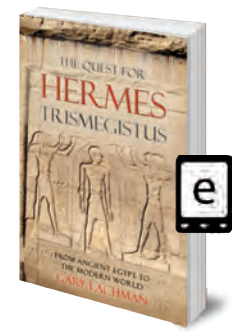
# Bestsellers of the last year and newly released eBooks



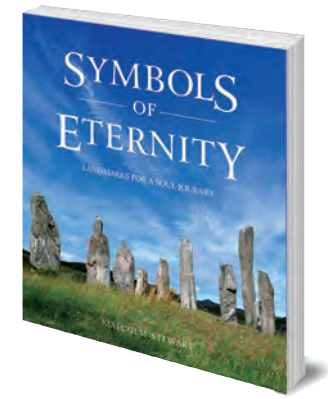
978-086315-867-4  
paperback | £16.99  
978-086315-885-8  
eBook | £15.00 (incl VAT)



978-086315-775-2  
paperback | £16.99  
978-086315-850-6  
eBook | £15.00 (incl VAT)





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978-086315-837-7  
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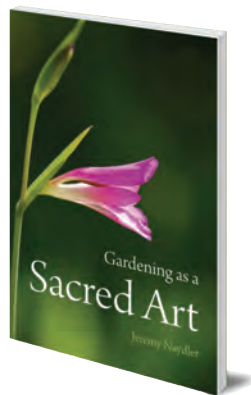
## 'See Inside' Website Feature

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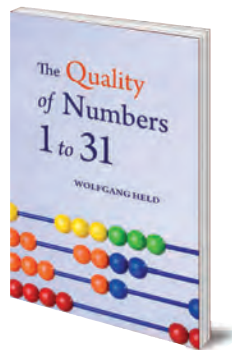


New  
Edition

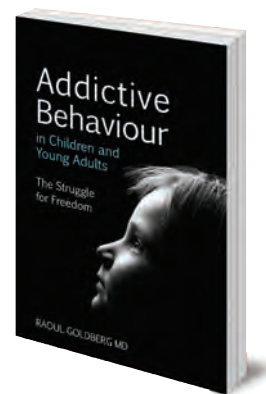
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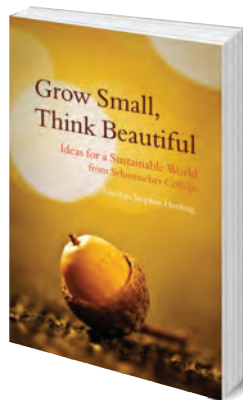
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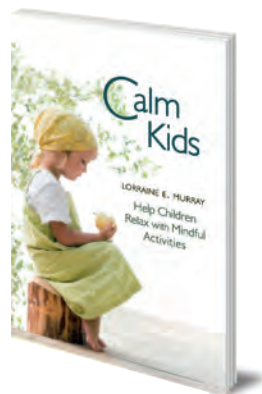
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978-086315-835-3  
paperback | £20.00

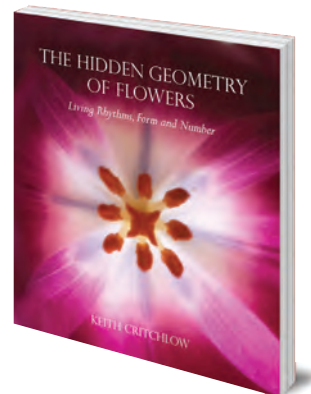


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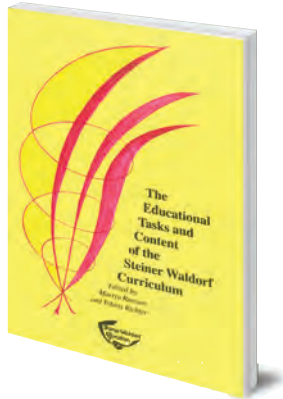


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## Steiner Waldorf Schools Fellowship

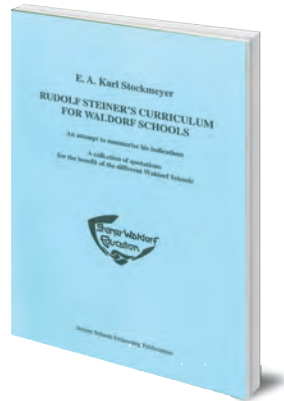
Floris Books is delighted to be distributing (worldwide) books published by the Steiner Waldorf Schools Fellowship. These books explore all aspects of Steiner-Waldorf education. Order from BookSource in the normal way.



### The Educational Tasks and Content of the Steiner Waldorf Curriculum

MARTYN RAWSON  
978-1900169-07-3  
paperback | £16.99

A comprehensive overview of what is taught in Steiner-Waldorf schools, and why.



### Rudolf Steiner's Curriculum for Waldorf Schools

E. A. KARL STOCKMEYER  
978-1900169-10-3  
pamphlet | £14.99

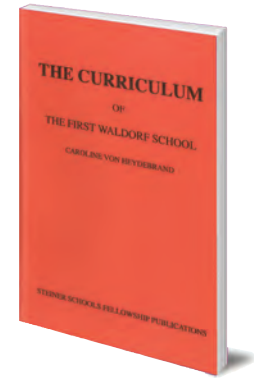
An in-depth exploration of the curriculum of the first Waldorf school, expanding on the original 'Lehrplan'.



### A Handbook for Waldorf Class Teachers

EDITED BY KEVIN AVISON  
978-1900169-17-2  
spiral bound | £12.99

A useful and practical resource book for Steiner-Waldorf teachers with detailed suggestions and checklists for Classes 1–8.



### The Curriculum of the First Waldorf School

CAROLINE VON HEYDEBRAND  
978-095103-313-5  
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The original curriculum used at the Waldorf School at Stuttgart during the time of Rudolf Steiner.

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RICHARD MOORE

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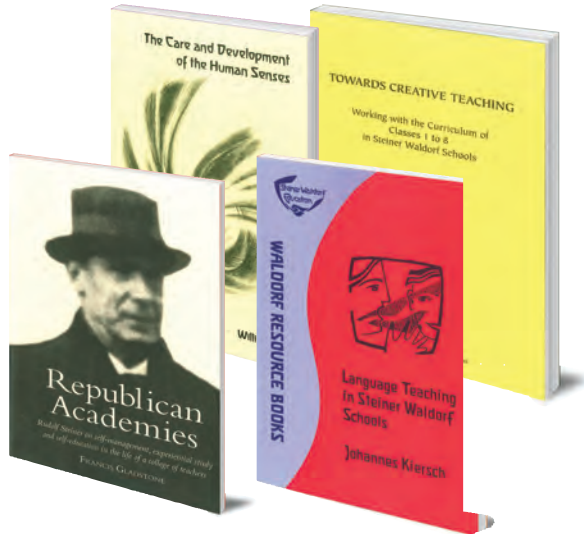
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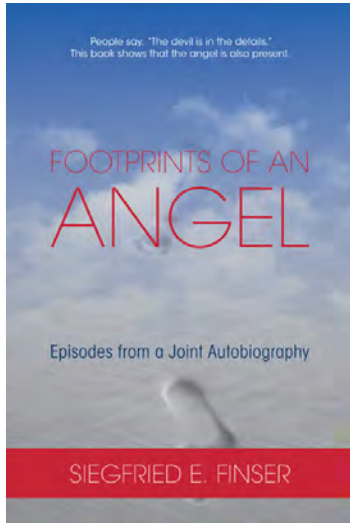
EDITED BY MARTYN RAWSON  
AND BRIEN MASTERS

978-1900169-09-7  
pamphlet | £7.99

## Language Teaching in Steiner Waldorf Schools

JOHANNES KIERSCH

978-1900169-03-5  
paperback | £9.99



A remarkable and inspiring book about one man's search for his angel

Siegfried Finser is a former Steiner-Waldorf teacher. He worked in the corporate world and lectures regularly on the nature of money. He was treasurer of the Anthroposophical Society in America. He lives in Massachusetts, Florida and California.

# Footprints of an Angel

Episodes from a Joint Autobiography

**SIEGFRIED E. FINSER**

*Footprints of an Angel* is the story of a man in search of his angel. His search begins with various events in his life that he finds difficult to explain. Again and again, he discovers that major turning points in his life were not carefully planned. Indeed, they seemed to happen largely by accident, and yet in a meaningful sequence, too purposeful to ignore. Through the book, he becomes increasingly convinced that an angel is acting in his life.

This remarkable and inspiring book will encourage readers to consider their own lives in a new way.

You may also be interested in:



# Acts of the Heart

**ROBERT SARDELLO**

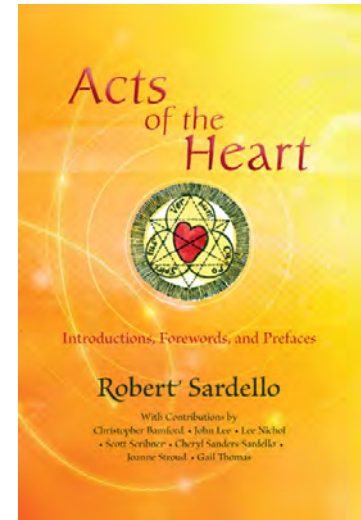
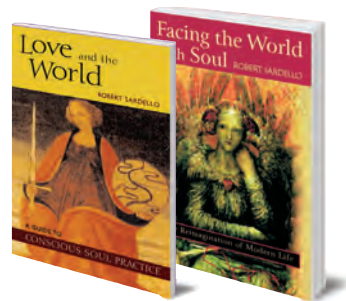
Robert Sardello is an extremely prolific writer and has contributed an astonishing number of forewords, introductions and prefaces to other authors' books over the years. Many of the introductions are inspirational essays in their own right, outlining and giving background to a wide variety of important concepts and ideas from consciousness and psychotherapy to imagination, healing and spirituality.

This book is a collection of Sardello's many insightful contributions, and includes some introductions and forewords by other authors, discussing aspects of Sardello's own work.

'If your heart and spirit long for a way to participate in the building of the Earth's future, you will find a guiding partner in the writings of this visionary man.'

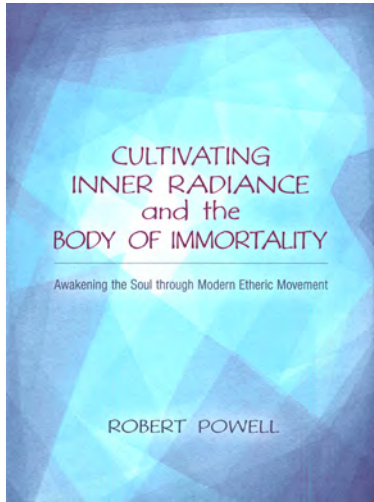
– John Lee (from the Foreword)

Also by Robert Sardello:



A fascinating collection of insightful essays on a wide variety of subjects

Dr Robert Sardello has been a practising psychotherapist for over twenty years, working in existential, Jungian and archetypal psychologies. He is the author of *Love and the World* and *Facing the World with Soul*.



Celebrating  
100 years of  
eurythmy

# Cultivating Inner Radiance and the Body of Immortality

Awakening the Soul through  
Modern Etheric Movement

**ROBERT POWELL**

2012 is the one hundredth anniversary of the birth of eurythmy, an expressive approach to movement and dance originated by Rudolf Steiner. This book invites us to reconnect with the sacred through life-enhancing movement and gesture. The many exercises offer a training in eurythmy which will help refine the qualities of the human soul.

The book is illustrated with helpful diagrams demonstrating the gestures of eurythmy, and fully explores the philosophical background to this unique art.

An illustrated guide to eurythmy  
celebrating a century of this unique art

Robert Powell was born in Reading and studied mathematics at the University of Sussex. He is a eurythmist and movement therapist living in Kinsau, Germany. Powell is the author of numerous books and articles and is a co-founder of the Sophia Foundation of North America.

You may also be  
interested in:





# The Venus Eclipse of the Sun

A Rare Celestial Event

**DAVID TRESEMER**

The attention given to the supposed 'end of the world' on 21st December 2012, has obscured an actual rare celestial event which takes place in June 2012: the passage of Venus before the face of the Sun (as seen from Earth). This only happens twice every 125 years. The next transit will occur in December 2117.

David Tresemer argues that this transit (or eclipse) will have a significant effect on world events. Working from a background in astrology, he considers the dynamics of the Sun, Earth, and Venus, and explores how we can work together constructively in this time, supporting each other warmly.

Venus Eclipse  
occurs in  
June 2012

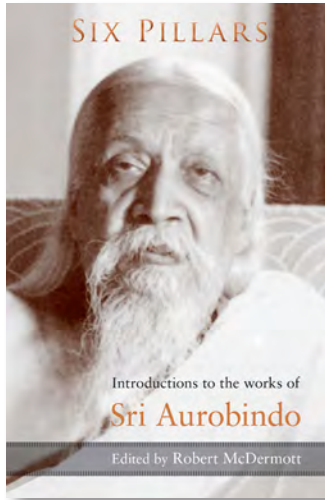


More astrology books:



An exploration of the significance of this rare celestial event on world events

David Tresemer has a doctorate in Psychology. He is the founder of the Star Wisdom website, and is the author of many books, including *Star Wisdom and Rudolf Steiner: A Life Seen Through the Oracle of the Solar Cross* and *Signs in the Heavens*. He lives in Boulder, Colorado.



New  
Edition

# Six Pillars

Introductions to the Works of Sri Aurobindo

**EDITED BY ROBERT MCDERMOTT**

Sri Aurobindo (1872–1950) was one of the great twentieth-century figures of India. He helped India's struggle for freedom and became a leading yogi, philosopher, and poet of his time and culture. In his teaching, Sri Aurobindo went well beyond Eastern philosophy and religion, synthesizing it with Western traditions, even spending two years in England in the late 1800s. By 1910, his focus was directed entirely toward spirituality, and he settled in Pondicherry, India, where he taught, wrote, and published his greatest works.

For everyone interested in the philosophical and spiritual vision of this great Indian thinker, a revolutionary turned yogi, this outstanding collection of introductory essays, first published in 1974, offers original reflections and interpretations of Sri Aurobindo's six major works, all written by distinguished scholars of religion and philosophy rather than devotees. Includes a new introduction by Robert McDermott.

A collection of essays introducing the vision of one of the twentieth century's greatest thinkers

Robert McDermott is president emeritus and chair of the Philosophy, Cosmology and Consciousness Program at the California Institute of Integral Studies (CIIS). He is the editor of the original edition of *The Essential Steiner* (1984) and is involved in many anthroposophical organizations and institutions. He is the author of *The Spirit of Modern India*.

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