

New Non-Fiction 2023





Image from *The Stargazers' Almanac 2024*

New Non-Fiction 2023

In this catalogue you'll find details of our new non-fiction books, including [our annual biodynamic calendar](#) and [books from our partner publishers](#).

To place an order:

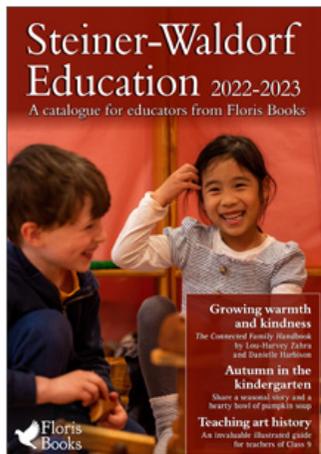
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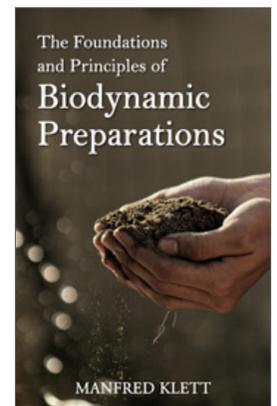
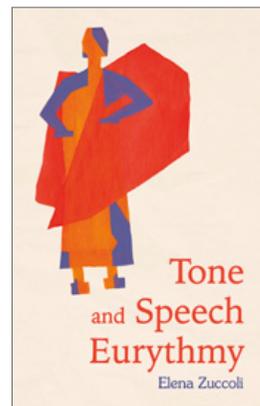
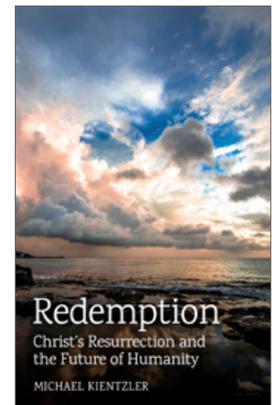
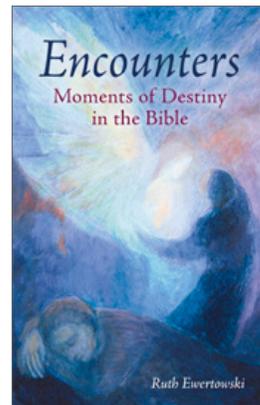
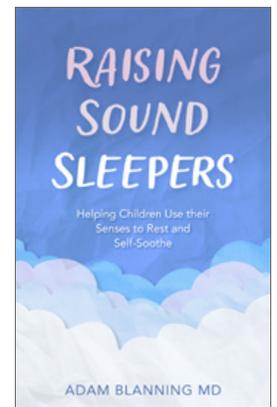
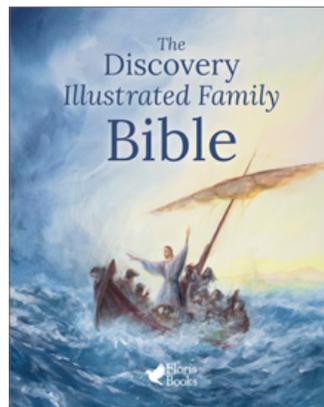
For more information:

You can find full details of all our books at FlorisBooks.co.uk. Clicking on a cover image in this catalogue will take you straight to the web page. If you have any questions about our books, email us at floris@florisbooks.co.uk.

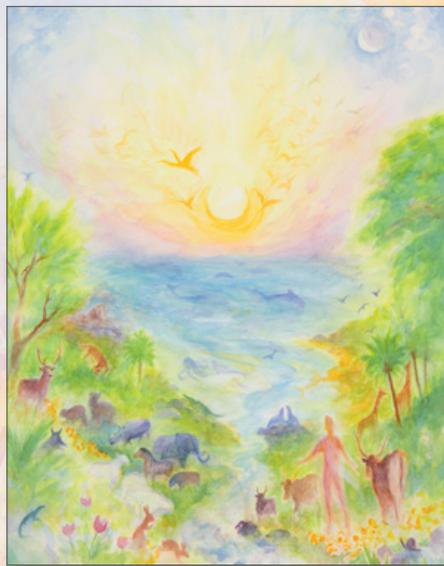
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Beginnings



The Creation

In the very beginning, God created the heavens and the earth. The earth had no shape or form, and there was only water and darkness. The spirit of God hovered over the waters, radiating warmth. God said, "Let there be light." And there was light. It flooded out when God spoke. God saw that the light was good, and he separated the light from the darkness. He called the light "day" and the darkness "night". And there was evening and there was morning. It was the first great day of creation.

God said, "Let there be an arching roof to separate the waters above from the waters below." And, having spoken, God made an arching roof called the "heavens". And there was evening and there was morning. It was the second great day of creation.

God said, "Let the water under the heavens come together, and let dry land appear." And, having spoken, it was so. God called the dry land "earth" and the waters "sea". Then God said, "Let the earth grow plants and fruit trees that give seeds." And, having spoken, it was so. God saw that it was good. And there was evening and there was morning. It was the third great day of creation.

God said, "Let there be lights in the arching roof of the heavens to separate



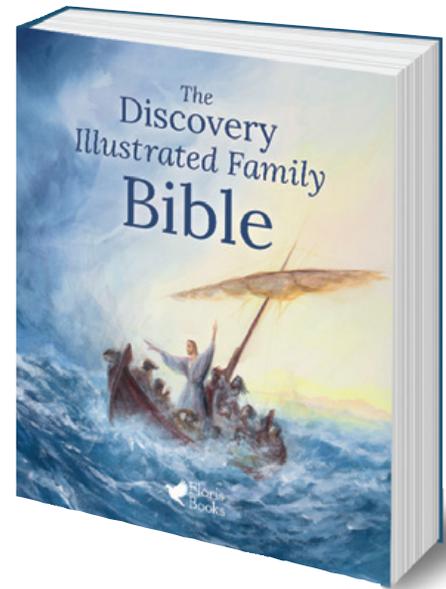
The Discovery Illustrated Family Bible

RETOLD BY CHRISTIAN MACLEAN
ILLUSTRATIONS BY DAVID NEWBATT

From Creation to Revelation, the Old and New Testaments are warmly retold for children aged 8 plus

- Beautifully illustrated with more than 50 glowing watercolour illustrations that bring key moments from the Bible to life
- A wonderful gift for children, with its durable hard cover and ribbon marker, this Bible can be cherished for years to come
- Includes maps of the Holy Land, a timeline and family tree in a fascinating Discovery section

This beautiful Bible brings a full range of Old and New Testament stories to life, making this an inspiring and powerful introduction to overarching Christian themes: God's faithfulness to his people and the promise of Christ for all of humanity. Children and their families will also learn about the history and culture of the people and places of the Bible.

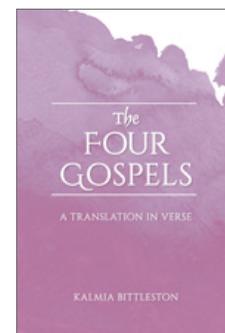
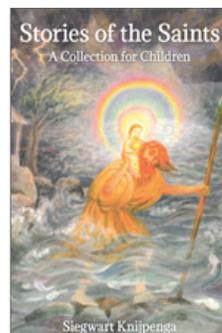
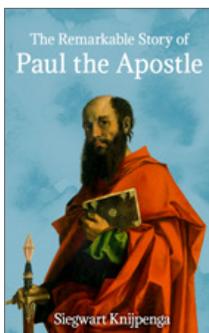
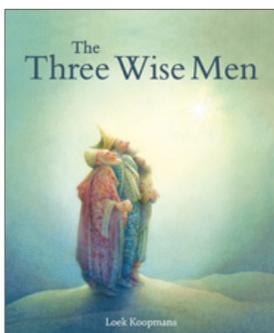


Christian Maclean is Chair of The Christian Community in Great Britain, Editor at Floris Books and author of *Pioneers of Religious Renewal*. He lives in Edinburgh, Scotland.

David Newbatt is an artist and teacher at the Camphill Community in Aberdeen, Scotland.

225 x 180 mm | 324pp | 978-178250-865-6 | hardback | £16.99 | Age 8+ | 19 October 2023

You might also be interested in:



“I would like all prospective parents to read this book. It is gentle and non-prescriptive but clearly explained and wise.”

– JILL TAPLIN, KINDLING MAGAZINE

Raising Sound Sleepers

Helping Children Use Their Senses to Rest and Self-Soothe

ADAM BLANNING

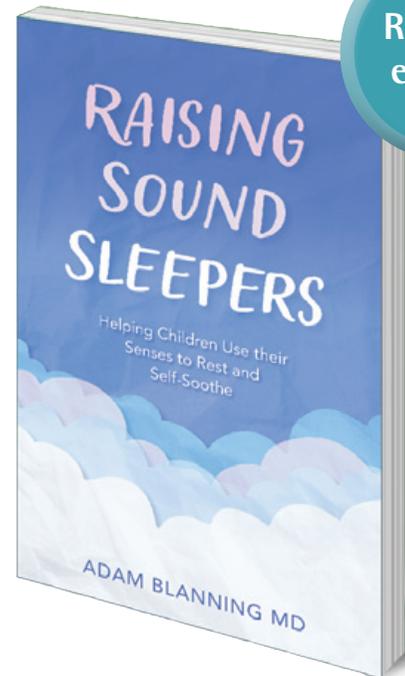
A practical approach to improving children's sleep

- An empowering resource offering practical sleep solutions for parents and carers of children from newborns to teens
- Reveals how parents and carers can support children to use their senses to rest, sleep well and build resilience
- Written by an experienced child-development consultant and holistic physician, and based on extensive research

What can parents do to avoid bedtime meltdowns? Why do established settling routines stop working? How can children be encouraged to fall asleep more consistently? What simple, natural steps can parents take to help children feel calm?

In this insightful book, Dr Adam Blanning offers practical ways in which parents and carers can support children to use their senses – from taste, smell and touch, through to balance and movement – to self-soothe, sleep and ultimately build resilience for life.

Based on extensive research and using clear examples, Dr Blanning explores a range of methods for children of all ages, from newborns to teenagers. *Raising Sound Sleepers* is an invaluable resource that will empower parents and carers to guide children towards rest, sleep and feeling calm.



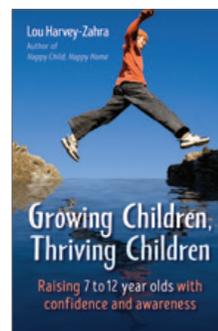
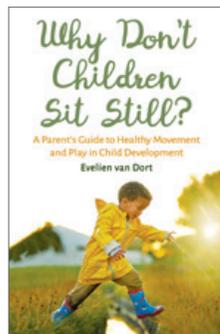
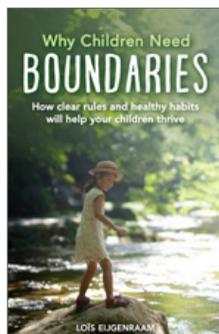
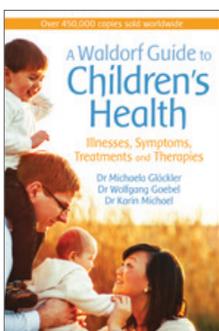
Read an extract

Dr Adam Blanning practices integrative and anthroposophic family medicine. Alongside his work as a doctor, Dr Blanning is the co-leader of the Medical Section at the Goetheanum in Switzerland. He lectures and teaches internationally on topics relating to holistic medicine and the dynamics of human development, with a special interest in supporting children. He lives in Denver, Colorado, USA.

216 x 138 mm | 192pp | 978-178250-842-7 | paperback | £12.99 | 19 January 2023



More great advice for parents and caregivers:



“Lou Harvey-Zahra’s advice is fun but practical, and rooted in love.”

– JUNO MAGAZINE



Encounters: Moments of Destiny in the Bible

RUTH EWERTOWSKI

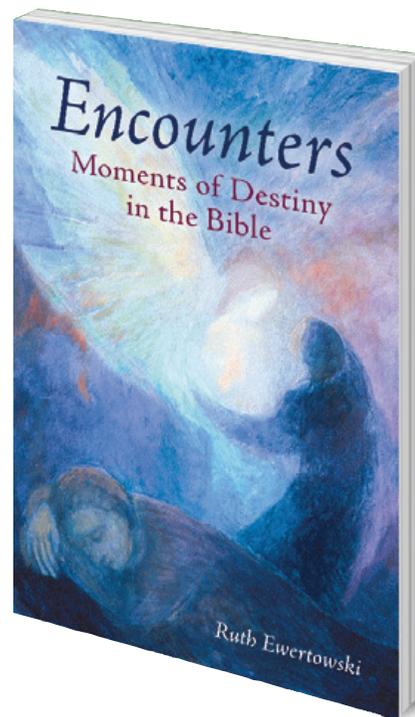
A fascinating examination of key Biblical meetings, perfect for daily reflection

- Explores over 35 key meetings from the Bible including Joseph's confrontations with his brothers and Moses' encounter with God in the burning bush
- The short resonant chapters are ideal for use as daily readings
- Offers a unique and personal perspective on the sweep of the Bible narrative from both the Old and New Testaments

Events in the Bible rarely follow an orderly course. For many of the figures whose stories it tells, fortunes turn, for good or bad, on important encounters with other people and with the divine. In these moments of destiny, individuals discover something new and remarkable that changes the course of their lives.

Ewertowski shows how the weaknesses, setbacks and failures of the Bible's all-too-human protagonists are brought into harmony with a divine plan.

The short, self-contained chapters are perfect as daily readings, but together they provide a panoramic sweep of the Bible narrative from its beginnings through to the ministry of Christ, the apostles' encounter with the Holy Spirit at Pentecost, and St Paul's experience on the road to Damascus.

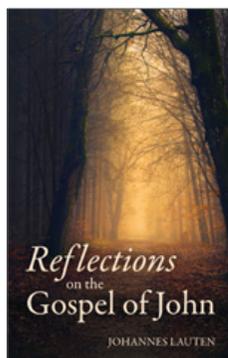
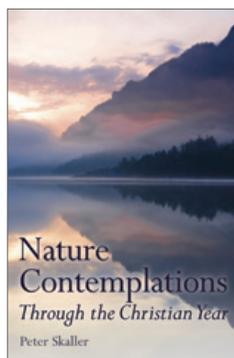
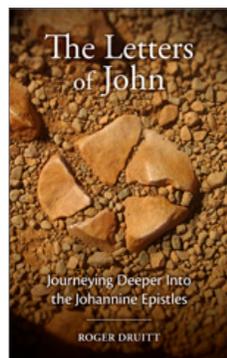


Ruth Ewertowski was born in Frankfurt, Germany. She studied German, philosophy and English and holds a doctorate on Friedrich Nietzsche. She has been the editor of *Die Christengemeinschaft*, the journal of The Christian Community in Germany, since 2012.

216 x 138 mm | 216pp | 978-178250-868-7 | paperback | £16.99 | 31 August 2023



Further spiritual reflections:



“In finishing this book one is left with a sense of gratitude to Johannes Lauten, as he guides us to a deeper understanding of the Gospel of St John and Christ's deed on Golgotha.”

— PERSPECTIVES MAGAZINE



Read an extract

Redemption

Christ's Resurrection and the Future of Humanity

MICHAEL KIENTZLER

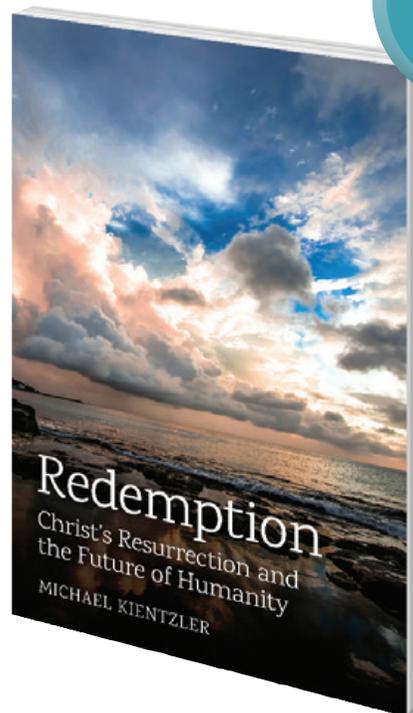
A thought-provoking collection of lectures exploring the spiritual keystone of Christianity: Christ's resurrection

- A collection of insightful lectures exploring the central mystery of Christianity from an experienced Christian Community priest
- Examines the nature of resurrection and how it leads to human redemption or salvation
- A profound book for readers engaging with inner spiritual development

Our human consciousness and individuality – and our potential for freedom of choice – is possible because we have a physical body, separate from the spiritual realm. But for human beings to continue to develop, we must reconnect to the divine world.

The incarnation, death and resurrection of Christ is what makes this reconnection possible. This profound book, a collection of lectures by Christian Community priest Michael Kientzler, discusses this central mystery of Christianity. He explores the nature of resurrection, and how it ultimately leads to human redemption or salvation.

This is a thoughtful, insightful book for those interested in spiritual and inner development.

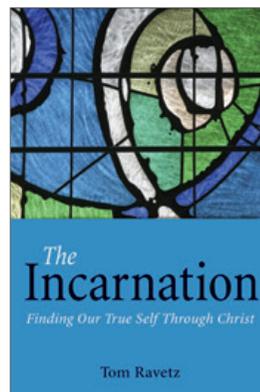
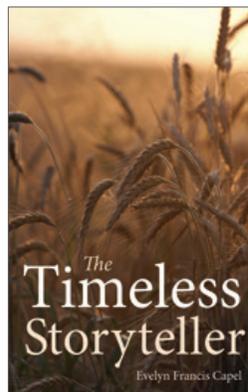
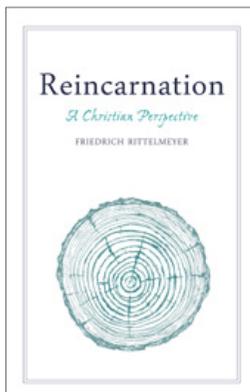
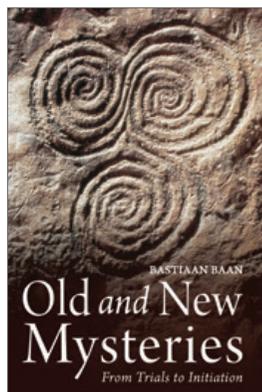
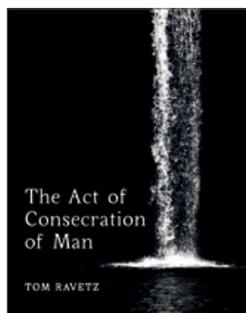


Michael Kientzler worked as a priest in Stuttgart for many years, before moving to Vancouver, Canada, and later to Forest Row, England. He now lives near Basel, Switzerland.

216 x 138 mm | 64pp | 978-178250-845-8 | paperback | £12.99 | 26 January 2023



You might also be interested in:



NEW IN
PAPERBACK

The Four Gospels

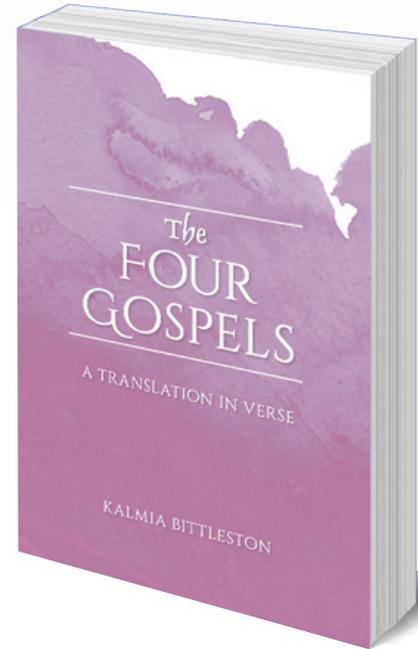
A Translation in Verse

KALMIA BITTLESTON

A lyrical yet accurate translation of the Gospels of Matthew, Mark, Luke and John

- Written in a unique verse style which helps readers understand the structure and meaning of the text
- Kalmia Bittleston was an experienced Christian Community priest

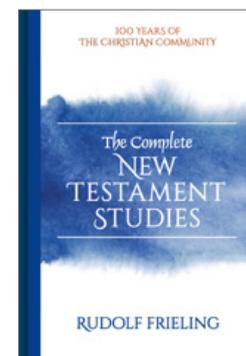
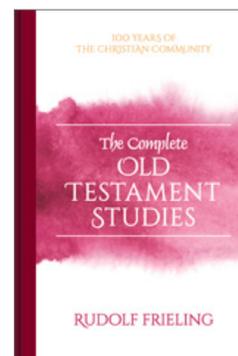
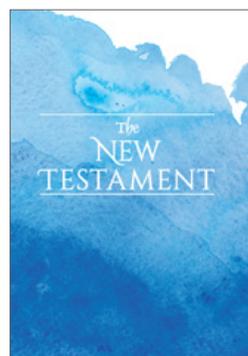
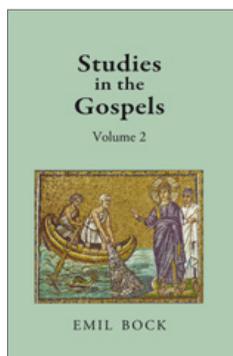
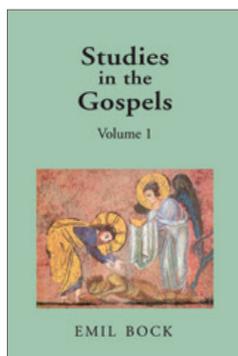
The Gospels of Matthew, Mark, Luke and John have been translated many times into many languages. Kalmia Bittleston, an ordained priest of the Christian Community, spent the last ten years of her life translating the classic texts from the original Greek. But hers is a different kind of translation: lyrical and down-to-earth, she adopted a unique verse style which she felt would best convey the meaning and structure of the Gospels. The familiar words are brought afresh to the reader in this clear and direct rendering.



Kalmia Bittleston (1909–1989) was born in South Africa. She trained for priesthood in The Christian Community during the Second World War and was ordained in 1944. She worked as a priest in Leeds and London, England.

234 x 156 mm | 592pp | 978-178250-881-6 | paperback | £35.00 | 24 August 2023

Studies in the gospels and more:





Tone and Speech Eurythmy

ELENA ZUCCOLI

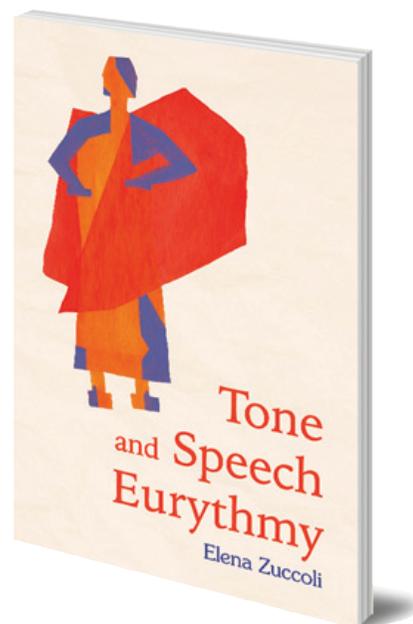
A unique insight into the origins and development of eurythmy, from one of its earliest practitioners

- A personal and insightful account from the early days of eurythmy
- Offers a first-hand perspective from a student of Rudolf and Marie Steiner
- Available in English for the first time, this is a fascinating resource for eurythmists looking to enhance their understanding and practice of tone and speech eurythmy

When Marie and Rudolf Steiner developed the art of eurythmy in the early twentieth century, their aim was to awaken the musical element within the human form in a spiritual way. In this unique form of movement, both music and the spoken word are made visible through dance and gestures.

Drawing on her first-hand experience of learning from Marie and Rudolf Steiner, celebrated eurythmist Elena Zuccoli describes the development of eurythmy and gives a personal account of the challenges that faced the early students as they sought to master this new discipline.

This fascinating book is ideal for eurythmists who wish to deepen their understanding and practice of tone and speech eurythmy, and anyone who wants to learn more about the history of this special art.

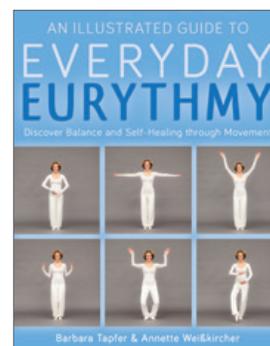
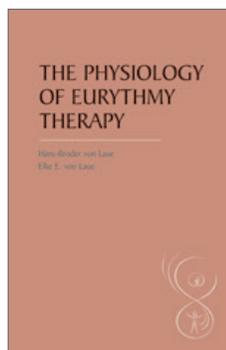
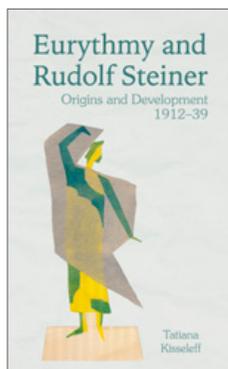
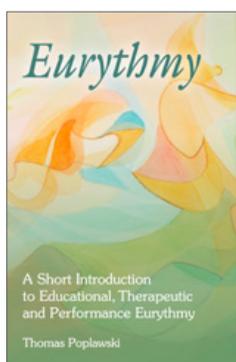
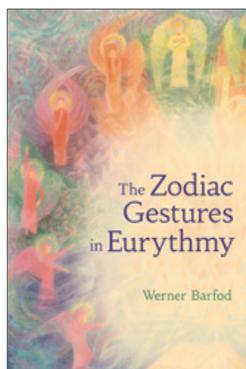


Elena Zuccoli (1901-96) began her training in speech and tone eurythmy at the Eurythmy School in Stuttgart, Germany in 1922. She taught eurythmy in Dornach, Switzerland, for a decade and continued to teach and perform across Europe until her death.

216 x 138 mm | 128pp | 978-178250-867-0 | paperback | £16.99 | 30 March 2023



More books about eurythmy:





The Foundations and Principles of Biodynamic Preparations

MANFRED KLETT

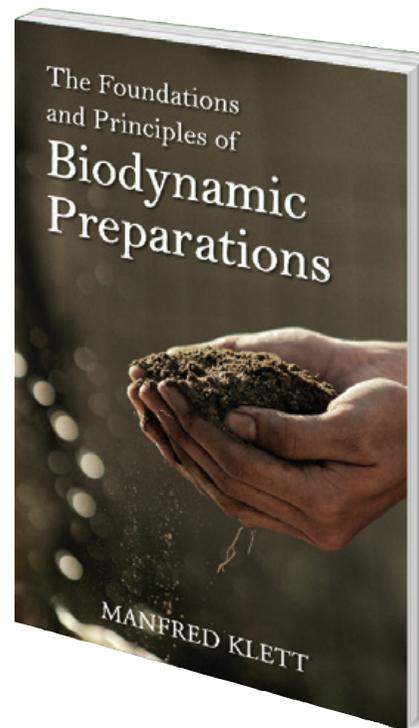
Examines the roots of the eight biodynamic preparations that are at the heart of the biodynamic method

- Unearths the origins and theory of the biodynamic preparations, highlighting the spiritual principles at their roots
- Examines the principles behind the eight biodynamic preparations, outlining their different properties, and explaining the effect of each on the health and vitality of plants and the soil
- Manfred Klett is a leading authority in biodynamics with over sixty years of practical experience

At the heart of the biodynamic method are the eight preparations used to enhance the health and vitality of the soil: horn manure, horn silica, yarrow, chamomile, nettle, oak bark, dandelion and valerian.

In this deeply insightful book, Klett explores the principles that underlie the preparations. He advocates a holistic approach that sees farms and gardens as integrated living organisms with the preparations playing a key role in improving the quality of the soil and producing healthy plants.

This is fascinating reading for biodynamic practitioners who want to delve more deeply into the origins and theory of the preparations, and who want to better understand the spiritual principles that underpin their development.

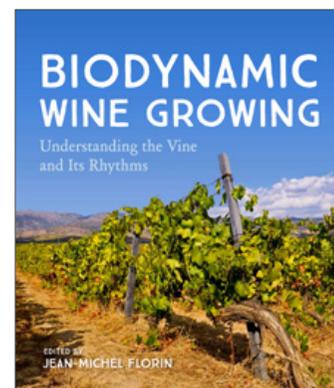
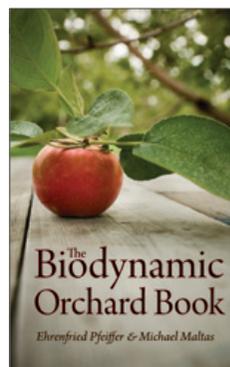
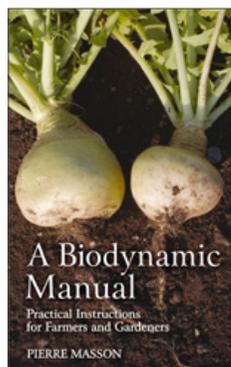
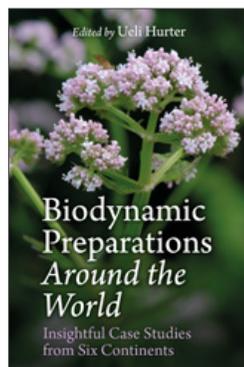
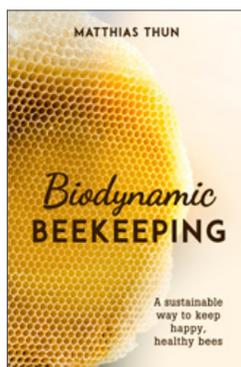


Dr Manfred Klett is a founder of a biodynamic farming community in Germany. He is the former director of the Department of Agriculture at the Goetheanum in Switzerland and has over sixty years' experience of biodynamic agriculture.

216 x 138 mm | 224pp | 978-178250-843-4 | paperback | £16.99 | 30 March 2023



More biodynamics:



Karl König

The First Three Years of the Child

How Children Learn to Walk, Speak and Think

KARL KÖNIG

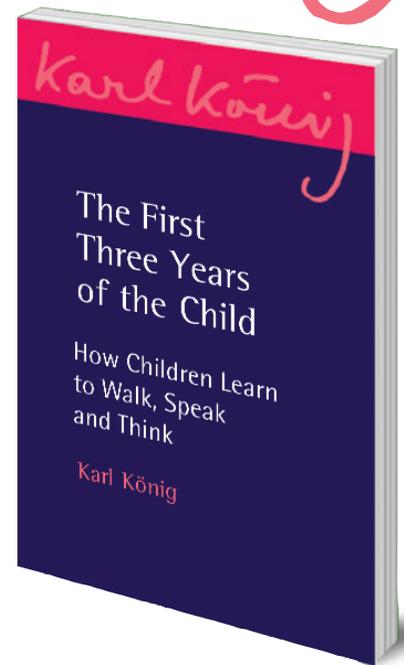
An updated edition of this classic exploration of early childhood development from the Karl König archive

- An examination of the three major achievements that happen during the first three years of childhood: learning to walk, speak and think
- A thorough analysis of the complex process involved in acquiring these three core faculties will help readers better understand and support the children in their care
- This updated edition of a classic work features extensive notes and a fresh introduction, placing the text in the context of modern research
- Volume 22 in the Karl König Archive

This Karl König Archive edition now includes extensive notes and a new introduction by Dr Jan Goeschel, founding President of the Camphill Academy in North America, placing this well-known text in the context of current research.

The First Three Years of the Child provides fascinating insights into early years' development and will be of great value to educators, medical professionals and carers.

NEW
EDITION



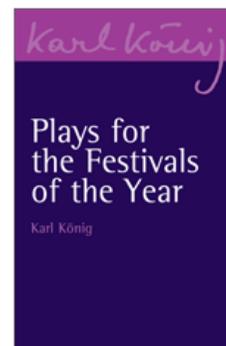
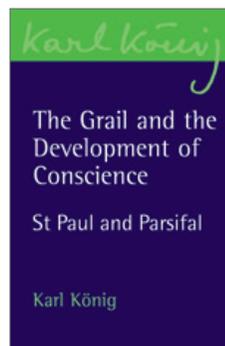
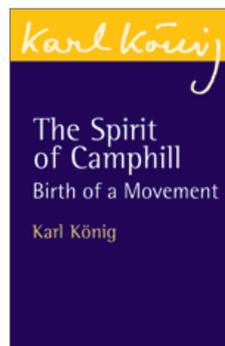
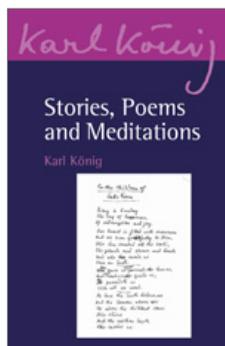
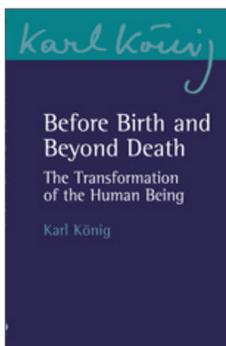
Karl König (1902–66) was well known as a physician, author and lecturer who founded the Camphill movement in Scotland.

More about Karl König

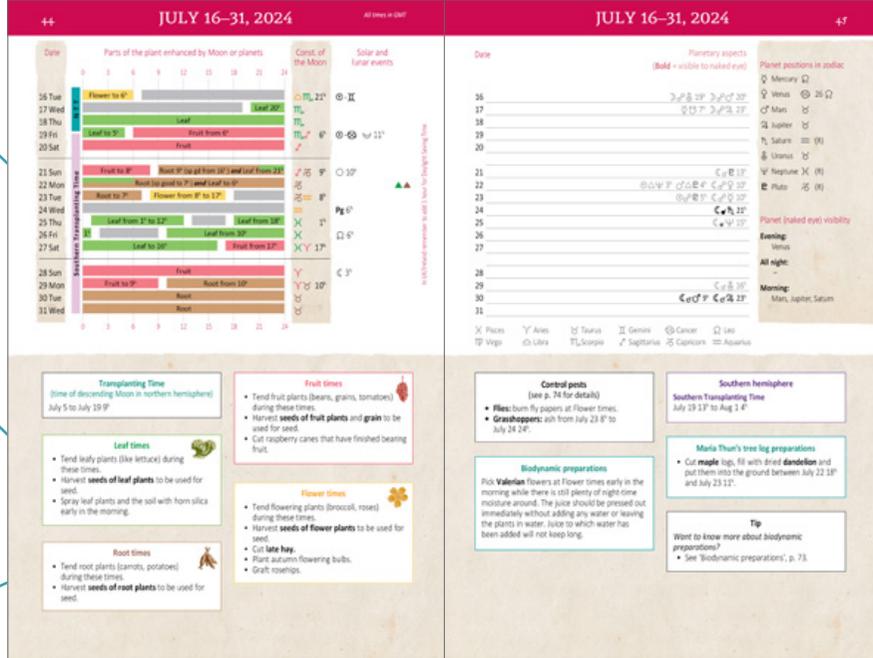
216 x 138 mm | 192pp | 978-178250-847-2 | paperback | £14.99 | 25 May 2023



Also part of the Karl König Archive:



Explore the
complete
Karl König
Archive



Clear, easy-to-view layout

Information panels for quick reference

Detailed explanations of the recommended activities

Dedicated space for solar and lunar events, plus planetary aspects

Designed for all levels of experience from seasoned biodynamic farmers to novice gardeners

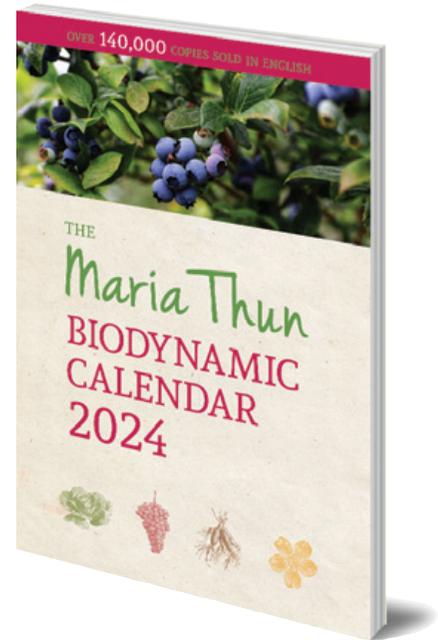
Find out more about Maria Thun

The Maria Thun Biodynamic Calendar 2024

TITIA AND FRIEDRICH THUN

The original biodynamic sowing and harvesting calendar, trusted by generations of farmers and gardeners

- Reveals the optimum days for sowing, pruning and harvesting plants and crops
- Lifetime sales of over 140,000 copies
- Presented in colour with clear explanations and a pullout wallchart
- Features detailed planting schedules, information panels and space devoted to thorough explanations
- Printed on recycled FSC paper using plant-based inks, which reduces chemical emissions and makes this calendar easier to recycle
- The layflat spine means it's easy to consult the calendar during planning, keep your place and make notes
- 'Clear and fresh with great visual cues to help beginners.'
- Claire Hattersley, BDA Biodynamic Gardening Club



Maria Thun (1922–2012) was a biodynamic pioneer who worked in the field for almost fifty years.

234 x 156 mm | colour illus | 96pp | 978-178250-870-0 | ISSN: 2052-5761 | paperback (with pull-out wall chart) | £8.99 | 14 Sep 2023

North American edition also available:

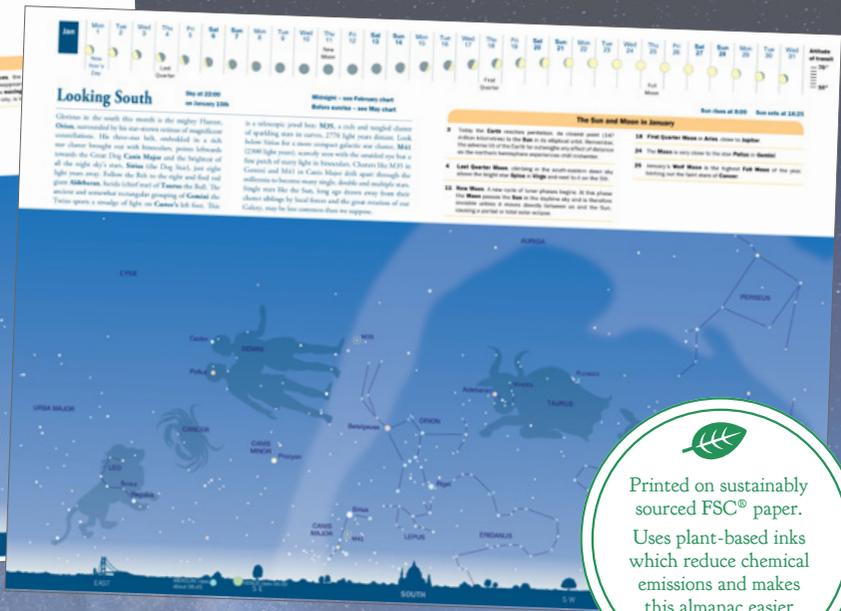
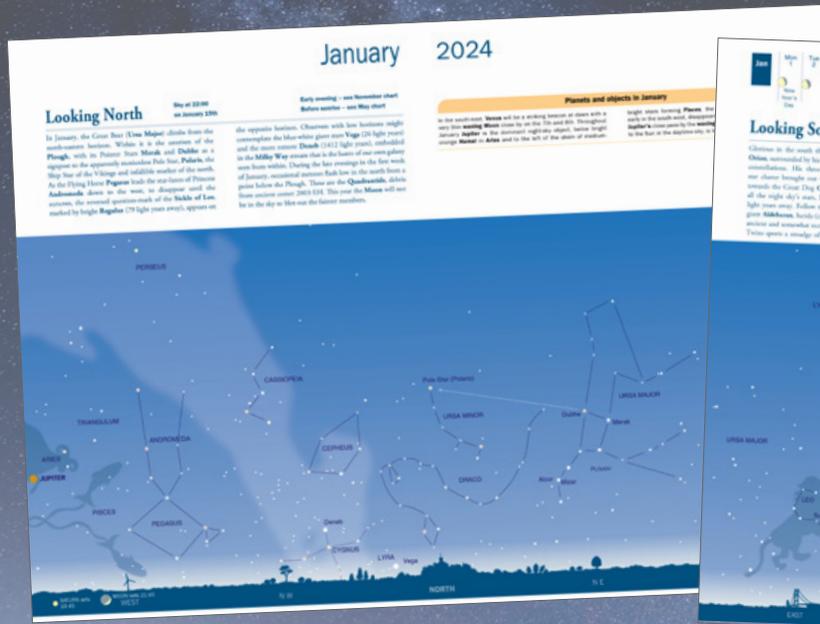


Discover the Biodynamic Gardening Calendar app

Based on the Maria Thun Biodynamic Calendar!

Start your 30-day free trial





Printed on sustainably sourced FSC® paper. Uses plant-based inks which reduce chemical emissions and makes this almanac easier to recycle.

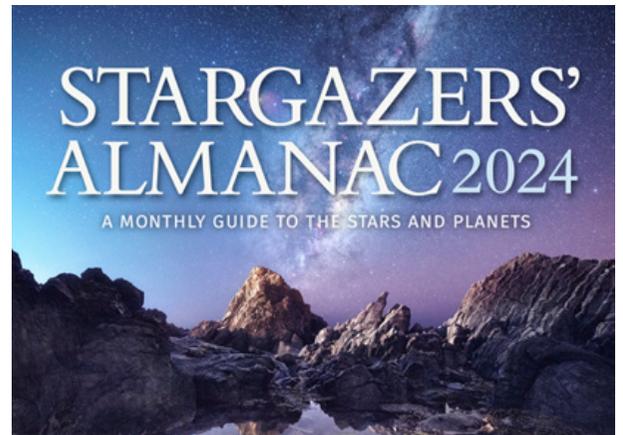
Stargazers' Almanac 2024

A Monthly Guide to the Stars and Planets

BOB MIZON

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

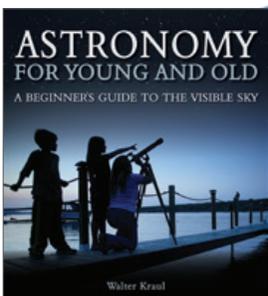
- Track the planets, locate the Milky Way, recognise the constellations of the zodiac and watch meteor showers
- Perfect for children and beginners – includes advice on how to navigate the night sky with or without a telescope
- This large-format almanac has a loop and eyelet for easy wall hanging, and is presented in a sturdy cardboard gift envelope
- Suitable for astronomy enthusiasts throughout the Northern Hemisphere's temperate (non-tropical) latitudes



Bob Mizon, MBE (1946-2023) was the co-ordinator of the Commission for Dark Skies, a Fellow of the Royal Astronomical Society, and provided mobile planetarium services to south central England.

297 x 420 mm | colour illustrations | 32pp | 978-178250-839-7 | ISSN: 2040-5502 | paperback | £15.99 | 18 May 2023

Astronomy enthusiasts will also enjoy:



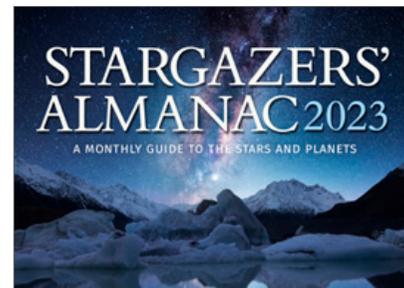
“Children will appreciate this book for both its simplicity and depth, and so will more than a few adults.”

– SCHOOL LIBRARY JOURNAL

“Superb.”

– THE OBSERVATORY MAGAZINE

Stargazers' Almanac 2023 still available!



Discover our Biodynamic Calendar Apps

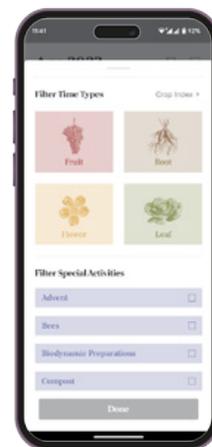


Biodynamic Gardening Calendar

The ideal dates and times to plant, sow and tend your plants at the tip of your fingers

- Based on the bestselling *Maria Thun Biodynamic Calendar*
- Discover what to do and when at the tap of a screen
- Filter the activities to the crops that you're growing
- Automatically adjusts to your time zone
- View today's information for free, or subscribe to plan ahead
- 30-day free trial available to new subscribers!

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When Wine Tastes Best

Get the best from your bottle of wine!

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- Automatically adjusts to your time zone
- Choose 12-hour or 24-hour time
- View today's and past information for free, or purchase data to plan ahead!

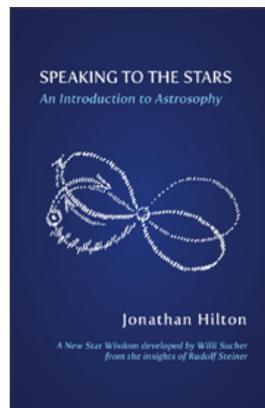
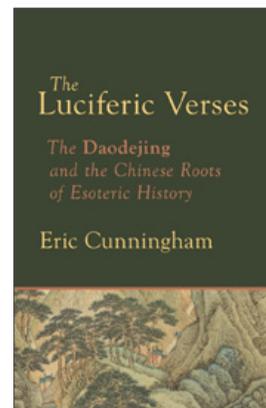
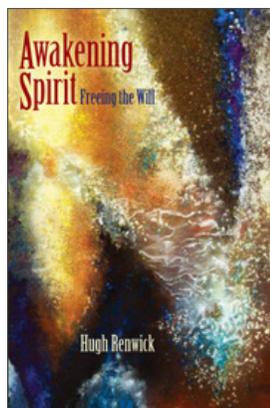
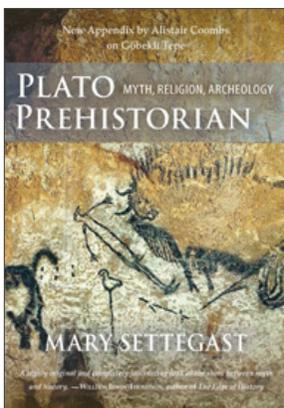
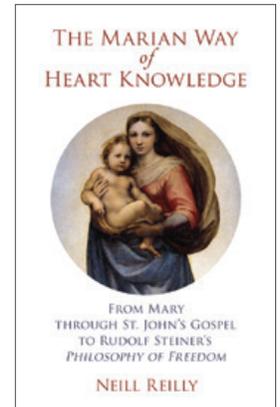
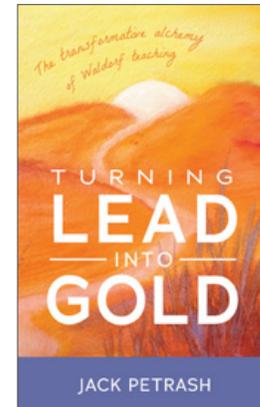
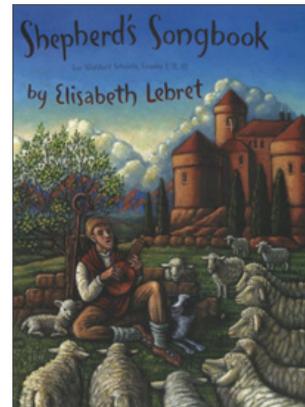
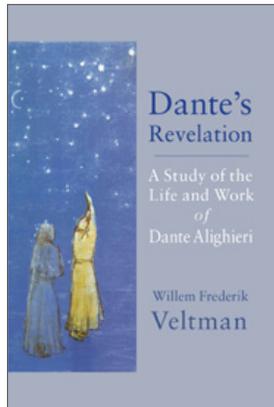
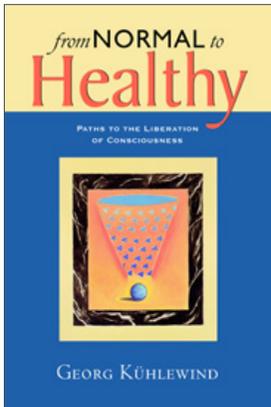
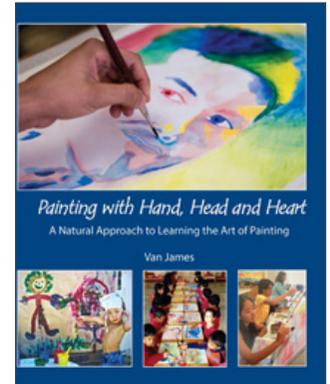
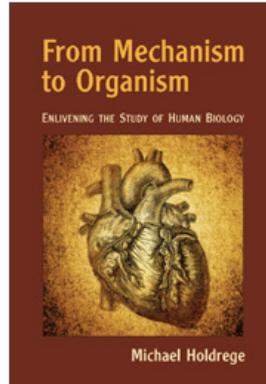
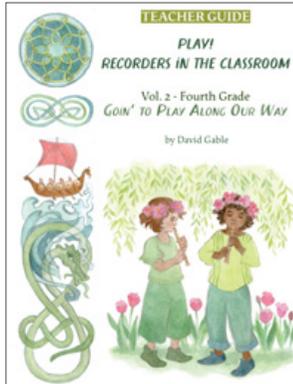
“I love the way this app brings biodynamics into the mainstream. It also helps people understand why the same wine can taste amazing one day and be underwhelming another day.”

– USER REVIEW



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Image from *The Luciferic Verses*



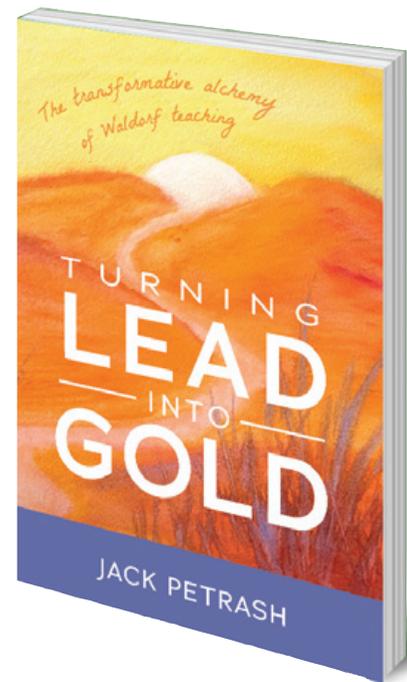
Turning Lead into Gold

The Transformative Alchemy of Waldorf Teaching

JACK PETRASH

- An inspiring resource on all aspects of Steiner-Waldorf teaching and being an educator that offers sound advice on developing good habits, working with parents and the twelve-year change
- Packed with helpful insights for both new and more experienced teachers
- Written by an author with over three decades of experience in Waldorf education

Jack Petrash has been a Waldorf teacher for over thirty years, spending much of that time at the Washington Waldorf School in the USA. He has written extensively on issues related to innovative classroom instruction and is the author of *Understanding Waldorf Education*.



216 x 140 mm | 216pp | 9781952166112 | paperback | £22.95 | Bell Pond Books | 23 February 2023

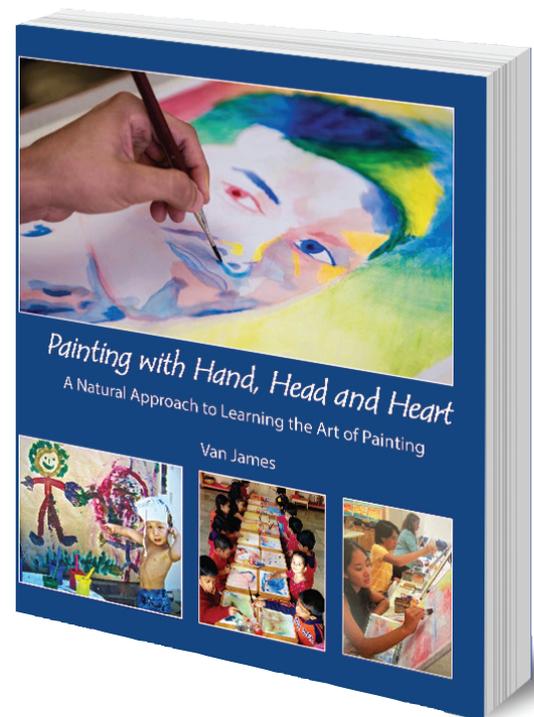
Painting with Hand, Head and Heart

A Natural Approach to Learning the Art of Painting

VAN JAMES

- Filled with practical examples and beautiful illustrations to help Steiner-Waldorf teachers grow their pupils' art skills
- Step-by-step instructions make this an easy to use and valuable resource for busy teachers
- Written by an experienced Steiner-Waldorf teacher

Van James is a guest tutor at numerous teacher training colleges and Steiner-Waldorf schools. He is a council member of the Visual Art Section of North America, land representative for the Anthroposophical Society in Hawai'i, mentor for the Academy of Himalayan Arts and Child Development, and a former long-time teaching artist at the Honolulu Waldorf School. He is editor of *Pacifica Journal*, as well as an active artist, graphic designer and author of numerous books on culture and the arts. He lives in Hawai'i, USA.



254 x 178 mm | colour illustrations | 338pp | 9781943582686 | paperback | £50.00 | Waldorf Publications | 25 August 2023

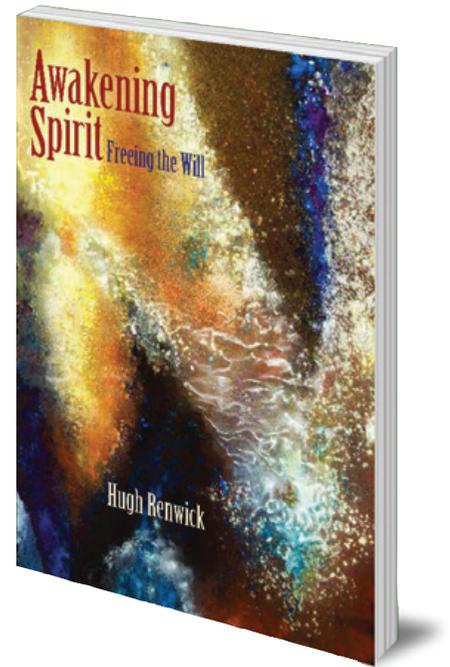
Awakening Spirit

Freeing the Will

HUGH RENWICK

- Presents the key teachings from Rudolf Steiner's *The Philosophy of Freedom* in a practical and easy-to-understand way
- Explores the nature of the vital role that teachers play in the development of children
- Written by an experienced Steiner-Waldorf class teacher and teacher trainer

Hugh Renwick has decades of experience as a Waldorf class teacher and teacher trainer. He is well known for his creativity and storytelling skills. He lives in New Hampshire, USA.



228 x 152 mm | illustrations | 104pp | 9781943582648 | paperback | £16.99 | Waldorf Publications | 23 February 2023

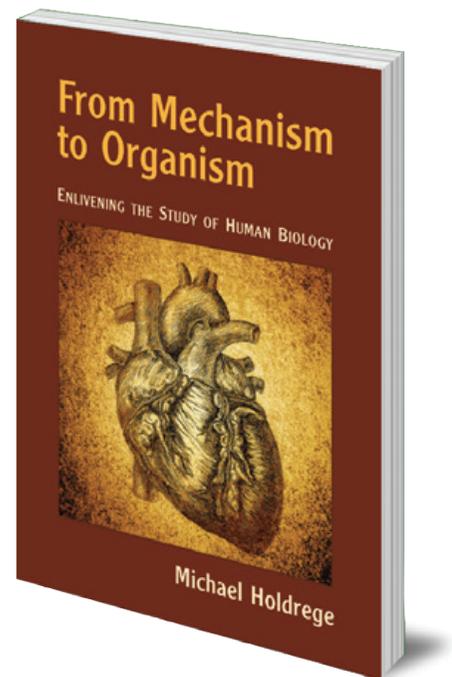
From Mechanism to Organism

Enlivening the Study of Human Biology

MICHAEL HOLDREGE

- Practical examples and methods to help Upper School science teachers share the human biology curriculum in an engaging and inspiring way for their students
- Ideal for both new teachers looking to create the building blocks of their lessons and experienced teachers seeking a fresh way to approach the subject
- Written by an experienced Steiner-Waldorf teacher, who has taught life and earth sciences, economics and mathematics for over two decades

Michael Holdrege taught life and earth sciences, economics and maths at the Chicago Waldorf School, USA for over twenty years. He is on the faculty at the Waldorf Teacher Institute of Chicago, at the Waldorf High School Teacher Training at the Center for Anthroposophy, and has also taught at the Waldorf Teacher Training Program in Xi'an, China.



254 x 178 mm | 100 illustrations | 252pp | 9781943582662 | paperback | £50.00 | Waldorf Publications | 23 February 2023

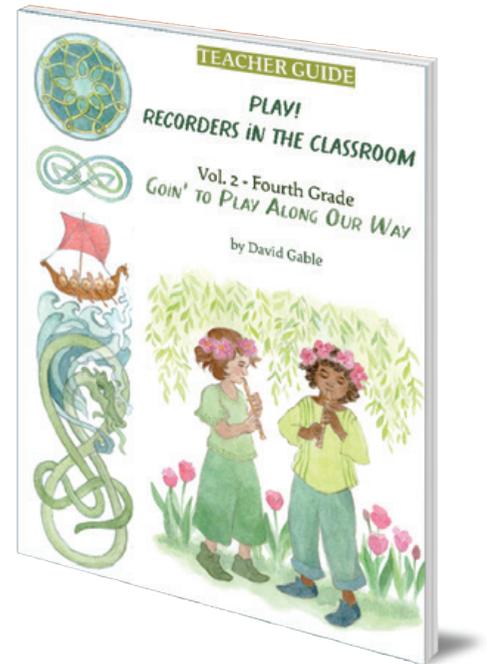
Play! Recorders in the Classroom

Volume 2: Fourth Grade Teacher's Edition

DAVID GABLE

- A guide for teachers starting recorder lessons with their pupils in Class 4 (9-10 years)
- Includes easy-to-learn and uplifting songs
- Written by a professional musician and experienced Steiner-Waldorf teacher

David Gable is a professional musician and teacher at the Waldorf School of Cape Cod, with decades of experience. He lives in Massachusetts, USA.



280 x 216 mm | 64pp | 9781943582624 | paperback | £17.99 | Waldorf Publications | 23 February 2023

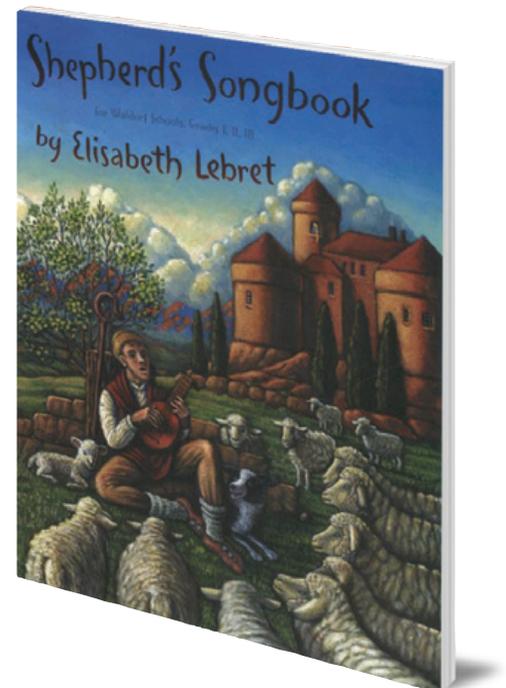
The Shepherd's Songbook

For Waldorf Schools Grades 1, 2 and 3

ELISABETH LEBRET

- Songs and music for Steiner-Waldorf teachers to share with Classes 1 to 3
- Includes songs to celebrate different seasons and nature, as well as songs full of fun
- Includes helpful instructions for teachers and parents

Elisabeth Lebret was a Waldorf teacher in the Netherlands whose love of music and song shone through her teaching.



280 x 216 mm | 76pp | 9781943582600 | paperback | £17.50 | Age 6-10 | Waldorf Publications | 25 August 2023

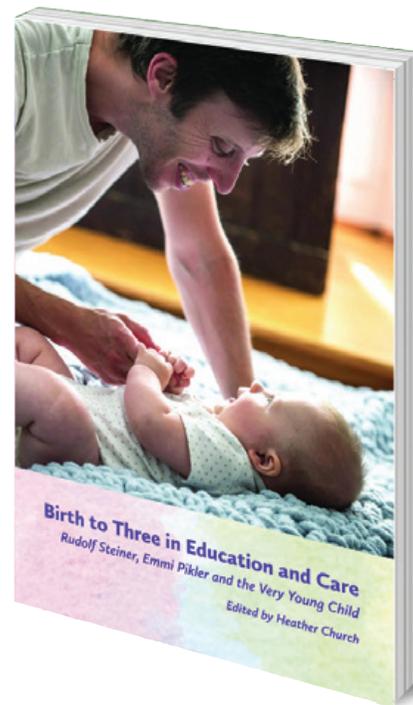
Birth to Three in Education and Care

Rudolf Steiner, Emmi Pikler and the Very Young Child

EDITED BY HEATHER CHURCH

- A collection of inspiring essays on understanding young children from birth to three drawing on the combined wisdom of the Waldorf and Pikler approaches
- Helps early childhood practitioners understand what children's needs might be and understand how as adults we can help them grow
- Topics covered include understanding and supporting free movement, as well as caregiver interactions with infants and toddlers
- Contributors include Ruth Reardon, Heather Church, Magdalena Toran, Susan Weber, Katherine Scharff, Jane Swain and Deborah Laurin

Heather Church is WECAN's Birth-to-Three Co-Coordinator and is active in teacher training. She was the pedagogical director and early childhood coordinator at the Halton Waldorf School, Ontario and Pedagogical Co-Chair at the Toronto Waldorf School. She now lives on a farm in Ontario, Canada.



228 x 152 mm | 30 b/w illustration | 68pp | 978-1936849-57-4 | paperback | £15.99 | WECAN | 23 February 2023

Toward a Kinder, More Compassionate Society

Working Together Toward Change

EDITED BY SUSAN HOWARD

- A challenging collection of essays for Waldorf early childhood practitioners calling for greater awareness of diversity in their teaching
- Written by authors from a wealth of diverse ethnic and LGBTQ+ backgrounds
- This is a powerful call to early childhood practitioners to embrace and encourage change

Susan Howard is the WECAN Coordinator and a member of the Coordinating Group of the International Association for Steiner-Waldorf Early Childhood Education (IASWECE). She directs the part-time early childhood training at Sunbridge Institute, New York, USA.



228 x 152 mm | 5 b/w illustrations | 170pp | 978-1936849-58-1 | paperback | £20.00 | WECAN | 25 May 2023

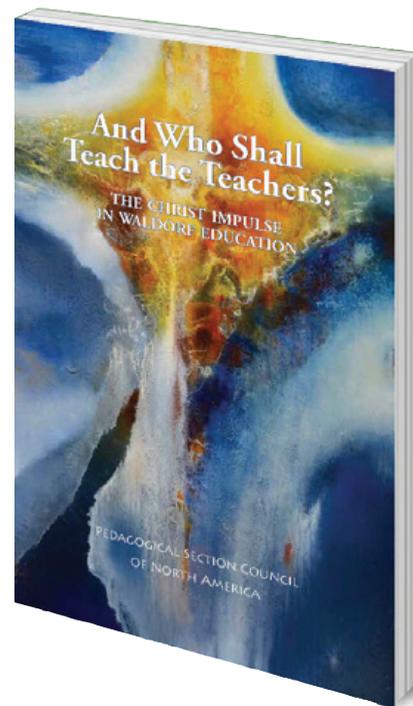
And Who Shall Teach the Teachers?

The Christ Impulse in Waldorf Education

EDITED BY ELAN LEIBNER

- An insightful series of essays exploring the role of the Christ Impulse in Steiner-Waldorf education
- Chapters cover the work of the Christ Impulse in the work of the Waldorf teacher, and how teachers can transform themselves and come to experience the Christ impulse
- Contributors include experienced Steiner-Waldorf teachers and leaders Douglas Gerwin, Roberto Trostli, Douglas Sloan, Betty Staley and Dorit Winter

Elan Leibner taught at Waldorf schools for over twenty years and is now chair of the Pedagogical Section Council of North America.



216 x 140 mm | 116pp | 978-1936367-30-6 | paperback | £12.99 | Waldorf Publications | 25 August 2023

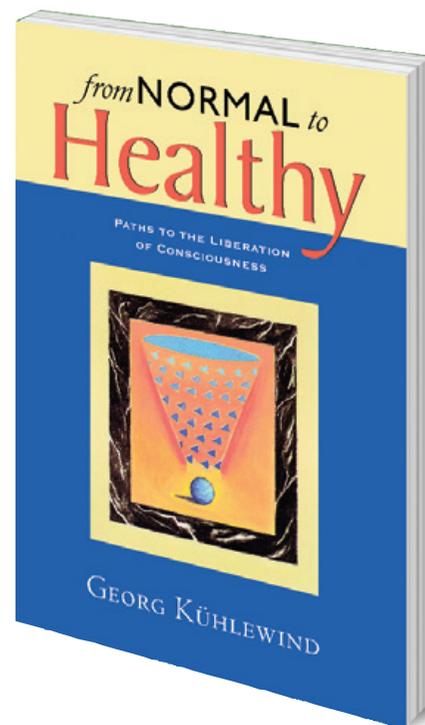
From Normal to Healthy

Paths to the Liberation of Consciousness

GEORG KÜHLEWIND

- A helpful guide to enable readers to follow a series of exercises based on the Eightfold Path of the Buddha and the spiritual exercises of Rudolf Steiner
- Reveals the benefits of actively engaging with our inner world to journey towards a more joyful and richer life

Georg Kühlewind (1924-2006) was a Hungarian philosopher and teacher who was inspired by Rudolf Steiner's spiritual science. He was the author of numerous books and lectured around the world.



229 x 152 mm | 240pp | 978-0940262-10-2 | paperback | £22.95 | Lindisfarne Books | 12 January 2023

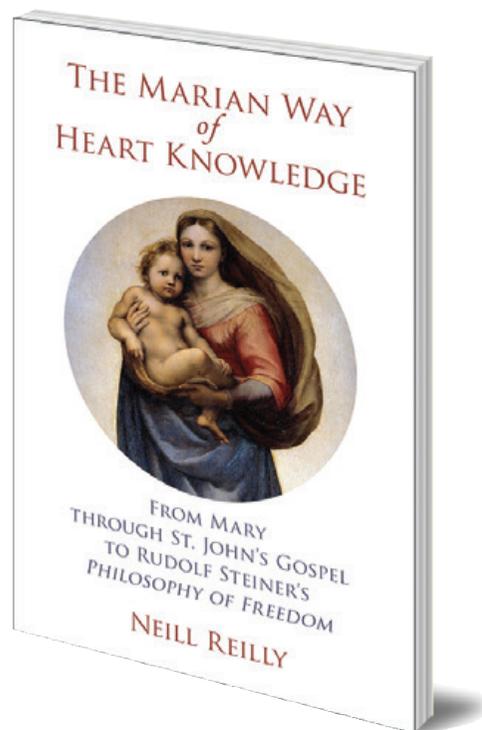
The Marian Way of Heart Knowledge

From Mary through St. John's Gospel to Rudolf Steiner's *Philosophy of Freedom*

NEILL REILLY

- An inspiring journey through the mystery of Mary as she appears in the New Testament
- Argues that these holy mysteries are not allegory, poetry or fantasy, but actual facts that can be experienced by everyone
- Reveals what can be achieved when life is approached by thinking with the heart

Neill Reilly studied philosophy and Waldorf education. He was a high school and Waldorf teacher for several years and has also directed a number of plays. He is the author of *Songs and Dreams: By Seeking We Are Found*.



216 x 140 mm | 144pp | 978-158420-891-4 | paperback | £15.99 | Lindisfarne Books | 23 February 2023

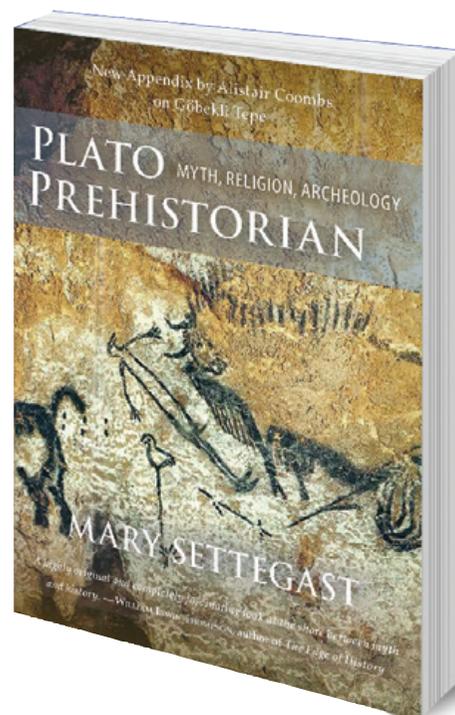
Plato, Prehistorian

Myth, Religion and Archaeology

MARY SETTEGAST

- Draws connections between human prehistory and Plato's writings on two ancient civilisations
- A comprehensive and well-researched text which presents the fascinating insights contained in an approachable and clear style

Mary Settegast was an American scholar and author, with graduate degrees from the University of California at Berkeley and Columbia University. Her work as an independent scholar was primarily focused on the study and interpretation of culture and religion from Paleolithic to modern times. Her other publications include *When Zarathustra Spoke: The Reformation of Neolithic Culture* and *Religion and Mona Lisa's Mustache: Making Sense of a Dissolving World*.



254 x 178 mm | b/w illustrations | 360pp | 978-158420-897-6 | paperback | £45.00 | Lindisfarne Books | 23 February 2023

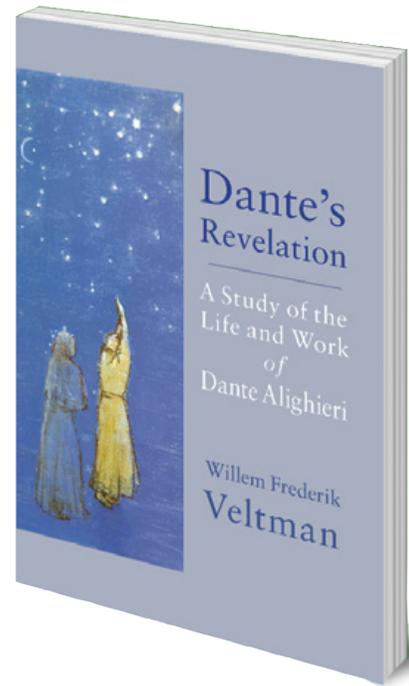
Dante's Revelation

A Study of the Life and Work of Dante Alighieri

WILLEM FREDERIK VELTMAN

- A fascinating analysis of the life and work of Dante Alighieri, revealing the relevance of his work to modern readers
- Explores the lingering impact of Roman culture, Dante's tormenting question on the justice of God, and the essence of the human being as key to Dante's most famous work, the Divine Comedy
- An inspiring companion for readers looking to analyse Dante's work and how it can be considered in relation to society today

Willem Frederik Veltman (1923 – 2018) was born in The Hague, the Netherlands. He taught at the Waldorf school in The Hague for over forty years and was active in the international Waldorf school movement. He is the author of numerous books on the history of culture.



216 x 140 mm | 248pp | 978-158420-889-1 | paperback | £20.00 | Lindisfarne Books | 25 August 2023

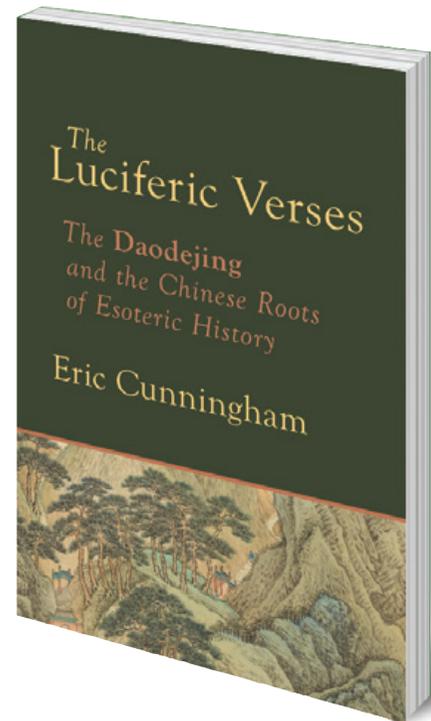
The Luciferic Verses

The Daodejing and the Chinese Roots of Esoteric History

ERIC CUNNINGHAM

- Combines a new translation of the Chinese classic Daodejing with a unique interpretation of the Dao for today
- Draws on perspectives from Rudolf Steiner's philosophy, in particular his esoteric cosmology and philosophy
- Reveals significant and surprising parallels and contrasts with regard to Steiner's modern path of inner development and aspects of popular culture

Eric Cunningham is Professor of History at Gonzaga University in Spokane, WA, USA. A specialist in modern Japanese intellectual history, in 1999 he received an MA in modern Japanese literature from the University of Oregon and in 2004 a PhD in history from the same institution. Cunningham's research interests include Zen Buddhism, Catholicism, psychedelia and eschatology.



216 x 140 mm | 234pp | 978-158420-887-7 | paperback | £20.00 | Lindisfarne Books | 25 August 2023

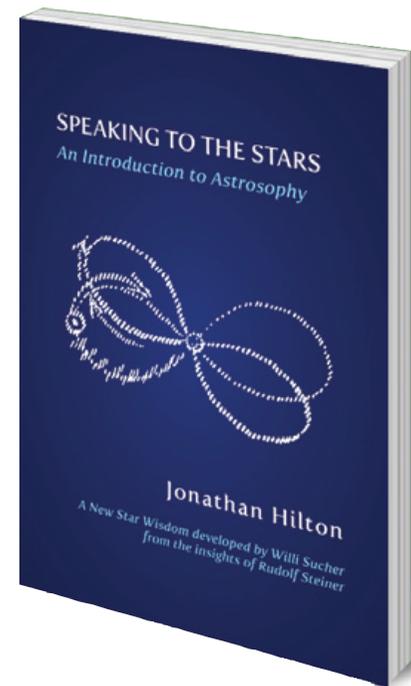
Speaking to the Stars

An Introduction to Astrosophy

JONATHAN HILTON

- Essential reading for anyone interested in exploring the discipline of astrosophy
- The author was a student of Willi Sucher, the pioneer of astrosophy
- Illustrated with 70+ colour and black-and-white images

Jonathan Hilton was a student of Willi Sucher, the pioneer of astrosophy. Jonathan served on the Board of the Astrosophy Research Center from 1992 to 2018 and served twice as President of the New York City Anthroposophical Society. Since retiring from his career as Executive Director of a non-profit providing therapeutic arts programs for trauma survivors, he dedicates much of his time to the work of astrosophy. He lives in Hudson Valley, New York, USA.



254 x 178 mm | 27 colour and 43 b/w illustrations | 300pp | 978-158420-885-3 | paperback | £27.50 | Lindisfarne Books | 25 August 2023

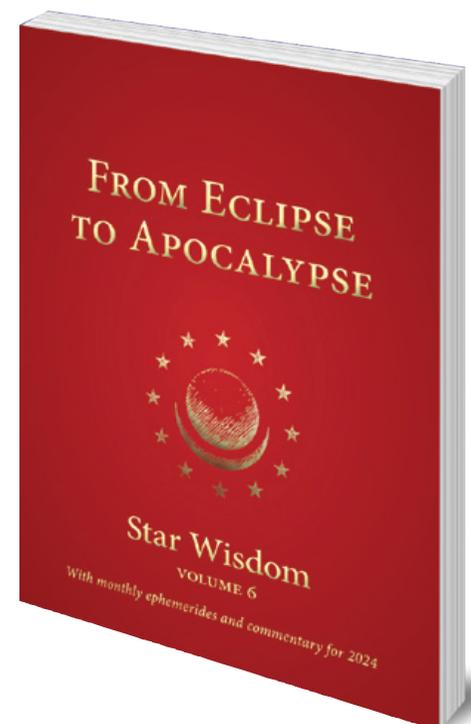
From Eclipse to Apocalypse

Star Wisdom Volume 6: With monthly ephemerides and commentary for 2024

EDITED BY JOEL MATTHEW PARK

- An annual guide to star wisdom for 2024
- Features articles on star wisdom (astrosophy) and a guide to the correspondences between stellar configurations during the life of Christ and those of today
- Includes a complete sidereal ephemeris and aspectarian, geocentric and heliocentric for each day of the year for 2024
- Focuses on the so-called "Great American" Solar Eclipse that will occur on April 8, 2024, but also the related earlier eclipses of August 21, 2017, and October 14, 2023

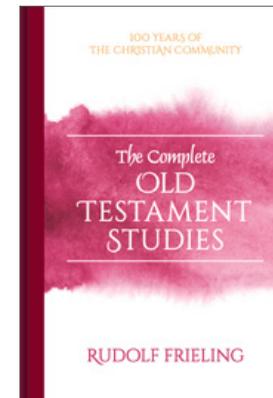
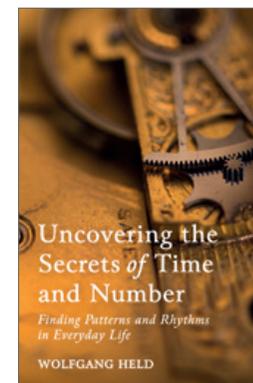
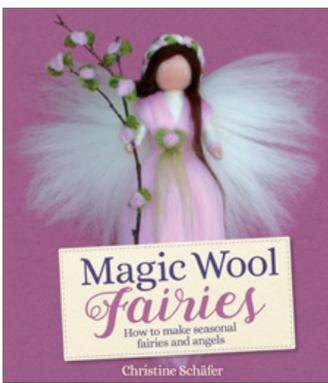
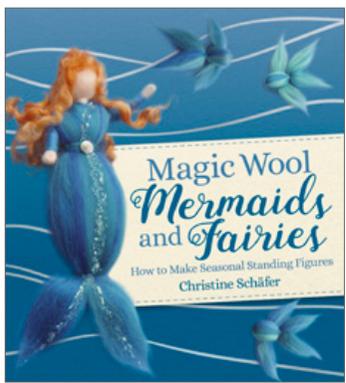
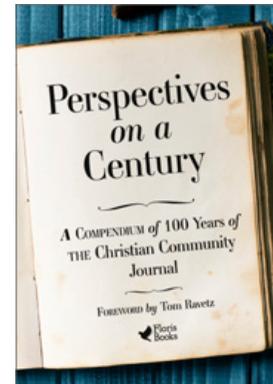
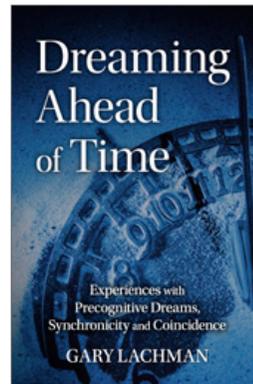
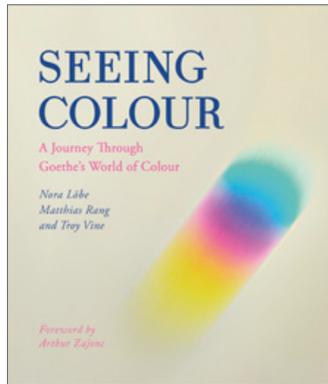
Joel Matthew Park is a researcher and lecturer based in Copake, New York. Previously a coworker at Plowshare Farm in Greenfield, New Hampshire, he and his wife now household in Ita Wegman House, an elder care home. He has studied and lectured on the work of Robert Powell and is now the editor of the *Journal for Star Wisdom*.



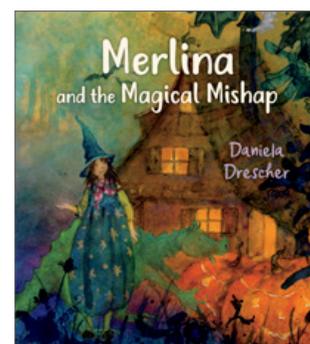
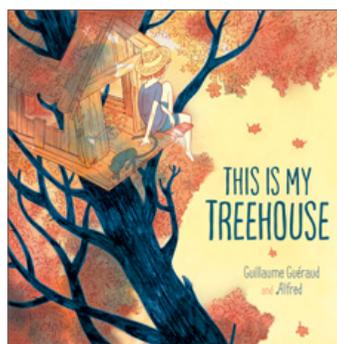
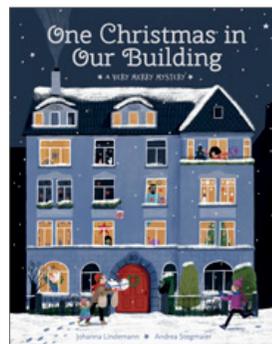
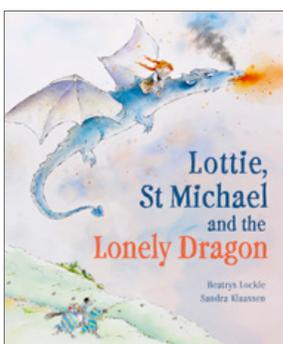
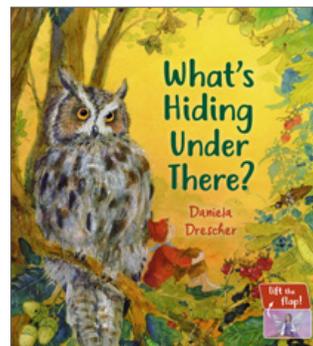
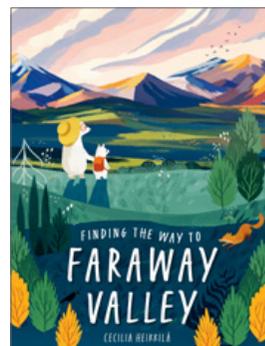
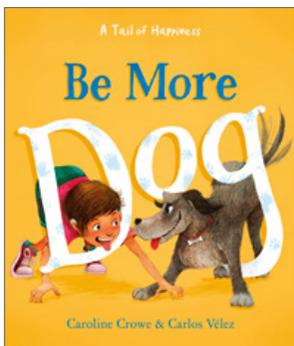
280 x 210 mm | 232pp | 978-158420-883-9 | paperback | £20.00 | Lindisfarne Books | 16 November 2023

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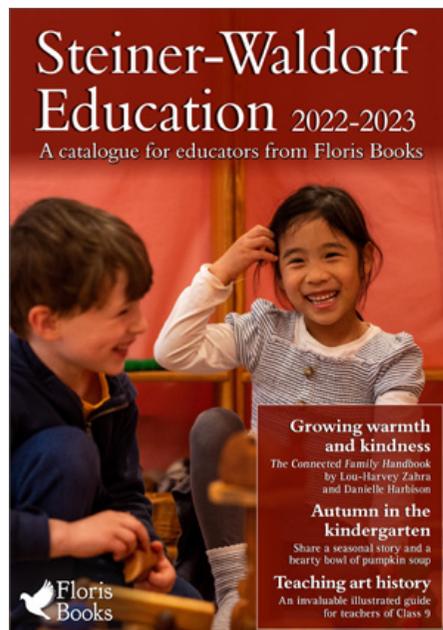
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