

TREATING DEPRESSION NATURALLY

How Flower Essences
Can Help Rebalance Your Life

CHRIS PHILLIPS

Available rights: World

Size: 216 x 160 mm

Extent: 160 pages

ISBN: 978-178250-427-6

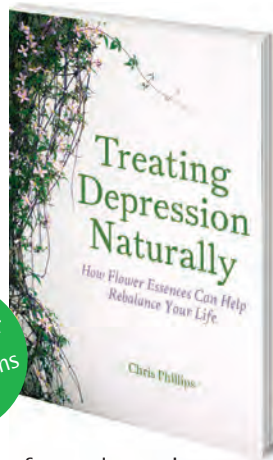
Format: paperback

Price: £12.99

Subject: Holistic Health

Publication: August 2017

Full-colour
Illustrations



- How to treat the unique symptoms of your depression naturally with flower essence remedies
- Suggests treatments for people experiencing anxiety, OCD, hormonal imbalance, SAD, insomnia, grief, low self-esteem and any combination of the symptoms
- Packed with insight, inspiration and real-life stories

Author: Chris Phillips is an experienced flower essence therapist who has worked both personally and professionally in this field for over thirty years. He is an advanced practitioner of the British Flower and Vibrational Essence Association (BFVEA), and specialises in providing tailored therapy to each person's unique needs.

HEALING FOR BODY, SOUL AND SPIRIT

An Introduction to
Anthroposophic Medicine

**MICHAEL EVANS
AND IAIN RODGER**

Available rights: World ex Japanese,
Spanish, Greek, Chinese Trad

Size: 216 x 138 mm

Extent: 208 pages

ISBN: 978-178250-410-8

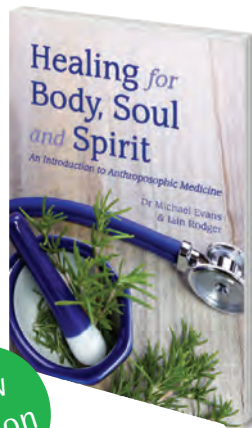
Format: paperback

Price: £16.99

Subject: Holistic Health

Publication: September 2017

New
Edition



- Fully explains the principles and practices of anthroposophic medicine
- Helps to re-establish a healthy balance while reducing the use of conventional drugs
- By considering all aspects of a patient, anthroposophic doctors can often assist with cases that conventional medicine has failed to help

Authors: Dr Michael Evans trained in medicine in Britain, Germany and Switzerland before helping to found Park Attwood Clinic near Birmingham. He was a GP and anthroposophical doctor until his retirement. Iain Rodger is a freelance writer.

LOST KNOWLEDGE OF THE IMAGINATION

GARY LACHMAN

Available rights: World

Size: 234 x 156 mm

Extent: 208 pages

ISBN: 978-178250-445-0

Format: paperback

Price: £20.00

Subject: Ancient Wisdom

Publication: October 2017



- Argues that imagination has been sidelined in favour of science, and that the balance needs to be redressed
- Discusses the work of Owen Barfield, Henry Corbin, Kathleen Raine and others
- Proposes that imagination is a key way that we can engage with the reality of our fast-changing world

Author: Gary Lachman is the author of several books about the links between consciousness, culture, and the western esoteric tradition, including *Rudolf Steiner: An Introduction to His Life and Work*; *Jung the Mystic: The Esoteric Dimensions of Carl Jung's Life and Teachings*; *The Quest for Hermes Trismegistus*; and *A Secret History of Consciousness*. He is a regular contributor to newspaper columns and radio programmes. A founder member of the rock group Blondie, in 2006 he was inducted into the Rock and Roll Hall of Fame. He lives in London.

CHRISTIANITY AND THE ANCIENT MYSTERIES

Reflections on Rudolf Steiner's
Christianity as Mystical Fact

CHARLES KOVACS

Available rights: World

Size: 216 x 138 mm

Extent: 208 pages

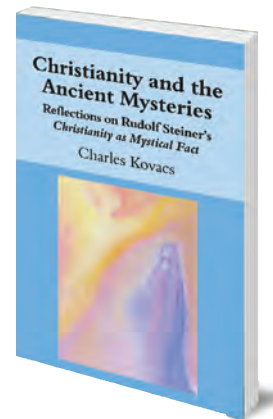
ISBN: 978-178250-447-4

Format: paperback

Price: £12.99

Subject: Christian Spirituality

Publication: November 2017



- Explores Rudolf Steiner's work in depth
- Brings a deep knowledge of esoteric writings, mythology and Christianity to the subject
- Discusses ancient wisdom and its impact on Christianity

Author: Charles Kovacs was born in Austria. After the War he settled in Britain, and in 1956 he took over a class at the Rudolf Steiner School in Edinburgh, where he remained a class teacher until his retirement in 1976. He died in 2001. His extensive lesson notes have been a useful and inspiring resource material for many teachers; he also gave over 300 lectures to adults and was in demand as a speaker. He is also the author of *The Spiritual Background to Christian Festivals* and *The Apocalypse in Rudolf Steiner's Lecture Series*.

PARENTING IN THE HERE AND NOW

Realizing the Strengths You Already Have

LEA PAGE

Available rights: World ex Romanian

Size: 234 x 156 mm

Extent: 256 pages

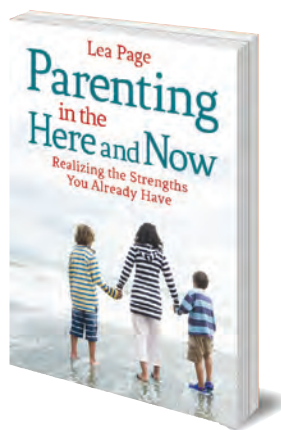
ISBN: 978-178250-164-0

Format: paperback

Price: £14.99

Subject: Parenting

Publication: 2015



- A practical parenting philosophy based on many years of experience
- Rather than telling parents to be more patience, creative, or insightful, this book draws on the strengths parents already have
- Demonstrates practical ways for parents to have calm authority, managing tantrums, whining, lying and disrespect

THE ILLUSION OF SEPARATION

Exploring the Cause of our Current Crises

GILES HUTCHINS

Available rights: World

Size: 234 x 156 mm

Extent: 160 pages

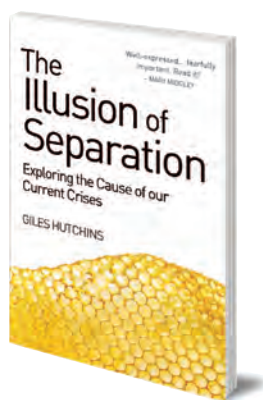
ISBN: 978-178250-127-5

Format: paperback

Price: £16.99

Subject: Philosophy

Publication: October 2014



- A philosophical exploration of the root causes of our current economic, political and environmental crises, and ways to rectify these causes at source
- Suggests that 'separateness' is an illusion we have created and that our world is in fact, connected and fluid

WHY GENES ARE NOT SELFISH AND PEOPLE ARE NICE

A Challenge to the Dangerous Ideas that Dominate our Lives

COLIN TUDGE

Available rights: World ex Spanish

Size: 234 x 156 mm

Extent: 296 pages

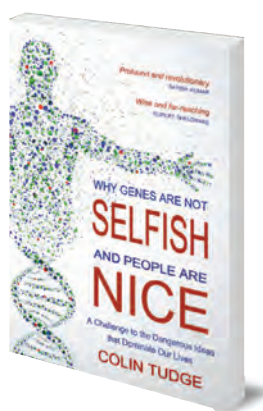
ISBN: 978-086315-963-3

Format: paperback

Price: £16.99

Subject: Philosophy

Publication: 2013



- Many popular ideas suggests that life creatures, including human beings, are driven by their selfish DNA
- This book argues that life is in fact cooperative; that human beings are basically nice and not selfish
- This is a powerful call to action to rethink our assumptions, and a message of hope for those who believe we're doomed to self-destruction

TIME, LIGHT AND THE DICE OF CREATION

Through Paradox in Physics to a New Order

PHILIP FRANSES

Available rights: World

Size: 234 x 156 mm

Extent: 208 pages

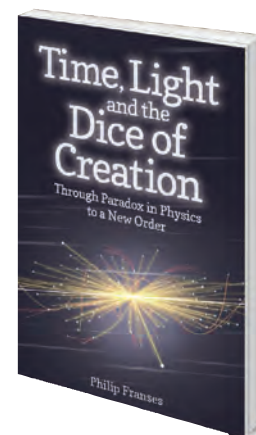
ISBN: 978-178250-172-5

Format: paperback

Price: £25.00

Subject: Science & Philosophy

Publication: 2015



- Explores how we relate to time and the world around us
- Unravels the knots that surround elusive concepts such as matter, chance, time, light, darkness, emptiness, and form
- Explores current models in science, he asks: does light travel in time? Or is it time that travels in light? How can emptiness hold potential? Can chance create order?

CREATIVE DISCIPLINE, CONNECTED FAMILY

Transforming Tears, Tantrums and Troubles while Staying Close to Your Children

LOU HARVEY-ZAHRA

Available rights:

World ex Romanian

Size: 234 x 156 mm

Extent: 224 pages

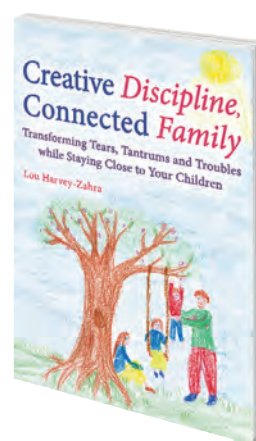
ISBN: 978-178250-213-5

Format: paperback

Price: £14.99

Subject: Parenting

Publication: 2015



- Can you discipline without punishing? How do you set limits while maintaining closeness and trust?
- Presents a unique creative discipline method and offers new perspectives on children's so-called 'bad' behaviour
- Tackles issues like fussy eating, constant interruptions, lying, anger and bereavement.

WEEDS AND WHAT THEY TELL US

EHRENFRIED PFEIFFER

Available rights:

World ex Chinese Simplified, Dutch

Size: 198 x 130 mm

Extent: 80 pages

ISBN: 978-086315-925-1

Format: paperback

Price: £7.99

Subject: Biodynamics



- This wonderful little book covers everything you need to know about the types of plants known as weeds, how they grow and what they can tell us about soil health
- Written by biodynamic pioneer Ehrenfried Pfeiffer
- One of the best overviews of the subject available

COMMUNITY CARE AND INCLUSION FOR PEOPLE WITH AN INTELLECTUAL DISABILITY

EDITED BY ROBIN JACKSON
& MARIA LYONS

Available rights: World

Size: 234 x 156 mm

Extent: 1256 pages

ISBN: 978-178250-333-0

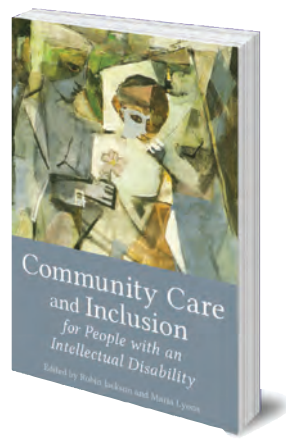
Format: paperback

Price: £25.00

Subject: Special Needs

Publication: October 2016

- A collection of essays examining barriers faced by people with intellectual disabilities
- Offers insightful comparative studies from around the world
- For anyone with a professional or personal interest in the development of person-centered services for people with an intellectual disability



COMPANION PLANTS

And How To Use Them

HELEN PHILBRICK
& RICHARD GREGG

Available rights: World ex Dutch

Size: 198 x 130 mm

Extent: 128 pages

ISBN: 978-178250-286-9

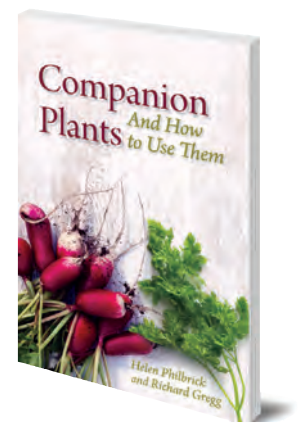
Format: paperback

Price: £9.99

Subject: Biodynamics

Publication: September 2016

- A comprehensive and detailed A-Z reference of plants and how they affect each other and their surrounding environment, including the soil, insects and birds
- Explains the phenomenon by which particular plants thrive in the presence of certain species, and do poorly in the company of others
- Of great value to farmers and gardeners alike



HAPPY CHILD, HAPPY HOME

Conscious Parenting
and Creative Discipline

LOU HARVEY-ZAHRA

Available rights: World
ex Chinese Simplified, Romanian,
Turkish

Size: 234 x 156 mm

Extent: 224 pages

ISBN: 978-178250-055-1

Format: paperback

Price: £14.99

Subject: Parenting

Publication: 2014

- Written by an experienced parenting coach, teacher & parent
- Offers candid, relevant and funny tips and advice for improving parent-child relationships
- Inspired by a Steiner-Waldorf background



CALM KIDS

Help Children Relax
with Mindful Activities

LORRAINE E. MURRAY

Available rights: World ex Romanian,
Chinese Traditional/Simplified

Size: 234 x 156 mm

Extent: 160 pages

ISBN: 978-086315-862-9

Format: paperback

Price: £9.99

Subject: Child Health & Development

Publication: 2012

- Inspirational and practical guidance on how to lead fun and peaceful relaxation sessions with children
- Good for children with behavioural and developmental disorders such as ADHD
- Provides a range of activities for all children, from toddlers to teenagers, for use in the home or classroom



DRAMA AT THE HEART

Teaching Drama in
Steiner-Waldorf Schools

NELL SMYTH

Available rights: World

Size: 234 x 156 mm

Extent: 240 pages

ISBN: 978-178250-269-2

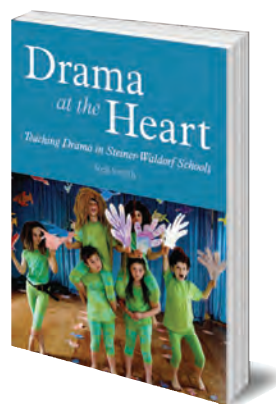
Format: paperback

Price: £14.99

Subject: Steiner-Waldorf Education

Publication: May 2016

- An invaluable one-stop handbook for drama teachers in Steiner-Waldorf schools
- Guides readers through the challenges of teaching drama, starting from breathing exercises and ice-breaker games to finding the right play for your age group and all aspects of rehearsal and staging
- Includes sensible, down-to-earth advice and helpful tips drawn from the author's extensive experience



TAKING APPEARANCE SERIOUSLY

The Dynamic Way of Seeing in
Goethe and European Thought

HENRI BORTOFT

Available rights: World ex French

Size: 234 x 156 mm

Extent: 240 pages

ISBN: 978-086315-927-5

Illustrations: b/w diagrams

Format: paperback

Price: £16.99

Subject: Philosophy

Publication: 2012

- Explores a way of seeing that draws attention back from what is experienced, into the act of experiencing
- Discusses how twentieth-century European thinkers radically overturned the notion of dualism, placing importance on 'appearance'
- By renowned thinker and physicist Henri Bortoft, author of *The Wholeness of Nature*



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SCIENCE AND THE WORLD AROUND US

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Caretakers of the Cosmos-Lachman (*World*)
Discovering Eris-Le Grice (*World*)
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Flowforms-Wilkes (*World ex German, Italian, Japanese*)
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Hearing our Calling-Coombs (*World*)
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Rudolf Steiner's Philosophy-Welburn (*World ex Portuguese*)
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Discovering Camphill-Jackson (*World*)
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Handbook for Steiner-Waldorf Class Teachers-Avison (*World ex Chinese Simp & Trad*)
Steiner Education in Theory and Practice-Childs (*World ex Japanese, Chinese*)
Waldorf Education-Clouder & Rawson (*World ex Korean, Spanish, Japanese*)

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Age of Revolution-Kovacs (*World ex Spanish, Portuguese, Chinese Simplified*)
Ancient Greece-Kovacs (*World ex Sp, Portug, German, Hung, Hebrew, Chinese S*)
Ancient Rome-Kovacs (*World ex Spanish, Portuguese, Chinese Simplified*)
Botany-Kovacs (*World ex Spanish, Portuguese, Chinese, Latvian*)
Geology and Astronomy-Kovacs (*World ex Spanish, Portuguese, Chinese, Italian*)
Human Being/Animal World-Kovacs (*World ex Spanish, Portug, Chinese S, Latv*)
Journey Through Time in Verse and Rhyme-Thomas (*World*)
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Parsifal-Kovacs (*World ex Spanish, Portuguese, Korean*)
Waldorf Song Book-Masters (*World*)

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Children's Creative Play-Neuschütz (*World ex Swedish, German, Chinese Simp, Korean, RO*)
Creative Discipline, Connected Family-Harvey-Zahra (*World ex Romanian*)
Happy Child, Happy Home-Harvey Zahra (*World ex Chinese Simplified, Turkish, Romanian*)
Parenting in the Here and Now-Page (*World ex Romanian*)
Power of Stories-Kornberger (*World ex Chinese, Spanish*)
Storytelling for Life-Felce (*World*)
Thirteen to Nineteen-Sleigh (*World ex German, Italian, Swedish, Czech, Romanian*)

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