

### 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

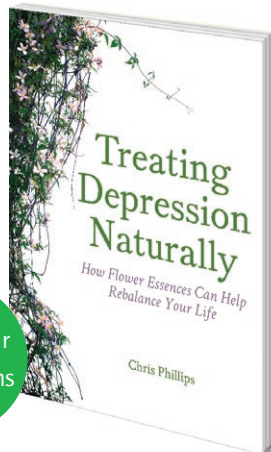
**Format:** paperback

**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

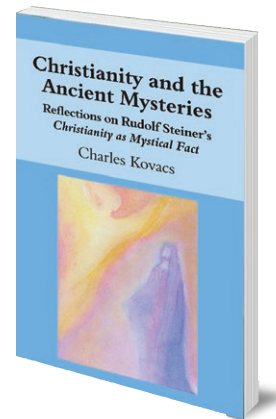
**ISBN:** 978-178250-447-4

**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

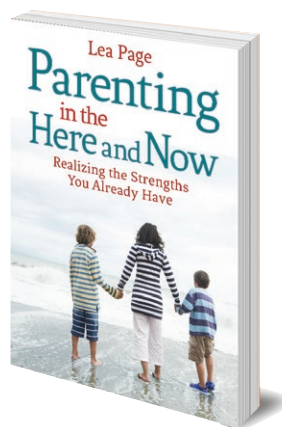
**ISBN:** 978-178250-164-0

**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

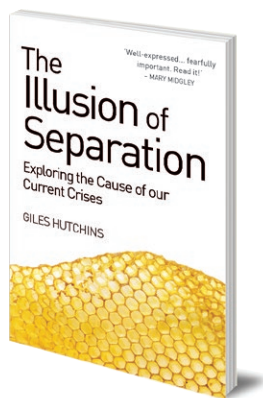
**ISBN:** 978-178250-127-5

**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

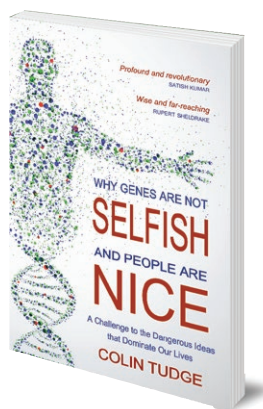
**ISBN:** 978-086315-963-3

**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

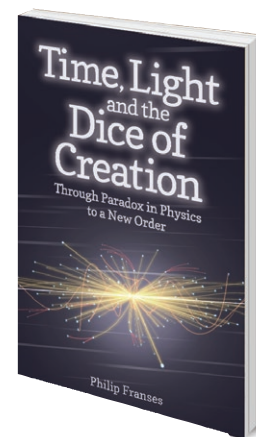
**ISBN:** 978-178250-172-5

**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

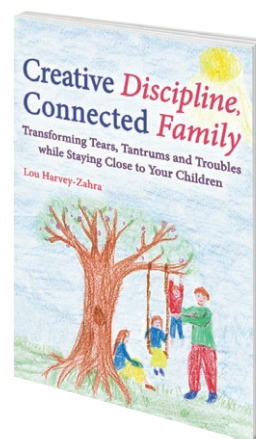
**ISBN:** 978-178250-213-5

**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

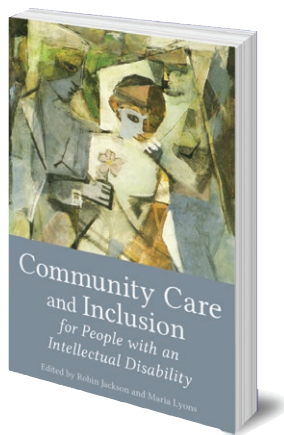
**Format:** paperback

**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

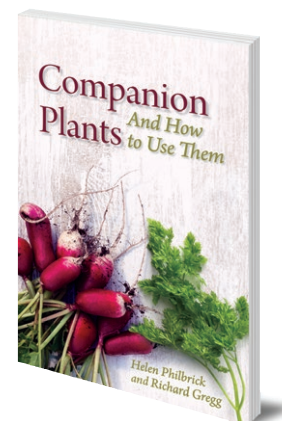
**Format:** paperback

**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

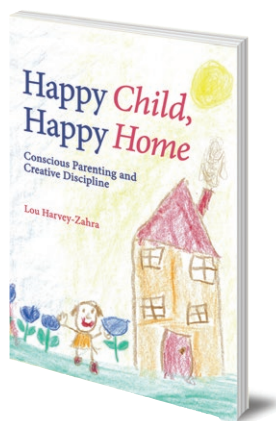
**Format:** paperback

**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

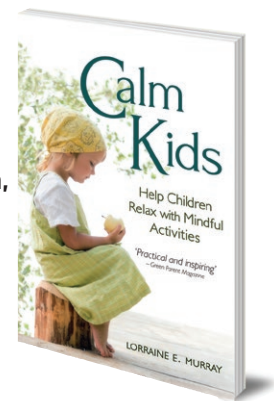
**Format:** paperback

**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

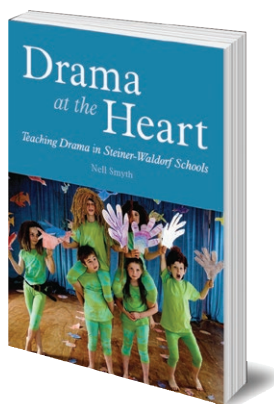
**Format:** paperback

**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*



## AVAILABLE RIGHTS LIST

### SCIENCE AND THE WORLD AROUND US

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Archetypal Cosmos-Le Grice (*World ex French, Spanish*)  
Caretakers of the Cosmos-Lachman (*World*)  
Discovering Eris-Le Grice (*World*)  
Embryogenesis in Myth and Science-Weihs (*World ex Italian*)  
Flowforms-Wilkes (*World ex German, Italian, Japanese*)  
Gardening as a Sacred Art-Naydler (*World ex German*)  
Gawain and the Grail Quest-Dixon (*World*)  
Geometry in Nature-Blackwood (*World ex Chinese Simplified, Chinese Traditional*)  
Goethe on Science-Naydler (*World*)  
Grow Small, Think Beautiful-Harding (*World*)  
Hearing our Calling-Coombs (*World*)  
Holonomics-Robinson (*World*)  
Hidden Geometry of Flowers-Critchlow (*World*)  
Hidden Nature-Bartholomew (*World ex French, German, Japanese, Romanian*)  
How Humanity Came Into Being-Lockley (*World*)  
Illusion of Separation-Hutchins (*World*)  
Inside the Cosmic Mind-Wyss (*World*)  
Intuitive Way of Knowing-Lambert (*World*)  
Life As Energy-Pietak (*World ex Dutch*)  
Lost in the Knowledge of the Imagination-Lachman (*World*)  
Nature's Due-Goodwin (*World ex Italian*)  
New Renaissance-Lorimer (*World*)  
Projective Geometry-Edwards (*World*)  
Radical Prince-Lorimer (*World ex Dutch, Spanish, French*)  
Sky and Psyche-Campion & Curry (*World*)  
Space and Counterspace-Thomas (*World*)  
Stargazers' Almanac 2017-Mizon (*World*)  
Story of Water-Bartholomew (*World ex North America, Spanish*)  
Taking Appearance Seriously-Bortoft (*World ex French*)  
Time, Light and the Dice of Creation-Frances (*World*)  
Understanding Water-Wilkens (*World ex Korean, German*)  
Viktor Schauburger-Cobbald (*World ex Dutch, Romanian, Croatian*)  
Vortex of Life-Edwards & Calderwood (*World ex German, Romanian*)  
Why Genes Are Not Selfish and People Are Nice-Tudge (*World ex Spanish*)

### MIND BODY SPIRIT & SELF-HELP

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Ascent of Man-Merry (*World*)  
Atlantis-Allen (*World ex Bolivia*)  
Chartres-Strachan (*World*)  
Crisis Points-Sleigh (*W ex Ger, French, Itali, Norweg, Swed, Span, Czech*)  
Dream Song of Olaf Åsteson-Jordan (*World*)  
Flaming Door-Merry (*World*)  
Friends and Lovers-Sleigh (*World ex Spanish, Swedish, French, Romanian, German*)  
Golden Age of Chartres-Querido (*World*)  
Human Soul-König (*World ex Portuguese, Dutch, Spanish*)  
Jesus the Master Builder-Strachan (*World ex Spanish, Italian*)  
Loneliness-Bittleston (*World ex German, Dutch, Swedish*)  
Patterns of Eternity-Stewart (*World ex Dutch*)  
Quest for Hermes Trismegistus-Lachman (*World ex Dutch*)  
Quiet Heart-Gruenewald (*World ex German, Dutch, Norwegian*)  
Rosslyn Treasury-Snow (*World*)  
Symbols of Eternity-Stewart (*World*)  
Though You Die-Drake (*World ex Dutch, Spanish*)  
When Death Enters Life-Baum (*World ex Norwegian, Spanish*)

### HOLISTIC HEALTH

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Healing for Body, Soul, Spirit (*World ex Japanese, Spanish, Greek, Chinese*)  
Healthy Body, Healthy Brain-Lewis (*World*)  
Medicine for the Whole Person-Douch (*World, ex Hungarian*)  
Natural Birth-Turner (*World ex Spanish*)  
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Treating Depression Naturally-Phillips (*World*)

### ORGANICS, BIODYNAMICS AND SUSTAINABLE LIVING

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Biodynamic Farm-Osthaus (*World ex German, Chinese*)  
Biodynamic Gardening for Health and Taste-Wright (*World ex Dutch*)  
Biodynamic Orchard Book-Pfeiffer (*World*)  
Companion Plants-Philbrick (*World ex Dutch*)  
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Earth's Face-Pfeiffer (*World*)  
Ecovillages-Bang (*World*)  
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Growing Eco-Communities-Bang (*World ex Italian*)  
Koepf's Practical Biodynamics (*World*)  
Life to the Land-Castelliz (*World*)  
Living Kitchen-Harstein (*World ex Hungarian*)  
Monty Waldin's Best Biodynamic Wines-Waldin (*World*)  
Origins of the Organic Movement-Conford (*World*)

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Permaculture: A Student's Guide-Bang (*World*)  
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Weeds and What They Tell Us-Pfeiffer (*World ex Chinese, Dutch*)  
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When Wine Tastes Best-Thun (*World ex French*)

### CHRISTIAN SPIRITUALITY AND BIBLE

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Apocalypse in Rudolf Steiner's Lecture Series-Kovacs (*World ex Spanish, Portug*)  
Beginnings of Christianity-Welburn (*World ex German, Dutch, Romanian*)  
Christian Year-Capel (*World*)  
Christianity and the Ancient Mysteries-Kovacs (*World*)  
Easter-Merry (*World*)  
Free From Dogma-Ravetz (*World ex German, Italian*)  
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Incarnation-Ravetz (*World ex German*)  
Meditative Prayers for Today (*World ex German, Dutch, Spanish, Danish, French, Danish*)  
Mysteries-Welburn (*World*)  
Myth of the Nativity-Welburn (*World*)  
Our Spiritual Companions-Bittleston (*W ex Japanese, Spanish, French, Italian*)  
Prayers and Graces-Jones (*World*)  
Renewing Christianity-Hindes (*World ex US, Dutch*)  
Seven Sacraments in the Christian Community-Capel & Ravetz (*World ex Dutch*)  
Spiritual Background to Christian Festivals-Kovacs (*W ex Spanish, Portuguese*)  
Taco Bay-Ravetz (*World*)

### ART, LITERATURE AND PHILOSOPHY

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Adam Bittleston-Gibson (*World*)  
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Elsa Beskow Calendar 2014-Beskow (*World ex German*)  
First Steps to Seeing-Kidd (*World*)  
Hermann Gross-Jackson (*World*)  
Living Architecture-Bayes (*World ex US, Dutch, Spanish*)  
Making Geometry-Allen (*World*)  
Number and Geometry in Shakespeare's Macbeth-Eckersley (*World*)  
Rudolf Steiner-Childs (*World ex Dutch*)  
Rudolf Steiner's Philosophy-Welburn (*World ex Portuguese*)  
Secret Heresy of Hieronymus Bosch-Harris (*World ex German, Dutch, Russian*)  
Shifty Lad and the Tales He Told-Snow (*World*)

### EDUCATION

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Builders of Camphill-Bock (*World*)  
Children with Special Needs-Luxford (*World ex US, Dutch, Korean*)  
Discovering Camphill-Jackson (*World*)  
Drama at the Heart-Smyth (*World*)  
Holistic Special Education-Jackson (*World ex Korean*)  
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*)

### WALDORF TEACHER RESOURCES

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Age of Discovery-Kovacs (*World ex Spanish, Portug, Hungarian, Chinese Simp*)  
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*)  
Mathematics in Nature, Space and Time (*World ex Korean, Spanish, Chinese Simpl, Ch Trad*)  
Muscles and Bones-Kovacs (*World ex Spanish, Portuguese, Latvian*)  
Parsifal-Kovacs (*World ex Spanish, Portuguese, Korean*)  
Waldorf Song Book-Masters (*World*)

### PARENTING AND CHILD DEVELOPMENT

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Bedtime Storytelling-Lockie (*World ex Italian, Chinese Simp*)  
Calm Kids-Murray (*World ex Chinese Traditional/Simplified, Romanian*)  
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*)

### CRAFTS & ACTIVITIES

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Finger Strings-Taylor (*World ex Chinese*)  
Green Fingers and Muddy Boots-Santer (*World*)