

Let's Get Spiritual

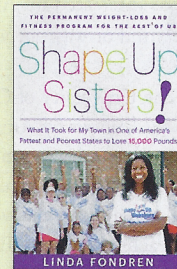
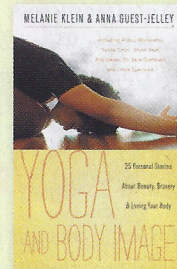
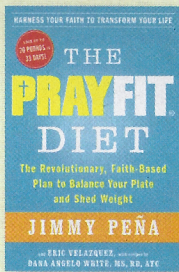
This season boasts a handful of inspirational and spiritual titles that focus as much on the body as the mind and spirit. "Learning techniques for improving physical health, emotional well-being and increasing our skills in navigating personal relationships are popular topics," says Llewellyn senior publicist Kat Sanborn.

Yoga, as always, is a popular topic on this front. Llewellyn has *Yoga and Body Image* by Melanie Klein and Anna Guest-Jelley (Oct.), featuring 25 essays on self-love and body image from a yoga perspective from celebrities like Alanis Morissette and Bryan Kest, among others. There's also Jewish Lights Publishing's *Mussar Yoga: Blending an Ancient Jewish Spiritual Practice with Yoga to Transform the Body and Soul* by Edith R. Brotman (May), designed for beginners to expert yogis, which provides step-by-step exercises to introduce Mussar yoga.

Rodale offers something a little different, with Linda Fondren's inspirational fitness memoir *Shape Up Sisters! The Permanent Weight Loss and Fitness Program for the Rest of Us and What It Took for My Town in America's Fattest and Poorest State to Lose 15,000 Pounds* (May).

"Linda shares her incredible personal story, along with a fitness and diet plan for people with real-life challenges, limited budgets and resources and busy schedules," says Aly Mostel, Rodale Books' West Coast communications director. The publisher hopes that people will "use what she's accomplished in Vicksburg as a blueprint for other cities."

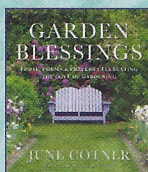
And Touchstone hopes that fitness guru Jimmy Peña's *The PrayFit Diet: The Revolutionary, Faith-Based Plan to Balance Your Plate and Shed Weight* will attract others who want to follow in the spiritually and physically fit paths of celebrities like Tyler Perry, L.L. Cool J, and Mario Lopez.



and alternative perspectives—for readers who want to take a closer look at the inspirational insights of their pop-cultural heroes. Edited by Nicholas Nigro, readers can choose from *The Spirituality of Carlos Santana*, *The Spirituality of Bono*, and *The Spirituality of Richard Gere*. Fall installments will feature the wisdom of Oprah Winfrey, Steve Jobs, and Bob Dylan.

But there are also plenty of traditional books on the way—including some from familiar names—that aim to help readers tackle a wide range of issues. The latest from Alexander Loyd, author of the international bestseller *The Healing Code*, is due in June from Grand Central: *The Greatest Principle: Unlocking the Hidden Keys to Ultimate Success in All Areas of Your Life*, which promises to "show readers how to go from stress to success in 40 days." Simon & Schuster released a 25th-anniversary edition of Gary Zukav's *The Seat of the Soul* in March, and will have *The Map of Heaven: How Science, Religion, and Ordinary People Are Proving That the World Beyond Is Real* by Eben Alexander in November, the follow-up to the au-

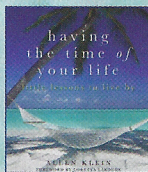
Pure Inspiration from VIVA! VIVA EDITIONS



Our Gardens Grow Us

Garden Blessings
Prose, Poems and Prayers Celebrating the Love of Gardening
BY JUNE COTNER

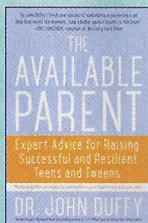
978-1-936740-81-9, \$16.95, 5.5 x 6.5, 248 pages, Hardcover, May 2014



500 Inspired Ideas about What Really Matters

Having the Time of Your Life
Little Lessons to Live By
BY ALLEN KLEIN

978-1-936740-70-3, \$14.95, 6 x 7, 200 pages, Trade paper with flaps, April 2014



Steve Harvey's Parenting Expert Shares His Practical Approach to Positive Parenting

The Available Parent, 2nd Edition
Expert Advice for Raising Successful and Resilient Teens and Tweens
BY DR. JOHN DUFFY

978-1-936740-82-6, \$15.95, 5.5 x 8.25, 216 pages, Trade paper, June 2014

