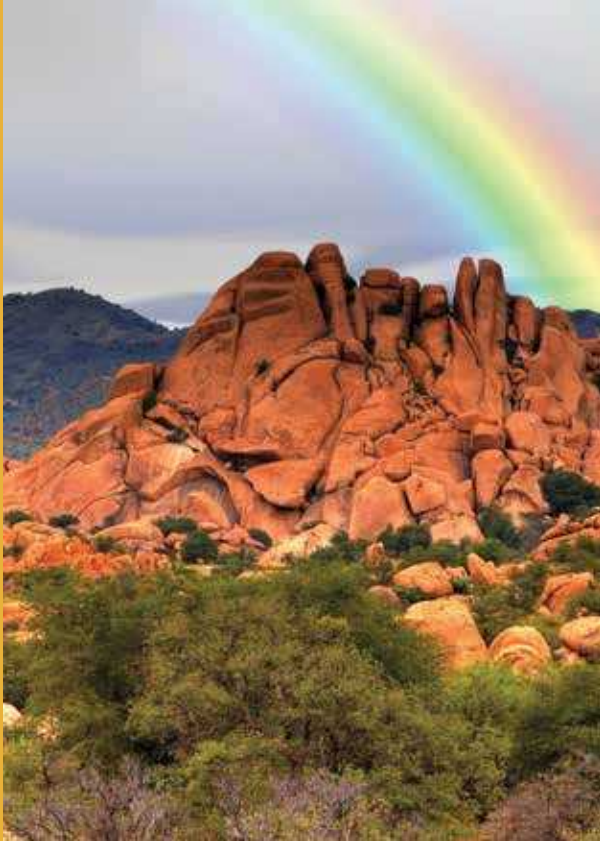


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ABOUT HOHM PRESS

Hohm Press is committed to publishing books that provide readers with alternatives to the materialistic values of the current culture and promote self-awareness, the recognition of interdependence and compassion. Our subject areas include religious studies, natural health, parenting, women's issues, the arts and poetry. We are proud to offer the work of contemporary spiritual teachers Lee Lozowick, Arnaud Desjardins and Taisen Deshimaru, and to present books by authors distinguished in their fields: Georg Feuerstein, Ph.D. (Yoga and Tantric studies), Mariana Caplan, Ph.D. (Religious Studies), Red Hawk, Vraje Abramian (poetry and poetic translations) and others.

About Kalindi Press

Kalindi Press, an affiliate of Hohm Press, proudly offers books in natural health and nutrition, as well as the acclaimed Family Health and World Health Series for children and parents, covering such themes as nutrition, dental health, reading readiness, and environmental education.

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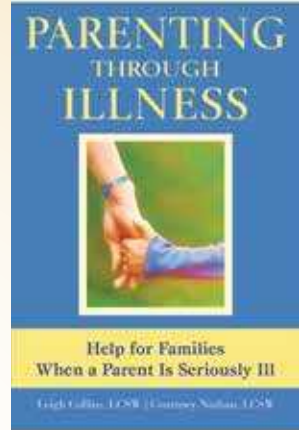
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Parenting Through Illness

Help for Families When a Parent Is Seriously Ill

by Leigh Collins, LCSW and
Courtney Nathan, LCSW

Hohm Press; ISBN: 978-1-942493-18-1
Parenting / Family Issues / Illness
Paper; 288 pages; 5 ½ x 8 ½; \$16.95
Release: October 2016



Moms and Dads get sick too, oftentimes seriously. Their lives and those of the rest of the family can change radically, and quickly. This book, *Parenting Through Illness*, offers immediate, practical and experienced advice for adult family members and others responsible for the wellbeing of children in such times of crisis.

The authors are both clinical social workers with years of training and time spent with children and families in crisis. They establish a clear and authoritative voice, while keeping a tone of encouragement throughout. With its matter-of-fact language, the book is organized to make it easy for parents to turn to the sections they most need, *when they need them*. Collins and Nathan keep their readers focused on the child in every situation, while always supporting reasonable boundaries in positive self-care for the adults who serve them.

Unique features:

- Deals with any kind of serious illness, not just cancer.
- Explains how children of different ages commonly react to a parent's illness, or other family crisis.
- Suggests specific language in talking to children of various ages.
- Devotes a full chapter to advantages and disadvantages of using information technology, rarely covered in other books on this topic.
- Extensive qualitative research.
- Excerpts from interviews with parents and children coping with illness in the family.

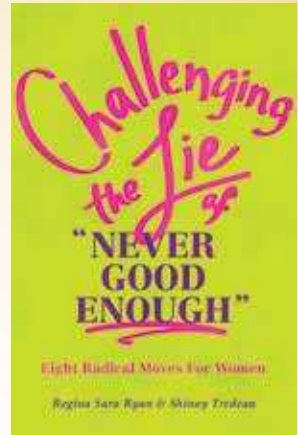
**A BOOK FOR PATIENTS, PARTNERS, FRIENDS & FAMILY.
AN INVALUABLE RESOURCE FOR DOCTORS, NURSES, SUPPORT GROUPS,
CLERGY, SOCIAL WORKERS, & SCHOOL PERSONNEL.
A NECESSARY ADDITION TO HOSPITAL GIFT SHOPS & PUBLIC LIBRARIES.**

Challenging the Lie of “Never Good Enough”

Eight Radical Moves for Women

by Regina Sara Ryan and
Shinay Tredeau

Hohm Press; ISBN: 978-1-942493-23-5
Body-Mind-Spirit / Self-Esteem / Women’s Studies
Paper; 208 pages; 5 ¼ x 8 ½; \$17.95
Release: March 2017



This book invites women of all ages into a conversation that challenges the pervasive lie of “never good enough.” This common subtext of modern life undermines a woman’s appreciation of her own inherent beauty and goodness. The authors recommend Eight Radical Moves that women can make, alone or ideally in the good company of other women, to take on this challenge, to deepen this conversation.

The Moves are *radical* because they **aim directly at the center of a woman’s being**, the inner space of her true nature, her basic goodness, rather than because they require any extreme actions. Nonetheless, the conviction that “never good enough” is a lie requires more than lip service. The authors guide readers in identifying the courage, strength and love they already possess, but habitually deny, to embrace and live by this conviction of self respect, day to day in mind, body and heart. They further encourage women to make this stand with and in the presence of other women to increase everybody’s likelihood for success.

Regina Sara Ryan, author of numerous books in wellness, women’s studies and spirituality is an elder in her seventies. Shinay Tredeau, a yoga teacher, lifestyle coach, dancer and emerging writer is a “millennial” in her twenties. Together, they bring to this warm and personal treatment a synergy of years of experience in contemplative spiritual practice and dynamic body discipline.

Topics include the danger of comparisons with other women; the need to face dark emotions with compassion; the power of friendship in the quest for self-acceptance; and gratitude as a way of life.

Saved From Enlightenment

The Memoir of an Unlikely Devotee

by Tarini Bauliya

Hohm Press; ISBN: 978-1-942493-07-5

Memoir / Religious Studies

Paper; 192 pages; 5 ½ x 8 ½; \$19.95



A memoir of one woman's life viewed through the lens of her relationship with her spiritual teacher of over 20 years. Her candid, touching and humorous stories are told in a voice that is authentic, wry and irreverent, yet always colored with the note of longing for God that characterized her quest for something "real" from earliest childhood. As she elaborates on various stepping stones and stumbling blocks encountered on her journey—including the birth of her son, several failed relationships and her wild and highly successful ride as a national sales executive—her stories uniquely parallel the steps of any traditional spiritual path aimed at human transformation. They also help to dispel the myths and expose the assumptions about "enlightenment"—and other fantasy solutions to the hard work of simply being human—that are so common on "the Path." She does this by shedding an honest, heartfelt light on the real gifts and graces of her soul's journey—a teaching of profound wisdom, a community of other dedicated devotees, and a guru who would not let her settle for less than her own intrinsic goodness.

The author received this spiritual name from her guru—the American Baul master Lee Lozowick (1943–2010)—at her own request. He was an iconoclast and founder of the Western Baul path. He was the lyricist and lead singer in a rock band and a blues band, and led his troupe all over the States, Europe and India. When Tarini stumbled into his company, his effect on her life was both confronting and transformational. In the end, she reports, she was "saved from enlightenment" among other invaluable treasures, by the grace of God and skillful means of a worthy teacher.

Your Aging Body Can Talk

Using Muscle Testing to Learn What Your Body Knows and Needs After 50

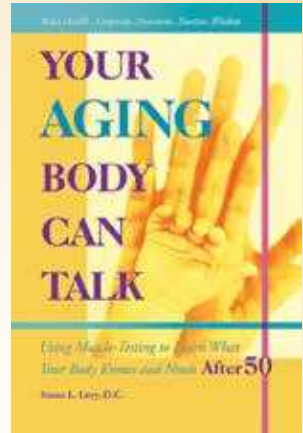
by Susan L. Levy, D.C.

Kalindi Press; ISBN: 978-1-935826-45-3

Aging / Diet and Nutrition / Wellness

Paper; 256 pages; 6 x 9; \$21.95

Release: May 2017



Written by a chiropractor and alternative health practitioner with over 30 years of experience, this book addresses health and wellbeing of body, mind and spirit for an aging population (50+). Uniquely, this material is presented through the lens of Clinical Kinesiology. This simple self-help tool of muscle testing allows readers to find out what their own body knows and needs. They learn that the body “speaks” through either strong or weak muscle responses to questions asked or situations presented, and are instructed in how to do this simple self-testing for a variety of health issues. Stories of other seniors who have used this methodology to their benefit provide a platform for acceptance and motivation, and each chapter contains specific recommendations for its use.

Far from being a scholarly or scientific text, *Your Aging Body Can Talk* is written for immediate use by maturing practitioners or laypersons. Throughout the book, the concerns of an aging population are consistently placed in the forefront:

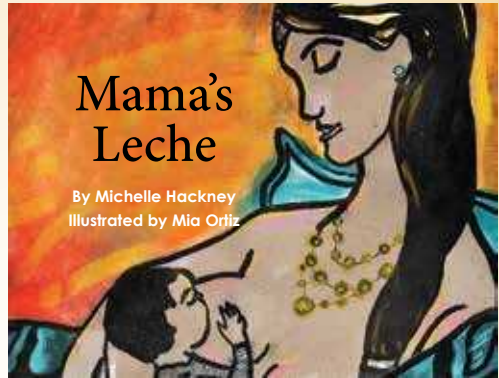
- How to develop an anti-inflammation diet and lifestyle
- The factors that affect longevity
- How to build cognitive health and brain vibrancy
- How to find or refine your life’s purpose, no matter what your age
- Why detoxification is so essential, at any age.

Mama's Leche

(bilingual English-Spanish edition)

by Michelle Hackney;
illustrated by Mia Ortiz

Hohm Press;
ISBN: 978-1-942493-24-2
Breastfeeding / Children
Paper; 32 pages;
6 ¼ x 8 ½; \$10.95
Release: July 2017



A bilingual children's picture book, *Mama's Leche* is uniquely told from the infant's perspective. Soft, tender illustrations depict baby looking into Mama's eyes, feeling nurtured and protected. The gentle and playful text helps to remind children of these profound feelings. *Mama's Leche* encourages and celebrates the mother-infant bond that is naturally established through nursing.

Based in the ongoing commitment to family health and the well-being of infants and children, Hohm Press is proud to present this new title.

Today, breastfeeding is supported worldwide by UNESCO and throughout the U.S. by thousands of pediatricians, by government agencies like WIC, and by enlightened childbirth educators everywhere. Many hospitals have adopted "Baby Friendly" initiatives that actively discourage or even forbid the in-house use of artificial feeding methods or infant formulas.

Still, throughout the U.S. alone, children suffer an alarming range of allergies, ear infections, gastrointestinal disorders, and tendencies to obesity—all of which are less prevalent among children who have been breastfed for one year or more. And this is just the physical part of the equation. Current research is also finding that breastfed babies are sharper intellectually and more balanced emotionally, and new studies are coming in every day.

This book will be an ideal gift for childbirth educators, doctors, nurses, and caring friends and family to give to their clients and loved ones.

Stand Up!

The Courage to Care

by Elyse April and
Regina Sara Ryan

Illustrations by
Maria Oglesby



Hohm Press;

ISBN: 978-1-942493-17-4

Bullying / Self-Esteem / Ages (infant-6)

Paperback; 32 pages; 6 ¼ x 8 ½; \$9.95; Family and World Health Series

In 12 playful and adventurous scenarios, young or baby animals take a stand that demonstrates courage in the face of a challenge, along with kindness and willingness to help others. Short simple text makes for easy comprehension. The book can serve as a stimulus for lots of adult-child discussion of principles like courage, discernment and caring.

A preventative for the pre-school child, this is a valuable contribution to **anti-“bullying” literature** that never mentions the word. Instead, it is packed with impressions to encourage creativity, individuality and confidence, skills that can combat the susceptibility to peer pressure so damaging to children.

A great resource for kids to counteract the widespread rise of bullying.” —**JOHN W. TRAVIS**, MD, MPH

A *must read* for young children. It is never too early to build self-esteem and confidence and to empower our children with skills to protect them from being bullied, or from bullying. —**THERESA LANDAU**, WIC Director, Morrisania, N.Y.; MS, RD, CDN, CLC

**RECOMMENDED FOR: LIBRARIES, SCHOOLS,
HEAD START & EARLY HEAD START, CHILDCARE AGENCIES,
AND PARENTING GROUPS, LOCAL AND NATIONAL.**

Winds Of Grace

*Poetry, Stories and Teachings of Sufi
Mystics and Saints*

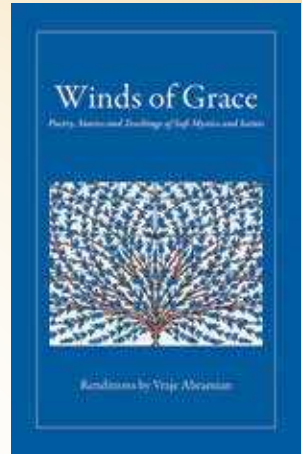
Renditions by Vraje Abramian

Hohm Press; ISBN: 978-1-942493-06-8

Poetry / Sufism

Paperback with French flaps; 288 pages;

5 ½ x 8 ½; \$24.95



Sufi Masters always remind seekers that the final answer lies in Silence, where the ego-mind is absent. At the same time, many have been great speakers and storytellers whose words are capable of life-altering effects. This book gathers together extracts from biographies of both Sufi and non-Sufi sages, stories and statements about them, as well as poetry attributed to them. The translator's intention is singular: to encourage individuals on their path. Reading works about and by saints and sages reminds us of the vital need in the wayfarer's life to keep focused on the Heart, the Divine, the Beloved, amidst so many contenders for one's attention.

Renditions by Vraje Abramian are clear and contemporary, while yet maintaining the unique mood and mystical context of the authors' works. Most are translations from the most authentic texts available in the original Persian/Farsi language.

Rumi, Hafiz, Abil-Kheir . . . and dozens of other great poets and teachers are represented here. Selections are divided into topics, including: Love, The Master, The Beloved, Life and Death.

**A BOOK FOR LOVERS OF MYSTICAL POETRY FROM RUMI,
HAFIZ AND OTHER SPIRITUAL TRADITIONS, AND A NECESSARY
TEXT FOR UNIVERSITY LIBRARIES AND BOOKSTORES**

Krishna's Heretic Lovers

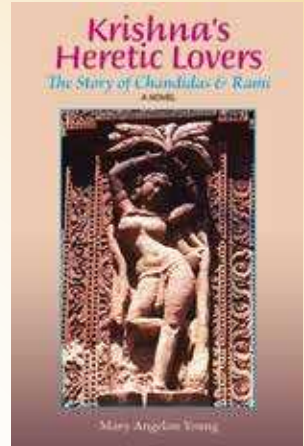
*The Story of Chandidas & Rami ~
A Novel*

by **Mary Angelon Young**

Hohm Press; ISBN: 978-1-942493-19-8

Fiction / Ancient India

Paper, 368 pages, 5 x 7 ¾; \$23.95



The book recounts the passionate story of Chandidas and Rami, 14th-century Bengalis.

He is a young Brahmin priest who renounces his caste status to become a heretical poet-musician wandering the byways of India with a small band of mystics and bards. She (Rami) is a beautiful 20-year-old widow, of low caste, living with her two children. To survive, she washes the clothes of local villagers.

Krishna's Heretic Lovers is an historical romance that blends fiction and fact, love and sex, action and spiritual teachings, politics, and true characters with the authentic poetry written by the revered poet, Chandidas (later known as the "Father of Bengali poetry").

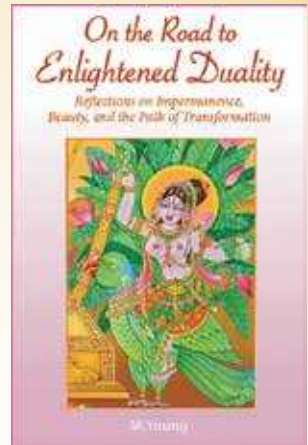
The reader is transported into an era when the basic human freedom to create, love, and worship based on one's natural impulse had to be carved from the stone of rigid hierarchical, even feudal, societal and religious structures.

Thanks to Mary Angelon Young, Chandidas and Rami live again to sing the glories of Krishna and Radha to a new audience. Victory to the Divine Couple! —**Dr. Robert Svoboda**, author of *Mysticism in the 21st Century* and *Aghora: At the Left Hand of God*.

This historical novel should draw the attention of students of comparative religion or anyone fascinated with Eastern traditions, especially those yearning for a love story that includes spiritual teachings (dharma) and scholarship.

*On the Road to
Enlightened Duality*
*Reflections on Impermanence, Beauty,
and the Path of Transformation*
by M. Young

Hohm Press; ISBN: 978-1-942493-15-0
Religious Studies / Eastern Religions
E-book; 600 pages; \$24.95



Traveling the road on pilgrimage, and following American Baul Master, Khepa Lee Lozowick (1943-2010), author Mary Angelon Young crafted a collection of essays that explores the many moods of “Enlightened Duality,” one of Lozowick’s core teachings in the path of Western Bauls.

This dynamic spiritual principle suggests that one can combine an integrated awareness of the nondual (“all is One”) with a lively, conscious relationship to the duality or play of opposites, the constant fare of everyday life. Unlike those strictly nondual perspectives that relegate the human experience to an illusion of the mind, Lozowick asserted that, while nondual unity is the foundation of *what is*, simultaneously, life is real.

These original essays cover such universal themes as Impermanence, beauty and the path of transformation, and comprise one wayfarer’s reflections and research. Each essay has its own integrity and stands on its own authority. Yet, taken as a whole, they form a useful map of the tantric path, charting its depths through daily events, travel, relationships, creativity and work—all continuous, integrated aspects of the transformational path.

The author has travelled extensively in India and Europe; has studied the Sanskrit, Hindu and Buddhist traditions; and has written numerous books, including an extensive treatise on the Baul Path, *The Baul Tradition*. (Hohm Press, 2014)

Zen & Karma

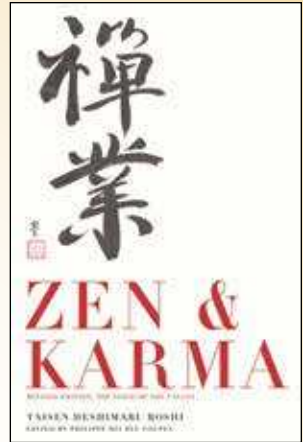
Teachings by Roshi Taizen Deshimaru

Edited by Philippe Rei Ryu Coupey

Hohm Press; ISBN: 978-1-942493-14-3

Zen Buddhism / Philosophy / Karma

Paper; 228 pages; 6 x 9; \$21.95



Taizen Deshimaru (1914–1982) was a Japanese Zen Master, and the individual largely responsible for bringing Soto Zen to Europe. A legendary figure, he stands in the ranks of the great Zen teachers of modern times, including, Suzuki Roshi and Maezumi Roshi. This second edition of his book *The Voice of the Valley*, first issued in 1979, contains the pure Deshimaru vintage-teaching. Uniquely, it is one of the few Zen books treating the subject of karma, a principle deeply entrenched in Hindu and some Buddhist traditions, but rarely taught within Zen.

The book is a live record of the Master's teaching content (kusens) and his style of presentation during a practice sesshin (retreat) of several weeks. Deshimaru spoke in English, and his words were recorded and compiled from notes taken by the editor (Coupey) and other students. His subjects are as timely today as they were in the late '70s.

At a time when contemporary Zen practice has been co-opted by the culture of "new and now," his teachings do not compromise. This is no self-oriented "wellness Zen" cultivated for feeling more relaxed. This is the real deal, a call to a stark, "no-gain" approach to clear perception of reality from one who studied and practiced this tradition fully aligned to its source. As such, this book is a precious vehicle of direct transmission.

**RECOMMENDED FOR: READERS OF THE AUTHOR'S PREVIOUS BOOKS;
STUDENTS OF SOTO ZEN IN PARTICULAR; SCHOLARS, UNIVERSITY
LIBRARIES, ALL ZEN CENTERS AND MONASTERIES.**

RECENT RELEASES FROM HOHM PRESS / KALINDI PRESS

Finding More On The Mat

How I Grew Better, Wiser and Stronger through Yoga

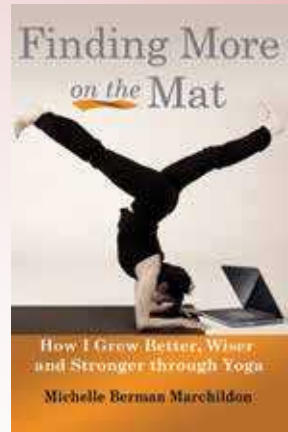
by Michelle Berman Marchildon

Michelle Berman Marchildon is "The Yogi Muse," an internationally known author, columnist, award-winning journalist and yoga teacher. Part memoir, part yoga incentive, this book is for any reader, yogi student or not. Her intention is to distinguish between yoga as an exercise class and yoga as a practice that leaves one radically transformed.

Hohm Press; ISBN: 978-1-935387-94-7

Yoga / Health and Fitness / Memoir

Paper; 288 pages; 6 x 9; \$19.95



No Fear Zen

Discovering Balance in an Unbalanced World

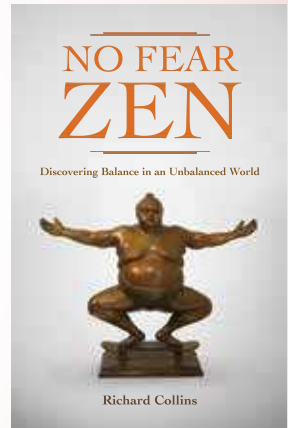
by Richard Collins

While some practices focus on compassion and mindfulness as the goals of Zen practice, Collins contends that these are outcomes that occur naturally, spontaneously, and automatically from right practice without any goal or object whatsoever. In the spirit of Deshimaru Roshi, Collins encourages practice for one purpose only, the purpose of no purpose.

Hohm Press; ISBN: 978-1-935387-95-4

Zen Buddhism / Meditation

Paper; 264 pages; 5 ½ x 8 ½; \$21.95



Self Remembering

The Path to Non-Judgmental Love

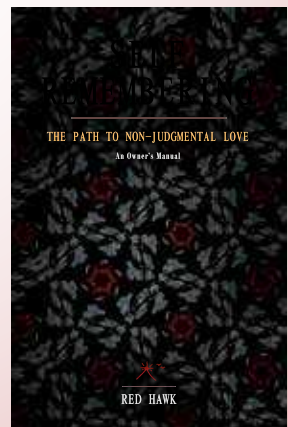
by Red Hawk

This companion piece to the author's previous book *Self Observation* offers detailed practical guidelines that allow one to know *with certainty* when one is Present and Awake. It details the objective feedback mechanisms available to everyone for attaining this certainty: Am I awake *now*? How do I know? Sincere readers will find invaluable help in answering these two questions.

Hohm Press; ISBN: 978-1-935387-92-3

Self Help / Body-Mind-Spirit / Fourth Way

Paper; 5 ½ x 8 ½; 258 pages; \$19.95



RECENT RELEASES FROM HOHM PRESS / KALINDI PRESS



Young Enough to Change the World

Stories of Kids and Teens Who Turned Their Dreams into Action

by Michael Connolly and Brie Goolbis

The 15 stories of young people from around the world described in *Young Enough to Change the World* are proof that kids and teens today **want to make a difference!** Each of these has already made a significant contribution to the lives of others. And, most of their projects are still going strong.

Hohm Press; ISBN: 978-1-935826-38-5
Social Issues / Education / Teens & Children
Paper; 5 ½ x 8 ½; 168 pages; \$17.95

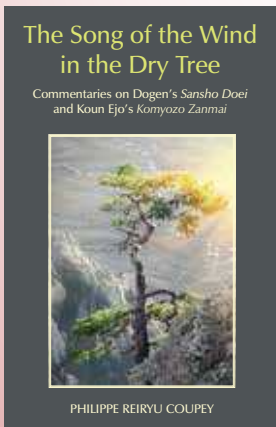
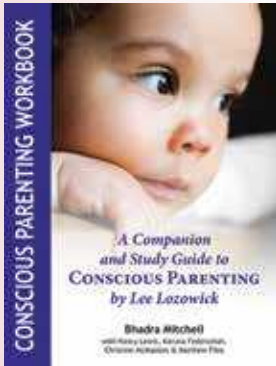
Conscious Parenting Workbook

A Companion and Study Guide to Conscious Parenting by Lee Lozowick

by Bhadra Mitchell
with Karuna Fedorschak, Nancy Lewis,
Christine McMaster and Matthew Files

The *Workbook* follows the chapter-topics contained in the companion volume, *Conscious Parenting* by Lee Lozowick (Hohm Press, 2010). It covers subjects from enlightened birth practices, breastfeeding, our use of language with children, the limiting of early exposure to technology and negative influences for youngsters, to the creation of environments of safety and sanctuary for our teenagers.

Hohm Press; ISBN: 978-1-935387-85-5
Parenting / Education
Paper; 8 ½ x 11; 96 pages; \$19.95



The Song of the Wind in the Dry Tree

Commentaries on Dogen's Sansho Doei and Koun Ejo's Komyozo Zanmai

by Rei Ryu Philippe Coupey

The author's fresh interpretation of these two classic Japanese Zen texts (13th century) rests on his fundamental experience with this material, beyond space and time. Coupey's words are addressed to the reader's heart, shedding light on our own quest and ratifying the discoveries that we may have made along the way.

Hohm Press; ISBN: 978-1-935387-82-4
Zen / Poetry / Religious Studies
Paper; 5 ½ x 8 ½; 80 pages; \$12.95

RECENT RELEASES FROM HOHM PRESS / KALINDI PRESS

The Baul Tradition

Sahaj Vision East and West

by M. Young; Foreword by Parvathy Baul

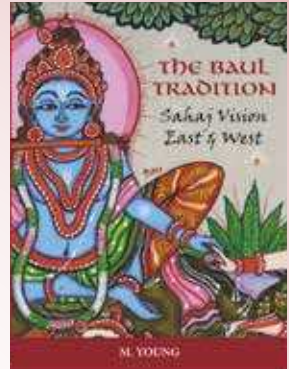
This book traces the Baul Path, a Tantric spiritual tradition, from its earliest and ancient roots in the subcontinent of India, to its dissemination in the West in modern times in the life and work of Khepa Lozowick (1943–2010). *Sahaja*—the hallmark of the Baul Way—refers to the naturally ecstatic essence of being. It is a blueprint of love, beauty, bliss, wisdom and dignity.

Hohm Press; ISBN: 978-1-935387-83-1

Religious Studies / Tantra / Spirituality

Paper; 288 pages; 7 x 10; \$29.95

Includes a companion CD of Eastern and Western Baul Music



Mother Guru

Savitri Love Poems

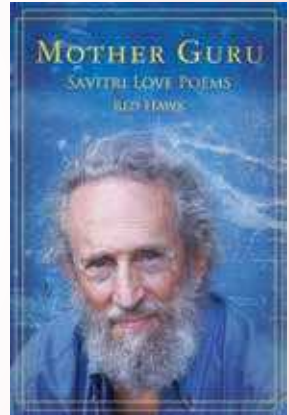
by Red Hawk

Mother Guru is a collection of refined devotional poetry in the tradition of Hafiz and Rumi—whose poems of love continue to inspire millions throughout the world. The fact that this poetry appears in contemporary dress makes it highly accessible. The author, Red Hawk, is a widely published and award-winning poet, professor of English at the University of Arkansas, at Monticello.

Hohm Press; ISBN: 978-1-935387-84-8

Poetry / Religious Studies

Paper; 208 pages; 6 x 9; \$19.95



Your Body Can Talk Revised 2nd Edition

How to Use Simple Muscle Testing for Health and Well-Being

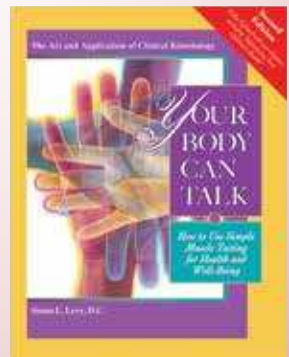
by Susan L. Levy, D.C.

This book, about the art and application of Clinical Kinesiology, introduces the energetic system that links mind and body. It shows how **the body can “talk,”** and therefore be used as a diagnostic tool, and to determine which healing approach will best suit an individual. This 2nd edition includes an extensive chapter on children’s health.

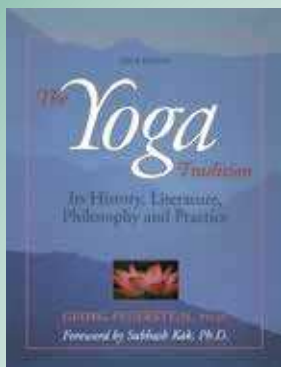
Kalindi Press; ISBN: 978-1-935826-36-1

Health & Wellness / Kinesiology / Acupuncture

Paper; 384 pages; 8 ½ x 11; \$27.95



BEST SELLERS FROM HOHM PRESS / KALINDI PRESS



The Yoga Tradition

Its History, Literature, Philosophy and Practice

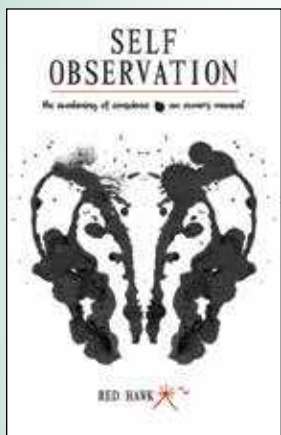
by Georg Feuerstein, Ph.D.; foreword by Ken Wilber

What has become the most popular form of exercise in the West is an ancient and rich tradition, the understanding of which can transform one's yoga practice from mere exercise to a holistic spiritual, emotional and physical practice.

Hohm Press; ISBN: 978-1-890772-18-5

Paper; 544 pages; 8 ½ x 11; \$29.95

200+ illustrations



Self-Observation

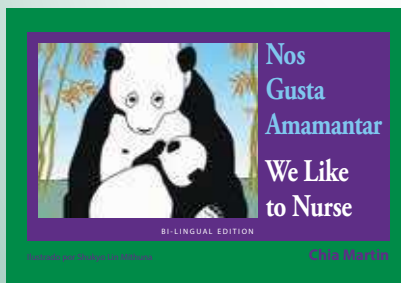
An Owner's Manual

by Red Hawk

This book is an in-depth examination of the much needed process of "self" study known as self observation. Only when we "Know Thyself" through self observation practice, says the author, are we capable of being present to life with genuine conscience.

Hohm Press; ISBN: 978-1-890772-92-5

Paper; 160 pages; 5 ½ x 8 ½; \$14.95



Nos Gusta Amamantar / We Like to Nurse (Bi-lingual Spanish-English Board Book)

English Board Book)

by Chia Martin; illustrated by Skukyo Lin Mithuna

Hohm Press's classic is now in a bi-lingual (and board book) edition. Brilliantly illustrated, this book celebrates the wonder of breastfeeding in humans and animals. A lovely book for young children and mothers.

Hohm Press; ISBN: 978-1-942493-12-9

Children / Breastfeeding

Board Book; 32 pages; 6 ¼ x 8 ½; \$12.95

BEST SELLERS FROM HOHM PRESS / KALINDI PRESS

As One Is

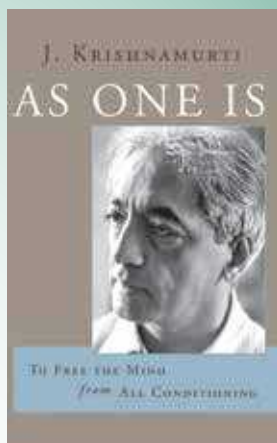
To Free the Mind From All Conditioning

by J. Krishnamurti

This book patiently explains how to examine our assumptions; how to question our “conditioned” beliefs, and ultimately how to listen for truth...both within and from the world around us. *As One Is* offers readers a rare opportunity to gain greater self-understanding and clarity in the midst of confusion. Krishnamurti offers a means to transform thinking and hence our relationship to life.

Hohm Press; ISBN: 978-1-890772-62-8

Paper; 160 pages; 5 ½ x 8 ½; \$14.95



Heart To Heart

Connecting With Your Child

by Jeff Goelitz and Elyse April

This is a book about conscious and conscientious childraising. *Heart to Heart* shares inspirational and yet practical information to help parents and caregivers of young children lessen their stress and establish healthier communication in their relationships with children.

Uniquely, designed as a children's book, it encourages adults and children to consider *together* how they can deepen their bonds of love through care, active listening and genuine attention. Picture books as a medium for parenting education are particularly useful. They are fast and easy to read, and generally light-hearted, a fact most appreciated by busy and overstressed parents.



The Family & World Health Series; ISBN: 978-1-935387-43-5

Paper; 6¼ x 8½ inches; 32 pages; \$9.95

The Detox Miracle Sourcebook

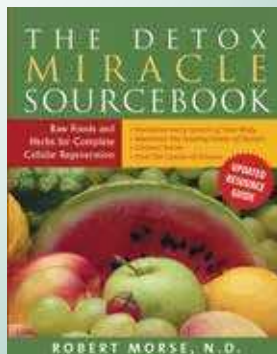
Raw Food and Herbs for Complete Cellular Regeneration

by Robert Morse, M.D.

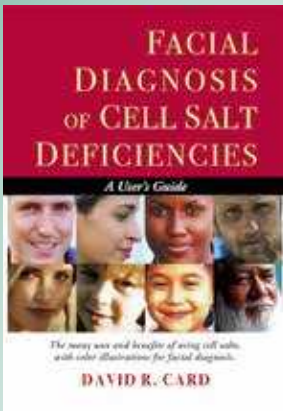
The Detox Miracle system is based on the power of specific raw foods, herbs and juices to cleanse and purify individual systems of the body which allows cellular regeneration! The premise of raw food detoxification is that having an acid system will kill you, while gradually reaching an alkaline system will allow healing and unexpected levels of health!

Kalindi Press; ISBN: 978-1-935826-19-4

Paper; 384 pages; 8 ½ x 11; \$29.95



BEST SELLERS FROM HOHM PRESS / KALINDI PRESS



Facial Diagnosis of Cell Salt Deficiencies

A Practitioner's Guide

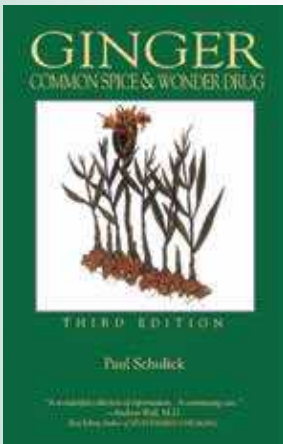
by Dave Card

Cutting edge homeopathy now includes the assessment of facial skin as a primary indicator of overall vitality and the use of specific cell salts to improve health based on that diagnosis.

Kalindi Press; ISBN: 978-1-935826-18-7

Paper; 176 pages; 8 ½ x 11; \$27.95

24 full color photos



Ginger

Common Spice and Wonder Drug

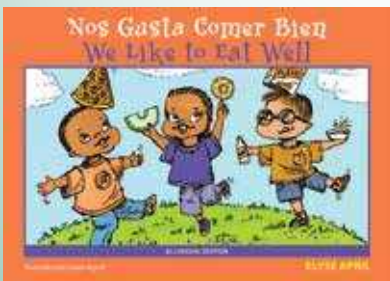
by Paul Schulick

This book is packed with research documenting Ginger's 2,000 year history as a universal medicine and explaining the hundreds of compounds that synergize to make ginger one of the most explosively powerful healing foods on the planet.

Ginger is a synergistic powerhouse of natural compounds that will energize, rejuvenate and heal you like almost no other natural medicine.

Kalindi Press; ISBN: 978-1-935826-22-4

Paper; 184 pages; 5 ½ x 8 ½; \$12.95



Nos Gusta Comer Bien / We Like To Eat Well (Bilingual. English-Spanish)

by Elyse April; Illustrations by Lewis Agrell

What we eat is vitally important for good health, but so is how we eat, where and when we eat, and how much we eat, especially in reducing obesity and diabetes II. This book encourages young children and parents to develop the healthy eating habits that can last a lifetime.

Hohm Press; ISBN: 978-1-935826-01-9

Children / Health & Nutrition

Paper; 32 pages; 6 ¼ x 8 ½; \$10.95

12 Essential Minerals for Cellular Health

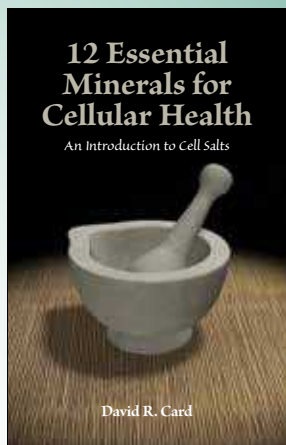
An Introduction to Cell Salts

by Dave Card

A short, simple and readily-accessible summary of the internal and external therapeutic uses of the 12 essential tissue salts, commonly called “cell salts.” The use of cell salts to treat a wide variety of health-related conditions has been extremely popular in Europe (especially in Germany) for many years.

Kalindi Press; ISBN: 978-1-890772-71-0

Paper; 80 pages, 6 x 9; \$7.95



Beyond Aspirin

Nature's Answer to Arthritis, Cancer & Alzheimer's Disease

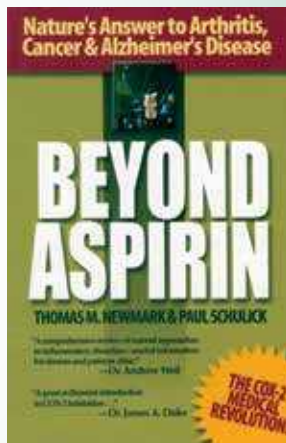
by Thomas M. Newmark and Paul Schulick

A reader-friendly guide to a remarkable medical breakthrough—the Cox-2 enzyme which reduces the inflammation associated with the major diseases of our time. Pleads a case for use of the herbs with this safe and effective inhibiting quality.

Kalindi Press: Natural health and Nutrition

ISBN: 978-0-934252-82-9; Paper; 340 pages; 6 x 9; \$14.95

ISBN: 978-1-890772-01-7; Hardcover; 340 pages; 6 x 9; \$24.95



Ready To Wean/Listo Para Destetar (Bilingual Spanish/English edition)

by Elyse April

Foreword by Deborah Auletta, IBCLC

Illustrations by Diane Iverson

For mothers *and* nursing children, to help them both communicate their deep love and respect for one another. The author believes that it is never too early for moms and dads to talk to their baby with tenderness and dignity, and to explain that nursing together is a cherished and special time, and to prepare them for weaning.

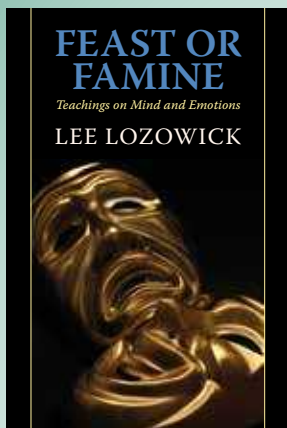


Hohm Press; ISBN: 978-1-935387-60-2

Children's Picture Book / Breastfeeding / Parent-Child

Paper; 6 ¼ by 8 ½; 32 pages; \$10.95

BEST SELLERS FROM HOHM PRESS / KALINDI PRESS



Feast or Famine

Teachings on Mind and Emotions

by Lee Lozowick

Focuses on the core issues at root of human suffering: the inability to control the mind and the reactive emotions. Lee offers practical interventions and gentle guidance in what to do when these are raging.

Hohm Press; ISBN: 978-1-890772-79-6

Religious Studies

Paper; 258 pages; 6 x 9; \$19.95

Words of Fire and Faith

A View from the Edge

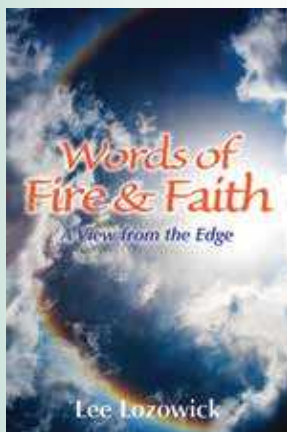
by Lee Lozowick

This compilation of essays contains the last hand-written teachings of Lee Lozowick (1943-2010), given during the final eighteen months of his life. His writings speak to universal themes: self-honesty, cultivating attention; sanctuary; working with vanity, pride, lust; enlightened culture; recognizing reality as it is, faith, grace, divine ravishment, and relationship with the Beloved.

Hohm Press; ISBN: 978-1-935387-35-0

Religious Studies

Paper; 360 pages; 6 x 9; \$19.95



Free Range Learning

How Homeschooling Changes Everything

by Laura Grace Weldon

Free Range Learning presents eye-opening data about the meaning and importance of natural learning. This data turns many current assumptions about school-based education upside down. The book's factual approach is balanced by quotes and stories from over 100 homeschoolers from the U.S., Canada, Germany, Australia, Ireland, New Zealand, Mexico, India and Singapore.

Kalindi Press; ISBN: 978-1-935387-09-1

Paper; 312 pages; 8 ½ x 11; \$24.95

ART & MUSIC (BOOKS AND CDS)

Agony & Alchemy: Sacred Art and Tattoos

M. Young

Pop Culture / Religious Studies; ISBN: 978-1-890772-49-9; Hardcover; 206 pages;
10 ¼ x 10 ¼; \$29.95

L'Ange Brise (Broken Angel)

Lee Lozowick (solo)

Music CD; \$15

Baul Songs of Bengal

Purna Das Baul

World Music; CD; \$15

The Blues Alive: The Timeless Tradition

Ed Flaherty

Music, ISBN: 978-0-934252-72-0; Paper; 6 x 9; 304 pages; \$16.95

Creative Life: Spirit, Power and Relationship in the Practice of Art

Bandhu Scott Dunham

Art / Spirituality; ISBN: 978-1-890772-46-8; Paper; 6 x 9; 210 pages; \$16.95

Crossing the River of Love

Music of the Bauls of Bengal

ISBN: 978-0-934252-38-6; 1 audiotape; 90 minutes; \$11.95

Écrasé par l'Amour (Crushed by Love)

Lee Lozowick (solo)

Music CD; \$15

Irshad

World Music; CD; \$15

Lee Lozowick Project Live in Europe

Lee Lozowick Project

Music; 2 CD set; \$25

FEATURED BACKLIST ≈ HOHM PRESS / KALINDI PRESS

Lee Lozowick Project Live in India

Lee Lozowick Project

Music; 2 CD set; \$25

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Steve Ball

Music; ISBN: 978-0-934252-72-0; Paper; 6 x 9; 304 pages; \$16.95

A Presence Behind the Lens: *Photography and Reflections*

Nicholas Hlobeczy

Photography / Memoir; ISBN: 978-1-890772-51-8; Cloth; 10 ¼ x 8 ½; 208 pages; \$29.95

Purna Das Baul

Music CD; \$15

Songs of the Qawals of India

Recorded by Deben Bhattacharya

World Music; ISBN: 978-1-890772-12-3; CD; \$15

Temenos

World Music; CD, \$9.95; Audio Cassette, \$8.95

Une Langue de Venin, Une Âme D'Amour (*A Tongue of Venom, A Soul of Love*)

Lee Lozowick (solo)

Music CD; \$15

BREASTFEEDING & BIRTH

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Amamantar: *El Regalo Mas Preciado Para Tu Bebe Y Para Ti*

Regina Sara Ryan and Deborah Auletta, RN, IBCLC

Children / Breastfeeding; ISBN: 978-1-890772-57-4; Paper; 6 ¼ x 8 ½; 4 pages; \$9.95

Being Born: *The Doula's Role*

Jewel Hernandez

Natural Health; ISBN: 978-1-890772-83-3; Paper; 6 ¼ x 8 ½; 32 pages; \$9.95

FEATURED BACKLIST ≈ HOHM PRESS / KALINDI PRESS

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Regina Sara Ryan and Deborah Auletta, RN, IBCLC

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Nos Gusta Amamantar / We Like to Nurse

Chia Martin

Children / Breastfeeding; ISBN: 978-1-890772-94-9; Paper; 32 pages; \$10.95

Ready To Wean: *The Return of the Dangling Red Earrings*

Elyse April; illustrated by Diane Iverson

Breastfeeding; ISBN: 978-1-935387-30-5; Paper; 6 ¼ x 8 ½; 32 pages; \$9.95

Tambien A Nosotros Nos Gusta Amamantar / We Like to Nurse Too

Mary Young

Children / Breastfeeding; ISBN: 978-1-890772-99-4; Paper; 6 ¼ x 8 ½; 32 pages; \$10.95

We Like to Nurse Too

Mary Young

Children / Breastfeeding; ISBN: 978-1-890772-98-7; Paper; 6 ¼ x 8 ½; 32 pages; \$9.95

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Traktung Yeshe Dorje

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Kishido

Peter Hobart

UPC-6-85747-035227 audio book, 3-CD set, \$29.95

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Taisen Deshimaru /Edited by Richard Collins

Zen Buddhism; ISBN: 978-1-935387-27-5; Paper; 5 ½ x 8 ½; 176 pages; \$16.95

FEATURED BACKLIST ≈ HOHM PRESS / KALINDI PRESS

Original Innocence

by Traktung Yeshe Dorje

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Philippe Coupey, editor

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Zen Buddhism; ISBN: 978-1-890772-61-1; Paper; 5 ½ x 8 ½; 120 pages; \$14.95

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Chia Martin

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Chia Martin; Illustrations by Jewel Hernandez

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The Rainbow Feelings of Cancer: *A Book for Children Who Have a Loved One with Cancer*

Chia & Carrie Martin

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Nos Gusta Leer / We Like to Read (*Bilingual. English-Spanish*)

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Elyse April; Illustrations by Diane Iverson

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Kate Parker; Design by Zachary Parker

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Mary Young; Design by Zachary Parker

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Marcus Allsop (text and illustrations)

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We Like Our Teeth

Marcus Allsop (text and illustrations)

Children / Dental Health; ISBN: 978-1-890772-86-4; Paper; 6 ¼ x 8 ½; 32 pages; \$9.95

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Elyse April; Illustrations by Lewis Agrell

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We Like to Help Cook

Marcus Allsop

Children / Health & Nutrition; ISBN: 978-1-935826-05-7; Paper; 6 ¼ x 8 ½; 32 pages; \$9.95

We Like to Live Green

Mary Young; Design by Zachary Parker

Children / Environment; ISBN: 978-1-935387-00-8; Paper; 6 ¼ x 8 ½; 32 pages; \$9.95

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Elyse April; Illustrations by Diane Iverson

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Lee Lozowick and M. Young

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Lee Lozowick

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Volume One: *The Years of Milk and Honey – 1975–1980*

M. Young

Biography / Religious Studies; ISBN: 978-1-935387-15-2; Hardcover; (3 books); 6 x 9; 2200 pages; \$149

The Only Grace Is Loving God

Lee Lozowick

Religious Studies; ISBN: 978-0-934252-07-2; Paper; 4 ½ x 7 ¼; 108 pages; \$5.95

The Yoga of Enlightenment / The Book of Unenlightenment

Lee Lozowick

Religious Studies; ISBN: 978-0-934252-06-5; Paper; 5 ½ x 8 ½; 240 pages; \$9.95

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Sylvan Incao

Religious Studies; ISBN: 978-1-890772-21-5; Paper; 5 ½ x 8 ½; 156 pages; \$12.95

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William C. Uy, Ph.D.

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Dharma Feast Cookbook: Recipes For A Fresh Start

Theresa Rogers and Tika Altemöller

Cookbook / Natural Foods; ISBN: 978-1-935826-21-7; Paper; 8 ½ x 9 ¼; 320 pages, \$24.95

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Hasnain Walji, Ph.D.

Natural Health / Nutrition; ISBN: 978-0-934252-63-8; Paper; 5 ½ x 8 ½; 120 pages; \$12.95

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Arthritis / Natural Health; ISBN: 978-0-934252-90-4; Paper; 6 x 9; 156 pages; available as publisher's seconds only: \$6.50

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Judith Jones-Ambrosini

Health / Diabetes; Kalindi Press; ISBN: 978-1-935826-34-7; 292 pages; 6 x 9; 44+ black and white photos; \$21.95

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C. Pierce Salguero

Medicine / Massage / Thailand; ISBN: 978-1-890772-67-3; Paper; 6 x 9; 160 pages; \$14.95

A Vegetarian Doctor Speaks Out

Charles Attwood, M.D., FAAP

ISBN: 978-0-934252-85-0; Paper; 6 x 9; 216 pages; \$14.95

The Will to Health: *Inertia, Change and Choice*

Robert Reynolds, N.D.

Natural Health / Psychology; ISBN: 978-1-890772-39-0; Paper; 6 x 9; 224 pages; \$14.95

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Betsy Sise, Certified Advanced Rolfer

Rolfing / ISBN: 978-1-890772-52-9; Paper; 7 ¼ x 9; 320 pages; \$21.95

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Nadir Baksh, Psy. C. and Laurie Murphy, Ph.D.

Family / Step-Parenting; ISBN: 978-1-935387-08-4; Paper; 6 x 9; 188 pages; \$14.95

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Stephanie Vlahov

Parenting; ISBN: 978-1-890772-47-5; Paper; 5 ½ x 8 ½; 104 pages; \$12.95

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Everett Jaime; illustrated by Eliot R. Brown

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Nadir Baksh, Psy.D. and Laurie Murphy, Ph.D.

Divorce / Children; ISBN: 978-1-890772-73-4; Paper; 6 x 9; 144 pages; \$16.95

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Karuna Fedorschak

Parenting; ISBN: 978-1-890772-30-7; Paper; 5 ½ x 8 ½; 160 pages; \$12.95

You Don't Know Anything...!: *A Manual for Parenting Your Teenagers*

Nadir Baksh, Psy.D. and Laurie Murphy, Ph.D.

Divorce / Children; ISBN: 978-1-890772-82-6; Paper; 6 x 9; 192 pages; \$12.95

POETRY (ALSO SEE SUFISM / RUMI)

The Art of Dying

Red Hawk

Poetry; ISBN: 978-0-934252-93-5; Paper; 5 ½ x 8 ½; 132 pages; \$12

Black Sun: *The Collected Poems of Lewis Thompson*

Richard Lannoy, editor

Poetry; ISBN: 978-1-890772-15-4; Paper; 5 ½ x 8 ½; 184 pages; \$14.95

FEATURED BACKLIST ≈ HOHM PRESS / KALINDI PRESS

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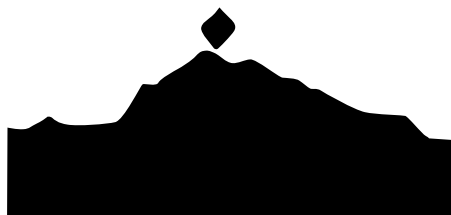
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