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*Alkaline Plant Based Diet is my book The God-Awakening Diet, revised. This new edition titled Alkaline Plant Based Diet is re-branded to better identify what the book is about. It also includes some minor revisions to content for a more user-friendly experience. An alkaline plant based diet is instrumental in supporting health and vitality, reversing disease, and protecting the earth's ecosystem. It optimally supports a slightly alkaline pH level in the blood, which is the equilibrium point for the health of all the organs in the body. Consuming acidifying meat, dairy, and processed foods causes the body to rely on buffering systems to keep the blood's pH around 7.4. The body then strips alkaline*

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*material from bones and tissues to put into the bloodstream when the buffering systems are overwhelmed. This compromises the health of organs and allows for the proliferation of pathogens and toxins. The global assimilation of the Western diet, which is centered on the consumption of meat, dairy, and processed foods, supports industrial processes that compromise the natural life supporting patterns of the earth's ecosystem, and supports the proliferation of disease in the body and in the earth. Diets centered on the consumption of meat, dairy, and processed foods are the catalyst of the inhumane treatment of animals, deforestation, land erosion, depletion of fresh water, and intensified climate change. The mechanisms employed to satisfy the demand for meat, dairy, and processed foods severely*

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*compromise the natural patterns that support all life on earth. Feelings either flow naturally, like a river, or get dammed up. If our emotions become blocked, we can become tense, unhappy, anxious, or depressed. This book offers simple techniques for using art to embrace, understand, and release our emotions so that we can experience a greater sense of well-being in our lives. In The Art of Emotional Healing, Lucia Capacchione presents the simple yet powerful methods she uses in her internationally acclaimed workshops, showing us how to reach inside and let our feelings out through drawing, painting, journal writing, collage making, sculpting, drumming, dancing, mask making, and more. No artistic talent or skill is required, only a desire to let go of self-criticism and discover how we really feel.*

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*Wait! Don't get too anxious; give me a few minutes of your time before you start browsing through this self-help book. I know you may need my help, but let's just take it slow. I know your wondering what makes her the expert in this field. Well for starters I never had a man that didn't come back. Also it took me years of experience and research to finding the key. When you start at an early age experimenting in sex, you learn what makes a person ticks and how to bring that freak hiding inside come out. You can also find out if there are romantic side. Sometimes you have to take the chance and try to pull that inner self out. It can happen fast or it can take awhile, it's up to you if you want to wait. I promise though, if you wait it can be rewarding to you and your partner. There has to be chemistry between you two.*

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*Trust is the factor and you have to be open-minded. So I say to you, don't just jump into these recipes with anyone, because they can be soul connecting!*

*The Secret Language of Your Body unveils the secrets to understanding the messages of your body, revealing the underlying causes of symptoms and medical conditions, and offers processes for healing. Foreword by Bernie Siegel, M.D. This inspiring handbook delves deeply into the possible reasons for health issues in all areas of your body. Author Inna Segal offers a unique, step-by-step method to assist your body in returning to its natural state of health, including a free thirty-five minute audio download where Inna helps you tune into your body for a powerful healing experience. By encouraging you to*

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*connect with your innate healing intelligence and calling on your body's built-in ability to heal itself, Inna gently guides you on a journey of life-changing transformation and empowerment where you will:*

- heal the mental, emotional, and energetic causes of physical ailments*
- use easy, quick, practical exercises to heal your organs*
- learn the secret language of disease and powerful processes for healing*
- understand and release limiting thoughts and emotions*
- discover how to use color to heal your life*
- uncover and apply the messages your body has to teach you*

*Healing for Damaged Emotions Workbook*

*The Aroma Freedom Technique*

*UNLOCK Your Mind and be FREE!*

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*Over 60 Simple Exercises for Exploring Emotions Through Drawing, Painting, Dancing, Writing, Sculpting, and More*  
*The Healing Questions Guide*

*Looking Good, Feeling Great*

*The Essential Guide to Health and Wellness*

*Since Descartes famously proclaimed, "I think, therefore I am," science has often overlooked emotions as the source of a person's true being. Even modern neuroscience has tended, until recently, to concentrate on the cognitive aspects of brain function, disregarding emotions. This attitude began to change with the publication of Descartes' Error in 1995. Antonio Damasio—"one of the world's leading neurologists" (The New York Times)—challenged traditional ideas about the connection between emotions and rationality. In this*

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*wondrously engaging book, Damasio takes the reader on a journey of scientific discovery through a series of case studies, demonstrating what many of us have long suspected: emotions are not a luxury, they are essential to rational thinking and to normal social behavior.*

*Heal Your Body A-Z is a fresh and easy step-by-step guide, set up in an A-to-Z format. Just look up your specific health challenge, and you will find the probable cause for this health issue, as well as the information you need to overcome it by creating a new thought pattern.*

*To be healed is to make ourselves whole, embracing our lost voices and forgotten selves that have been denied and therefore hidden. Debbie Shapiro examines this intimate connection between the mind and body in *Your Body Speaks Your Mind*, revealing insights into*



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*how our emotional and psychological states affect us physically. Comparing various medical approaches, Shapiro intersperses case studies, research and exercises as she explores the bodymind connection -- how unresolved thoughts and feelings affect our health and manifest as illness in specific parts of the body. This healing guide explores the structural body from the head to the toes, and the inner relationship of each part. We are given tools for using the power of the mind and heart to heal the body through breath awareness, movement, re-laxation, meditation, creative visualization, and other complementary healing techniques. In Your Body Speaks Your Mind, we find that the path back to health is a journey of self trust and inner strength. In the process we come to a different purpose, one that gives rise to a new priority: that of our salvation, our freedom, and a discovery of our true potential.*

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*'Highly eloquent, fascinating and deeply compassionate' Henry Marsh, author of Do No Harm We cannot know how to fix a problem until we understand its causes. But even for some of the most common mental health problems, specialists argue over whether the answers lie in the person's biology, their psychology or their circumstances. As a cognitive neuropsychiatrist, Anthony David brings together many fields of enquiry, from social and cognitive psychology to neurology. The key for each patient might be anything from a traumatic memory to a chemical imbalance, an unhealthy way of thinking or a hidden tumour. Patrick believes he is dead. Jennifer's schizophrenia medication helped with her voices but did it cause Parkinson's? Emma is in a coma – or is she just refusing to respond? Drawing from Professor David's career as a clinician and academic, these fascinating case studies reveal the*

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*unique complexity of the human mind, stretching the limits of our understanding.*

*Brain, Mind, and Body in the Healing of Trauma*

*The Trick to Vanishing Your Emotional Baggage Into Thin Air*

*The Body Doesn't Lie*

*A Meditation on Suffering*

*How Your Thoughts and Emotions Affect Your Health*

*How to Use Affirmations to Change Your Life*

*The Art of Emotional Healing*

*"I believe that the discoveries in this book can change our understanding of how we store emotional experiences and in so doing, change our lives. The Emotion Code has already changed*

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*many lives around the world, and it is my hope that millions more will be led to use this simple tool to heal themselves and their loved ones."—Tony Robbins In this newly revised and expanded edition of The Emotion Code, renowned holistic physician and lecturer Dr. Bradley Nelson skillfully lays bare the inner workings of the subconscious mind. He reveals how emotionally-charged events from your past can still be haunting you in the form of "trapped emotions"—emotional energies that literally inhabit your body. These trapped emotions can fester in your life and body, creating pain,*

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*malfunction, and eventual disease. They can also extract a heavy mental and emotional toll on you, impacting how you think, the choices that you make, and the level of success and abundance you are able to achieve. Perhaps most damaging of all, trapped emotional energies can gather around your heart, cutting off your ability to give and receive love. The Emotion Code is a powerful and simple way to rid yourself of this unseen baggage. Dr. Nelson's method gives you the tools to identify and release the trapped emotions in your life, eliminating your "emotional baggage," and opening your heart and body to the positive*

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*energies of the world. Filled with real-world examples from many years of clinical practice, The Emotion Code is a distinct and authoritative work that has become a classic on self-healing. Pure Emotional Magic is a technique for clearing out emotional pain and uncovering the happiness that lies underneath. All of us carry around some kind of emotional backpack that not only hides our natural joy but also colors the way we see and experience life. Some of these backpacks include grief, anger, guilt, fear, self-doubt, and more. One of life's greatest secrets is that carrying the backpack is optional. Only you can*

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*decide the reasons for continuing to carry this backpack and only you can decide IF and WHEN you want to put this backpack down. After a life-changing experience miraculously transformed emotional heartache into happiness, Dr. Joey Raab spent the last 25 years finding out exactly what happened to him and discovered this emotional healing technique. Dr. Raab has successfully used the technique when working with clients and in his own personal life, such as clearing out intense grief when his father went through a lengthy and life-ending illness. You don't have to spend another moment needlessly*

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*living underneath a backpack that obscures this hidden happiness. Pure Emotional Magic shows you how to clear out any kind of emotional backpack that is weighing you down and restore the natural joy that lives inside each of us. It's a life changing journey to rediscovering your true, happy self, using a spiritual and emotional healing technique. And best of all, it works just like magic. Pure. Emotional. Magic.*

*The editors of "Prevention" magazine explore the depths of the mind/body relationship and document the effects of emotions on physical health*



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*What do indoor picnics and funny face contests have to do with loving Jesus? More than you realize! As a mom in the throes of parenting, Courtney DeFeo believes that instilling virtues in children starts with laughter, not lecture. That perspective propelled her to create this idea-packed book, in which she offers motivating reflections, real-life stories, and a sandbox full of inventive ways to help you turn your kids' hearts toward God. Each chapter focuses on one virtue that is key for developing your child's character. Along with insights into how this virtue plays out in the nitty-gritty of life, Courtney includes a*

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*memory verse, activity ideas, and discussion questions to reinforce that virtue throughout the month. Here you'll find a full year of ways to draw your children closer to God through delightful antics like Family Olympics, One Fancy Feast, and Light 'Em Up. In This House, We Will Giggle shows you how to capture the hearts of your children through fun—so that they experience the goodness of Christ, the joy of following Him, and the difference they can make in the lives of others. (Water balloons not included!)*

*Into the Abyss*

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*The Secret Language of Your Body*

*"Feelings Buried Alive Never Die ..."*

*New Dimensions in Mind-Body Healing*

*Tonya D's Recipe Book*

*Pure Emotional Magic*

**Charts and tables from the Feelings Buried Alive Never Die book, for reference. Laminated 3x5 cards.**

**NEW EDITION FOR 2019! Includes 16 new emotions and 6 new essential oils! Are you bogged down by your emotions? Do you feel trapped in emotional ruts? Are you frustrated trying to rationalize your way around your emotions? Happily, the process to clear stagnant emotional**

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**blocks and patterns is easy! Emotions are stored at a cellular level in specific organs within the body. They must be cleared at this level in order to be released. Essential oils access these stuck emotions at their deepest level, by accessing the limbic portion of the brain, which is the seat of emotions. This is not a new technique - it was employed by the ancient Egyptians. "Releasing Patterns With Essential Oils" is a practical, step-by-step guide providing a natural remedy for emotional cleansing. It offers over 160 pages including charts, diagrams, and easy-to-follow instructions. Join the thousands of people who have removed the emotional roadblocks to a happier life! An expert on traumatic stress outlines an approach to**

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**healing, explaining how traumatic stress affects brain processes and how to use innovative treatments to reactivate the mind's abilities to trust, engage others, and experience pleasure--**

**In this concise yet information-packed book—which you can listen to on the included audio download or read at your leisure—bestselling author LOUISE HAY shows you that you "can do it"—that is, change and improve virtually every aspect of your life—by understanding and using affirmations correctly. Louise explains that every thought you think and every word you speak is an affirmation. Even your self-talk, your internal dialogue, is a stream of affirmations. You're affirming and creating your life**

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**experiences with every word and thought. Your beliefs are merely habitual thinking patterns that you learned as a child, and many of them work very well for you. But other beliefs may be limiting your ability to create the very things you say you want. You need to pay attention to your thoughts so that you can begin to eliminate the ones creating experiences that you don't want. As Louise discusses topics such as health, forgiveness, prosperity, creativity, relationships, job success, and self-esteem, you'll see that affirmations are solutions that will replace whatever problem you might have in a particular area. By the end of this book, you'll be able to say "I can do it" with confidence, knowing that you're on your way to the**

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**wonderful, joy-filled life you deserve.**

**"Feelings Buried Alive Never Die..."**

**Healing Feelings... From Your Heart**

**Releasing Emotional Patterns with Essential Oils**

**Relevant Questions to Ask the Mind to Activate Healing in the Body**

**The Complete Guide to Your Emotions and Your Health**

**The Encyclopedia of Ailments and Diseases**

**A neuropsychiatrist's notes on troubled minds**

An easy, fun way to tone your figure, improve health, and develop total fitness.

**\*\*THE INSTANT #1 NEW YORK TIMES BESTSELLER\*\***

**"An unforgettable—and Hollywood-bound—new thriller..."**

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A mix of Hitchcockian suspense, Agatha Christie plotting, and Greek tragedy." —Entertainment Weekly The Silent Patient is a shocking psychological thriller of a woman's act of violence against her husband—and of the therapist obsessed with uncovering her motive. Alicia Berenson's life is seemingly perfect. A famous painter married to an in-demand fashion photographer, she lives in a grand house with big windows overlooking a park in one of London's most desirable areas. One evening her husband Gabriel returns home late from a fashion shoot, and Alicia shoots him five times in the face, and then never speaks another word. Alicia's refusal to talk, or give any kind of explanation, turns a domestic tragedy



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into something far grander, a mystery that captures the public imagination and casts Alicia into notoriety. The price of her art skyrockets, and she, the silent patient, is hidden away from the tabloids and spotlight at the Grove, a secure forensic unit in North London. Theo Faber is a criminal psychotherapist who has waited a long time for the opportunity to work with Alicia. His determination to get her to talk and unravel the mystery of why she shot her husband takes him down a twisting path into his own motivations—a search for the truth that threatens to consume him....

This fascinating book by Rebecca Linder Hintze powerfully and effectively communicates a key, and

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sometimes overlooked, piece of the puzzle relating to family dynamics. For example, have you ever wondered why some families reach a ceiling on their earning potential, struggle to have happy marriages, or have such difficult interactions with their siblings and parents? Perhaps your family has a history of sabotaging careers or thwarting their love relationships? *Healing Your Family History* explains that most of our individual issues originate from family blocks. As you read this book, you'll come to understand how family belief systems store inside you and prevent individual growth by locking you into thought processes that hold you back. All families have these nonverbal belief systems, and unless you

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understand and heal your inherent blocks, it may be difficult to love others, move forward, and get what you want in life. Most people have a family . . . and we all have a reason to heal our related challenges—after all, tribal issues sit at the core of world turmoil. Those who are truly ready to heal their family dysfunction will benefit immensely from this book!

Karol Truman provides a comprehensive and enlightening resource for getting in touch with unresolved feelings which, she explains, can distort not only happiness but also health and well-being. Leaving no emotion unnamed, and in fact listing around 750 labels for feelings, Truman helps identify problem areas, and

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offers a "script" to help process the feelings, replacing the negative feeling with a new, positive outlook. A chapter on the possible emotions below the surface in various physical ailments gives the reader plenty to work with on a deep healing level. FEELINGS BURIED ALIVE NEVER DIE combines a supportive, common-sense, results-oriented approach to a problem that is widespread and that can stop people from living fully.

Feelings Buried Alive Never Die

Healing Your Family History

How to Heal the Conflicted Feelings, Emotions, and

Thoughts at the Root of Illness

Alkaline Plant Based Diet

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Making Virtues, Love, and Laughter a Daily Part of Your Family Life

The Body Keeps the Score

Everything I Never Told You

For more from Wendi go to [www.wendijjensen.com](http://www.wendijjensen.com) Wendi has taken the brilliant work of Louise Hay's *You Can Heal Your Life*, Karol Truman's *Feeling Buried Alive Never Die* and Michael Lincoln's *Messages from the Body* to a whole new level to unlock and activate healing in the body. The *Healing Questions Guide* is a one-of-a-kind resource with specific questions to ask the mind to activate healing in the body. These uniquely crafted questions will do 3 very important things. 1) Bypass the ego-mind to access the subconscious 2) Interrupt the unconscious neuro-pathways feeding

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the negative beliefs 3) Open a dialogue between you and your higher-self using a question you didn't think to ask because you weren't aware that the belief was contributing to what is going on in the body. The natural byproduct of using this book is that it will strengthen your innate intuitive capacity and empower you to reorder your psychological misalignments that a feeding disease in your body. This 500 page encyclopedia of self-inquiring questions is so thorough you can trouble-shoot every vertebra of the spine, every tooth, every toe and finger, as well as the right and left side of the body. Hundreds of symptoms packed with powerful life changing questions and specifically attuned affirmations for reordering the mind. The Healing Questions Guide is the ultimate healers resource for unraveling a toxic mind and reordering it for optimal performance. Example: Appendicitis: 1) What protection am I

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seeking? 2) What will it take for me to be more accepting of life and accepting of myself? 3) What will it take to be more compassionate toward myself? 4) What have I done in the past that I need to forgive myself for? 5) What will it take to be able to handle the emotional commotion and unruly feeling I am experiencing? 6) What burdens and responsibilities am I assuming are mine but really are not?

Affirmation: I nourish myself with loving kindness. I am a precious being of light. I gently allow myself to be in my mortal condition. I can distinguish between my feelings and the feelings of others, what is my responsibility and what is theirs.

Amoral, cunning, ruthless, and instructive, this multi-million-copy New York Times bestseller is the definitive manual for anyone interested in gaining, observing, or defending against ultimate control – from the author of *The Laws of Human Nature*. In the

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book that People magazine proclaimed “beguiling” and “fascinating,” Robert Greene and Joost Elffers have distilled three thousand years of the history of power into 48 essential laws by drawing from the philosophies of Machiavelli, Sun Tzu, and Carl Von Clausewitz and also from the lives of figures ranging from Henry Kissinger to P.T. Barnum. Some laws teach the need for prudence (“Law 1: Never Outshine the Master”), others teach the value of confidence (“Law 28: Enter Action with Boldness”), and many recommend absolute self-preservation (“Law 15: Crush Your Enemy Totally”). Every law, though, has one thing in common: an interest in total domination. In a bold and arresting two-color package, *The 48 Laws of Power* is ideal whether your aim is conquest, self-defense, or simply to understand the rules of the game.



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The hauntingly prophetic classic novel set in a not-too-distant future where books are burned by a special task force of firemen. 'Another indispensable classic' The Times "Ray Bradbury's gift for storytelling reshaped our culture and expanded our world' Barack Obama Guy Montag is a fireman. His job is to burn books, which are forbidden, being the source of all discord and unhappiness. Even so, Montag is unhappy; there is discord in his marriage. Are books hidden in his house? The Mechanical Hound of the Fire Department, armed with a lethal hypodermic, escorted by helicopters, is ready to track down those dissidents who defy society to preserve and read books. The classic dystopian novel of a post-literate future, Fahrenheit 451 stands alongside Orwell's 1984 and Huxley's Brave New World as a prophetic account of Western civilization's enslavement by the media, drugs and conformity. Bradbury's

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powerful and poetic prose combines with uncanny insight into the potential of technology to create a novel which, decades on from first publication, still has the power to dazzle and shock.

Ideal for both personal or small-group use, this workbook combines the entire text of *Healing for Damaged Emotions*, as well as small-group study guide material, Scriptural meditations and journaling exercises.

**A 3-Step Program to End Chronic Pain and Become Positively Radiant**

**Klara and the Sun**

**Using Essential Oils to Transform Your Emotions and Realize Your Heart's Desire**

**O Death, Where Is Thy Sting?**

**How to Release Your Trapped Emotions for Abundant Health, Love,**

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and Happiness (Updated and Expanded Edition)

Feelings Buried Alive Never Die... Reference Guide

I Can Do It

*A comprehensive reference and healing tool to address the emotional and psychological causes of illness • Uncovers the conflicted conscious or unconscious feelings, thoughts, and emotions at the root of nearly 900 ailments and diseases • Details a unique Integration and Acceptance Technique for accessing information through the heart and thereby starting the healing process for emotions and feelings • Provides positive affirmations to effect change for each ailment and disease What if your body used a secret language to talk to you? What if an*

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*ailment or illness was your body's way to shout for help, to make you understand that you need to change your thoughts, emotions, feelings, and behaviors? Your body wants you to become aware of the stress that you carry, conscious or not, so you can release unmanaged past and present emotions and the physical complaints that accompany them. Compiling years of research and the results of thousands of cases he encountered in his private practice and during workshops over the past 30 years, Jacques Martel explains how to read and understand the body's language of disease and imbalance. In this encyclopedia, he shows how body language reveals specific thoughts, feelings, and*

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*emotions that are at the source of nearly 900 different ailments and diseases. The author also details his Integration and Acceptance Technique, which enables healing information to bypass the brain and connect directly with the heart. This technique disables the source of the conflict, conscious or not, that could be at the root of an illness, behavior, or condition and improves the chances of true healing. This comprehensive manual offers a tool to help each of us become, to some extent, our own doctor or therapist, get to know ourselves better, and recover health and well-being physically, emotionally, mentally, and spiritually. For practitioners and therapists, this remarkable*

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*reference tool provides invaluable insights and prompts for healing.*

*Foreword by Gwyneth Paltrow Integrative medical practitioner to the stars and Goop contributor Vicky Vlachonis offers a groundbreaking program to eliminate pain and look and feel your best every day. In The Body Doesn't Lie: The Three-Step Program to End Chronic Pain and Become Positively Radiant, Vicky Vlachonis focuses on pain release instead of on pain relief. Back problems, nightly headaches, tight shoulders, achy feet- all of us have nagging, daily pains that seem to get worse when our lives get most busy. While the immediate reaction to pain is to take short-term*

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*measures to make it go away, this does nothing to address the underlying cause. Vlachonis shows us how to locate the source of our pain, understand its origin and manifestation in the body, and then let it go for good, using a holistic approach that includes easy-to-implement approaches to diet, exercise, and emotional well-being. Vlachonis' proven and successful pain eradication program was developed over years working with a wide range of clients, from celebrities and CEOs to overworked ballerinas and working moms. The book includes a detailed meal plan with recipes, body maps to identify areas of pain and healing touch points, and step-by-step remedies for specific issues including fatigue,*

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*digestive problems, and depression. This groundbreaking approach uses pain as a tool—not the undefeatable enemy—to help you look and feel better immediately, and release your body from physical and emotional pain for good.*

*NEW EDITION FOR 2020! Includes several new emotions and essential oils. Are you bogged down by your emotions? Do you feel trapped in emotional ruts? Are you frustrated trying to rationalize your way around your emotions? Happily, the process to clear stagnant emotional blocks and patterns is easy! Emotions are stored at a cellular level in specific organs within the body. They must be cleared at this level in order to be*



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*released. Essential oils access these stuck emotions at their deepest level, by accessing the limbic portion of the brain, which is the seat of emotions. This is not a new technique - it was employed by the ancient Egyptians. "Releasing Patterns With Essential Oils" is a practical, step-by-step guide providing a natural remedy for emotional cleansing. It offers over 160 pages including charts, diagrams, and easy-to-follow instructions. Join the thousands of people who have removed the emotional roadblocks to a happier life! Oils Lookup Online: [bodytype.com/oils](http://bodytype.com/oils) Single oils referenced in the book are universal. Blends refer to Young Living formulations.*

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*Emotions are stored at a cellular level in specific organs within the body. They must be cleared at this level in order to be released. Essential oils access these stuck emotions at their deepest level, by accessing the limbic portion of the brain, which is the seat of emotions. This is not a new technique -- it was employed by the ancient Egyptians. "Releasing Patterns With Essential Oils" is a practical, step-by-step guide providing a natural remedy for emotional cleansing. It offers over 130 pages including charts, diagrams, and easy-to-follow instructions.*

*Descartes' Error*

*Releasing Emotional Patterns with Essential Oils (2015*

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*Edition)*

*The Emotion Code*

*Fahrenheit 451 [TV Tie-In Edition]*

*The Ultimate Hold 'Em Book*

*Heal Your Body A-Z*

*Your Body Speaks Your Mind*

Edgar A. Barnett M.D. gives us a practical approach to hypnotherapy. Think about the things in your life that hold you back or seem to cause you problems. Are you trapped in an inner prison? You now have Dr. Barnett's wisdom to learn to turn the key and free

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yourself.

When life causes you to build a wall around yourself, this guide will help you learn how to let go of blame, to forgive, to feel gratitude, and to "revere" your divine Self.

Our life talks to us through intuition. When we don't listen to our intuition, our emotions start themselves to try and get our attention. When we don't listen to nor verbalize our emotions, it is then that the body talks to us. And the body does not lie. This book tries to help the reader come to a finding, to observe and also

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to become aware of what we can learn from the workings of our bodies. This is probably one of the most complete and specific books ever written about the relationship between the tensions in our consciousness and the symptoms the body presents.

The acclaimed debut novel by the author of *Little Fires Everywhere*. "A taut tale of ever deepening and quickening suspense." —O, the Oprah Magazine "Explosive . . . Both a propulsive mystery and a profound examination of a mixed-race family."

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—Entertainment Weekly “Lydia is dead. But they don’t know this yet.” So begins this exquisite novel about a Chinese American family living in 1970s small-town Ohio. Lydia is the favorite child of Marilyn and James Lee, and her parents are determined that she will fulfill the dreams they were unable to pursue. But when Lydia’s body is found in the local lake, the delicate balancing act that has been keeping the Lee family together is destroyed, tumbling them into chaos. A profoundly moving story of family, secrets, and longing,

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Everything I Never Told You is both a gripping page-turner and a sensitive family portrait, uncovering the ways in which mothers and daughters, fathers and sons, and husbands and wives struggle, all their lives, to understand one another.

Reversing Disease and Saving the Planet With an Alkaline Plant Based Diet

The 48 Laws of Power

In This House, We Will Giggle

The Silent Patient

Emotion, Reason, and the Human Brain

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Does Your Body Lie?

2019 Edition

***The highly anticipated first book from Dr. Benjamin Perkus details the powerful relationship between scent and emotion, and provides step-by-step instructions for the Aroma Freedom Technique (AFT). AFT is a simple but powerful technique for using pure essential oils, combined with intention and awareness, and to transform negative thoughts, feelings, and memories that may be holding you back. Dr. Perkus has taught internationally on trauma release, brain wellness, and personal fulfillment using essential oils.***



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*The Ultimate Winners Guide for No Limit Hold 'Em Players*

*A Novel*

*Conquering Toxic Emotions*

*Heal the Person, Not the Sickness*

*The Story of the Good Little Boy*