

2024
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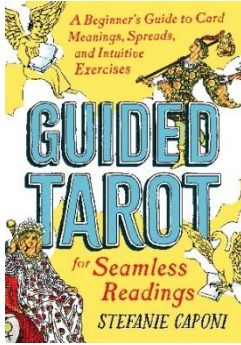
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PSYCHOLOGY, SELF-HELP, TAROT



Caponi, Stefanie

GUIDED TAROT: A Beginner's Guide to Card Meanings, Spreads, and Intuitive Exercises for Seamless Readings

Tarot/Body, Mind, Spirit | **Zeitgeist Trade Paperback** | October 2020

****NOW ALSO AVAILABLE AS A BOX SET WITH A TAROT DECK INCLUDED!****

For beginner tarot readers, learning all 78 cards and understanding how to use spreads may seem daunting, but, as Tarot expert Stefanie Caponi explains, interpreting the cards is a blend of knowing the card meanings, listening to your heart, and trusting your intuition. In her fully-illustrated guide, she offers easy exercises to nurture and grow your intuition and to attune your energy to the deck for more accurate readings. With GUIDED TAROT, you'll learn more about yourself, get divine guidance with life decisions, and overcome obstacles in your relationships—all while celebrating your unique gifts and honoring your higher self.

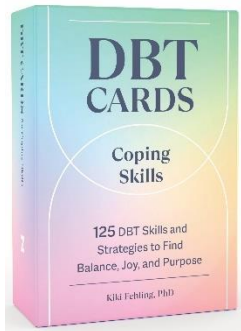
Stefani Caponi is an astrologer, tarot reader, illustrator, and bestselling author. Her work is centered around exploring shadow work, healing, and creativity using tarot and astrology as a vehicle to access the hidden realms of the self. She has been reading tarot for more than 20 years, and established her business after creating her tarot deck, [The Moon Void Tarot](#). She also writes monthly horoscopes for *Dame*, and contributes to *Well + Good*, *The Everygirl*, and *Refinery29*.

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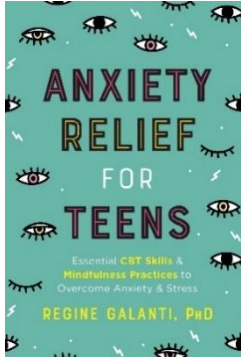
Fehling, PhD, Kiki

DBT CARDS FOR COPING SKILLS: 125 DBT Skills and Strategies to Find Balance, Joy, and Purpose

Psychology | **Zeitgeist Card Deck** | October 2024

Discover how Dialectical Behavior Therapy (DBT) skills can help you regulate intense emotions, strengthen emotional resilience, and build healthy relationships, no matter how challenging life gets. With compact cards that you can carry with you, display as reminders in your office, or keep in your Distress Tolerance Kit, DBT CARDS FOR COPING SKILLS offers a new level of flexibility and accessibility for practicing DBT skills at home or on the go.

Kiki Fehling, PhD, is a licensed psychologist, writer, speaker, and expert in dialectical behavior therapy (DBT). They specialize in borderline personality disorder, self-harm and suicide, trauma, and LGBTQ+ mental health. After witnessing the power of DBT skills, Fehling developed a passion for sharing those skills with as many people as possible.



Galanti, PhD, Regine

ANXIETY RELIEF FOR TEENS: Essential CBT Skills and Mindfulness Practices to Overcome Anxiety and Stress

Psychology | **Zeitgeist Trade Paperback** | March 2020

Getting good grades, keeping up with social media, maintaining friendships...teens have a lot on their plates, and it's only more difficult when you add anxiety to the mix. With ANXIETY RELIEF FOR TEENS, Dr. Regine Galanti teaches teens how cognitive behavioral therapy (CBT)-based skills and mindfulness techniques can help them manage their anxiety and reverse negative patterns. Through simple and effective exercises that help change thoughts, behaviors, and physical reactions, this helpful guide gives the tools teens need to navigate all of life's challenges.

[Regine Galanti, PhD](#), is a licensed clinical psychologist and the founder of Long Island Behavioral Psychology, where she brings warmth, sensitivity, and a tailored problem-solving approach to her practice. She specializes in CBT and has expertise in obsessive-compulsive disorder, anxiety, parenting, and behavior problems.

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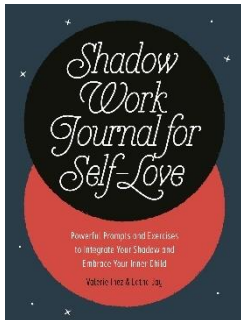
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Turkish – TEAs



Jay, Latha and Valerie Inez

SHADOW WORK JOURNAL FOR SELF-LOVE: Powerful Prompts and Exercises to Integrate Your Shadow and Embrace Your Inner Child

Body, Mind, & Spirit | **Zeitgeist Trade Paperback** | May 2023

Shadow work is the process of uncovering the parts of you that you subconsciously hide or reject, such as unwanted traits or characteristics suppressed during childhood, and bringing them into your awareness. It allows you identify, heal, and accept all parts of yourself so you're no longer held back by emotional triggers, self-sabotaging behaviors, and self-limiting beliefs. With SHADOW WORK JOURNAL FOR SELF-LOVE, you'll connect with your inner child, release shame, guilt, and fear, and face the world anew as your whole, authentic self.

[Latha Jay](#) is a spiritual manifestation coach and Ayurvedic practitioner who blends modern knowledge with traditional wisdom. She integrates what she has learned through life experiences to teach people to shift perceptions, manifest, and live happier lives. She is passionate about guiding clients through lifestyle and mindset modifications to transform their lives to a new experience of happiness, freedom, and love.

[Valerie Inez](#) is a writer, intuitive, healer, and shadow work guide. Comfortable diving deep into the shadows and bringing the darkness into the light, she helps her clients rise from the ashes, find their inner magic, and step into their divine power.

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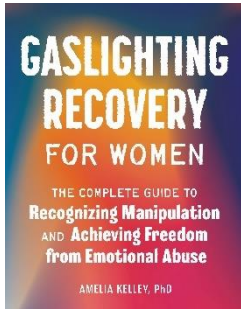
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Kelley, PhD, Amelia

GASLIGHTING RECOVERY FOR WOMEN: The Complete Guide to Recognizing Manipulation and Achieving Freedom from Emotional Abuse

Self-Help/PTSD & Abuse | **Zeitgeist Trade Paperback** | August 2023

Gaslighting is one of the most destructive forms of emotional abuse that women can experience, causing them to distrust their own realities and perceptions and even believe that they have a mental illness. In **GASLIGHTING RECOVERY FOR WOMEN**, trauma-informed therapist Amelia Kelley, PhD, offers evidence-based therapy and tools to help women detect and protect themselves from manipulation that can occur in all key areas of life. Her guided approach to healing from abuse helps survivors establish a greater sense of self-worth, self-esteem, and empowerment.

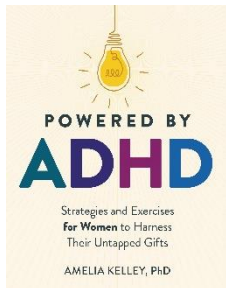
[Amelia Kelley, PhD](#), is an integrative, trauma-informed therapist focusing on motivation, women’s issues, empowering survivors of abuse and relationship trauma, Highly Sensitive Persons, healthy living, and adult ADHD. Dr. Kelley is an adjunct professor in counseling at Yorkville University and a nationally recognized relationship expert featured on [SiriusXM’s Doctor Radio program](#) “The Psychiatry Show,” exploring the impact of gaslighting on our society. She is the co-author of *What I Wish I Knew: Surviving and Thriving After an Abusive Relationship* and a regular contributing writer for the world’s largest blog for HSPs, *The Highly Sensitive Refuge*. Her work has been featured in *Teen Vogue*, *Scary Mommy*, *Yahoo! News*, *Well+Good*, and *Insider*.

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Kelley, PhD, Amelia

POWERED BY ADHD: Strategies and Exercises for Women to Harness Their Untapped Gifts

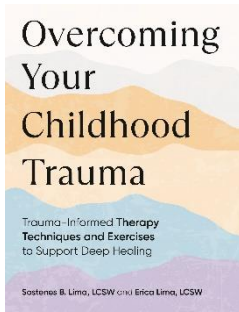
Self-Help/Psychology | **Zeitgeist Trade Paperback** | May 2024

Backed by the latest research on the benefits that exist with having ADHD, **POWERED BY ADHD** is a practical road map for women to take charge and harness their enormous strengths and talents. With more than 20 years of experience working with neurodivergence, Dr. Amelia Kelley offers guidance, skills, and tools that emphasize flexibility and self-compassion to help women develop a positive self-image and see immediate results in all areas of life.

[Amelia Kelley, PhD](#), is an integrative, trauma-informed therapist focusing on motivation, women’s issues, empowering survivors of abuse and relationship trauma, Highly Sensitive Persons, healthy living, and adult ADHD. Dr. Kelley is an adjunct professor in counseling at Yorkville University and a nationally recognized relationship expert featured on [SiriusXM’s Doctor Radio program](#) “The Psychiatry Show,” exploring the impact of gaslighting on our society. She is the co-author of *What I Wish I Knew: Surviving and Thriving After an Abusive Relationship* and a regular contributing writer for the world’s largest blog for HSPs, *The Highly Sensitive Refuge*. Her work has been featured in *Teen Vogue*, *Scary Mommy*, *Yahoo! News*, *Well+Good*, and *Insider*.

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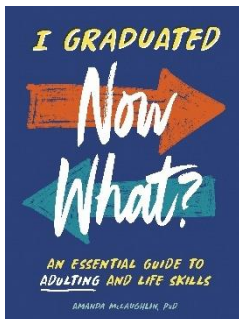


Lima, LCSW, Sostenes B and Erica Lima, LCSW
OVERCOMING YOUR CHILDHOOD TRAUMA: Trauma-Informed Therapy Techniques and Exercises to Support Deep Healing
Self-Help | **Zeitgeist Trade Paperback** | July 2024

Drawing from their years of experience working with trauma, licensed clinicians Sostenes B. Lima and Erica Lima empower adult survivors with the resources and skills they need to heal old wounds and replace unhelpful defense mechanisms with healthier coping strategies. Learn to process your past, make meaningful changes in the present, and build a future that feels freer and more hopeful—without revisiting traumatic memories in painful detail.

Sostenes B. Lima, LCSW, is a licensed therapist and the cofounder of [Sunset Trauma Therapy](#) in California and North Carolina, where he specializes in working with trauma survivors. He has extensive training in psychodynamic and attachment-based therapy and incorporates trauma-focused therapeutic modalities such as EMDR, mindfulness, and somatic-based therapies into his practice.

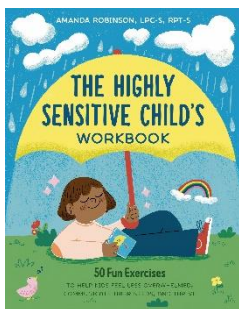
Erica Lima, LCSW, is a licensed therapist and the cofounder of [Sunset Trauma Therapy](#) in California and North Carolina, where she specializes in working with people who have experienced trauma and childhood neglect and who struggle with people-pleasing, perfectionism, relationship OCD, and more. She has received specialized training in Emotion-Focused Therapy (EFCT) Internal Family Systems Therapy (IFS), Somatic Parts Work with Level 3 Certification, Somatic Attachment Therapy, Hakomi Therapy, and Cultural Somatics for Racial Equity.



McLaughlin, Amanda
I GRADUATED: NOW WHAT? An Essential Guide to Adulting and Life Skills
Self-Help | **Zeitgeist Trade Paperback** | October 2024

Becoming a grown-up is no easy feat. Many new grads find themselves wondering: How do I find a place to live? How do I land a job interview? How do credit cards work? Whether this is you, or you know someone at this exciting but challenging stage of their life, worry not: help is on the way! This book gives you the basics, and more, to face the “real world” head-on.

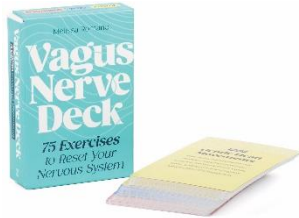
Amanda McLaughlin is an educational consultant who supports young adults, overinvolved parents, and independence seekers. She uses a unique combination of life coaching and career counseling to help her clients find confidence, clarity, and control of their professional and personal lives.



Robinson, LPC, RBT, Amanda
THE HIGHLY SENSITIVE CHILD'S WORKBOOK: 50 Fun Exercises to Help Kids Feel Less Overwhelmed, Communicate Their Needs, and Thrive
Psychology/Mental Health | **Z Kids Trade Paperback** | August 2024

A highly sensitive child experiences the world a little differently, easily becoming overwhelmed or anxious, but luckily, there are practical, approachable solutions to help ease this feeling of overwhelm. THE HIGHLY SENSITIVE CHILD'S WORKBOOK is filled with activities designed to help children develop skills to prevent overstimulation as they learn to harness the strengths that come with their sensitivity. From identifying their feelings to challenging negative thinking patterns, kids, guided by their parents, will practice skills that will help them feel calmer and more in control—forming better relationships with family and friends and easing problems at school.

Amanda Robinson, LPC, RBT, is a licensed professional counselor and registered play therapist in private practice, where she works with children and teens (and their parents) experiencing grief, anger, and anxiety or who fall under the umbrella of “highly sensitive”. She helps children understand themselves better and cope more effectively with their challenges so they can meet their full potential.



Romano, Melissa

VAGUS NERVE DECK: 75 Exercises to Reset Your Nervous System

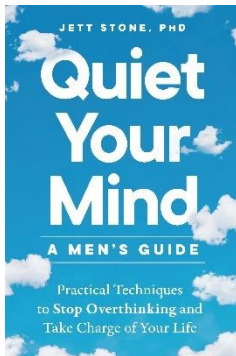
Self-Help | **Zeitgeist Cards** | August 2024

The 75 cards in the VAGUS NERVE DECK help users tone the vagus nerve to manage symptoms related to stress, anxiety, depression, chronic pain, and auto-immune discomfort. Informed by polyvagal theory, these exercises focus on creating a sense of calm, vitality, and connection, inspiring a deeper feeling of safety while activating the body's natural ability to restore balance.

[Melissa Romano](#), a practitioner of integrative somatic therapy, assists individuals in their healing journey through mind-body techniques. As a social worker and yoga therapist, she is certified in somatic therapy, polyvagal theory, and various mind and body modalities. Her therapeutic approach guides clients toward finding ease in discomfort, embracing their authenticity, and harnessing the healing power of their nervous system.

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Stone, PhD, Jett

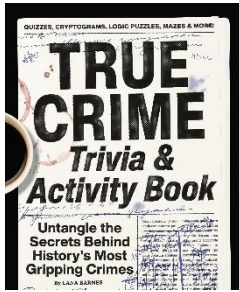
QUIET YOUR MIND: A MEN'S GUIDE: Practical Techniques to Stop Overthinking and Take Charge of Your Life

Self-Help/Stress Management | **Zeitgeist Trade Paperback** | October 2024

Overthinking creates unproductive, repetitive thoughts, often leading to anxiety, stress, and depression. Combined with social norms dictating that men stay “strong and silent” in the face of their internal struggles, overthinking can have other consequences for men as well, including irritability, aggression, impulsivity, and risk-taking behaviors. In this guidebook, author Jett Stone, PhD, a seasoned clinical psychologist and organizational consultant with years of experience working with men, offers practical, actionable strategies to help you take back your life from the cycle of overthinking and break free from unhelpful mental loops and cycles of rumination. Filled with valuable insights and practical skills that you can apply immediately, this book will help you learn to identify and challenge negative thought patterns, cultivate a positive mindset, and develop self-confidence.

[Jett Stone](#) is a clinical psychologist, writer, and organizational consultant on a mission to improve men's mental well-being and add multidimensionality to their inner lives. He founded a clinical practice in Connecticut, focusing on individual and couples psychotherapy and supervises doctoral students. As a consultant for WorkHaven, Stone helps leaders thrive in their high-stress careers. He also writes for *Psychology Today*, where his articles focus on the male mind. His writings and contributions have appeared in academic journals, *The New York Times*, *The Guardian*, and *Fortune*.

FAMILY, GAMES, HUMOR



Barnes, Lana

TRUE CRIME TRIVIA & ACTIVITY BOOK: Untangle the Secrets Behind History's Most Gripping Crimes

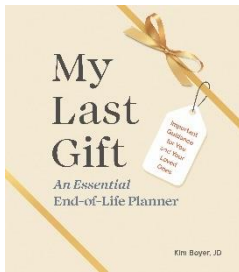
Games/True Crime | **Zeitgeist Trade Paperback** | September 2024

This activity book pairs engaging puzzles and fascinating trivia with the intriguing world of true crime. Immerse yourself in art heists and abductions, cults and criminal trials, murders and unsolved mysteries—all while cracking word searches, solving sudoku, decoding cryptograms, and more. Are you ready to put your thinking cap on and solve some mysteries? Get TRUE CRIME TRIVIA & ACTIVITY BOOK and let the puzzling begin!

Lana Barnes can usually be found hunched over a puzzle, whether it's a traditional pen-and-paper one, online, or her favorite, a murder mystery board game. When not absorbed in cracking the latest head-scratcher, she loves reading, enjoys traveling with family and friends, and works as a full-time freelance proofreader and children's book reviewer.

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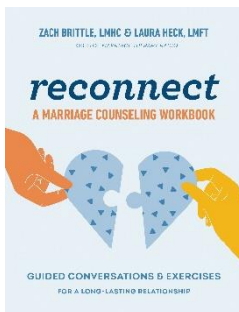
Boyer, JD, Kim

MY LAST GIFT: An Essential End-of-Life Planner: Important Guidance for You and Your Loved Ones
Death/Family & Relationships | **Zeitgeist Trade Paperback** | October 2024

Written by a certified elder law attorney with more than two decades of experience in estate planning, MY LAST GIFT helps you record your vital personal, medical, financial, and other critical information for the future. It provides practical advice as you get your affairs in order and offers handy tips for heirs who will manage your affairs after you're gone. Whether you're dealing with aging or illness or simply want to be prepared, this essential end-of-life planner is the perfect

organizer for you and your loved ones.

[Kim Boyer](#) is the founder of Boyer Law Group. She is certified as an elder law attorney by the National Elder Law Foundation, is an accredited attorney by the VA, and is registered with the Nevada State Bar as a certified specialist in Elder Law. She has practiced for over twenty-five years in the state of Nevada in the areas of estate planning, probate, guardianship, and long-term-care planning.



Brittle, LMHC, Zach and Laura Heck, LMFT

RECONNECT: A MARRIAGE COUNSELING WORKBOOK: Guided Conversations & Exercises for a Long-Lasting Relationship

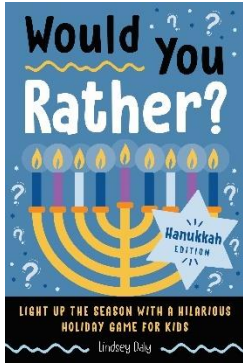
Family & Relationships/Marriage | **Zeitgeist Trade Paperback** | September 2024

Couples may drift away from each other over time, but the good news is that they can transform from disconnected and distant to vibrant and thriving by focusing on one core skill: having meaningful conversations—the lifeblood of lasting and loving relationships. In RECONNECT, couples therapy authors Zach Brittle, LMHC, and Laura Heck, LMFT, offer skills, conversation prompts, and exercises to help you and your partner rebuild your emotional connection and reignite the passion

that once brought you together.

[Zach Brittle, LMHC](#) is a licensed mental health counselor, Certified Gottman Therapist, and Certified Relational Life Therapist. He is also the author of *The Relationship Alphabet* and *Marriage Therapy Journal*.

[Laura Heck, LMFT](#) is a licensed marriage and family therapist, Certified Gottman Therapist, and sex therapist in private practice, working exclusively with couples to manage conflict and deepen intimacy and pleasure.



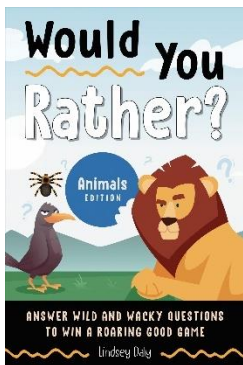
Daly, Lindsey

WOULD YOU RATHER? HANUKKAH EDITION: Light Up the Season with a Hilarious Holiday Game for Kids

Humor/Games | **Z Kids Trade Paperback** | October 2024

Celebrate the holiday by lighting the candles, spinning the dreidel, eating latkes—and playing a hilarious *Would You Rather?* game! These challenging and lively questions provide hours of entertainment about the miracle of Hanukkah.

Lindsey Daly works as a middle school social studies teacher and manages an [Instagram](#) page targeted at educators. She has a BA in history and a certification in secondary education.



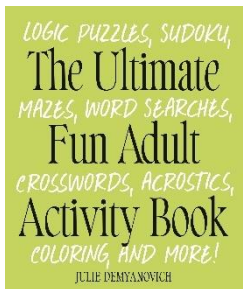
Daly, Lindsey

WOULD YOU RATHER? ANIMALS EDITION: Answer Wild and Wacky Questions to Win a Roaring Good Game

Humor/Games | **Z Kids Trade Paperback** | November 2024

Are you as wise as an owl? As smart as a chimpanzee? Show off your talents with these hilarious “*Would You Rather?*” questions about all kinds of animals. Try to outdo your competition with the funniest, smartest, most creative answers to entertaining questions about sharks, snakes, cats, elephants, lizards, penguins, horses, and more!

Lindsey Daly works as a middle school social studies teacher and manages an [Instagram](#) page targeted at educators. She has a BA in history and a certification in secondary education.



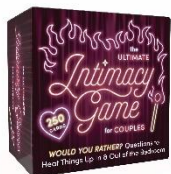
Demyanovich, Julie

THE ULTIMATE FUN ADULT ACTIVITY BOOK: Logic Puzzles, Sudoku, Mazes, Word Searches, Crosswords, Acrostics, Coloring, and More!

Games | **Zeitgeist Trade Paperback** | November 2024

Tired of spending your downtime just scrolling on your phone? Pick up *THE ULTIMATE FUN ADULT ACTIVITY BOOK* and delight in puzzles and activities designed to entertain and engage your mind. Whether you’re in the mood to solve sudoku, crack crosswords, or relax with a coloring page, this book has what you’re looking for. And with the sheer variety of activities and games included, all crafted by an experienced puzzler, you might even discover a new puzzle obsession!

[Julie Demyanovich](#) is a game developer, publishing games since 2019. From sudoku to point-and-click adventures, she orchestrates innovative, engaging experiences for audiences of all ages to enjoy.

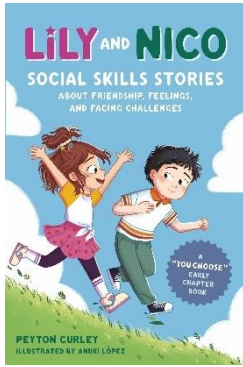


THE ULTIMATE INTIMACY GAME FOR COUPLES: Would You Rather? Questions to Heat Things Up In and Out of the Bedroom with 250 Cards, Including Wild Cards

Marriage & Long-Term Relationships | **Zeitgeist Card Deck** | November 2024

Boost your love chemistry with this captivating deck of 250 “*Would You Rather?*” questions designed exclusively for couples. Thoughtfully crafted to encourage openness and play, *THE ULTIMATE INTIMACY GAME FOR COUPLES* offers a safe and comfortable space to explore your most intimate desires for your partner.

KIDS

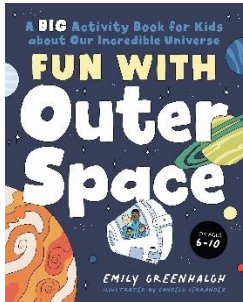


Curley, Peyton

LILY AND NICO: Social Skills Stories about Friendship, Feelings, and Facing Challenges
Feelings & Emotions | Z Kids Trade Paperback | September 2024

What do you do if someone bullies your friend? What about when you hurt a friend's feelings? Explore these questions and more in LILY AND NICO, a collection of short stories about two kids who face conflict, navigate social and emotional growth, and learn about the true essence of friendship. Written by an educator and expert on social-emotional learnings, these stories include an interactive "You Choose" element that allows kids to step into Lily's and Nico's shoes and decide what they do next.

[Peyton Curley](#) is a former teacher who used her experience and passion for working with children to start her business, [The Social Emotional Teacher](#). She is devoted to providing parents, educators, and mental health workers with the resources and strategies they need to develop and nurture social and emotional learning skills in children.

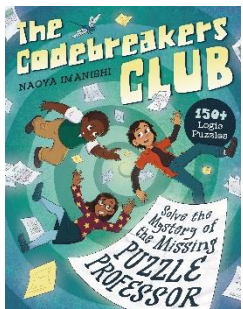


Greenhalgh, Emily

FUN WITH OUTER SPACE: A Big Activity Book for Kids about Our Incredible Universe
Astronomy for Kids | Z Kids Trade Paperback | November 2024

Take a thrilling journey through our universe with this fact-filled activity book for kids ages 6-10. From our home planet of Earth to billions of galaxies light-years away, outer space is filled with stars and satellites, nebulae and black holes, and so much more. Whether kids are fascinated by planets, rockets, constellations, astronauts, or how much they'd weigh on the moon, they'll be delighted with this entertaining and educational exploration of the cosmos.

[Emily Greenhalgh](#) is an award-winning science journalist whose work has been featured in *USA Today*, *The Boston Globe*, *Gizmodo*, the World Meteorological Organization, and science textbooks. She has worked on commercial fishing boats, tagged breeding sharks, and hiked in Antarctica.



Imanishi, MEd, Naoya

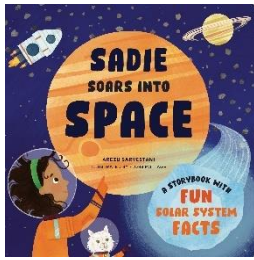
THE CODEBREAKERS CLUB: 150+ Logic Puzzles to Solve the Mystery of the Missing Puzzle Professor
Mysteries for Kids | Z Kids Trade Paperback | August 2024

When the Codebreakers Club's beloved professor goes missing, it's time to get to the bottom of this puzzling problem. Chris, Kaira, and Ren soon discover some very intriguing notes written in the professor's distinctive handwriting. The catch? The Codebreakers must solve puzzles he's left behind to get the next clue!

Naoya Imanishi, MEd, has been an educator since 2000, serving as a 3rd grade teacher, math coach, and currently a school coordinator. He also works with the UCLA Mathematics Projects as a teacher leader and coach for professional development in Cognitively Guided Instruction.

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Sarvestani, Arezu

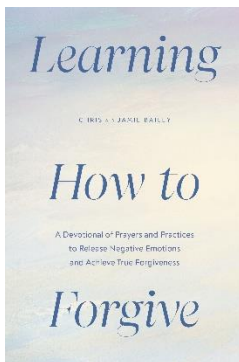
SADIE SOARS INTO SPACE: A Storybook with Fun Solar System Facts

Astronomy for Kids | Z Kids Board Book | October 2024

What are comets made of? Which planet is the hottest? Which one is the coldest? Join Sadie and her cat, Buckles, on a daring journey through the solar system to answer these questions and more. In this delightful tale, Sadie visits each planet, marveling at comets, asteroids, and more along the way. And with each stop, young readers are introduced to fascinating facts about outer space, sparking curiosity about the wide expanse of our universe.

[Arezu Sarvestani](#) is a professional writer and science communicator. She's a first-generation Iranian American immigrant who came to the United States at the age of three. She loves learning, doing crafts, reading on rainy days, and dogs. She works at NASA as a science communicator.

RELIGION



Bailey, Chris and Jamie Bailey

LEARNING HOW TO FORGIVE: A Devotional of Prayers and Practices to Release Negative Emotions and Achieve True Forgiveness

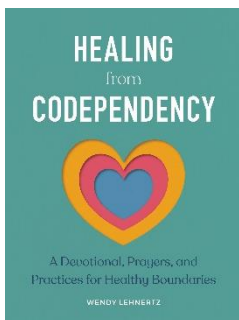
Religion | Zeitgeist Trade Paperback | September 2024

Forgiveness isn't just a one-time decision, but a journey that none of us asked to go on. Whether you are wrestling with an offense, replaying painful memories, or don't know how to forgive and move forward, God is waiting and ready to lead you to the freedom that forgiveness offers. Through weekly devotions, prayers, and faith-based practices, LEARNING HOW TO FORGIVE invites you to release pain to him, process, and find a way forward.

Chris and Jamie Bailey are professional Christian counselors and marriage coaches. They have been married for over twenty-five years and run a private practice in South Carolina as well as [Expedition Marriage](#), an online marriage ministry. Through speaking, writing, and hosting marriage retreats, they hope to share the truth of God's word, along with practical tools for Christian couples everywhere to live an abundant life through Jesus.

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Lehnertz, Wendy

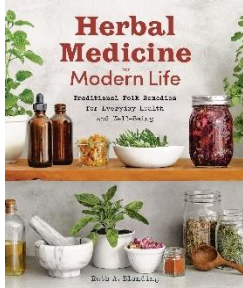
HEALING FROM CODEPENDENCY: A Devotional with Prayers and Practices for Healthy Boundaries

Religion | Zeitgeist Trade Paperback | July 2024

People struggling with codependency need God more than ever. HEALING FROM CODEPENDENCY invites readers to find their center by seeking God and looking inward before focusing on others. Codependency can keep you in self-neglect and preoccupied with what you cannot control, or emotionally isolated and believing you need only to be self-reliant to get through the day. Whichever side you find yourself on, codependency perpetuates loneliness and isolation. But not one is alone in God's embrace. With weekly devotions, prayers, and practices based on biblical principles, this book will empower you to step out of codependent roles, embrace healthy boundaries, and live interdependently.

[Wendy Lehnertz, MAPC, LMFT](#), has been practicing faith-integrated psychotherapy with individuals, couples, and adults for the past twenty-one years. Her passion is to help each individual feel their true worth and identity in Christ, as well as to help couples and family members love one another from the secure place of knowing they are unconditionally loved by Christ. Lehnertz focuses on elements of the Christian walk, such as empowerment and attunement to His Spirit; boundaries to maintain health and safety; and embodiment of the regulated peace he desires to give our body, mind, and souls.

HEALTH



Blanding, Ruth

HERBAL MEDICINE FOR MODERN LIFE: Traditional Folk Remedies for Everyday Health and Well-Being

Alternative Medicine | **Zeitgeist Trade Paperback** | November 2024

In today's busy world, our disconnection from the earth has led to an overreliance on health interventions that don't always work. With **HERBAL MEDICINE FOR MODERN LIFE**, you'll discover the enduring wisdom of plant medicine with an herbalist who draws on her connection to the ancestors and nature to support health and wellness. With her expert advice, you'll learn how to benefit from the folkloric use of plants: how to use them to heal the root causes of many modern ailments and bring you back to feeling balanced, healthy, and whole again.

Ruth Blanding is a modern herbalist and birth and wellness practitioner who lives and works with her heart and passions strongly rooted in her multicultural ancestry. She enjoys mindfully combining the time-trusted "grandmother wisdom" learned from the Earth and nature practices of her African and Native American ancestry, with her love for solid, factual, whole being-centered care. She comes from a long line of healers, shamans, and medicine people and has always had a deep connection with the healing magic of herbs, the mindful touch of hands to body, and the deep meditative healing practices that sit in the body-memory of every living being.

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