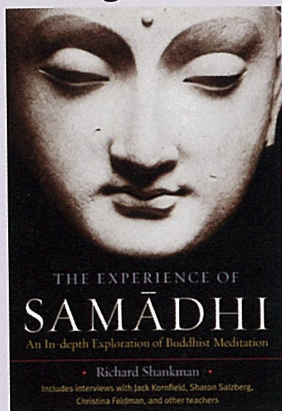


What's Hot

Thoughts on Meditation



Dharma practice comprises a wide range of approaches to the meditative path—and that can be confusing at times. In this clear and

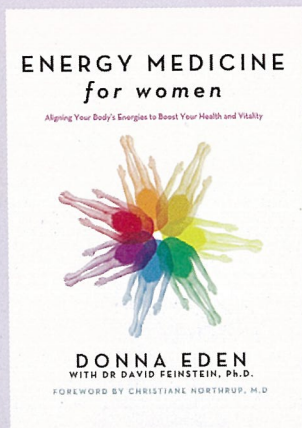
accessible exploration, Dharma teacher and longtime meditator Richard Shankman unravels the mix of differing, sometimes conflicting, views and traditional teachings on how samadhi (concentration) is understood and taught.

The Experience of Samadhi by Richard Shankman is published by Shambhala Publications Inc.

Manage Your Hormones

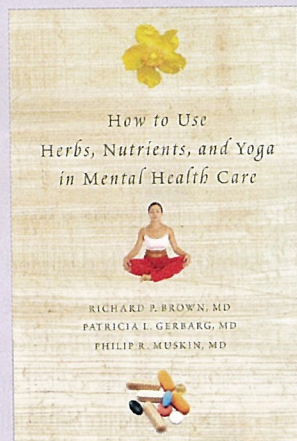
Hormonal health is essential to a woman's well-being. In this book Donna Eden demonstrates that women can manage their hormones by managing their energies – for PMS, menopause, heart disease, fertility, sexuality, birth and depression. The author has been teaching energy medicine for over three decades and is a pioneer in the field. Dr Feinstein is a clinical psychologist who has served on the faculties of Johns Hopkins University School of Medicine and Antioch College. Although the book is text-heavy with a helping of black and white images, it is nonetheless an exciting and innovative book, clearly written and a useful addition to any woman's collection.

Energy Medicine for Women by Donna Eden with David Feinstein PhD is published by Piatkus £20.00.



Mindful Guidance

From mood, memory and anxiety disorders to ADD, sexual enhancement issues, psychotic disorders and substance abuse, every chapter covers a major diagnostic category. The authors then present a



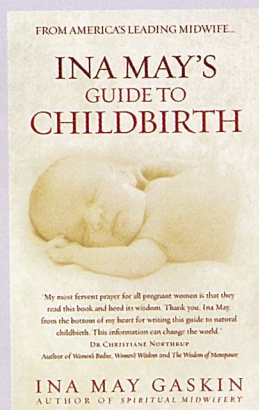
range of complementary and alternative treatments – including the use of herbs, nutrients, vitamins, nootropics, hormones

and mind-body practices that they have found to be beneficial for various conditions within each category. *How to Use Herbs, Nutrients and Yoga in Mental Health Care* by Richard P. Brown, Patricia L. Gerbarg and Philip R. Muskin, is published by WW Norton and Company Ltd, priced £15.99.

Womanly Wisdom

In this intuitive and informative book the author shares her exceptional birthing wisdom. Going beyond the common medical understanding of the birthing process, this guide aims to encourage and inform women about the true capacities of the female body during labour and birth. The book covers a range of topics including how to create a safe and comfortable environment for a natural birth.

Ina May's Guide to Childbirth by Ina May Gaskin is published by Ebury Press priced £10.99.

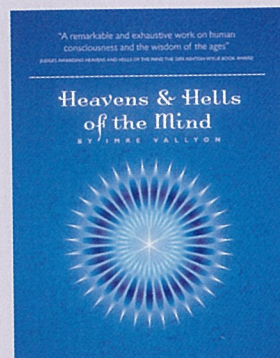


Heavenly Help

This is the third volume in a set of four. It is a treatise on Human Consciousness.

It unfolds a wide array of practical methods and inspirational guidance on how to rest the mind and incorporate a wide variety of meditations from many different traditions both West and East. A sizeable portion of this volume is dedicated to yoga. This is well-researched and the scholarly work is easily accessible and packed with lots of information. The author states "Throughout this volume I present many forms of meditation. This must be so, so that you might find a method that is suitable for you. There are many different personalities and psychological types among seekers; hence the need for a variety of meditational forms." This book won the Ashton Wylie Trust Award in 2008.

Heavens And Hells Of The Mind by Imre Vallyon is published by Soundinglight.



Beautiful Inspiration

Sumptuous, stunning and enthralling full-colour photographs from the natural world, accompanied by excerpts from Paramahansa Yogananda's

writings, makes this an exceptional week-to-view diary/calendar. Its inspirational content is perfect for silent reflection and for instilling a sense of wonder and awe for the world around us.

2009 Inner Reflections Engagement Calendar is published by the Self Realization Fellowship. Available from retail outlets or visit www.yogananda-srf.org.

