

NEW WORLD MINDFULNESS

FROM THE
FOUNDING FATHERS,
EMERSON, AND THOREAU
TO YOUR
PERSONAL PRACTICE



Donald McCown and
Marc S. Micozzi, M.D., Ph.D.

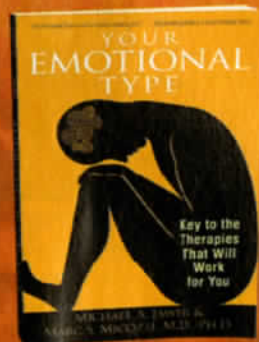
New World Mindfulness

From the Founding Fathers,
Emerson, and Thoreau to
Your Personal Practice

DONALD McCOWN and
MARC S. MICOZZI, M.D., Ph.D.

Mindfulness is not an "exotic" activity nor does it require you to "slow down and find more time." This book presents a history of mindfulness in the West, from the Founding Fathers, through Thoreau, to present-day leaders such as Jon Kabat-Zinn.

\$16.95, paper, 288 pages, 6 x 9
ISBN 978-1-59477-424-9



Your Emotional Type

Key to the Therapies That
Will Work for You

MICHAEL A. JAWER and
MARC S. MICOZZI, M.D., Ph.D.

This book reveals that chronic conditions are linked to certain emotional types and that the best treatment is a therapy in line with your type. Includes a survey that allows you to identify your emotional type and the ailments to which you are susceptible.

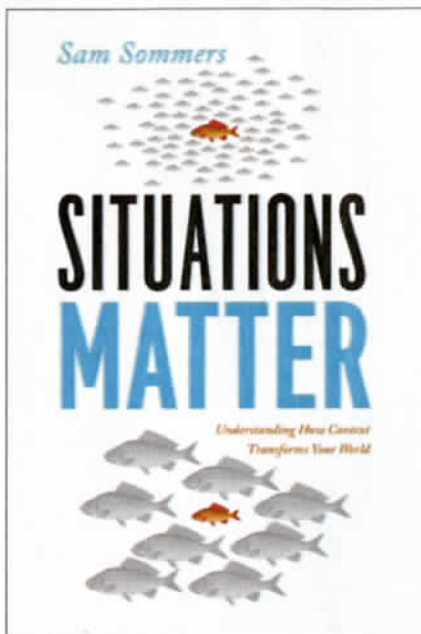
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Life Hacks

GETTING MORE FROM YOUR BODY, MIND, AND ENVIRONMENT



SITUATIONS MATTER

by Sam Sommers

THE GIST: We like to think we're driven by a delicate balance of instincts and individual preferences, but Tufts University professor Sam Sommers uses surprising studies, personal anecdotes, and even examples from *Seinfeld* to demonstrate that context is the key to everything—from whom we choose as a mate to whether we'll help a stranger in need.

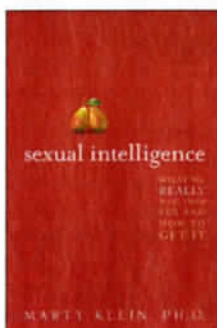
READ THIS IF... You want to talk your way out of a speeding ticket, score a hot date, or simply brush up on your people skills. Some may cringe at the idea of our endlessly moldable minds, but the book offers inspiration to outsmart any situation. By encouraging us to step back and observe the social landscape, Sommers clues us in on how to take control of a context to influence others.

—Sarah Korones

SEXUAL INTELLIGENCE: WHAT WE REALLY WANT FROM SEX—AND HOW TO GET IT

THE GIST:

Seasoned sex therapist Marty Klein has some unflinching advice for readers: When it comes to sex, open up your mind. He offers suggestions for how to move beyond common



roadblocks people face on the way to sexual fulfillment: the awkwardness of initiation, performance anxiety, self-doubt, and emotional distance. Often, he writes, the desire to be normal keeps people from being their authentic sexual selves.

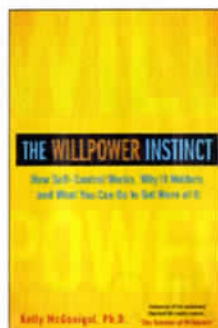
READ THIS IF... You want to let go of your inhibitions and improve your sex life. You might have to change your mind-set first, but Klein's advice, quizzes, diagrams, and case studies will help you do just that. —Molly Forman

THE WILLPOWER INSTINCT

by Kelly McGonigal

THE GIST:

Do you struggle to resist temptation? Kelly McGonigal, a psychologist at Stanford University, offers nine straightforward lessons to improve your self-control. She explains the



biological basis for willpower and suggests how to train the brain area responsible for restraint. Along the way, she sprinkles in clever tips to maximize your free time or trick yourself onto the treadmill. The goal? Regaining control of your life.

READ THIS IF... You're tired of trying to quit smoking every few months, or you can never say no to dessert. Complete the assignments throughout the book to get your brain back on your side.

—Aaron Slater