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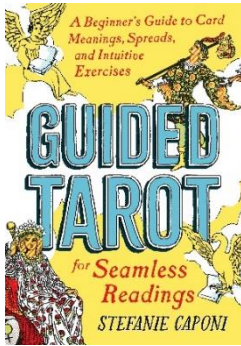
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## **PSYCHOLOGY, SELF-HELP, TAROT**



**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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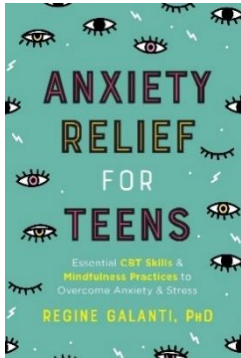
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**Galanti, PhD, Regine**

**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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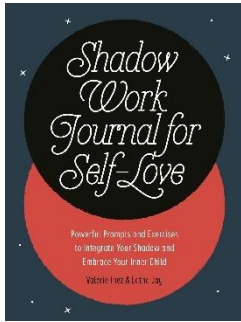
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**Jay, Latha and Valerie Inez**

**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.

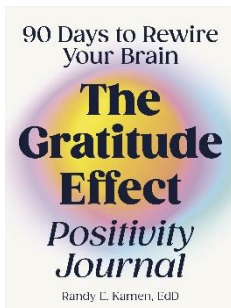
[Valerie Inez](#) is a writer, intuitive, healer, and shadow work guide. Comfortable diving deep into the shadows and bringing the darkness into the light, she helps her clients rise from the ashes, find their inner magic, and step into their divine power.

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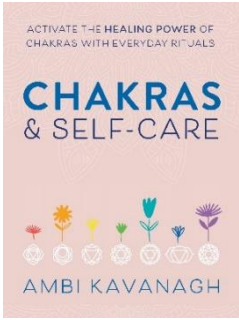
**Kamen, EdD, Randy E.**

**THE GRATITUDE EFFECT POSITIVITY JOURNAL: 90 Days to Rewire Your Brain**

Self-Help | **Zeitgeist Trade Paperback** | January 2024

When you experience gratitude, your brain releases neurotransmitters such as dopamine and serotonin, resulting in a host of tangible benefits associated with positive thinking and emotions. Practiced regularly, gratitude literally rewires your brain to be more optimistic, flexible, and joyful, while simultaneously reducing stress and anxiety, building resilience to adversity, and strengthening your immune system, cardiac health, sleep hygiene, and more. With THE GRATITUDE EFFECT POSITIVITY JOURNAL, you'll engage your brain's neuroplasticity to reshape your worldview—and retrain your brain for greater joy, resiliency, and personal empowerment.

[Randy E. Kamen, EdD](#), is a psychologist, coach, educator, and author of *Behind the Therapy Door: Simple Strategies to Transform Your Life*. Her aim is to help people embody their inner wisdom and leadership skills in both the personal and professional arenas. She pioneered new territory in mind-body medicine and positive psychology at Boston University's School of Medicine and Dentistry and Harvard Medical School. Dr. Kamen leads global online programs, workshops, and retreats for corporations, hospitals, and academic institutions and uses the Thera-Coaching process to help individuals gain understanding and resolution with their past in the service of moving forward and cultivating an intentional and purpose-driven life.



**Kavanagh, Ambi**

**CHAKRAS & SELF-CARE: Activate the Healing Power of Chakras with Everyday Rituals**

Self-Help | **Zeitgeist Trade Paperback** | August 2020

The key to optimal health and well-being is within us, in powerful energy centers called chakras. Ancient cultures understood the sacred healing power of chakras and that self-care aligned with nature. In CHAKRAS & SELF-CARE, you'll engage in a series of meditative exercises that activate and balance each of your seven main chakras. Reiki master and wellness expert Ambi Kavanagh also offers daily and seasonal rituals to show us that true prevention not only comes from the ways we care for our bodies, but the ways we spend our energy.

[Ambi Kavanagh](#) is a Reiki master, astrologer, sound healer, life coach, and host of the podcast *Alchemy with Ambi*. With a unique focus on using astrological cycles and the seasons as a form of coaching, she considers herself a modern-day alchemist who serves as a catalyst for positive change in people's lives. Over the years, Kavanagh has performed thousands of her signature chakra-balancing [Soulstrology Soundbaths](#) and was recommended by *Vogue* as the "go-to soundbath" in Los Angeles.

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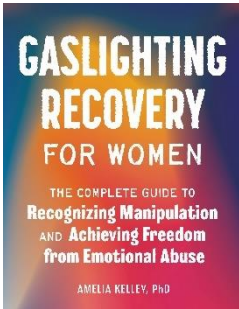
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**Kelley, PhD, Amelia**

**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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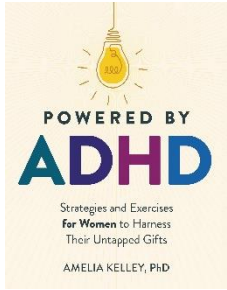
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**Kelley, PhD, Amelia**

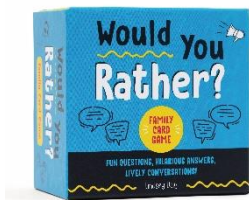
**POWERED BY ADHD: Strategies and Exercises for Women to Harness Their Untapped Gifts**

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*.

## **FAMILY, HUMOR, PARENTING**



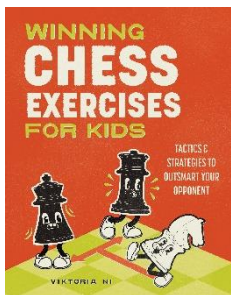
**Daly, Lindsey**

**WOULD YOU RATHER? FAMILY CARD GAME: Fun Questions, Hilarious Answers, Lively Conversations!**

Humor/Games | **Z Kids Card Deck** | January 2024

Start a competition and spirited conversations with these thought-provoking “Would You Rather?” questions. Are you the funniest, most creative, or most logical member of your family? Out-think and outsmart others with your best answers to these exciting brainteasers!

**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.



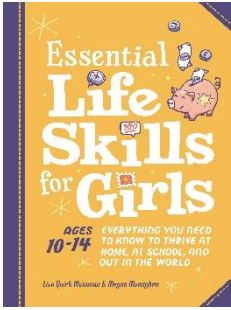
**Ni, Viktoria**

**WINNING CHESS EXERCISES FOR KIDS: Tactics and Strategies to Outsmart Your Opponent**

Games | **Z Kids Trade Paperback** | April 2024

Remembering rules, understanding all the different tactics and strategies, and recognizing patterns of play—chess can be a complicated game to learn! That’s why Woman International Master (WIM) Viktoria Ni created this chess workbook with clear step-by-step instructions and annotated diagrams that show chess concepts in action. Packed with fun exercises, **WINNING CHESS EXERCISES FOR KIDS** will help kids better recognize chess strategy and execute key chess tactics during the opening, middle game, and endgame. Whether your child is just starting to play chess or is already chess-obsessed and wants to take their skills to the next level, this workbook will help them learn faster, practice smarter, and win more!

[Viktoria Ni](#) has been playing and studying chess for over 25 years. She first learned chess at the age of seven and was later trained by Grandmaster Janis Klovans. In 2010, Ni achieved the title of Woman International Master (WIM), and she placed fourth in the US Women’s Chess Championship twice. In her 13-year teaching career, she has mentored thousands of students, designed chess curriculums, trained other chess teachers, and run several successful chess programs.



**Quirk Weinman, Lisa and Megan Monaghan**

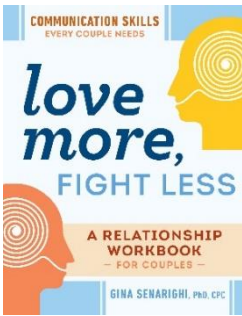
**ESSENTIAL LIFE SKILLS FOR GIRLS: Everything You Need to Know to Thrive at Home, at School, and Out in the World**

Young Adult Etiquette | **Zeitgeist Trade Paperback** | April 2024

Does the preteen girl in your life know how to wash her clothes? Plunge a toilet? Leave a tip? Read a map? Manage a bank account? Do you have the time and energy to teach her? Let ESSENTIAL LIFE SKILLS FOR GIRLS lead the way with the tools she needs to succeed. These critical life skills will help her become a responsible, resilient, and confident young woman at home, at school, and out in the modern world.

**Lisa Quirk Weinman** is a cofounder of [Middle Years Matter](#), an organization devoted to empowering young people with the essential skills needed to thrive academically, socially, and emotionally. She served as middle school dean of students and wellness teacher at an independent school in Connecticut for 22 years.

**Meghan Monaghan** is a cofounder of [Middle Years Matter](#) and has worked in education for more than 18 years. She has taught students in each grade level from third to eighth and holds degrees from Columbia University in child development and reading disabilities.



**Senarighi, Gina**

**LOVE MORE, FIGHT LESS: COMMUNICATION SKILLS EVERY COUPLE NEEDS: A Relationship Workbook for Couples**

Family Relationships/Marriage | **Zeitgeist Trade Paperback** | July 2020

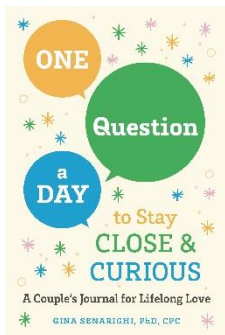
Conflict is part of every relationship, even the healthiest ones. The key to a long-lasting relationship isn't avoiding fights, but rather seeing them as opportunities to work together. In LOVE MORE, FIGHT LESS, Gottman-certified relationship coach Dr. Gina Senarighi gives us the tools and strategies we need to communicate effectively, rebuild trust, and repair past hurts to work through conflicts and move forward in ways that strengthen bonds.

**Gina Senarighi, PhD, CPC**, is an author, teacher, sexuality counselor, and certified relationship coach. She's been supporting clean fights and dirty sex in happy, healthy relationships as an educator, coach, consultant, and couple's therapist for over ten years.

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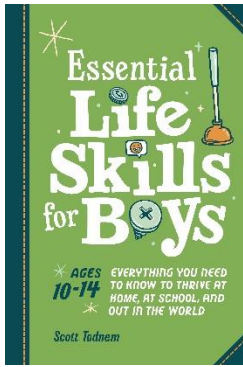
**Senarighi, PhD, CPC, Gina**

**ONE QUESTION A DAY TO STAY CLOSE AND CURIOUS: A Couple's Journal for a Lifetime of Love**

Family Relationships/Marriage | **Zeitgeist Trade Paperback** | April 2024

Couples who maintain a sense of fascination about one another report longer relationships and more passionate connections. What's more, couples who understand each other's inner worlds fare better through life's unexpected ups and downs. ONE QUESTION A DAY TO STAY CLOSE & CURIOUS brings couples together to laugh, share, and explore who their partner is, what shaped them, and who they wish to become. A journal for all couples—married and unmarried, new and decades seasoned—the questions here will bring you together for conversations to support a lifetime of love.

**Gina Senarighi, PhD, CPC**, is a bestselling author, teacher, sexuality counselor, and certified relationship coach. She's been supporting happy, healthy relationships as a couple's therapist and educator since 2009. The author of several books and cohost of the relationship podcast *Swoon*, she currently leads couples retreats coaching clients all over the world to have deeper intimacy and meaningful communication.



**Todnem, Scott**

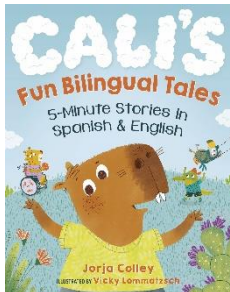
**ESSENTIAL LIFE SKILLS FOR BOYS: Everything You Need to Know to Thrive at Home, at School, and Out in the World**

Young Adult Etiquette | **Zeitgeist Young Adult Trade Paperback** | October 2023

Does the preteen boy in your life know how to wash his clothes? Plunge a toilet? Leave a tip? Read a map? Manage a bank account? Do you have the time and energy to teach him? Let ESSENTIAL LIFE SKILLS FOR BOYS lead the way with the tools he needs to become a responsible, resilient, and confident young man at home, at school, and out in the modern world.

[Scott Todnem](#) has been teaching health education at the middle school level since 2001 and was awarded the 2019 National Health Teacher of the Year. He uses his platforms to promote cultural diversity, gender inclusivity, mental health awareness, and suicide prevention. He is the author of *Growing Up Great!: The Ultimate Puberty Book for Boys* and *Sex Education for Boys: A Parent's Guide*.

## **KIDS**



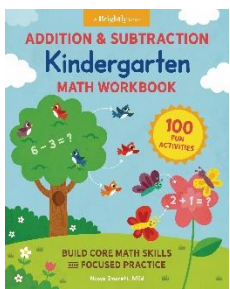
**Colley, Jorja**

**CALI'S FUN BILINGUAL TALES: 5-Minute Stories in Spanish & English**

Short Stories for Kids | **Z Kids Trade Paperback** | June 2024

Follow Cali the Capybara and other colorful characters as they navigate unexpected adventures, and learn Spanish! Whether you're looking to support your child's bilingual education or for bedtime stories to bond and read alongside them, CALI'S FUN BILINGUAL TALES will make learning and practicing Spanish fun.

**Jorja Colley**, with a strong-willed heart for education and passion for being bilingual, has set her mind to do whatever she can to help the bilingual community. She created [Jorja's Dual Language Classroom](#) to share bilingual learning material with educators, fueled by the dream that all children may one day have access to quality bilingual programs and resources.



**Imanishi, Med, Naoya**

**ADDITION AND SUBTRACTION KINDERGARTEN MATH WORKBOOK: 100 Fun Activities to Build Core Math Skills with Focused Practice**

Math for Kids | **Z Kids Trade Paperback** | May 2024

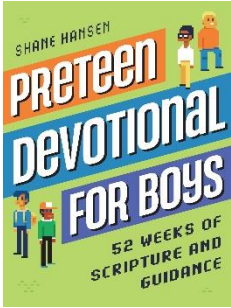
ADDITION AND SUBTRACTION KINDERGARTEN MATH WORKBOOK offers a bright, imaginative way to learn core addition and subtraction concepts while practicing number sequencing, identification, and sentences. Age-appropriate activities support kindergarteners as they build math confidence.

Whether counting cats, adding spaceships, or finding the missing pizza slices, kids will find that learning math has never been so fun!

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



## **RELIGION**



**Hansen, Shane**

**PRETEEN DEVOTIONAL FOR BOYS: 52 Weeks of Scripture and Guidance**

Religion | Zeitgeist Trade Paperback | January 2024

This candid and conversational devotional encourages a boy's Christian faith to prepare him for his teen years. Shane Hansen, an experienced life coach with a passion for guiding the next generation, discusses and interprets scripture in a way that makes it easy for preteen boys to understand. He speaks to everyday concerns, like friendships, fitting in, puberty, and dealing with your emotions, and reminds readers that God is with them every step of the way.

[Shane Hansen](#) is a disciple of Jesus Christ, a husband, a father, and an entrepreneur. He is an International Coach Federation (ICF)-trained life coach and graduate of the Certified Professional Life Coach (CPLF) program through the Christian Coach Institute. He also holds a bachelor's and master's degree in business administration. He has served as a Christian life coach, author, and speaker since 2015.

## SUBAGENTS

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