

# SIMON & SCHUSTER AUSTRALIA



July 2026 MBS

## INVOICE TO

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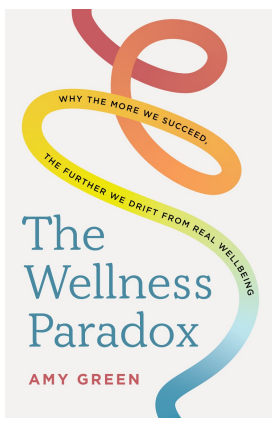
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### Trade Orders and Enquiries

All orders to HEDS  
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Order Cut-Off Date: 27/05/2026 In-Store Date: 30/06/2026  
All titles except Indent are SOR for 12 months from invoice date.

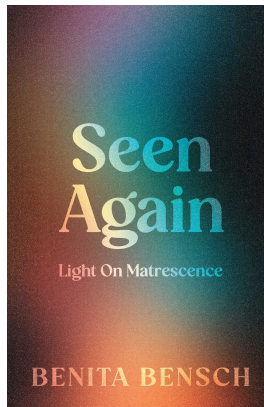


### The Wellness Paradox: Why the more we succeed, the further we drift from real wellbeing

Green, Amy

Grounded in real stories, research, and reflection, discover how to rethink what living and working well actually means and how to create a life that feels good, not just looks good.

Author Based - Moreton Bay - QLD



### Seen Again: Light on Matrescence

Seen Again: Light on Matrescence is a contemporary teaching guide and part memoir by Benita Bensch designed to support women through the profound transition into motherhood. The book focuses on matrescence, the biological and psychological process of becoming a mother, which often leaves women feeling invisible or disconnected from their former selves.

Author Based - Moama NSW



S&S Major Street Publishing | B+P  
S&S SELF-HELP | 210 X 135 mm | 208 pp.



9 781923 186477 | 9781923186477 | 34.99 AUD | 39.99 NZD



S&S The Kind Press | TPB  
S&S PERSONAL DEVELOPMENT | 234 X 153 mm | 288 pp.



9 781764 207454 | 9781764207454 | 36.99 AUD | 38.00 NZD

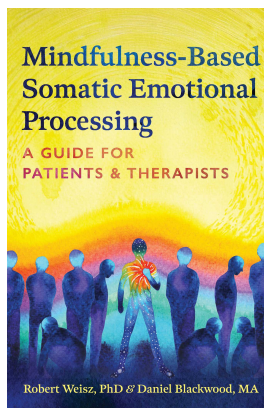


### The Kind Way: The Life-Changing Metric for Leadership, Success and the Human Spirit

Bretag, Sophie

The Kind Way: The Life-Changing Metric for Leadership, Success and the Human Spirit introduces the KINDHUMAN Quotient™ as the measurable metric that turns kindness into a practical leadership and wellbeing advantage, for workplace change-makers and personal transformation readers alike (think Brené Brown and Mel Robbins, with a framework that's unmistakably her own).

Author Based - Adelaide SA



### Mindfulness-Based Somatic Emotional Processing: A Guide for Patients and Therapists

Weisz, Robert

A guide for working with emotions and unprocessed traumas

S&S The Kind Press | TPB  
S&S SELF-HELP | 234 X 153 mm | 230 pp.



9 781764 207492 | 9781764207492 | 34.99 AUD | 38.00 NZD

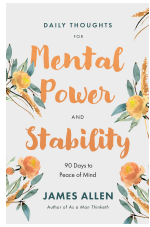


Inner Traditions | TPB  
S&S SELF-HELP | 229 X 152 mm | 272 pp.



9 798888 503669 | 9798888503669 | 52.99 AUD | 56.99 NZD





**Daily Thoughts for Mental Power and Stability: 90 Days to Peace of Mind**

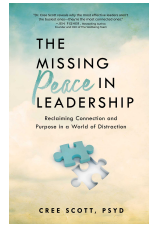
*Allen, James*

Take the first step into a transformative journey toward inner peace and mental strength with Daily Thoughts for Mental Power and Stability: 90 Days to Peace of Mind by the renowned philosopher James Allen.

S&S SOUND WISDOM | B+P  
S&S SELF-HELP | 216 X 140 mm | 192 pp.



9781640955936 | 30.99 AUD | 0.00 NZD



**The Missing Peace In Leadership: Reclaiming Connection and Purpose in a World of Distraction**

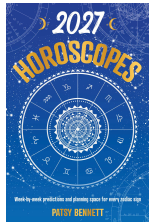
*Scott, Cree*

In today's world of endless demands, even the most successful leaders often feel disconnected—from themselves, their teams, and their purpose.

S&S SOUND WISDOM | B+P  
S&S SELF-HELP | 216 X 140 mm | 208 pp.



9781640957060 | 0.00 AUD | 34.99 NZD



**2027 Horoscopes Planner Calendar**

*Bennett, Patsy*

Make 2027 your best year yet with this comprehensive horoscope guide! Discover what the stars have in store with weekly predictions for each zodiac sign by award-winning author and astrologer Patsy Bennett.



S&S ROCKPOOL PUBLISHING | BPB  
S&S MIND BODY SPIRIT | 130 X 198 mm | 320 pp.



9781922468161 | 27.99 AUD | 32.99 NZD



**Qajar Oracle: A Persian miniatures card deck**

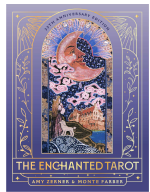
*Mundi, Nova*

Unveil the art of connection: discover personality and relationships through the lens of Persian miniatures in this 44-card deck.

S&S ROCKPOOL PUBLISHING | SLI  
S&S MIND BODY SPIRIT | 128 X 90 mm | 128 pp.



9781923208612 | 34.99 AUD | 39.99 NZD



**The Enchanted Tarot: 35th Anniversary Edition**

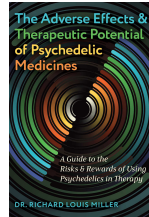
*Farber, Monte*

A stunning, updated edition of Amy Zerner and Monte Farber's bestselling Enchanted Tarot, this timeless deck features beautiful, vibrant artwork and invites you into a world of magical self-discovery.

S&S INSIGHT EDITIONS | SLI  
S&S MIND BODY SPIRIT | 171 X 133 mm | 232 pp.



9798887621760 | 59.99 AUD | 69.99 NZD



**The Adverse Effects and Therapeutic Potential of Psychedelic Medicines: A Guide to the Risks and Rewards of Using Psychedelics in Therapy**

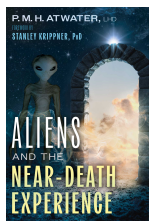
*Miller, Richard Louis, Dr.*

A guide to informed and responsible psychedelic use

Inner Traditions | CHB  
S&S MIND BODY SPIRIT | 229 X 152 mm | 256 pp.



9798888500781 | 52.99 AUD | 56.99 NZD



**Aliens and the Near-Death Experience**

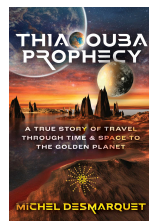
*Atwater, P. M. H., L.H.D.*

Presents the link between near-death experiences and extraterrestrial encounters

Inner Traditions | TPB  
S&S MIND BODY SPIRIT | 229 X 152 mm | 208 pp.



9781591435501 | 29.99 AUD | 32.99 NZD



**Thiaoouba Prophecy: A True Story of Travel through Time and Space to the Golden Planet**

*Desmarquet, Michel*

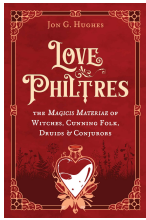
An extraterrestrial revelation of Earth's history and mysteries

Inner Traditions | TPB  
S&S MIND BODY SPIRIT | 229 X 152 mm | 256 pp.



9781591435631 | 39.99 AUD | 42.99 NZD





**Love Philtres: The Magic Materiae of Witches, Cunning Folk, Druids, and Conjurers**  
*Hughes, Jon G.*  
 A guide to the history and practical use of love magic

Inner Traditions | CHB  
 S&S MIND BODY SPIRIT | 229 X 152 mm | 288 pp.



9788888501696 | 52.99 AUD | 56.99 NZD

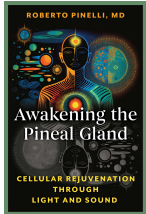


**Runes and the Gods Oracle: 50 Cards and Guidebook**  
*Selene*  
 A divination deck inspired by Norse lore

Inner Traditions | SLI  
 S&S MIND BODY SPIRIT | 171 X 127 mm | 240 pp.



9788888503744 | 39.99 AUD | 42.99 NZD

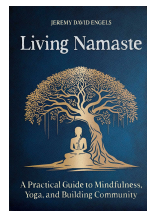


**Awakening the Pineal Gland: Cellular Rejuvenation through Light and Sound**  
*Pinelli, Roberto*  
 Techniques to awaken the pineal gland for health, mental clarity, and longevity

Inner Traditions | TPB  
 S&S MIND BODY SPIRIT | 229 X 152 mm | 216 pp.



9788888503980 | 36.99 AUD | 39.99 NZD

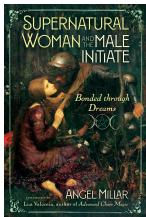


**Living Namaste: A Practical Guide to Mindfulness, Yoga, and Building Community**  
*Engels, Jeremy David*  
 A practical guide to embodying the principles of "namaste" in everyday life

Inner Traditions | NSP  
 S&S MIND BODY SPIRIT | 184 X 127 mm | 192 pp.



9788888503034 | 26.99 AUD | 29.99 NZD



**Supernatural Woman and the Male Initiate: Bonded through Dreams**  
*Millar, Angel*  
 Spiritual transformation through sex with transcendent beings

Inner Traditions | TPB  
 S&S MIND BODY SPIRIT | 229 X 152 mm | 192 pp.



9788888503621 | 32.99 AUD | 34.99 NZD



**Mini Tarot de Marseille**  
*Galkowski, Nicolas*  
 A new deluxe miniature edition of the iconic Marseille Tarot



Inner Traditions | SLI  
 S&S MIND BODY SPIRIT | 110 X 76 mm | 104 pp.



9788888504673 | 32.99 AUD | 34.99 NZD

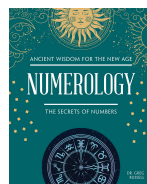


**Feng Shui: The Secrets of Harmony**  
*Hwang, Sonya*  
 This is a beginner's guide to feng shui, the ancient Chinese art of harmonizing energy in your surroundings. Covering core concepts like yin and yang, the five forces, the eight trigrams, protective animals, and the nine palaces, it offers practical advice for creating balance, attracting good fortune, and improving harmony at home and work.

S&S FOX CHAPEL IMM | NSH  
 S&S MIND BODY SPIRIT | 152 X 120 mm | 64 pp.



9781504801584 | 16.99 AUD | 0.00 NZD

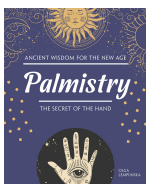


**Numerology: The Secrets of Numbers**  
*Russell, Greg*  
 Numerology is a beautifully illustrated introduction to the ancient art of divining meaning from numbers. Covering its origins, links to astrology, and practical methods for interpreting birth, mind, and destiny numbers, this guide also explores numbers in names, health, the Bible, and the Tarot.

S&S FOX CHAPEL IMM | NSH  
 S&S MIND BODY SPIRIT | 152 X 120 mm | 64 pp.



9781504801591 | 16.99 AUD | 0.00 NZD



**Palmistry: The Secret of the Hand**  
*Lempjinska, Olga*  
 Discover the meaning behind the lines and shapes of your hands with Palmistry, a beginner's guide to what palmistry is and how to use it, revealing insights into personality, relationships, career, and health.

S&S FOX CHAPEL IMM | NSH  
 S&S MIND BODY SPIRIT | 152 X 120 mm | 64 pp.



9781504801607 | 16.99 AUD | 0.00 NZD



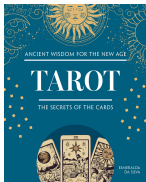
**Runes: The Secrets of the Stones**  
*Andersson, Anders*  
 Runes is a beginner-friendly guide to the origins, meanings, and uses of the 24 runes, teaching you how to read them, perform traditional readings, and explore creative applications for insight and self-discovery.

S&S FOX CHAPEL IMM | NSH  
 S&S MIND BODY SPIRIT | 152 X 120 mm | 64 pp.



9781504801614 | 16.99 AUD | 0.00 NZD





**Tarot: The Secrets of the Cards**  
*da Silva, Esmeralda*

This is a beginner-friendly guide to tarot history, the Major and Minor Arcana, reading techniques, and practical applications for insight into health, relationships, and finances. You'll even find two practice spreads to do your first readings!

S&S FOX CHAPEL IMM | NSH  
S&S MIND BODY SPIRIT | 152 X 120 mm | 64 pp.



9 781504 801621 | 9781504801621 | 16.99 AUD | 0.00 NZD



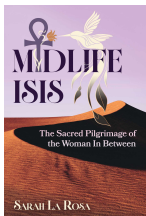
**The Key to Your Dreams: Unlock the Power of Your Dreams**  
*Trusseau, Tamara*

Key to Your Dreams offers practical insight into the intriguing and provocative art of dream interpretation. Author and "Psychic of the Year" Tamara Trusseau shows readers how to discover the valuable truths that dreams can convey.

S&S FOX CHAPEL IMM | TPB  
S&S MIND BODY SPIRIT | 228 X 152 mm | 128 pp.



9 781504 801768 | 9781504801768 | 27.99 AUD | 0.00 NZD



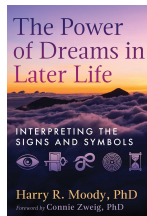
**Midlife Isis: The Sacred Pilgrimage of the Woman In Between**  
*La Rosa, Sarah*

An initiatory guide to the empowering transition of midlife

Inner Traditions | TPB  
S&S MIND BODY SPIRIT | 229 X 152 mm | 352 pp.



9 781591 435655 | 9781591435655 | 39.99 AUD | 42.99 NZD



**The Power of Dreams in Later Life: Interpreting the Signs and Symbols**  
*Moody, Harry R.*

Using dreams as a compass for meaning in later life

Inner Traditions | TPB  
S&S MIND BODY SPIRIT | 229 X 152 mm | 288 pp.



9 798888 503409 | 9798888503409 | 36.99 AUD | 39.99 NZD



**The Poison Path Oracle Deck: A 36-Card Deck and Guidebook**  
*Michael, Coby*

A divinatory deck to engage the power and wisdom of poisonous plants

Inner Traditions | SLI  
S&S MIND BODY SPIRIT | 140 X 102 mm | 144 pp.



9 798888 504437 | 9798888504437 | 32.99 AUD | 34.99 NZD



**Grimoire of Magical Inks: Recipes for Hexes, Hoodoo, and High Magic**  
*Myara, Noemie*

A practical guide to the use of ink in spells and rituals

Inner Traditions | NSP  
S&S MIND BODY SPIRIT | 210 X 152 mm | 160 pp.



9 798888 505236 | 9798888505236 | 26.99 AUD | 29.99 NZD



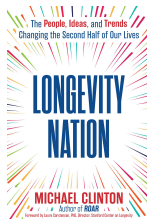
**Aura Surgery: Healing Karmic Patterns and Unconscious Conflicts in the Human Energy Field**  
*Kunlen, Mathias*

A medical doctor's synthesis of holistic healing with the morphogenetic field

Inner Traditions | NSP  
S&S MIND BODY SPIRIT | 229 X 152 mm | 176 pp.



9 798888 503447 | 9798888503447 | 32.99 AUD | 34.99 NZD



**Longevity Nation: The People, Ideas, and Trends Changing the Second Half of Our Lives**  
*Clinton, Michael*

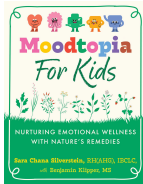
Discover how individuals and institutions are redefining the second half of life through science, reinvention, and purpose, proving that living a centenarian life is no longer a distant dream—it's today's reality with the new longevity movement.

S&S US TRADE | TPB  
S&S SELF-HELP | 229 X 152 mm | 256 pp.



9 781668 246368 | 9781668246368 | 34.99 AUD | 39.99 NZD





**Moodtopia for Kids: Nurturing Emotional Wellness with Nature's Remedies**

*Silverstein, Sara Chana*

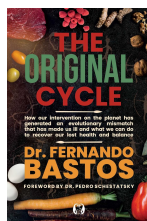
Support your child's emotional and mental health with safe home remedies

Inner Traditions | NSP

S&S HEALTH & FITNESS | 229 X 178 mm | 224 pp.



9 798888 500880 | 32.99 AUD | 34.99 NZD



**The Original Cycle: How Our Intervention on the Planet has Generated an Evolutionary Mismatch that has Made Us Ill and What We Can Do to Recover**

*Bastos, Fernando, Dr.*

This unmissable book sheds light on one of the most pressing challenges of our time: how to recover the lost balance between us and the planet we call home.

S&S SOUND WISDOM | TPB

S&S HEALTH & FITNESS | 229 X 152 mm | 288 pp.



9 781640 956605 | 35.00 AUD | 39.99 NZD



**Chinese Astrology: The Secret of the Stars**

*Li, Chung*

This is a beautifully illustrated, informative guide to the ancient art of Eastern zodiac interpretation. Covering yin and yang, the twelve divisions of the Chinese calendar, lunar divisions of the year, relationship compatibility, and health insights, it offers readers both historical context and practical tools for self-discovery.

S&S FOX CHAPEL IMM | NSP

S&S MIND BODY SPIRIT | 152 X 120 mm | 64 pp.



9 781504 801577 | 16.99 AUD | 0.00 NZD

