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New Books



February, 2026

"For one who reads, there is no limit to the number of lives that may be lived."
—Louis L'Amour

February's Insights from Lisa

Hello Friends and welcome to your reading for the next 3-4 weeks :) There is a lot going on in the coming weeks as we move from the year of The Snake into the year of The Horse on Feb 17th. The Year of the Horse doesn't arrive quietly, it moves. It gallops in with breath in its lungs and fire in its hooves. Unlike the outgoing introspective cycle, the Horse transforms us by action. We don't become ready before we move, we become ready because we move. Spiritually, the Horse reconnects us to our body. The snake asked that we cast off and now the horse asks that we move, gather, collect and build momentum. The time for release is over. We no longer need to feel raw and vulnerable, in fact it is the opposite. Now we are bold, energetic and free from the intense sensitivity of the Snake. This is a year of choosing movement over hesitation, even when the path isn't fully revealed. It's go time!



You may notice that we have extra cards this month. The first three fell from the deck together in one solid thump, and in the spirit of honouring the movement of the Horse, I chose to keep them as they arrived, together as a trio. The Horse carries the wisdom of movement, and so these cards are meant to travel this reading side by side. And look who has galloped in, The Horse. Perfect! He brings with him the Salamander and the Butterfly. What a trio. Movement, inspiration, transformation and hope. Then we have the Queen Swords and Sandpiper Spirit. We have a lot of air energy floating around us which is fitting because we are in Aquarius season after all and we have strong earth energy as well to begin this next chapter. Air gives us clarity, perspective and breath. Earth gives us stability, patience and something solid to move from.

As we slowly begin to wrap up winter, not rushing it, but loosening its grip, air energy becomes especially important. Air stirs what has been dormant. It moves through spaces that have been closed up. It carries ideas, insights, and realizations that may have been quietly forming beneath the surface all season long. This is not the wild wind of spring just yet, this is the first intentional breath after holding still for too long.

continued on the next page

The Horse supports this transition beautifully. The Horse does not leap recklessly forward; it moves with awareness of its own strength and stamina. The Horse asks us to trust motion again, to let the body, the mind, and the spirit remember what forward movement feels like after a long pause. Alongside the Horse, the Salamander brings inspiration through inner fire. Where the Horse initiates movement, the Salamander ignites it. This is a creative spark, intuitive nudging, the quiet but undeniable feeling that something wants to begin, even if it's not fully formed yet. The Salamander reminds us that inspiration does not arrive fully polished; it arrives as warmth, curiosity and a gentle urgency to explore.

Then comes the Butterfly, the softest but perhaps most profound messenger here. The Butterfly speaks to transformation that happens naturally when conditions are right. Nothing is forced. Nothing is rushed. The Butterfly doesn't question its wings, it simply opens them when the time comes. Here the Butterfly tells us that the changes unfolding now are not sudden or chaotic; they are the result of time, patience, and inner work already completed. As winter loosens and light slowly returns, air energy helps us release heaviness, old narratives, self-doubt and the belief that we must stay small or still just because it's familiar. The Horse says move. The Salamander says trust what lights you up. The Butterfly says you are already changing. And hovering nearby, we feel the presence of discernment, truth, and clear seeing, energy we'll step into more fully as we turn toward the Queen of Swords.

As this air energy builds thought, inspiration, and possibility, we are met by the Queen of Swords, who steps in as the great clarifier. She is not here to slow the movement, but to give it direction. The Queen of Swords reminds us that air, when left unchecked, can scatter. Ideas can become noise. Possibilities can turn into overwhelm. Her presence says: breathe deeply, then choose wisely.

The Queen of Swords asks us to engage our discernment as we move forward. What thoughts deserve your energy? Which stories are outdated? What truths are ready to be spoken, not harshly, but honestly? She teaches that clarity is an act of self-respect. In this season of transition, she helps us separate intuition from distraction, inspiration from obligation.

With the Horse, she sharpens momentum into intention. With the Salamander, she gives language to inspiration. With the Butterfly, she names the transformation already underway. She does not rush decisions, but she does not avoid them either. And just when the air threatens to become too sharp, too serious, or too mental, Sandpiper Spirit arrives with a smile.

Sandpiper Spirit reminds us that grounding does not have to be heavy. It can be playful, curious, and light on its feet. This is grounding through joy, through movement, through noticing small wonders along the way. The Sandpiper dances at the edge, between water and land, showing us how to stay present without becoming rigid. This spirit teaches us to take things seriously *without taking ourselves too seriously*.

Other things to consider:

#1. The Horse and Bluebell; Modest Fortitude-The downcast blooms of the bluebells cause the flower to bow gently at its stem, symbolizing modesty. The horse is a majestic beast known for stamina and strength. Together they remind us that great feats often include humble practice.

#2. The Salamander and Black Pepper; Inspiration- Symbols of fire and heat, the Salamander and black pepper call back our energy. It is time to take action and be inspired as new opportunities await while we slowly regain our energy back and apply ourselves. It is time to make plans and get ready.

#3. The Butterfly and Snowdrop; Hope- Butterflies bring metamorphosis after a period of confinement (winter!) transformation. Snowdrops appear seemingly against all odds from the frozen ground and snow. The present beauty and a kind of magic we didn't think was possible. Together they show us that difficult times are coming to an end and that growth can appear in unexpected ways and places.

#4. Queen of Swords: The Queen of Swords carries the spirit of the owl, the watcher in the dark, the keeper of quiet truth. She sees what others avoid, hears what is left unsaid and speaks only when clarity is ready to land. Like the owl, the Queen of Swords waits in stillness, moving silently through the unseen with unwavering sight. She sees clearly through shadow and silence, reminding us that wisdom isn't loud, and truth never needs to chase attention.

This reading speaks of a time where movement is guided by wisdom, inspiration is tempered by clarity, and transformation is supported by both truth and joy. Remember, air carries us forward but presence keeps us grounded. Let your thoughts move without over-controlling them. Let ideas circulate before demanding answers. Let inspiration land lightly before asking it to commit. This is a moment for mental spaciousness, not pressure. And as always, speak kindly to yourselves. Hugs and love, Lisa xo

Cards Used in this Reading:

1. Woodland Wardens by Jessica Roux
2. The Guardian of the Night Tarot by MJ Cullinane
3. The Spirit Animal Oracle by Colette Baron- Reid

Beloved meditation teacher Jack Kornfield is known for his storytelling, weaving insights that touch our hearts among tales that capture our imagination. In *All in This Together*, Jack shares teachings and stories that are perfect for this moment—stories and wise words that help us remember our basic goodness, free ourselves from fear, and pave a path to a world where we all belong.

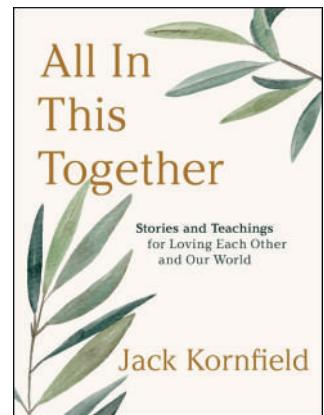
These marvelous tales and teachings range from Jack's training in the monasteries of Burma, to the life of the Buddha, to Arthurian legend. Some are ancient, some are new. Many are Jack's, and some are from revered voices, including Ram Dass and Mary Oliver. Together, these stories offer inspiration:

- Trusting the gifts of interconnectedness
- Envisioning generosity to change the world
- Being of service as an endless source of happiness
- The healing power of love... always

Throughout, Jack reminds us that the universal pain and beauty of our human experience is what can ultimately connect us. As Jack writes, "Our shared stories make us larger than ourselves. Let them move you and wake you up and remind you: We are all in this together."

ISBN: 978-1649633569 * Sounds True, 2025 * 269 pages * \$32.99

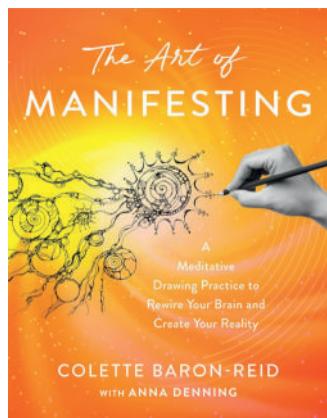
ALL IN THIS TOGETHER
*Stories and Teachings
For Loving Each Other and Our World*
Jack Kornfield



THE ART OF MANIFESTING

*A Meditative Drawing Practice to
Rewire Your Brain and Create Your Reality*

Colette Baron-Reid
with Anna Denning



The Art of Manifesting Method™, created by Colette Baron-Reid and Anna Denning, harnesses the extraordinary power of intentional art to rewire your brain, break old patterns, and align your mind and intentions with the energy of the Universe. No special skills or tools required! Through the AM Method, manifesting can be as easy, peaceful, and joyful as drawing a circle and lots of flowy lines. All you need is a pen, a piece of paper, and your imagination to begin to co-create a life beyond your wildest dreams. The Universe will do the rest through the power of synchronicity.

With the Seven Steps of Manifestation, you actively carve out new neural pathways by repeatedly engaging in meaningful, intentional thoughts and actions. This creates deep, authentic shifts within you that are then reflected in your outer world. The gentle, seven-week guide allows you to thoroughly understand and connect with each step through guided drawings (including example illustrations) as well as supportive practices like meditation and journaling. Through the AM Method, you will tap into the infinite potential of the quantum field and realize that you are the shaper of your destiny, not just the one being shaped.

ISBN: 978-1401997854 * Hay House, 2025 * 194 pages * \$24.99

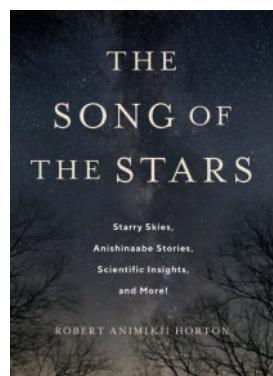
THE SONG OF THE STARS
Starry Skies, Anishinaabe Stories, Scientific Insights, and More!

Since the earliest days of human memory, countless generations have turned their eyes to the skies in wonder, drawing patterns, understanding the stars' connection to cycles and events, and carrying their stories and teachings forward to subsequent generations.

The Song of the Stars offers a unique journey through the skies, linking us to generations of ancestors who marvelled at the same stars we still gaze upon today. The book brings together Anishinaabe cultural teachings about the cosmos and the Anishinaabemowin language with scientific insights to demonstrate how both viewpoints can help us foster deeper and more meaningful relationships to the Earth and the cosmos. Robert Animikii Horton, Anishinaabemowin educator, proves that this dual perspective can be a source of awe and wonder, inspiring in us a love of both language and science.

Demonstrating how Anishinaabe cultural teachings and scientific insights can complement one another and need not be irreconcilable opposites, *The Song of the Stars* provides a combination of perspectives that cultivates a deeper understanding of the vast mystery surrounding our place in the universe.

ISBN: 978-1487564155 * Aevo/University of Toronto Press, 2025 * 108 pages * \$29.95



In this groundbreaking guide to spiritual and personal wellness, Deepak Chopra unveils profound discoveries on how we can connect with our true self and construct a life free from fear. Building on decades of spiritual teachings, Chopra illustrates through enlightening sutras how to move from a state of simply surviving to leading an awakened life that unlocks the dormant potential within each of us. He also offers a Wellbeing Index by which we can track our progress on this journey towards awakening, helping increase intuition, access to insight, and a growing sense of ourselves as constantly changing beings which are part of a larger whole.

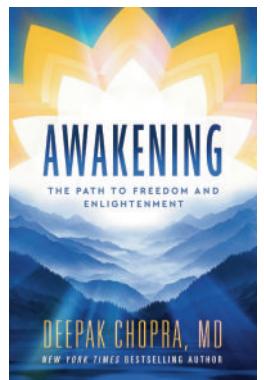
Awakening offers the power to free you from the limitations of ego into a life marked by inner and outer peace, purpose, and boundless possibility. Featuring mental exercises, meditations, and personal stories from his own spiritual journey, Chopra shakes us from the nightmare of a limited self, where worry and anxiety reign.

Chopra's *Awakening* not only invites you to embrace a new way of being—conscious reality—where miracles are everyday occurrences, but also offers visionary guidance to access the boundless potential of your soul, realized here and now. Ultimately, through the practices in *Awakening*, Chopra aims to propel all humanity toward an epoch of unprecedented transformation.

ISBN: 978-0593236055 * Harmony, 2026 * 232 pages * \$37.99

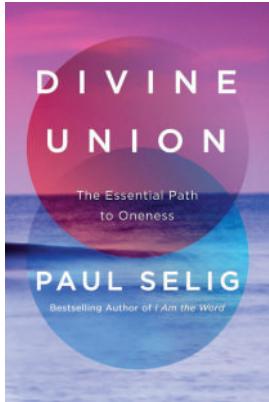
AWAKENING
The Path to Freedom and Enlightenment

Deepak Chopra, MD



DIVINE UNION
The Essential Path to Oneness

Paul Selig



I am in union with the Source of all things. This may be the Guides' most important teaching to date, and Paul Selig channels this crucial message in his newest book, *Divine Union*. A standalone book to highlight the importance of the concept, *Divine Union* teaches readers to move beyond their inherited and clung-to ideas of separation in favor of unity, cohesion, and peace.

Though it may seem inevitable that humans will build walls between one another and fear those who appear different from ourselves, the Guides promise a future in which true connection and union is achieved. Once we realize that all humans are beings through which the Divine flows, fear-based separation will crumble, clearing the way for a better world.

The Guides' message is nothing short of revolutionary: humanity is at a time of reckoning, and we must face ourselves and our creations in order to recognize the shared divinity within us all.

ISBN: 978-1250392527 * St. Martin's Essentials, 2026 * 259 pages * \$42.00

Many of us can regurgitate why healthy boundaries and saying "no" are important. So why are we still over-accommodating and actively participating in imbalanced relationships that fuel anxiety and exhaustion? If you tend to over-function in relationships and then get resentful of other people's demands on your time and energy, it's time to break old patterns and discover new ones.

In *Serial Fixer*, psychotherapist and wellness consultant Leah Marone will help you break old habits of fixating on—and fixing—the problems of others. The book is an upbeat, practical guide toward emotional awareness that will recalibrate your relationships with others and yourself. Examine your habitual need to control, understand why you feel so invested in other people's drama, and explore ways to release perfectionism's grip.

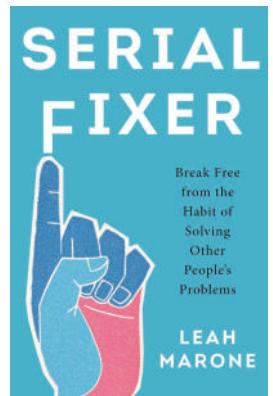
Along the way, you'll discover the roots of stress, anxiety, emotional hangovers, burnout, and compassion fatigue. You'll become proficient at creating the space, setting the tone, tapping in with curiosity, fueling strength, and maintaining connection.

The key to Marone's approach is her *Support, don't Solve* framework, designed to help you align your life with your values, set healthy boundaries, recognize triggers, and find more moments of happiness. By learning five steps—validate, empathize, inquire, motivate, and reconnect—you can release the longing to be needed and move away from relational burnout and toward authentic connection with friends, colleagues, and loved ones.

ISBN: 979-8889835332 * Broadleaf Books, 2025 * 231 pages * \$37.99

SERIAL FIXER
Break Free from the Habit of Solving Other People's Problems

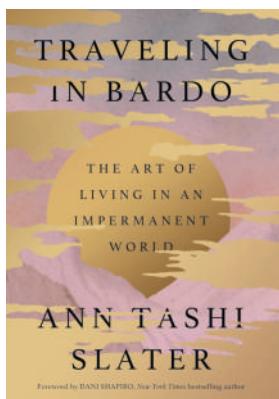
Leah Marone



TRAVELING IN BARDO

The Art of Living in an Impermanent World

Ann Tashi Slater



In a world where nothing lasts forever, how do we live? Life is perpetually, endlessly filled with change: new jobs and new loves, unfamiliar places and faces. And entwined in that change is loss: loss of what was or is, or what could have been. In the midst of this shifting landscape, **Traveling in Bardo** invites us to embrace impermanence in a powerful way, rooted in ancient wisdom.

Interweaving explorations of bardo in relation to marriage and friendship, parents and children, work and creativity with stories of her Tibetan ancestors and the Buddhist teachings on the fleeting nature of existence, Ann Tashi Slater illuminates what the teachings have to tell us in our contemporary lives. She relays vital wisdom from Tibetan culture, giving us a bold, new framework to navigate moments of change and live life fully.

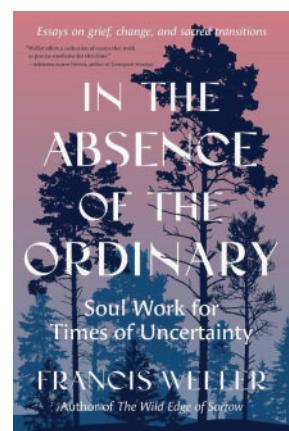
During over forty years of writing and speaking about her Tibetan-American heritage and the relevance of Buddhism in Western society, Slater has come to see how Tibetan bardo views on impermanence can transform the way we live. In Tibetan belief, bardo is the interval between death and rebirth, as well as the intermediate state between birth and death. It also refers to liminal periods in life when the reality we know comes to an end. A time of great possibility, it offers us the opportunity to find happiness in an impermanent world.

ISBN: 978-0306835216 * Balance, 2025 * 259 pages * \$39.00

In the Absence of the Ordinary frames our current era as a rough initiation—an upending experience of profound trauma and transformation that demands we reorient our ways of thinking, being, and relating. Through essays like “Some People Wake Up...,” “The Gift of Restraint,” and “Gratitude for All That Is,” Weller offers clarity and wisdom on how to face the sobering stakes of our time—while offering the nourishment and support we need to embody the new roles this initiation requires.

IN THE ABSENCE OF THE ORDINARY
Soul Work for Times of Uncertainty

Francis Weller



- Section 1, “When the Bough Breaks,” names our collective traumas and peels back the false armor of modernity.
- Section 2, “Care of the Soul,” differentiates between the connected soul and the individualistic self, inviting us back into alignment with the wider world of belonging.
- Section 3, “Meanwhile, the World Goes On,” gives shape to the emptiness we carry and the ways modernity has severed us from our birthright of interconnectedness with the natural world.

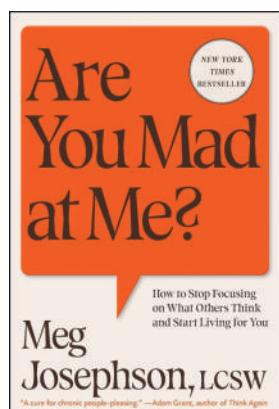
In each essay, Weller fortifies us to become immense—to meet these unpredictable times with presence and faith, to restore our souls’ place in the soul of the world, and to hold steady, amid and for it all.

ISBN: 979-8889842613 * North Atlantic Books, 2025 * 172 pages * \$25.99

ARE YOU MAD AT ME?

How to Stop Focusing on What Others Think and Start Living For You

Meg Josephson



Psychotherapist Meg Josephson is here to show you that people-pleasing is not a personality trait. It's a common survival mechanism known as “fawning”: an instinct often learned in childhood to become more appealing to a perceived threat in order to feel safe.

Yet many people are stuck in this way of being for their whole lives. **Are You Mad at Me?** weaves Josephson's own moving story with that of fascinating client stories and thought-provoking exercises to show you how to:

- Identify all the roles you might play—from peacekeeper to performer to caretaker to lone wolf to perfectionist to chameleon—that keep you far from yourself.
- Stop fearing your thoughts and emotions, even if they’re unpleasant.
- Rethink conflict and boundaries as an opening for deeper connection.
- Practice “leaning back” in relationships.
- Recognize when people-pleasing is actually necessary (with your chaotic boss) and when it’s not (with your close friends).
- Shift away from the familiar chaos, anxiety, and resentment you’re used to as you move closer to yourself and a life that no longer depletes you—but brings you joy.

With Josephson’s “lucid prose and smart mix of clinical expertise, personal disclosure, and pertinent case studies” (*Publishers Weekly*), **Are You Mad at Me?** will help you shed the behaviors that are keeping you stuck in the past so that you can live in your most authentic present.

ISBN: 978-1668082461 * Gallery Books, 2025 * 294 pages * \$39.99

The anti-aging and diet/wellness industries have scammed us into believing that thinner and younger is always better—that there's a “right” way to eat and move to age “well”. But that's a lie—and it's doing real harm.

When Deb Benfield, a Registered Dietitian Nutritionist, turned 60, she went looking for guidance on how to care for her changing body. What she found was the same tired and disempowering narrative centering on controlling weight—a goal that puts us at war with our bodies right when we most need to feel at home in them.

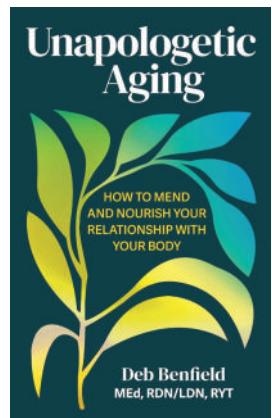
Unapologetic Aging gently unravels the toxic messages of anti-aging and diet culture, helping you let go of rigid rules and tune into what truly nourishes and delights you. When you stop fighting your body, you make room for vitality, self-trust, and joy.

Midlife and beyond isn't a crisis to manage—though it may feel like one sometimes. It's a powerful unfolding. It's not a time to shrink or submit to yet more rules, but a time to rise into your fullest self. You can age with confidence, ease, and deep self-respect. Unapologetically.

ISBN: 978-1399819459 * Sheldon Press, 2025 * 311 pages * \$26.99

UNAPOLOGETIC AGING
How to Mend and Nourish Your Relationship with Your Body

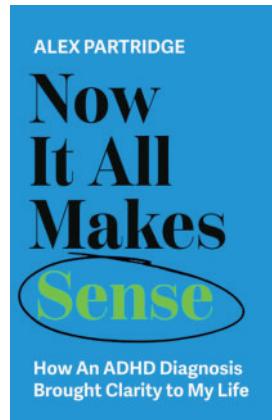
Deb Benfield, MEd, RDN/LDN



NOW IT ALL MAKES SENSE

How An ADHD Diagnosis Brought Clarity to My Life

Alex Partridge



In his chart-topping podcast, ADHD Chatter, Alex has spoken to dozens of experts on ADHD and related conditions in a bid to understand and improve outcomes for the neurodiverse population—and this groundbreaking book brings them all together, for the first time, in one place.

A blend of lived experience and expert insight, this deep dive into ADHD has the power to change your life. If you've ever wondered why you can't remember those critical appointments, how you can be hyper-focused one minute and down a YouTube rabbit-hole 30 seconds later, or why do people walk so slowly? then this relatable and unashamedly honest book is for you.

Written with Alex's trademark raw vulnerability, *Now It All Makes Sense* distils the essence of all the most important need-to-knows, from parenting with (and for) ADHD, to managing your mental health, your finances and even your shopping list. Most importantly it celebrates the opportunities and strengths, unique skillsets and positive traits of ADHD to remind you that you are NOT broken—and you are enough.

ISBN: 978-1399817813 * Sheldon Press, 2025 * 190 pages * \$28.95

THE YOUNG WITCH'S GUIDE TO LIVING MAGICALLY

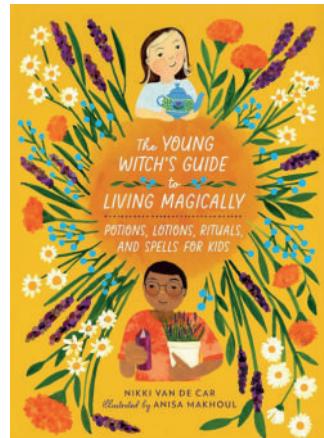
Potions, Lotions, Rituals, and Spells for Kids

Self-care and wellness are a part of any witch's life—even a young witch. In *The Young Witch's Guide to Living魔ically*, author Nikki Van De Car will teach you how to do magic for yourself—on the inside, on the outside, and in your home. In this magical guidebook to taking care of your body and mind, you'll learn how to perform tea rituals, to make bread to help you feel better on a sad day, to craft healing oils for your sore body, and to create your own crystal grid. You'll learn about:

- Reading tea leaves
- Practicing yin yoga
- Making your own shampoo
- Setting up your altar
- Reading runes
- Finding your voice with lip balm
- Performing rituals and more!

ISBN: 978-0762484010 * Running Press Kids, 2023 * 96 pages * \$22.99

Nikki Van De Car
Anisa Makhoul, Illus.



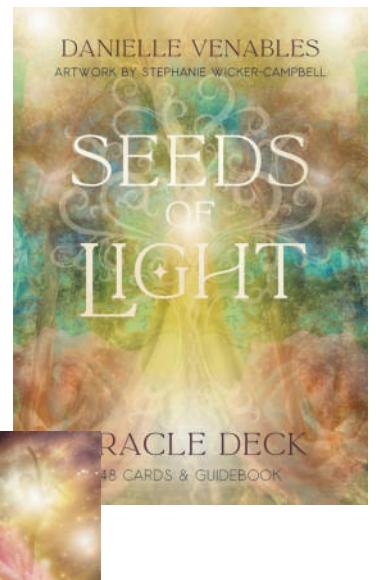
Seeds of Light Oracle Deck is a potent tool created to ignite conscious leaders on their soul path, helping them cultivate a life without limits. This deck is designed to grow with readers and serve as a portal to their soul's wisdom, supporting every phase of their personal and spiritual evolution. Your soul has been longing to live differently—to release societal conditioning and step into a more harmonious way of life. **Seeds of Light Oracle Deck** is a mystical yet grounded deck crafted to guide conscious leaders and changemakers on their journey. Through powerful, sacred transmissions, this deck encourages users to explore their deepest desires, illuminate their path forward, and embody their role as the sovereign creator of their reality. Engaging the laws of quantum energy, this oracle is not just about personal transformation but also about creating ripples that reshape reality itself. In this pivotal time, the **Seeds of Light Oracle** supports users in breaking free from outdated structures and nurturing a new paradigm—one that celebrates the boundless potential of the soul.

ISBN: 978-0645885095 * Muse Oracle Press, 2025 * 48 cards & guidebook * \$41.50



SEEDS OF LIGHT ORACLE DECK

Danielle Veenables
Stephanie Wicker-Campbell, Illus.



ANGEL ORACLE

Debbie Malone
Amalia I Chitulescu, Illus.

Angel Oracle by renowned medium Debbie Malone comprises a beautiful collection of angels to help you tackle any situation, from the Angel of Travel, Angel of Fertility, Angel of Detoxification and Angel of Enlightenment to the Bully Prevention Angel.

The accompanying booklet takes you through the meaning behind each card and how best to utilise your angels. Debbie says that happily angels are among us, even though we as earthly beings sometimes become so caught up with our daily lives that we forget that other realms exist. In an age when we are faced with daily challenges from forces that appear to be out of our control, **Angel Oracle** helps us to connect to a higher realm and seek the assistance we need in our everyday lives.

ISBN: 978-1922786609 * Rockpool, 2023 * 36 cards & guidebook * \$35.99

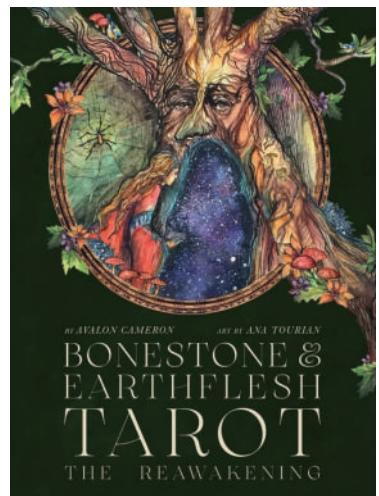


This new edition of the international bestseller by Avalon Cameron and Ana Tourian is an invitation to explore, remember, and weave your own path of self-discovery.

BONESTONE & EARTHFLESH TAROT
The Reawakening

Welcome to the world of *Bonestone and Earthflesh*, where myth and mysticism intertwine. This 79-card tarot deck is a journey through sacred landscapes and enduring narratives, where the hero, the villain, the lover, and the seer all leave their mark. Each card carries the voice of land spirits, protective deities, and the wisdom of those who came before.

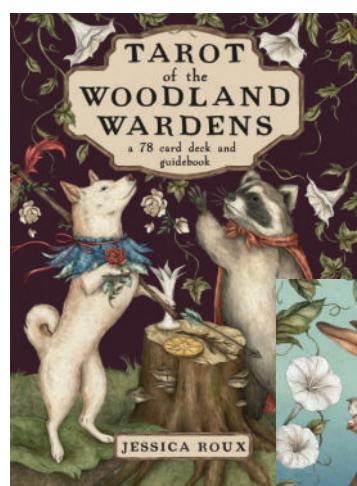
ISBN: 978-0738783406 * Llewellyn, 2025 * 79 cards & guidebook * \$50.50



TAROT OF THE WOODLAND WARDENS

78-Card Deck & Guidebook

Jessica Roux



The Tarot of the Woodland Wardens elegantly captures the magic of flora and fauna through the major and minor arcana. Each card is inspired by the classic Rider-Waite-Smith imagery, with the human figures replaced by woodland creatures who share their innate wisdom and spiritual guidance.

To be used on its own or together with Roux's bestselling *Woodland Wardens Oracle*, this is a must-have gift for lovers of nature, folklore, and mythology.

ISBN: 979-8881600099 * Amber Lotus, 2025 * 78 cards & guidebook * \$33.99

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