

*****This newsletter can be sent to you by email; just let us know that you would like to receive it!*****

Check out our Events page at www.mandalabookshop.com/events.php to see what is happening in our community

New Books

Mandala Books

November, 2025

...a haven for the soul

"Every difficulty in life presents us with an opportunity to turn inward and to invoke our own submerged inner resources. The trials we endure can and should introduce us to our strengths."

—Epictetus

November's Insights from Lisa

Welcome to your reading! The cards at this time are offering us a space where the veil thins just enough for us to catch a flicker of what's been waiting in the shadows, not to frighten, but to guide. We find ourselves on the cusp of a shift and a stirring, where fallen leaves whisper secrets of release and the air hums with quiet possibility. This is a season of soul-stretching where rest becomes readiness and new paths shimmer like candlelight in a darkened room. We are being invited to follow the tug of instinct, to trust the unseen, and to step forward with a brave and curious heart, cloak trailing behind us like dusk.



The cards at this time bring us messages of expansion, freedom, liberation and even perhaps a tiny metamorphosis. There is a do-over or a fresh start on offer from the universe and it is suggested that we take this opportunity to explore and consider without overthinking or over analyzing. There is a lot of air energy here and with air comes an enormous amount of imagination and literally, the sky is the limit. This is a time to enjoy endless possibilities, to daydream without limits and to conger up the most fantastic scenarios, to what-if over and over again but in the most positive and healthy way possible.

Ask yourself, "What if I did this, then that happened and I LOVED it!" or "What if I tried that thing and it revealed options I didn't know were possibilities." "What if I gave it a shot before self sabotaging it and it worked out better than I could have ever imagined??" These are the best kind of what-ifs!

This untamed air energy encourages us to let go of our self imposed restraints and open up to the most fantastic scenarios and considerations. What if it is just crazy enough to work? What if you found out that you are really good at something and you had no idea! What if you took a chance and found a solution you didn't know was an option to an ongoing problem. What if you tried it, enjoyed it and then realized you don't want to go back to the old ways. What if you took a chance on yourself and realized that the exhilaration of trying something new was its own reward? What if you changed your routine and came to find out that the change brought you more delight and joy then you were prepared for. What if your new perspective was a life changing light bulb moment that offered more understanding and in turn, more relief that you could have imagined. What if that thing led you down a path which pointed you in a direction you would have NEVER considered. What if indeed!

continued on the next page

This, my friends, is the kind of air energy that we have on offer. It is limitless, full of ideas and a bit chaotic but in a good way. We are being asked to set aside our self imposed and limited ideas about ourselves and consider that many fantastic ideas, options and possibilities are available to us. Truly, this month asks you to whisper what if to yourself, not in fear, but in curiosity. Because the truth is, we never really know where our dreams and ideas might lead, and that is part of the magic. No great story ever began with, "I played it safe and never dared to try anything new." The tales worth telling are born from courage, from stepping into the unknown and trusting that something extraordinary may unfold.

The cards aren't suggesting that we drop everything and move to Siberia (unless you want to LOL!) but rather that we allow ourselves to daydream and break out of a rut. These cards ask that we open the window to our soul, as wide as we can and let this cold November wind rustle through and remove old cobwebs, notions and outdated beliefs. The cards aren't asking us to make grandiose changes but rather that we allow ourselves to roam the vastness of our imagination and think about what we could do to bring in new life and freedom into our world. This is not only supposed to be fun but it is an act of self care. Daydreaming is like letting your inner lantern flicker in a soft, safe breeze, it gives the mind space to breathe, lowering stress and inviting our nervous system to settle into rest and repair. Spiritually, it opens a quiet doorway to intuition and imagination, where our soul can wander, receive inspiration, and remember who we are beneath the noise of everyday life.

On the left, the wee fairy in New Life stretches, she has been asleep long enough. It is time for her to flap her wings and move about up high in the air where she can move about with ease and also look back down on where she was with a new perspective, up high, away from her original resting place. A change of scenery combined with a new perspective is a winning combination that often brings relief and rekindles our hope. It reminds us that nothing stays stagnant forever, that movement, and a shift in viewpoint can spark inspiration, clear emotional clutter, and gently guide us back to possibility.

One the right we have the Horse Spirit that brings an enormous amount of freedom. These two creatures on either side of us want us to stretch, move about and go out in search of new horizons, both inner and outer. They remind us that growth rarely happens by staying still, that our spirit thrives when curiosity leads, when we follow that tug toward open fields and unexplored ideas. Together, the fairy and the Horse Spirit ask us to trust the winds of change, to loosen the reins we hold on our comfort zones, and to let movement, whether gentle or wild, carry us toward expansion and renewed purpose.

And now the King of Wands sits in between, flame in hand, not to pull us back to the ground but to show us how to use this new perspective. Where the fairy invites gentle awakening and the horse beckons us toward freedom and movement, the King of Wands steps forward as the bridge between inspiration and action. He reminds us that insight is sacred — but it is even more powerful when we dare to act on it. With his fearless heart and visionary spark, he urges us to follow the ideas that stir our souls, to take courageous steps toward change, and to trust in our ability to shape our lives with intention and passion. Spiritually, he fuels our inner fire; practically, he reminds us that every meaningful transformation begins with one bold move. We are encouraged at this time to be open, ask what if and don't hold back. Imagine first, see how it feels and then we act.

Additional Considerations:

#1. New Life: New energy enters and it is okay to acknowledge that you may be unsure or have doubts. Gently allow yourself to accept that you may not know something. This is a beginning. You aren't supposed to have all the answers. Go forward with enthusiasm, stay curious and trust your intuition.

#2. King of Wands: He embodies leadership and inspired action. He's not afraid to take risks and he prefers to build, create, and adventure rather than sit still. Unlike the Knight who can be a bit impulsive with his actions, the King has the maturity and confidence to see the vision through right to the end.

#3. Horse Spirit: When horse spirit appears it is a time for freedom of choice. Horse Spirit reminds us that no matter the circumstances, we have free will and choices that can take us to a better place, a better situation, a better state of being or a better frame of mind if we allow ourselves to break free from perfectionism and stubbornness. Let go, release and make room for magic.

Have fun with this energy and don't hold back! You never know what will come of it. Hugs, Lisa xo

Cards Used in this Reading:

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

Check out [Lisa's Etsy page](#) to see her imaginative, handmade journals.

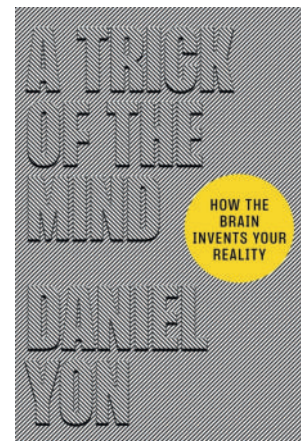
How does your brain decide what it's seeing, from the physical world to other people? For decades, scientists have tried to understand how our brains work, not realizing that the answer lies much closer to home. New research in neuroscience and psychology suggests that the brain is doing the same thing that the scientists are: using past experiences to build theories of how the world works, and using these models to predict and make sense of it. Through this process, your brain constructs the reality that you live in.

Daniel Yon takes the research one step further, uncovering how your brain colors your perception of the world, the judgements you make about other people, and the beliefs you form about yourself. These mental processes help us navigate the world—but can also lead us astray, causing us to believe outlandish conspiracy theories or to see things that aren't really there. By understanding the ways each of our brains construct our realities, we can better engage with other communities and make more informed approaches about mental illness. With cutting-edge research and transformative practical applications, *A Trick of the Mind* will revolutionize the way you think.

ISBN: 978-1538725207 * Grand Central Publishing, 2025 * 270 pages * \$40.00

A TRICK OF THE MIND
How the Brain Invents Your Reality

Daniel Yon



END EMOTIONAL OUTSOURCING

How to Overcome Your Codependent, Perfectionist, and People-Pleasing Habits

Beatriz Victoria Albina, NP, MPH, SEP

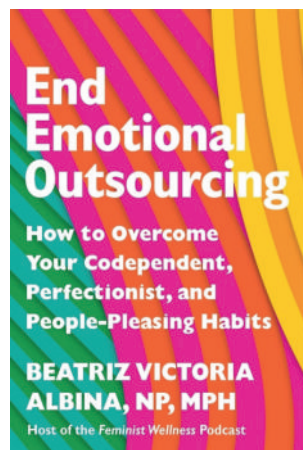
Do you say “yes” when you mean “no”? Do you end up in lopsided relationships, feeling resentful but not sure how to speak up? Do you feel anxious, struggle with perfectionism and imposter syndrome, or feel like you’ve lost touch with your true self? You’re not alone: Thousands of people, especially those of us socialized as women, struggle with *Emotional Outsourcing*—a term nurse practitioner and life coach Beatriz Victoria Albina coined to describe the codependent habits that keep us stuck.

In *End Emotional Outsourcing*, Albina explores the origins—both personal and systemic—of these tendencies, and coaches readers through a science-backed program of thought work and somatic practices. Readers will learn to:

- Regulate their nervous systems
- Reframe their habitual thoughts and actions
- Take back their time and energy
- Improve relationships with parents, friends, and partners
- Discover their inherent self-worth and lovability

Groundbreaking, healing, and urgent, *End Emotional Outsourcing* is poised to change the conversation about codependency, and help an entire generation of women step into their power.

ISBN: 978-1537655438 * Balance, 2025 * 324 pages * \$40.00



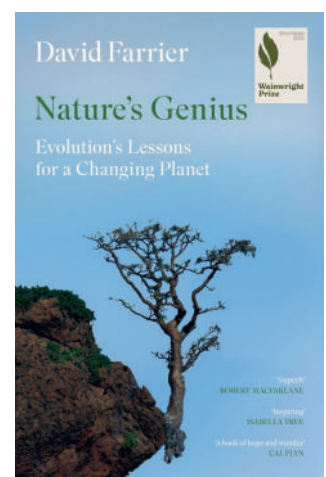
For nearly four billion years, life on Earth has found new ways to adapt, reproduce and thrive, taking on new forms to meet the environment of the moment. Human impact on the planet, and the potentially devastating threat of climate change, have stressed that adaptability as never before. Yet life still finds a way. Animals, plants and insects rise to the challenge and are still adapting, reproducing and thriving, even in our rapidly transforming environment. In their example we may just find ways that we too can adapt, ways to stop the destruction we’re causing to the planet.

In *Nature’s Genius* David Farrier takes us on a profound journey into this ever-changing natural world. What we discover could transform us. The ways animals adjust to the urban landscape can help us design sustainable cities. Examining other intelligences can help us remake our economies. Learning from bacterial evolution may help solve our waste problem. Synthetic biology could rescue animals from the brink of extinction. Thinking in timescales of the natural world could help us choose a better future.

Life on Earth is changing; the question is, can we change with it? Can we remake the world to be fit for all life to thrive once more?

Nature's Genius
Evolution's Lessons for a Changing Planet

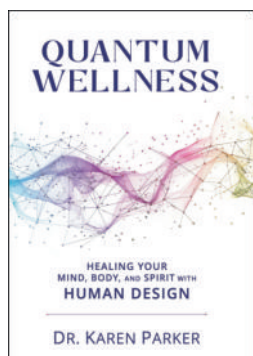
David Farrier



QUANTUM WELLNESS

Healing Your Mind, Body, and Spirit with Human Design

Dr. Karen Parker



Discover how to:

- Decode the hidden messages your body is sending you
- Uncover the root causes of dis-ease and imbalance in your life
- Harness the power of your unique energetic blueprint
- Rewrite limiting stories and beliefs that hold you back
- Align with your authentic self to create vibrant health and well-being

Whether you're a holistic practitioner, a Human Design enthusiast, or someone on a journey of self-discovery, this book offers profound insights and practical tools to transform your life from the inside out. Learn how to leverage your Quantum Human Design to unlock your full potential and create a life of purpose, and vitality.

Don't just treat symptoms – address the core of who you are. Embark on a journey of deep healing and self-realization with this indispensable guide. Your body, mind, and spirit will thank you.

ISBN: 978-1961347830 * Human Design Press, 2025 * 339 pages * \$45.95

TRANSFORMING THE LEGACY

The Subtle Body Approach to Honor and Heal Your Inherited Lineage

Many of us feel stuck in the past from time to time, but what if your past is impacting your present in significant ways? The truth is, the past has made your present. And your inherited traits—those acquired through biological means and your soul—determine much of who you are. Some of those patterns and programs might be supportive of your true self. But others? Not so much! The good news is that you can change your inheritance through an easy-to-access mechanism: the subtle body.

Cyndi Dale

Cyndi Dale, bestselling author of the Subtle Body series, presents a unique and powerful approach for transforming soul-based and lineage-ancestry issues through the main structures of energetic anatomy—your chakras, meridians/nadis, and auric fields. Using accessible practices, you'll learn to address your genealogical and soul history through these structures, shifting from stuck-ness to the freedom of “becoming your own best ancestor”—the self who can sort through history and establish future pathways of love and good health.

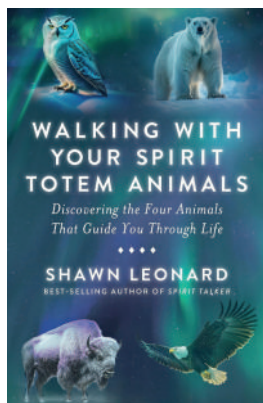
Sometimes, to move forward, we must first move back. Discover the underlying energy that's inherent in you. Get grounded in your lineage, connect to your experiences across time, and access and heal your history. It's time to alter what has been in order to stand entirely in the present, reconnect with your true self, and create your best path forward.

ISBN: 978-1649632760 * Sounds True, 2025 * 273 pages * \$27.99

WALKING WITH YOUR SPIRIT TOTEM ANIMALS

Discovering the Four Animals that Guide You Through Life

Shawn Leonard



In *Walking With Your Spirit Totem Animals*, Mi'kmaq medium and host of Spirit Talker Shawn Leonard invites readers on a profound journey into the mystical world of animal totems. His insightful guide reveals how specific animal totems, that are personal to each and every one of us, support us. Leonard intertwines personal anecdotes with spiritual teachings, illustrating how these animal guides have appeared in his own life—his totems are Buffalo/Bison, Eagle, Polar Bear, and Owl—and provided wisdom at each stage.

The book includes comprehensive discussions on the Medicine Wheel and practical tools such as prayers and meditations to help readers connect with their own animal totems. Leonard also incorporates reflections on the connection between pets and their spiritual roles, messages revealed through animal dreams, and encounters with the animal nation in the astral realm.

ISBN: 978-1401997250 * Hay House, 2025 * 186 pages * \$23.99

No other life form turns noise into sound, sound into language, then language into understanding quite the way we humans do when we listen. As a sociolinguist who grew up in different places with very different languages, Haru Yamada has always been fascinated with the way people navigate their day listening to language systems that code the world in such dramatically different ways. And it was as Haru was recovering in the ICU from an accident that had inflicted a permanent hearing disability when she rediscovered the extraordinary benefit found in the science of listening—the critical intelligence we need to learn and grow and get better.

Now, Haru Yamada offers a practical guide to more effective listening as a perceptive, creative exercise. We don't just listen to what people say and don't say, we reconstruct what someone else is saying and doing and meaning and feeling. Listening is a skill that requires our physical ear and brain power and the effort of our creative mind and social heart to remix what we hear from others and recreate it within ourselves. Kiku will allow you to harness the vital energy of listening to connect, sustain, and enhance the relationships you have with your friends, families, and professional teams.

ISBN: 978-0306837647 * Balance, 2025 * 324 pages * \$40.00

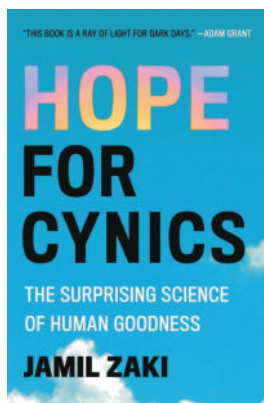
KIKU
The Japanese Art of Good Listening

Dr. Haru Yamada



HOPE FOR CYNICS
The Surprising Science of Human Goodness

Jamil Zaki



In 1972, half of Americans agreed that most people can be trusted; by 2018, only a third did. Different generations, genders, religions, and political parties all think human virtue is evaporating. Cynicism is an understandable response to a world full of injustice and inequality. But in many cases, it is misplaced. Dozens of studies find that people fail to realize how kind, generous, and open-minded others really are. Cynical thinking deepens social problems: when we expect the worst in people, we often bring it out of them.

We don't have to remain stuck in this cynicism trap. Through science and storytelling, Jamil Zaki imparts the secret for beating back cynicism: hopeful skepticism—thinking critically about people and our problems, while honoring and encouraging our strengths. Far from being naïve, hopeful skepticism is a precise way of understanding others that can rebalance our view of human nature and help us build the world we truly want.

ISBN: 978-1538743072 * Grand Central Publishing, 2025 * 271 pages * \$25.99

THE GUIDE(S) BOOK
Mapping Out Life's Journey with Spirit by Your Side

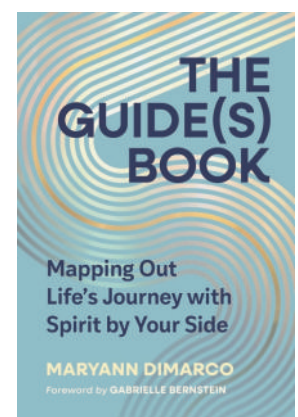
Maryann Dimarco

Imagine getting divine input for every decision we make, knowing that at each fork in the road, we could just tap into an inner voice and intuitively sense which way to turn. In a world that offers us infinite ways to go, Spirit Guides are an invaluable resource—an inner GPS that routes and reroutes us as we head toward our destination, always there, always aligned.

The Guide(s) Book: Mapping Out Life's Journey with Spirit by Your Side by MaryAnn DiMarco—celebrated author, motivational speaker, psychic medium and spiritual teacher—shows spiritually-minded readers how to do exactly that. It will show readers how to recognize, communicate, and be directed by their Guides on the other side. With clarity, warmth, and plenty of examples from her life and that of her clients, MaryAnn leads readers to tap into a broad network of ever-present Guides who will guide them to find purpose, direction, and serve their highest good.

Each chapter of this book offers a specific aspect of living life with Spirit by your side (introducing Guides, gaining hands on experience, navigating challenging guidance, and integrating skills for soul-led growth) as well as any associated pitfalls; explores anecdotes to demonstrate the concept; and concludes with an interactive exercise to reinforce the concept.

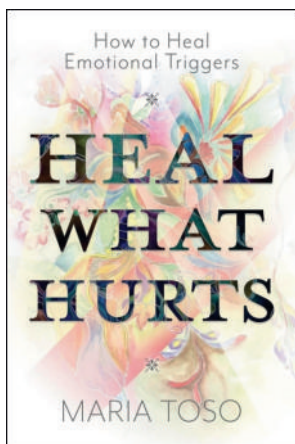
ISBN: 979-8894140322 * Running Press, 2025 * 187 pages * \$39.00



HEAL WHAT HURTS

How to Heal Emotional Triggers

Maria Toso



Integrating both physical and spiritual dimensions of healing, this unique, eight-step guide to energetic healing reveals how to truly process pain and control your emotional triggers. Maria Toso uses her fifteen-plus years as a therapeutic yoga teacher to help you connect with your divine presence, heal the knots of contracted energy trapped in your body, and move beyond trauma.

Emotional triggers are not just abstract concepts—they are real energetic knots that manifest as undeniable sensory experiences. If left untreated, these triggers can lead to addiction, relationship breakdowns, and isolation. However, Maria's holistic, step-by-step process guides you through healing these wounds and calming your nervous system. You will not only learn how to manage your triggers, but also how to meet them with loving presence, transforming them into sacred portals that deepen your connection with the Divine.

Featuring more than twenty guided meditations and affirmations, this book allows you to finally repair the relationships in your life and align yourself with Divine Love.

ISBN: 978-0738781495 * Llewellyn, 2025 * 205 pages * \$25.95

Every night reveals a thousand secrets... In this charming anthology of children's stories by Alicia Klepeis readers will be guided under the light of the moon to meet the amazing animals that come out when we're all asleep. In one story a lost wolf pup has to find its way back to its pack, while another looks at a flying fox as it goes for a midnight swim. Kids will be thrilled by the pineapplefish who has a flashlight built into its mouth, and marvel at a dung beetle that navigates by looking at the stars!

Other stories feature American alligators, Fennec foxes, wombats, snowy owls, bushbabies, flying frogs, luna moths and even a rat making its way across a sleeping city. All of these nighttime animals and their habitats are brought to life with impressive skill by illustrator Jennifer Falkner.

Each story in *Secrets of the Stars* is based on the real biology and behavior of these amazing wild animals, and at the end of each tale readers will find out more about the science that inspired the story. So as they drift off to sleep, they will know a little bit more about the animals that are waking up and beginning their day.

ISBN: 978-1684494514 * Neon Squid, 2025 * 160 pages * \$27.99

SECRETS OF THE STARS

15 Bedtime Stories Inspired by Nature

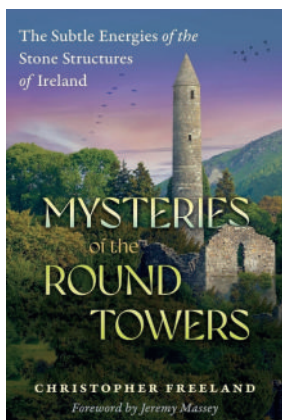
Alicia Klepeis



MYSTERIES OF THE ROUND TOWERS

The Subtle Energies of the Stone Structures of Ireland

Christopher Freeland



In Ireland, and to a lesser extent Scotland, in seemingly unconnected locations, there are more than 60 enigmatic round towers, often 90 feet tall or higher and nearly uniform in their construction. Believed to have been built between the 7th and 10th centuries CE, the Roman Catholic Church long ago laid claim to them. Yet who built them—and why—is completely unknown, and even their date of construction is debatable.

Presenting a professional dowser's radiesthetic and magnetic analysis of the round towers of Ireland, Christopher Freeland examines previously unexplored yet fundamental facts common to all of the round towers, including geographic orientation, connections to underground waterways, historical records, and the magnetic polarity of the stones themselves. Explaining the basics of radiesthesia, the energetic science of dowsing, the author shows how the locations of the towers have far-reaching ramifications for the health of humans, animals, and plants in their surrounding areas. His in-person examinations reveal how systematic magnetic orientation of the stones in these towers' walls, the unusual construction techniques of the unknown architects, and the resulting access to Earth's telluric forces further enhance their energetic effects. He explores the types of stone used, speculates how many towers once existed, and firmly debunks the assertion that they were built by the Church.

Offering a guide to the creation and purpose of the round towers, Freeland shows that we can once again embrace the ancient wisdom of our ancestors about the flow of energy in the Earth and bring back balance and harmony through understanding Nature's alchemy of stone, water, and magnetism.

ISBN: 979-1591435280 * Bear & Company, 2025 * 196 pages * \$27.50

MAKING THE AFTERLIFE CONNECTION

The Journey from Doubt to Knowing that Death is Not the End

In ***Making the Afterlife Connection***, gifted medium Suzanne Giesemann takes readers on a journey of spiritual awakening, to a life beyond physical existence.

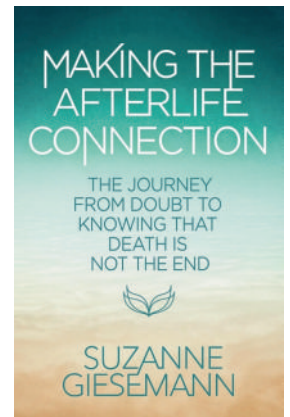
Suzanne Giesemann

As a former Navy Commander, Suzanne's credibility and down-to-earth style make deep spiritual concepts accessible and engaging. She offers a grounded approach that blends her military background with her spiritual insights, and in doing so, she demystifies mediumship and provides a systematic method for others to explore their own gifts.

Making the Afterlife Connection is rich with compelling, true stories and practical exercises that help readers experience their own spiritual connections.

By sharing her personal journey and the irrefutable evidence she has gathered, Giesemann helps readers understand that they are part of a larger, interconnected web of existence and that divine love is a powerful, healing force available to everyone.

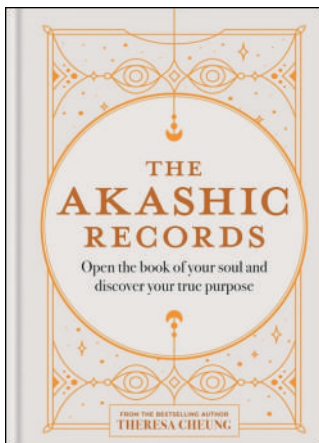
ISBN: 978-1401995638 * Hay House, 2025 * 261 pages * \$23.99



THE AKASHIC RECORDS

Open the Book of Your Soul and Discover Your True Purpose

Theresa Cheung



The term 'Akashic' is rooted in the Sanskrit word 'akasha', meaning 'ether'. In the traditional Hindu Ayurvedic medicine practice, 'akasha' is one of the building blocks of the cosmos - empty space where everything connects. Your Akashic record is part of this unseen dimension, an endless energetic library that records your soul's journey through life. All your experiences, past, present and future, are written in this plane. Among them you'll find the answers to all your burning questions about yourself, your life and the universe. Contents include:

- A history and explanation of the Akashic records
- An introduction to the Akashic records' spiritual guardians
- The benefits of accessing your own Akashic record in your daily life
- The 12 most common pathways to channel your Akashic record, featuring guided meditations, intuitive tools and dreamwork exercises

With Theresa as your guide, accessing your Akashic record will heighten your self-awareness, teach you to approach the world with unconditional love and give you new tools to steer the direction of your life.

ISBN: 978-1841816142 * Godsfield Press, 2025 * 191 pages * \$28.99

YOU WILL BE ABLE TO READ TAROT BY THE END OF THIS BOOK

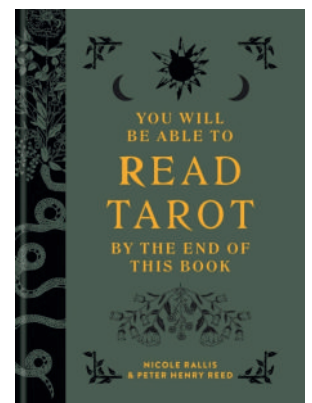
Nicole Rallis
Peter Henry Reed

Incorporating beautiful botanical illustrations of all the cards in the major and minor arcana, alongside the Rider-Waite-Smith deck, this is a straightforward guide to everything you need to know about reading tarot, from a basic understanding of what each card means, all the way to detailed readings to enrich your everyday life. Using flowers as an accessible, engaging starting point into tarot makes this the perfect handbook for navigating this centuries-old practice.

Chapter breakdown:

- Introduction: Why tarot is important and how flowers offer the most accessible introduction to tarot
- Section I: Seed - How to pull cards in a tarot spread
- Section II: Sprout - How to read the cards of the Major Arcana
- Section III: Bloom - How to read the cards of the Minor Arcana
- Section IV: Harvest - How to read the tarot in full and renew growth with others

ISBN: 978-1781579671 * Ilex, 2025 * 223 pages * \$28.99



THE INNER TEMPLE ORACLE

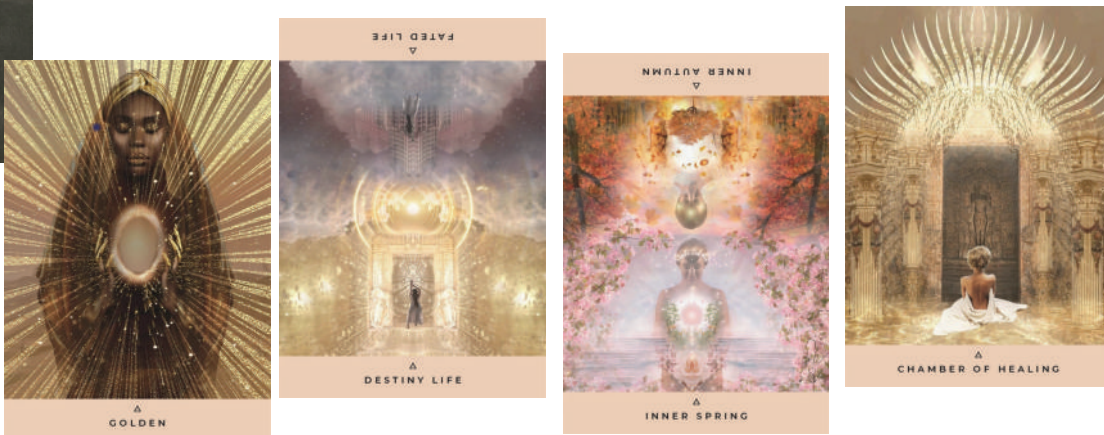
Rebecca Campbell
Katie-Louise, Illus.



Too often in our busy modern lives we look outside ourselves for guidance, but there's a portal of peace and wisdom that has always been waiting deep within you – your Inner Temple. It's a place of rest, of healing, and of creativity, and somewhere you can always go to receive answers to your questions.

The Inner Temple Oracle will support you to reconnect with this portal and develop a deep relationship with the wisdom of your soul. As you work with its four unique suits, you will become clear on what is true for you and receive guidance on the next grounded action you should take.

ISBN: 978-1788173254 * Hay HouseUK, 2025 * 44 cards & guidebook * \$35.99



THE COUNCIL OF HORSES ORACLE

Allowing you to tap into the earthly and spiritual wisdom of horses, this oracle embraces humanity's millennia-old relationship with horses as interactive guides to transformation.

Sandra Wallin
Kim McElroy

Each beautifully illustrated card conveys the captivating presence of the horse, offering an encounter with the equine soul while transmitting healing frequencies directly from the mystical Council of Horses. Serving as portals of transformation, the cards allow you to actively engage with horses as sentient beings who choose to support the well-being of humankind.

ISBN: 978-1591434931 * Bear & Co., 2024 * 40 cards & guidebook * \$24.99



MEDITATIONS

50 Cards to Quiet Your Mind

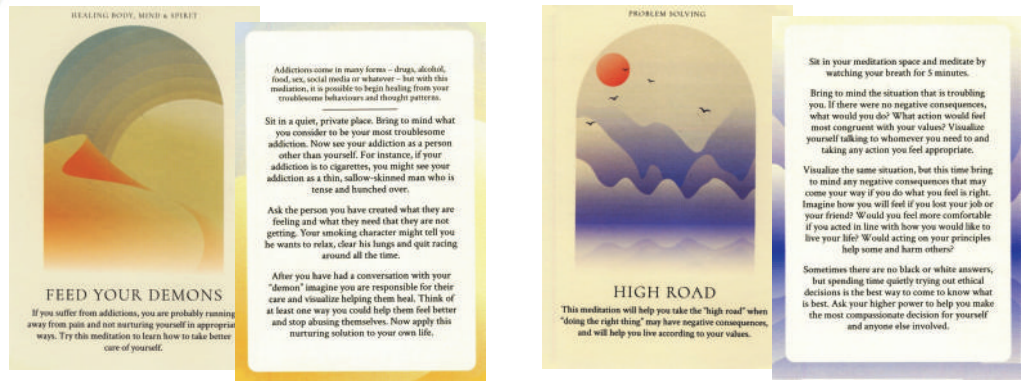
Madonna Gauding



Meditation is a very powerful tool for healing body, mind and spirit. It is a practice to help lower your stress levels and help you feel balanced and centered, while promoting healing and longevity.

If you are new to meditation, these cards will help you feel comfortable and confident as you begin the first steps of your practice. And if you are an experienced meditator, you may find renewed inspiration to help deepen your practice further. Whatever your level of experience, these cards - drawn from a variety of spiritual traditions, both Eastern and Western - offer a broad collection of simple, effective meditations for enriching your daily life and deepening your spiritual awareness. All are clearly explained, with easy-to-follow instructions.

ISBN: 978-1841816463 * Godsfield, 2025 * 50 cards * \$24.99



THE STOP WALKING ON EGGSHELLS CARD DECK

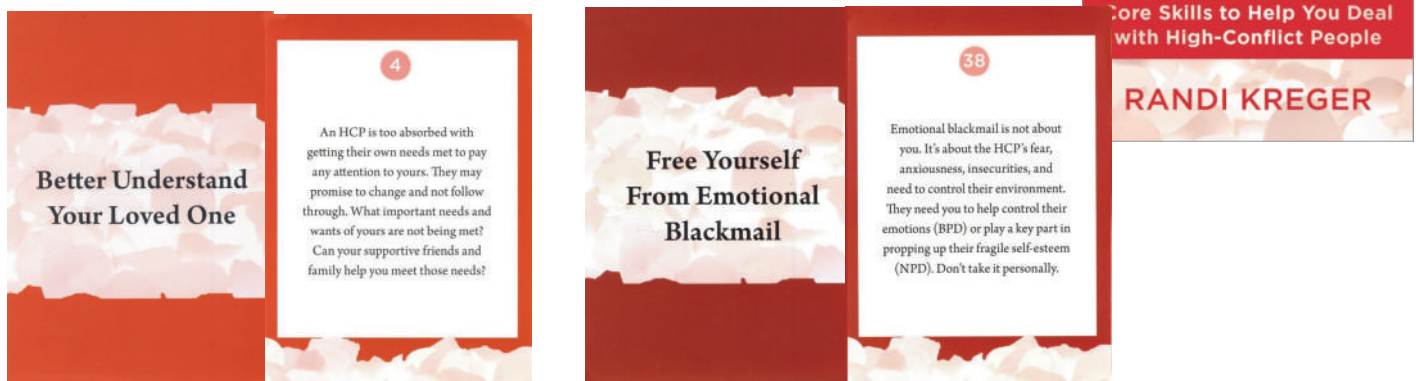
Core Skills to Help You Deal with High-Conflict People

Coping with high-conflict people can feel like you're "walking on eggshells" every day—especially if the high-conflict person is a loved one, friend, or coworker with borderline personality disorder (BPD) or narcissistic personality disorder (NPD). The good news is that you can learn skills for successfully navigating these relationships, you can take control of your life, and you can change your relationships for the better. This card deck will help you get started immediately.

Randi Kreger

The Stop Walking on Eggshells Card Deck offers powerful, portable, and in-the-moment skills to help you cope with the people in your life who display borderline and narcissistic traits. Using the card deck, you'll learn to set limits and communicate more effectively. You'll also find solution-focused tools based in mindfulness and dialectical behavior therapy (DBT) to help you stay calm, grounded, and centered when responding to high-conflict behaviors.

ISBN: 978-1648485411 * New Harbinger, 2025 * 52 cards & guidebook * \$28.95



Mandala Book Shop

190 Central Avenue, London, Ontario
E-mail: info@mandalabookshop.com

Phone: 519-432-9488

Web: www.mandalabookshop.com

Hours: Tuesday to Friday, noon to 6 pm and Saturday 10 am to 5 pm