

Many Mansions

In this beautifully written book by Suhail Mirza, acclaimed mystical writer and Founder of Spiritual Solutions, you will learn how to move from a place of meaninglessness and your own “dark night of the soul” to one of joyous purposefulness through unveiling the light within your heart. Discover that it never is too late to begin to make this transformation, provided you are prepared to be self-authentic and courageous enough to shed the veils of deceit within and around you. Leading with your light, you can make love and truth the foundations of all your relationships and move forwards. £9.99 (paperback), spiritualsolution.com



The Religion of Self-Enlightenment

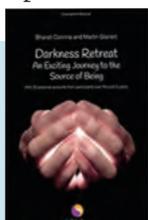
Carrick Ares grows up without any particular beliefs in anything. Yet when he suddenly dies in a car accident, he experiences what he feels to be the afterlife. It causes him to go through an existential crisis. Carrick goes mad and thinks that he finds the



truth of existence. He produces *The Religion of Self-Enlightenment*, containing his theories. £6.99, Amazon, Waterstones and Olympia.

Darkness Retreat

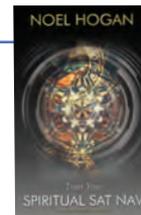
With 30 personal accounts from participants over the past five years Darkness Retreat experts, consciousness researchers and seminar leaders Bharati Corinna and Martin Glanert, have made an international name for themselves through their competent and compassionate way of counselling.



In this book, participants openly share their own, varied experiences to give the reader an up-close, first-hand account. These thirty compelling stories reveal the profound insight and life-changing process that happens through a Darkness Retreat. There is nothing that remains untouched: from exploring the true self, deeply buried fears, liberating wisdom and healing processes to authentic spiritual growth. £11.08, amazon.co.uk

Trust Your Spiritual Sat Nav

Through a series of inspiring stories, Noel Hogan raises the importance of keeping the vibration of this beautiful planet from slowing down, championing a reawakening that humanity is depending on. Using the fundamental basic laws of spirit, science and nature, Noel gives his readers the tools they need to meaningfully impact their lives. Trust your Spiritual Sat Nav is a journey to find the true you, and shows how you can unearth the power within. The person who reads this book is never the same when putting it down. £9.95 paperback, Daisa & Co Publishing. spiritualsatnav.com



Herbs Of Eden

This book contains the herbs that were grown in that magical place, the Garden of Eden. Each of the plants is discussed along with their Biblical reference, making it perfect for aromatherpists and spiritualists alike. Accompanying the reference is also a description and usage of the herb including culinary, medicinal and magical correspondence. Amazon kindle ebook, £4.23, amazon.co.uk



The Book Corner

Lose yourself in one of our top reading picks from the MBS circuit!



Ten Arguments For Deleting Your Social Media Accounts Right Now

Jaron Lanier, the world-famous Silicon Valley scientist-pioneer, explains why social media's toxic effects are at the heart of its design. Discover why liberating yourself from its hold will transform your life and the world for the better. Social media is making us sadder, angrier and less empathetic. This book draws on Jaron's insider's expertise to explain precisely how social media works by constant surveillance and £9.99, Bodley Head, amazon.co.uk



Everything Is Here to Help You: A Loving Guide to Your Soul's Evolution

Everything Is Here to Help You offers an emotionally supportive way to shift out of the inner war of ego and into the illuminated presence of your soul. In this book, spiritual teacher and intuitive Matt Kahn redefines the spiritual path for the modern-day seeker and offers new ways to resolve fear, unravel judgements and learn how to view life from an expanded perspective. By redefining our understanding of the spiritual journey from the point of view of the soul, Matt breathes fresh life into all aspects of the healing path and offers a loving new approach to developing personal growth. £17.99, Hay House, hayhouse.co.uk



Getting Back to Happy

Marc and Angel Chernoff have become go-to voices in the area of personal development, reaching tens of thousands of fans each day with their fresh and relatable insights. Now, they're writing the book they wish they'd had when they needed it. *Getting Back to Happy* reveals their strategies for changing thought patterns and daily habits to bounce back from tough times. Sharing never-before-published stories and advice, discover how to harness the power of mindfulness. £20.30, Tarcherperigee, amazon.co.uk

