

# SELF-HELP & MIND, BODY, SPIRIT

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2024



## SELF-HELP ORDER FORM

### HIGHLIGHTS

Publisher	Subject	ISBN-13	Title	Author	Binding	Cover Price	Special Indian Price	Qty
HACHETTE INDIA	Self-Help	9789351951469	The Ultimate Guide to 21St Century Careers	Dwivedi, Richa	PB	₹ 450	₹ 450	
HACHETTE INDIA	Self-Help	9789391028503	Limitless	Gupta, Radhika	PB	₹ 399	₹ 399	
HACHETTE INDIA	Self-Help	9789389253054	Science of Success, The	Hill, Napoleon	PB	₹ 299	₹ 299	
HACHETTE INDIA	Self-Help	9789389253061	Timeless Thoughts for Today	Hill, Napoleon	PB	₹ 350	₹ 350	
HACHETTE INDIA	Self-Help	9789389253078	Concise Law of Success, The	Hill, Napoleon	PB	₹ 299	₹ 299	
HACHETTE INDIA	Self-Help	9789391028435	The Napoleon Hill Collection	Hill, Napoleon	BOXED	₹ 299	₹ 299	
HACHETTE INDIA	Self-Help	9789350098882	Money Smart	Malhotra, Reenita / Vij, Divya	PB	₹ 599	₹ 599	
HACHETTE INDIA	Self-Help	9789350099285	Our Kid Eats Everything!	Singh, Neelanjana	PB	₹ 599	₹ 599	
HACHETTE INDIA	Self-Help	9789391028442	(Im)Perfectly Zero Waste	Srini And Shubhashree	PB	₹ 450	₹ 450	
HACHETTE INDIA	Self-Help	9789391028534	The Everyday Eco-Warrior	Srini And Shubhashree	PB	₹ 399	₹ 399	
Hodder And Stoughton	Business, Management & Economics	9781444759549	The Art of Thinking Clearly: Better Thinking, Better Decisions	Dobelli, Rolf	HB	£ 12.99	₹ 499	
Profile Books Ltd	Business, Management & Economics	9781781250914	Mastery	Greene, Robert	TPB	£ 18.99	₹ 999	
Profile Books Ltd	Business, Management & Economics	9781846681561	The Concise Mastery	Greene, Robert	PB	£ 8.99	₹ 599	
Profile Books Ltd	Business, Management & Economics	9781781259191	The Laws of Human Nature	Greene, Robert	TPB	£ 18.99	₹ 999	
Profile Books Ltd	Business, Management & Economics	9781788161565	The Concise Laws of Human Nature	Greene, Robert	PB	£ 9.99	₹ 599	
Profile Books Ltd	Business, Management & Economics	9781861972781	The 48 Laws of Power	Greene, Robert	TPB	£ 18.99	₹ 999	
Profile Books Ltd	Business, Management & Economics	9781861974044	The Concise 48 Laws of Power	Greene, Robert	PB	£ 9.99	₹ 599	
Profile Books Ltd	Business, Management & Economics	9781861977694	The Art of Seduction	Greene, Robert	TPB	£ 17.99	₹ 999	
Profile Books Ltd	Business, Management & Economics	9781861976413	The Concise Art of Seduction	Greene, Robert	PB	£ 8.99	₹ 599	
Profile Books Ltd	Business, Management & Economics	9781861979780	The 33 Strategies of War	Greene, Robert	TPB	£ 17.99	₹ 999	
Profile Books Ltd	Business, Management & Economics	9781861979988	The Concise 33 Strategies of War	Greene, Robert	PB	£ 9.99	₹ 599	
Profile Books Ltd	Business, Management & Economics	9781800816282	The Daily Laws: 366 Meditations on Power, Seduction, Mastery, Strategy And Human Nature	Greene, Robert	PB	£ 10.99	₹ 699	

Publisher	Subject	ISBN-13	Title	Author	Binding	Cover Price	Special Indian Price	Qty
Profile Books Ltd	Business, Management & Economics	9781846680793	The 50 <sup>th</sup> Law	Greene, Robert	PB	£ 11.99	₹ 699	
Little, Brown Book Group	Business, Management & Economics	9780349413686	Deep Work: Rules for Focused Success in a Distracted World	Newport, Cal	PB	£ 8.99	₹ 399	
Little, Brown Book Group	Popular Psychology	9781780332000	Mindset (Revised and Updated)	Dweck, Carol	PB	£ 10.99	₹ 399	
Little, Brown Book Group	Self-Help	9780349410159	Getting Things Done, (Revised and Updated) B Format	Allen, David	PB	£ 9.99	₹ 499	
Hodder And Stoughton	Self-Help	9781473671560	Unfuck Yourself: Get Out of Your Head and Into You	Bishop, Gary	TPB	£ 14.99	₹ 399	
Profile Books Ltd	Self-Help	9781788164290	The Artist's Way	Cameron, Julia	PB	£ 16.99	₹ 699	
Profile Books Ltd	Self-Help	9781788164306	The Artist's Way Workbook	Cameron, Julia	PB	£ 16.99	₹ 1199	
Profile Books Ltd	Self-Help	9781788164313	The Vein of Gold: a Journey to Your Creative Heart	Cameron, Julia	PB	£ 18.99	₹ 799	
Profile Books Ltd	Self-Help	9781788167796	The Listening Path: The Creative Art of Attention	Cameron, Julia	PB	£ 16.99	₹ 699	
Profile Books Ltd	Self-Help	9781800815216	Write for Life: A Toolkit for Writers	Cameron, Julia	TPB	£ 18.99	₹ 699	
Profile Books Ltd	Self-Help	9781800817982	Living the Artist's Way	Cameron, Julia	TPB	£ 18.99	₹ 799	
Profile Books Ltd	Self-Help	9781788168250	Seeking Wisdom	Cameron, Julia	TPB	£ 16.99	₹ 799	
Hodder And Stoughton	Self-Help	9781473672871	Don't Sweat the Small Stuff (A Format)	Carlson, Richard	PB	£ 7.99	₹ 399	
Hodder And Stoughton	Self-Help	9780340963814	Don't Sweat the Small Stuff... Omnibus	Carlson, Richard	PB	£ 16.99	₹ 1099	
Hodder And Stoughton	Self-Help	9780340748749	Don't Sweat the Small Stuff in Love	Carlson, Richard	PB	£ 10.99	₹ 799	
John Murray Learning	Self-Help	9781473688353	Who Says You Can't? You Do	Chidiac, Daniel	PB	£ 10.99	₹ 799	
John Murray Learning	Self-Help	9781529389975	100 Things Productive People Do: Little Lessons in Getting Things Done	Cumberland, Nigel	HB	£ 14.99	₹ 599	
John Murray Learning	Self-Help	9781473668942	The Miracle Morning: The 6 Habits that Will Transform Your Life Before 8Am	Elrod, Hal	PB	£ 9.99	₹ 399	
Profile Books Ltd	Self-Help	9781800815490	Building a Second Brain	Forte, Tiago	PB	£ 9.99	₹ 399	
Profile Books Ltd	Self-Help	9781805221074	The PARA Method: Simplify, Organise and Master Your Digital Life	Forte, Tiago	PB	£ 12.99	₹ 399	
Headline Book Publishing	Self-Help	9781035404148	12 Weeks to a Sharper You	Gupta, Dr. Sanjay	PB	£ 12.99	₹ 599	
Headline Book Publishing	Self-Help	9781472274236	Keep Sharp (B PB) : How to Build a Better Brain at Any Age	Gupta, Dr. Sanjay	PB	£ 9.99	₹ 550	
John Murray Learning	Self-Help	9781399805780	The Compound Effect	Hardy, Darren	TPB	£ 14.99	₹ 299	
Profile Books Ltd	Self-Help	9781781251485	The Obstacle is the Way	Holiday, Ryan	HB	£ 10.99	₹ 699	
Profile Books Ltd	Self-Help	9781781257012	Ego is the Enemy	Holiday, Ryan	HB	£ 10.99	₹ 699	
Profile Books Ltd	Self-Help	9781781257654	The Daily Stoic	Holiday, Ryan	PB	£ 10.99	₹ 699	

Publisher	Subject	ISBN-13	Title	Author	Binding	Cover Price	Special Indian Price	Qty
Profile Books Ltd	Self-Help	9781788162050	Stillness is the Key (HB)	Holiday, Ryan	HB	£ 12.99	₹ 699	
Profile Books Ltd	Self-Help	9781788162067	Stillness is the Key (PB)	Holiday, Ryan	PB	£ 10.99	₹ 755	
Profile Books Ltd	Self-Help	9781788166010	Lives of the Stoics: The Art of Living from Zeno to Marcus Aurelius	Holiday, Ryan	PB	£ 10.99	₹ 599	
Profile Books Ltd	Self-Help	9781788166270	Courage is Calling: Fortune Favours the Brave	Holiday, Ryan	HB	£ 14.99	₹ 699	
Profile Books Ltd	Self-Help	9781788166348	Discipline is Destiny	Holiday, Ryan	PB	£ 10.99	₹ 599	
Profile Books Ltd	Self-Help	9781800815025	The Daily Dad: 366 Meditations on Fatherhood, Love and Raising Great Kids	Holiday, Ryan	HB	£ 16.99	₹ 799	
Profile Books Ltd	Self-Help	9781800815032	The Daily Dad (PB)	Holiday, Ryan	PB	£ 10.99	₹ 699	
QUERCUS	Self-Help	9781529424935	Grow The F*ck Up: How to be an Adult and Get Treated Like One	Knight, Sarah	TPB	£ 14.99	₹ 699	
QUERCUS	Self-Help	9781529429022	The Life-Changing Magic of Not Giving a F**K	Knight, Sarah	PB	£ 9.99	₹ 599	
QUERCUS	Self-Help	9781787470422	You Do You	Knight, Sarah	TPB	£ 12.99	₹ 699	
QUERCUS	Self-Help	9781787476202	Calm The F**K Down (Reissue)	Knight, Sarah	TPB	£ 12.99	₹ 699	
QUERCUS	Self-Help	9781529426922	No F*cks Given: Life-Changing Words to Live By	Knight, Sarah	HB	£ 12.99	₹ 999	
Orion Publishing Group	Self-Help	9781409197744	How to Do the Work	Lepera, Nicole	TPB	£ 16.99	₹ 599	
Orion Publishing Group	Self-Help	9781398710733	How to Meet Your Self	Lepera, Nicole	TPB	£ 20.00	₹ 1299	
Orion Publishing Group	Self-Help	9781398710788	How to be the Love You Seek: Break Cycles, Find Peace + Heal Your Relationships	Lepera, Nicole	TPB	£ 18.99	₹ 699	
Profile Books Ltd	Self-Help	9781800812925	Psycho-Cybernetics (Updated and Expanded)	Maltz, Maxwell	PB	£ 10.99	₹ 499	
QUERCUS	Self-Help	9781529416299	The Way of Nagomi	Mogi, Ken	PB	£ 10.99	₹ 499	
John Murray Learning	Self-Help	9781473649521	You Are a Badass	Sincero, Jen	PB	£ 9.99	₹ 599	
John Murray Learning	Self-Help	9781399809641	Smart Brevity: The Power of Saying More With Less	Vandehei, Jim	HB	£ 14.99	₹ 599	
Hodder And Stoughton	Self-Help	9781473699991	Welcome Home	Zebian, Najwa	TPB	£ 14.99	₹ 699	
Hodder And Stoughton	Self-Help	9781399720625	The Only Constant	Zebian, Najwa	TPB	£ 14.99	₹ 599	
Octopus Publishing Group	Self-Help	9781780725758	The Korean Book of Happiness: Joy, Resilience and the Art of Giving	Zitwer, Barbara	HB	£ 12.99	₹ 599	
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Profile Books Ltd	Business, Management & Economics	9781788169257	Surviving the Daily Grind	Coggan, Philip	PB	£ 9.99	₹ 699	
Headline Book Publishing	Self-Help	9781472288578	James Acaster's Guide to Quitting Social Media	Acaster, James	PB	£ 10.99	₹ 699	
QUERCUS	Self-Help	9781787475380	When Death Takes Something from You Give it Back	Aidt, Naja Marie / Newman, Denise	PB	£ 9.99	₹ 699	

Publisher	Subject	ISBN-13	Title	Author	Binding	Cover Price	Special Indian Price	Qty
QUERCUS	Self-Help	9781529409048	The Fear-Fighter Manual: Lessons from a Professional Troublemaker	Ajayi Jones, Luvvie	PB	£ 9.99	₹ 750	
Octopus Publishing Group	Self-Help	9781856754002	The Little Book of Happiness	Akhtar, Miriam	FLX	£ 7.99	₹ 499	
Little, Brown Book Group	Self-Help	9780349428123	Full Out	Aldama, Monica	TPB	£ 14.99	₹ 799	
Little, Brown Book Group	Self-Help	9780749920302	NLP in 21 Days	Alder, Harry / Alder, Beryl Heather	PB	£ 13.99	₹ 699	
Headline Book Publishing	Self-Help	9781035404728	How to be Curious: Ideas to Make You Think Differently	Magazine, Stylist / Alexander, Meena	HB	£ 20.00	₹ 1650	
Hodder And Stoughton	Self-Help	9781399705202	All on the Board - Your Daily Companion	Board, All on the	HB	£ 14.99	₹ 1199	
Hodder And Stoughton	Self-Help	9781529395280	A Pocketful of Hope: An A-Z of Answers to Life'S Big Questions	Allerton, Pat	HB	£ 16.99	₹ 799	
Little, Brown Book Group	Self-Help	9781472148377	How to Beat Insomnia and Sleep Problems One Step at a Time: A Brief, Evidence-Based Self-Help Treatment	Anderson, Kirstie / Papworth, Mark	PB	£ 9.99	₹ 750	
Hodder And Stoughton	Self-Help	9781399703734	Shifting The Dials: a New Approach For Success in Work and Life	Anderton-Davies, Rebecca	HB	£ 16.99	₹ 1399	
John Murray Learning	Self-Help	9781857881226	NLP	Faulkner, Charles / Andreas, Steve	TPB	£ 16.99	₹ 1399	
Hodder And Stoughton	Self-Help	9781529356243	Purposeful Curiosity	Andriopoulos, Dr Costas	PB	£ 10.99	₹ 499	
Orion Publishing Group	Self-Help	9781398707429	You Deserve Better	Anne-Marie	PB	£ 9.99	₹ 799	
Hachette Book Group USA	Self-Help	9780762497690	Get Out of My Head: Inspiration for Overthinkers in an Anxious World	Arthur, Meredith	HB	\$ 18.00	₹ 2160	
Headline Book Publishing	Self-Help	9781472296016	The Blend: How to Successfully Manage a Career and a Family	Asare, Tobi	HB	£ 16.99	₹ 1399	
Headline Book Publishing	Self-Help	9781472298409	The Art of Explanation: How to Communicate With Clarity and Confidence	Atkins, Ros	TPB	£ 14.99	₹ 599	
Headline Book Publishing	Self-Help	9781472283801	The Ultimate Body Plan for New Mums	Atkinson, Gemma	PB	£ 16.99	₹ 1299	
Orion Publishing Group	Self-Help	9781913947736	Disrupter	Balsari-Palsule, Sanna	PB	£ 10.82	₹ 1160	
Orion Publishing Group	Self-Help	9781913947743	Dreamer	Balsari-Palsule, Sanna	PB	£ 12.99	₹ 1160	
Orion Publishing Group	Self-Help	9781913947750	Dynamo	Balsari-Palsule, Sanna	PB	£ 12.99	₹ 1160	
Hodder And Stoughton	Self-Help	9781529344134	The Decisive Mind: How to Make the Right Choice Every Time	Banuri, Sheheryar	TPB	£ 14.99	₹ 699	
Little, Brown Book Group	Self-Help	9780349408903	Rock Your Presentation: A New Guide to Speaking With Passion	Barlow, Nigel	PB	£ 8.99	₹ 699	
Octopus Publishing Group	Self-Help	9781800074088	How to Tidy Your Mind: Tips and Techniques to Help Reduce Mental Clutter and Find Calm	Barnes, Anna	PB	£ 9.99	₹ 750	
Summersdale	Self-Help	9781837991600	Anxiety Fix	Publishers, Summersdale	PB	£ 12.99	₹ 1050	
Octopus Publishing Group	Self-Help	9781800077164	The Self-Esteem Workbook: Practical Tips and Guided Exercises to Help You Boost Your Self-Esteem	Barnes, Anna	PB	£ 10.99	₹ 825	

Publisher	Subject	ISBN-13	Title	Author	Binding	Cover Price	Special Indian Price	Qty
Orion Publishing Group	Self-Help	9781409199915	The Power of Connection: Change Your Relationships, Transform Your Life	Barry, Harry	TPB	£ 14.99	₹ 1150	
Hodder And Stoughton	Self-Help	9781529394856	Happy Sexy Millionaire	Bartlett, Steven	PB	£ 9.99	₹ 699	
Little, Brown Book Group	Self-Help	9780349425481	Power, For All: How it Really Works and Why It's Everyone's Business	Battilana, Julie / Casciaro, Tiziana	PB	£ 10.99	₹ 699	
Profile Books Ltd	Self-Help	9781788164269	The Denial of Death	Becker, Ernest	PB	£ 10.99	₹ 599	
Hodder And Stoughton	Self-Help	9781444708820	The Emotional Life of Your Brain	Davidson, Richard	PB	£ 9.99	₹ 499	
Profile Books Ltd	Self-Help	9781800817104	Soothe: The Book Your Nervous System Has Been Longing For	Belgeonne, Nahid De	TPB	£ 15.99	₹ 499	
Little, Brown Book Group	Self-Help	9781472147981	The Power of Friendship: How to Create, Maintain and Deepen Relationships	Ek, Daniel / Flodin, PÅr	PB	£ 12.99	₹ 699	
Headline Book Publishing	Self-Help	9781802790733	Start at the End	Bigham, Dan	PB	£ 8.99	₹ 699	
Little, Brown Book Group	Self-Help	9780349433493	Radical Confidence: 10 No BS Lessons on Becoming the Hero of Your Own Life	Bilyeu, Lisa	TPB	£ 16.99	₹ 1399	
Michael O Mara Books Ltd	Self-Help	9781789294682	Your Anxiety Journal: Simple Exercises to Calm the Mind and Relieve Stress	Birch, Amy	PB	£ 11.99	₹ 950	
Octopus Publishing Group	Self-Help	9780600637356	Money Mum Official: Save Yourself Happy	official, Gemma Bird AKA Money Mum	PB	£ 8.99	₹ 699	
Octopus Publishing Group	Self-Help	9780600637790	The Money Journal	official, Gemma Bird AKA Money Mum	PB	£ 12.99	₹ 999	
Hodder And Stoughton	Self-Help	9781399710725	Love Unf*cked	Bishop, Gary	TPB	£ 14.99	₹ 499	
Headline Book Publishing	Self-Help	9781787396807	No Family is Perfect	Blake, Lucy	HB	£ 16.99	₹ 1450	
Headline Book Publishing	Self-Help	9781035415465	The Resilience Toolkit: A Proven Four-Step Process to Unlock Your True Potential	Bojilova, Dr Alia	TPB	£ 16.99	₹ 799	
Little, Brown Book Group	Self-Help	9781472144973	Is that Your Card?: Control Your Thinking. Change Your Life. Improve Your Mental Health	Borg, James	TPB	£ 12.99	₹ 999	
Orion Publishing Group	Self-Help	9781398717565	Is This Normal?: Answering Every Question You Have Ever Had About Your Body	Brighten, Jolene	TPB	£ 18.99	₹ 1399	
Octopus Publishing Group	Self-Help	9781780720371	The Social Animal	Brooks, David	PB	£ 12.99	₹ 650	
Little, Brown Book Group	Self-Help	9781472148704	It's Not a Bloody Trend: Understanding Life as an ADHD Adult	Brown, Kat	TPB	£ 14.99	₹ 899	
Orion Publishing Group	Self-Help	9781398706989	Success Affirmations	Canfield, Jack	PB	£ 9.99	₹ 750	
Orion Publishing Group	Self-Help	9781409151630	The Key to Living the Law of Attraction	Canfield, Jack	PB	£ 8.99	₹ 299	
Octopus Publishing Group	Self-Help	9781786857750	The Little Book of Self-Care - How to Live Mindfully and Look After Yourself	Claire, Chamberlain	HB	£ 7.99	₹ 525	
John Murray Learning	Self-Help	9781399804271	Rock Bottom and Rising: 21 Inspiring Stories of Finding Freedom from Alcohol	Chapple, Simon / Badey, Lois	TPB	£ 14.99	₹ 1150	
John Murray Learning	Self-Help	9781399804295	The Sober Life Journal	Chapple, Simon / Badey, Lois	HB	£ 12.99	₹ 999	



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Octopus Publishing Group	Self-Help	9781914239175	Pathways: Your Journey to Emotional Wellbeing	Colombus, Katie	PB	£ 12.99	₹ 999	
Little, Brown Book Group	Self-Help	9780749956257	Emotional Equations	Conley, Chip	PB	£ 9.99	₹ 499	
John Murray Press	Self-Help	9781399800099	How to Live an Awesome Life: The 11 Step Formula For Fulfilment and Success	Coomber, Ben	PB	£ 10.99	₹ 699	
Octopus Publishing Group	Self-Help	9781800077034	It's OK to Feel Sh*T (Sometimes): Kind Words and Practical Advice for When You're Feeling Low	Cooper, Sam	HB	£ 8.99	₹ 699	
Octopus Publishing Group	Self-Help	9781837992881	How to Cope When Everything's Gone to Sh*T	Cooper, Sam	HB	£ 8.99	₹ 699	
John Murray Learning	Self-Help	9781473651036	Happiness: Your Route-Map to Inner Joy	Cope, Andy	PB	£ 9.99	₹ 399	
John Murray Learning	Self-Help	9781473679429	The Teenager's Guide to Life, the Universe and Being Awesome	Cope, Andy	PB	£ 10.99	₹ 399	
John Murray Learning	Self-Help	9781473695696	Leadership	Cope, Andy	PB	£ 10.99	₹ 750	
John Murray Press	Self-Help	9781473636354	The Little Book of Emotional Intelligence: How to Flourish in a Crazy World	Cope, Andy	PB	£ 9.99	₹ 799	
Orion Publishing Group	Self-Help	9781398701663	Quiet	Cotton, Fearne	HB	£ 20.00	₹ 1599	
Orion Publishing Group	Self-Help	9781409175070	Happy	Cotton, Fearne	PB	£ 9.99	₹ 575	
Orion Publishing Group	Self-Help	9781409156024	Presence: Unlock Your Inner Confidence to Embrace Life's Biggest Challenges	Cuddy, Amy	PB	£ 10.99	₹ 599	
Little, Brown Book Group	Self-Help	9781472140630	Overcoming Depersonalisation and Feelings of Unreality: 2 <sup>nd</sup> Edition	David, Anthony / Lawrence, Emma	PB	£ 12.99	₹ 899	
Octopus Publishing Group	Self-Help	9780753735374	Find Your Focus: How to Avoid Distractions and Improve Your Focus	Davies, Alison	HB	£ 8.99	₹ 699	
Orion Publishing Group	Self-Help	9781841882710	Stop Snoring the Easy Way	Dilkes, Alexander / Adams, Mike	PB	£ 6.99	₹ 399	
Hodder And Stoughton	Self-Help	9781473667525	The Art of the Good Life: Clear Thinking for Business and a Better Life	Dobelli, Rolf	PB	£ 9.99	₹ 499	
Hodder And Stoughton	Self-Help	9781444762310	The Restful Mind	Dokhampa His Eminence Khamtrul Rinpoche, Gyalwa	PB	£ 9.99	₹ 499	
John Murray Learning	Self-Help	9781529389944	You are a Global Citizen: a Guided Journal for the Culturally Curious	Dominique, Damon	HB	£ 12.99	₹ 999	
Hodder And Stoughton	Self-Help	9781444705508	When Everything Changes, Change Everything	Donald Walsch, Neale	PB	£ 10.99	₹ 599	
Octopus Publishing Group	Self-Help	9781780724683	A Sense of Belonging	Liang, Dr Holan	TPB	£ 12.99	₹ 999	
Hodder And Stoughton	Self-Help	9781399708067	The Power of Awe: Overcome Burnout & Anxiety, Ease Chronic Pain, Find Clarity & Purpose	Eagle, Jake	TPB	£ 16.99	₹ 899	
Octopus Publishing Group	Self-Help	9781804190531	Think Yourself Resilient: Harness Your Emotions. Build Your Confidence. Transform Your Life.	Elliott, James	PB	£ 8.99	₹ 699	

Publisher	Subject	ISBN-13	Title	Author	Binding	Cover Price	Special Indian Price	Qty
John Murray Learning	Self-Help	9781529390407	365 Ways to Live Mindfully	Engelmajer, Pascale	PB	£ 9.99	₹ 499	
QUERCUS	Self-Help	9781529417319	Self-Care Every Day: Daily Doses of Kindness and Self-Compassion	Ervasti, Antti / Pikkujärmsä, Matti	HB	£ 10.99	₹ 799	
Little, Brown Book Group	Self-Help	9781472147127	The Psychological Toolkit: A Workbook for a Positive Self and Identity	Evans, Fitzsimons	TPB	£ 16.99	₹ 999	
John Murray Learning	Self-Help	9781529367096	The Crazy Busy Cure: A Productivity Book for People With No Time for Productivity Books	Everett, Zena	PB	£ 10.99	₹ 499	
Hodder And Stoughton	Self-Help	9781399708166	Better in Every Sense	Farb, Dr Norman / Segal, Dr Zindel	TPB	£ 20.00	₹ 799	
Little, Brown Book Group	Self-Help	9781472108845	How to Beat Panic Disorder One Step at a Time	Farrand, Paul / Chellingsworth, Marie	PB	£ 8.99	₹ 575	
Orion Publishing Group	Self-Help	9780857829191	Do Good, Get Paid: Make Your Career Matter	Fee, Natalie	PB	£ 12.99	₹ 1160	
Little, Brown Book Group	Self-Help	9780751579925	Make it Count: An Extraordinary 100-Year-Old Man's 9 Lessons for Living a Life to be Proud Of	Ferencz, Benjamin	PB	£ 6.99	₹ 499	
Little, Brown Book Group	Self-Help	9781472145475	The Art of Social Excellence	Fexeus, Henrik	TPB	£ 14.99	₹ 799	
Little, Brown Book Group	Self-Help	9780349436173	The Fine Art of Small Talk: How to Start a Conversation, Keep it Going, Build Networking Skills – and Leave a Positive Impression!	Fine, Debra	TPB	£ 14.99	₹ 699	
Little, Brown Book Group	Self-Help	9780749926748	Fine Art of Small Talk	Fine, Debra	PB	£ 9.99	₹ 599	
Little, Brown Book Group	Self-Help	9780749929602	The Fine Art of Confident Conversation	Fine, Debra	PB	£ 10.99	₹ 499	
QUERCUS	Self-Help	9781529412703	Shy and Mighty	Finer, Nadia	PB	£ 10.99	₹ 825	
Octopus Publishing Group	Self-Help	9781786857743	Don't Quit - How to Kick-Start Your Plans and Make the Most of Your Time	Hal, Fisher	HB	£ 9.99	₹ 750	
John Murray Learning	Self-Help	9781399806695	Reworked: Putting Health and Happiness at the Centre of Your Career	Fitzgerald, Stephanie	TPB	£ 16.99	₹ 699	
QUERCUS	Self-Help	9781529414288	Black Girl Finance	Flavius, Selina	PB	£ 8.99	₹ 699	
Orion Publishing Group	Self-Help	9781398713215	And How Does that Make You Feel?	Fletcher, Joshua	TPB	£ 14.99	₹ 799	
John Murray Learning	Self-Help	9781529358575	Anxiety: Practical About Panic	Fletcher, Joshua	PB	£ 9.99	₹ 799	
Hodder And Stoughton	Self-Help	9780340819050	Dark Side of the Light Chasers	Ford, Debbie	PB	£ 12.99	₹ 999	
Hodder And Stoughton	Self-Help	9780340909126	Do it Tomorrow and Other Secrets of Time Management	Forster, Mark	PB	£ 10.99	₹ 499	
Hodder And Stoughton	Self-Help	9781529357226	Switchcraft	Fox, Elaine	PB	£ 9.99	₹ 399	
John Murray Press	Self-Help	9781399802826	A Gift of Joy and Hope	Francis, Pope / Stransky, Oonagh	HB	£ 16.99	₹ 1399	
Orion Publishing Group	Self-Help	9781841883373	The Power in You: How to Accept Your Past, Live in the Present and Shape a Positive Future	Fraser, Henry	PB	£ 8.99	₹ 699	
Octopus Publishing Group	Self-Help	9781783254125	Fear Less Live More: How to Overcome Fear, Build Resilience and Achieve Anything	Fuller, Aimee	PB	£ 9.99	₹ 750	
Hodder And Stoughton	Self-Help	9781529348026	Wise As F*ck	Bishop, Gary John	TPB	£ 14.99	₹ 1199	



Publisher	Subject	ISBN-13	Title	Author	Binding	Cover Price	Special Indian Price	Qty
Octopus Publishing Group	Self-Help	9781800074101	Your Mind Matters: How to Talk About Your Mental Health	Georgiou, Katy	PB	£ 10.99	₹ 825	
Octopus Publishing Group	Self-Help	9781800074248	How to Understand and Deal With Stress: Everything You Need to Know to Manage Stress	Georgiou, Katy	PB	£ 6.99	₹ 550	
Hodder And Stoughton	Self-Help	9781529377668	Black and Great	Germain, Rene	PB	£ 10.99	₹ 825	
John Murray Learning	Self-Help	9781399802529	The Modern Trauma Toolkit	Gibson, Dr Christy	TPB	£ 16.99	₹ 1399	
Little, Brown Book Group	Self-Help	9781472119902	Mindful Compassion	Gilbert, Paul / Choden,	PB	£ 12.99	₹ 999	
Little, Brown Book Group	Self-Help	9781849010986	Compassionate Mind	Gilbert, Paul	TPB	£ 12.99	₹ 899	
Profile Books Ltd	Self-Help	9781805221135	Team Habits: How Small Actions Lead to Extraordinary Results	Gilkey, Charlie	TPB	£ 14.99	₹ 499	
John Murray Learning	Self-Help	9781399805360	Mindful Cognitive Behavioural Therapy: a Simple Path to Healing, Hope, and Peace	Gillihan, Seth J.	TPB	£ 16.99	₹ 1399	
Little, Brown Book Group	Self-Help	9780349414485	Unsubscribe: How to Kill Email Anxiety, Avoid Distractions and Get Real Work Done	Glei, Jocelyn	PB	£ 9.99	₹ 499	
Headline Book Publishing	Self-Help	9781802793918	Rewild Your Mind	Fox, Jason	HB	£ 18.99	₹ 1599	
Orion Publishing Group	Self-Help	9781398704886	Toxic Positivity	Goodman, Whitney	PB	£ 9.99	₹ 499	
Orion Publishing Group	Self-Help	9781409197089	The Resilience Blueprint: Beat Burnout and Get Your Bounce Back	Gordon, Dr Dani	TPB	£ 16.99	₹ 1399	
Orion Publishing Group	Self-Help	9781409194767	How Not to Get Old: One Woman's Quest to Take Control of the Ageing Process	Gordon, Jane	PB	£ 9.99	₹ 750	
Orion Publishing Group	Self-Help	9781398718395	The Seven Principles for Making Marriage Work	Gottman, John	PB	£ 9.99	₹ 799	
Hodder And Stoughton	Self-Help	9780340834466	Excuse Me, Your Life is Waiting	Grabhorn, Lynn	PB	£ 10.99	₹ 799	
Octopus Publishing Group	Self-Help	9781783256044	The Unexpected Joy of the Ordinary	Gray, Catherine	PB	£ 10.99	₹ 899	
Octopus Publishing Group	Self-Help	9781912023387	The Unexpected Joy of Being Sober	Gray, Catherine	PB	£ 9.99	₹ 699	
Hodder And Stoughton	Self-Help	9781529395914	The Money Edit: Your No Blame, No Shame Guide to Taking Control of Your Money	Green, Makala	TPB	£ 16.99	₹ 699	
Octopus Publishing Group	Self-Help	9781800074262	How to Understand and Deal With Depression: Everything You Need to Know to Manage Depression	Green, Wendy	PB	£ 6.99	₹ 550	
Octopus Publishing Group	Self-Help	9781800077096	So Hot Right Now: The Little Book of Perimenopause	Greengate, Alex	PB	£ 7.99	₹ 599	
Headline Book Publishing	Self-Help	9781035414772	The Work Happiness Method	Grizont, Stella	TPB	£ 16.99	₹ 699	
Headline Book Publishing	Self-Help	9781035407965	The Solution to Burnout: 7 Steps from Exhausted to Extraordinary	Grossman, Sharon	TPB	£ 16.99	₹ 1450	
Little, Brown Book Group	Self-Help	9781472147653	The Choice Point: The Scientifically Proven Method to Push Past Mental Walls and Achieve Your Goals	Grover, Joanna / Rhodes, Jonathan	TPB	£ 14.99	₹ 1099	
Octopus Publishing Group	Self-Help	9781780725529	Picture This	Grunfeld, Nina / Thomas, Michael	HB	£ 9.99	₹ 999	
John Murray Press	Self-Help	9781399805094	Mind Fuel	Grylls, Bear	HB	£ 16.99	₹ 1399	

Publisher	Subject	ISBN-13	Title	Author	Binding	Cover Price	Special Indian Price	Qty
John Murray Learning	Self-Help	9781529338799	Why be Happy?: The Japanese Way of Acceptance	Haas, Scott	PB	£ 10.99	₹ 699	
Little, Brown Book Group	Self-Help	9781472119100	How to Represent Yourself in the Family Court	Hadden, J. / Davies, R.	PB	£ 12.99	₹ 899	
Headline Book Publishing	Self-Help	9781472277039	Changing Gear: Creating the Life You Want After a Full on Career	Hall, Jan / Stokes, Jon	PB	£ 10.99	₹ 825	
John Murray Learning	Self-Help	9781399812795	Find Your Purpose	Hall, Kevan	TPB	£ 16.99	₹ 699	
Octopus Publishing Group	Self-Help	9781804191712	Now that I Have Your Attention	Hamilton, Nicolas	TPB	£ 16.99	₹ 599	
Hodder And Stoughton	Self-Help	9781473695559	How to Hold a Grudge	Hannah, Sophie	PB	£ 9.99	₹ 725	
Hodder And Stoughton	Self-Help	9781399702676	Happy Dog, Happy You: A Positive Guide to a Joyful Relationship With Your Dog	Hardcastle, Verity	HB	£ 16.99	₹ 1399	
Little, Brown Book Group	Self-Help	9780349417943	Willpower Doesn't Work: Discover the Hidden Keys to Success	Hardy, Benjamin	PB	£ 8.99	₹ 699	
Orion Publishing Group	Self-Help	9781398700758	Kind Words for Unkind Days	Hardy, Jayne	PB	£ 10.99	₹ 699	
Hodder And Stoughton	Self-Help	9781444799057	10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self	Harris, Dan	PB	£ 9.99	₹ 599	
Little, Brown Book Group	Self-Help	9781472147172	The Happiness Trap 2 <sup>nd</sup> Edition: Stop Struggling, Start Living	Harris, Russ	PB	£ 12.99	₹ 825	
Hodder And Stoughton	Self-Help	9781529388954	The Wellness Trap: Break Free from Diet Culture, Disinformation, and Dubious Diagnoses and Find Your True Well-Being	Harrison, Christy	TPB	£ 16.99	₹ 899	
Profile Books Ltd	Self-Help	9781788167277	Five Arguments All Couples (Need To) Have: and Why the Washing-Up Matters	Harrison, Joanna	PB	£ 9.99	₹ 699	
Orion Publishing Group	Self-Help	9781409185581	Look Young, Live Longer	Harrold, Glenn	PB	£ 10.99	₹ 299	
John Murray Learning	Self-Help	9781399803168	21 Day Abundance Challenge: Plan for a Prosperous Future	Hasson, Gill	TPB	£ 14.99	₹ 699	
Hodder And Stoughton	Self-Help	9781399730433	Money Maker: Unlock Your Money-Making Potential	Hatfield, Dan	HB	£ 14.99	₹ 1199	
Little, Brown Book Group	Self-Help	9780349428802	The 7 Questions	Hatter, Nick	PB	£ 9.99	₹ 599	
Michael O Mara Books Ltd	Self-Help	9781789293807	What Are You Thinking?	Hayes, Nicky	HB	£ 10.99	₹ 850	
Little, Brown Book Group	Self-Help	9780349416380	We Need to Talk	Headlee, Celeste	TPB	£ 12.99	₹ 399	
Hodder And Stoughton	Self-Help	9781529312232	Relentless: 12 Rounds to Success	Hearn, Eddie	PB	£ 9.99	₹ 750	
Octopus Publishing Group	Self-Help	9781783255184	Rest is Resistance: Free Yourself from Grind Culture and Reclaim Your Life	Hersey, Tricia	PB	£ 10.99	₹ 699	
Octopus Publishing Group	Self-Help	9781783256273	The Imposter Cure: How to Stop Feeling Like a Fraud and Escape the Mindtrap of Imposter Syndrome	Hibberd, Dr Jessamy	PB	£ 10.99	₹ 699	
Octopus Publishing Group	Self-Help	9781783255535	How to Overcome Trauma and Find Yourself Again: Seven Steps to Grow from Pain	Hibberd, Dr Jessamy	PB	£ 9.99	₹ 699	

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John Murray Learning	Self-Help	9781473684157	Happy Money	Honda, Ken	PB	£ 9.99	₹ 499	
Little, Brown Book Group	Self-Help	9780349422282	Edge: Turning Adversity Into Advantage	Huang, Laura	PB	£ 10.99	₹ 699	
Hachette Book Group USA	Self-Help	9780316166829	On Becoming Fearless	Huffington, Arianna	PB	\$ 17.99	₹ 1750	
Little, Brown Book Group	Self-Help	9781849016216	The Compassionate Mind Approach to Emotional Difficulties	Irons, Chris	TPB	£ 16.99	₹ 899	
Little, Brown Book Group	Self-Help	9780749928704	Modern Girl's Guide Perfect Single Life	Ivens, Sarah	PB	£ 9.99	₹ 399	
Little, Brown Book Group	Self-Help	9781472141026	Be Who You Want: Unlocking the Science of Personality Change	Jarrett, Christian	PB	£ 10.99	₹ 699	
Hachette Book Group USA	Self-Help	9780762499687	Word Wise: Say What You Mean, Deepen Your Connections, and Get to the Point	Jelbert, Will	TPB	\$ 16.99	₹ 2040	
John Murray Learning	Self-Help	9781444143720	Be Your Own Personality Coach: Teach Yourself	Jenner, Paul	TPB	£ 9.99	₹ 699	
Little, Brown Book Group	Self-Help	9780349424958	Peak Mind: Find Your Focus, Own Your Attention, Invest 12 Minutes a Day	Jha, Amishi	PB	£ 10.99	₹ 899	
John Murray Press	Self-Help	9781473693661	Farsighted	Johnson, Steven	PB	£ 10.99	₹ 899	
Little, Brown Book Group	Self-Help	9780749955489	Hold Me Tight	Johnson, Sue	TPB	£ 13.99	₹ 599	
Hachette Book Group USA	Self-Help	9781401303617	Arriving at Your Own Door	Kabat-Zinn, Jon	PB	\$ 15.99	₹ 1555	
Hachette Book Group USA	Self-Help	9780786882410	The Path	Jones, Laurie Beth	PB	\$ 17.99	₹ 1655	
John Murray Learning	Self-Help	9781529338737	The 12 Week Mind Workout	Jong, Woulter	TPB	£ 14.99	₹ 699	
John Murray Learning	Self-Help	9781529361995	The 12 Rules of Attention: How to Avoid Screw-Ups, Free Up Headspace, Do More & Be More At Work	Cardillo, Joseph	TPB	£ 14.99	₹ 499	
Little, Brown Book Group	Self-Help	9780349416410	Authentic	Joseph, Stephen	PB	£ 9.99	₹ 499	
Little, Brown Book Group	Self-Help	9780349431871	Think Like a Therapist: Six Life-Changing Insights for Leading a Good Life	Joseph, Stephen	PB	£ 10.99	₹ 699	
Little, Brown Book Group	Self-Help	9780749952402	What Doesn't Kill Us	Joseph, Stephen	PB	£ 10.99	₹ 725	
Hodder And Stoughton	Self-Help	9781399706766	Lifepass: A Groundbreaking Approach to Goal Setting	Kadakia, Payal	PB	£ 10.99	₹ 825	
John Murray Learning	Self-Help	9781399804066	The New Brand You: How to Wow in the New World of Work	Kaputa, Catherine	TPB	£ 16.99	₹ 599	
Little, Brown Book Group	Self-Help	9781472147202	An Introduction to Coping With Paranoid Thoughts	Pownell, Katie / Sarsam, May	PB	£ 5.99	₹ 450	
Hodder And Stoughton	Self-Help	9781399714730	Quitting: The Myth of Perseverance and How the New Science of Giving Up Can Set You Free	Keller, Julia	TPB	£ 16.99	₹ 799	
John Murray Learning	Self-Help	9781529368642	Tomorrowmind: Thriving at Work With Resilience, Creativity, and Connection	Kellerman, Gabriella Rosen	TPB	£ 16.99	₹ 699	
Little, Brown Book Group	Self-Help	9780349433059	The Way of the Fearless Writer	Kempton, Beth	HB	£ 14.99	₹ 1150	
Little, Brown Book Group	Self-Help	9781472137647	Overcoming Childhood Trauma	Kennerley, Helen	PB	£ 12.99	₹ 1050	

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Little, Brown Book Group	Self-Help	9781472147622	An Introduction to Coping With Brain Injury	King, Nigel S.	PB	£ 5.99	₹ 450	
Headline Book Publishing	Self-Help	9781472233424	10 Keys to Happier Living	King, Vanessa	PB	£ 18.99	₹ 899	
Little, Brown Book Group	Self-Help	9780349417462	Clear Your Clutter With Feng Shui	Kingston, Karen	PB	£ 10.99	₹ 699	
Octopus Publishing Group	Self-Help	9780753734933	The Art of Calm Living: How to Find Calm and Live Peacefully	Knight, Camille	HB	£ 6.99	₹ 899	
QUERCUS	Self-Help	9781786484109	Get Your Shit Together	Knight, Sarah	TPB	£ 12.99	₹ 999	
Little, Brown Book Group	Self-Help	9780349422930	Unreasonable Success and How to Achieve It: Unlocking the Nine Secrets of People Who Changed the World	Koch, Richard	PB	£ 10.99	₹ 699	
Little, Brown Book Group	Self-Help	9781472144874	The Anger Workbook: Discover the Strength to Transform Your Anger Using Compassion Focused Therapy	Kolts, Russell	TPB	£ 18.99	₹ 1599	
John Murray Learning	Self-Help	9781473689442	The Ultimate Productivity Book: Manage Your Time, Increase Your Efficiency, Get Things Done	Manser, Martin / Evans-Howe, Stephen	TPB	£ 14.99	₹ 1150	
Headline Book Publishing	Self-Help	9781035401239	Hope this Helps: How to be Kinder to Yourself and Others	Kusi, Benjy	PB	£ 12.99	₹ 899	
Orion Publishing Group	Self-Help	9781409184393	Invincible: How We Can Train Our Hearts to Beat Stress and Achieve Success	Lagos, Leah	PB	£ 10.99	₹ 699	
Hodder And Stoughton	Self-Help	9781444742367	A Profound Mind	Lama, Dalai	PB	£ 8.99	₹ 499	
Hodder And Stoughton	Self-Help	9780340794319	An Open Heart	Lama, Dalai	PB	£ 8.99	₹ 499	
Hodder And Stoughton	Self-Help	9780340819371	The Transformed Mind	Lama, Dalai	PB	£ 8.99	₹ 699	
Orion Publishing Group	Self-Help	9781398708334	Loop Journal	Lamb, Emma	HB	£ 14.99	₹ 1340	
Headline Book Publishing	Self-Help	9781035414697	But Everyone Feels This Way	Layle, Paige	HB	£ 20.00	₹ 1650	
John Murray Learning	Self-Help	9781529390452	365 Ways to be More Stoic	Lebon, Tim	PB	£ 9.99	₹ 599	
John Murray Learning	Self-Help	9781529398922	Glow in the Dark: How Sharing Your Personal Story Can Transform Your Business and Change Your Life	Leruste, Mark	TPB	£ 14.99	₹ 1150	
John Murray Learning	Self-Help	9781839970856	The Eating Disorder Recovery Journal	Lisette, Cara / Barron, Victoria	TPB	£ 14.99	₹ 1150	
Hodder And Stoughton	Self-Help	9780340839362	Too Soon Old, Too Late Smart	Livingston MD, Gordon / Livingston, Gordon	PB	£ 10.99	₹ 899	
John Murray Learning	Self-Help	9781529341164	The Gift of Intensity: How to Win at Life and Love as a Highly Sensitive and Emotionally Intense Person	Lo, Imi	PB	£ 10.99	₹ 699	
Hodder And Stoughton	Self-Help	9781399709255	The Power of Mess: A Guide to Finding Joy and Resilience When Life Feels Chaotic	Lourie, Samantha	TPB	£ 16.99	₹ 1199	
Hodder And Stoughton	Self-Help	9781473697881	The Memory Code: The 10-Minute Solution for Healing Your Life Through Memory Engineering	Loyd, Alex	PB	£ 9.99	₹ 799	
Hodder And Stoughton	Self-Help	9780340831083	Fish for Life	Lundin, Stephen	PB	£ 8.99	₹ 399	

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Octopus Publishing Group	Self-Help	9781800073449	You are Strong as Hell	Medeiros, Maria	PB	£ 9.99	₹ 750	
Octopus Publishing Group	Self-Help	9781787836365	Change Your Life in 5 Minutes a Day	Mallon, Joanne	HB	£ 8.99	₹ 499	
Octopus Publishing Group	Self-Help	9781837990108	How to Find Calm in Five Minutes a Day: Inspiring Ideas to Bring You Peace Every Day	Mallon, Joanne	HB	£ 8.99	₹ 699	
Summersdale	Self-Help	9781837993062	Confidence Fix	Marco, Debbi	PB	£ 12.99	₹ 1050	
Octopus Publishing Group	Self-Help	9781800077683	The Healing Workbook: Tips and Guided Exercises to Help Overcome Trauma	Marples, Amanda	PB	£ 12.99	₹ 999	
Profile Books Ltd	Self-Help	9781800810037	How to Be You: Stop Trying to Be Someone Else and Start Living Your Life	Marsh, Jeffrey	TPB	£ 12.99	₹ 599	
Little, Brown Book Group	Self-Help	9780749957230	The Curse of Lovely	Marson, Jacqui	PB	£ 10.99	₹ 699	
Little, Brown Book Group	Self-Help	9780349438832	Moonshot: A NASA Astronaut's Guide to Achieving the Impossible	Massimino, Mike	TPB	£ 16.99	₹ 699	
Profile Books Ltd	Self-Help	9781805221258	How to ADHD	Mccabe, Jessica	TPB	£ 20.00	₹ 999	
Orion Publishing Group	Self-Help	9781398720862	Romanticise Your Life: How to Find Joy in the Everyday	McColl, Beth	HB	£ 16.99	₹ 1450	
Little, Brown Book Group	Self-Help	9780749922771	NLP Coach	McDermott, Ian / Jago, Wendy	PB	£ 16.99	₹ 1299	
Headline Book Publishing	Self-Help	9781802795509	Freedom from Anxiety	McKenna, Paul	TPB	£ 14.99	₹ 899	
Headline Book Publishing	Self-Help	9781802797886	Success for Life	McKenna, Paul / Paul	TPB	£ 14.99	₹ 899	
Orion Publishing Group	Self-Help	9781409157618	The Sleep Book	Meadows, Guy	PB	£ 9.99	₹ 575	
Orion Publishing Group	Self-Help	9781409198208	Unf*ck Your Finances	Browne, Melissa	PB	£ 9.99	₹ 750	
HI-IS & Pod	Self-Help	9789350099711	You Can Begin Again	Meyer, Joyce	PB	RS. 350.00	₹ 350	
HI-IS & Pod	Self-Help	9789350099735	Power Thoughts Devotional	Meyer, Joyce	PB	RS. 499.00	₹ 499	
HI-IS & Pod	Self-Help	9789350099742	Confident Mom, The	Meyer, Joyce	PB	RS. 350.00	₹ 350	
John Murray Learning	Self-Help	9781473689374	The Ultimate Personal Success Book: Make an Impact, be More Assertive, Boost Your Memory	Michelli, Dena / Straw, Alison	TPB	£ 14.99	₹ 1150	
Headline Book Publishing	Self-Help	9781472210647	7 Secrets of Confidence :Straight-Talking Advice on How to Become More Confident	Miller, Steve	PB	£ 10.99	₹ 299	
Octopus Publishing Group	Self-Help	9781800074965	How to Understand and Deal With Social Anxiety: Everything You Need to Know to Manage Social Anxiety	Mistry, Mita	PB	£ 6.99	₹ 550	
Octopus Publishing Group	Self-Help	9781800077065	All You Need is Rest: Refresh Your Well-Being With the Power of Rest and Sleep	Mistry, Mita	HB	£ 8.99	₹ 699	
Octopus Publishing Group	Self-Help	9780857834911	Ikigai	Mitsuhashi, Yukari	FLEXI	£ 8.99	₹ 699	
Hodder And Stoughton	Self-Help	9781529367218	Know Your Own Power: Inspiration, Motivation and Practical Tools for Life	Modgil, Dr. Radha	PB	£ 10.99	₹ 699	
Octopus Publishing Group	Self-Help	9781800076730	365 Days of Self-Care for New Mums	Moolla, Zeena	PB	£ 9.99	₹ 750	
Michael O Mara	Self-Help	9781789290189	Memory Coach	Moore, Gareth	TPB	£ 9.99	₹ 799	



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Octopus Publishing Group	Self-Help	9780857839428	Sudden Loss, Slow Grieving: A Clinical Psychologist's Experience of Grief	Moore, Vanessa	PB	£ 10.99	₹ 699	
Hodder And Stoughton	Self-Help	9781529356076	Sensitive is the New Strong	Moorjani, Anita	PB	£ 9.99	₹ 499	
Hodder And Stoughton	Self-Help	9781529358452	13 Things Mentally Strong Women Don't Do	Morin, Amy	PB	£ 9.99	₹ 699	
Profile Books Ltd	Self-Help	9781781254134	Metamorphosis	Morland, Polly	PB	£ 8.99	₹ 599	
Hodder And Stoughton	Self-Help	9781399714693	Community is Your Currency: 10 Steps to Creating a Thriving Online Community & Growing Your Business	Morris, Daisy	TPB	£ 16.99	₹ 799	
Little, Brown Book Group	Self-Help	9781472140432	Overcoming Grief 2 <sup>nd</sup> Edition	Morris, Sue	PB	£ 12.99	₹ 899	
Octopus Publishing Group	Self-Help	9781780725901	Just One Thing	Mosley, Dr Michael	PB	£ 9.99	₹ 699	
Octopus Publishing Group	Self-Help	9781784728540	Destination Fabulous	Murphy, Anna	PB	£ 10.99	₹ 799	
Hodder And Stoughton	Self-Help	9781399728188	The Busy Brain Cure: The Eight-Week Plan to Find Focus, Calm Anxiety & Sleep Again	Mushtaq, Dr Romie	TPB	£ 16.99	₹ 1099	
Little, Brown Book Group	Self-Help	9781472148360	How to Beat Agoraphobia: a Brief, Evidence-Based Self-Help Treatment	Myles-Hooton, Pamela	PB	£ 9.99	₹ 799	
Little, Brown Book Group	Self-Help	9781472147882	Still Distracted After All These Years	Nadeau, Kathleen	TPB	£ 14.99	₹ 1199	
QUERCUS	Self-Help	9780857386946	Finding Inner Courage	Nepo, Mark	TPB	£ 12.99	₹ 699	
Headline Book Publishing	Self-Help	9781472287069	Project Unlonely	Nobel, Jeremy	PB	£ 10.99	₹ 799	
Hodder And Stoughton	Self-Help	9781529372533	Your Health in Your Hands	Okorocho, Doctor Emeka	TPB	£ 16.99	₹ 1399	
Profile Books Ltd	Self-Help	9781800810860	Already Enough: A Path to Self-Acceptance	Olivera, Lisa	PB	£ 9.99	₹ 499	
Hodder And Stoughton	Self-Help	9781399707954	Acceptance: Create Change and Move Forward	O'Morain, Pdraig	PB	£ 10.99	₹ 699	
Octopus Publishing Group	Self-Help	9781800073418	Stronger Than You Know: Find Your Shine and Be Confidently You	O'Neill, Poppy	PB	£ 10.99	₹ 825	
Octopus Publishing Group	Self-Help	9781800073425	Just Be You: Embrace Your Greatness and Be Brilliantly You	O'Neill, Poppy	PB	£ 10.99	₹ 825	
Headline Book Publishing	Self-Help	9781035417100	ADHD for Smart Ass Women: How to Fall in Love With Your Neurodivergent Brain	Otsuka, Tracy	TPB	£ 16.99	₹ 799	
Hodder And Stoughton	Self-Help	9781473695795	How to Stop Feeling Like Sh*t	Owen, Andrea	PB	£ 9.99	₹ 699	
Hodder And Stoughton	Self-Help	9781529370843	Make Some Noise: Speak Your Mind and Own Your Strength	Owen, Andrea	PB	£ 10.99	₹ 825	
Orion Publishing Group	Self-Help	9781409137528	Toxic Childhood	Palmer, Sue	PB	£ 8.99	₹ 699	
Little, Brown Book Group	Self-Help	9781472147516	How to Beat Depression and Persistent Low Mood: a Brief, Evidence-Based Self-Help Treatment	Papworth, Mark	PB	£ 9.99	₹ 599	
Little, Brown Book Group	Self-Help	9781472148353	How to Beat Fears and Phobias: a Brief, Evidence-Based Self-Help Treatment	Papworth, Mark	PB	£ 9.99	₹ 799	
Hodder And Stoughton	Self-Help	9781529372175	Advice from Strangers: Everything I Know from People I Don't Know	Parris, Rachel	PB	£ 10.99	₹ 825	
Little, Brown Book Group	Self-Help	9780751584707	The Secret to Happy	Pattison, Vicky	PB	£ 9.99	₹ 750	



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Michael O Mara Books Ltd	Self-Help	9781789295320	Face Your Fears	Paul Jones, Christopher	PB	£ 10.99	₹ 975	
QUERCUS	Self-Help	9781529418460	The Gladiator Mindset: Push Your Limits. Overcome Challenges. Achieve Your Goals.	Peaty, Adam	PB	£ 9.99	₹ 750	
Little, Brown Book Group	Self-Help	9781847441386	Ultimate Confidence: The Proven Programme for Effortless Self Esteem... Permanently	Peer, Marisa	HB	£ 13.99	₹ 899	
John Murray Learning	Self-Help	9781529397659	365 Ways to Develop Mental Toughness	Mallory, Penny	PB	£ 9.99	₹ 599	
John Murray Press	Self-Help	9781399802987	Workstyle	Penny, Lizzie / Lizzie	TPB	£ 14.99	₹ 799	
Hodder And Stoughton	Self-Help	9781473673557	The State of Affairs	Perel, Esther	PB	£ 10.99	₹ 699	
Headline Book Publishing	Self-Help	9781472286031	Take Care: The Black Women'S Guide to Wellness	Pierre, Chloe	PB	£ 12.99	₹ 1050	
John Murray Press	Self-Help	9781399804950	How to be Good	Massimo, Pigliucci	PB	£ 10.99	₹ 550	
Little, Brown Book Group	Self-Help	9781845285968	How to be Confident and Assertive at Work	Potts, Conrad / Potts, Suzanne	PB	£ 8.99	₹ 399	
Profile Books Ltd	Self-Help	9781788163286	The French Art of Not Trying Too Hard	Pourriol, Ollivier	PB	£ 8.99	₹ 550	
Orion Publishing Group	Self-Help	9781409182900	How to Break Up With Your Phone	Price, Catherine	PB	£ 8.99	₹ 575	
Octopus Publishing Group	Self-Help	9781800961944	Unlearning Shame: How Rejecting Self-Blame Culture Gives Us Real Power	Price, Devon	TPB	£ 16.99	₹ 1450	
Octopus Publishing Group	Self-Help	9781800071827	Calm for Every Day: Simple Tips and Inspiring Quotes to Help You Find Peace	Publishers, Summersdale	HB	£ 7.99	₹ 599	
Octopus Publishing Group	Self-Help	9781800071834	Affirmations For Every Day: Simple Tips and Empowering Mantras to Help You Set Your Intentions	Publishers, Summersdale	HB	£ 7.99	₹ 599	
Octopus Publishing Group	Self-Help	9781783253630	The Power of Letting Go	Purkiss, John	PB	£ 14.99	₹ 799	
Octopus Publishing Group	Self-Help	9781783255436	Learn to Let Go: A Guided Journal: Drop Everything That's Holding You Back	Purkiss, John	PB	£ 12.99	₹ 999	
Profile Books Ltd	Self-Help	9781800810587	Tired But Wired: How to Overcome Your Sleep Problems - The Essential Sleep Toolkit	Ramlakhan, Nerina	PB	£ 9.99	₹ 699	
Octopus Publishing Group	Self-Help	9781783255276	Rest to Reset: The Busy Person'S Guide to Pausing With Purpose	Reading, Suzy	HB	£ 12.99	₹ 799	
Orion Publishing Group	Self-Help	9781409195313	The Power of Rude: A Woman'S Guide to Asserting Herself	Reid, Rebecca	PB	£ 9.99	₹ 699	
Octopus Publishing Group	Self-Help	9781800076815	You Can Flourish: A Wellness Workbook to Help You Thrive and Feel Your Best	Rickman, Cheryl	PB	£ 10.99	₹ 825	
Little, Brown Book Group	Self-Help	9781408748138	XOXO, Cody: An Opinionated Homosexual's Guide to Self-Love, Relationships, and Tactful Pettiness	Rigsby, Cody	TPB	£ 14.99	₹ 699	
Hodder And Stoughton	Self-Help	9781529377248	Generation Drift	Roberts, Josh	HB	£ 14.99	₹ 1150	
John Murray Learning	Self-Help	9781473679528	Build Your Resilience	Robertson, Donald	PB	£ 12.99	₹ 699	

Publisher	Subject	ISBN-13	Title	Author	Binding	Cover Price	Special Indian Price	Qty
John Murray Press	Self-Help	9781444769012	Better Than Before	Rubin, Gretchen	PB	£ 8.99	₹ 599	
John Murray Press	Self-Help	9781473663701	The Four Tendencies: The Indispensable Personality Profiles that Reveal How to Make Your Life Better	Rubin, Gretchen	PB	£ 9.99	₹ 599	
John Murray Press	Self-Help	9781529376371	Life in Five Senses: How Exploring the Senses Got Me Out of My Head and Into the World	Rubin, Gretchen	TPB	£ 14.99	₹ 799	
Orion Publishing Group	Self-Help	9781409191193	What No One Tells You : A Guide to Your Emotions from Pregnancy to Motherhood	Sacks, Alexandra / Birndorf, Catherine	PB	£ 9.99	₹ 699	
John Murray Learning	Self-Help	9781529382259	365 Ways to Have a Good Day: A Day-By-Day Guide to Living Your Best Life	Sanders, Ian	PB	£ 9.99	₹ 599	
John Murray Learning	Self-Help	9781529383232	The Anxiety Sisters' Survival Guide: How You Can Become More Hopeful, Connected, and Happy	Sarachek, Maggie / Greenberg, Abbe	PB	£ 10.99	₹ 825	
Headline Book Publishing	Self-Help	9781472291608	The Power Decade: How to Thrive After Menopause	Saunders, Susan	TPB	£ 16.99	₹ 1399	
Orion Publishing Group	Self-Help	9781398700208	The Perfectionist's Guide to Losing Control	Schaffer, Katherine Morgan	TPB	£ 16.99	₹ 1399	
Little, Brown Book Group	Self-Help	9781472147226	Little Treatments, Big Effects: How to Build Meaningful Moments that Can Transform Your Mental Health	Schleider, Jessica	TPB	£ 14.99	₹ 699	
QUERCUS	Self-Help	9781529421361	How to be Perfect: The Correct Answer to Every Moral Question	Schur, Michael	PB	£ 10.99	₹ 799	
Headline Book Publishing	Self-Help	9781035408740	Buy Yourself The F*cking Lilies: And Other Rituals to Fix Your Life, from Someone Who's Been There	Schuster, Tara	PB	£ 12.99	₹ 899	
Headline Book Publishing	Self-Help	9781035408757	Glow in the F*cking Dark: Simple Practices to Heal Your Soul, from Someone Who Learned the Hard Way	Schuster, Tara	PB	£ 10.99	₹ 899	
Little, Brown Book Group	Self-Help	9781408730454	The Wisdom of Morrie	Schwartz, Morrie	PB	£ 9.99	₹ 399	
Headline Book Publishing	Self-Help	9781787396838	Regrets of the Dying	Scull, Georgina	HB	£ 16.99	₹ 1450	
Headline Book Publishing	Self-Help	9781472289209	Five Steps to Financial Wellbeing: How Changing Your Relationship With Money Can Change Your Whole Life	Seal, Clare	TPB	£ 14.99	₹ 699	
Profile Books Ltd	Self-Help	9781788164863	Solo: How to Work Alone (And Not Lose Your Mind)	Seal, Rebecca	PB	£ 9.99	₹ 699	
Profile Books Ltd	Self-Help	9781800816879	Be Bad, Better	Seal, Rebecca	TPB	£ 14.99	₹ 699	
John Murray Learning	Self-Help	9781857886771	Authentic Happiness	Seligman, Martin	PB	£ 9.99	₹ 599	
John Murray Learning	Self-Help	9781857883978	What You Can Change... and What You Can'T	Seligman, Martin	TPB	£ 14.99	₹ 599	
Little, Brown Book Group	Self-Help	9780349406282	The Happiness Track	Seppälä, Emma	PB	£ 8.99	₹ 499	
Hodder And Stoughton	Self-Help	9781529306583	I Will Teach You to be Rich	Sethi, Ramit	TPB	£ 16.99	₹ 799	
Little, Brown Book Group	Self-Help	9781472139016	How to (Try To) be Happy When Your Child is Sad	Shafran, Roz / Saunders, Ursula	PB	£ 12.99	₹ 899	
Little, Brown Book Group	Self-Help	9781845280284	Management Level Psychometric Test	Shavick, Andrea	TPB	£ 12.99	₹ 725	

Publisher	Subject	ISBN-13	Title	Author	Binding	Cover Price	Special Indian Price	Qty
Hodder And Stoughton	Self-Help	9781780592770	The Little Anxiety Workbook	Sinclair, Michael / Gil-Rodriguez, Elena	PB	£ 8.99	₹ 599	
Hodder And Stoughton	Self-Help	9781473621503	The Surrender Experiment	Singer, Michael A.	PB	£ 12.99	₹ 699	
John Murray Learning	Self-Help	9781529398885	But Are You Alive?: How to Design a Life Worth Living	Skinner, Eloise	TPB	£ 14.99	₹ 1150	
Hodder And Stoughton	Self-Help	9781399715256	How to be Old	Slater, Lyn	HB	£ 20.00	₹ 1650	
QUERCUS	Self-Help	9781529427493	Hello, Goodbye, and Everything in Between	Smith, Jennifer E.	PB	£ 8.99	₹ 699	
Profile Books Ltd	Self-Help	9781788164795	Everything Isn't Terrible: Conquer Your Insecurities, Interrupt Your Anxiety and Finally Calm Down	Smith, Kathleen	PB	£ 9.99	₹ 599	
Octopus Publishing Group	Self-Help	9781909770768	The Big Quit: How to Ditch the Job You Hate and Find Work You Love	Sommerville, Anniki	PB	£ 8.99	₹ 699	
Orion Publishing Group	Self-Help	9781841883274	The Speakmans' Key to Upgrading Your Life	Speakman, Nik / Speakman, Eva	PB	£ 14.99	₹ 1050	
QUERCUS	Self-Help	9781529412628	Alonement	Specter, Francesca	PB	£ 10.99	₹ 699	
Little, Brown Book Group	Self-Help	9780349433318	Microjoys: Finding Hope (Especially) When Life is Not Okay	Spiegel, Cyndie	HB	£ 12.99	₹ 999	
Hodder And Stoughton	Self-Help	9781529373189	Re-Create Yourself: Embracing Greater Self-Love to Unleash Your Potential	Stanczyk, Dorota	TPB	£ 14.99	₹ 699	
Little, Brown Book Group	Self-Help	9780349432359	Under Construction: Because Living My Best Life Took a Little Work	Stause, Chrishell	PB	£ 10.99	₹ 825	
Little, Brown Book Group	Self-Help	9781472138491	Learning to Counsel, 4 <sup>th</sup> Edition	Sutton, Jan / Stewart, William	TPB	£ 14.99	₹ 1050	
Little, Brown Book Group	Self-Help	9781472148773	Imposter No More: Overcome Self-Doubt and Imposterism to Cultivate a Successful Career	Stoddard, Jill	TPB	£ 14.99	₹ 899	
Hodder And Stoughton	Self-Help	9781399716024	Hyperefficient: Simple Methods to Optimize Your Brain and Transform the Way You Work	Storoni, Mithu	TPB	£ 16.99	₹ 699	
Hodder And Stoughton	Self-Help	9781529383850	Stress-Proof	Storoni, Mithu	PB	£ 9.99	₹ 599	
John Murray Learning	Self-Help	9781473689251	The Ultimate Interview Book	Straw, Alison / Shapiro, Mo	TPB	£ 14.99	₹ 1150	
Octopus Publishing Group	Self-Help	9781800074095	It's OK to Talk: A Practical Guide to Mental Health for Men	Cooper, Sam	PB	£ 9.99	₹ 750	
Octopus Publishing Group	Self-Help	9781800076747	Self-Care for Every Day	Publishers, Summersdale	HB	£ 7.99	₹ 599	
Octopus Publishing Group	Self-Help	9781800076754	Rituals for Every Day	Publishers, Summersdale	HB	£ 7.99	₹ 599	
Octopus Publishing Group	Self-Help	9781800076761	Meditations for Every Day	Publishers, Summersdale	HB	£ 7.99	₹ 599	
Octopus Publishing Group	Self-Help	9781800077171	Shit Happens So Get Over It: Uplifting Quotes for Bad Days	Publishers, Summersdale	PB	£ 6.99	₹ 550	
Hodder And Stoughton	Self-Help	9781529333886	Anxiety is Your Superpower: Using Anxiety to Think Better, Feel Better and Do Better	Suzuki, Dr.Wendy	PB	£ 10.99	₹ 699	
Headline Book Publishing	Self-Help	9781472238979	Detox Your Ego	Sylvester, Steven	PB	£ 8.99	₹ 699	
Little, Brown Book Group	Self-Help	9780349426952	Set Boundaries, Find Peace	Tawwab, Nedra Glover	TPB	£ 14.99	₹ 699	

Publisher	Subject	ISBN-13	Title	Author	Binding	Cover Price	Special Indian Price	Qty
Little, Brown Book Group	Self-Help	9780349432120	Drama-Free: A Guide to Managing Unhealthy Family Relationships	Tawwab, Nedra Glover	TPB	£ 14.99	₹ 799	
John Murray Learning	Self-Help	9781473636323	How to be Successful By Being Yourself: The Surprising Truth About Turning Fear and Doubt Into Confidence	Taylor, David	PB	£ 10.99	₹ 750	
Orion Publishing Group	Self-Help	9781409177838	The Book of Courage	Thoele, Sue Patton	PB	£ 8.99	₹ 599	
Orion Publishing Group	Self-Help	9781409177852	The Book of Confidence	Thoele, Sue Patton	PB	£ 8.99	₹ 599	
John Murray Press	Self-Help	9781529311419	This Book Could Fix Your Life: The Science of Self Help	Thomson, Helen	PB	£ 10.99	₹ 699	
Hodder And Stoughton	Self-Help	9781473696686	A Monk's Guide to Happiness	Thubten, Gelong	PB	£ 8.99	₹ 599	
Hodder And Stoughton	Self-Help	9781529363531	Becoming the 0.1%	Timmins, Gareth	PB	£ 12.99	₹ 999	
Octopus Publishing Group	Self-Help	9781783254736	Solo: A True Story of Spirit, Adventure & the Life-Changing Power of Running Alone	Tough, Jenny	PB	£ 9.99	₹ 750	
Little, Brown Book Group	Self-Help	9781472138637	Helping Your Child With Loss and Trauma	Trickey, David / Lawson, Vicky	PB	£ 12.99	₹ 999	
Hodder And Stoughton	Self-Help	9781529371482	A Radical Awakening: Turn Pain Into Power, Embrace Your Truth, Live Free	Tsabary, Shefali	PB	£ 10.99	₹ 699	
Michael O Mara Books Ltd	Self-Help	9781789293432	Go Toxic Free: Easy and Sustainable Ways to Reduce Chemical Pollution	Turns, Anna	HB	£ 14.99	₹ 1199	
Hodder And Stoughton	Self-Help	9780340923801	The Power of a Positive No	Ury, William	PB	£ 8.99	₹ 499	
Octopus Publishing Group	Self-Help	9781780725673	How to Tell a Story	Various	HB	£ 18.99	₹ 1150	
John Murray Learning	Self-Help	9781399803496	The Wellness Collection	Various	PB	£ 30.00	₹ 1690	
Octopus Publishing Group	Self-Help	9781786857668	All You Need is Less -Minimalist Living for Maximum Happiness	Vrint, Vicki	PB	£ 7.99	₹ 599	
John Murray Learning	Self-Help	9781399806312	Inner Mastery, Outer Impact	Wadha, Hitendra	TPB	£ 14.99	₹ 699	
Octopus Publishing Group	Self-Help	9781783254569	Sensitive: The Hidden Strength of Sensitivity & Empathy	Walker, Hannah Jane	PB	£ 9.99	₹ 750	
Hachette Book Group USA	Self-Help	9780316068222	This is Water	Foster Wallace, David	HB	\$ 18.00	₹ 1750	
John Murray Learning	Self-Help	9781839971112	Nurturing Your Autistic Young Person	Wassell, Cathy / Fricker, Eliza	TPB	£ 14.99	₹ 1150	
Little, Brown Book Group	Self-Help	9781472137104	Stress Control	White, Jim	PB	£ 8.99	₹ 499	
Profile Books Ltd	Self-Help	9781788167765	Outsmart Your Brain	Willingham, Daniel	PB	£ 10.99	₹ 599	
Little, Brown Book Group	Self-Help	9780349439426	Make Every Penny Count: Budgeting Tips and Tricks to Keep More Money in Your Pocket	Willis, Ricky / Willis, Naomi	PB	£ 12.99	₹ 899	
Little, Brown Book Group	Self-Help	9781472146601	Overcoming Health Anxiety 2 <sup>nd</sup> Edition	Willson, Rob / Veale, David	PB	£ 12.99	₹ 999	
Little, Brown Book Group	Self-Help	9781849014014	Taking Control of OCD	Veale, David / Willson, Rob	TPB	£ 10.99	₹ 799	
Hodder And Stoughton	Self-Help	9781529395440	Do One Thing at a Time: Follow the Twelve Monotasks to Do Everything Better	Wine, Thatcher	TPB	£ 14.99	₹ 1199	
Little, Brown	Self-Help	9781472147769	How to Smash Stress	Withey, James	TPB	£ 14.99	₹ 499	

Publisher	Subject	ISBN-13	Title	Author	Binding	Cover Price	Special Indian Price	Qty
QUERCUS	Self-Help	9781529430479	Budget Happy	Woodley, Lisa	PB	£ 9.99	₹ 499	
Little, Brown Book Group	Self-Help	9781472147936	Personality: A User's Guide	Mikhailov, Nikita / Yankov, Georgi	TPB	£ 16.99	₹ 1450	
Little, Brown Book Group	Self-Help	9781472119018	Smart Answers to Tricky Interview Questions	Yeung, Rob	PB	£ 10.99	₹ 299	
John Murray Press	Self-Help	9781473634237	10% Better : Easy Ways to Beat Stress, Think Smarter, Get Healthy and Achieve Any Goal	Yeung, Rob	PB	£ 9.99	₹ 799	
Octopus Publishing Group	Self-Help	9781837991433	Self-Care for Students: Simple Well-Being Tips to Help You Survive University	Young, Frankie	PB	£ 9.99	₹ 799	
QUERCUS	Self-Help	9781529422344	Lessons in Life: What We Can All Learn from the World's Best Teachers	Zafirakou, Andria / Neves Couto, Candida	PB	£ 10.99	₹ 899	
Hodder And Stoughton	Self-Help	9781529331981	The Little Book of Life Skills: How to Deal With Dinner, Manage Your Emails and Other Expert Tricks	Zammett, Erin	PB	£ 10.99	₹ 699	
Little, Brown Book Group	Self-Help	9780349417493	Maybe It's You: Cut the Crap. Face Your Fears. Love Your Life	Zander, Lauren Handel	PB	£ 9.99	₹ 499	
Orion Publishing Group	Self-Help	9781398716025	Your Pocket Therapist	Zimmerman, Annie	TPB	£ 14.99	₹ 699	

## MIND, BODY & SPIRIT ORDER FORM

### HIGHLIGHTS

Publisher	Subject	ISBN-13	Title	Author	Binding	Cover Price	Special Indian Price	Qty
HACHETTE INDIA	Mind, Body & Spirit	9789389253146	Mind Your Mind	Acharya, Venugopal	PB	₹ 399	₹ 399	
HACHETTE INDIA	Mind, Body & Spirit	9789389253023	Mahavir	Bhandari, Arvind	PB	₹ 399	₹ 399	
HACHETTE INDIA	Mind, Body & Spirit	9789391028268	Anitya	Jayaraman, Gayatri	PB	₹ 399	₹ 399	
HACHETTE INDIA	Mind, Body & Spirit	9789389253559	Sit Your Self Down	Jayaraman, Gayatri	PB	₹ 499	₹ 499	
HACHETTE INDIA	Mind, Body & Spirit	9789351952718	Living the Bhagavad Gita	Sorensen, Braja	PB	₹ 450	₹ 450	
Hodder And Stoughton	Mind, Body & Spirit	9781529391077	The Art of Reading Minds	Fexeus, Henrik	PB	£ 10.99	₹ 825	
Little, Brown Book Group	New Age & MBS	9780751527377	Tuesdays With Morrie	Albom, Mitch	PB	£ 8.99	₹ 299	
Little, Brown Book Group	New Age & MBS	9780751537529	Have a Little Faith	Albom, Mitch	PB	£ 6.99	₹ 399	
John Murray Learning	New Age & MBS	9781529338782	Ukeireru: Happiness and Acceptance Through Japanese Wisdom	Haas, Scott	HB	£ 12.99	₹ 599	
Octopus Publishing Group	New Age & MBS	9781841813615	The Crystal Bible Vol1	Hall, Judy	PB	£ 14.99	₹ 750	
Octopus Publishing Group	New Age & MBS	9781841813509	The Crystal Bible Vol2	Hall, Judy	PB	£ 15.99	₹ 899	
Octopus Publishing Group	New Age & MBS	9781841814247	The Crystal Bible, Volume 3	Hall, Judy	PB	£ 14.99	₹ 750	
Little, Brown Book Group	New Age & MBS	9780349421001	Wabi Sabi: Japanese Wisdom for a Perfectly Imperfect Life	Kempton, Beth	PB	£ 12.99	₹ 699	
Little, Brown Book Group	New Age & MBS	9780349425580	Kokoro	Kempton, Beth	HB	£ 20.00	₹ 699	
Little, Brown Book Group	New Age & MBS	9780349121284	Towards the True Kinship of Faiths	Lama, Dalai	PB	£ 9.99	₹ 699	
Little, Brown Book Group	New Age & MBS	9780349112541	Ancient Wisdom Modern World	Lama, Dalai	PB	£ 9.99	₹ 499	
Little, Brown Book Group	New Age & MBS	9780349117362	Universe in a Single Atom	Lama, Dalai	PB	£ 9.99	₹ 499	
Hodder And Stoughton	New Age & MBS	9780340794401	The Art of Happiness in a Troubled World	Lama, His Holiness The Dalai / Cutler, Howard	PB	£ 10.99	₹ 599	
Hodder And Stoughton	New Age & MBS	9780340750155	The Art of Happiness	Lama, Dalai	PB	£ 9.99	₹ 499	
Hodder And Stoughton	New Age & MBS	9781444792805	Fish!	Lundin, Stephen	PB	£ 9.99	₹ 299	
QUERCUS	New Age & MBS	9781529401295	The Book of Ichigo Ichie: The Art of Making the Most of Every Moment, the Japanese Way	Miralles, Francesc	HB	£ 12.99	₹ 599	
QUERCUS	New Age & MBS	9781787470279	The Little Book of Ikigai: The Secret Japanese Way	Mogi, Ken	PB	£ 8.99	₹ 499	



Publisher	Subject	ISBN-13	Title	Author	Binding	Cover Price	Special Indian Price	Qty
Hodder And Stoughton	New Age & MBS	9781399811286	The Last Lecture: 15 <sup>th</sup> Anniversary HB	Paush, Randy	HB	£ 12.99	₹ 599	
Hodder And Stoughton	New Age & MBS	9780340977736	The Last Lecture	Pausch, Randy	PB	£ 8.99	₹ 350	
Headline Book Publishing	New Age & MBS	9781035411290	The Power of Chowa: Finding Your Balance Using the Japanese Wisdom of Chowa	Tanaka, Akemi	PB	£ 12.99	₹ 599	
Hodder And Stoughton	New Age & MBS	9781529367652	Handbook for Hard Times: A Monk'S Guide to Fearless Living	Thubten, Gelong	HB	£ 16.99	₹ 699	
Hodder And Stoughton	New Age & MBS	9780340693254	Conversations With God Book 1	Walsch, Neale Donald	PB	£ 10.99	₹ 499	
Hodder And Stoughton	New Age & MBS	9780340765449	Conversation With God Book 2	Walsch, Neale Donald	PB	£ 9.99	₹ 499	
Hodder And Stoughton	New Age & MBS	9780340765456	Conversations With God Book 3	Walsch, Neale Donald	PB	£ 10.99	₹ 699	
Little, Brown Book Group	New Age & MBS	9780749913786	Many Lives, Many Masters	Weiss, Brian	TPB	£ 13.99	₹ 399	
Little, Brown Book Group	New Age & MBS	9780749916206	Only Love is Real	Weiss, Brian	TPB	£ 12.99	₹ 399	
Little, Brown Book Group	New Age & MBS	9780749918354	Through Time Into Healing	Weiss, Brian	PB	£ 12.99	₹ 399	
Little, Brown Book Group	New Age & MBS	9780749921675	Messages from the Masters	Weiss, Brian	PB	£ 14.99	₹ 399	
Little, Brown Book Group	New Age & MBS	9780749925413	Same Soul Many Bodies	Weiss, Brian	PB	£ 14.99	₹ 399	
Little, Brown Book Group	New Age & MBS	9780748136247	The Dr. Brian Weiss Collection	Weiss, Brian	BOX	£ 54.95	₹ 1940	
<b>MORE FROM MIND, BODY &amp; SPIRIT</b>								
Orion Publishing Group	Mind, Body & Spirit	9780753820162	Meditations	Aurelius, Marcus	PB	£ 8.99	₹ 399	
Octopus Publishing Group	Mind, Body & Spirit	9781787836624	Happiness in Your Pocket	Barnes, Anna	PB	£ 7.99	₹ 575	
Octopus Publishing Group	Mind, Body & Spirit	9781841815442	Manifesting Love and Prosperity	Boyes, Carolyn	PB	£ 9.99	₹ 750	
Little, Brown Book Group	Mind, Body & Spirit	9780349439464	Who Do You Think You Are?: An Interactive Journey Through Your Past Lives and Into Your Best Future	Brock, Michelle	TPB	£ 14.99	₹ 1199	
Octopus Publishing Group	Mind, Body & Spirit	9781856753678	The Little Book of Inner Peace	Davis Bush, Ashley	PB	£ 7.99	₹ 350	
Octopus Publishing Group	Mind, Body & Spirit	9781837990146	The Zodiac Guide to Aries	Carvel, Astrid	PB	£ 7.99	₹ 599	
Octopus Publishing Group	Mind, Body & Spirit	9781837990153	The Zodiac Guide to Taurus	Carvel, Astrid	PB	£ 7.99	₹ 599	
Octopus Publishing Group	Mind, Body & Spirit	9781837990160	The Zodiac Guide to Gemini	Carvel, Astrid	PB	£ 7.99	₹ 599	
Octopus Publishing Group	Mind, Body & Spirit	9781837990177	The Zodiac Guide to Cancer	Carvel, Astrid	PB	£ 7.99	₹ 599	
Octopus Publishing Group	Mind, Body & Spirit	9781837990184	The Zodiac Guide to Leo	Carvel, Astrid	PB	£ 7.99	₹ 599	
Octopus Publishing Group	Mind, Body & Spirit	9781837990191	The Zodiac Guide to Virgo	Carvel, Astrid	PB	£ 7.99	₹ 599	
Octopus Publishing Group	Mind, Body & Spirit	9781837990207	The Zodiac Guide to Libra	Carvel, Astrid	PB	£ 7.99	₹ 599	

Publisher	Subject	ISBN-13	Title	Author	Binding	Cover Price	Special Indian Price	Qty
Octopus Publishing Group	Mind, Body & Spirit	9781837990214	The Zodiac Guide to Scorpio	Carvel, Astrid	PB	£ 7.99	₹ 599	
Octopus Publishing Group	Mind, Body & Spirit	9781837990221	The Zodiac Guide to Sagittarius	Carvel, Astrid	PB	£ 7.99	₹ 599	
Octopus Publishing Group	Mind, Body & Spirit	9781837990238	The Zodiac Guide to Capricorn	Carvel, Astrid	PB	£ 7.99	₹ 599	
Octopus Publishing Group	Mind, Body & Spirit	9781837990245	The Zodiac Guide to Aquarius	Carvel, Astrid	PB	£ 7.99	₹ 599	
Octopus Publishing Group	Mind, Body & Spirit	9781837990252	The Zodiac Guide to Pisces	Carvel, Astrid	PB	£ 7.99	₹ 599	
Hachette Book Group USA	Mind, Body & Spirit	9780762491582	Just Breathe: Meditation, Mindfulness, Movement, and More	Chopra, Mallika	TPB	\$ 12.99	₹ 1560	
Octopus Publishing Group	Mind, Body & Spirit	9781856753746	Lagom	Dunne, Linnea	HB	£ 10.99	₹ 599	
Hodder And Stoughton	Mind, Body & Spirit	9781529378986	Spirit Hacking	Durek, Shaman	PB	£ 10.99	₹ 899	
Little, Brown Book Group	Mind, Body & Spirit	9780749959098	The Little Book of Energy Medicine	Eden, Donna / Dahlin, Dondi	PB	£ 8.99	₹ 650	
Profile Books Ltd	Mind, Body & Spirit	9781800810488	Recovery	Francis, Gavin	PB	£ 5.99	₹ 399	
Little, Brown Book Group	Mind, Body & Spirit	9780349427119	Secrets of a Shaman	Hachumak, David / Carroll,	PB	£ 14.99	₹ 1050	
Octopus Publishing Group	Mind, Body & Spirit	9781841815251	Manifesting With Crystals	Hall, Judy	PB	£ 14.99	₹ 1150	
Octopus Publishing Group	Mind, Body & Spirit	9781841815176	The Tarot Life Planner	Lorelei, Lady	HB	£ 16.00	₹ 1299	
Octopus Publishing Group	Mind, Body & Spirit	9781841815145	The Crystal Apothecary	Petherbridge, Gemma	HB	£ 16.99	₹ 1150	
Octopus Publishing Group	Mind, Body & Spirit	9781780725437	The Interior Silence	Sands, Sarah	PB	£ 9.99	₹ 750	
Little, Brown Book Group	Mind, Body & Spirit	9781472146762	Overcoming Mood Swings 2 <sup>nd</sup> Edition	Scott, Jan	PB	£ 12.99	₹ 899	
Little, Brown Book Group	Mind, Body & Spirit	9780349419138	Unplug	Yalof Schwartz, Suze	PB	£ 8.99	₹ 399	
Octopus Publishing Group	New Age & MBS	9781783253593	Dream Dictionary	Ackroyd, Eric	HB	£ 16.99	₹ 899	
Octopus Publishing Group	New Age & MBS	9781800077072	Little Book of Buddhism: An Introduction to the Key Figures, Beliefs and Practices You Need to Know	Adams, Georgina-Kate	PB	£ 7.99	₹ 499	
Little, Brown Book Group	New Age & MBS	9780349403519	The Map of Heaven	Alexander, Eben / Tompkins, Ptolemy	TPB	£ 14.99	₹ 499	
Little, Brown Book Group	New Age & MBS	9780349417424	Living in a Mindful Universe: A Neurosurgeon's Journey Into the Heart of Consciousness	Alexander, Eben / Newell, Karen	PB	£ 9.99	₹ 699	
QUERCUS	New Age & MBS	9781529427271	Chinese Astrology: Decode the Zodiac to Live Your Best Life	Allen, Marites	HB	£ 20.00	₹ 1599	
Orion Publishing Group	New Age & MBS	9781409176947	The Crystal Compass: A Guide to Using Crystals for Energy, Healing and Reclaiming Your Power	Amarfio, Aisha	HB	£ 12.99	₹ 899	
John Murray Learning	New Age & MBS	9781848190856	Freeing Emotions and Energy Through Myofascial Release	Amy, Rizza	PB	£ 18.99	₹ 1599	
John Murray Learning	New Age & MBS	9781848193505	Vedic Palmistry	Andrew, Mason	PB	£ 18.99	₹ 1299	
Octopus Publishing Group	New Age & MBS	9781786857569	Let Go: Release Yourself from Anxiety	Archer, Elizabeth	HB	£ 12.99	₹ 699	

Publisher	Subject	ISBN-13	Title	Author	Binding	Cover Price	Special Indian Price	Qty
John Murray Learning	New Age & MBS	9781787757394	Restorative Yoga	Ashby, Anna / Rosen, Richard	PB	£ 22.99	₹ 2499	
John Murray Learning	New Age & MBS	9781787751750	Compassionate Mindful Inquiry in Therapeutic Practice	Atkinson, Karen	PB	£ 17.99	₹ 1325	
Octopus Publishing Group	New Age & MBS	9781804190913	Real Talk: Lessons from Therapy on Healing & Self-Love	Bailey, Tasha	HB	£ 18.99	₹ 1599	
Octopus Publishing Group	New Age & MBS	9781800076792	The Mindfulness Activity Book	Barnes, Anna	PB	£ 8.99	₹ 699	
Octopus Publishing Group	New Age & MBS	9781800074392	The Dream Journal: Tips and Exercises to Help You Track Your Dreams and Work Out What They Mean	Barnes, Anna	PB	£ 10.99	₹ 825	
Little, Brown Book Group	New Age & MBS	9780349428093	The Little Book of Earth Magic	Bartlett, Sarah	HB	£ 9.99	₹ 699	
Little, Brown Book Group	New Age & MBS	9780349433271	The Little Book of Love Magic: Spells, Enchantments and Rituals to Honour Love in All Its Forms	Bartlett, Sarah	HB	£ 12.99	₹ 999	
Hodder And Stoughton	New Age & MBS	9781399722292	The Modern Witch's Book of Manifestation: Spells and Rituals to Realise Your Dreams	Bartlett, Sarah	HB	£ 14.99	₹ 1199	
Little, Brown Book Group	New Age & MBS	9780349419411	The Little Book of Practical Magic	Bartlett, Sarah	HB	£ 9.99	₹ 750	
Hodder And Stoughton	New Age & MBS	9781399704588	Astrology Self-Care: Aries	Bartlett, Sarah	HB	£ 8.99	₹ 699	
Hodder And Stoughton	New Age & MBS	9781399704618	Astrology Self-Care: Taurus	Bartlett, Sarah	HB	£ 8.99	₹ 699	
Hodder And Stoughton	New Age & MBS	9781399704649	Astrology Self-Care: Gemini	Bartlett, Sarah	HB	£ 8.99	₹ 699	
Hodder And Stoughton	New Age & MBS	9781399704670	Astrology Self-Care: Cancer	Bartlett, Sarah	HB	£ 8.99	₹ 699	
Hodder And Stoughton	New Age & MBS	9781399704700	Astrology Self-Care: Leo	Bartlett, Sarah	HB	£ 8.99	₹ 699	
Hodder And Stoughton	New Age & MBS	9781399704731	Astrology Self-Care: Virgo	Bartlett, Sarah	HB	£ 8.99	₹ 699	
Hodder And Stoughton	New Age & MBS	9781399704762	Astrology Self-Care: Libra	Bartlett, Sarah	HB	£ 8.99	₹ 699	
Hodder And Stoughton	New Age & MBS	9781399704793	Astrology Self-Care: Scorpio	Bartlett, Sarah	HB	£ 8.99	₹ 699	
Hodder And Stoughton	New Age & MBS	9781399704823	Astrology Self-Care: Sagittarius	Bartlett, Sarah	HB	£ 8.99	₹ 699	
Hodder And Stoughton	New Age & MBS	9781399704854	Astrology Self-Care: Capricorn	Bartlett, Sarah	HB	£ 8.99	₹ 699	
Hodder And Stoughton	New Age & MBS	9781399704885	Astrology Self-Care: Aquarius	Bartlett, Sarah	HB	£ 8.99	₹ 699	
Hodder And Stoughton	New Age & MBS	9781399704915	Astrology Self-Care: Pisces	Bartlett, Sarah	HB	£ 8.99	₹ 699	
Little, Brown Book Group	New Age & MBS	9780349430379	The Little Book of Crystal Magic	Bartlett, Sarah	HB	£ 9.99	₹ 750	
Octopus Publishing Group	New Age & MBS	9781841813653	The Tarot Bible	Bartlett, Sarah	PB	£ 15.99	₹ 899	
Octopus Publishing Group	New Age & MBS	9780753734186	The Tarot	Bartlett, Sarah / Bartlett, Sarah	PB	£ 14.42	₹ 1050	
Hodder And Stoughton	New Age & MBS	9781529356878	Yoga Saved My Life	Bates, Sasha	HB	£ 16.99	₹ 1399	
Hodder And Stoughton	New Age & MBS	9780340921005	Freedom Is	Bays, Brandon	PB	£ 16.99	₹ 1450	

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Little, Brown Book Group	New Age & MBS	9780349413709	Miracles from Heaven	Beam, Christy Wilson	PB	£ 8.99	₹ 699	
Little, Brown Book Group	New Age & MBS	9780349426020	The Way of Integrity: Finding a Path to Your True Self	Beck, Martha	TPB	£ 14.99	₹ 899	
Hodder And Stoughton	New Age & MBS	9781529388916	Heal from Within: A Guidebook to Intuitive Wellness	Beecher, Katie	TPB	£ 14.99	₹ 999	
Hodder And Stoughton	New Age & MBS	9781529340259	Everything is Spiritual: A Brief Guide to Who We Are and What We're Doing Here	Bell, Rob	PB	£ 10.99	₹ 825	
John Murray Press	New Age & MBS	9781399804240	Loving Our Own Bones: Rethinking Disability in an Ableist World	Belser, Julia Watts	HB	£ 16.99	₹ 1450	
Hodder And Stoughton	New Age & MBS	9780340826683	The Power of Kabbalah	Berg, Yehuda	PB	£ 10.99	₹ 899	
John Murray Learning	New Age & MBS	9781848190481	Secret of Everlasting Life	Richard, Bertschinger	PB	£ 15.99	₹ 1150	
Michael O Mara Books Ltd	New Age & MBS	9781789294309	Your 5-Minute Journal: Find Gratitude and De-Stress With Simple Daily Exercises	Birch, Amy	PB	£ 9.99	₹ 799	
Little, Brown Book Group	New Age & MBS	9780749941260	The Endorphin Effect	Bloom, William	PB	£ 10.99	₹ 825	
Little, Brown Book Group	New Age & MBS	9780749941314	Psychic Protection	Bloom, William	PB	£ 10.99	₹ 725	
Hachette Book Group USA	New Age & MBS	9780316509831	Dirty Looks	Bowe, Whitney	PB	\$ 16.99	₹ 1655	
Octopus Publishing Group	New Age & MBS	9780753734612	The Wiccan Handbook: A Modern Guide to the Symbols, Spells and Rituals of Witchcraft	Bowes, Susan	HB	£ 10.00	₹ 750	
Hodder And Stoughton	New Age & MBS	9781529340204	A Book for Life: 10 Steps to Spiritual Wisdom, a Clear Mind and Lasting Happiness	Bowlby, Jo	PB	£ 10.99	₹ 399	
Hachette Book Group USA	New Age & MBS	9781455500321	Be the Miracle	Brett, Regina	PB	\$ 17.99	₹ 1750	
Little, Brown Book Group	New Age & MBS	9780749953058	Secrets of the Light	Brinkley, Dannion / Brinkley, Kathryn	PB	£ 9.99	₹ 725	
Octopus Publishing Group	New Age & MBS	9781841813684	The Yoga Bible	Brown, Christina	PB	£ 14.99	₹ 750	
Little, Brown Book Group	New Age & MBS	9780749924225	Power of Karma	T. Browne, Mary	PB	£ 10.99	₹ 799	
Little, Brown Book Group	New Age & MBS	9780749925352	Life on the Other Side	Browne, Sylvia	PB	£ 10.99	₹ 725	
Little, Brown Book Group	New Age & MBS	9780749926557	Past Lives Future Healing	Browne, Sylvia / Harrison, Lindsay	PB	£ 10.99	₹ 399	
Little, Brown Book Group	New Age & MBS	9780749940126	All Pets Go to Heaven	Browne, Sylvia	PB	£ 9.99	₹ 499	
Little, Brown Book Group	New Age & MBS	9780749929107	End of Days	Browne, Sylvia	PB	£ 8.99	₹ 499	
Little, Brown Book Group	New Age & MBS	9780749924218	Other Side and Back	Browne, Sylvia	PB	£ 9.99	₹ 599	
Little, Brown Book Group	New Age & MBS	9780349408514	Mindfulness for Women: Declutter Your Mind, Simplify Your Life, Find Time to 'Be'	Burch, Vidyamala / Irvin, Claire	TPB	£ 13.99	₹ 599	
Hodder And Stoughton	New Age & MBS	9781473649361	The Year of the Angels	Byrne, Lorna	HB	£ 10.99	₹ 899	
John Murray Learning	New Age & MBS	9781848191099	Mudras of India	Carroll, Revital / Revital, David	PB	£ 20.99	₹ 1399	
Little, Brown Book Group	New Age & MBS	9780749941154	Tapping the Healer Within	Callahan, Roger / Trubo, Richard	PB	£ 9.99	₹ 725	

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Hachette Book Group USA	New Age & MBS	9780786883363	Don't Sweat the Small Stuff at Work	Carlson, Richard	PB	\$ 18.99	1850	
Octopus Publishing Group	New Age & MBS	9781841815497	Find Your Power: Chakra	Carter, Romola	HB	£ 9.99	799	
Octopus Publishing Group	New Age & MBS	9781800076778	The Crystal Healing Journal	Carvel, Astrid	PB	£ 10.99	825	
Octopus Publishing Group	New Age & MBS	9781800076785	The Tarot Journal	Carvel, Astrid	PB	£ 10.99	825	
Octopus Publishing Group	New Age & MBS	9781800076822	The Little Book of Sacred Geometry: How to Harness the Power of Cosmic Patterns, Signs and Symbols	Carvel, Astrid	PB	£ 7.99	550	
Octopus Publishing Group	New Age & MBS	9781800071971	The Little Book of Zen: A Beginner's Guide to the Art of Zen	Carvel, Astrid	PB	£ 7.99	399	
Octopus Publishing Group	New Age & MBS	9781800074200	What is My Destiny?: A Guided Journal to Help You Unlock the Secrets of Your Future	Carvel, Astrid	PB	£ 9.99	750	
Octopus Publishing Group	New Age & MBS	9781800076433	The Little Book For Crystal Lovers: Simple Tips to Take Your Crystal Collection to the Next Level	Carvel, Astrid	HB	£ 8.99	699	
Octopus Publishing Group	New Age & MBS	9781786859594	The Little Book of Crystals - A Beginner's Guide to Crystal Healing	Carvel, Astrid	PB	£ 6.99	350	
John Murray Press	New Age & MBS	9781473601437	Existentialism: All that Matters	Cerbone, David	PB	£ 9.99	750	
Octopus Publishing Group	New Age & MBS	9781800074408	Self-Kindness: How to Live With Compassion and Create a Life You Love	Chamberlain, Claire	HB	£ 8.99	699	
John Murray Learning	New Age & MBS	9781848193994	Teen Yoga For Yoga Therapists	Charlotta, Martinus	PB	£ 22.99	1799	
Hachette Book Group USA	New Age & MBS	9781455581931	Happy-Go-Yoga	Chen, Christine	PB	\$ 18.00	1750	
Little, Brown Book Group	New Age & MBS	9780349413006	Heaven Called My Name	Cheung, theresa	PB	£ 8.99	599	
Octopus Publishing Group	New Age & MBS	9781786857989	The Little Book of Tarot - An Introduction to Fortune-Telling and Divination	Eve Chown, Xanna	PB	£ 6.99	350	
Orion Publishing Group	New Age & MBS	9781409169734	Numerology Plain & Simple	Christie, Anne	PB	£ 8.99	399	
Octopus Publishing Group	New Age & MBS	9781841815398	Find Your Power: Manifest	Churchill, Anoushka F.	HB	£ 9.99	750	
Little, Brown Book Group	New Age & MBS	9780749912468	Yesterday's Children	Cockell, Jenny	PB	£ 10.99	725	
Octopus Publishing Group	New Age & MBS	9781912023233	The Chakra Project	Coleridge, Georgia	HB	£ 16.99	1150	
Octopus Publishing Group	New Age & MBS	9781856753531	The Little Book of Mindfulness: 10 Minutes a Day to Less Stress, More Peace	Collard, Patrizia	FLX	£ 7.99	499	
Headline Book Publishing	New Age & MBS	9781035411740	Manifest Day By Day: How to Get The Life You Want, Starting Now	Cooper, Alanis	PB	£ 9.99	599	
Hodder And Stoughton	New Age & MBS	9780340835098	Angel Inspiration	Cooper, Diana	PB	£ 10.99	399	
Hodder And Stoughton	New Age & MBS	9780340935507	Angel Answers	Cooper, Diana	PB	£ 10.99	899	
Little, Brown Book Group	New Age & MBS	9780749919436	Time for Transformation	Cooper, Diana	PB	£ 13.99	799	
Hodder And Stoughton	New Age & MBS	9780340838525	Discover Atlantis	Cooper, Diana / Hutton, Shaaron	PB	£ 10.99	725	
Hachette Book Group USA	New Age & MBS	9781600940613	Healing from Trauma	LPC, Jasmin Lee Cori / M.D., Robert Scaer	PB	\$ 15.99	1555	



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Orion Publishing Group	New Age & MBS	9781409183631	Calm: Working Through Life'S Daily Stresses to Find a Peaceful Centre	Cotton, Fearne	PB	£ 8.99	₹ 699	
Orion Publishing Group	New Age & MBS	9781409183150	Quiet	Cotton, Fearne	PB	£ 8.99	₹ 699	
Little, Brown Book Group	New Age & MBS	9781845285166	How to be Your Own Medium	Creel, Carolyn	PB	£ 7.99	₹ 575	
Octopus Publishing Group	New Age & MBS	9781837991488	Nature Therapy	Dambon, RÃ©my	HB	£ 14.99	₹ 1199	
Michael O Mara Books Ltd	New Age & MBS	9781912785131	How to be More Tree: Essential Life Lessons for Perennial Happiness	Davidson, Annie / Davidson, Annie	HB	£ 9.99	₹ 699	
Octopus Publishing Group	New Age & MBS	9781841815343	Power Up: How to Feel Awesome by Protecting and Boosting Positive Energy	Davies, Alison	HB	£ 8.99	₹ 699	
Octopus Publishing Group	New Age & MBS	9780753734964	How to Find Your Happy Place	Davies, Alison	PB	£ 10.82	₹ 999	
Octopus Publishing Group	New Age & MBS	9780753735022	Charms & Symbols	Davies, Alison	HB	£ 10.00	₹ 750	
Octopus Publishing Group	New Age & MBS	9781841814940	Nature's Hidden Oracles	Dean, Liz	HB	£ 10.00	₹ 699	
John Murray Learning	New Age & MBS	9781787752566	Kigo	Dechar, Lorie Eve / Lewis, Randine	PB	£ 26.99	₹ 2199	
Little, Brown Book Group	New Age & MBS	9780349431765	Tapping In: Manifest the Life You Want With the Transformative Power of Tapping	Delbridge, Poppy	HB	£ 16.99	₹ 1399	
Orion Publishing Group	New Age & MBS	9781409168324	And Breathe	Dennis, Rebecca	TPB	£ 14.99	₹ 1050	
Hodder And Stoughton	New Age & MBS	9781444740608	The Wish	Donovan, Angela	PB	£ 9.99	₹ 699	
Hodder & Stoughton	New Age & MBS	9781399737869	Mind Magic	R Doty, Dr James	PB	£ 10.99	₹ 599	
Octopus Publishing Group	New Age & MBS	9781800076846	The Little Book of Reiki: A Beginner's Guide to the Art of Energy Healing	Drane, Stephanie	PB	£ 7.99	₹ 599	
Hodder And Stoughton	New Age & MBS	9781444784749	Happiness is a State of Mind	Drukpa, His	PB	£ 10.99	₹ 599	
Octopus Publishing Group	New Age & MBS	9781841814995	Godsfield Companion: Crystals	D'Silva, Lauren	PB	£ 16.99	₹ 1299	
Orion Publishing Group	New Age & MBS	9781398704190	Saturn Returns: Your Cosmic Coming of Age	Dunlop, Caggie	HB	£ 16.99	₹ 1399	
Little, Brown Book Group	New Age & MBS	9780749920197	Complete Book of Tarot	Eason, Cassandra	PB	£ 15.99	₹ 399	
Little, Brown Book Group	New Age & MBS	9780749920647	Pendulum Dowsing	Eason, Cassandra	PB	£ 8.99	₹ 699	
Little, Brown Book Group	New Age & MBS	9780749929367	Becoming Clairvoyant	Eason, Cassandra	PB	£ 9.99	₹ 725	
Little, Brown Book Group	New Age & MBS	9780749927813	Life is a Gift	Edwards, Gill	PB	£ 9.99	₹ 699	
Little, Brown Book Group	New Age & MBS	9780749939984	Living Magically	Edwards, Gill	PB	£ 9.99	₹ 750	
Little, Brown Book Group	New Age & MBS	9780749941987	Conscious Medicine	Edwards, Gill	TPB	£ 14.99	₹ 999	
Octopus Publishing Group	New Age & MBS	9781837991013	The Little Frog's Guide to Self-Care: Affirmations, Self-Love and Life Lessons	Eequay, Maybell	HB	£ 8.99	₹ 699	
Orion Publishing Group	New Age & MBS	9781409169512	Runes Plain & Simple	Farnell, Kim	PB	£ 8.99	₹ 699	



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Michael O Mara Books Ltd	New Age & MBS	9781789295986	Find Your Life Path: Chart Your Destiny With the Magic of Numerology	Faulkner, Carolyne	PB	£ 9.99	₹ 875	
Little, Brown Book Group	New Age & MBS	9780349432816	The Signs in Love: An Interactive Cosmic Road Map to Finding Love that Lasts	Faulkner, Carolyne	HB	£ 14.99	₹ 1150	
Orion Publishing Group	New Age & MBS	9781409169550	Palmistry Plain & Simple	Fenton, Sasha	PB	£ 8.99	₹ 399	
Orion Publishing Group	New Age & MBS	9781409169574	Body Reading Plain & Simple	Fenton, Sasha	PB	£ 8.99	₹ 399	
Octopus Publishing Group	New Age & MBS	9781783253418	Sacred Geometry	Foster, Jemma	PB	£ 14.99	₹ 799	
Octopus Publishing Group	New Age & MBS	9781856755047	The Little Book of Manifesting	du Frayne, Madeleine	FLX	£ 8.99	₹ 699	
Hodder And Stoughton	New Age & MBS	9781399712811	Sacred Seasons	Gallagher, Kirsty	HB	£ 16.99	₹ 1399	
Hodder And Stoughton	New Age & MBS	9781529360264	Crystals for Self-Care	Gallagher, Kirsty	PB	£ 9.99	₹ 750	
Little, Brown Book Group	New Age & MBS	9780749942410	Tarot Made Easy	Garen, Nancy	PB	£ 10.99	₹ 725	
John Murray Learning	New Age & MBS	9781848190146	You Are How You Move	Ged, Sumner	PB	£ 13.99	₹ 899	
John Murray Learning	New Age & MBS	9781848190283	Cranial Intelligence	Ged, Sumner	PB	£ 18.99	₹ 1299	
Summersdale	New Age & MBS	9781837993192	How to Understand and Deal With Health Anxiety	Georgiou, Katy	PB	£ 12.99	₹ 1050	
Octopus Publishing Group	New Age & MBS	9781837991327	The Little Book of Crystal Healing: A Beginner's Guide to Harnessing the Healing Power of Crystals	Gerdes, Catherine	PB	£ 7.99	₹ 599	
Orion Publishing Group	New Age & MBS	9781409169772	Reincarnation Plain & Simple	Godly, Jass / Godly, Krys	PB	£ 8.99	₹ 699	
Octopus Publishing Group	New Age & MBS	9781800079366	How to Live Your Best Life: Live a Life You Love and Find Joy and Fulfilment Every Day	Golding, Sophie	PB	£ 10.99	₹ 899	
Octopus Publishing Group	New Age & MBS	9781781577141	The Modern Tarot Reader	Goodchild, Claire	PB	£ 19.20	₹ 1499	
Hachette Book Group USA	New Age & MBS	9780762454594	The Witches' Love Spell Book	Greenleaf, Cerridwen	BOX	\$ 6.95	₹ 835	
Octopus Publishing Group	New Age & MBS	9781841815381	Find Your Power: Numerology	Guilborough, Kitty	HB	£ 9.99	₹ 750	
Octopus Publishing Group	New Age & MBS	9781841815404	Find Your Power: Runes	Guilborough, Kitty	HB	£ 9.99	₹ 750	
Octopus Publishing Group	New Age & MBS	9781856754422	The Little Book of Forgiveness	Guilborough, Kitty	FLEXI	£ 7.99	₹ 499	
Orion Publishing Group	New Age & MBS	9781409169499	Totem Animals Plain & Simple	Gunn, Celia M	PB	£ 8.99	₹ 699	
Octopus Publishing Group	New Age & MBS	9781856753616	The Little Book of Crystals: Crystals to Attract Love, Wellbeing and Spiritual Harmony Into Your Life	Hall, Judy	FLEXI	£ 7.99	₹ 599	
Octopus Publishing Group	New Age & MBS	9781841814711	Judy Hall's Crystal Companion	Hall, Judy	PB	£ 22.00	₹ 1295	
Octopus Publishing Group	New Age & MBS	9781841814896	The Astrology Bible	Hall, Judy	PB	£ 15.99	₹ 750	
Little, Brown Book Group	New Age & MBS	9780749941253	Reiki for Common Ailments	Hall, Mari	PB	£ 10.99	₹ 575	
John Murray Learning	New Age & MBS	9780857014047	Acupuncture for Headaches Eyes and ENT Pathologies	Hamid, Montakab	HB	£ 43.99	₹ 2999	

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Octopus Publishing Group	New Age & MBS	9781856753913	The Little Book of Kindness	Hamilton, Dr. David	HB	£ 7.99	₹ 350	
Little, Brown Book Group	New Age & MBS	9781472144386	Meditation	Harbula, Patrick	PB	£ 7.99	₹ 499	
Hodder And Stoughton	New Age & MBS	9781399719384	Energy Secrets: How to Live to Your Full Potential	Harman, Antonia	HB	£ 16.99	₹ 1399	
John Murray Learning	New Age & MBS	9781848194069	Yoga for Sports Performance	Harrington, Jim	TPB	£ 25.00	₹ 1899	
Little, Brown Book Group	New Age & MBS	9780749924591	5-Minute Meditator	Harrison, Eric	PB	£ 8.99	₹ 399	
Little, Brown Book Group	New Age & MBS	9780349438801	Black Magic: How to be a Bad Witch	Hart, Lily	HB	£ 14.99	₹ 1199	
John Murray Press	New Age & MBS	9781399803021	21 Day Mindfulness Challenge (PB)	Hasson, Gill	PB	£ 9.99	₹ 699	
John Murray Learning	New Age & MBS	9781399803014	21 Day Mindfulness Challenge	Hasson, Gill	TPB	£ 14.99	₹ 899	
Octopus Publishing Group	New Age & MBS	9781841815534	Find Your Power: Meditation	Hersey, Emily	HB	£ 9.99	₹ 799	
QUERCUS	New Age & MBS	9781848669628	This Book Will Make You Mindful	Hibberd, Jessamy / Usmar, Jo	PB	£ 9.99	₹ 575	
Hodder And Stoughton	New Age & MBS	9781473632134	Mudras	Hirschi, Gertrud	TPB	£ 10.99	₹ 799	
Little, Brown Book Group	New Age & MBS	9780349429434	Daily Awakening: A 365-Day Journey to Healing, Freedom and Belonging	Hobbs, Nicola Jane	HB	£ 14.99	₹ 999	
Little, Brown Book Group	New Age & MBS	9780349419428	The Power of Gems and Crystals	Holbeche, Soozie	TPB	£ 12.99	₹ 899	
Little, Brown Book Group	New Age & MBS	9780349440491	The Inner Tarot: How to Use the Tarot for Healing and Illuminating the Wisdom Within	Horn, Kate Van	HB	£ 14.99	₹ 1199	
Octopus Publishing Group	New Age & MBS	9781800074071	The Little Book of Witchcraft: An Introduction to Magick and White Witchcraft	Hurrell, Judith	PB	£ 7.99	₹ 550	
Octopus Publishing Group	New Age & MBS	9781800960688	Awaken Your Power Within	Hussey, Gerry	TPB	£ 16.99	₹ 1150	
Octopus Publishing Group	New Age & MBS	9781800079854	The Herbal Apothecary: Recipes, Remedies and Rituals	Iverson, Christine	HB	£ 14.99	₹ 999	
Orion Publishing Group	New Age & MBS	9781409169475	Astrology Plain & Simple	Jackson, Cass / Jackson, Janie	PB	£ 8.99	₹ 699	
Orion Publishing Group	New Age & MBS	9781409169758	Crystals Plain & Simple	Jackson, Cass / Jackson, Janie	PB	£ 8.99	₹ 199	
Little, Brown Book Group	New Age & MBS	9780349424217	Signs: The Secret Language of the Universe	Jackson, Laura Lynne	TPB	£ 16.99	₹ 699	
Octopus Publishing Group	New Age & MBS	9781783255191	Manifesting for Beginners: a Step-By-Step Guide to Attracting a Life You Love	Jackson, Victoria	HB	£ 16.99	₹ 1399	
Orion Publishing Group	New Age & MBS	9781474618762	Finding Happiness	Jamison, Christopher	PB	£ 8.99	₹ 499	
John Murray Learning	New Age & MBS	9781848192997	Yoga Therapy for Parkinsons Disease and Multiple Sclerosis	Jean, Danford	PB	£ 26.99	₹ 1899	
John Murray Learning	New Age & MBS	9781848191280	Principles of the Alexander Technique	Jeremy, Chance	PB	£ 12.99	₹ 725	
Little, Brown Book Group	New Age & MBS	9780349406275	A Fearless Heart	Jinpa, Thupten	PB	£ 8.99	₹ 699	
Little, Brown Book Group	New Age & MBS	9780349439433	The Power of Manifesting	Jirsch, Anne / Cafferky, Monica	TPB	£ 16.99	₹ 1299	

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Little, Brown Book Group	New Age & MBS	9780749939847	The Future is Yours	Jirsch, Anne / Cafferky, Monica	PB	£ 10.99	₹ 699	
Little, Brown Book Group	New Age & MBS	9780749929213	Instant Intuition	Jirsch, Anne / Cafferky, Monica	PB	£ 10.99	₹ 725	
Octopus Publishing Group	New Age & MBS	9781856755023	The Little Book of Tarot	Johnson, Sara	FLX	£ 9.99	₹ 699	
John Murray Learning	New Age & MBS	9781848193635	Practical Zen	Julian, Daizan	PB	£ 14.99	₹ 999	
Little, Brown Book Group	New Age & MBS	9781780331263	The Mammoth Book of Lost Symbols	Julien, Nadia	PB	£ 9.99	₹ 799	
Little, Brown Book Group	New Age & MBS	9780749925482	Wherever You Go, There You Are	Jon, Kabat-Zinn	TPB	£ 14.99	₹ 699	
Little, Brown Book Group	New Age & MBS	9780349404790	Everyday Blessings	Kabat-Zinn, Jon / Kabat-Zinn, Myla	TPB	£ 14.99	₹ 1050	
Little, Brown Book Group	New Age & MBS	9780349421087	Meditation is Not What You Think	Kabat-Zinn, Jon	PB	£ 14.99	₹ 699	
Little, Brown Book Group	New Age & MBS	9780749925888	Coming to Our Senses	Kabat-Zinn, Jon	PB	£ 25.00	₹ 1699	
Little, Brown Book Group	New Age & MBS	9780749941338	The Kuan Yin Oracle	Karcher, Stephen	PB	£ 10.99	₹ 725	
Hachette Book Group USA	New Age & MBS	9780446608411	Edgar Cayce Encyclopedia of Healing	Karp, Reba Ann	PB	\$ 8.99	₹ 845	
John Murray Learning	New Age & MBS	9781787750487	Guided Meditation Handbook	Keal, Georgia	PB	£ 15.99	₹ 1299	
Hodder And Stoughton	New Age & MBS	9780340824467	The Mothman Prophecies	A. Keel, John	PB	£ 10.99	₹ 899	
Hodder And Stoughton	New Age & MBS-	9781529372458	This is Your Destiny: Using Astrology to Manifest Your Best Life	Kelly, Aliza	PB	£ 10.99	₹ 825	
Orion Publishing Group	New Age & MBS	9781409183648	The Good Spell Book: Love, Charms, Magical Cures & Other Practices	Kemp, Gillian	PB	£ 9.99	₹ 725	
QUERCUS	New Age & MBS	9781787478954	Death is But a Dream: Hope and Meaning at Life's End	Kerr, Dr.Christopher	PB	£ 12.99	₹ 1050	
Octopus Publishing Group	New Age & MBS	9781783253401	Moon Power	Keskula, Merilyn	PB	£ 10.99	₹ 799	
Hodder And Stoughton	New Age & MBS	9781473676619	Virgo: The Art of Living Well and Finding Happiness According to Your Star Sign	Kirkman, Sally	HB	£ 8.99	₹ 520	
Hodder And Stoughton	New Age & MBS	9781473676657	Pisces: The Art of Living Well and Finding Happiness According to Your Star Sign	Kirkman, Sally	HB	£ 8.99	₹ 699	
Hodder And Stoughton	New Age & MBS	9781473676671	Aries: The Art of Living Well and Finding Happiness According to Your Star Sign	Kirkman, Sally	HB	£ 8.99	₹ 520	
Hodder And Stoughton	New Age & MBS	9781473676695	Taurus: The Art of Living Well and Finding Happiness According to Your Star Sign	Kirkman, Sally	HB	£ 8.99	₹ 520	
Hodder And Stoughton	New Age & MBS	9781473676732	Cancer: The Art of Living Well and Finding Happiness According to Your Star Sign	Kirkman, Sally	HB	£ 8.99	₹ 520	
Hodder And Stoughton	New Age & MBS	9781473676756	Leo: The Art of Living Well and Finding Happiness According to Your Star Sign	Kirkman, Sally	HB	£ 8.99	₹ 520	
Hodder And Stoughton	New Age & MBS	9781473676794	Scorpio: The Art of Living Well and Finding Happiness According to Your Star Sign	Kirkman, Sally	HB	£ 8.99	₹ 520	
Hodder And Stoughton	New Age & MBS	9781473676862	Sagittarius: The Art of Living Well and Finding Happiness According to Your Star Sign	Kirkman, Sally	HB	£ 8.99	₹ 520	

Publisher	Subject	ISBN-13	Title	Author	Binding	Cover Price	Special Indian Price	Qty
Little, Brown Book Group	New Age & MBS	9780349437330	Body Neutral: A Revolutionary Guide to Overcoming Body Image Issues	Kneeland, Jessi	TPB	£ 16.99	₹ 1399	
John Murray Press	New Age & MBS	9781399807364	The Knight-Waite Tarot Guidebook: Meanings & Readings	Knight-Waite, Michele	HB	£ 14.99	₹ 1199	
John Murray Learning	New Age & MBS	9781848192713	Yoga for a Happy Back	Krentzman, Rachel	PB	£ 24.99	₹ 1799	
John Murray Learning	New Age & MBS	9781848192720	Scoliosis, Yoga Therapy, and the Art of Letting Go	Krentzman, Rachel	PB	£ 13.99	₹ 899	
Octopus Publishing Group	New Age & MBS	9781787839991	The Art of Simple Living	Lacey, Sam	HB	£ 8.99	₹ 699	
Little, Brown Book Group	New Age & MBS	9781472148612	The Mindful Body: Thinking Our Way to Lasting Health	Langer, Ellen	HB	£ 22.00	₹ 1799	
John Murray Learning	New Age & MBS	9781444186178	The Mindfulness Workbook: Teach Yourself	Langley, Martha	PB	£ 14.99	₹ 1199	
Hodder And Stoughton	New Age & MBS	9781529356915	Why Meditate? Because it Works	Lavender, Jillian	HB	£ 14.99	₹ 1199	
Octopus Publishing Group	New Age & MBS	9781837991297	Herbal Magic: A Beginner's Guide to the Magical Power of Plants	Levine., Lydia	HB	£ 9.99	₹ 799	
Octopus Publishing Group	New Age & MBS	9781837993093	The Little Book of Cosmic Energy: A Beginner's Guide to Harnessing the Power of the Universe	Levine., Lydia	PB	£ 7.99	₹ 599	
Little, Brown Book Group	New Age & MBS	9781845296087	The Mammoth Book of Cover-Ups	Lewis, Jon E.	PB	£ 9.99	₹ 725	
John Murray Learning	New Age & MBS	9781848193918	Yoga Therapy for Insomnia and Sleep Recovery	Lisa, Sanfilippo	PB	£ 24.99	₹ 1799	
Hachette Book Group USA	New Age & MBS	9781569243732	Too Soon Old, Too Late Smart	Edwards, Elizabeth / Livingston, Gordon	PB	\$ 13.99	₹ 1360	
Hachette Book Group USA	New Age & MBS	9781580055499	Better Than Perfect	Lombardo, Elizabeth	PB	\$ 17.00	₹ 1655	
Orion Publishing Group	New Age & MBS	9781409163862	L'Art De La Simplicité (The English Edition)	Loreau, Dominique / Lalaurie, Louise	PB	£ 8.99	₹ 575	
Octopus Publishing Group	New Age & MBS	9781841814933	Godsfield Companion: Yoga	Lucas, Lucy	PB	£ 16.99	₹ 1299	
Headline Book Publishing	New Age & MBS	9781472297174	The Sleep Fix	Macedo, Diane	TPB	£ 14.99	₹ 1150	
Orion Publishing Group	New Age & MBS	9780857829429	Rituals For Life: A Guide to Creating Meaningful Rituals Inspired by Nature	Macleod, Isla / Rivera, Luisa	HB	£ 16.99	₹ 1520	
Headline Book Publishing	New Age & MBS	9781035419913	Prajna	Manek, Mira	PB	£ 12.99	₹ 599	
Orion Publishing Group	New Age & MBS	9781409153948	Silence Your Mind	Manocha, Ramesh	PB	£ 8.99	₹ 599	
Octopus Publishing Group	New Age & MBS	9781800071025	365 Days of Positivity: Daily Guidance for a Happier You	Marco, Debbi	HB	£ 7.99	₹ 599	
QUERCUS	New Age & MBS	9781529428537	The Green Witch's Guide to Herbal Magick	Margaret, Annabel	HB	£ 16.99	₹ 1450	
HI-IS & Pod	New Age & MBS	9789350090473	Never Give Up	Meyer, Joyce	PB	₹ 450	₹ 450	
HI-IS & Pod	New Age & MBS	9789350090480	Woman to Woman	Meyer, Joyce	PB	₹ 450	₹ 450	
HI-IS & Pod	New Age & MBS	9789350090497	Confident Woman, The	Meyer, Joyce	PB	₹ 450	₹ 450	
HI-IS & Pod	New Age & MBS	9789350090510	Never Lose Heart	Meyer, Joyce	HB	₹ 450	₹ 450	

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HI-IS & Pod	New Age & MBS	9789350095010	Start Your New Life Today	Meyer, Joyce	PB	₹ 450	₹ 450	
HI-IS & Pod	New Age & MBS	9789380143217	Love Revolution	Meyer, Joyce	PB	₹ 450	₹ 450	
HI-IS & Pod	New Age & MBS	9789350090459	Secret to True Happiness, The	Meyer, Joyce	PB	₹ 450	₹ 450	
HI-IS & Pod	New Age & MBS	9789350090466	100 Ways to Simplify Your Life	Meyer, Joyce	PB	₹ 299	₹ 299	
HI-IS & Pod	New Age & MBS	9789350090503	Being the Person God Made You to Be	Meyer, Joyce	HB	₹ 450	₹ 450	
HI-IS & Pod	New Age & MBS	9789350095003	Eat the Cookie Buy the Shoes	Meyer, Joyce	PB	₹ 450	₹ 450	
Hachette Book Group USA	New Age & MBS	9780446194167	100 Ways to Simplify Your Life	Meyer, Joyce	HB	\$ 20.00	₹ 1945	
Hachette Book Group USA	New Age & MBS	9780446538572	Change Your Words, Change Your Life	Meyer, Joyce	HB	\$ 27.00	₹ 2630	
Hachette Book Group USA	New Age & MBS	9780892968268	Battlefield of the Mind	Meyer, Joyce	HB	\$ 25.00	₹ 2435	
Octopus Publishing Group	New Age & MBS	9781783254149	Shinrin-Yoku	Miyazaki, Yoshifumi	PB	£ 9.99	₹ 499	
Little, Brown Book Group	New Age & MBS	9781472142313	The Mindfulness Puzzle Book 3: Relaxing Puzzles to De-Stress and Unwind	Moore, Dr.Gareth	TPB	£ 7.99	₹ 399	
Little, Brown Book Group	New Age & MBS	9780749939977	A Life at Work	Moore, Thomas	PB	£ 9.99	₹ 399	
Little, Brown Book Group	New Age & MBS	9780749941208	Care of the Soul	Moore, Thomas	PB	£ 8.99	₹ 599	
Little, Brown Book Group	New Age & MBS	9780749942038	Dark Nights of the Soul	Moore, Thomas	PB	£ 10.99	₹ 699	
QUERCUS	New Age & MBS	9781529435924	Manifesting Rituals	Mumford, Emma	HB	£ 16.99	₹ 1450	
Octopus Publishing Group	New Age & MBS	9781804191408	The Modern Apothecary	Murdock, Brendan / Weil, Gabriel	HB	£ 30.00	₹ 2450	
Hodder And Stoughton	New Age & MBS	9781529366839	Kintsugi: Embrace Your Imperfections and Find Happiness - The Japanese Way	Navarro, Tomás	PB	£ 12.99	₹ 1050	
Hodder And Stoughton	New Age & MBS	9781444738179	Self Compassion (Reissue)	Neff, Kristin	TPB	£ 16.99	₹ 799	
Hachette Book Group USA	New Age & MBS	9781580056076	Frientimacy	Nelson, Shasta	PB	\$ 16.00	₹ 1555	
QUERCUS	New Age & MBS	9780857386915	Book of Awakening, The	Nepo, Mark	TPB	£ 16.99	₹ 1299	
John Murray Learning	New Age & MBS	9781848193369	Words that Touch	Nicholas, Pole	PB	£ 20.99	₹ 1399	
Hodder And Stoughton	New Age & MBS	9781529394733	You Were Born for This	Nicholas, Chani	PB	£ 10.99	₹ 899	
Little, Brown Book Group	New Age & MBS	9780749942540	No Matter What!	Nichols, Lisa	TPB	£ 12.99	₹ 999	
John Murray Learning	New Age & MBS	9781848190160	Meet Your Body	Noah, Karrasch	PB	£ 13.99	₹ 899	
Octopus Publishing Group	New Age & MBS	9781783253579	Sleep Meditations	North, Danielle	HB	£ 10.99	₹ 599	
Octopus Publishing Group	New Age & MBS	9781856753807	Sisu: The Finnish Art of Courage	Nylund, Joanna	HB	£ 12.99	₹ 599	



Publisher	Subject	ISBN-13	Title	Author	Binding	Cover Price	Special Indian Price	Qty
Hachette Book Group USA	New Age & MBS	9781478971153	Walking With Peety	O'Grey, Eric	PB	\$ 16.99	₹ 1655	
John Murray Learning	New Age & MBS	9781843107682	Authentic Movement: Moving the Body Moving the Self Being Moved	Patrizia, Pallaro	PB	£ 29.99	₹ 2299	
John Murray Learning	New Age & MBS	9781848193970	Yoga and Science in Pain Care	Pearson, Neil	HB	£ 43.99	₹ 2999	
Little, Brown Book Group	New Age & MBS	9780349408231	Mindfulness for a More Creative Life	Penman, Danny	PB	£ 8.99	₹ 499	
Octopus Publishing Group	New Age & MBS	9781800077089	Little Book of Breathwork: Find Calm, Improve Your Focus and Feel Revitalized With the Power of Your Breath	Peters, Jo	PB	£ 6.99	₹ 499	
John Murray Learning	New Age & MBS	9781785921599	Yoga for Dementia	Plahay, Tania	PB	£ 17.99	₹ 1325	
Octopus Publishing Group	New Age & MBS	9780753734148	1000 Dreams Interpreted: One Thousand Dreams Interpreted	Powell, Michael	HB	£ 10.00	₹ 750	
Little, Brown Book Group	New Age & MBS	9780749941451	Reaching to Heaven	van Praagh, James	PB	£ 10.99	₹ 499	
Little, Brown Book Group	New Age & MBS	9780749941505	Talking to Heaven	van Praagh, James	PB	£ 10.99	₹ 799	
Little, Brown Book Group	New Age & MBS	9780349428185	Be the Love: Seven Ways to Unlock Your Heart and Manifest Happiness	Prout, Sarah	TPB	£ 14.99	₹ 1150	
Hodder And Stoughton	New Age & MBS	9781444722208	The Headspace Guide to Meditation & Mindfulness	Puddicombe, Andy	PB	£ 10.99	₹ 499	
Hodder And Stoughton	New Age & MBS	9781444722215	The Headspace Guide to Mindful Eating	Puddicombe, Andy	PB	£ 9.99	₹ 599	
Little, Brown Book Group	New Age & MBS	9780349439440	Self-Healing With Reiki: How to Create Wholeness, Harmony and Balance for Body, Mind and Spirit	Quest, Penelope	PB	£ 12.99	₹ 699	
Hachette Book Group USA	New Age & MBS	9780316312288	Rebirth: A Fable	Ravikant, Kamal / Pittu, David	HB	\$ 26.00	₹ 1735	
Octopus Publishing Group	New Age & MBS	9781783253050	The Little Book of Self-Care	Reading, Suzy	FLEXI	£ 7.99	₹ 399	
Octopus Publishing Group	New Age & MBS	9781841815367	Find Your Power: Tarot	Regulski, Erin	HB	£ 9.99	₹ 750	
Octopus Publishing Group	New Age & MBS	9781804191286	Raise Your SQ: Transform Your Life With Spiritual Intelligence	Ridout, Annie	TPB	£ 14.99	₹ 899	
Octopus Publishing Group	New Age & MBS	9781804191279	Raise Your SQ: Transform Your Life With Spiritual Intelligence (HB)	Ridout, Annie	HB	£ 18.99	₹ 1499	
Hachette Book Group USA	New Age & MBS	9780316292900	Strong	Rosswood, Eric / Chanani, Nidhi	HB	\$ 17.99	₹ 1750	
Little, Brown Book Group	New Age & MBS	9780349144672	The Spiritual Path	Roberts, Gregory David	PB	£ 9.99	₹ 450	
Hachette Book Group USA	New Age & MBS	9780762499120	A Year of Weeks	Root, Erica	TPB	\$ 17.99	₹ 2160	
John Murray Learning	New Age & MBS	9781848193734	Heart Shock	Ross, Rosen	HB	£ 43.99	₹ 2999	
Hachette Book Group USA	New Age & MBS	9780762462780	Happy Little Accidents	Witte, Michelle / Ross, Bob	HB	\$ 16.00	₹ 1920	
John Murray Learning	New Age & MBS	9781848194014	Restoring Prana	Rothenberg, Robin L.	PB	£ 32.99	₹ 2299	
Little, Brown Book Group	New Age & MBS	9780349413853	The Little Book of Peace: Finding Tranquillity in a Troubled World	Rowan, Tiddy	HB	£ 7.99	₹ 399	
John Murray Press	New Age & MBS	9781444757781	Happier at Home	Rubin, Gretchen	PB	£ 9.99	₹ 599	



Publisher	Subject	ISBN-13	Title	Author	Binding	Cover Price	Special Indian Price	Qty
Hodder And Stoughton	New Age & MBS	9781473638020	Lifeshocks: and How to Love Them	Sabbage, Sophie	PB	£ 9.99	₹ 725	
Octopus Publishing Group	New Age & MBS	9781841815510	Find Your Power: Crystals	Sale, Tessa	HB	£ 9.99	₹ 799	
Little, Brown Book Group	New Age & MBS	9781472147691	Unseen, Unheard, Undervalued: Managing Loneliness, Loss of Connection and Not Fitting In	Scarlet, Janina	PB	£ 12.99	₹ 799	
Hodder And Stoughton	New Age & MBS	9781529332407	The Unexpected Power of Mindfulness and Meditation	Shapiro, Ed / Shapiro, Deb	PB	£ 9.99	₹ 599	
Little, Brown Book Group	New Age & MBS	9781472140616	Heavens on Earth	Shermer, Michael	TPB	£ 14.99	₹ 1150	
Hodder And Stoughton	New Age & MBS	9781529375787	One Blade of Grass	Shukman, Henry	PB	£ 10.99	₹ 899	
John Murray Learning	New Age & MBS	9781848193550	Yoga Teaching Handbook	Sian, Oneill	PB	£ 20.99	₹ 1399	
Orion Publishing Group	New Age & MBS	9780857829238	Aquarius: Crystal Astrology for Modern Life	Sitron, Sandy	HB	£ 9.99	₹ 750	
Orion Publishing Group	New Age & MBS	9780857829245	Cancer: Crystal Astrology for Modern Life	Sitron, Sandy	HB	£ 9.99	₹ 750	
Orion Publishing Group	New Age & MBS	9780857829252	Capricorn: Crystal Astrology for Modern Life	Sitron, Sandy	HB	£ 9.99	₹ 750	
Orion Publishing Group	New Age & MBS	9780857829269	Gemini: Crystal Astrology for Modern Life	Sitron, Sandy	HB	£ 9.99	₹ 750	
Orion Publishing Group	New Age & MBS	9780857829276	Leo: Crystal Astrology for Modern Life	Sitron, Sandy	HB	£ 9.99	₹ 750	
Orion Publishing Group	New Age & MBS	9780857829283	Libra: Crystal Astrology for Modern Life	Sitron, Sandy	HB	£ 9.99	₹ 750	
Orion Publishing Group	New Age & MBS	9780857829290	Pisces: Crystal Astrology for Modern Life	Sitron, Sandy	HB	£ 9.99	₹ 750	
Orion Publishing Group	New Age & MBS	9780857829306	Sagittarius: Crystal Astrology for Modern Life	Sitron, Sandy	HB	£ 9.99	₹ 750	
Orion Publishing Group	New Age & MBS	9780857829313	Scorpio: Crystal Astrology for Modern Life	Sitron, Sandy	HB	£ 9.99	₹ 750	
Orion Publishing Group	New Age & MBS	9780857829320	Taurus: Crystal Astrology For Modern Life	Sitron, Sandy	HB	£ 9.99	₹ 750	
Orion Publishing Group	New Age & MBS	9780857829337	Virgo: Crystal Astrology for Modern Life	Sitron, Sandy	HB	£ 9.99	₹ 750	
Orion Publishing Group	New Age & MBS	9781398708648	Aries: Crystal Astrology for Modern Life	Sitron, Sandy	HB	£ 9.99	₹ 750	
Hachette Book Group USA	New Age & MBS	9780306846267	Yoga Bones	Staton, Laura	PB	\$ 19.99	₹ 1945	
Octopus Publishing Group	New Age & MBS	9781804192030	Tarot for Life and Love: How to Read the Cards to Nurture Your Heart & Soul	Struthers, Jane	HB	£ 14.99	₹ 1199	
Octopus Publishing Group	New Age & MBS	9781841813622	Psychic Bible	Struthers, Jane	PB	£ 15.99	₹ 750	
John Murray Learning	New Age & MBS	9781848192508	Essence Practitioner	Sue, Lilly	PB	£ 14.99	₹ 1050	
Octopus Publishing Group	New Age & MBS	9781800078307	My Daily Gratitude Journal	Publishers, Summersdale	PB	£ 10.99	₹ 825	
Octopus Publishing Group	New Age & MBS	9781800070479	Here Comes the Sun: Radiant Quotes to Warm Your Heart and Brighten Your Day	Publishers, Summersdale	HB	£ 6.99	₹ 550	
Octopus Publishing Group	New Age & MBS	9781800071773	Good Vibes Only: Quotes and Affirmations to Supercharge Your Self-Confidence	Publishers, Summersdale	HB	£ 7.99	₹ 599	

Publisher	Subject	ISBN-13	Title	Author	Binding	Cover Price	Special Indian Price	Qty
Octopus Publishing Group	New Age & MBS	9781800071841	Just be You: Inspirational Quotes and Awesome Affirmations for Staying True to Yourself	Publishers, Summersdale	HB	£ 6.99	₹ 550	
Octopus Publishing Group	New Age & MBS	9781800074378	Mindfulness for Every Day: Simple Tips and Calming Quotes to Help You Live in the Moment	Publishers, Summersdale	HB	£ 7.99	₹ 599	
Octopus Publishing Group	New Age & MBS	9781800074385	Spirituality for Every Day: Simple Tips and Calming Quotes to Help You Find Your Inner Peace	Publishers, Summersdale	HB	£ 7.99	₹ 599	
Octopus Publishing Group	New Age & MBS	9781800074439	365 Days of Calm: Daily Guidance for Inner Peace	Martin, Robyn	HB	£ 7.99	₹ 599	
Octopus Publishing Group	New Age & MBS	9781800074446	365 Days of Inspiration: Daily Guidance for a More Motivated You	Martin, Robyn	HB	£ 7.99	₹ 599	
Octopus Publishing Group	New Age & MBS	9781786852403	Inspiration	Publishers, Summersdale	HB	£ 6.99	₹ 350	
Octopus Publishing Group	New Age & MBS	9781800070004	You Are So Awesome	Publishers, Summersdale	HB	£ 6.99	₹ 499	
Hodder And Stoughton	New Age & MBS	9781473648234	The Art of Discarding	Tatsumi, Nagisa / Turvill, Angus	PB	£ 9.99	₹ 399	
Hodder And Stoughton	New Age & MBS	9781473623750	A New Science of Heaven	Temple, Robert	PB	£ 12.99	₹ 999	
Michael O Mara Books Ltd	New Age & MBS	9781789295979	The Power of Ancient Wellness - Traditional Remedies and Activities for Modern Living	Thackray, Gill	PB	£ 9.99	₹ 875	
Michael O Mara Books Ltd	New Age & MBS	9781789294453	How to Manifest: Bring Your Goals Into Alignment With the Alchemy of the Universe	Thackray, Gill	PB	£ 9.99	₹ 799	
Michael O Mara Books Ltd	New Age & MBS	9781789294651	The Manifestation Journal: Achieve Your Potential and Create the Reality You Desire	Thackray, Gill	PB	£ 9.99	₹ 799	
Octopus Publishing Group	New Age & MBS	9781783254422	The Numinous Tarot Guide: A New Way to Read the Cards	Tramble, Rashunda	HB	£ 14.99	₹ 1050	
John Murray Learning	New Age & MBS	9781848192799	Face to Face With the Face	Thomas, Attlee	PB	£ 40.00	₹ 2999	
John Murray Learning	New Age & MBS	9781848193611	Craniosacral Integration Foundation Second Edition	Thomas, Attlee	PB	£ 43.99	₹ 2999	
Michael O Mara Books Ltd	New Age & MBS	9781912785384	The Kindness Journal: Little Activities to Make a Big Difference	Thurston, Jaime	PB	£ 9.99	₹ 750	
Little, Brown Book Group	New Age & MBS	9781472152206	Becoming Wise: An Inquiry Into the Mystery and the Art of Living	Tippett, Krista	PB	£ 9.99	₹ 599	
Octopus Publishing Group	New Age & MBS	9780753728536	Healing Handbooks: Mindfulness for Everyday Living	Titmuss, Christopher	PB	£ 9.99	₹ 699	
Hachette Book Group USA	New Age & MBS	9780762478019	Signs & Skymates: The Ultimate Guide to Astrological Compatability	Trenou, Dosse-Via / King, Neka	HB	\$ 30.00	₹ 3600	
Hachette Book Group USA	New Age & MBS	9781593155711	Think Like a Champion	Trump, Donald / McIver, Meredith	PB	\$ 15.99	₹ 1555	
Little, Brown Book Group	New Age & MBS	9780749939892	Life Before Life	Tucker, Jim B.	PB	£ 10.99	₹ 699	
Octopus Publishing Group	New Age & MBS	9781787832244	The Little Book of Daily Rituals	Vrint, Vicki	HB	£ 9.99	₹ 599	
John Murray Learning	New Age & MBS	9781399811033	The Joy of Wellbeing: A Practical Guide to a Happy, Healthy, and Long Life	Wachob, Jason / Wachob, Colleen	TPB	£ 16.99	₹ 1399	

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Hodder And Stoughton	New Age & MBS	9780340767849	Communion With God	Donald Walsch, Neale	PB	£ 10.99	` 799	
Hodder And Stoughton	New Age & MBS	9780340830239	Tomorrow's God	Donald Walsch, Neale	PB	£ 10.99	` 725	
Hodder And Stoughton	New Age & MBS	9780340838167	What God Wants	Donald Walsch, Neale	PB	£ 10.99	` 899	
Hodder And Stoughton	New Age & MBS	9780340894972	Home With God	Donald Walsch, Neale	PB	£ 10.99	` 899	
Hodder And Stoughton	New Age & MBS	9781444720372	Spontaneous Happiness	Weil, Andrew	PB	£ 10.99	` 725	
Little, Brown Book Group	New Age & MBS	9780751540819	Spontaneous Healing	Weil, Andrew	PB	£ 10.99	` 799	
Little, Brown Book Group	New Age & MBS	9780749953089	Mindfulness	Williams, Mark	TPB	£ 14.99	` 699	
Octopus Publishing Group	New Age & MBS	9781786855466	Little Book of the Zodiac: An Introduction to Astrology	Williamson, Marion	PB	£ 6.99	` 350	
John Murray Learning	New Age & MBS	9781848191655	Colour Healing Manual	Wills, Pauline	PB	£ 17.99	` 1150	
John Murray Learning	New Age & MBS	9781787750760	Climbing the Steps to Qingcheng Mountain	Wang, Yun	PB	£ 21.99	` 1499	
Orion Publishing Group	New Age & MBS	9781841882833	The Mind, Body and Spirit Collection		BOXED	£ 53.94	` 1075	

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