

# one spirit

resources for the mind, body and spirit

Relax  
Rejuvenate  
Renew

Refresh your spirit and live life to the fullest!

## one spirit

Dear Friend:

This letter is for you only. A little change in the way you live can make a huge difference in the quality of your life. So what are you waiting for? Strengthen your body with a new exercise routine, experience the inner calm of meditation, or learn how to think about food in a whole new—and healthier—way!

**Choose 5 items for 40¢ each, plus receive a Free Tote Bag, and save up to \$173 off publishers' edition prices, with membership.**

One Spirit is the only book club dedicated to bringing you the most informative, the most inspirational, and the most empowering books, CDs, DVDs, and videos available today. You'll find over 120 of those selections in this catalog. It's filled with the best books and alternative products, plus fascinating interviews, reviews, and more.

Are you ready to get started? Just indicate your choices on the enclosed postcard Reply Card and drop it in the mail. That's how easy it is to get your self a glorious new beginning!

I look forward to hearing from you.

Warm regards,

—K.

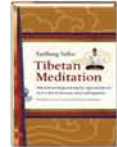
Kelene Hickamony, Editor

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Resources for the mind, body and spirit

A new day, a fresh start

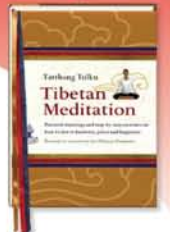
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Available exclusively through One Spirit, Dr. Wayne W. Dyer reveals the secrets to finding success, peace, and balance. Praised as the "father of motivation," Dr. Wayne Dyer has helped thousands of people overcome their hardships and enjoy peaceful, happier lives. In this exclusive set of two remarkable books, he shares 19 principles for restoring balance and achieving success in everything you do. Both *10 Secrets for Success and Inner Peace* and *Being in Balance* are filled with full-color illustrations, and their plush covers make them a joy to hold and use throughout the day.



In the Vietnamese Zen tradition, mindfully chosen music and words can serve as "soothing disciplines" to soothe the heart. Recorded on location in Plum Village, Drops of Enlightenment invites us to experience the poetry of Thích Nhất Hạnh, the Vietnamese folk songs and Buddhist hymns of Sister Chien Khong, and chants by the nuns and monks of Plum Village that are truly heard outside the cluttered Zen monastery.



Discover how to "experience the mind as alive, sensitive, and brilliant—like radiant sunlight." Complete with 20 step-by-step exercises, this hands-on guide includes lessons on creating the right mindset, energizing the body, breath, and mind; and deepening your meditation practice. Intertwined throughout the book, traditional Tibetan stories illuminate and reinforce the teachings on how to "experience the mind as alive, sensitive, and brilliant—like radiant sunlight."



In this exciting journey through the world-renowned Zen master Thích Nhất Hạnh and one of his top students, Nguyen Anh-Huong, explains how to walk with presence and peace at mind whenever the slip takes you.

In this exciting journey into the "bodymind," Dr. Candace Pert shares us the intrinsic connection between spirituality and our health since "feeling good and feeling God are one and the same."

Drawn from the teachings of the world-renowned leader His Holiness the Dalai Lama comes a practical, step-by-step guidebook for developing love for others and transforming every relationship in life.

Join one of the West's most respected teachers on a soul journey of empowerment, power and possibility, using unique, consciousness-altering tools to journey into your soul's past and actively choose your future.



This exclusive CD features many of your favorite Tibetan music artists, including David Newman, Krishna Das, Ali Akbar Khan, Steve Gross, Kiky Shandak, Rajan Shah (Pak), Dean Evenson, Shannon Deason, and many more.

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