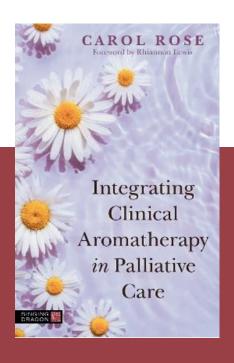
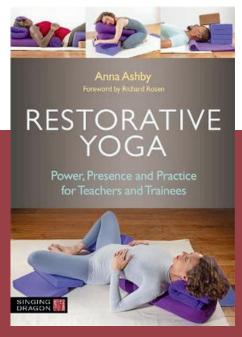


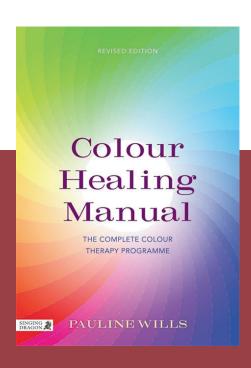


# **NEW & BESTSELLING**

January 2024

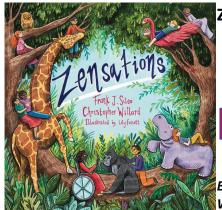






Singing Dragon publishes authoritative books on complementary and alternative health, Tai Chi, Qigong and ancient wisdom traditions for health, wellbeing, and professional and personal development.





# Zensations

**NEW** 

By Frank J. Sileo, Chris Willard



This is a fun, colourful and melodic introduction to the mindful practice of body scanning written for children. The gentle rhyming text helps children become aware of their bodily sensations.

# SINGING DRAGON

Category: PICTURE BOOKS Disc: TRADE INTERNATIONAL

246 X 243 mm

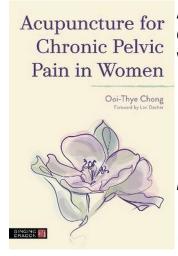
Release Date: August 2023

9781839976797

Hardback 40 pages

COLOUR SECTION(S)

AUDS: 40.99



# Acupuncture for **Chronic Pelvic Pain in** Women

**NEW** 

By Ooi Thye Chong



This is an authoritative and comprehensive pain management resource written by a leading expert in women's pelvic pain. Ooi Thye Chong bridges the divide between Chinese medicine acupuncture and western medical acupuncture.

### SINGING DRAGON

Category: OTHER MEDICINE Disc: ACAD & PROFESSIONAL 229 X 152 mm

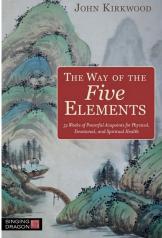
Release Date: October 2023

9781787758476

**Paperback** 256 pages

**B&W THROUGHOUT** 

AUD\$: 69.99



# Way of the Five **Elements**

By John Kirkwood



Paperback

312 pages

AUD\$: 54.99

With its practical and immensely readable introduction to the nature and self-help uses of a key acupoint for each week of the year, this book is a gateway to the mysterious world of Chinese medical thought.

### SINGING DRAGON

Category: COMPLE'TARY MEDICINE

Author is from Australia

Disc: ACAD & PROFESSIONAL

218 X 165 mm

Release Date: August 2018

9781848194144

Category: COMPLE'TARY MEDICINE Author is from Australia

Disc: ACAD & PROFESSIONAL

Release Date: May 2016

9781848193017

Way of the Five Seasons

By John Kirkwood



Paperback

384 pages

A guide to living the seasons in harmony, the Chinese wisdom tradition way, the book deeply explores the connections between the physical, psychological, emotional and spiritual levels of human experience.

SINGING DRAGON

246 X 175 mm

AUD\$: 61.99



# ACUPUNCTURE AND CHINESE MEDICINE Roots of Modern Practice Charles Buck Foreword by Barbar Kirschbuum

# Acupuncture and Chinese Medicine

By Charles Buck



Charles Buck draws on decades of Chinese medicine study, practice and teaching in this book to provide a relevant and engaging account of the origins of acupuncture and Chinese medicine.

### SINGING DRAGON

Category: COMPLE'TARY MEDICINE Disc: TRADE INTERNATIONAL 261 X 184 mm

Release Date: November 2014

9781848191594 AUD\$: 144.00

Beverley de Valois PhD LicAc

Acupuncture
and Cancer
Survivorship
Recovery, Renewal
and Transformation

Forewords by
Jennifer Stone MSOM LAC
Catherine Zollman MRCP MRCCP

# Acupuncture and Cancer Survivorship

NEW

By Beverley de Valois



Acupuncture and Cancer Survivorship - Recovery, Renewal and Transformation is the first book to focus on the subject of using acupuncture in cancer survivorship.

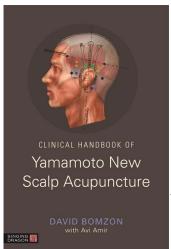
### SINGING DRAGON

Category: MIND, BODY, SPIRIT Disc: ACAD & PROFESSIONAL 246 X 189 mm

Release Date: August 2023 **9781913426279** 

Paperback 312 pages

B&W THROUGHOUT AUDS: 112.00



# Clinical Handbook of Yamamoto New Scalp Acupuncture

Hardback

352 pages

By David Bomzon, Abraham Amir



This handbook is an invaluable resource on the principles and practice of Yamamoto New Scalp Acupuncture (YNSA). This popular form of scalp acupuncture is used to treat a wealth of neurological conditions.

### SINGING DRAGON

Category: COMPLE'TARY MEDICINE Disc: TRADE INTERNATIONAL

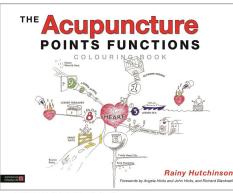
228 X 152 mm

Release Date: October 2020

9781848193925

Paperback 208 pages

AUD\$: 85.99



Acupuncture
Points
Functions
Colouring Book

By Rainy Hutchinson, Richard Blackwell



This book presents a fun and practical way of learning the functions of acupuncture points on the twelve primary and eight extra channels. Students are invited to colour and doodle their way through the sequence of images.

## SINGING DRAGON

Category: COMPLE'TARY MEDICINE Disc: TRADE INTERNATIONAL

280 X 217 mm

Release Date: August 2015

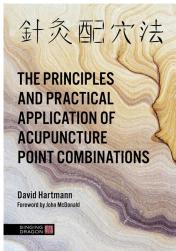
9781848192669

Paperback 96 pages

AUD\$: 45.99







Principles and **Practical Application** of Acupuncture Point **Combinations** 

By David Hartmann, John **McDonald** 



Why can salamanders grow new legs, and young children grow thing that the Chinese call Qi?

Dr Daniel Keown M.B. Ch.B., Lic. Ac

By Daniel Keown

Spark in the Machine



A foundation textbook explaining how point combinations work in acupuncture practice. The book explains how each point works and how best to combine points for good clinical results.

### SINGING DRAGON

Category: COMPLE'TARY MEDICINE

**Author is from Australia** 

Disc: TEXT 260 X 184 mm

Release Date: November 2019

9781848193956

Hardback 504 pages

AUD\$: 122.00

new finger tips, but adult humans can't regenerate? What is the electricity that flows through the human body? Is it the same

### SINGING DRAGON

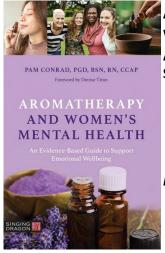
Category: ECONOMICS

Disc: TEXT 226 X 150 mm

Release Date: May 2014

9781848191969 AUD\$: 33.99

### **AROMATHERAPY**



Aromatherapy and Women's Mental Health

An Evidence-Based Guide to **Support Emotional Wellbeing** 



By Pam Conrad, Denise Tiran



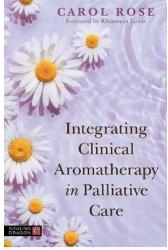
Following growing popularity in aromatherapy, this comprehensive and wide-ranging guide offers expert guidance on how to use essential oils safely to support women's mental health across all ages.

# SINGING DRAGON

Category: MIND, BODY, SPIRIT Disc: TRADE INTERNATIONAL 216 X 138 mm

Release Date: September 2023 9781839976247

Paperback 144 pages **B&W THROUGHOUT** AUD\$: 43.99



Integrating Clinical Aromatherapy in **Palliative Care** 

**Paperback** 

304 pages

By Carol Rose, Rhiannon Lewis



This book represents the cutting edge in evidence-based aromatherapy for palliative care. Rose integrates the appropriate use of essential oils with conventional pharmacological treatments.

# SINGING DRAGON

9781839971600

Category: MIND, BODY, SPIRIT

# Author is from New Zealand

Disc: TRADE INTERNATIONAL 229 X 152 mm

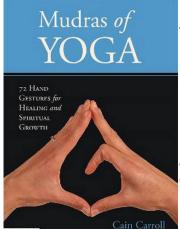
Release Date: June 2023

AUD\$: 77.99

**Paperback** 

288 pages





# Mudras of Indian Yoga

By Cain Carroll, Revital
Carroll



Cain Carroll teaches yoga, qigong, meditation and self-healing worldwide. He has trained extensively under the guidance of Daoist, Buddhist and Indian Yoga masters.

## SINGING DRAGON

Category: MIND, BODY, SPIRIT Disc: TRADE INTERNATIONAL

150 X 105 mm

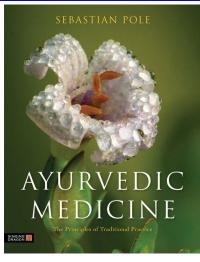
Release Date: December 2013

9781848191761

Kit

70 pages

AUD\$: 45.99



# Ayurvedic Medicine

By Sebastian Pole



Hardback

400 pages

Ayurvedic Medicine clearly and comprehensively presents the unique theories and traditions of Ayurveda making them accessible to the health practitioner of today.

### SINGING DRAGON

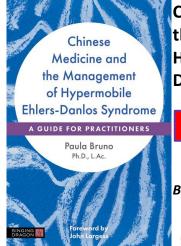
Category: COMPLE'TARY MEDICINE

Disc: TRADE INTERNATIONAL 254 X 196 mm

Release Date: November 2012

9781848191136 AUD\$: 144.00

# **CHINESE MEDICINE**



Chinese Medicine and the Management of Hypermobile Ehlers-Danlos Syndrome

NEW

By Paula Bruno

The first book to fully explore the range of treatment options available for hypermobile Ehlers-Danlos Syndrome using Chinese Medicine. A must have for practitioners who wish to employ a creative and flexible integrative practice.

### SINGING DRAGON

Category: MIND, BODY, SPIRIT Disc: ACAD & PROFESSIONAL

229 X 152 mm

Release Date: October 2023

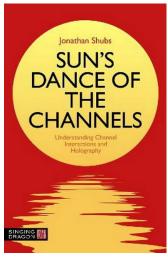
9781839974984

Paperback

**B&W THROUGHOUT** 

AUD\$: 84.99

288 pages



Sun's Dance of the Channels Understanding Channel Interactions and Holography

By Jonathan Shubs



Written in a narrative form, this is a new and creative approach for those hoping to learn about Chinese medicine theory. Told in the context of a child having a conversation with their grandparents.

### SINGING DRAGON

Category: MIND, BODY, SPIRIT Disc: TRADE INTERNATIONAL

198 X 129 mm

Release Date: February 2022

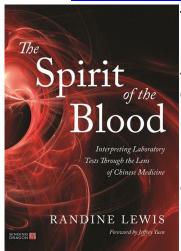
9781839972232

Paperback 248 pages

**B&W THROUGHOUT** 

AUD\$: 42.99





# The Spirit of the **Blood**

**Interpreting Laboratory** Tests Through the Lens of **Chinese Medicine** 

By Randine Lewis



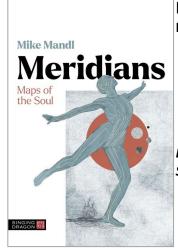
Translating Western biomedicine into Chinese medicine patterns and physiology, this seminal text guides readers in using lab tests alongside their traditional diagnostic tools.

### SINGING DRAGON

Category: MIND, BODY, SPIRIT Disc: TRADE INTERNATIONAL 254 X 178 mm

Release Date: November 2022

9781839970535 AUD\$: 101.00



# Meridians Maps of the Soul

By Mike Mandl, Helmuth Santler



Meridians are the bridge between the psyche and soma, the system that allows our life force to flow through our body. Each of the twelve main meridians stand for a fundamental life principle and by examining them.

### **SINGING DRAGON**

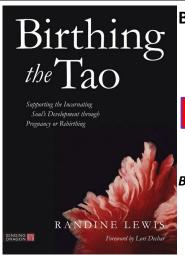
Category: MIND, BODY, SPIRIT Disc: TRADE INTERNATIONAL 229 X 152 mm

Release Date: May 2023 9781839976711

**Paperback** 272 pages

**B&W THROUGHOUT** 

AUD\$: 42.99



# Birthing the Tao

**Paperback** 

272 pages

**NEW** 

By Randine Lewis



**Paperback** 

This Taoist approach to pregnancy provides practitioners with comprehensive theory whilst also offering guidance on the practical application of Taoist embryology in the modern world via suggestions on diet and more.

# SINGING DRAGON

Category: MIND, BODY, SPIRIT Disc: ACAD & PROFESSIONAL 254 X 178 mm

Release Date: August 2023

336 pages **B&W THROUGHOUT** 9781787759992 AUD\$: 74.99

A COMPREHENSIVE GUIDE TO DAOIST **NEL GONG** 

Comprehensive Guide to Daoist Nei Gong

By Damo Mitchell



Damo Mitchell has studied the martial, medical and spiritual arts of Asia since the age of four. His studies have taken him across the planet in search of authentic masters.

# SINGING DRAGON

Category: RELIGION & BELIEFS Disc: TRADE INTERNATIONAL 244 X 172 mm

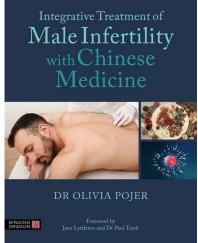
Release Date: October 2018

9781848194106

**Paperback** 568 pages

AUD\$: 77.99





# **Integrative** Treatment of Male Infertility with **Chinese Medicine**

By Dr Olivia Pojer, Michael Weber



The first book to take an integrative approach to the treatment of male infertility issues, this easily digestible guide uses graphics and visual aids to help explain key concepts in diagnosis, anatomy and treatment.

### SINGING DRAGON

Category: MIND, BODY, SPIRIT Disc: ACAD & PROFESSIONAL

279 X 216 mm

Release Date: December 2022

9781787757325

Paperback 384 pages

**B&W THROUGHOUT** AUD\$: 112.00

PSYCHO-EMOTIONAL

**Psycho-Emotional Pain** and the Eight **Extraordinary Vessels** 

By Yvonne R. Farrell, David Chan



This book is unique in that it discusses the nature of human suffering and how patients can be helped to overcome psychoemotional pain through work with the Eight Extraordinary Vessels.

### SINGING DRAGON

Category: COMPLE'TARY MEDICINE Disc: TRADE INTERNATIONAL 299 X 155 mm

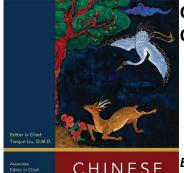
BY DAVID CHAN

Release Date: September 2016

9781848192928

**Paperback** 224 pages

AUD\$: 77.99



# **Chinese Medical** Qigong



By Tianjun Liu, Xiao Mei



Based on the latest edition of the approved textbook on Medical Qigong used in Chinese universities, this authoritative paperback edition has been completely revised and edited to meet the needs of western practitioners.

### SINGING DRAGON

Category: COMPLE'TARY MEDICINE Disc: TRADE INTERNATIONAL

244 X 173 mm

Release Date: July 2013

9781848190962

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Paperback

408 pages

AUD\$: 83.99



This comprehensive guide creates a straightforward and accessible resource for anyone interested in Nei Dan inner meditation. Focussing on the channels and the benefit of breathwork, meditations and qi gong movements.

### SINGING DRAGON

Category: MIND, BODY, SPIRIT Disc: ACAD & PROFESSIONAL 216 X 138 mm

Release Date: July 2023 9781839973871

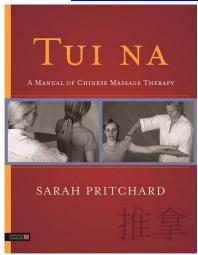
**Paperback** 192 pages

**NEW** 

**B&W THROUGHOUT** 

AUDS: 49.99





# Tui Na: A Manual of Chinese Massage Therapy

By Sarah Pritchard



*Tui Na: A Manual of Chinese Massage Therapy* is a comprehensive and well-established handbook for students and practitioners of Tui na in the West.

# SINGING DRAGON

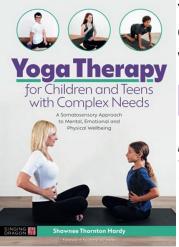
Category: COMPLE'TARY MEDICINE Disc: TRADE INTERNATIONAL 276 X 217 mm

Release Date: July 2015

9781848192690

Paperback 200 pages

AUD\$: 94.99



# Yoga Therapy for Children and Teens with Complex Needs

NEW

By Shawnee Thornton Thornton Hardy, Amy Wheeler



This is a comprehensive and inclusive guide that explores how yoga therapy can be practiced with children and teens with complex needs and conditions including autism and other neuro differences, trauma, depression, anxiety, and more.

### SINGING DRAGON

Category: MIND, BODY, SPIRIT Disc: ACAD & PROFESSIONAL 246 X 173 mm

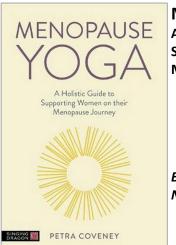
Release Date: September 2023

9781787752252

Paperback 384 pages

B&W THROUGHOUT

AUD\$: 55.99



# Menopause Yoga A Holistic Guide to Supporting Women on Their Menopause Journey

By Petra Coveney, Dr Louise Newson



Bringing together western medical science and eastern wellbeing for menopause education, this book helps yoga teachers develop their understanding of menopause and women's health as well as support their students.

# SINGING DRAGON

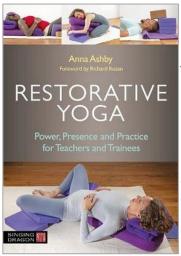
Category: MIND, BODY, SPIRIT Disc: ACAD & PROFESSIONAL

229 X 152 mm

Release Date: February 2022

9781787758896

Paperback 256 pages B&W THROUGHOUT AUD\$: 56.99



Restorative Yoga
Power, Presence and
Practice for Teachers and
Trainees

By Anna Ashby, Richard Rosen



From Anna Ashby, one of the first yoga teachers in the UK to offer this style, comes a complete overview of restorative yoga for teachers, trainees and experienced students.

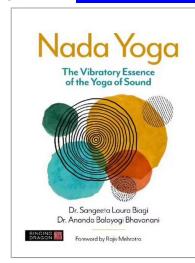
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Category: MIND, BODY, SPIRIT Disc: TRADE INTERNATIONAL 246 X 173 mm

Release Date: June 2022 **9781787757394** 

Paperback 256 pages COLOUR SECTION(S) AUD\$: 65.99





# Nada Yoga The Vibratory Essence of the Yoga of Sound

By Dr Sangeeta Biagi, Ananda Balayogi Bhavanani



This contemporary manual offers comprehensive guidance on the complex practice of Nada Yoga, also known as the Yoga of Sound. It approaches the topic in a contemporary, multimedia manner.

### **SINGING DRAGON**

Category: MIND, BODY, SPIRIT Disc: ACAD & PROFESSIONAL

229 X 152 mm

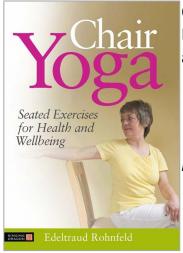
Release Date: February 2024

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COLOUR SECTION(S)

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# Chair Yoga: Seated Exercises for Health and Wellbeing

By Edeltraud Rohnfeld



Chair yoga is a revolutionary concept designed to make the numerous benefits of classical yoga available to a wider range of physical abilities. This step-by-step program can be practiced by virtually anyone.

### **SINGING DRAGON**

Category: COMPLE'TARY MEDICINE Disc: TRADE INTERNATIONAL 244 X 172 mm

Release Date: November 2011

9781848190788

AUD\$: 42.99

**Paperback** 

192 pages

# ROBIN ROTHENBERG Restoring Prana A Therapeutic Guide to Pranayama and Healing Through the Breath for Yoga Therapists, Yoga Teachers and Healthcare Practitioners

# **Restoring Prana**

By Robin L. Rothenberg, Kirsteen Wright



One of the most common issues clients' faces is lack of energy, vitality or prana and this book presents a simple yet revolutionary breathing approach to restore balance.

### **SINGING DRAGON**

Category: COMPLE'TARY MEDICINE Disc: TRADE INTERNATIONAL

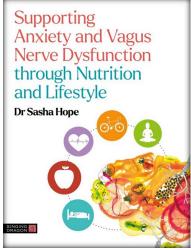
252 X 178 mm

Release Date: February 2020

9781848194014

Paperback 408 pages

AUD\$: 94.99



Supporting Anxiety and Vagus Nerve
Dysfunction through Nutrition and Lifestyle



By Sasha Hope, Dr Arielle Schwartz



This is an innovative and cutting-edge guide that provides a practical protocol on the management of anxiety and vagus nerve dysfunction through nutrition, exercise and lifestyle.

# SINGING DRAGON

Category: MEDICINE: GEN ISSUES Disc: ACAD & PROFESSIONAL

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Release Date: March 2024

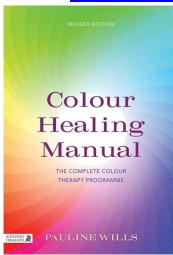
9781839971150

Paperback 368 pages

AUD\$: 72.99







# Colour Healing Manual: The Complete Colour Therapy Programme

By Pauline Wills



Pauline Wills is a qualified yoga instructor, reflexologist and colour practitioner and pioneered the integration of colour with reflexology.

## SINGING DRAGON

Category: COMPLE'TARY MEDICINE Disc: TRADE INTERNATIONAL

256 X 178 mm

Release Date: October 2013

9781848191655

A Practical Guide to Blodynamic Cranicsacral Therapy

Cranial Intelligence

GED SUMNER and STEVE HAINES

Bacan

DAGON A

# **Cranial Intelligence**

By Ged Sumner, Steve Haines



Ged Sumner is a practicing craniosacral therapist and teaches craniosacral therapy and chi kung. He has also studied shiatsu, healing and attachment based psychoanalytical psychotherapy, and has a degree in chemistry.

## SINGING DRAGON

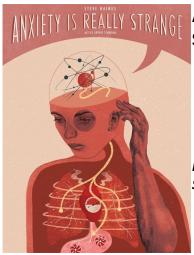
Category: COMPLE'TARY MEDICINE Disc: TRADE INTERNATIONAL

100 X 100 mm

Release Date: September 2010

9781848190283 AUD\$: 54.99

# **GRAPHIC NOVELS**



# Anxiety is Really Strange

**Paperback** 

216 pages

AUD\$: 51.99

By Steve Haines, Sophie Standing



What is the difference between fear and excitement and how can you tell them apart? How do the mind and body make emotions? When can anxiety be good? This science-based graphic book responds to these questions and more.

### SINGING DRAGON

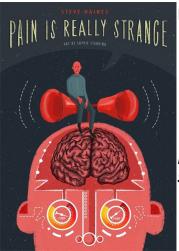
Category: SELF-HELP/PRACTICAL Disc: TRADE INTERNATIONAL 224 X 177 mm

Release Date: March 2018

9781848193895

Paperback 32 pages

AUD\$: 28.99



# Pain is Really Strange

**Paperback** 

320 pages

By Steve Haines, Sophie Standing



Answering questions such as how can I change my pain experience? what is pain? and how do nerves work? this short research-based graphic book reveals just how strange pain is.

# SINGING DRAGON

Category: SELF-HELP/PRACTICAL Disc: TRADE INTERNATIONAL 226 X 160 mm

Release Date: August 2015

9781848192645

Paperback 32 pages

AUD\$: 28.99





# Gender is Really Strange



By Teddy G. Goetz, Sophie Standing



Spoiler alert: gender norms might not be so "normal" after all. Gender is a self-understanding influenced by society, culture and personal experiences.

### **JESSICA KINGSLEY PUBLISHERS**

Category: SOCIETY CULTURE: GEN Disc: TRADE INTERNATIONAL 1

70 X 230 mm

Release Date: January 2024

9781839975127

Paperback 40 pages

COLOUR SECTION(S)

AUD\$: 26.99



# Trauma is Really Strange

By Steve Haines, Sophie
Standing



What is trauma? How does it change the way our brains work? And how can we overcome it?

## SINGING DRAGON

Category: SELF-HELP/PRACTICAL Disc: TRADE INTERNATIONAL

226 X 166 mm

Release Date: February 2016

9781848192935

Paperback 32 pages

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# Touch is Really Strange

By Steve Haines, Sophie Standing



Our initial experience of life and existence is tactile and spatial at its core. In Touch is Really Strange, Steve Haines takes readers on a fascinating exploration of touch - a complex and fundamental human experience.

# SINGING DRAGON

Category: GRAPHIC NOVELS Disc: TRADE INTERNATIONAL

230 X 170 mm

Release Date: June 2021 **9781787757103** 

Paperback 32 pages

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FORGIVENESS
IS REALLY STRANGE

MASINOR
MANNA CANTACUZINO
ART EV SOPHIE STANONES

# Forgiveness is Really Strange

By Masi Noor, Marina Cantacuzino



What is forgiveness? What enables people to forgive? Why do we even choose to forgive those who have harmed us? What can the latest psychological research tell us about the nature of forgiveness, its benefits and risks?

# SINGING DRAGON

Category: LIT: HISTORY & CRIT Disc: TRADE INTERNATIONAL

183 X 132 mm

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9781785921247

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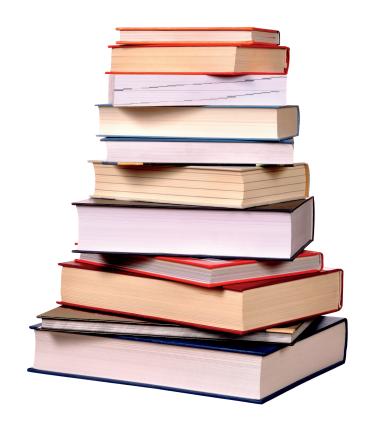
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