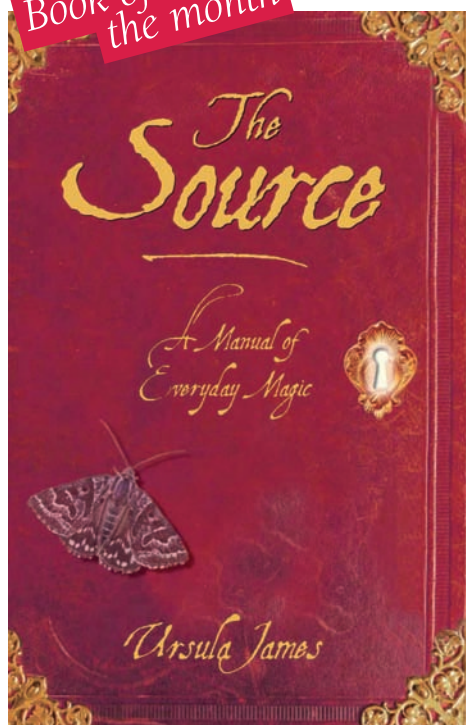




Inspirational INSIGHTS

Treat yourself to something special this summer by snuggling up with one of these thought-provoking spiritual books or enlightening card packs

Book of the month



The Source:
A Manual of Everyday Magic
Intertwining the legendary story of Ursula Sontheil – a 16th-century Yorkshire prophetess and healer whose spirit is said to reside in a cave in Knaresborough, turning anything that enters it into stone – with that of its author, Ursula James, *The Source* is an absolute must for anyone interested in Moon magic. Both informative and inspiring, it's packed full of empowering rituals, rites and thought-provoking insights – helping you with everything from your love life and healing, to relationships and forgiveness – and will have you reaching for your spell cupboard ingredients before you know it. Balancing a fascinating account of the author's far-from-easy background with advice on how you can use magic "to take the clay of your life and model it in your own hands", it is the ultimate reference guide for anyone interested in magic.

Words: *The Source: An Everyday Manual of Magic* (Preface; £12.99)

5 GREAT READS

Page-turning thriller



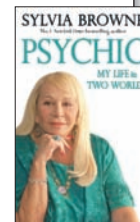
If you're looking for a truly captivating read this month, make sure you check out *Star Pilgrim* by Simon Small. Ideal for fans of cult classics, it follows the first communication between humans and a highly advanced alien race as they embark on a spiritual journey to discover the meaning of existence.

Star Pilgrim by Simon Small (O Books; £12.99)

Rivoting autobiography

Whether you're fascinated by psychics or simply enjoy reading about other people's lives, this heart-warming account of Sylvia Browne's history will have you gripped from page one. From her difficult relationship with her mother to her spur-of-the-moment wedding at age 16, it's a truly inspirational story.

Psychic by Sylvia Browne (Piatkus; £12.99)



An educational experience



Recounting the true story of the Youngs – a family blessed with extraordinary supernatural powers – *Hope Street* by Pamela Young is a fascinating memoir about the rise of spiritualism. Exploring how the concept rose to power, it strikes the perfect balance between a historical text and work of fiction.

Hope Street by Pamela Young (Coronet; £12.99)

Lessons of the heart

Perhaps one of the most widely read and best-loved books about personal transformation, this is the ultimate guide for anyone struggling to overcome the pain of a past relationship and promises to help you reprogramme your way of thinking in 12 easy steps.

Love is Letting Go of Fear by Gerald G. Jampolsky (Celestial; £11.50)



A thoroughly enjoyable read



Focusing on the story of Anna – a 30-something school teacher who covertly works as a medium at night – it tells the story of her infatuation with a handsome pianist and the dilemma she faces when forced to choose between her gift and the man she loves. It will have you utterly engrossed.

Mozart's Ghost by Julia Cameron (Hay House; £7.99)

Image by Charlie Hopkinson



My inspiring READ...

Ursula James, author of The Source: A Manual of Everyday Magic, tells S&S about her most inspiring read...

"I'm a voracious reader, so it's difficult to pick only two books from the many I've enjoyed. However, *The Tipping Point* by Malcolm Gladwell (Little, Brown; £8.99) and *The Colour of Magic* by Terry Pratchett (Discworld Series; £7.99) are definitely two of my favourites. Easy to read and extremely well written, the first helped me understand the power of social influence and focuses on how the behaviour of one person really can make a huge difference.

The Colour of Magic was a complete and utter revelation to me. Ideal for times when you want to step outside your world and spend time somewhere slightly more magical, it's a wonderful book by a truly amazing author."