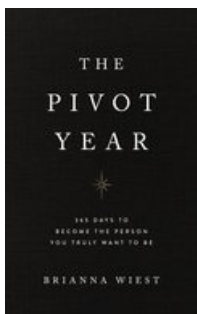


THOUGHT CATALOG Books

SPRING 2023 and Recent Publications

Sales: Manda Group

Distribution: University of Toronto Press



9781949759624



Paperback | \$24.99
Self-Help
Thought Catalog Books
Apr 25, 2023
Ctn Qty: 28
5.00" x 8.00" x 1.00"

[The Pivot Year](#)

Brianna Wiest

Description:

If you're in a pivot period - if you're still bridging the space between where you are and where you want to be - remember that the person you're becoming is already within you. The journey is convincing your mind to act consistently on what your heart already knows it wants to do.



9781949759532



Hardcover | \$26.99
Self-Help
Thought Catalog Books
Dec 1, 2022
Ctn Qty: 29
5.30" x 7.00"

[Manifesting For Beginners: A Step By Step Guide To Attracting A Life You Love](#)

Victoria Jackson

Description:

A modern guide to manifesting, this book will help you nurture your relationship with the universe and with yourself so that you can be a magnet for positive energy. You will learn how to embrace the life you have, break the cycle of limiting beliefs and shift your mindset to one of abundance, gratitude and possibility.



9781949759501



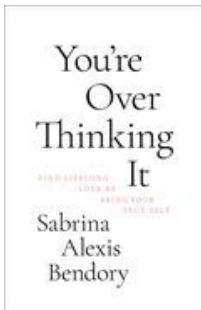
Paperback | \$22.99
Self-Help
Thought Catalog Books
Nov 3, 2022
Ctn Qty: 52
4.90" x 8.00"

[Stay Until Tomorrow](#)

Jacqueline Whitney

Description:

This is your sign to stay another day. Take it one tomorrow at a time. Peace is never as far as it feels. You deserve to see another tomorrow. Stay.



9781949759655



Paperback | \$22.99
Self-Help
Thought Catalog Books
Ctn Qty: 28
5.50" x 8.50"

[You're Overthinking It: Find Lifelong Love By Being Your True Self](#)

Sabrina Alexis Bendory

Description:

Do you wonder why it's so hard for you to have the life and love you want? Do you feel powerless in your relationships, like you're at the mercy of someone else, feeling like you're chasing a relationship instead of choosing it? Do you get caught in an endless, obsessive, analytical loop trying to understand why nothing works out? Do you find yourself dating the same copy-paste versions of people over and over? Do you know what it takes to have true, lasting love? Do you know the red flags to watch out for and how to be the kind of person that easily and effortlessly gets what they want in life? Do you understand why things haven't quite worked out the way you wanted them to?



9781949759556



Paperback | \$21.99
Psychology
Thought Catalog Books
Sep 29, 2022
Ctn Qty: 66
5.00" x 8.00"

[Fire And Other Feelings](#)

Ambivalently Yours

Description:

Fire And Other Feelings is a collection of drawings, poems, and stories dedicated to the emotions that are perpetually misunderstood, belittled, tucked away in a drawer, or left sitting on our shoulders while we stress-scroll on our phones.



9781949759563



Hardcover | \$24.99
Body, Mind & Spirit
Thought Catalog Books
Oct 19, 2022
Ctn Qty: 48
5.20" x 6.70"

[Dream Journal](#)

Danica Gim

Description:

Track and reflect on your dreams with this adorable Dream Journal created by visual artist Danica Gim. This journal is perfectly sized for travel: small enough to fit in a purse or tuck under a pillow. Prompts are included to help you recall and gain wisdom from your dreams.



9781949759648



Paperback | \$22.99
Poetry
Thought Catalog Books
Mar 21, 2023
Ctn Qty: 44
5.00" x 8.00"

[This Was Meant To Find You \(When You Needed It The Most\)](#)

Charlotte Freeman

Description:

If you are hurting, healing, feeling, letting someone go, or starting a new chapter and learning to open your heart back up again, this book was meant to find you when you needed it most.



9781949759662



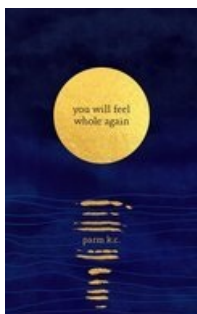
Paperback | \$22.99
Poetry
Thought Catalog Books
Feb 21, 2023
Ctn Qty: 36
5.00" x 8.00"

[Beauty In The Stillness](#)

Karin Hadadan

Description:

For those who yearn to live in the present moment, who seek reflection through heartbreak, comfort during times of loneliness, or guidance while healing, this book provides you with the words you need to read right now.



9781949759617



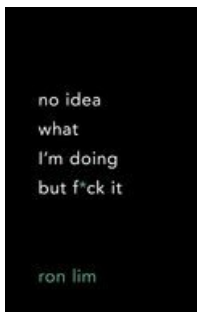
Paperback | \$22.99
Poetry
Thought Catalog Books
Jan 25, 2023
Ctn Qty: 48
5.00" x 8.00"

[You Will Feel Whole Again](#)

Parm K C

Description:

This collection is a message to anyone who has ever felt broken; you will feel whole again. Between these pages, you will find compassion, understanding, and many reminders of all the beauty that you deserve. You will look back one day and wonder why you ever doubted your ability to heal, rebuild, and feel whole again.



9781949759594



Paperback | \$22.99
Poetry
Thought Catalog Books
Jan 11, 2023
Ctn Qty: 36
5.00" x 8.00"

[No Idea What I'm Doing But F*ck It](#)

Ron Lim

Description:

In his poetry book, Ron documents the process of his inner and outer journey of self-discovery. This journey involved awakening to the fact that he wanted more out of life, the internal struggle he faced while convincing himself to leave the only home he knew, and eventually departing his comfort zone by buying a one-way plane ticket. This collection of prose explores the obstacles we must face and figure out for ourselves, the discovery of our true purpose, and the realization that many things in life are more straightforward than we imagine them to be, despite how unnecessarily complicated we make them.



9781949759525



Paperback | \$22.99
Poetry
Thought Catalog Books
Nov 1, 2022
Ctn Qty: 64
5.00" x 8.00"

[Come Home To Yourself](#)

Déjà Rae

Description:

This book is a catalyst for transformation, a guide to letting go, surrendering to solitude, and discovering one's authenticity and purpose. By doing so, Déjà Rae shows that the love we are all looking for has always been inside of us, patiently waiting for us to come home.



9781949759518



Paperback | \$22.99
Poetry
Thought Catalog Books
Oct 19, 2022
Ctn Qty: 24
5.00" x 8.00"

[All The Love You Carry](#)

Charis Ed

Description:

This is a reminder of the interconnectedness of everything in our Universe through the wonder that is love. This book recognizes that love may just be the most powerful force our existence can ever experience and the most profound work of art we can ever create for others and ourselves. This book is for the souls yearning to assign love its truest definition. This book is for the hearts willing to journey within themselves to find healing.



9781949759495



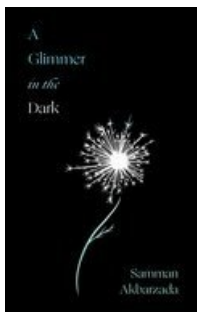
Paperback | \$22.99
Poetry
Thought Catalog Books
Jul 26, 2022
Ctn Qty: 36
5.00" x 8.00"

[All The Right Pieces](#)

Nakeia Homer

Description:

This new collection of short prose, poetry and soul-stirring reminders is a commemoration of all of life, the good and the bad, coming together for our highest good. All The Right Pieces lays out the process of becoming in a way that helps us see that every version of us, every season we go through, and every circumstance we face contributes to making us whole.



9781949759549



Paperback | \$22.99
Poetry
Thought Catalog Books
Ctn Qty: 40
5.00" x 7.90"

[A Glimmer In The Dark](#)

Samman Akbarzada

Description:

This is a poetry collection documenting the heartbreaking and transformative journey of Afghan refugee Samman Akbarzada. Akbarzada interweaves a powerful tapestry of prose reflecting on her war-torn homeland of Afghanistan and the suffering and resilience of those living on the margins of yet another immense human tragedy. "A Glimmer In The Dark" is ultimately about the perseverance and strength survivors find through deep familial bonds and the compassionate assistance of communities devoted to helping those displaced by war and suffering.



[Hot Tea And Mercy](#)

Rae Lashea

Description:

Though barely holding her unraveling life together, psychiatrist and closet alcoholic Dr. Marianella Merced charges a pretty penny per hour to guide others in correcting their flaws, including Shandell O'Brien, who is in a losing battle with cancer, and the newly married teacher, Joan Campbell, whose husband is not who she thought he was. As she delves deeper into the stormy lives of the women around her, she becomes inspired to take responsibility for her actions and stay strong during her darkest hours.



9781949759570

Paperback | \$21.99
Fiction
Thought Catalog Books
Ctn Qty: 33
5.50" x 8.50"