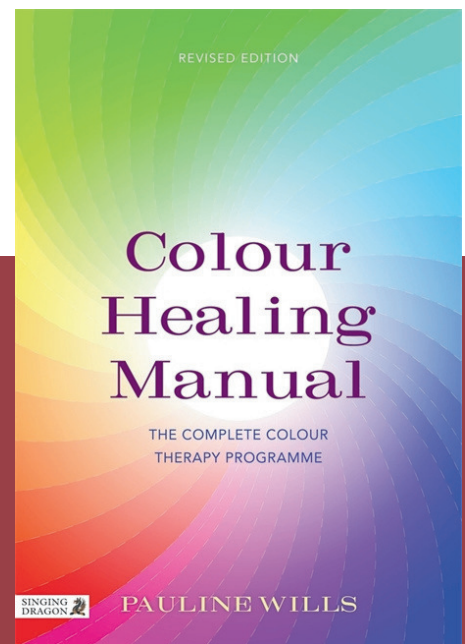
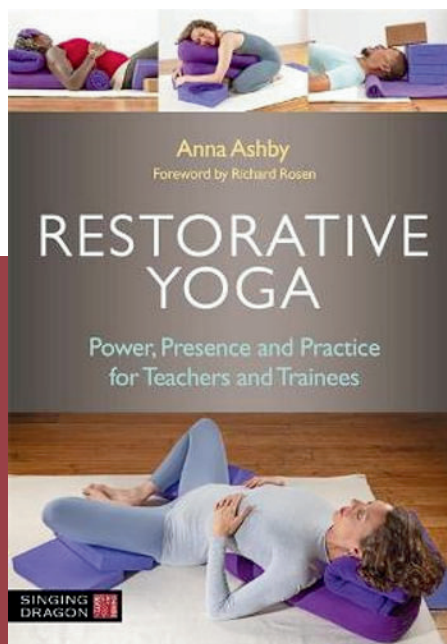
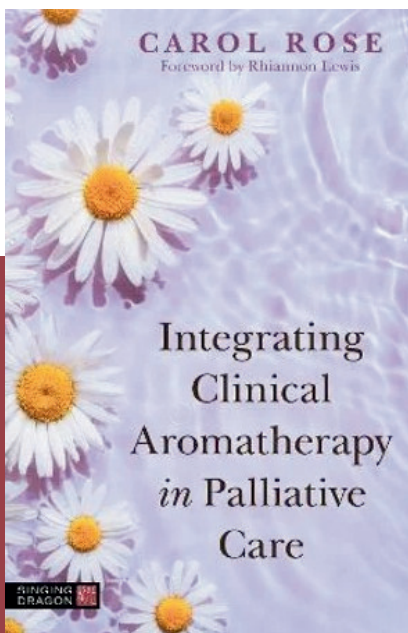


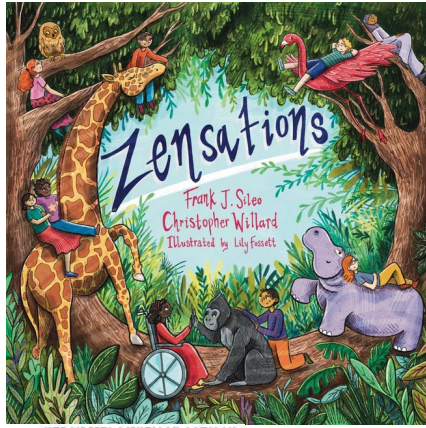


## **NEW & BESTSELLING**

*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**

**By Frank J. Sileo, Chris Willard**

**NEW**

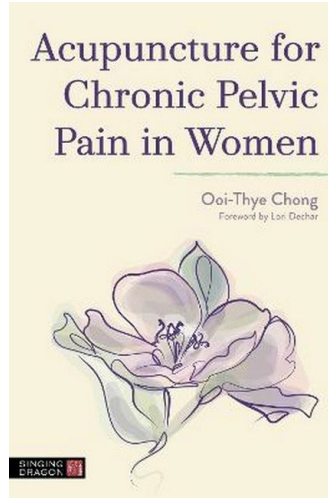


This is a fun, colourful and melodic introduction to the mindful practice of body scanning written for children. The gentle rhyming text helps children become aware of their bodily sensations.

**SINGING DRAGON**

Category: PICTURE BOOKS  
 Disc: TRADE INTERNATIONAL  
 246 X 243 mm  
 Release Date: August 2023  
**97818339976797**

Hardback  
 40 pages  
 COLOUR SECTION(S)  
**AUD\$: 40.99**



**Acupuncture for Chronic Pelvic Pain in Women**

**By Ooi Thye Chong**

**NEW**

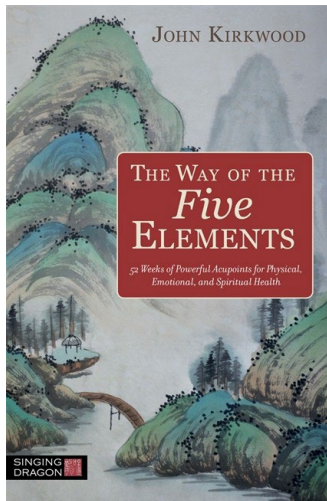


This is an authoritative and comprehensive pain management resource written by a leading expert in women's pelvic pain. Ooi Thye Chong bridges the divide between Chinese medicine acupuncture and western medical acupuncture.

**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**

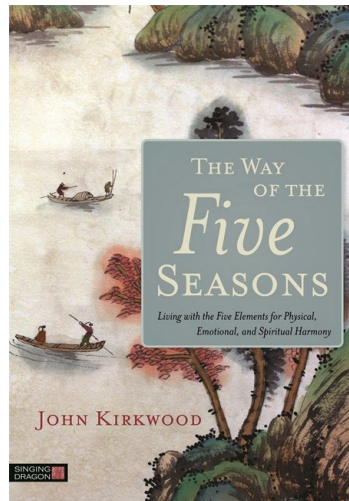


With its practical and immensely readable introduction to the nature and self-help uses of a key acupoint for each week of the year, this book is a gateway to the mysterious world of Chinese medical thought.

**SINGING DRAGON**

Category: COMPLE'TARY MEDICINE  
**Author is from Australia**  
 Disc: ACAD & PROFESSIONAL  
 218 X 165 mm  
 Release Date: August 2018  
**9781848194144**

Paperback  
 312 pages  
**AUD\$: 54.99**



**Way of the Five Seasons**

**By John Kirkwood**

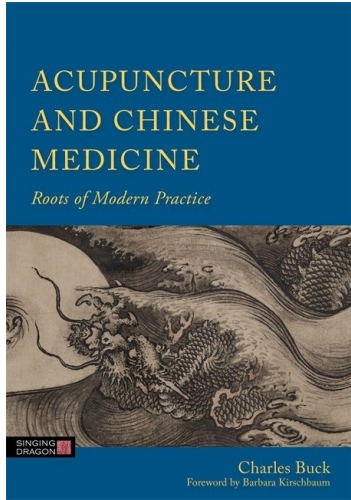


A guide to living the seasons in harmony, the Chinese wisdom tradition way, the book deeply explores the connections between the physical, psychological, emotional and spiritual levels of human experience.

**SINGING DRAGON**

Category: COMPLE'TARY MEDICINE  
**Author is from Australia**  
 Disc: ACAD & PROFESSIONAL  
 246 X 175 mm  
 Release Date: May 2016  
**9781848193017**

Paperback  
 384 pages  
**AUD\$: 61.99**



**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

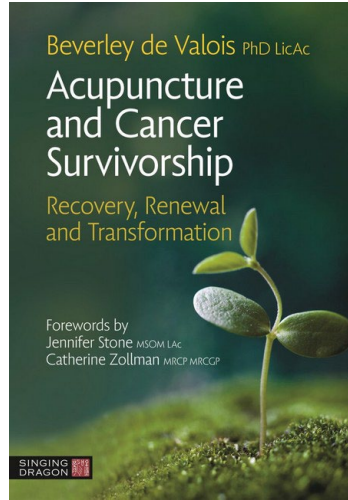
Release Date: November 2014

**9781848191594**

Hardback

352 pages

**AUD\$: 144.00**



**Acupuncture and Cancer Survivorship**

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

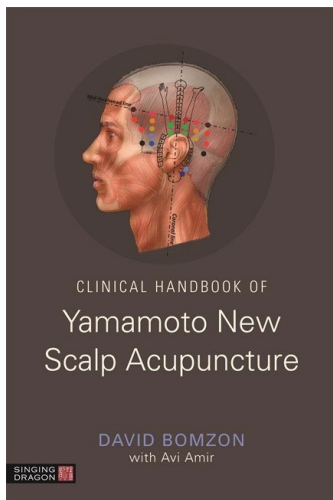
**9781913426279**

Paperback

312 pages

B&W THROUGHOUT

**AUD\$: 112.00**



**Clinical Handbook of Yamamoto New Scalp Acupuncture**

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

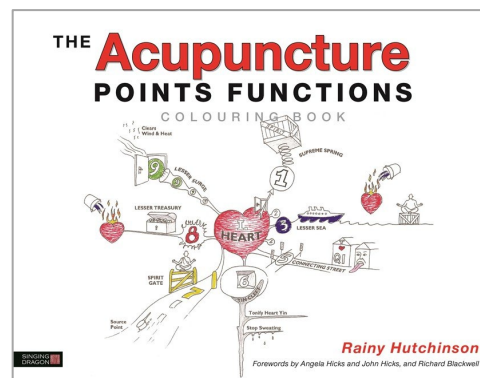
Release Date: October 2020

**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

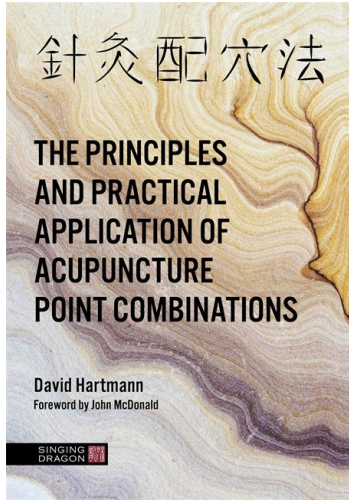
Release Date: August 2015

**9781848192669**

Paperback

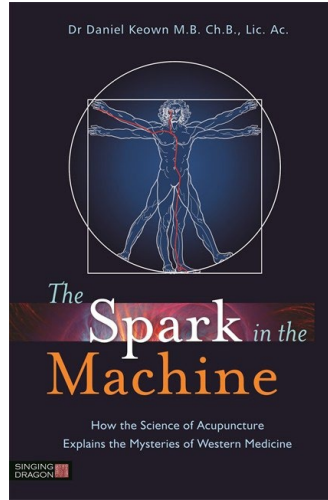
96 pages

**AUD\$: 45.99**



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

By *David Hartmann, John McDonald*



**Spark in the Machine**

By *Daniel Keown*



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.

Why can salamanders grow new legs, and young children grow new finger tips, but adult humans can't regenerate? What is the electricity that flows through the human body? Is it the same thing that the Chinese call Qi?

**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

**SINGING DRAGON**

Category: ECONOMICS

Disc: TEXT

226 X 150 mm

Release Date: May 2014

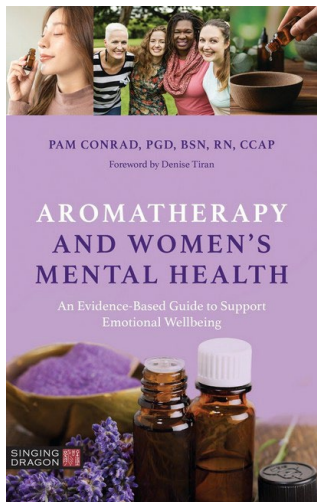
9781848191969

Paperback

304 pages

AUD\$: 33.99

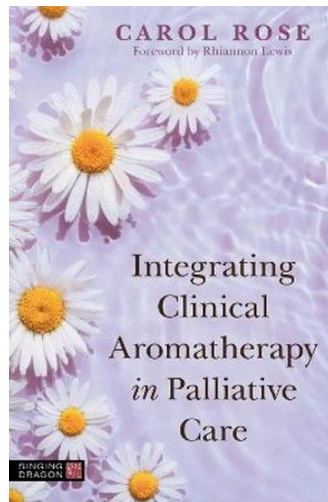
AROMATHERAPY



**Aromatherapy and Women's Mental Health**  
An Evidence-Based Guide to Support Emotional Wellbeing

**NEW**

By *Pam Conrad, Denise Tiran*



**Integrating Clinical Aromatherapy in Palliative Care**

By *Carol Rose, Rhiannon Lewis*



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.

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**

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

**SINGING DRAGON**

Category: MIND, BODY, SPIRIT

Author is from New Zealand

Disc: TRADE INTERNATIONAL

229 X 152 mm

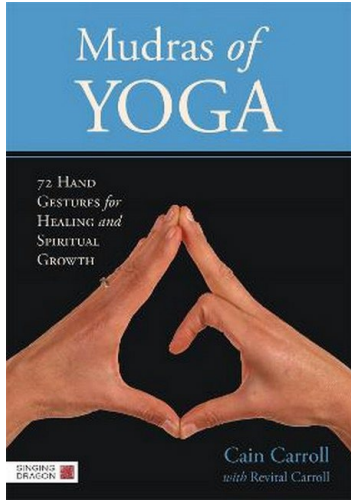
Release Date: June 2023

9781839971600

Paperback

288 pages

AUD\$: 77.99



**Mudras of Indian Yoga**

*By Cain Carroll, Revital Carroll*

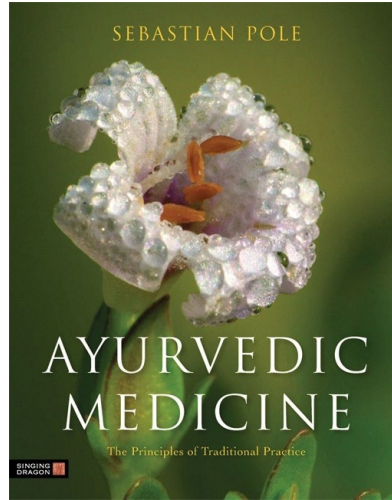


Cain Carroll teaches yoga, qigong, meditation and self-healing worldwide. He has trained extensively under the guidance of Daoist, Buddhist and Indian Yoga masters.

**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*



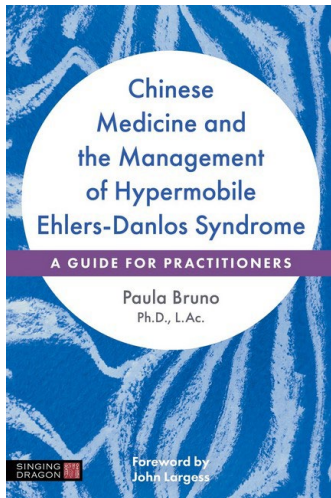
*Ayurvedic Medicine* clearly and comprehensively presents the unique theories and traditions of Ayurveda making them accessible to the health practitioner of today.

**SINGING DRAGON**

Category: COMPLE'TARY MEDICINE  
 Disc: TRADE INTERNATIONAL  
 254 X 196 mm  
 Release Date: November 2012  
**9781848191136**

Hardback  
 400 pages  
**AUD\$: 144.00**

**CHINESE MEDICINE**



**Chinese Medicine and the Management of Hypermobile Ehlers-Danlos Syndrome**

**NEW**

*By Paula Bruno*

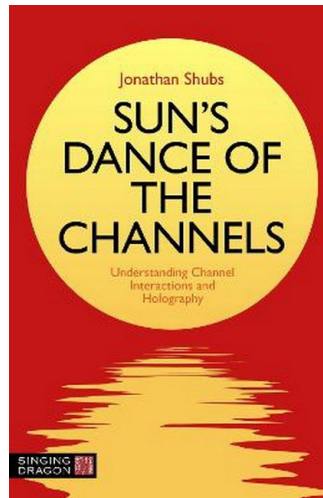


The first book to fully explore the range of treatment options available for hypermobile Ehlers-Danlos Syndrome using Chinese Medicine. A must have for practitioners who wish to employ a creative and flexible integrative practice.

**SINGING DRAGON**

Category: MIND, BODY, SPIRIT  
 Disc: ACAD & PROFESSIONAL  
 229 X 152 mm  
 Release Date: October 2023  
**9781839974984**

Paperback  
 288 pages  
 B&W THROUGHOUT  
**AUD\$: 84.99**



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

*By Jonathan Shubs*

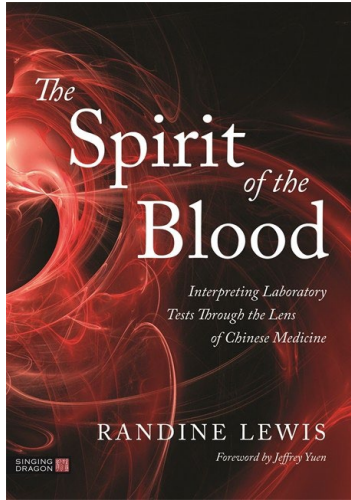


Written in a narrative form, this is a new and creative approach for those hoping to learn about Chinese medicine theory. Told in the context of a child having a conversation with their grandparents.

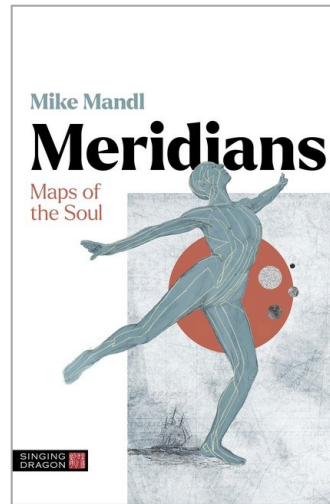
**SINGING DRAGON**

Category: MIND, BODY, SPIRIT  
 Disc: TRADE INTERNATIONAL  
 198 X 129 mm  
 Release Date: February 2022  
**9781839972232**

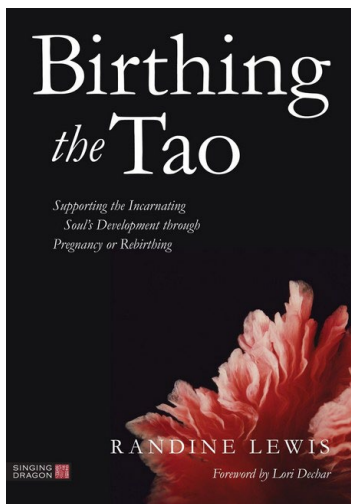
Paperback  
 248 pages  
 B&W THROUGHOUT  
**AUD\$: 42.99**

**The Spirit of the Blood**  
Interpreting Laboratory Tests Through the Lens of Chinese MedicineBy **Randine Lewis**

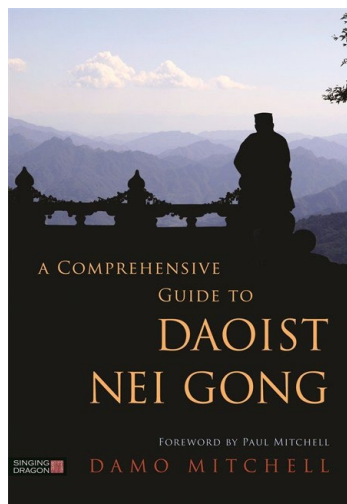
Translating Western biomedicine into Chinese medicine patterns and physiology, this seminal text guides readers in using lab tests alongside their traditional diagnostic tools.

**SINGING DRAGON**Category: MIND, BODY, SPIRIT  
Disc: TRADE INTERNATIONAL  
254 X 178 mm  
Release Date: November 2022  
**9781839970535**Paperback  
272 pages  
**AUD\$: 101.00****Meridians**  
Maps of the SoulBy **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.

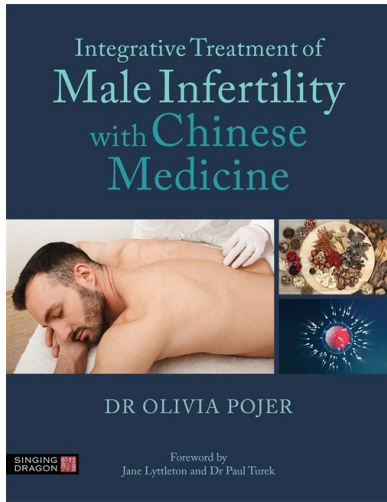
**SINGING DRAGON**Category: MIND, BODY, SPIRIT  
Disc: TRADE INTERNATIONAL  
229 X 152 mm  
Release Date: May 2023  
**9781839976711**Paperback  
272 pages  
B&W THROUGHOUT  
**AUD\$: 42.99****Birthing the Tao**By **Randine Lewis**

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.

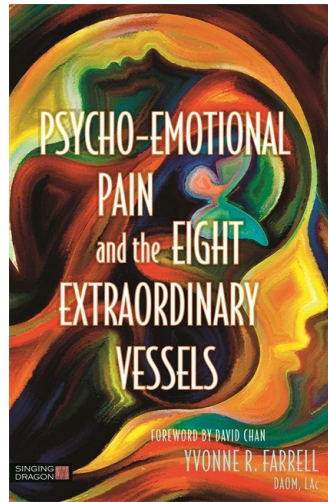
**SINGING DRAGON**Category: MIND, BODY, SPIRIT  
Disc: ACAD & PROFESSIONAL  
254 X 178 mm  
Release Date: August 2023  
**9781839975992**Paperback  
336 pages  
B&W THROUGHOUT  
**AUD\$: 74.99****Comprehensive Guide to Daoist Nei Gong**By **Damo Mitchell**

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.

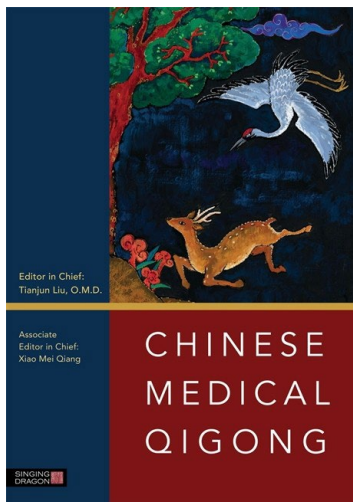
**SINGING DRAGON**Category: RELIGION & BELIEFS  
Disc: TRADE INTERNATIONAL  
244 X 172 mm  
Release Date: October 2018  
**9781848194106**Paperback  
568 pages  
**AUD\$: 77.99**

**Integrative Treatment of Male Infertility with Chinese Medicine****By Dr Olivia Pojer, Michael Weber**

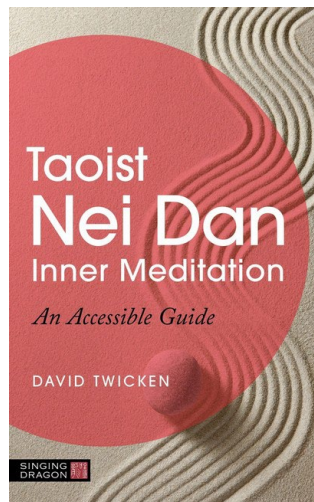
The first book to take an integrative approach to the treatment of male infertility issues, this easily digestible guide uses graphics and visual aids to help explain key concepts in diagnosis, anatomy and treatment.

**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 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 psycho-emotional pain through work with the Eight Extraordinary Vessels.

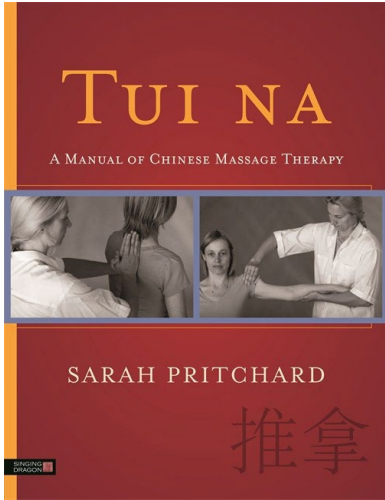
**SINGING DRAGON**Category: COMPLE'TARY MEDICINE  
Disc: TRADE INTERNATIONAL  
299 X 155 mm  
Release Date: September 2016  
**9781848192928**Paperback  
224 pages  
**AUD\$: 77.99****Chinese Medical Qigong****By Tianjun Liu, Xiao Mei Qiang**

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**Paperback  
408 pages  
**AUD\$: 83.99****Taoist Nei Dan Inner Meditation  
An Accessible Guide****By David Twicken**

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  
**97818339973871**Paperback  
192 pages  
B&W THROUGHOUT  
**AUD\$: 49.99**



**Tui Na: A Manual of Chinese Massage Therapy**

**By Sarah Pritchard**

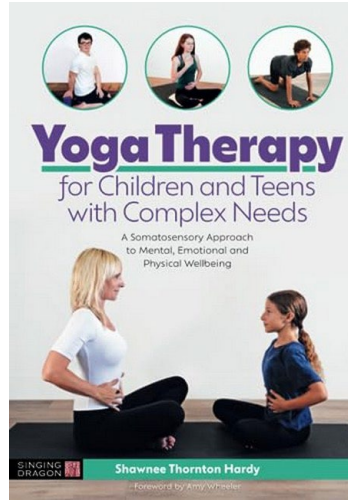


*Tui Na: A Manual of Chinese Massage Therapy* is a comprehensive and well-established handbook for students and practitioners of Tui na in the West.

**SINGING DRAGON**

Category: COMPLETE'ARY 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 Hardy, Amy Wheeler**

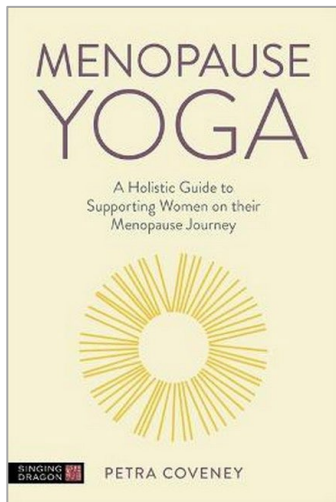


This is a comprehensive and inclusive guide that explores how yoga therapy can be practiced with children and teens with complex needs and conditions including autism and other neuro differences, trauma, depression, anxiety, and more.

**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**

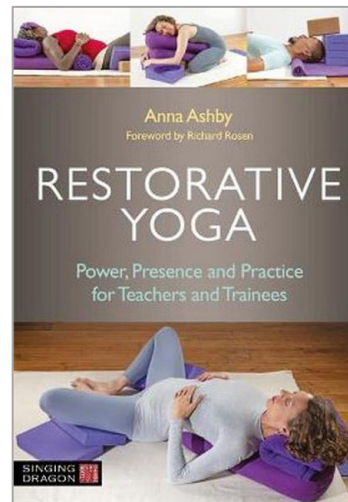


Bringing together western medical science and eastern wellbeing for menopause education, this book helps yoga teachers develop their understanding of menopause and women's health as well as support their students.

**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**



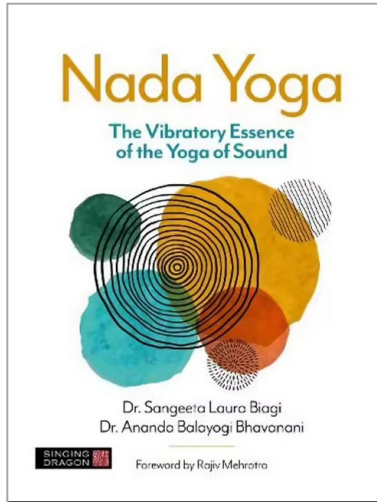
From Anna Ashby, one of the first yoga teachers in the UK to offer this style, comes a complete overview of restorative yoga for teachers, trainees and experienced students.

**SINGING DRAGON**

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**



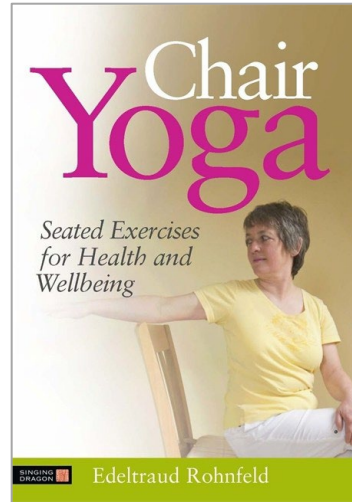


**Nada Yoga**  
The Vibratory Essence of the Yoga of Sound

By **Dr Sangeeta Biagi, Ananda Balayogi Bhavanani**



9 781839 974502



**Chair Yoga: Seated Exercises for Health and Wellbeing**

By **Edeltraud Rohnfeld**



9 781848 190788

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.

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: MIND, BODY, SPIRIT  
Disc: ACAD & PROFESSIONAL  
229 X 152 mm  
Release Date: February 2024  
**9781839974502**

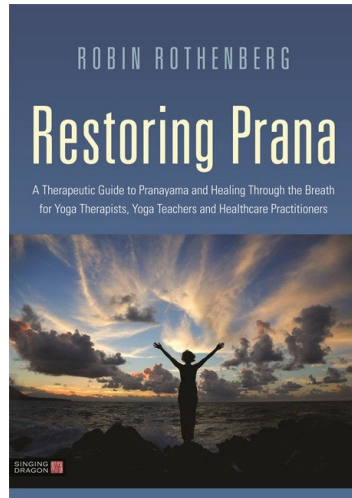
Paperback  
224 pages  
COLOUR SECTION(S)  
**AUD\$: 48.99**

**SINGING DRAGON**

Category: COMPLEMENTARY MEDICINE  
Disc: TRADE INTERNATIONAL  
244 X 172 mm  
Release Date: November 2011  
**9781848190788**

Paperback  
192 pages

**AUD\$: 42.99**



**Restoring Prana**

By **Robin L. Rothenberg, Kirsteen Wright**



9 781848 194014

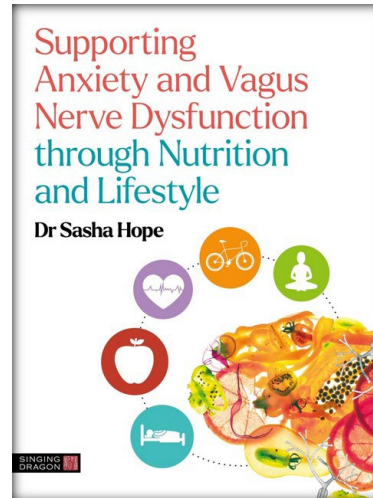
One of the most common issues clients' faces is lack of energy, vitality or prana and this book presents a simple yet revolutionary breathing approach to restore balance.

**SINGING DRAGON**

Category: COMPLEMENTARY 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**



9 781839 971150

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**

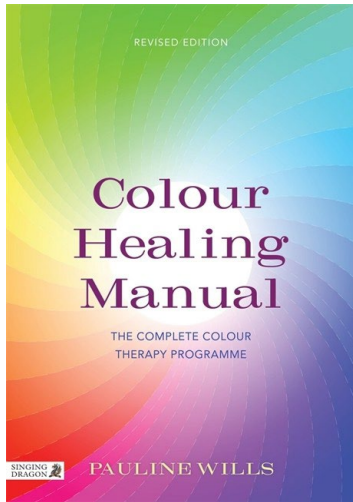
Category: MEDICINE: GEN ISSUES  
Disc: ACAD & PROFESSIONAL  
254 X 191 mm  
Release Date: March 2024  
**9781839971150**

Paperback  
368 pages

**AUD\$: 72.99**



COMPLEMENTARY THERAPIES



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

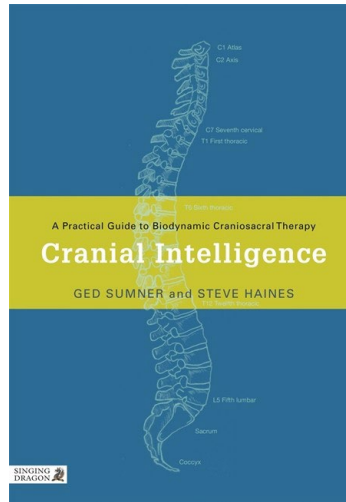
Release Date: October 2013

9781848191655

Paperback

216 pages

AUD\$: 51.99



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

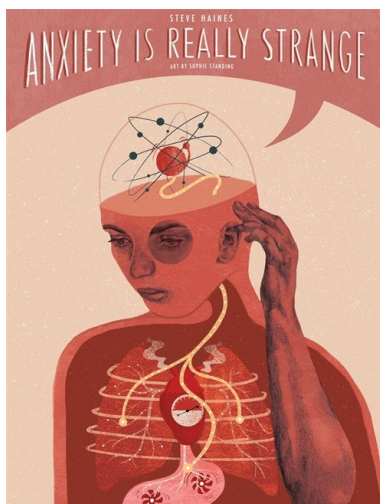
9781848190283

Paperback

320 pages

AUD\$: 54.99

GRAPHIC NOVELS



Anxiety is Really Strange

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.

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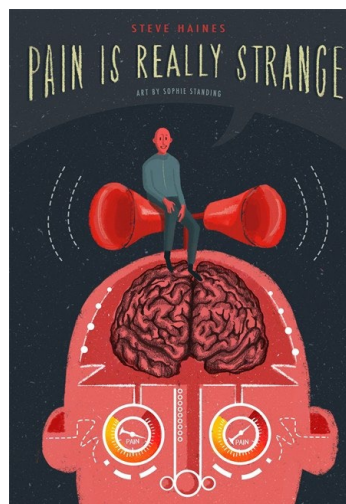
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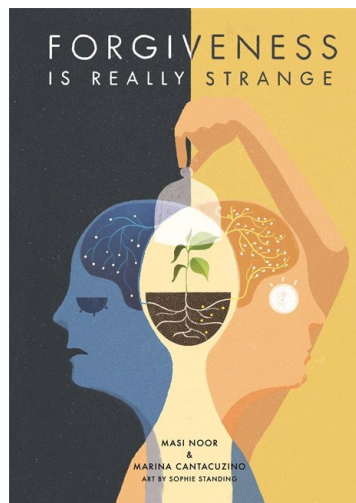
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