



New Non-Fiction Books  
Spring-Summer 2025



# Understanding Karma

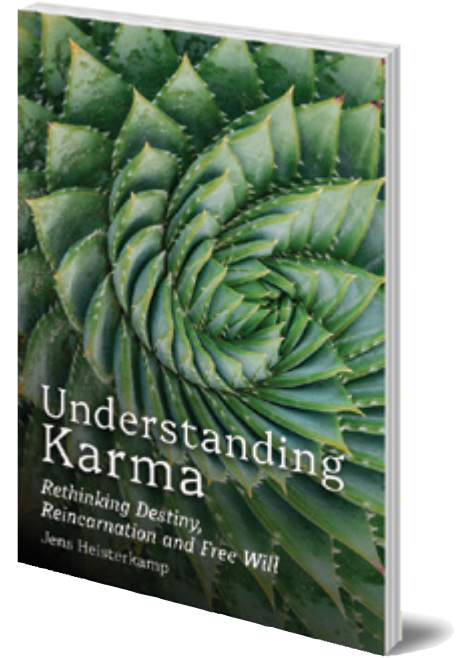
Rethinking Destiny, Reincarnation and Free Will

JENS HEISTERKAMP

A fascinating look at the development of the idea of karma in eastern and western cultures

- Explores the idea of karma informed by the teachings and work of Rudolf Steiner
- Argues that karma allows us to take responsibility for our own actions and examines how the idea of karma can deepen our encounters with others
- A thought-provoking read for anyone looking for a more considered and nuanced view on karma

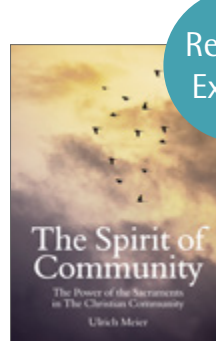
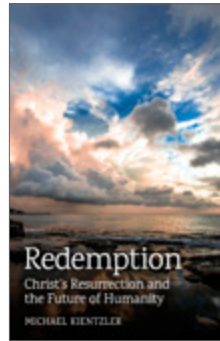
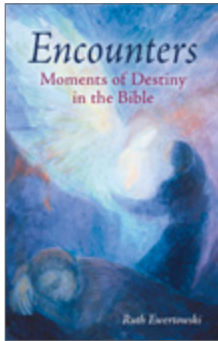
Jens Heisterkamp has a PhD in modern history from the University of Bochum, Germany. He is editor-in-chief for the anthroposophic magazine Info3, and writes and edits books on history, spirituality and ethics. He lives in Frankfurt, Germany.



You might also be interested in:



Read an Extract



Read an Extract

Subject: World Spirituality  
(Thema: QRVK/QRFP/QRYS/VXPR)

978-178250-947-9

198 x 130 mm

80pp

paperback

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24 April 2025



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# The Stargazers' Almanac 2026

An Illustrated Month-at-a-Glance Guide to the Night Sky

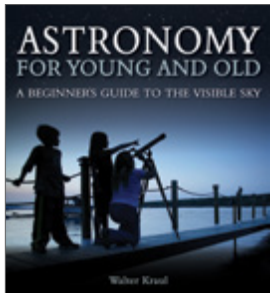
CALLUM POTTER

Navigate the night skies with this beautifully illustrated monthly guide to the stars and planets

- **New and improved design** for 2026 – features a clear, easy-to-view layout and a helpful introduction to using the Almanac
- Designed for naked-eye astronomy – **no telescope required!**
- Shows how to **track the planets, locate the Milky Way**, spot the constellations of the zodiac and much more
- **Perfect for beginners** and older children – includes clear and helpful advice throughout
- Easy to hang and presented in a sturdy cardboard gift envelope
- **Eco-friendly** – printed using plant-based inks on sustainable (FSC) paper and comes with plastic-free packaging – no shrink wrap!

Callum Potter is a former President of the British Astronomical Association (BAA), and current Director of the BAA Deep Sky Section. He writes for Astronomy Now magazine and the BAA Journal. He lives in Orkney, Scotland.

Astronomy enthusiasts will also enjoy:



“Children will appreciate this book for both its simplicity and depth, and so will more than a few adults.”

– SCHOOL LIBRARY JOURNAL

“Superb.”

– THE OBSERVATORY MAGAZINE

Stargazers' Almanac 2025  
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‘A very good, very useful Almanac.’

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Subject: Astronomy  
(Thema: WNX/PGT/GBCY)

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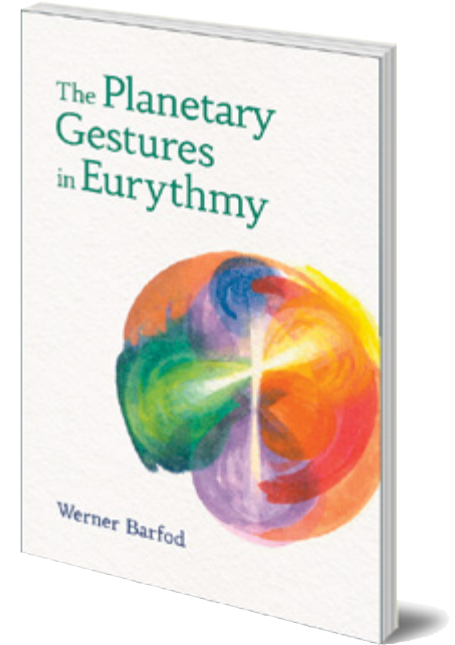
# The Planetary Gestures in Eurythmy

WERNER BARFOD

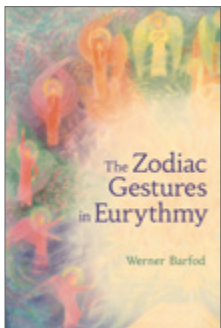
A fascinating exploration of the seven planetary gestures in eurythmy

- Reveals how the planetary forces work in different people and explains how eurythmists can harness these forces to bring further creativity into their art
- Written by Werner Barfod, Director of the Eurythmy Academy in the Hague, Netherlands for over 30 years
- Companion book to *The Zodiac Gestures in Eurythmy*
- Ideal for eurythmy teachers and practitioners who want to deepen their art and spiritual work

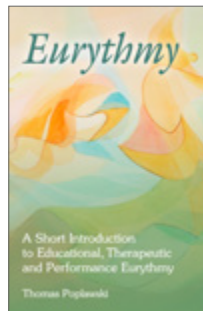
Werner Barfod was born in Kiel, Germany in 1936. He studied eurythmy at the Goetheanum in Switzerland with Lea von der Pals, and from 1969 to 2000 was the Director of the Eurythmy Academy in the Hague, and of the Netherlands Eurythmy Ensemble, after which he was the leader of the Performing Arts section of the Goetheanum for seven years. He is also the author of *The Zodiac Gestures in Eurythmy*.



Also by Werner Barfod: More for eurythmists:



Read an Extract



Subject: Holistic Health  
(Thema: ATQT/VFM/QRYS)

b/w line drawings

978-178250-941-7

234 x 156 mm

120pp

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# From the Agriculture Course to Sustainable Farming

100 Years of the Biodynamic Movement

RUDI BIND AND UELI HURTER

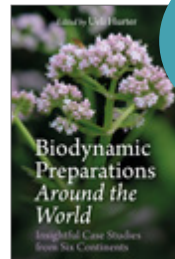
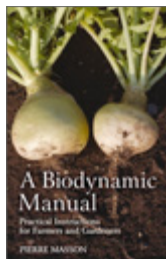
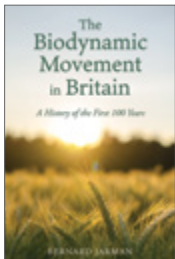
An in-depth examination of the origins of biodynamic agriculture, its growth into a worldwide movement and its continuing impact

- Explores the key ideas from Rudolf Steiner's 1924 Agriculture Course which led to the development of the worldwide biodynamic movement
- Showcases the initiatives which have evolved from biodynamics including seed banks, regenerative farming and the campaign against chemical pesticides and fertilisers
- Includes modern examples from Egypt, Brazil and Spain which reveal how biodynamics continues to help individuals and communities thrive
- Written by authoritative voices in biodynamics

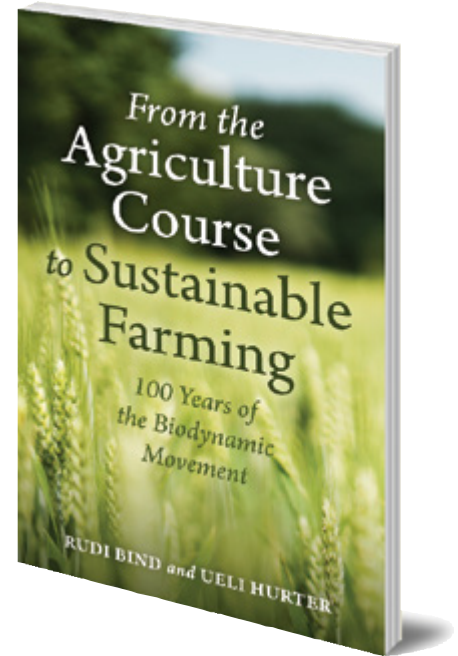
Rudi Bind has worked as a journalist and primary teacher, and is co-founder of the Heinrich Barth Society. He lives in Arlesheim, Switzerland.

Ueli Hurter is the joint-Head of the Agriculture Section at the Goetheanum, Switzerland, and sits on the executive board of the International Biodynamic Association.

More books on biodynamics:



Read an Extract



Subject: Organics and Biodynamics

(Thema: TVF/WMQF)

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# The Sekem Effect

How a Sustainable Community  
Can Transform Egypt and the World

HELMY ABOULEISH WITH CHRISTINE ARLT

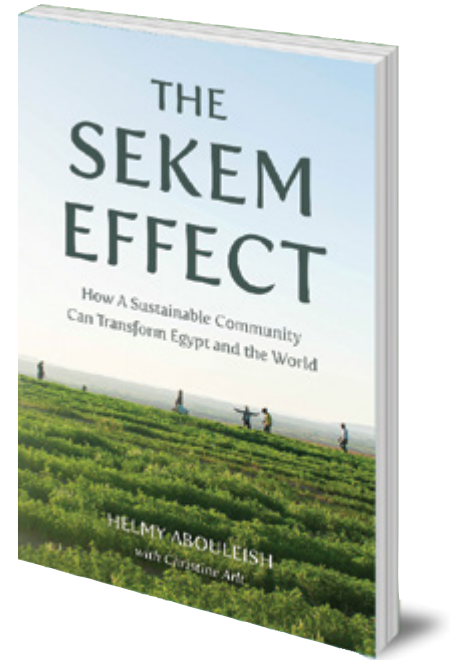
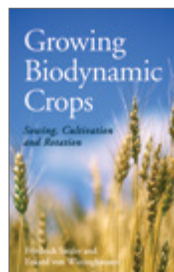
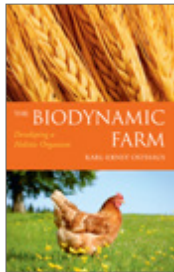
Discover the innovative sustainable community in Egypt working to bring about real social change

- Charts the development of the innovative community of Sekem which was originally founded in 1977 in the Egyptian desert
- Outlines their vision for a transformation of Egyptian society through developments in holistic education, the creation of a recycling economy and the promotion of renewable energy
- An incredible story of sustainability, self-sufficiency, social transformation and the power of community, that will be relevant and inspiring worldwide
- Co-written by Helmy Abouleish, the Chief Executive of Sekem and son of founder Dr Ibrahim Abouleish

Helmy Abouleish is president of Demeter International and a popular speaker on the subject of sustainable development. He lives with his family at Sekem, north-east of Cairo, Egypt.

Christine Arlt is the managing director of the German branch of Friends of Sekem. She lives in Cologne, Germany.

## Related books:



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