

A.R.E. PRESS

THE PUBLISHING COMPANY
OF EDGAR CAYCE



YOUR BODY-MIND-SPIRIT
RESOURCE SINCE 1931



A.R.E. Press

4th Dimension Press



Edgar Cayce (1877–1945) founded the non-profit Association for Research and Enlightenment (A.R.E.) in 1931, to explore spirituality, holistic health, intuition, dream interpretation, psychic development, reincarnation, and ancient mysteries—all subjects that frequently came up in the more than 14,000 documented psychic readings given by Cayce.

Edgar Cayce's A.R.E. provides individuals from all walks of life and a variety of religious backgrounds with tools for personal transformation and healing at all levels—body, mind, and spirit.

A.R.E. Press has been publishing books since 1931 as well, with the mission of furthering the work of A.R.E. by publishing books, DVDs, and CDs to support the organization's goal of helping people to change their lives for the better physically, mentally, and spiritually.

In 2009, A.R.E. Press launched its second imprint, 4th Dimension Press. While A.R.E. Press features topics directly related to the work of Edgar Cayce and often includes excerpts from the Cayce readings, 4th Dimension Press allows us to take our publishing efforts further with like-minded and expansive explorations into the mysteries and spirituality of our existence without direct reference to Cayce-specific content.

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SPRING/FALL 2019

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Making Joint Decisions

Holistic Tips for Preventing and Relieving Arthritis Pain

Anne Hunt

Formerly titled *Making Joint Decisions: Preventing and Relieving Arthritis Pain*



Advice Based on hundreds of Edgar Cayce readings on arthritis.

The "father of holistic medicine," Edgar Cayce, offered unique and insightful advice for people of all ages for the relief and prevention of arthritis pain. A quick search of the Edgar Cayce database, which contains more than 14,000 of his documented readings (the majority focused on health), finds 816 documents containing the word "arthritis."

This informative guide will help you make the right decisions to prevent rheumatoid and osteoarthritis while also offering advice for controlling these painful diseases by helping you to:

- Choose a tailor-made arthritis "treatment diet"
- Bring elimination and assimilation in line for success
- Select and mix special massage oils for healing relief
- Incorporate Epsom salt baths as a cornerstone for therapy.

This little gem offers simple advice in an easy-to-follow format that can help you put arthritic pain behind you so that you can enjoy a life of greater health and relaxation!

ISBN 978-0-87604-279-3 Categories HEALTH AND FITNESS/Holism
 Stock # 697 BISAC Codes HEA012000
 Price \$8.95 Carton Qty Not yet known
 Page Count 82 Ship & Pub Date September 2019
 Illustrations Yes
 Trim Size 4¼ x 7½
 Binding Mass Market Paperback

About Edgar Cayce

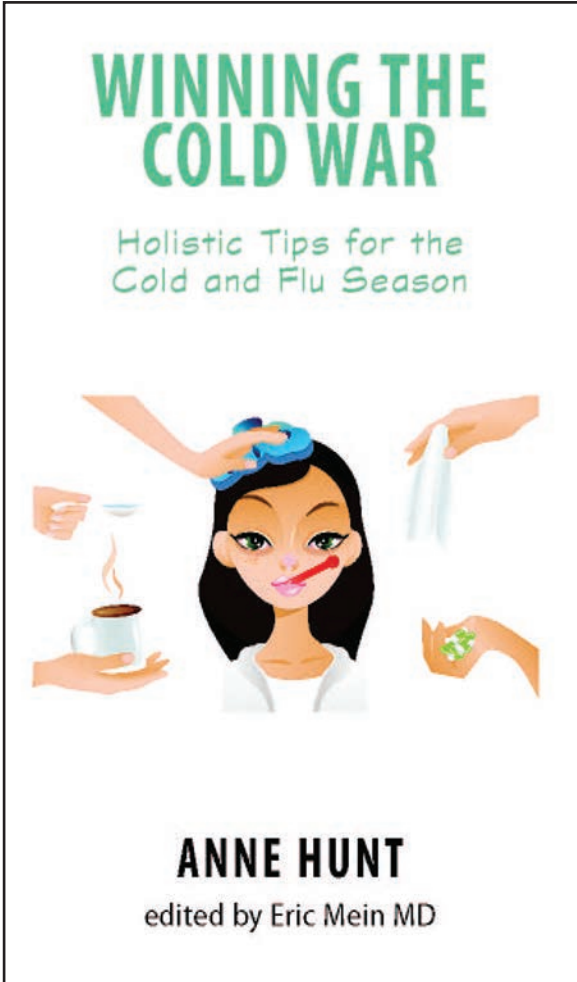
Edgar Cayce (1877-1945) has been called the "father of holistic medicine" because of his prolific psychic readings addressing the health of the body. For more than 40 years of his adult life, Cayce was sought after by thousands seeking help with issues of the body, mind, or spirit.

Winning The Cold War

Holistic Tips for the Cold and Flu Season

Anne Hunt

Formerly titled *Winning the Cold War: Preventing and Curing the Common Cold and Flu*



Preventing Common Cold and Flu Is Possible!

Whether you are trying to prevent the common cold or you are already fighting the flu, the “father of holistic medicine,” Edgar Cayce, was decades ahead of his time in offering advice for prevention of these common viruses as well as treatment of the symptoms they cause. Cayce recognized the importance of diet and the role of our immune system in preventing illnesses. A quick search of the Edgar Cayce database finds dozens upon dozens of readings focused on the relief of cold and flu symptoms, shortening the effects of these viruses, or preventing them altogether.

This informative guide will help you tell the difference between the cold and influenza (flu) while explaining:

- Your immune system and prevention
- Natural remedies for relief of symptoms
- The “cold prevention diet”—alkalinity is key!

The unique insights found in this tiny tome will help anyone to victory in the cold war!

ISBN 978-0-87604-261-8

Stock # 698

Price \$8.95

Page Count 96

Illustrations Yes

Trim Size 4¼ x 7½

Binding Mass Market Paperback

Categories BHEALTH AND FITNESS/
Holism

BISAC Codes HEA012000

Carton Qty Not yet known

Ship & Pub Date September 2019

About Edgar Cayce

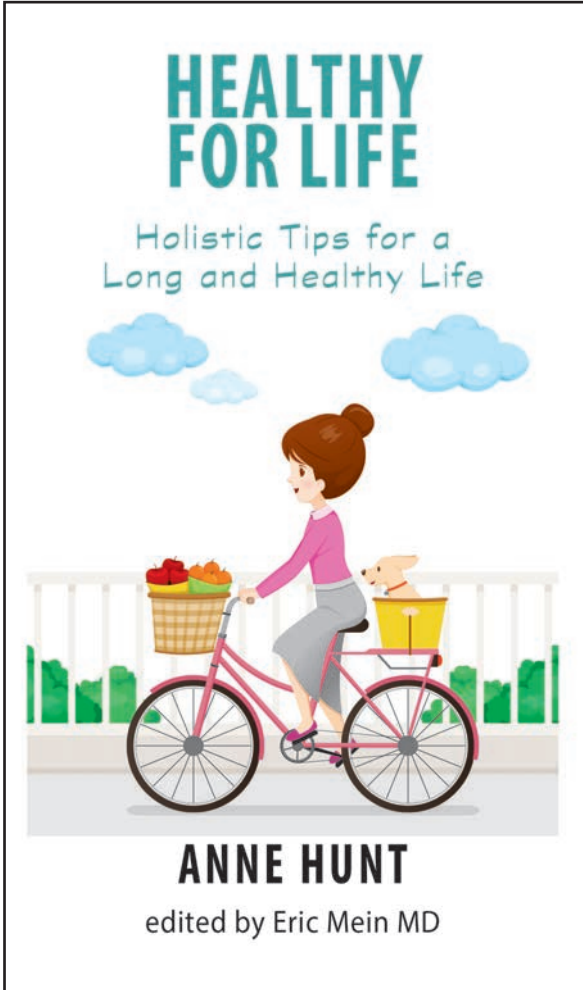
Edgar Cayce (1877-1945) has been called the “father of holistic medicine” because of his prolific psychic readings addressing the health of the body. For more than 40 years of his adult life, Cayce was sought after by thousands seeking help with issues of the body, mind, or spirit.

Healthy for Life

Holistic Tips for a Long and Healthy Life

Anne Hunt

Formerly titled *Healthy for Life: Basics for Healthy Living*



Take Our "How's Your Health" Quiz to Discover Your Strengths and Weaknesses!

Here is a simple "can-do" guide to living based on the readings given by Edgar Cayce (1877-1945). Known as the "father of holistic medicine," Cayce brought forth an astounding amount of information on the topic of health and healing. Many of Cayce's recommendations have now been proven by modern science. Many more are being used in homes around the world to the benefit of many!

Cayce's advice provides all the tools you need to harness your body's own inner wisdom for perfect health. In this treasured guidebook, you'll learn:

- Ten tips for strengthening your immune system
- How to harness the power of your mind;
- A diet that is both healthful and tasty
- Personal revelations discovered through a "How's Your Health" quiz.

Read this book in a few hours, incorporate its practical suggestions in days, and enjoy its benefits for life.

ISBN 978-0-87604-281-6

Stock # 696

Price \$8.95

Page Count 96

Illustrations Yes

Trim Size 4¼ x 7½

Binding Mass Market Paperback

Categories BHEALTH AND FITNESS/
Holism

BISAC Codes HEA012000

Carton Qty Not yet known

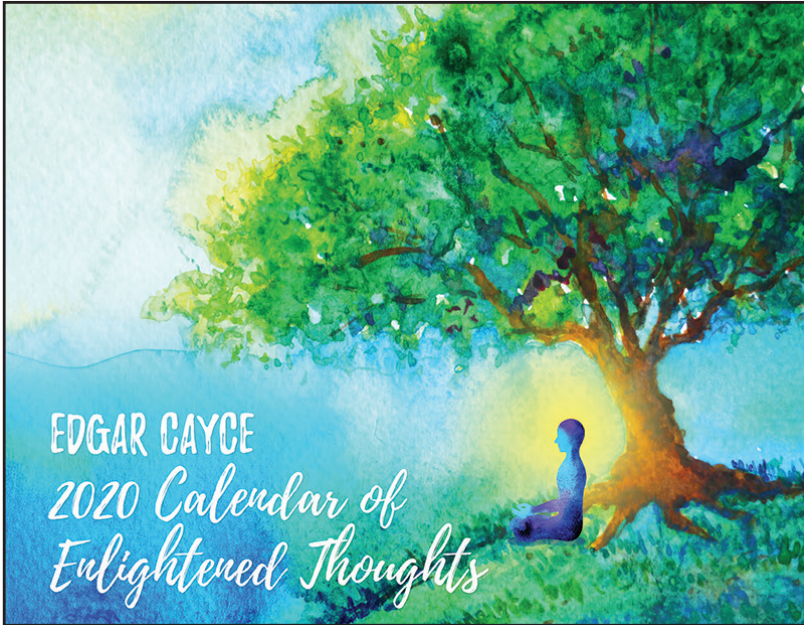
Ship & Pub Date September 2019

About Edgar Cayce

Edgar Cayce (1877-1945) has been called the "father of holistic medicine" because of his prolific psychic readings addressing the health of the body. For more than 40 years of his adult life, Cayce was sought after by thousands seeking help with issues of the body, mind, or spirit.

Edgar Cayce

2020 Calendar of Enlightened Thoughts



Chock-full of wisdom, special dates of note, flat-out gorgeous images, and quotes from the Edgar Cayce readings, *Edgar Cayce's 2020 Calendar of Enlightened Thoughts* is the only one of its kind! More than a calendar, you'll treasure this one for its beauty and enriching content. Enjoy a unique and intriguing perspective on your life with Cayce quotes paired with beautiful imagery to brighten each month. A.R.E. Members can use the calendar to work with our 2020 Enlightenment Series as well. Each page measures 8.5" x 11", making the fully extended calendar 11" wide x 17" long.

| | |
|------------------------|---|
| ISBN 978-0-87604-895-5 | Categories BODY, MIND AND SPIRIT/ Inspiration and Personal Growth |
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| Binding Calendar | |

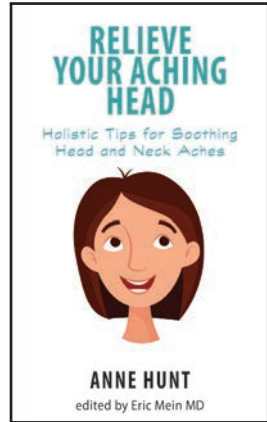
About Edgar Cayce

Edgar Cayce (pronounced Kay-Cee, 1877-1945) has been called the "sleeping prophet," the "father of holistic medicine," and the most documented psychic of the 20th century. For more than 40 years of his adult life, Cayce gave psychic "readings" to thousands of seekers while in an unconscious state, diagnosing illnesses and revealing lives lived in the past and prophecies yet to come. Cayce's quotes are full of spiritual wisdom and insights that lift and inspire. Learn more at EdgarCayce.org/learn-more.



Making Joint Decisions

Anne Hunt
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Price \$8.95
Page Count 82
Illustrations Yes
Trim Size 4¼ x 7⅞
Binding Mass Market Paperback



Relieve Your Aching Head

Anne Hunt
ISBN 978-0-87604-280-9
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Price \$8.95
Page Count 104
Binding Mass Market Paperback



Winning the Cold War

Anne Hunt
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Stock # 698
Price \$8.95
Page Count 96
Illustrations Yes
Trim Size 4¼ x 7⅞²
Binding Mass Market Paperback



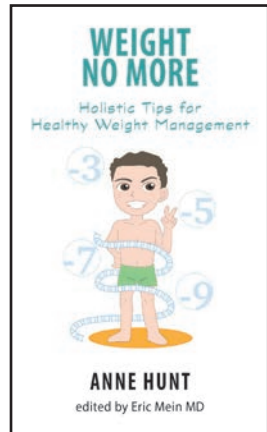
Saving Your Skin

Anne Hunt
ISBN 978-0-87604-262-5
Stock # 694
Price \$8.95
Page Count 94
Binding Mass Market Paperback



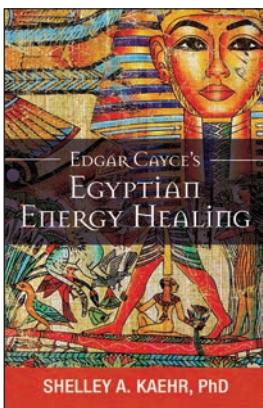
Healthy for Life

Anne Hunt
ISBN 978-0-87604-281-6
Stock # 696
Price \$8.95
Page Count 96
Illustrations Yes
Trim Size 4¼ x 7⅞
Binding Mass Market Paperback



Weight No More

Anne Hunt
ISBN 978-0-87604-260-1
Stock # 695
Price \$8.95
Page Count 106
Binding Mass Market Paperback

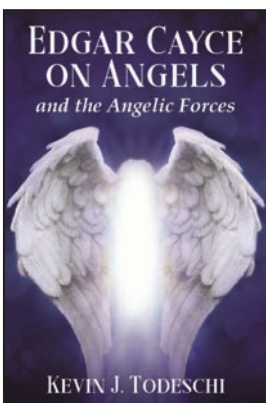


Edgar Cayce's Egyptian Energy Healing Shelley A. Kaehr, PhD

Author Shelley A. Kaehr, PhD, who has worked with vibrational energy medicine for two decades as well as studied Cayce's readings on the topic, delves into the wealth of information given and brings forth Edgar Cayce's Egyptian Energy Medicine. In any form of healing, the goal is to change the current frequency (or vibration) to one that is more balanced and in rapport with optimal results. Shelley shows us that working with our consciousness to overcome our life lessons and challenges to achieve lasting happiness and peace throughout our lives is actually achievable. Enriching yet simple, step-by-step information is given to us as tools we can use to apply this ancient knowledge to our everyday modern lives.

Shelley A. Kaehr, PhD is one of the world's leading authorities on energy healing and mind-body medicine and the practical use of gems and stones. She is the author of *Edgar Cayce's Sacred Stones*, *Edgar Cayce's Guide to Gemstones, Minerals, Metals, and More*, and dozens of other books on the mind-body connection. A certified Clinical Hypnotherapist and Master Practitioner of Neuro-Linguistic Programming, she travels throughout the world training energy healing and hypnotherapy practitioners. Visit Shelley online: www.pastlifelady.com Twitter: @ShelleyKaehr Facebook Fan Page: Past Life Lady

ISBN 978-0-87604-945-7 Stock # 690 Price \$16.95 Page Count 208 Binding Trade Paperback

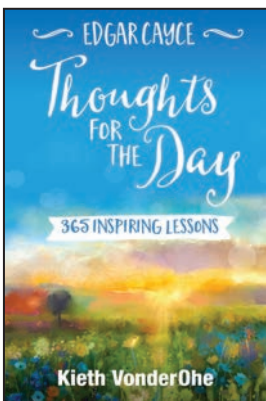


Edgar Cayce on Angels and the Angelic Forces Kevin J. Todeschi

Just who are guardian angels, archangels, and divine messengers? Even the words can produce comfort, reassurance, and hope, for they suggest the presence of celestial beings who are concerned for our welfare and are somehow involved in our lives and activities here on earth. Are these emissaries of light spiritual beings that come directly from God? Are they somehow responsible for bringing us information and guidance? If they truly exist, as suggested by the Cayce readings, then what role do they play in our lives, and how can we enhance that role? All of these questions and more are answered in this latest title by bestselling author Kevin J. Todeschi.

Kevin J. Todeschi is executive director and CEO of Edgar Cayce's Association for Research & Enlightenment (A.R.E.) and Atlantic University (AU). As both student and teacher of the Cayce material for 35 years, he has lectured on six continents in front of thousands of individuals. A prolific writer, he is the author of more than 25 books, including the best-selling *Edgar Cayce on the Akashic Records* [978-0-87604-401-8], *Edgar Cayce on Vibrations* [978-0-87604-567-1], and *Edgar Cayce on Auras & Colors* [978-0-87604-612-8].

ISBN 978-0-87604-973-0 Stock # 692 Price \$15.95 Page Count 164 Binding Trade Paperback



Edgar Cayce Thoughts for the Day 365 Inspiring Lessons Kieth VonderOhe

For decades, people have looked to Edgar Cayce's readings for guidance and insight. The spiritual truths and encouraging words contained therein have enabled thousands of individuals to gain inspiration that has brought profound change into their lives. The daily "Thoughts" in this book are accompanied by inspiring true stories from people who have applied the principles found in the readings and experienced life-transforming results. Additional stories come from a variety of religious sources, including Biblical, rabbinic, and Sufi traditions.

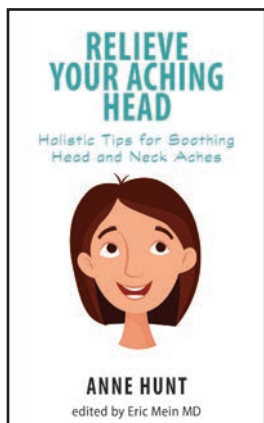
We are inspired as we see how other people have confronted the challenges of life. We are given new hope and insight as we see how they faced struggles, joys, disappointments, and moments of growth. This book is designed to offer you the opportunity to explore spiritual concepts in practical yet uplifting moments that can

bring light and grace into your daily life.

ISBN 978-0-87604-977-8 Stock # 691 Price \$15.95 Page Count 384 Binding Trade Paperback

About Edgar Cayce

Edgar Cayce (1877-1945) has been called the "sleeping prophet," the "father of holistic medicine," and the most-documented psychic of all time. For more than forty years of his adult life, Cayce was sought after by thousands seeking help with issues of the body, mind, or spirit. Cayce's advice arrived in the form of a "reading" given while he was in a self-induced state of hypnosis.



Relieve Your Aching Head

Holistic Tips for Soothing Head and Neck Aches

Anne Hunt

Formerly titled *Relieve Your Aching Head: Secrets for Soothing Head and Neck Aches*

Long before traditional medicine began examining the impact the mind has on physical health, America's "father of holistic medicine," Edgar Cayce, was laying the groundwork for one of the most fascinating truths presented in the 20th century: What one thinks and feels emotionally will find expression in the physical body. Cayce's readings, revealed many helpful, easy-to-follow therapies and techniques to prevent, manage, and relieve stressful aches and pains in the head and neck area—from diet and exercise to massage and meditation. This handy guide will give you:

- Tips for diet, elimination, and circulation that can help prevent head distress
- Special soothing therapies and exercises to relieve head and neck pain
- The important role the mind plays in matters of health
- "Attitude Adjusters" to help ease the tension that often causes stress
- "Mental Muscle Relaxers" that can replace the need for minor pain relievers.

Put that nagging stress pain behind you, and enjoy a life of greater health and relaxation!

ISBN 978-0-87604-280-9 Stock # 693 Price \$8.95 Page Count 104 Binding Mass Market Paperback



Saving Your Skin

Holistic Tips for Healthy Skin and Hair

Anne Hunt

Formerly titled *Saving Your Skin: Secrets of Healthy Skin and Hair*

The "father of holistic medicine," Edgar Cayce, offered unique and insightful advice for people of all ages and genders who suffered from hair and skin issues. Everyone can benefit from this handy guide, which focuses on the health of the largest organ of your body with advice on:

- The role of diet, eliminations, and circulation in healthy skin and hair
- Specific remedies for warts, moles, acne, poison ivy, scars, dry skin, sunburn, and wrinkles
- Special attention is given to baldness, its causes plus prevention and treatment
- What the thyroid gland has to do with the health of your skin and hair
- Plus, skin-saving ideas with recipes for natural lotions, oils, and shampoos!

Now you can "save your skin" with a "can do" plan that is full of healthful tips to last a lifetime!

ISBN 978-0-87604-262-5 Stock # 694 Price \$8.95 Page Count 94 Binding Mass Market Paperback



Weight No More

Holistic Tips for Healthy Weight Management

Anne Hunt

Formerly titled *Weight No More: A Weight-Loss Program That Can Work*

Long before traditional medicine began examining the impact the mind has on physical health, America's "father of holistic medicine," Edgar Cayce, was laying the groundwork for one of the most fascinating truths presented in the 20th century: What one thinks and feels emotionally will find expression in the physical body. Mental patterns can have a direct impact on good physical health or disease. This wisdom reveals that in order to maintain a healthy weight, addressing calories is only half the story. The other half deals with both physiological and psychological factors—which can all be identified, controlled, and conquered! This book can help by:

- Helping you identify your unique sources for weight problems
- Offering subconscious stimulators to aid in weight loss
- Revealing your weaknesses and strengths through quizzes
- A diet plan that doesn't hurt!

Now you can conquer your weight with a "can do" plan that is full of healthful tips to last a lifetime!

ISBN 978-0-87604-260-1 Stock #695 Price \$8.95 Page Count 106 Binding Mass Market Paperback

There Is a River

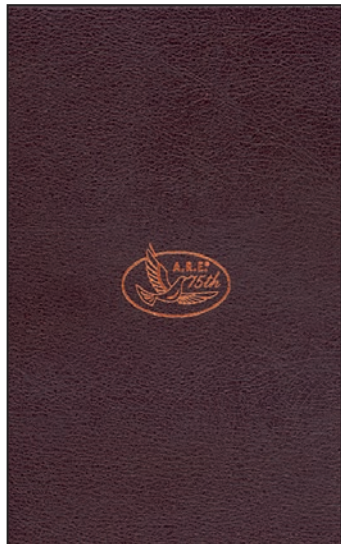
The Story of Edgar Cayce

Thomas Sugrue

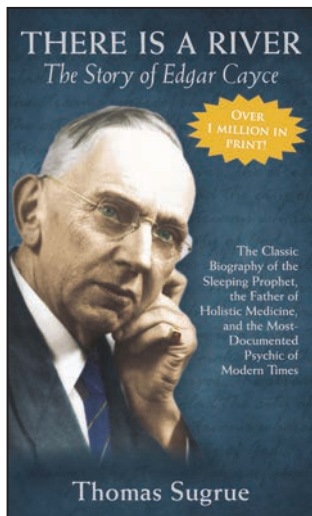
**More than a million
copies sold.**



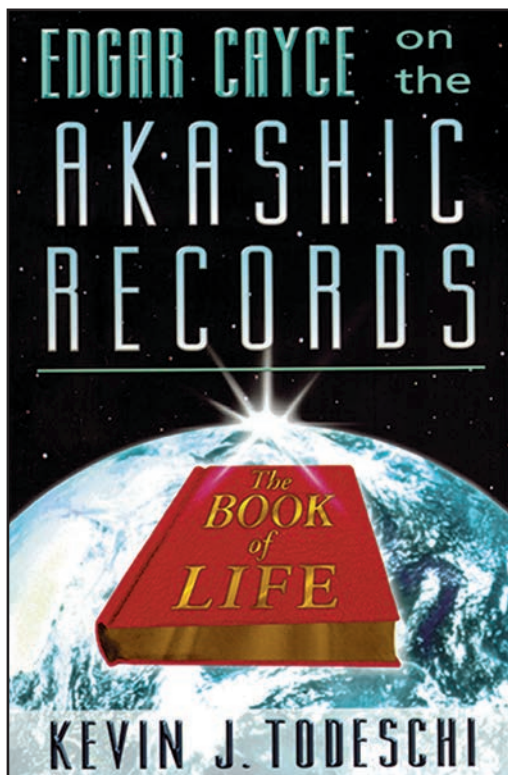
The complete biography of Edgar Cayce covers not only his fascinating life and the phenomenal information that came through his psychic readings, but it also provides hope to anyone suffering from illness or despair of heart and spirit. The myriad of topics covered include holistic healthful remedies for both common and rare illnesses; spiritual growth subjects such as meditation, prayer, and reincarnation; and world events both past, present, and future. Each edition also contains the famous "philosophy section," which covers our origin, purpose, and destiny in the earth.



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ISBN 978-0-87604-375-2
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Price \$9.95
Page Count 416
Binding Mass Market
Paperback



Edgar Cayce on the Akashic Records

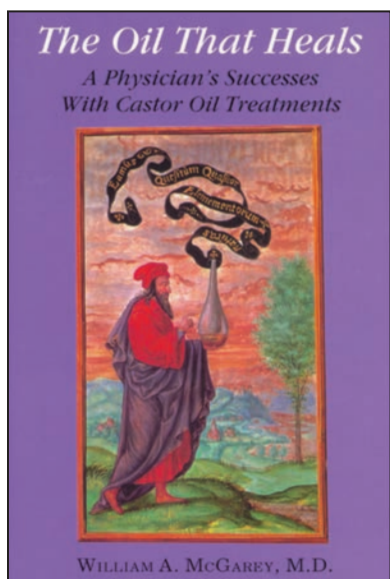
Kevin J. Todeschi

Tap into your OWN Akashic Records.

The Akashic Records contain the entire history of every soul since the dawn of Creation. These records connect each one of us to one another. Often referred to as the "Book of Life," they are the storehouse of all information for every individual containing every word, deed, feeling, thought, and intent that has ever occurred.

You can learn how to tap into your own Akashic Records—your past lives, your present experiences, even your future events—and use this information to create the life you desire **NOW**.

ISBN 978-0-87604-401-8
Stock # 509
Price \$16.95
Page Count 208
Binding Trade Paperback



The Oil That Heals: A Physician's Successes with Castor Oil Treatments

William A. McGarey, MD

Dr. McGarey's book recounts case histories where he successfully used castor oil treatments for a variety of disorders. Includes instructions for use of castor oil packs.

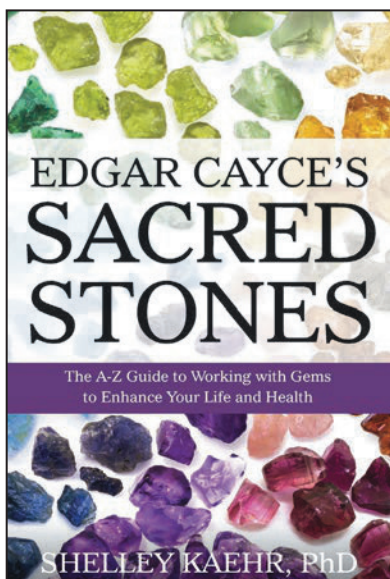
ISBN 978-0-87604-308-0

Stock # 381

Price \$16.95

Page Count 232

Binding Trade Paperback



**Edgar Cayce's Sacred Stones
The A-Z Guide to Working with Gems to Enhance Your Life and Health**

Shelley Kaehr, PhD

The Cayce readings offer fascinating advice for the use of gems and stones for healing, psychic development, and more. Color photographs throughout. *Sbn*

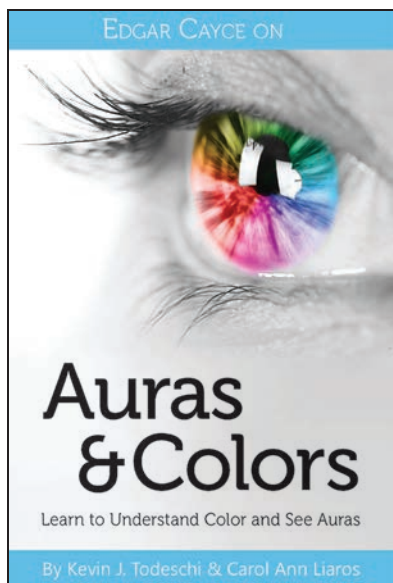
978-0-87604-817-7

Stock # 671

Price \$16.95

Page Count 228

Binding Trade Paperback



**Edgar Cayce on Auras & Colors
Learn to Understand Color and See Auras**

Kevin J. Todeschi and Carol Ann Liaros

Teaches you to access your intuitive self in order to see auras and colors and explains their meaning with practical tools that can be applied in your life now.

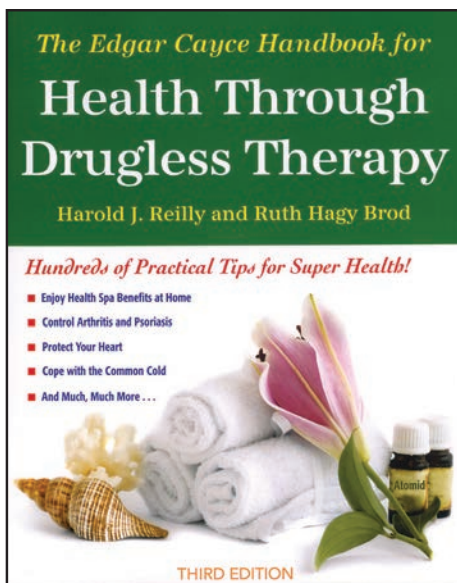
ISBN 978-0-87604-612-8

Stock # 658

Price \$15.95

Page Count 166

Binding Trade Paperback



Edgar Cayce Handbook for Health Through Drugless Therapy

Harold Reilly, DPhT, DS, and Ruth Hagy Brod

Filled with basic, common-sense health hints that work, this handbook is thoroughly indexed to help you find information on many health topics.

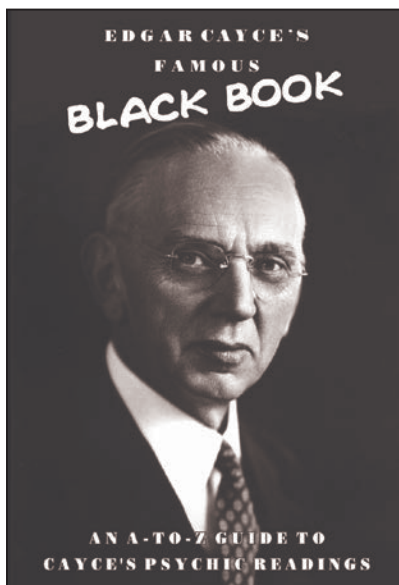
ISBN 978-0-87604-215-1

Stock # 576

Price \$24.95

Page Count 348

Binding Trade Paperback



Edgar Cayce's Famous "Black Book" An A-To-Z Guide to Cayce's Psychic Readings

Imagine being able to ask the sleeping Edgar a question on almost any topic? Thumbing through his "famous black book" is like stepping back into Cayce's time to gain wisdom straight from the source of universal consciousness that he was known to access.

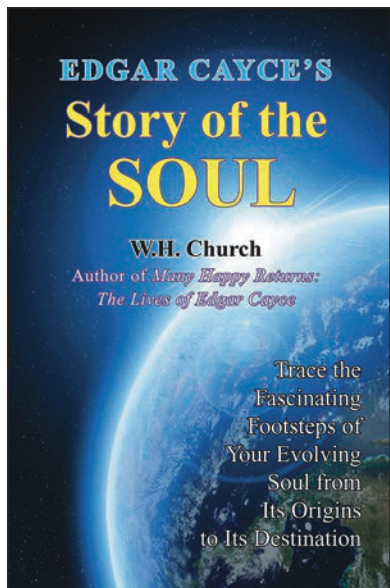
ISBN 978-0-87604-835-1

Stock # 688

Price \$18.95

Page Count 352

Binding Trade Paperback



Edgar Cayce's Story of the Soul W.H. Church

Gain a true understanding of the genesis of souls. Relive what may be your own history in Egypt, Persia, and prehistoric America.

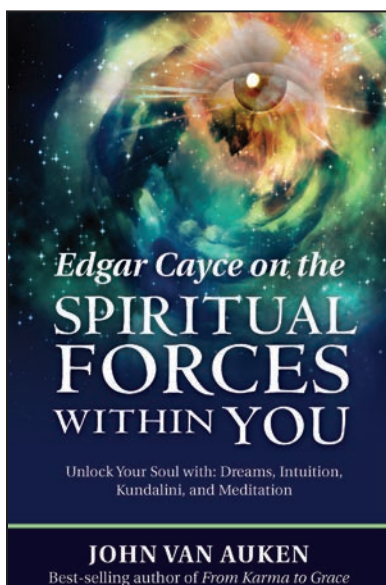
ISBN 978-0-87604-273-1

Stock # 359

Price \$16.95

Page Count 252

Binding Trade Paperback



Edgar Cayce on the Spiritual Forces Within You Unlock Your Soul with Dreams, Intuition, Kundalini, and Meditation

John Van Auken

Your true purpose in life is revealed by accessing your essence or spiritual life force.

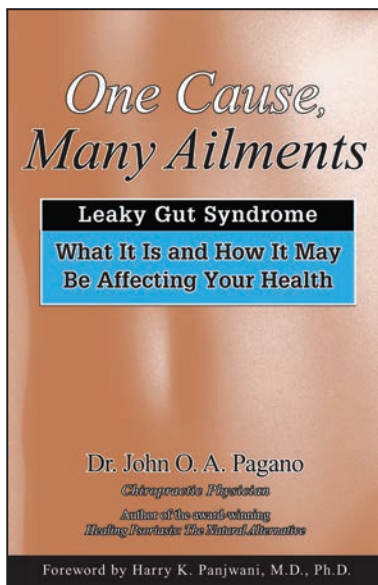
ISBN 978-0-87604-733-0

Stock # 668

Price \$17.95

Page Count 272

Binding Trade Paperback



One Cause, Many Ailments: Leaky Gut Syndrome

John O.A. Pagano, DC

Using the concept of the leaky gut syndrome (LGS), Pagano offers us hope of healing as evidenced by his advice along with vivid illustrations and before-and-after photographs.

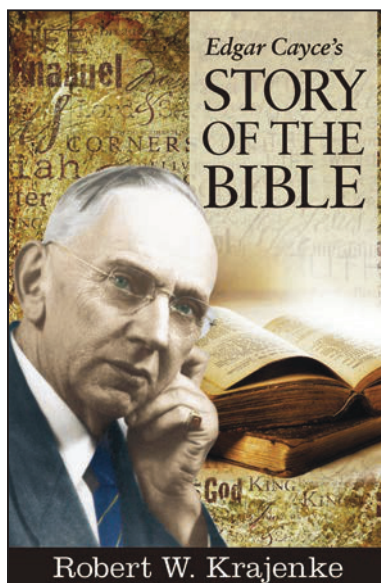
ISBN 978-0-87604-573-2

Stock # 628

Price \$15.95

Page Count 195

Binding Trade Paperback



Edgar Cayce's Story of the Bible

Robert W. Krajenke

Formerly published as a trilogy (the *Edgar Cayce's Story of the Old Testament* series), now offered as a single volume, this is sure to be considered the definitive book of the Cayce readings on and about the Bible.

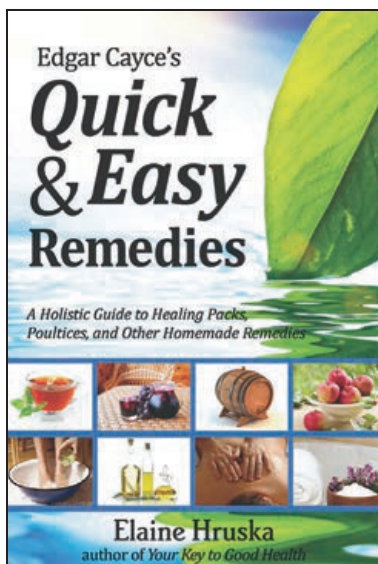
ISBN 978-0-87604-703-3

Stock # 663

Price \$27.95

Page Count 656

Binding Trade Paperback



Edgar Cayce's Quick & Easy Remedies

Elaine Hruska

Author Elaine Hruska has spent more than 30 years working with the Cayce health readings. Her latest book highlights the wealth of information given with a spotlight on the simplest and most commonly prescribed remedies.

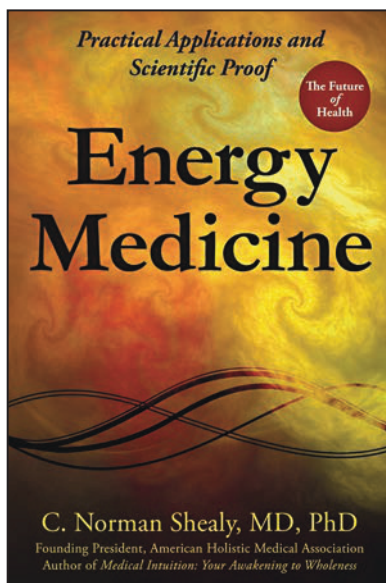
ISBN 978-0-87604-627-2

Stock # 661

Price \$16.95

Page Count 384

Binding Trade Paperback



Energy Medicine: Practical Applications and Scientific Proof

C. Norman Shealy, MD, PhD

A unique combination of practical applications along with complementing alternative therapies for a complete guide to personal health and well being.

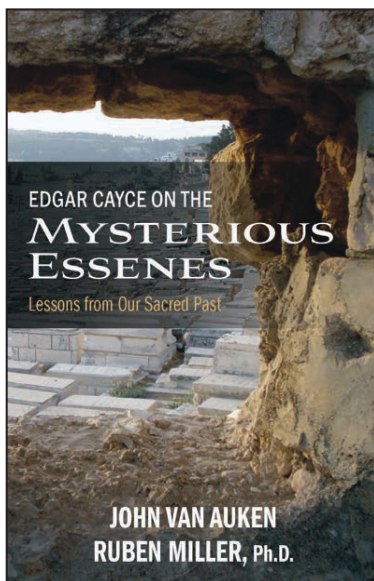
ISBN 978-0-87604-610-4

Stock # 108

Price \$16.95

Page Count 384

Binding Trade Paperback



Edgar Cayce on the Mysterious Essenes Lessons from Our Sacred Past

John Van Auken

One of the most fascinating topics found in the readings of famed psychic Edgar Cayce (1877-1945) revealed the existence of a sacred sect called the Essenes. His information about the Essenes would later be confirmed by the discovery of the Dead Sea Scrolls two years after his death.

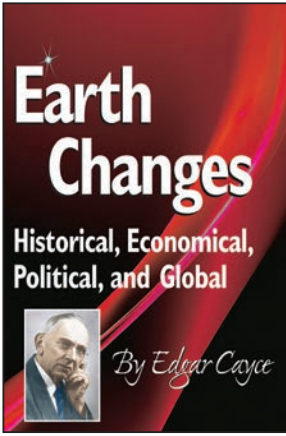
ISBN 978-0-87604-866-5

Stock #676

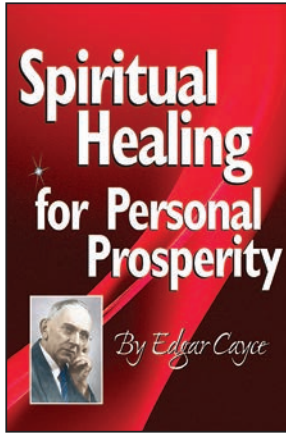
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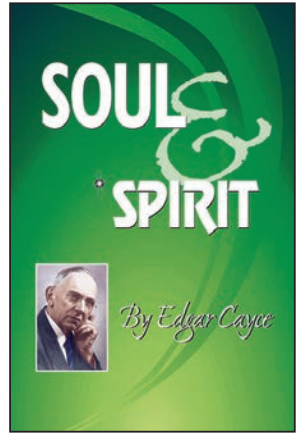
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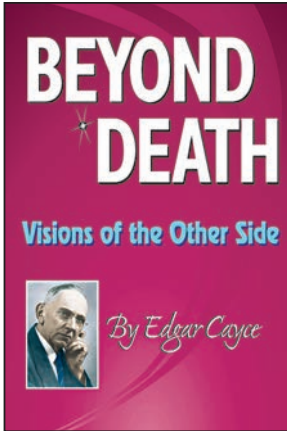
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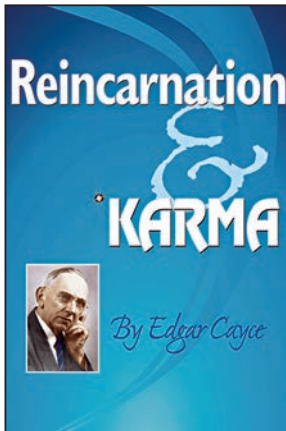
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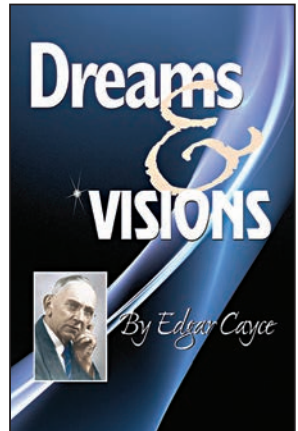
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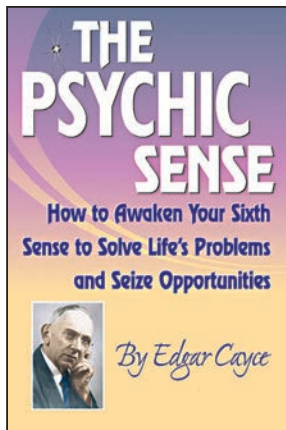
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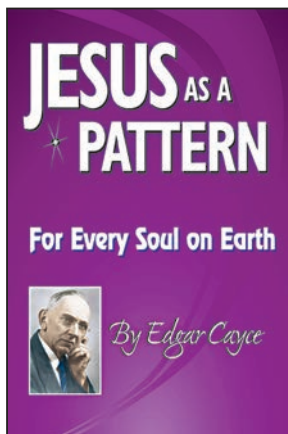
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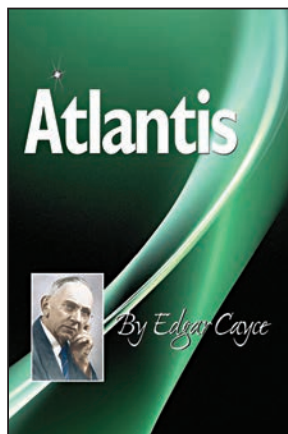
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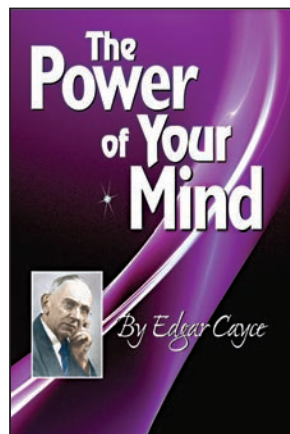
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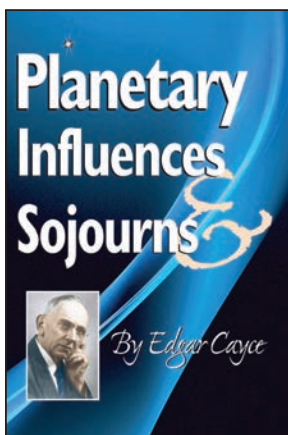
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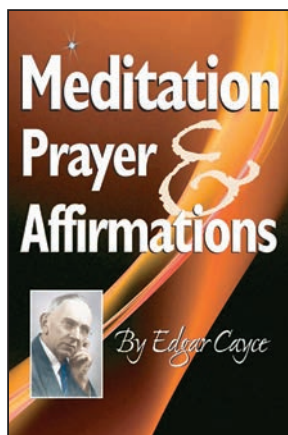
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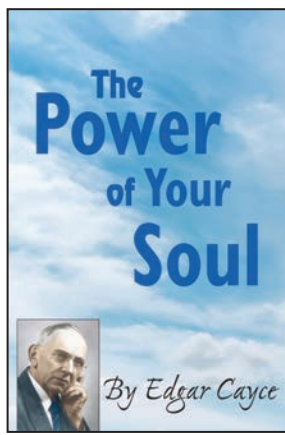
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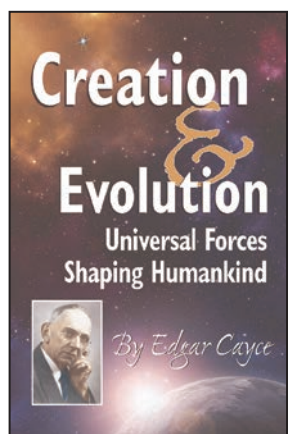
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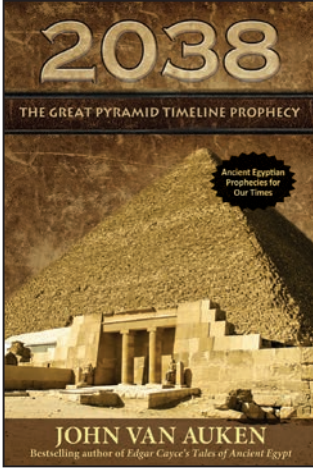


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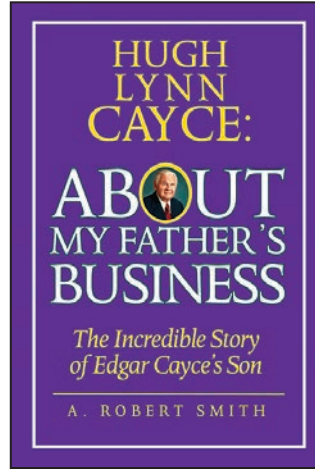
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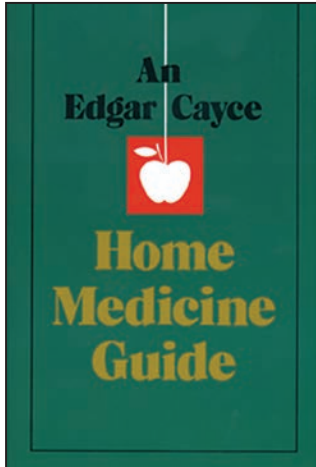
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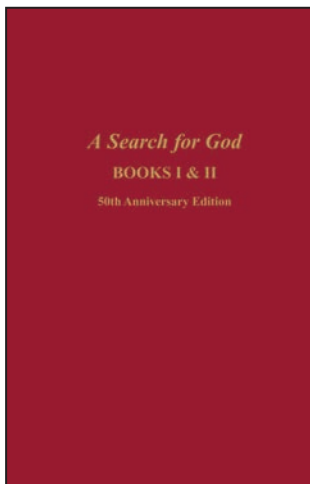
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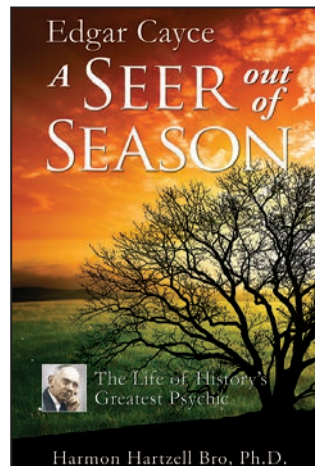
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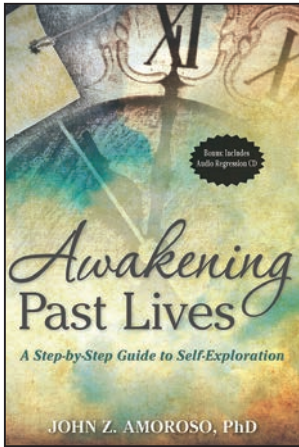
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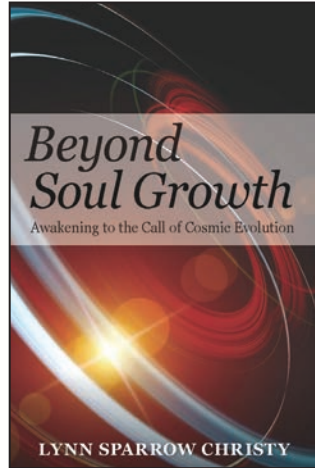
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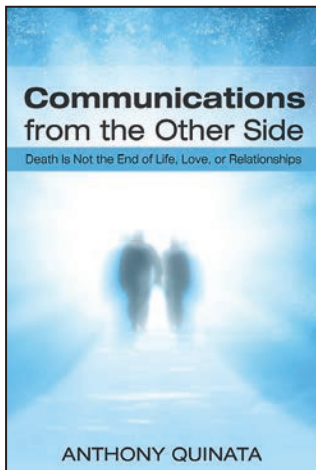
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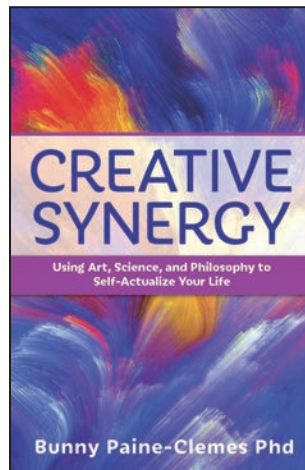
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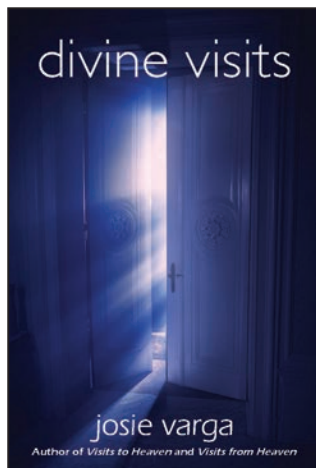
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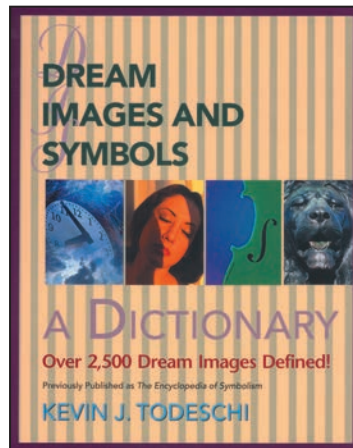
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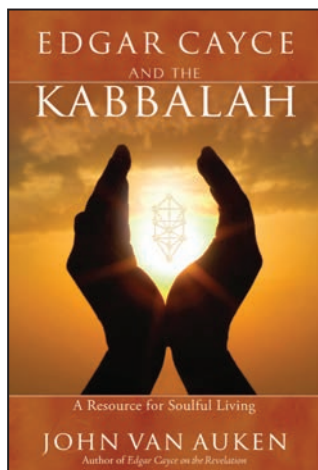
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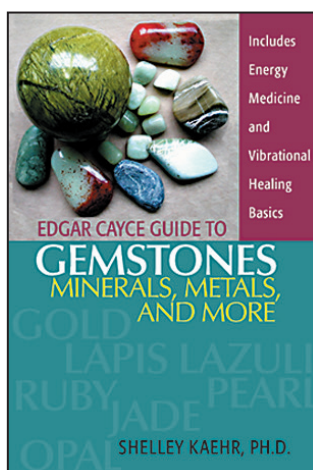
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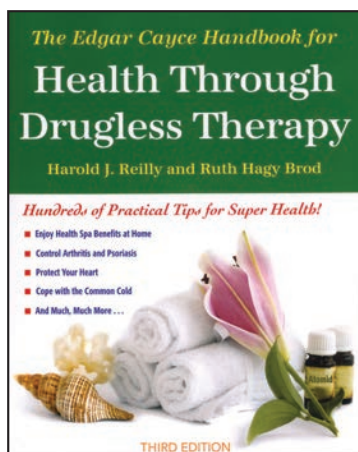
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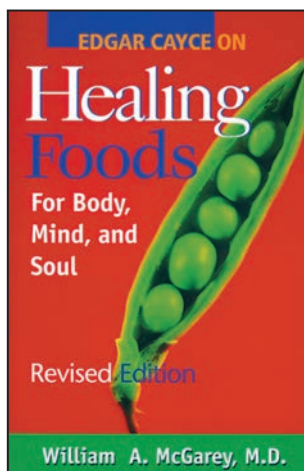
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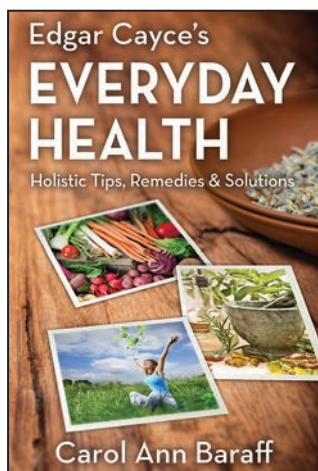
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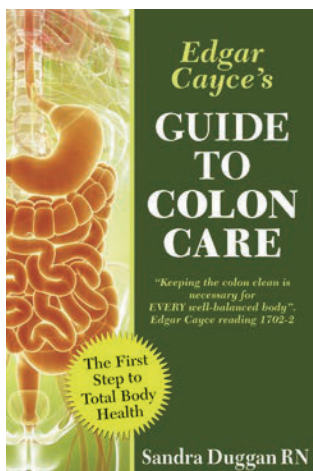
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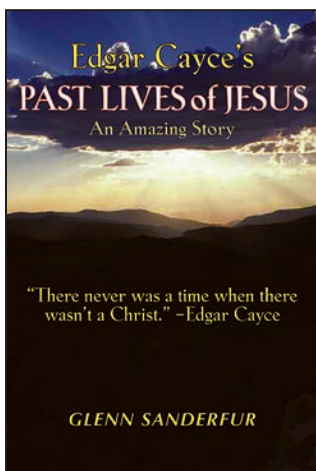
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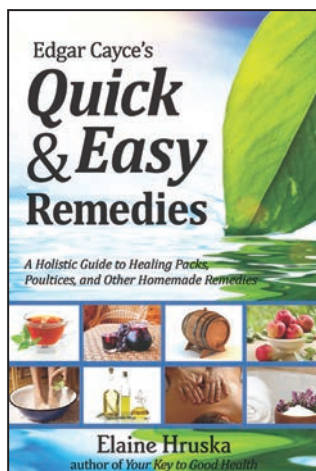
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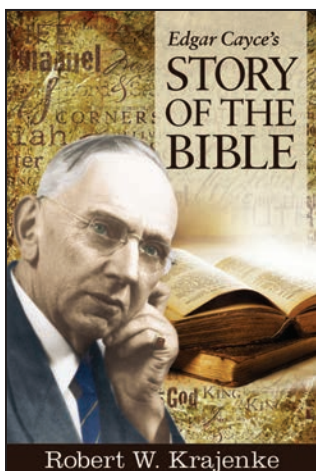
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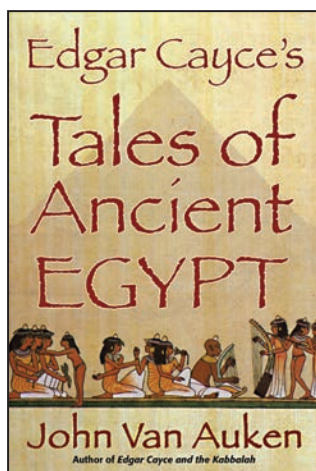
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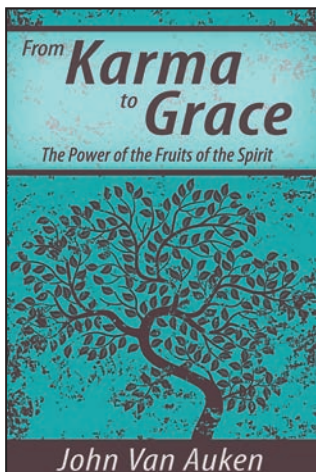
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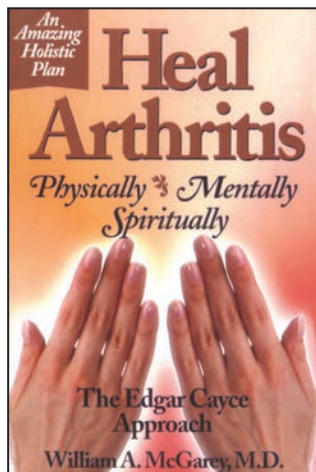
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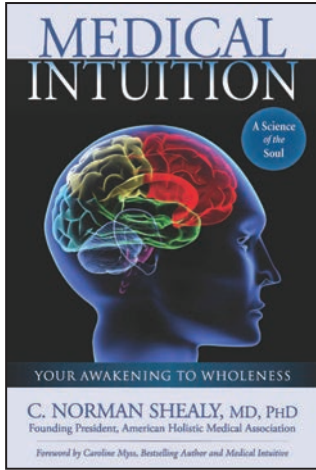
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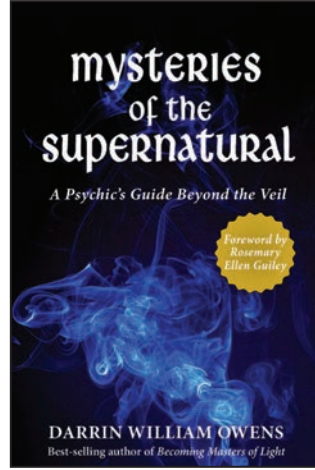
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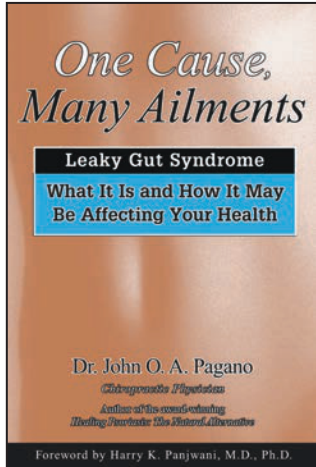
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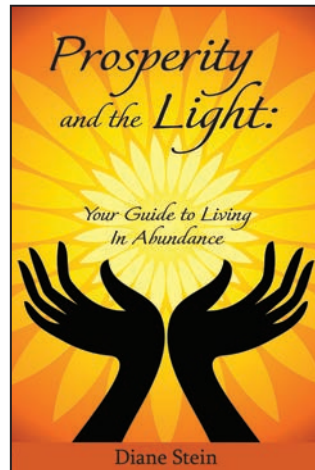
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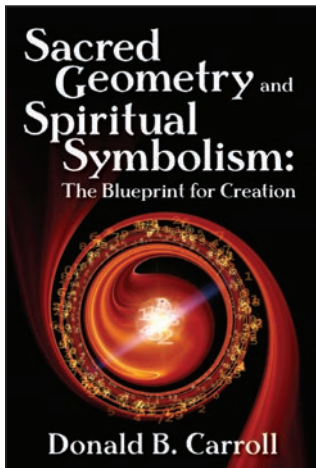
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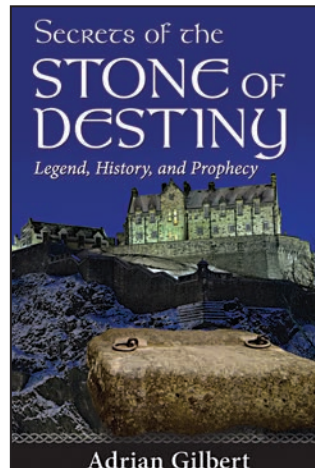
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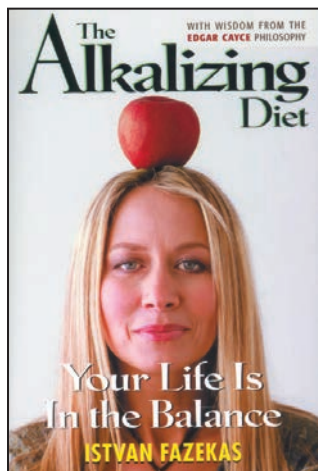
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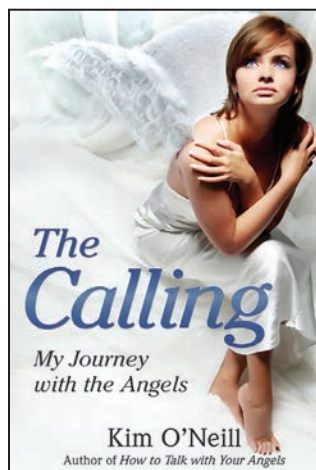
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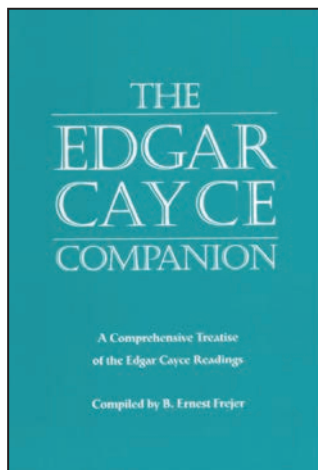
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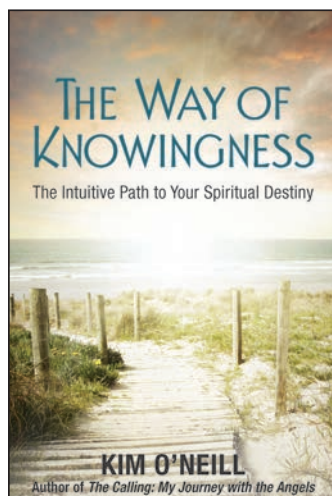
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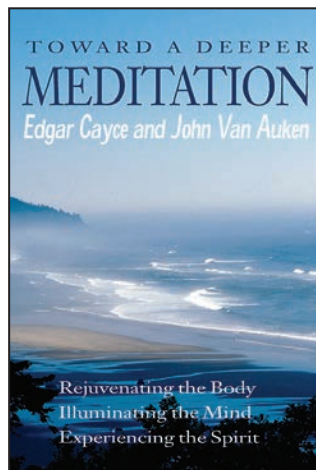
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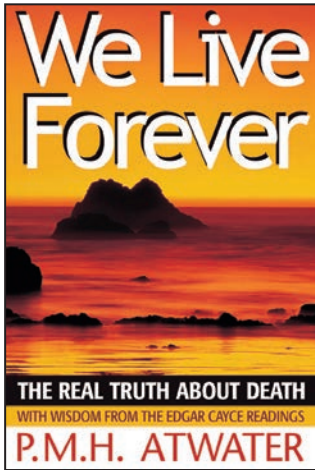
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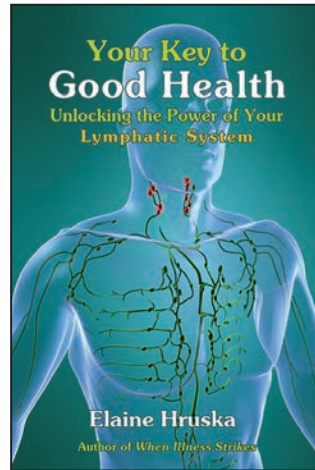
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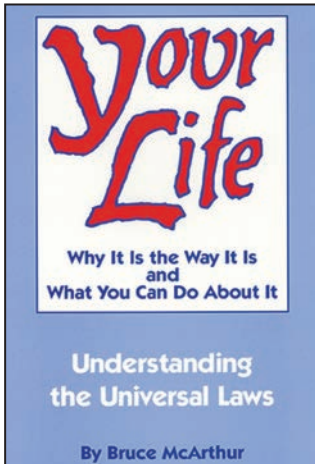
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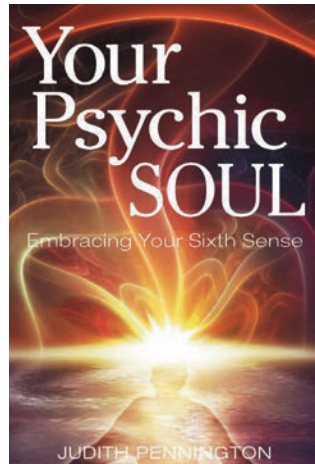
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