

HEART-LED
PUBLISHING



Catalogue

PRODUCT YEAR 2024



About Heart-Led Publishing

Heart-Led Publishing was founded on the belief that creativity has the power to transform both individuals and society. Launched by prolific author and researcher Belinda Tobin, Heart-Led Publishing brings together a collection of works that inspire deeper thinking, personal growth, and a more compassionate world.

With three distinct imprints, the publishing house caters to a wide variety of readers:

Understanding Press: Focused on delivering power through knowledge, this imprint offers thought-provoking non-fiction that explores complex societal issues. From violence and addiction to sexuality and monogamy, the Understanding Series delivers insightful discussions designed to enlighten and empower.

Bel House Books: Specialising in transformative fiction, this imprint produces stories that offer readers both hope and personal reflection. Each book is designed to inspire emotional growth and discovery, providing a literary journey that touches the heart.

Curiosity: Dedicated to celebrating the unconventional, Curiosity embraces the weird and wonderful. This imprint is a haven for stories that dare to be different, allowing for creative freedom that breaks traditional formats and explores new realms of storytelling.

Heart-Led Publishing's mission is simple but profound: to create a more conscious and compassionate future through the power of storytelling and knowledge. Each book is carefully curated to inspire change—whether it's within the reader or the broader society.



Member of the





Understanding Press

"The highest form of ignorance is when you reject something you don't know anything about." – Wayne Dyer

Understanding Press was founded with a simple yet profound mission: to help each of us step into our power through knowledge and to pave the way for wise action. The Understanding Series is the first project for Understanding Press. It provides clear and concise information about some of the most fundamental issues and pressing problems of our time.

BOOKS BY UNDERSTANDING PRESS

UNDERSTANDING VIOLENCE

A PATHWAY TO PERSONAL
AND POLITICAL RESPONSIBILITY

BELINDA TOBIN



UNDERSTANDING VIOLENCE

Available 8 October 2024

Author: Belinda Tobin

202 pages

Paperback ISBN: 9781763706217

E-Book ISBN: 9781763706200

UNDERSTANDING MONOGAMY

A PATHWAY TO CONSCIOUS AND
COMPASSIONATE CONNECTIONS.

BELINDA TOBIN



UNDERSTANDING MONOGAMY

Available 7 November 2024

Author: Belinda Tobin

174 pages

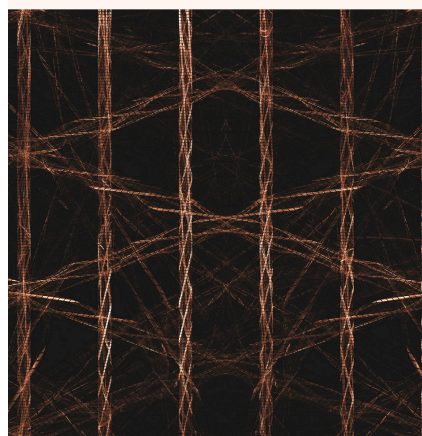
Paperback ISBN: 9781763706262

E-Book ISBN: 9781763706279

UNDERSTANDING ADDICTION

PRESENTING THE CAUSE, EFFECTS
AND THE PATHWAY TO HEALING.

BELINDA TOBIN



UNDERSTANDING ADDICTION

Available 27 November 2024

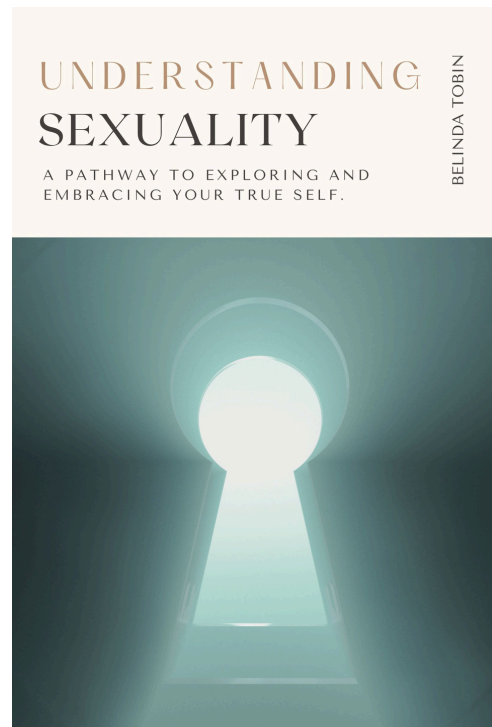
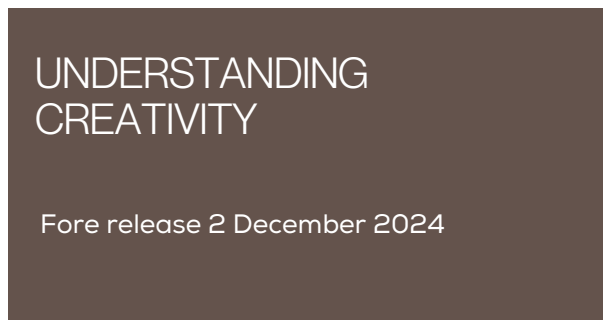
Author: Belinda Tobin

174 pages

Paperback ISBN: 9781763706224

E-Book ISBN: 9781763706231

BOOKS BY UNDERSTANDING PRESS (CONT'D)



UNDERSTANDING SEXUALITY

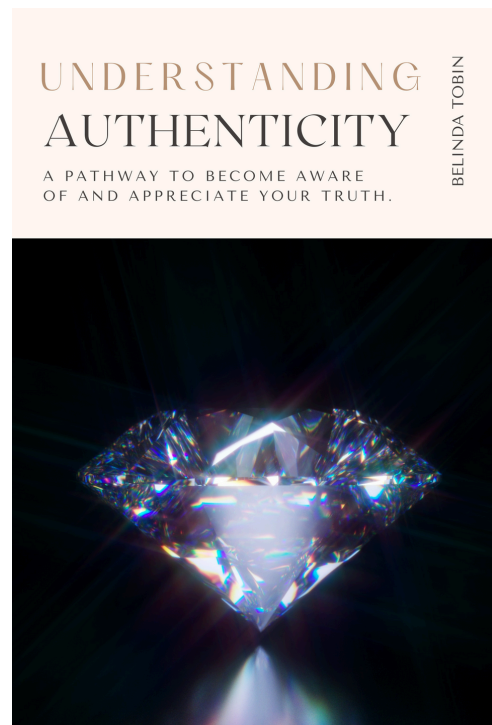
Available 12 November 2024

Author: Belinda Tobin

242 pages

Paperback ISBN: 9781763724631

E-Book ISBN: 9781763724648



UNDERSTANDING AUTHENTICITY

For release 5 January 2025

UNDERSTANDING VIOLENCE

A PATHWAY TO PERSONAL
AND POLITICAL RESPONSIBILITY

BELINDA TOBIN



Available 8 October 2024

Author: Belinda Tobin

202 pages

Paperback ISBN: 9781763706217

E-Book ISBN: 9781763706200

"Peace cannot be kept by force; it can only be achieved by understanding." – Albert Einstein.

Understanding Violence is a heartfelt exploration born from the author's continued distress at the family and domestic violence crisis that has been continuing for decades. To solve the problem of violence, we must first fully understand it, not just one part, but its totality.

This book goes beyond the headlines, delving into the varied and often hidden ways violence manifests in our society—from the overt to the subtle, from the physical to the psychological. It shows family violence as one traumatic symptom of a much larger disease. Reducing violence in society then is not just about pointing fingers at "bad people"; it's about understanding the culture that allows violence to thrive and recognising that we all play a role in its perpetuation.

Drawing from research, personal reflections, and expert insights, the author emphasises that understanding is the first crucial step toward change. By calling out violence in all its forms and unpacking the beliefs, emotions, and systemic issues that underpin violent behaviours, Understanding Violence invites readers to reflect on their own actions and the world around them. It challenges us to look honestly at how violence infiltrates our everyday lives, whether through media, politics, entertainment or unexamined attitudes.

This book is for anyone who believes in a more compassionate, peaceful world. Whether you're a policymaker, a community leader, or someone seeking to make a difference in your own life, Understanding Violence offers insights to help break the cycle of harm at the source. By fostering a deeper understanding, we can all contribute to meaningful change—starting with ourselves.

UNDERSTANDING MONOGAMY

A PATHWAY TO CONSCIOUS AND
COMPASSIONATE CONNECTIONS.

BELINDA TOBIN



Available 7 November 2024

Author: Belinda Tobin

174 pages

Paperback ISBN: 9781763706262

E-Book ISBN: 9781763706279

"We would rather kill a relationship than question its structure." ~ Esther Perel

Our intimate relationships are in a state of flux. Marriage, once considered a sacred institution, is increasingly overlooked, while divorce is a common feature of family life. Online, millions tune in to see cheaters exposed, and more people are exploring alternative arrangements like open marriages and polyamory. These trends suggest that monogamy, as traditionally practiced, may no longer align with the needs of our modern, secular society—or that our current model is fundamentally flawed.

Understanding Monogamy explores the idea that while monogamy is not natural, it has become the norm, creating a moral dilemma for individuals and society. Science has shown that humans are not inherently suited for lifelong, exclusive partnerships. Yet, monogamy persists, and rejecting it without understanding its roots only replicates the conflicts it creates. This book delves into how monogamy became the default relationship model and exposes the myths that distort our expectations of it.

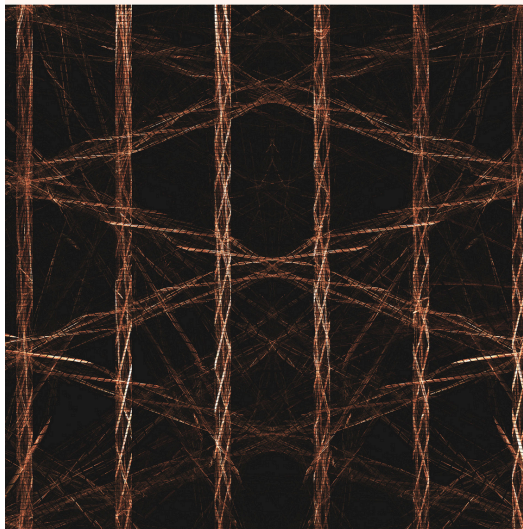
While societal change may continue to challenge monogamy, it remains the gold standard for many. To reduce the suffering caused by unmet expectations, Understanding Monogamy encourages readers to examine their own beliefs about love and sex, and how these shape their experiences in relationships. By developing a deeper understanding of these dynamics, individuals can navigate coupledness with greater awareness and authenticity.

Understanding Monogamy is an essential guide for anyone considering a sexually exclusive relationship, struggling within one, or exploring alternatives. It provides valuable insights and practical guidance, helping readers make conscious, compassionate choices in their pursuit of love. Because everyone deserves a relationship that is true to who they are and filled with love.

UNDERSTANDING ADDICTION

PRESENTING THE CAUSE, EFFECTS
AND THE PATHWAY TO HEALING.

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Available 27 November 2024

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174 pages

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“And that’s why the real question in addiction is not, ‘Why the addiction?,’ but, ‘Why the pain?’” ~ Gabor Mate

Understanding Addiction provides an insightful exploration of addiction, its causes, effects and the pathway to healing. The book presents the informative Addiction Healing Pathway model, which shows how addiction stems from a fundamental disconnection from one's spirit or true self, which fuels internal conflicts and distressing emotions, leading to harmful behaviours. This perspective challenges conventional views by framing addiction not just as a disease or disorder but as a symptom of a deeper spiritual crisis.

According to the Addiction Healing Pathway, healing from addiction is a top-down process that begins with addressing physical health through detoxification, nutrition, and medical support. It then progresses to mental and emotional healing, where individuals confront and reshape distressing thoughts, beliefs, and unresolved emotions. The final and most crucial stage involves reconnecting with one's spirit, rediscovering purpose, and cultivating self-compassion.

This book offers not just a theoretical framework but a practical guide, emphasising the importance of a supportive environment, holistic care, and the courage to face personal wounds. It redefines the journey from addiction as one of healing rather than mere recovery, acknowledging the enduring scars and the ongoing process of self-reconnection and resilience.

Whether you work in addiction support, are experiencing addiction, care for a loved one, or are simply curious about the complexities of addiction, this book will deepen your understanding and empower you to take informed and effective action.

UNDERSTANDING SEXUALITY

A PATHWAY TO EXPLORING AND
EMBRACING YOUR TRUE SELF.

BELINDA TOBIN



Available 12 November 2024

Author: Belinda Tobin

242 pages

Paperback ISBN: 9781763724631

E-Book ISBN: 9781763724648

"Sexuality is one of the ways that we become enlightened, actually, because it leads us to self-knowledge." ~ Alice Walker

Our intimate relationships are in a state of flux. Marriage, once considered a sacred institution, is increasingly overlooked, while divorce is a common feature of family life. Online, millions tune in to see cheaters exposed, and more people are exploring alternative arrangements like open marriages and polyamory. These trends suggest that monogamy, as traditionally practiced, may no longer align with the needs of our modern, secular society—or that our current model is fundamentally flawed.

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Bel House Books

Fiction that touches and transforms.

At Bel House Books, we are dedicated to stories that do more than entertain—they heal. Our collection features narratives where authors have courageously confronted trauma and painful pasts, transforming their hurt into pathways toward healthier, more hopeful futures. These books explore the people they have been, and through the characters they craft, and the wisdom of their words create new perspectives on who they can become.

BOOKS BY BEL HOUSE BOOKS



THE LOVE LIFE OF A CHAMELEON

BELINDA TOBIN

THE LOVE LIFE OF A CHAMELEON

Available 8 October 2024

Author: Belinda Tobin

374 pages

Paperback ISBN: 9781763706286

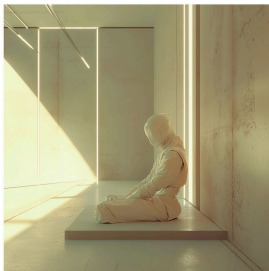
E-Book ISBN: 9781763706293

Embark on a brutal yet beautiful journey of self-discovery.

Nora is a capable, proud, professional woman standing on her own two feet and climbing to the position of Partner. She is also now a patient in a psych ward, pulled apart by her longing for love but her inability to accept it. Nora has two great fears: being alone and facing the reality that her life is a facade. Now, she is being forced to confront both.

THE EMPTINESS ALGORITHM

A Novel



What happens when human insecurities meet artificial intelligence?

BELINDA TOBIN

THE EMPTINESS ALGORITHM

Available 18 November 2024

Author: Belinda Tobin

280 pages

Paperback ISBN: 9781763724600

E-Book ISBN: 9781763724617

What happens when human insecurities meet artificial intelligence?

In "The Emptiness Algorithm," readers are introduced to Venus, the embodiment of independence and success in a near-future society where robot companions (cheekily called sexbots) have emerged as the newest status symbol. These robots are powered by The Emptiness Algorithm, making them masters at identifying lack in a person's life and driven to fill the void



Belinda Tobin

CRUCIFIXUS

Between silence and song

CRUCIFIXUS

Available 1 November 2024

Author: Belinda Tobin

254 pages

Paperback ISBN: 9781763724679

E-Book ISBN: 9781763724686

Between silence and song.

Crucifixus chronicles the tragic journey of Paulo, a seven-year-old boy chosen by Church officials to become a castrato. Torn from his family and forced into a world of brutal discipline, Paulo finds solace in music, achieving fleeting fame in private operas. Yet, the cost of his voice is steep, leaving him to battle both physical pain and emotional desolation.

BOOKS BY BEL HOUSE BOOKS (CONT'D)

I'M SORRY JUNO

Available 24 December 2024

Author: Belinda Tobin

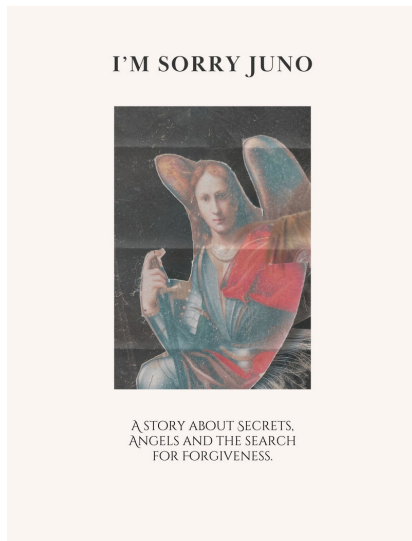
204 pages

Paperback ISBN: 9781763706248

E-Book ISBN: 9781763706255

A story about secrets, angels and the search for forgiveness.

Juno is haunted, not by spirits but by the twin shadows of Secret and Shame. They came to live with Juno as a child in the room where she now tries to sleep. These two inseparable invaders have wreaked havoc on her life and that of her children. As Juno prepares for her father's passing, she realises there is only one way to bring peace –to confront the cousin who invited them in and make him take his rightful share of Responsibility.



TO THE HEART OF THE MAN

Available 22 October 2024

Author: Belinda Tobin

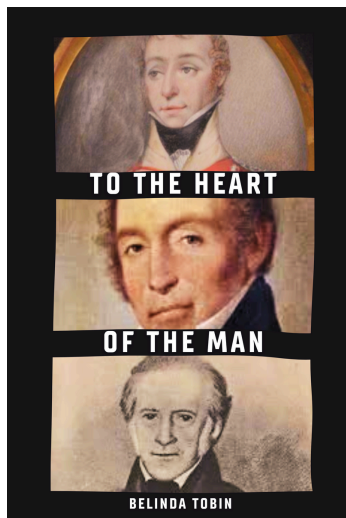
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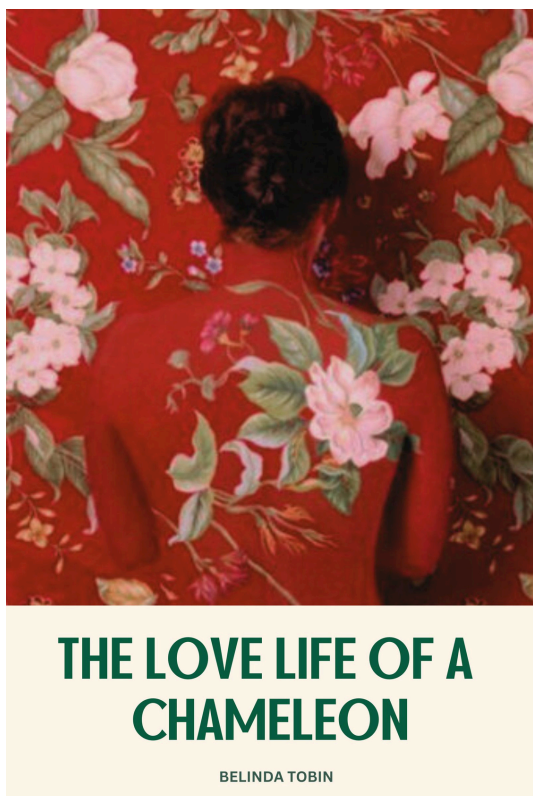
Paperback ISBN: 9781763724655

E-Book ISBN: 9781763724662

Introducing The Prince of Sydney.

In the early 19th century, Sydney was a burgeoning colony, a place where fortunes were made as swiftly as they were lost. Captain John Piper stood at the heart of this volatile world, a man whose meteoric rise from obscurity to the pinnacle of colonial society earned him the title "The Prince of Sydney." Yet, as the tides of fate would have it, the very forces that lifted him to the heights of prosperity would cast him down into the depths of destitution.





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Embark on a brutal yet beautiful journey of self-discovery.

Nora is a capable, proud, professional woman standing on her own two feet and climbing to the position of Partner. She is also now a patient in a psych ward, pulled apart by her longing for love but her inability to accept it. Nora has two great fears: being alone and facing the reality that her life is a facade. Now, she is being forced to confront both.

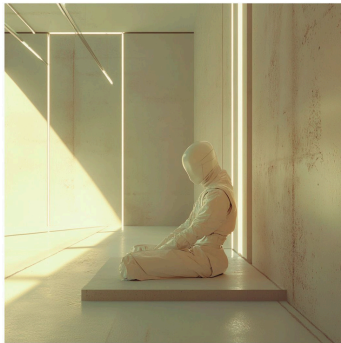
In this brutal yet beautiful tale, we live with Nora as she works through the consequences of her childhood experiences and the expansive sequence of self-destructive choices. We listen as she begins to comprehend how she has used her sexuality as a tool to conquer, control and avoid true connection. We witness her understanding of how the environments she has endured have left her with many scars, some seen, some buried beneath layers of lies.

Nora decides not to return to the life that led her to the hospital but to a solitary sanctuary, her mother's home filled with memories of what true love looks like. She finds a firm footing, friendship, inspiring projects and the unconditional love of a little girl. But she also carries with her ingrained harmful habits and problematic self-beliefs. Will she resist the pull to join another toxic partnership simply to avoid being a spinster?

Through Nora's story, we get to reflect on the rainbow of our lives, each colour calling us to appreciate the conflict between fitting in and finding oneself, knowing who you are and who you are not, and the tussle between convenient deceit and deep truth. As Nora charts and celebrates her complexity, we are also guided to gain a sense of self-compassion for our own challenges and to find the courage to create our own homes where there is honesty, health, happiness and hope.

THE EMPTINESS ALGORITHM

A Novel



What happens when human insecurities
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What happens when human insecurities meet artificial intelligence?

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Venus' first companion delivers comfort, confidence and support she never expected possible. He quickly becomes indispensable, listening to her setbacks and triumphs, making her tea, dancing with her until dawn, snuggling with her on the sofa, and, of course, satisfying her sexually. So, when the Mk2 hits the market, Venus is eager to experience the latest features. However, despite recommendations, she cannot relinquish Mk1, a machine she holds dear. Mk2 is so satisfying that Venus purchases another with a different profile; after all, variety is the spice of life.

The pattern repeats with Mk3, making Venus the owner of a harem of sophisticated sexbots. With these companions, she is the centre of attention, cared for, and completely safe. That is until she starts delving into Mk3's 'fix me' module, which provides psychological analysis and can detect self-deceit. Mk3's insights and suggestions become so challenging that Venus begins to feel vulnerable. Yet, she is entrenched, dependent upon these companions for her self-awareness and sense of worth.

On a chance meeting with the original creator of Companion Bots in Japan, Venus learns that the intent of the Emptiness Algorithm was always to foster human connection. Venus realises she has been duped by those who have put altruism second to financial advantage. But what can she do? She has now become addicted to the adoration, and Mk4 is coming soon.



Available 1 November 2024

Author: Belinda Tobin

254 pages

Paperback ISBN: 9781763724679

E-Book ISBN: 9781763724686

Between Silence and Song.

Crucifixus is a compelling historical novel that vividly presents the emotional and physical toll of gender trauma in the 17th century. It was a time when women were silenced and forced to be subservient to men and when men caused suffering through their declared superiority and hidden insecurities. Because women were not allowed to sing in Church, boys were sacrificed for their voices, becoming castratos for the Glory of God and the gratification of His flock.

Crucifixus chronicles the tragic journey of Paulo, a seven-year-old boy chosen by Church officials to become a castrato for the choir. Torn from his family and forced into a world of brutal discipline, Paulo finds solace in music, achieving fleeting fame in private operas. Yet, the cost of his voice is steep, leaving him to battle both physical pain and emotional desolation.

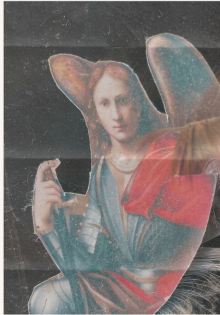
Paulo's solitude is softened by a tender and sincere bond with Contessa Vittoria, a noblewoman who offers him comfort and curiosity. But when the impossible dreams of marriage crumble, and his body begins turning against him, he turns to opium, spiralling into despair.

Paulo's story intertwines with that of his family—his brother Antonio, who is angered by the fragility of women and abhors castratos; his brother Luca, who encounters the toxic power of patrons; his sister Francesca, who envies his chance to sing; and their mother, who sent Paulo away in the hope of a better future. Their choices reverberate through society, leaving a lasting impact.

Through richly evocative prose, Crucifixus offers a moving portrayal of the devastating impact of societal expectations founded upon fear. It examines the ripple effects of gendered suffering, exploring the struggles of a family torn apart by choices made in the name of faith and survival.

Crucifixus is one of many untold stories of the nearly half a million boys who were forever altered to serve the Church's music program between the 16th and 18th centuries. In the end, the question remains: Can forgiveness ever heal the wounds of the past?

I'M SORRY JUNO



A STORY ABOUT SECRETS,
ANGELS AND THE SEARCH
FOR FORGIVENESS.

BELINDA TOBIN

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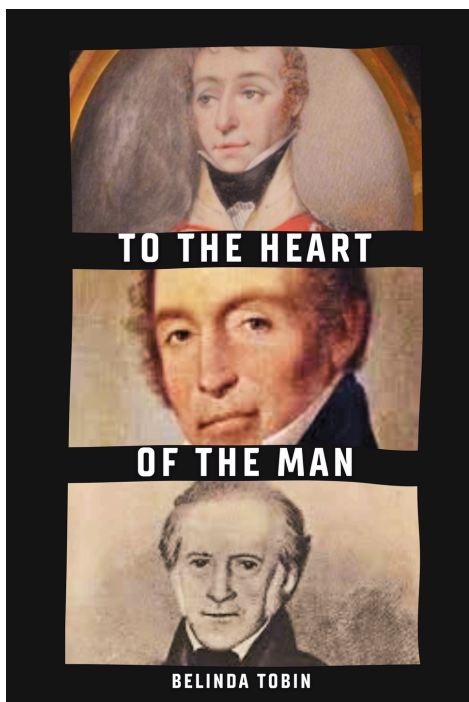
A story about secrets, angels and the search for forgiveness.

Juno is haunted, not by spirits but by the twin shadows of Secret and Shame. They came to live with Juno as a child in the room where she now tries to sleep. These two inseparable invaders have wreaked havoc on her life and that of her children. As Juno prepares for her father's passing, she realises there is only one way to bring peace—to confront the cousin who invited them in and make him take his rightful share of Responsibility.

But Juno's memories are hazy, and she finds herself questioning the truth of her own torment.

With no person to offer an objective perspective, Juno turns to her guardian Angel for answers. But Angel does not offer the simple comfort or clarity Juno seeks. Instead, a challenging friendship forms, one that pushes Juno to grapple with the choices between Revenge and Forgiveness. When Juno learns that her daughters also have a sinister Secret, she wonders whether she will ever have the strength to show them the way to peace.

I'm Sorry Juno is a heart-wrenching and honest tale about the complexity of familial ties, confronting one's demons, and the non-linear path to developing courage and self-compassion. It is a story that shows a person is never truly alone in their anguish and the magic that may happen when you share the healing journey.



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270 pages

Paperback ISBN: 9781763724655

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Introducing The Prince of Sydney.

In the early 19th century, Sydney was a burgeoning colony, a place where fortunes were made as swiftly as they were lost. Captain John Piper stood at the heart of this volatile world, a man whose meteoric rise from obscurity to the pinnacle of colonial society earned him the title "The Prince of Sydney."

Yet, as the tides of fate would have it, the very forces that lifted him to the heights of prosperity would cast him down into the depths of destitution. *To the Heart of the Man* is a gripping tale of ambition, triumph, and despair set against the backdrop of a transforming New South Wales.

Born into modest beginnings in Scotland, James Piper's keen mind and indomitable spirit saw him rise through the military ranks to become a key figure in the fledgling British colony and to father many children. With each success, he grew bolder, amassing wealth, land, and influence. Henrietta Villa, his magnificent estate, became the symbol of his status—a place where the elite of Sydney gathered, where Piper reigned as a benevolent patriarch to a growing family and a generous host to the colony's complex society.

But the landscape of fortune is ever fickle, and Piper's humanity caused much harm. The book chronicles Piper's harrowing descent as relentless droughts, poor investments, and the shifting sands of political favour leave him grappling with insurmountable debts. His fall from grace is poignant—a journey from the opulence of Henrietta Villa to the humility of a simple cottage on Westbourne, where the remnants of his once-glorious estate are pared down to the essentials.

Through the lens of Piper's life, *To the Heart of the Man* is a testament to the human spirit's resilience and capacity for redemption. It is a story that delves deep into the heart of a man whose life was as complex as the colony he helped to shape, reminding us that amidst the ruins of lost fortune, the greatest riches—family, faith, and the capacity for forgiveness—remain unshakeable.



Curiosity

The Weird and the Wonderful

Curiosity is a haven for the brilliantly bizarre and the beautifully unconventional. It's where stories come alive in their most authentic forms, unfiltered and unbound by the rules of genre. Here, you'll find the extraordinary, the unexpected, and the utterly original—books that invite you to question, explore, and embrace the wonderfully weird.

BOOKS BY CURIOSITY



THE HOARDER OF HORRIBLE THINGS

Available 12 December 2024

Author: Belinda Tobin

209 pages (including illustrations)

Paperback ISBN: 9781763724624

I am The Hoarder of Horrible Things...

Step into the macabre museum of The Hoarder of Horrible Things, a collector of life's darkest memories and discarded sorrows. From broken promises to forgotten dreams, each exhibit tells a story of hidden hopelessness. In this eerie and poetic exploration, you will be invited to confront the horrors we keep—and those we wish to leave behind.



THE BEATING OF BROKEN THINGS

For release 5 January 2025

HEART=LED
PUBLISHING



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Member of the

