

# CATALOG

#### **Our Vision**

To Elevate Global Consciousness Through Individual Empowerment. We work with you to complete a book you can be proud of for years to come, then design and execute a book launch that builds your business.

#### **Our Mission**

To publish and promote books on personal development, entrepreneurship, self-help and healthy lifestyles. We accomplish this through a Done For You Publishing & Book Launch service, which empowers you to take an entrepreneurial approach to building your audience, business and brand.

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### THE CATALOG...

#### FORTHCOMING

#### Fall 2018

Positively Managing Method Series Inside The Wealth Coach Hawaiian Rebirth Arteries in Harmony Superhuman Entrepreneur Let Go Work Like an Immigrant Scorned, Torn and Reborn Creating Community The Unexpected Journeys of Lawrence Tyrone Lily Barlow Speaking to Influence Working Mothers GPS Inspired Stones of the Divine Feminine

#### Spring 2019

The Color Game Book #2 A Journey Beyond The Evolved Masculine Dolphin Joy The 100k Launch Virtual Summit Secrets The 4 Principles of Power Transform Your Destiny Heartbeat Ventures

#### PUBLISHED

#### 2018

Reignite Companion Reignite Workbook Perfection Being Called to Change Hopeless to Hopeful Sovereignty

#### 2017

All The Way to Heaven Rough Diamond The Color Game So You Want to Start a Business I Dare You! The Concussion Repair Manual San Pedro Huachuma Ayahuasca The Fenix Projects A Beautiful Evolution Healing With Love Drug of Choice The Writer's Block Myth Real Passion Revolution

#### 2016

Nothing To Lose Wisdom of the Grandmothers Mindlift Strength From Within How I Overcame Social Anxiety Save The Males Cookbook For Giving Love Get Paid for Your Pad The 30-Day Evolve Challenge Limitless Women

#### 2015

The Struggle Is Real Size Matters Dream Training One Size Does NOT Fit All Powerful Words Launch Your Business Master Your Mindspace The Legendary Life

2014 Lifestyle Entrepreneur



# FALL 2018



# Positively Managing *Performance*



Your Roadmap for Managing Employees, Increasing Engagement & Creating a High **Performance Work Environment** 



Publishing Date: June 12, 2018 By: Sharell Kline

#### About the Book:

Positively Managing Performance is written as a user's guide for managers of people searching for help when it comes to managing employees and their performance. It's one-part "textbook," packed with the leading research on continuous performance management, employee performance, engagement and productivity, and one-part "workbook," offering a step-by-step roadmap for setting expectations, handling employees emotional reactions to feedback, conducting effective one-on-ones, duplicating performance using the author's Manager Multiplier Effectsm process and much, much more!

Sharrell Kline's background and passion for positive performance management stem from a three-decade investigation into the many modalities for managing employee performance. While working as a journalist, then a labor and employment attorney, mediator and administrative law judge, she had the opportunity to work with hundreds of managers and thousands of employees and their unions.

#### Author Bio:

However, it was while working for one particular boss, and discovering that sometimes even "managing up" doesn't work, that she explored what was possible, found what worked and put it all into this guide - "the best of the best" in the performance management arena for helping managers of people positively address employee performance in a way that makes managers more confident and effective and employees more engaged and productive.



Publishing Date: June 7, 2018 By: Sarah Brassard

#### About the Book:

THE JOURNEY TO TRUE HEALING REQUIRES THAT WE TAKE THE MOST CHALLENGING PATH THERE IS: THE PATH WITHIN It is tempting to hope that someone will do the hard work of your life for you, but no one else can. Inside takes your hand and helps you find your way.

The book's strong yet gentle counsel will help you construct a self-care practice to bring well-being to your life. With this foundation in place, you will be able to move beyond the cycle of fear, anxiety, and blame.

Drawing on ancient wisdom and modern practicality, the book offers a selection of soul-nourishing exercises to awaken your ability to make lasting change. From this new place of self-awareness and self-healing, you will learn to listen deeply-not to the noise of your surroundings, but to the ever-present peace that lives inside you. With a clear path you will be free to grow and realize the unlimited potential of self-healing.

#### Author Bio:

Sarah's passion lies in teaching people how to create a foundation for self-care, a method of wellness that brings profound opportunities for transformation.

Sarah has been practicing massage therapy, myofascial release therapy, and cranial sacral therapy for the past twenty-three years, and she is a certified level 2 Reiki practitioner. She is also a KRI Kundalini Yoga instructor and Power Yoga instructor.



#### FOREWORD BY TERRY WALTERS. **BEST-SELLING AUTHOR OF CLEAN FOOD**

NSIDE:

A Guide to the **Resources** Within to Stay Connected to Your Truth, Even in Trying Times



SARAH BRASSARD



#### Author Bio: Brad Sugars is the fou Established in 1993 w on to become one of of the most awarded recognizable to entre Brad Sugars do it? S much of the advice for

#### Publishing Date: June 14, 2018 By: Bradley Sugars

#### About the Book:

Financial hardship strikes when you least expect it. Kim Peters and her twin children, Amy and Mitch McConnell, lived a fairly average upper-middle class lifestyle in California. That is, until a sudden unexpected family emergency plunged them into debt and chaos. The future looked bleak for the three, until a chance encounter with Richard Morgan, known as "Coach" to his friends and family, proved to be a turning point in their lives.

The Wealth Coach may be a fictional story, but its compelling account of what skilled financial planning and smart investments can do is not. All across the world, average people with extraordinary determination transform their lives and generate true wealth using the advice contained within the pages of this book. Follow Mitch, Amy, and Kim as they utilize the mentoring and advice of Coach to amazing effect, just as Brad Sugars has done for his own clients. Through the eyes of this fictional family, Brad Sugars takes the readers of The Wealth Coach on the journey of a lifetime, proving that anybody, even YOU, can start building wealth today.

Brad Sugars is the founder of ActionCOACH (formerly known as Action International). Established in 1993 when he was just in his early twenties, ActionCOACH has gone on to become one of the world's most celebrated business coaching firms. As one of the most awarded franchise firms on Earth, ActionCOACH's brand is instantly recognizable to entrepreneurs and business owners nearly everywhere. How did Brad Sugars do it? Simple: through hard work, determination, and by following much of the advice found within The Wealth Coach.



Publishing Date: October 2, 2018 By: Yves Nager

#### About the Book:

Hawaiian Rebirth leads readers on a marvelous journey of spiritual and professional selfdiscovery. The book begins with Yves' miraculous story of healing and rebirth in Hawaii at the beginning of his own journey of transformation. Hawaiian Rebirth is a complete road map to fulfilling your destiny; it teaches you how to use 7 questions and 12 steps to discover your unique gifts and find your life's purpose. Ultimately, the steps you choose to take will enhance every area of your life and help you to realize your goals.

Part 1 of this book is focused on helping you learn to ask the right questions and find your own answers. Part 2 provides you with tools, techniques, and concrete steps to help you to implement any changes needed in your life efficiently and effectively. In Part 3, you'll find inspiring stories about people—and even animals—who are living or have lived their true life's purpose. You'll read about empowering places the author visited in his five-year trek around the world—places that helped him to find his own purpose and passion. In Part 4, the author provides three bonus exercises to help you start taking action towards making your own vision a reality—right now.

#### Author Bio:

Yves Nager is the author of the book Hawaiian Rebirth – Questions, Stories, and Strategies to Guide You to Your Life's Purpose and a co-author of the bestselling Amazon book Inspired by the Passion Test. He also contributed a book chapter to author Kiara Windrider's Ilahinoor – Awakening the Divine Human.

Yves is a gifted healing facilitator for both people and animals, a certified life coach, and a Yoga Nidra teacher. He is passionate about supporting people as they transcend their limitations, transform their challenges, awaken to new possibilities, and begin to express their true selves fully and freely.

Having overcome his own life challenges, Yves understands the transformational power of forgiveness and gratitude. He knows that focusing on your heart's desires and intentions leads to the creation of miracles. He is dedicated to helping others to discover their unique gifts and to live their lives with passion, joy, and abundance. Together with his beloved wife, Eunjung, Yves has travelled to thirty-five countries around the world. He lives on Kaua'i, Hawaii.



> QUESTIONS, STORIES, AND STRATEGIES TO Guide you to your life's purpose

#### Publishing Date: October 9, 2018 By: Anthony Pothoulakis

#### About the Book:

I'm a practicing cardiologist, and I'm passionate about prevention. As a society we have a serious job to do: defeating the obesity-diabetes-artery disease epidemic. I want to see the rates of obesity and diabetes down to the levels they were 50 years ago. To achieve this, we cannot simply rely on doctors and nurses, hospitals and universities. Me and you and all of us in the community need to fight against sugars and prolonged sitting, have a zero-tolerance policy for high blood pressure, high LDL, and smoking, and learn what gives this epidemic strength and what its weak points are. We must band together and fight the enemy in our schools, our workplaces, and our homes, day in and day out.

#### Author Bio:

Dr. Anthony Pothoulakis was born in 1960 in Crete, Greece. In college, he studied medicine, mathematics, and philosophy. He worked as a physician in England, the US, and Greece and completed his residency in internal medicine in Dayton, Ohio and a fellowship in cardiology in Toledo, Ohio.

He has practiced as an interventional cardiologist, as an internist, and as an emergency room physician. He collaborated with Mr. Demosthenous to write Abdobesity, his first book on prevention. He now practices as a clinical cardiologist in Atlanta, Georgia, where he lives with his wife and son. His other interests include music (Anthony holds a degree in theory and harmony) and tennis.



DEFENDING OUR ARTERIES, PROTECTING OUR LIVES, AND PRESERVING OUR HAPPINESS IN THE ERA OF OBESITY AND DIABETES

VITYONY POTHOULAHIS, M.D.

Publishing Date: October 16, 2018 By: Dr. Issac Jones & Dr. Matthew Accurso

#### About the Book:

ARE YOU READY TO UNLOCK SUPERHUMAN PERFORMANCE?

With decades of combined experience and medical expertise, Dr. Isaac Jones and Dr. Matthew Accurso pull back the curtain on how to achieve superhuman levels of performance at work, in life and on the field.

The surprising truth is that the potential for superhuman levels of performance is already inside of you, but needs to be "unlocked" and this book gives you the keys.

Whether you want to experience visceral levels of physical energy, be focused and at your peak when it counts the most, or simply want to maximize your productivity at work so you can spend more time with your family, Superhuman Entrepreneur delivers.

Each of the three keys - Discover, Optimize & Excel are delivered in clear language, backed by facts and tested on the world's top performers. For the first time you will have access to the same strategies and tactics used by Olympic Gold Medalists and multi-millionaires alike.

SUPERHUMAN ENTREPRENEUR is your medically-tested and entrepreneur approved playbook for high-performance.

#### Author Bio:

Dr. Issac Jones. Known as the "Doctor of the Future", Dr. Issac Jones is the world's leading expert in high-performance concierge healthcare. He is also a successful entrepreneur and owner of 3 companies. Dr. Jones is a trusted advisor and high-performance consultant to CEOs and entrepreneurs around the world who trust him to deliver an unparalleled competitive advantace.

Dr. Matthew Accurso. Dr. Matthew Accurso is on a mission to catapult individuals into fulfilling their life's potential. Dr. Accurso has spearheaded some of the largest performance enhancing seminars ever conducted in North America. His advanced procedures on removing mind/body interference are used in many of the world's top well.







#### DR. ISAAC JONES AND DR. MATTHEW ACCURSO

#### Publishing Date: October 23, 2018 By: Torben Rif

#### About the Book:

Do you feel caught in a negative, looping behavior pattern? Do you ever wonder why the same situation seems to play out in your life with a revolving cast of characters?

If you have become a "people pleaser" or fancy yourself a self-styled rebel, perhaps these are the surface level manifestations of something stirring deep within you—a need to let go. Other symptoms of holding on to the past are a constant need for acknowledgment or a fear of showing vulnerability.

The common thread that runs through these behaviors and patterns is that the symptoms likely arise from a specific negative experience, which has never been fully processed. Never been let go. You have allowed this experience to take control of your destiny, and it is keeping you from living free and being who you really are.

THE TIME HAS COME TO LET GO!

#### Author Bio:

Torben has spent more than 30 years practicing and studying Chinese martial arts and Wudang tai chi chuan. He has been teaching Wudang tai chi chuan since 1992 and has helped thousands of people to implement the strategies and philosophy from the ancient art into both their martial arts practices and their lives. He is a father of two and is a respected teacher around Europe. He and his students have won the European Championship several times, and Torben also organized the European Championship in 2002 with great success.



#### Publishing Date: October 30, 2018 By: Carlos Siqueira

**Conquer Your Fear** 

Without Quitting

TORBEN RIF

#### About the Book:

Work Like an Immigrant: 9 Keys to Unlock Your Potential, Attain True Fulfillment, and Build Your Legacy Today is a memoir-meets-business book that offers readers on most any career path the inspiration, hard-won guidance, and soul-searching steps and activities to build a highly fulfilling lifestyle—no matter where you come from or what adversity you may have encountered in the past.

Part 1: My Story traces the author's journey from selling bread and dodging bullets on the streets of Brazil to earning millions selling cable TV and Internet services door to door, as well as building and managing record-breaking soles teams. It later explores the family crisis that inspired him to become a high-performance consultant, coach, and speaker, leading others to achieve levels of happiness and fulfilment they had never imagined possible.

Part 2: Nine Steps to Unlock Your Potential, Attain True Fulfillment, and Build Your Legacy Today reveals the nine-step program to dreaming big and living your purpose by taking control of your thoughts and emotions and engaging in continuous joyful execution. Here, you discover how to harness the power of your imagination, unlock hidden resources, and overcome both internal and external limitations. In addition, you gain mastery of a variety of techniques inspired by numerous self-improvement visionaries, from Napoleon Hill and Joseph Murphy to Zig Ziglar and Tony Robbins.

Part 3: Principles and Practices presents the nine principles for achieving prosperity, along with twenty-seven practical techniques for envisioning success, defining your mission, transforming negative thoughts to positive action, teaming up with a mentor, shifting focus from problems to solutions, and much more.

#### Author Bio:

Carlos Siqueira, internationally known as "The Mentors' Mentor," is a certified high- performance consultant. Carlos worked his way up from poverty and family crises to become the top-producing sales executive and trainer for the number-one cable TV and Internet service provider in the US. He now lives the dream and leads the dream by mentoring other coaches, consultants, and speakers around the globe. With his unique blend of real-world experience, business insight, and contagious sense of humor, Carlos helps others achieve personal and profes- sional success and fulfillment.



# WORK LIKE AN IMMIGRANT

9 KEYS TO UNLOCK YOUR POTENTIAL, TODAY ATTAIN TRUE FULFILLMENT, AND BUILD YOUR LEGACY <del>IOMORROW</del>



#### CARLOS SIQUEIRA

# Scorned, Torn and REBORN

Ending a Marriage with Integrity and Expanding into Your Better, Happier Life



#### Publishing Date: November 8, 2018 By: Rebecca Donovan

#### About the Book:

Scorned, Torn & Reborn is written for women whose husbands have chosen to move on. It is empathy, but not sympathy; understanding, but not enabling. Scorned, Torn & Reborn encourages readers to look back only to learn to move forward with dignity and grace. The book is based on the author's own experiences and insights, coupled with hundreds of hours of conversations and research. From the initial raw grief, the reader is offered guidance and support in self-care and repairing self-esteem. The book then moves through the practical aspects of divorce, legal and financial issues, with tips on setting up a new home and helping the children with the transition. The last section of the book focuses on moving forward, various aspects of dating, and on to building a better life and a happier self.

#### Author Bio:

Rebecca Donovan has a multifaceted life-past, present, and future. She grew up in New Mexico and, after many twists and turns in Texas, has finally returned to her roots. Ms. Donovan spent years in finance positions in corporate America before starting a business with her former husband, and later starting one on her own. She has a thirst for new information and new experiences, which led her to become a certified life coach. She is happily single and currently lives in the mountains with her beloved dog, Schatzie.



#### Publishing Date: November 13, 2018 By: Deana Nakosteen

#### About the Book:

Recently I shared the story of attending my brother's destination in Hawaii. They had 60 guests from all over the world and there was a very unique intention to become community together, so support the couple. Each person had a "Welcome to the family" attitude, and genuinely wanted to get to know everyone else. There were no cliques. There were no judgments. There was openness, warmth, and welcoming.

Whether you are at a Strategic Connections meeting, a one-on-one lunch, a client/ staff meeting, or event, ask yourself: How are you creating community? Are you open? Warm? Welcoming? If so, community will follow you wherever you go.

Recently I shared the story of attending my brother's destination in Hawaii. They had 60 guests from all over the world and there was a very unique intention to become community together, so support the couple.

#### Author Bio:

Whether you are at a Strategic Connections meeting, a one-on-one lunch, a client/ staff meeting, or event, ask yourself: How are you creating community? Are you open? Warm? Welcoming? If so, community will follow you wherever you go. Recently I shared the story of attending my brother's destination in Hawaii. They had 60 guests from all over the world and there was a very unique intention to become community together.



### CREATING COMMUNITY WHEREVER YOU ARE



Deanna Jaya Nakosteen

#### The Unexpected Journeys of Lawrence Tyrone



#### Publishing Date: November 21, 2018 By: Ariane Blackman

#### About the Book:

A hard-drinking divorced man. A broken-down Harley. A strange detour to an unexpected future.

Lawrence Tyrone lost his wife and doubled down on the bottle. When Tyrone's brother plans to marry his ex, he conspires to crash the wedding but ends up destroying his own legal career instead. With nowhere left to turn, he impulsively tries out a Harley.

Before he can even earn his license, he wrecks his ride and loses his car to a con man. Tyrone has lived a lifetime of indefensible behavior. Humiliated but still vengeful, can he shed his past with a little guidance from his street-smart motorcycle instructor and become the man he was always meant to be?

The Unexpected Journeys of Lawrence Tyrone is filled with wry humor and ironic twists. The story of an entitled man who never expected the curve balls thrown at him that derailed his life or the journeys he would have to take in order to put it back together.

"A soul-searching misadventure."

#### Author Bio:

A.K. Blackman is a writer and poet. She has written fiction and non-fiction for many years. This is her first published novel. She has dived off Andros Island and the Caymans, taught Qigong, climbed the Inca Trail on Machu Picchu, fire-walked, built a boat, talked with elephants, slept under the stars in Botswana and in a Kalahari Ju/"hoansi Bushman village, experimented with photography and been in love with nature and the natural world. Her curiosity and love of wandering have led her to visit many places. She especially loves more leisurely eco-travel adventures where she keeps trying out new cameras.



#### Publishing Date: December 4, 2018 By: Carla Vergot

#### About the Book:

Lily Barlow, a quirky college student obsessed with the fictional bounty hunter Stephanie Plum, is called home from the University of Virginia to get the family bakery running after her dad's heart attack. Stuck in a sinkhole of self-pity, she finds her sleepy hometown... well...can a town actually be in a coma?

No worries. All she needs to do is hire a bakery manager, and she's not even moving back in with her family for that part. Instead, she rents an efficiency garage apartment from Miss Delphine Walker, an old woman who Lily begins to believe may have killed someone at some point in time.

Meanwhile, Lily's overactive imagination takes a swan dive when she discovers an online clearinghouse for victims the cops can't identify. Consumed with the profiles on the website, Miss Delphine, and the candidates for the bakery manager position, she simply cannot cope with one more problem. So when Jack Turner, her best friend since kindergarten, reveals out of nowhere that he wants something more than friendship, what's a woman to do?

#### Author Bio:

Carla Vergot has been writing this book (albeit, in her head) since her undergraduate days at North Carolina State University. From there, without writing a word of the story, she worked in fundraising, got a master's at George Mason University, taught special education for several years, and finally, after all this time...wrote a book. For fun, she and her husband drive Jeeps off road, camp, and grow organic vegetables. They have two dogs, Booker and Marble, who keep things interesting. Carla suffers from TMA (Toasted Marshmallow Addiction), and she heads up a spider relocation program, meaning she habitually moves spiders and other bugs out of harm's way.







About the Book:

Author Bio:

#### SPEAKING TO INFLUENCE



#### Publishing Date: December 6, 2018 By: Atara Malach

#### About the Book:

Women around the globe often struggle to maintain a work/life balance that doesn't make them feel guilty for spending time away from their families or inadequate for not working harder at their jobs. Atara Malach's new book is a roadmap to guide women in their parenting and career journeys.

Based on Atara's proven program for parenting with authority, trust and love, readers will learn practical techniques for regaining the proper balance within their families and their careers. These tried-and-true principles will help women build healthy parent/child relationships while minimizing those nagging feelings of frustration and resentment that come with being a modern working mother.

#### Author Bio:

Atara Malach is a highly respected psychotherapist, widely known life coach and in-demand public speaker who specializes in empowering women to achieve professional success while maximizing the joy in their personal lives. With more than 30 years' experience in private practice, Atara is the Founding Director of the Parenting University and the Advisory Center for Adolescents.

#### WORKING MOTHERS GPS



#### Publishing Date: February 12, 2019 By: Joy Clarissa Taylor

#### About the Book:

Have you ever done something bold, brave, and brilliant? Have you ever dared to share and put yourself out there? If you don't play big, don't risk, and don't overcome your inner critic, the world loses—and so do you. Inspired – the Seven Wisdoms of a Soul-Inspired Life offers a profound and practical understanding of inspiration, intuition, and creative expression, demonstrating how you can step out into the world and utilize your innate capabilities for purposeful success, lasting love, and sustainable health.

#### Author Bio:

Joy Taylor is an inspirational teacher for the modern age. Co-founder of the "Inspired to Love" program series and past Director of the Women's Business Center in Northern California, her passion is empowering groups and individuals towards purposeful success, where visions come to life. In her writing, coaching, and training she grounds sacred spirituality in the material world by using down-to-earth examples and practical technologies to assist you in breaking long-held cycles of fear and living an authentic, purposeful life, founded in self-compassion and trust.



of the Divine

Feminine

11 Essential Crystals for Reclaming Your Inner Goddes

Tindle

Jean

#### Tentative Publishing Date: Fall 2018 By: Jean Tindle

**INSPIRED** 

#### About the Book:

Stones of the Divine Feminine is a book that uses the energies of the Earth – represented by 11 stones – to put readers in touch with different aspects of divine feminine energy. It poses the question, "What do women want?" Then it works with some of those wants that are universal to all: to feel loved; to be safe; to create; to raise healthy and happy children; to have a voice; to rest; to have more time; to dance; to connect with each other; to know your own beauty; and to find the divine within.

The eleven stones described in this book can act as touchstones to these points. They will put the reader in a place of openness and allowing so that these gifts can come to her. They offer a down-to-earth way of connecting to the inner goddess.

#### Author Bio:

Jean is a gifted teacher, healer and ceremonialist and has spent the last 20 years studying the shamanic traditions of North and South America. This includes long study with Peruvian maestro curandero, Oscar Miro-Quesada. She has also spent many months in the jungles of Peru studying with medicine men and women of the Capanahua and Shipibo tribes.





# FORTHCOMING SPRING 2019





THE COLOR

GAME BOOK #2

About the Book:

Author Bio:







THE EVOLVED

MASCULINE

About the Book:

Author Bio:

DOLPHIN JOY





**THE 100K** 

LAUNCH

About the Book:

Author Bio:

#### VIRTUAL SUMMIT SECRETS





THE 4

PRINCIPLES

**OF POWER** 

About the Book:

Author Bio:

#### TRANSFORM YOUR DESTINY







HEARTBEAT

VENTURES

# PUBLISHED



#### Feeling Burned Out Lately?



TRANSFORM FROM **BURNED OUT** TO **ON FIRE** AND FIND **NEW MEANING** IN **YOUR CAREER** AND LIFE

**CLARK GAITHER, MD** 

Publishing Date: April 26, 2016

By: Clark Gaither, M.D.

#### Publishing Date: March 20, 2018 By: Clark Gaither, M.D.

#### About the Book:

Think about your job or career for a moment. Is your work pleasant, enjoyable, and inspiring? Does it provide you with opportunities to innovate and create using all of your natural talents and abilities? Does work energize you and bring you joy and happiness?

Or, do you instead feel emotionally exhausted and cynical with a lack of any sense of personal accomplishment? If so, you are probably burned out. One thing is certain, you cannot live a life of happiness and passion driven purpose if you are burned out. Instead of finding deep satisfaction and happiness in your work it is probably something you have come to dread, like going back to work on Mondays.

I should know. I became burned out once. I became burned out at my job as a family physician so I understand burnout. I know firsthand how personally and professionally devastating it can be and how costly it can become to organizations. I also learned what to do about it, how to FIX it!

Learn how to transform from being burned out to ON FIRE and find new meaning in your career and life. Within the pages of this book, I will show you how.

#### Author Bio:

Dr. Clark Gaither is a board-certified family physician and Fellow of the American Academy of Family Physicians. Author of three other books he is also an accomplished blogger, keynote speaker, corporate consultant and personal life coach. An expert in the identification, mitigation, alleviation and prevention of professional job related burnout, he is also known as Dr. Burnout.

Learn more at www.ClarkGaither.com or www.DrBurnout.com.



Publishing Date: March 20, 2018 By: Clark Gaither, M.D.





**CLARK GAITHER, MD** 

#### Publishing Date: April 10, 2018 By: Kathleen Wade

#### About the Book:

Maggie Walsh has entered the convent. Her brother thinks she's wasting her life. Her sister doubts she has what it takes. Her mother is heartbroken; her father is happy. Her boyfriend pledges to wait until she "gets it out of her system."

Abandoning her dreams to be an actress or a writer, Maggie embraces Church teaching that says the convent is the path to perfection. She sets out to prove-to herself and her family-that she can do it. She'll follow her higher calling, no matter what.

It is 1960. Church reform is a few years away, but when it comes, radical changes unfold swiftly. Maggie embraces that change. Her brother, Jack, who tries at every turn to get Maggie to come to her senses, involves Maggie in civil-rights and anti-war activities–forcing her into conflict with her superiors. Should she keep the peace in the convent or follow her conscience?

A charismatic fellow teacher, Will, captures Maggie's time and attention. Then Stan, Maggie's first love, returns home from a Navy tour. Seeking perfection seemed so simple; now, it is anything but. Maggie must choose: a solitary life with God or the true love of another person?

#### Author Bio:

Kathleen Wade has enjoyed a thirty-year teaching career. She served for ten years as Executive Director of Women Writing for (a) Change, and most recently as Director of a leadership-development program for women religious. Her poems and essays have appeared in many anthologies. She lives with her husband in Cincinnati.



#### Published Date: February 27, 2018

KATHLEEN

By: Dale Halaway

WADE

PERFECTION

#### About the Book:

Being Called to Change is the first book in The Transformation Trilogy. This book will help you understand the nature of change, how to recognize when it's knocking on your door, and how to embrace change in your life.

To help you embrace change effectively, with minimal stress, Being Called to Change lays the groundwork for making massive changes—changes that stick!

Dale's teachings show you how to relax more, how to calm down more, and how to let go of the idea that you need to be in control of everything going on in your life. Being Called to Change empowers you to make lasting changes from a place of grounded clarity and understanding.

Being Called to Change will help you to unlock the power within you and to make positive, beneficial changes in your life, business, and relationships—all while reducing the stress you experience in your day-to-day life. Are you ready? It's time to change!

Answer The Call To Change www.BeingCalledToChange.com

#### Author Bio:

Dale is dedicated to the path of spiritual growth and personal empowerment. In 1992, he left a lucrative career in professional speaking and business consulting to embark on a journey of self-discovery. During his personal transformation, he discovered valuable insights about our unlimited human potential for creativity, productivity, abundance, and joy.

In the years following his shift of consciousness, he integrated these insights into transformational seminar programs which he presented to acclaim in public appearances. In 2011, on the brink of major change, Dale took a teaching sabbatical for almost five years and began an even deeper journey of Spiritual Questing and Transformational Healing. Having integrated his discoveries and experiences into his newest teachings, Dale returns once again to the public arena. The wisdom Dale outlines in Being Called to Change is certain to create major transformation in the collective consciousness of humanity.

The clarity and power of Dale's teachings are destined to inspire and empower individuals in their own spiritual awakening and to facilitate the conscious evolution of humanity on our precious planet.



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#### CATHERINE TODD

# HOPELESS

A Mom's Guide to Raising Children with Special Needs and Staying Inspired

#### Published Date: February 13, 2018 By: Catherine Todd

#### About the Book:

Hopeless to Hopeful: A Mom's Guide to Raising Children with Special Needs and Staying Inspired is a blueprint for any mom raising a special needs child looking to live a balanced life. Catherine Todd shares the story of two of her children who struggle with autism, ADHD, and anxiety and the journey through their diagnosis. Moms parenting special needs children are faced with the struggle of finding support for themselves and their child. Maneuvering the IEP meetings, teacher communication, and finding support for both mother and child is often a lonely and isolating process.

Hopeless to Hopeful reads like a personal story laced with practical strategies that work, from building a tribe of support for you and your child, to letting go of the guilt that comes with a child's diagnosis. Moms will learn the importance of modeling an inspired and balanced life for their children, so that their children can create the same life for themselves. Children model what they are shown by their parents, and in Hopeless to Hopeful you will learn how to model a life of hope and inspiration for your children and family.

#### Author Bio:

Catherine Todd is ecstatic to share her story including practical tips, and inspiration for moms raising children with special needs. She holds an M.A in education, as well as certification as a Life Purpose coach. Her own heart-wrenching struggle faced in raising children with special needs inspired her to help moms and their children to live a life of endless possibilities. Residing in Columbus, Ohio, she actively works with students on IEPs to achieve their educational goals, and provides private coaching to a select number of women on a yearly basis. Catherine also hosts the podcast Hopeless to Hopeful.



#### Published Date: February 1, 2018 By: Ryan Michler Amazon #1 Bestseller

About the Book: Every man is born with just one thing: his sovereignty—his power to respond to his environment and his circumstances. Unfortunately, most men have spent much of their lives giving away that sovereignty. Every time a man passes blame or shirks his responsibility, every time he makes excuses for his performance, and every time he trades his unlimited potential for a little perceived safety and security, he willingly submits himself to the mercy of others.

Is it any wonder that men, in general, seem to have lost their way? You don't have to look very far to recognize that men don't seem to possess the same amount of vigor and purpose they once did. Take one sobering statistic—the rate of suicide in men—and you begin to see how damaging the effects of the voluntary subjugation of men to their families, their businesses, and their governments can be.

It's not hard to understand why we give up control to others—it's easy and we're expected to. Sovereignty. The Battle for the Hearts and Minds of Men is a call for men to once again rise up and establish themselves as they once were—a revolution if you will.

Inside the pages of this book, we'll uncover the battle each man will inevitably engage in, the external forces fighting against the call to masculinity, and the internal struggle all men must overcome.

But make no mistake, this revolution is not a call for men to go their own way and rally against society. It's a call for men to become fully the men they are meant to be so they may more adequately take care of themselves and those they are responsible for. Men have always been expected to protect, provide, and preside over themselves, their families, their businesses, and their communities. By embodying the thirteen Sovereign Virtues we detail inside, every man will be more capable of fulfilling his masculine duties and responsibilities.

The words in this book go well beyond principle and theory, however, as we build the framework for establishing a battle plan to combat the external and internal threats to our masculine power and give every man the tools, resources, guidance, direction, and ability to reclaim what has always been his: his sovereignty.

#### Author Bio:

Ryan Michler is a husband, father, Iraq combat veteran, and the founder of Order of Man and the Iron Council

Ryan grew up without a permanent father figure and has seen firsthand how a lack of strong, ambitious, self-sufficient men has impacted society today. He believes many of the world's most complicated problems could be solved if men everywhere learned how to be better husbands, fathers, businessmen, and community leaders.

It has now become his life's mission to help men across the planet step more fully into their roles as protectors, providers, and presiders over themselves, their families, their businesses, and their communities.

You can find him blogging and podcasting at www.OrderOfMan.com, where he is working to help men become all they were meant to be.



# THE BATTLE FOR THE HEARTS AND MINDS OF



## ALL THE WAY TO HEAVEN

#### Published Date: November 28, 2017 By: Anu

#### About the Book:

What are the Universal Laws? How can you apply them in your life? How will change benefit you? These and other questions are answered in this enthralling book. It is a book about life, its struggles, its heartaches, but mostly about the indomitable spirit that human beings possess to see the goal to its fruition.

You will meet many endearing characters from the author's life: people who have helped shape his destiny and aid in his spiritual growth. And in very simple language you will enter the world of metaphysics: the place beyond the physical, from where derives the whole of existence.

#### Author Bio:

'Anu' is the spiritual name given to an Englishman who has made the world his home during his lifetime. His constant search for the Truth has been a roller-coaster ride, taking him to the Middle East, America, the Caribbean, his native England and now Omsk in Siberia, where he lives and thrives with his much-loved third wife and their fantastic young son. His story is the basis for this book about the Universal Laws.



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#### Published Date: November 7, 2017 By: Nicole Yershon

#### About the Book:

Statistically speaking, at the end of your life, you are most likely to regret that you didn't do more of what you love. You will likely feel as though you spent your professional life getting up, going to the office and living the same day over and over, week after week, year after year, decade after decade. Ironically, it's the same people who wind up regretting not doing more who spend their careers resisting change and shutting down creative ideas. I know, because I spent nearly two decades as a change agent in a large advertising agency.

If you found your way to this book, chances are it's because you have a fire in your belly, a hunger for change, and a belief in the transformative power of disruption. If you found this book, it's probably because you know it's time to shake things up but you're not quite sure how. This book puts you on notice.

You have it within your power to do more and be more, and I'm going to give you the tools to start. This is your opportunity to change your destiny, so you are the statistical anomaly - the Rough Diamond - who shines bright, even if unpolished, and savors each day for the opportunity it presents to innovate, connect and disrupt the status quo.

#### Author Bio:

Nicole Yershon is a maverick, inspiration and the original rough diamond. She is, at once a consultant, speaker, judge, mentor and connector. Operating on the front lines of innovation Nicole brings organizations kicking and screaming into the 21st Century. In that sense she properly defines disruption.

As the founder Lab For Hire<sup>TM</sup>, Nicole builds on her 10+ years experience running Ogilvy Labs – a dedicated Innovation unit of Ogilvy & Mather Group where she worked with such global brands as Amex, IBM, BP, Crimestoppers, Selfridges, Unilever, BA and Wetherspoons.

Nicole enjoys operating at the complex and vital intersection between business, creativity, technology, marketing and the future.



Acceleration CONTRACTOR INTO ADVANTAGE IN BUSINESS

AND LIFE



#### Published Date: November 7, 2017 By: Margherita Crystal-Lotus

#### About the Book:

In the dreams of Ida you can find yourself, and the events that had shaped your life and how to heal inner wounds and traumas. Ida is in a coma, after an accident that turned her mind to explore her inner world of energies. Thoughts, and feelings are energy forms circulating in our bodies. The many levels are coordinated by powerful energy organs, called chakras. Imagine that you travel between them as planets, that have different colors. Seen altogether they appear like a rainbow through your body. In this story you are supported with help from the beings on each planet. The Color Game originated as an idea to blend healing with a fantasy sci-fi story, like Alice in Wonderland mixed with Star Trek. The intention for this novel is for you explore your inner energy system as well, so you can deal with what had harmed you in the past and also to discover your inner joy and happiness.

#### Author Bio:

Margherita Crystal Lotus is an artist, intuitive healer and writer, who have left a legacy of healing stories from the last 60 years. It is compelling inspiration for her reader's self evolution. Her spiritual awareness are hidden in her stories, as she is an introvert person; loving silence and solitude. Her heart wishes to help others, who do not see their own worth and life purpose. She lays out a path for doing so, to share love and healing. She also share how nature's divine forces help you, which is the key to live. Her life began in Sweden, with a heritage of art and science. She delved deeper and loosened the barriers of conditioning, to see how life would be better without it. Moving to Canada in 1989, helped her through hardship and learning to be truly authentic.



LEE ANNE WONNACOTT

ΥΠΙ ΨΔ

ANSWERS ABOUT WHAT TO DO

#### Margherita Crystal Lotus

#### Published Date: October 24, 2017 By: Lee Ann Wonnacott

#### About the Book:

The overwhelming thousand details involved in getting a new product or service off the ground can bring even the heartiest of hopeful entrepreneurs to their knees. Where to find new customers? How to convince potential customers to buy a product or service? How much to spend on marketing? Where to advertise a product or service? Not to mention, every person you talk to about your business has a different solution.

Entrepreneurship can be a grueling yet liberating venture. So You Want to Start a Business provides current and prospective business owners with a practical, no-illusions overview of seven key areas of business: general operations, customer service, self-improvement, hiring, marketing, sales, and business policies. Most importantly, this guide will encourage you to address those important, soul-searching questions about your future and provide you with a realistic vision of the entrepreneurial life—before you quit your day job.

Author Lee Anne Wonnacott has four decades' experience in sales, marketing, and hiring. She uses her business savvy to help organize people, budgets, and time, bringing life-changing careers to fruition.

So You Want to Start a Business is a pragmatic blend of savvy approaches and attack plans that—combined with a little elbow grease from you, of course—will enable you, the entrepreneur, to come out victorious on the other side.

#### Author Bio:

For four decades, Lee Anne Wonnacott has braved the unsellable product and service, the unhireable worker, and the impossible customer, fueled only by the passion inside and the idea that there is an actionable answer to everything.

When not writing during the week, Lee Anne works as a client services specialist for a senior in-home care company. It is the number of times that she has gotten up from being knocked down (and stayed up) that gives her the steely strength to pass on her business acumen. An expert author on E-Zine Articles, Lee Anne is called upon for sales scripts, guest blogging, and to contribute to others' endeavors. Lee Anne is particularly fond of showing disadvantaged youth how to get their foot up onto that first rung in the ladder.



#### Foreword By: Laura Gisborne Founder of Legacy Leaders Global



CONQUER FEAR AND FREE YOURSELF FROM EMOTIONAL ABUSE

Carol-Ann Marshall

#### Published Date: October 24, 2017 By: Carol-Ann Marshall

#### About the Book:

When we mention the word "abuse," we automatically think of sexual and physical abuse because that is the most obvious form. We often don't consider that emotional abuse can be just as harmful to a woman's sense of well-being.

Many of us have heard the saying: "Sticks and stones may break my bones, but words will never hurt me." That is an outrageous liel Rudyard Kipling said, "Words are the most powerful drug known to humanity." How true that is, and abusers use them as extremely effective weapons in their arsenal. Hurtful and demeaning words sear themselves into an abused woman's brain, into her subconscious, and effectively reorganizes and damages her thought processes.

Until you recognize the signs of abuse and make the difficult decision to leave the relationship behind, or at least begin to contemplate the possibility, you can't move forward toward a new life.

Take the time to examine your intimate relationship and determine whether or not, somewhere deep inside, something needs to change and give yourself permission to use the information you find in this book as a guide to help you break the cycle of abuse and reclaim your life. Use the personal 12-step program as a tool to help you to heal and grow as you become the new you.

Let this book be your inspiration to make a significant, perhaps long overdue, change in your life. What a wonderful opportunity you have to start from the beginning again!

#### Author Bio:

Carol-Ann Marshall has determined that the current popular definition of abuse needs to be broadened to include emotional abuse. Having personally experienced the devastating effects of emotionally abusive relationships, she is using her experiences to encourage other women to examine their own lives and choose a new direction. She lives in Toronto, Canada.



Published Date: October 17, 2017 By: Dr. Dan Engle Amazon #1 Bestseller

About the Book:

Concussion – the biggest name in today's high-impact sports.

As more and more high profile athletes come forward to share their stories of invisible suffering after head injuries, we as a culture are finally acknowledging this silent epidemic.

The Concussion Repair Manual is written as a user's guide for those suffering after head traumas and those that support them. It is one-part "textbook," packed with the leading research on medical technologies for healing the injured brain, and one-part "workbook," offering a step-by-step method for making and tracking a personalized recovery regimen.

Dr. Dan Engle's background and passion for concussion repair stem from a three-decade investigation into the many modalities for healing his own traumas. When the usual medical treatments didn't help, he explored what was possible, found what worked and put them into this manual - "the best of the best" in the medical arena for recovering from sports related head injury.

#### Author Bio:

Dr. Dan Engle is Board Certified in Psychiatry and Neurology, with a clinical practice that combines functional medicine, integrative psychiatry, neuro- cognitive restoration and peak performance methods.

He lectures and consults globally and is the medical advisor to Onnit Labs, the True Rest Float Centers and several international treatment centers using indigenous plant medicines for healing and recovery. His other programs include: Freedom From Meds and Full Spectrum Medicine.



## CONCUSSION REPAIR MANUAL

A Practical Guide to Recovering from Traumatic Brain Injuries



#### JAVIER REGUEIRO

### SAN PEDRO HUACHUMA

Opening the Pathways of The Heart



A Map for the Exploration of Consciousness through Plant Medicine

#### Published Date: September 12, 2017 By: Javier Regueiro

#### About the Book:

"San Pedro / Huachuma: Opening The Pathways Of The Heart" is an invitation to explore and reconnect with our inner landscapes with the help of San Pedro, also known in South America as Huachuma. San Pedro (Echinopsis pachanoi) is a psychoactive cactus native of the Andes, but more importantly it's an ancestral medicine that has been used for millennia for healing and ceremonial purposes.

Our Western psychic and psychological make-up differs radically from that of Andean people, and our needs as modern people differ just as much from the needs of the ancestors and inhabitants of this land. This book intends to bridge such cultural gap in ways that honor the wealth of wisdom gathered through centuries of native studies and experimentation, and at the same time address our present day state of emotional disconnection and spiritual confusion, which are at the root of most physical, emotional, and mental diseases.

Javier Regueiro draws a comprehensive and practical map for exploring consciousness using this ancestral medicine by sharing from his extensive knowledge as a plant medicine person, his personal experiences, and those of the many people he has guided over the years using this medicine.

#### Author Bio:

Javier Regueiro is a certified massage therapist, rebirther, and Avatar Master. He moved to Peru in 2004 to study Amazonian plant medicine and shamanism and has apprenticed in the lquitos and Pucallpa areas.

Javier Regueiro lives in Pisac, Peru, where he created the Ayaruna Center and conducts healing work with traditional Peruvian plant medicines.



#### JAVIER REGUEIRO

#### Published Date: September 12, 2017 By: |avier Requeiro

#### About the Book:

More and more people from all walks of life and spiritual and religious backgrounds feel drawn to ayahuasca in often surprising ways. In this revised and expanded edition of Ayahuasca: Soul Medicine of the Amazon Jungle, author Javier Regueiro offers a guide for those new to the use of this powerful medicine that originates in the Amazon rainforest.

Javier Regueiro not only provides general information about ayahuasca, but he bridges the cultural gap between the native and the current use of ayahuasca by Westerners. This guide offers background about the plant medicine, its history, and how to engage with and learn through its use. It includes stories of Javier's personal experience of transformation, as well as stories from those he's guided in ceremonies.

Addressed to the ever-increasing number of people who approach this medicine for their own personal healing and development, this guidebook provides clear and practical advice on how to use this therapeutic modality in a fashion that is meaningful to modern people for a maximum of benefit.

#### Author Bio:

Javier Regueiro is a certified massage therapist, rebirther, and Avatar Master. He moved to Peru in 2004 to study Amazonian plant medicine and shamanism and has apprenticed in the lquitos and Pucallpa areas.

Javier Regueiro lives in Pisac, Peru, where he created the Ayaruna Center and conducts healing work with traditional Peruvian plant medicines.



AYAHUASCA Soul Medicine of the Amazon Jungle

REVISED AND EXPANDED EDITION



**A Comprehensive and Practical Guide** 

**KATIE SOY** 



#### Published Date: April 12, 2017 By: Katie Soy Amazon #1 Bestseller

#### About the Book:

A Seattle detective begins investigating the murder of a sex trafficking survivor in the care of a local nonprofit organization. He unknowingly launches a series of events that reveal founder and CEO Elizabeth Knight and her team are not who they say they are.

Elizabeth is forced to stay one step ahead of the Seattle Police Department in a deadly game that threatens her identity, and the lives of those closest to her.

Set against the Seattle skyline, The Fenix Projects is an action packed thriller based on true events. It exposes the dark side of human trafficking in the Pacific Northwest in a high stakes battle for modern vigilante justice.

#### Author Bio:

Katie Soy is thrilled to be publishing her debut novel after writing fiction for over a decade. After graduate school, she started working on the first outlines of The Fenix Projects while doing research on human trafficking in the Pacific Northwest. She views fiction as a tool to bring awareness to real issues and challenges where work and commitment is needed to effect change.



Published Date: March 28, 2017 By: Annie Nami Kim Amazon #1 Bestseller

#### About the Book:

My book is made up from My Journals. The 16-year-old teen in ME that is feeling depression, the 30-year-old PTSD mother in ME that is in a Mental Health Care Hospital who relives flashbacks as a 6-year-old who has just been sexually traumatized. I realize that by suppressing my memory and emotional pain I was unable to help my future or children. Being able to be open and talk about the bad memories allowed me to reconnect with people. When I am in service of others I am fully serving my purpose and serving myself.

I hope my book provides you with hope in humanity and in yourself. By supporting my book, you will be giving back to local Las Vegas foundations that provide support to children, mothers and women in need.

#### Author Bio:

Annie began as an artist at the age of 6. Her father is a self taught Iron Artist from North Korea and her Grandfather is an English Professor and Wood Artist from South Korea. She was born and raised in Tacoma, Washington where she graduated high school at the age of 15. Annie has worked as a CNA, Nationally Certificated Therapeutic Massage & Bodywork Therapist, Model, Spokeswoman, Artist and VIP host for Barry Manilow.



A Beautiful Euclution overcoming adversity through art



The Art and Science of Healing Yourself and Others Through Love and Grace

HEALING

with

#### LEONARD LASKOW M.D.

Published Date: March 28, 2017 By: Leonard Laskow M.D.

#### About the Book:

Healing with Love presents a highly regarded physician's practical, step-by-step program that shows how to turn on the power of our whole beings — hands, heart, and higher consciousness — to heal ourselves and others. Here are the extraordinary and learnable techniques that have transformed lives around the world.

"Love is truth and beyond sentiment. It is the ultimate healer. Healing with Love offers practical insight into the mechanics of restoration of wholeness. I highly recommended it." Deepak Chopra, M.D. author of Unconditional Love, Quantum Healing, and Perfect Health.

"A new medicine is in the making, a form of healing that emphasizes the power of human consciousness. Because legitimate science stands behind this development, it will not go away but demands our full attention. Dr. Laskow is a 'real doctor' who is one of the architects of this mind-based medicine. In this book he describes the healing power of love, unity, and wholeness. An important Contribution!" Larry Dossey, M.D., author of Meaning and Medicine.

#### Author Bio:

Leonard Laskow Is a Stanford-trained Life Fellow of the American College of Obstetrics and Gynecology, former Chief of OB-GYN at the Community Hospital of the Monterey Peninsula in Carmel, California, and has served as faculty at the University of California, San Francisco. He was a founding diplomate of the American Board of Integrative Holistic Medicine and a former member of HeartMath Institute's Scientific Advisory Board.

His second book For Giving Love, Awakening Your Essential Nature Thorough Love and Forgiveness was published in 2016.



MARK VAN STRATUM

Published Date: March 21, 2017 By: Mark van Stratum Amazon #1 Bestseller

#### About the Book:

Mark is a successful affiliate marketer with several businesses boasting millions of dollars in profit. He has created a fulfilling life, which he shares with his beautiful fiancee and a world-wide circle of friends. But his inspiring life of today grew out of a dark and dangerous past.

In this gripping tale, van Stratum brings a once-in-a-lifetime read of his experience growing up with one arm in a small town where he developed a savage temper and a criminal mindset. After a violent robbery by rival drug dealers he had a flash of insight that his life must change, or it would quickly end. In *Drug of Choice*, Mark offers insightful lessons about the power of choices to change your business, relationships, and life.

#### Author Bio:

Mark Van Stratum lost his arm when he was five years old in an accident. He has been expelled from every school he attended. He's pulled off daring heists and spent months on the run. He penetrated the secret world of pickup artists, sleeping with the most beautiful women, and teaching other men how to do the same. He has started several online marketing agencies that have made him multiple millions of dollars in profit. And now, he is engaged to be married to the love of his life.



THE INSPIRING TRUE STORY OF The one-armed criminal who mastered Love and made millions

#### Published Date: March 14, 2017 By: Heloise Jones Amazon #1 Bestseller

#### About the Book:

A practical and inspirational guide created for people living in the real world. Whether you're a seasoned writer or new to the page, The Writer's Block Myth holds the keys to get past stuck, complete your goals, feed your creative Soul, and help you experience lasting creative freedom.

The voices and stories of other writers are woven throughout the book, plus short, easy exercises & tools to support your process.

The Writer's Block Myth is a culmination of hundreds of hours of conversations and work with writers, artists, and creatives, as well as interview-conversations conducted with writers of all levels, interests, and experience.

Put it on your desk, kitchen counter, or bedside table. Carry it in your bag. This is one to refer to often.

#### Author Bio:

Heloise Jones is an author, speaker, and mentor for creatives. She assists writers and others getting to the heart of what they need to complete their projects & sustain their creative lives. Her background includes years of study in craft, process, & the publishing industry + fields of wisdom and experience from a host of supportive holistic tools. Most importantly, she knows all the ways writers and creatives get waylaid.

She lives in Santa Fe, New Mexico.



Published Date: February 14, 2017 By: Denise Darlene Amazon #1 Bestseller

A Guide to Get Past Stuck &

Experience Lasting Creative Freedom

HELOISE JONES

BESTSELLER

THE

WRITER'S

**BLOCK** 

MYTH

#### About the Book:

*Real Passion Revolution* is designed for men and women who are frustrated, disappointed and struggling in their romantic relationships. This book is also invaluable for single persons or new lovers who want to avoid the most common destructive mistakes nearly all couples make - ultimately leading to a failed or unhealthy relationship. This book offers hope and healing for all wounded lovers.

*Real Passion Revolution* offers the same tools that my lover, Joe, and I use every day to support a loving, peaceful, safe, authentic, passionate relationship. When applied, these principles will have a significant impact to better your life for a healthier, happier you!

#### Author Bio:

Denise Darlene is a retired nurse, a Transformational Love Coach, Author of *Real Passion Revolution*, an ordained minister, a certified Biblical Counselor, and Spiritual teacher. Denise Darlene focuses her coaching on transforming the way people love themselves and others. Her passion is supporting people to experience the highest quality relationships possible through an unconventional approach to healing and happiness.





### Nотнім G То **L <u>о s e</u>**



Using Curiosity to Destroy Hesitation, Procrastination and Limiting Beliefs

#### D a n i e l M u n r o

#### Published Date: October 1, 2016 By: Daniel Munro

#### About the Book:

*Nothing to Lose* is the first in a trilogy. Dan Munro has discovered a methodology for living that generates deep, genuine self-confidence over time, without requiring approval from anyone else. *Nothing to Lose* explores the first pillar of confidence: Curiosity.

Open your mind to the possibility that your strategies to make other people like you, to win and to get, may be harming your quality of life. There is *another* way of living, one where you feel like you are already complete and having nothing to lose.

It's time to realize that the people who raised and conditioned you as a child did not know what was best for you. Only you know what is best for you. Let *Nothing to Lose* guide you back to your core values, a high quality of life, and complete freedom of choice.

#### Author Bio: Confidence Coach

#1 Bestselling Author of *The Legendary Life: Build the Motivation and Confidence to Create an Authentic Lifestyle* 

Director of The Inspirational Lifestyle Ltd and The Brojo



Published Date: October 1, 2016 By: Jean Tindle

#### About the Book:

This book comes out of an exercise I was given in my women's circle to spend five minutes a day meditating with a photo of each of my grandmothers, asking them for guidance. As I sat with the spirits of these remarkable women each day, my pen moving rapidly across the page, they offered up their stories, wisdom and advice in the most loving way imaginable.

Early on, I knew that something extraordinary was happening, and I also knew that their experiences and their guidance from beyond was something people everywhere could benefit from. In a unique diary format, I posed a question each day and received answers that helped me to redefine my life and my path. Foremost in my mind throughout this journey was the question, "How can this benefit others?"

#### Author Bio:

It has long been my intention and my fondest wish to create experiences for my students and clients that open their hearts, touch their souls, and put them firmly on the path to joy and healing. Through writings, classes, and healing or spiritual guidance sessions, it has been my privilege to do just that. And, along the way I have learned from each and every person I have encountered.





Tips for Living From the Realms of Love

# 

MENTAL FITNESS For the Modern Mind

-KASPER VAN DER MEULEN-

Published Date: July 8, 2016 By: Kasper Van Der Meulen

MindLift is your no-nonsense guide to increased focused awareness, enhanced mental fitness and limitless personal freedom.

The Modern Mind - We live in a wonderful era of abundance, high-speed information and hyper-connection, but it also faces us with the challenges of mass-distraction, negative stress and analysis paralysis. In this book you will learn how to leverage the opportunities of the modern world into a lifestyle of laser focus, masterful mindfulness and personal freedom.

Mental Fitness - The mind is a tool that can be developed through training, just like any muscle in the body. This book provides a skill-based approach to personal development and habit creation, by means of dedicated practice in the areas of attention management, rapid learning ability, meditation and mindfulness, mastering stress physiology, rewilding your life, physical movement and nutritional autonomy.

#### Author Bio:

About the Book:

Kasper van der Meulen is an author and lifestyle adventurer. He went from being overweight, burnout and unhappy, to developing superhuman focus, fitness and personal freedom. He put himself through numerous experiments and challenges. He optimized his lifestyle conquered the cold, ran ultra-marathons on his bare feet, tested countless diets, read a ton of scientific literature and explored as many esoteric practices he could find.



Published Date: May 26, 2016 By: Eric Bakey

#### About the Book:

If you want to get stronger, feel healthy, and look amazing you don't need to waste time in the gym or money on supplements. You can train anywhere, no more blaming work commitments or bad genetics...

This book reveals the exact steps to build strong, lean muscle and strip fat without ever feeling like you're on a diet.

You're only "confusing" yourself, not your muscles, by changing up your exercises. Muscle follows strength. If you're getting stronger you don't need to spend hours upon hours grinding away with endless sets and reps. The bottom line is this: YOU CAN build the body of a Greek God without dedicating your life to the gym.

#### Author Bio:

A recovered meathead, Eric Bakey has helped countless people get the bodies they want without spending hours in a gym. An Army combat veteran and a certified personal trainer, he has been trained by the best and continues to dedicate his life to sharing fitness all over the world. This is the book he wishes he had ten years ago, and he hopes it inspires you to make positive change in your life.





THE ANTI-MEATHEAD APPROACH TO FITNESS

#### ERIC BAKEY

Foreword By: Jesse Krieger Founder of Lifestyle Entrepreneurs Press



#### Published Date: April 27, 2016 By: Tobias J. Atkins

#### About the Book:

Do you get nervous in public and don't know why? Do you find it hard to relax and be yourself around people? Do you constantly worry what everyone thinks of you? Are you tired of always feeling inferior and 'less than' others? Perhaps you feel you were 'born that way' and things will never change? Social anxiety is not a life sentence. You can get over this condition, no matter where you currently are. *I am living proof of that*.

This book documents my 15 year struggle with social anxiety; the contributing factors and the exact steps I took to find my healing. In these pages, you'll discover: The real causes behind your social anxiety and shyness; How to stop fearing the opinions and judgments of others; How to let go of perfectionism and always putting yourself down; and Techniques to release anxiety and self-consciousness in minutes, not years.

#### Author Bio:

My life has been full of ups and downs. I am a living proof that you can overcome your biggest fears and achieve anything you want in life as long as you just have the courage to take the first step and not give up. Like most people, I grew up believing the narrative we are sold by society. I am here to shatter that myth for you. To show you that you can overcome social anxiety and be anyone you want to be.



**Published Date:** April 27, 2016 **By:** Gordon Smith & Reparata Mazzola

#### About the Book:

*Save the Males* is the definitive guide for first-time cooks to set-up and use your kitchen like a pro! Chef Gordon knows the kitchen is one place in this hectic world where you can have success without stress! He shows how cooking can improve your looks, your health and even your sex life.

Learn to easily make the switch from prepared foods to foods you prepare. With chapters such as *"Your Equipment Does Matter," "Cook for a Day, Eat for A Week,"* and *"Recipes for Romance"* you will be both entertained and educated on your journey to cooking mastery! If you know anyone living on fast food and take-out, get this book and get them cooking! This easy guide includes step-by-step tutorials.

#### Author Bio:

Chef Gordon Smith has over 25 years combined experience both as a chef and company owner. A California native, he trained under legendary chefs including Michel Stroot of the Golden Door and became a respected specialist in spa cuisine. Chef Gordon was instrumental in opening Deepak Chopra's Center for Wellbeing in La Jolla. Later, he served as executive chef for major resorts in California during the Los Angeles Olympics. He was a member of the American Natural Food Team which won two Silver Medals at the Culinary Olympics in Germany.





**CHEF GORDON SMITH & REPARATA MAZZOLA** 





Awakening Your Essential Nature Through Love and Forgiveness

LEONARD LASKOW, M.D. with Steve Bhaerman

#### Published Date: April 26, 2016 By: Leonard Laskow M.D. Amazon #1 Bestseller

#### About the Book:

*For Giving Love* gives you the tools for giving yourself the unconditioned love and happiness you've always wanted. This book addresses specifically how YOU can bring the very tangible power of love and forgiveness into your world.

You will learn why forgiveness works, not just in metaphysical terms, but also biologically. You will come to recognize the patterns and beliefs that create resistance to forgiveness, and you will see clearly how easy it is to overcome this resistance once you understand what a powerful force forgiveness is.

You will also have the opportunity to unconditionally love and accept yourself – and in so doing, become a light unto the world.

#### Author Bio:

Leonard Laskow is a Stanford trained physician, who has studied the healing power of love for the past 33 years. He coined the term Halo Energetic Healing, by which he means healing with the energy of the "whole." This energy can then be consciously directed to facilitate our body's healing response. Dr. Laskow now teaches this process to healing professionals and laypeople and is a consultant in Behavioral and Energy Medicine.



#### Published Date: April 26, 2016 By: Jasper Ribbers & Huzefa Kapadia Amazon #1 Bestseller

#### About the Book:

If you have a home and an internet connection, you may very well be sitting on a goldmine. You could be making hundreds of dollars a night.

Renting in the short-stay market, when done correctly, crushes the return from long-term tenants. Like hundreds of thousands of people, you can boost your rental profits by 2 to 3 times with the most well known short-stay marketplace in the world: Airbnb. If you have a home or spare room that is ever empty (when you are on holiday for example) you are missing out on significant rental income! This step-by-step guide to renting your home on the Airbnb platform teaches you in detail how to take advantage of this opportunity.

#### Author Bio:

Jasper - In March 2010 Jasper gave up his finance career to pursue a lifelong dream: to travel the world full time. To support himself, he runs several online businesses. He shares his adventures with the world through his blog, The Traveling Dutchman.

Huzefa - Is an attorney turned entrepreneur and travel aficionado. He is the owner and founder of Scalar Learning LLC, an education services company that focuses on math tutoring and standardized test preparation. He received his B.S. in computer science and B.A. in economics from the University of Michigan, and earned his J.D. at Northwestern University.



#### How to Maximize Profit From Your Airbnb Listing



JASPER RIBBERS and HUZEFA KAPADIA



#### WIN THE MENTAL GAME OF WEIGHT LOSS

#### KAROL BRANDT-GILMARTIN & ROBBY D'ANGELO

Best-Selling Authors of The Struggle Is Real

Published Date: March 6, 2016 By: Karol Brandt-Gilmartin & Robby D'Angelo

#### About the Book:

Are you ready to improve your life and prove to yourself that the Struggle may be real, but you are Stronger? *The 30 Day EVOLVE Challenge Journal* from the authors of the best-selling health and fitness book *The Struggle Is Real* will guide you step by step to EVOLVE into the healthy, fit person you have always wanted to become.

When it comes to making a major lifestyle change, most of us have been able to find the initial motivation to at least begin the process. Turning that initial motivation into a permanent lifestyle is where most of us fall short. Did you know only 8% of people carry out a decision to change their lives? Why is it that most people fail? It is because we do not address the underlying issues holding us back and make the paradigm shift to enjoy the new lifestyle. This is a Mindset Game. Over the next 30 days you will be given the tools to win the mental game of weight loss. You will create goals, answer a daily question, receive your daily dose of motivation, and track your progress.

#### From the Authors:

"LEARN FROM YOUR PAST, LIVE IN THE PRESENT BUT DREAM OF THE FUTURE!"





#### About the Book:

Despite bad news being reported all over the airwaves and screens, we have more reason to be optimistic today than ever before.

We are beginning to see a shift in the business world to a more collaborative paradigm. Leaders today recognize that their success is dependent on helping women achieve more of their goals, personally and professionally.

*Limitless Women* shows you how your attitudes determine your results. Through personal stories and practical exercises, you will learn step-bystep tools to replace limiting beliefs that have held you back, so you can step into a whole new level of personal power, freedom and purpose.

#### Author Bio:

Laura Gisborne is a highly successful business woman and very devoted mother. She has served her children and multiple communities as a coach for local sports teams, as a Guardian Ad Litem for foster children with CASA International and as a Board Member of Family Outreach, The Sedona Charter School, and Habitat for Humanity.

The founder of Powered With Passion, Laura's systematic business approach empowers entrepreneurs with the necessary tools to actualize their dreams with ease and grace.







**Empowering** the Next Generation of Legacy Leaders to Give Big and Live Big LAURA GISBORNE



AND EVOLVE INTO THE PERSON YOU HAVE ALWAYS WANTED TO BE



ROBBY D'ANGELO AFTER LOSING 100+LBS

#### KAROL BRANDT-GILMARTIN

**Published Date:** November 10, 2015 **By:** Karol Brandt-Gilmartin & Robby D'Angelo

#### About the Book:

Here's to Us - Here's to ordering a salad when you really want a burger and fries - To working out for ourselves in the gym, like nobody's watching and yes, blaring your favorite music! To drinking more water than seems possible - To giving one more rep or five minutes when your body is telling you no - To falling in love with the real you and the you that you want to become - To looking in the mirror and not seeing any change, throwing on your running shoes and hitting the gym anyway to go shred it!

Here's to health food, muscle cramps, sweat and perseverance, sore muscles, stinky gym clothes, 6 a.m. training, fasted cardio, falling down and getting back up And here's to getting up tomorrow and doing it all over again... Yes, we want you to repeat. Every. Single. Day. To saying Screw You to the Old You and never going back. The Struggle Is Real, but You Are Stronger!

#### Author Bio:

We both share a passion that fuels our purpose and co-writing the book, *The Struggle Is Real* is our way to share our stories, and our simple set guidelines, ridding the mind of negativity, transforming the thought process to overcome the struggles you may face. Make the decision to take control of your health and we promise it is one decision with zero regrets.



Published Date: August 6, 2015 By: Dr. Audrey Reille Amazon #1 Bestseller

#### About the Book:

If you have a big dream and want to turn it into a reality, this book is for you! The size of your dream isn't defined by how difficult it is to create, but by how important it is to you. Size Matters will show you why staying in your comfort zone is much more dangerous than choosing to reveal your full potential.

Our desires are here to tell us what we are capable of creating, and what we need to do to live fulfilling lives. This book will empower you to say YES to your big dream, create a vision of success, trust that you will succeed, develop and implement an inspired action plan, and embark on an adventure of personal transformation. You will learn how to set yourself up for success, implement winning strategies, and create new habits to accelerate and optimize results.

#### Author Bio:

Dr. Audrey Reille is a Transformational Coach, Speaker, and Author. Dr. Audrey specializes in coaching professionals who want to create their dream business, achieve their ideal work-life balance, or get their dream job. She draws upon business strategy, self-empowerment, psychology and peak performance to teach her clients everything they need to reach their ambitious goals with enthusiasm and ease.



Foreword By: Christy Whitman New York Times Best-Selling Author of *The Art of Having it All* 

How to Dream Bigger,

Step into Your Personal Power

and Start Creating your Dream Life Today!

**DR. AUDREY REILLE** 



A Practical Guide for Today's Youth to Achieve Their Dreams



#### Published Date: July 16, 2015 By: Colin Gilmartin Amazon #1 Bestseller

#### About the Book:

Do you have a big dream, but don't know where to start or how to achieve it? Or perhaps you know you can play a bigger game, but haven't had the confidence or support to step into your greatness?

Welcome to *Dream Training*, where you will get clarity, confidence and a step-by-step guide to think big, make bold decisions and surprise yourself with what you will accomplish! It doesn't matter where you start, it only matters that you start. It doesn't matter where you're from, it only matters where you're going.

#### Author Bio:

The passion to make a difference has been building for 18 years but it wasn't until all of my senses were "fired up" that I became one with purpose. I have been coaching kids for a while but never really finding my "Acres of Diamonds" as Russell Conwell so eloquently said. Mixing my dream of inspiring a child with Napoleon Hills "Law of Success" and you have what one of my 7-year-old students said, "It's like having gummy worms for dinner!" Ashley Perrin would say "What is great and grand and impossibly bold but the Human Spirit? To inspire it in yourself and others - is greatness." I say welcome to the University of Greatness!



Published Date: June 12, 2015 By: Nikki B. Williams Amazon #1 Bestseller

#### About the Book:

If you are one of the millions struggling with *stress or anxiety* who have tried everything and don't know where to turn – I have good news for you. The answer is right here in this book! Until now, you've probably been listening to all the stress relief experts out there who are telling you there is one "right" way to manage stress. And then you try their suggestions without taking yourself into consideration. After all, it worked for all the customers in their testimonials, right? Sure. It *may* have. But you are not them. You have your own issues, reactions, and physiology. Luckily, there IS a way, unique to your body, your personality and your lifestyle, to conquer stress once and for all.

#### Author Bio:

Nikki has spent more than 30 years writing and researching everything from industrial laser diodes to cultivating gratitude. She's worked for political action committees, engineering firms, telecom giants, government agencies, plant nurseries, universities, jewelry designers, app creators and more. Her work has been published in the Huffington Post and by the online magazine of Loyola University's Department of Journalism, as well as in numerous blogs, websites, and marketing products for clients from around the world.





NIKKI B. WILLIAMS

#### FOREWORD BY: DAN MILLER New York Times Best-Selling Author of 48 Days to The Work You Love POONDERFUNCTION OF THE WORK YOU

Discover Your Secret Language for Personal Success and Maximizing Impact Through Emotional Connections

#### **DR. CLARK GAITHER**

#### Published Date: May 7, 2015 By: Dr. Clark Gaither Amazon #1 Bestseller

#### About the Book:

Are you ready to give your words the power to change lives? Imagine your communication moving people on a deep, emotional level, and catalyzing them to take action. Imagine delivering your closing line in a talk and bringing the crowd to their feet for a standing ovation. That is the promise of *Powerful Words*.

To help you discover your secret language for personal success and maximizing impact through emotional connections. So dive in and begin your journey to more powerful communication with *Powerful Words*! Within the pages of this book, I will show you how.

#### Author Bio:

I have enjoyed the practice of medicine so very much. Private practice has been an education far beyond what I was taught in medical school. It has been a privilege. Public speaking has been a large part of my career. I have presented hundreds of lectures throughout the southeastern United States to physicians and the public on hypertension, cholesterol disorders, smoking cessation, alcoholism/recovery, physician burnout and other health related topics.



Published Date: April 26, 2015 By: Rosetta Thurman Amazon #1 Bestseller

#### About the Book:

Do you ever lie awake in bed on Sunday night, dreading another Monday at your job? Have you been dreaming of being your own boss and having the freedom to travel and work whenever and wherever you want? Maybe at this point in your life, you're craving more fun, excitement and a life of purpose on YOUR terms. Well, here's the #1 challenge to creating the lifestyle you truly want: Getting Started.

Rosetta has built a thriving 6-figure business as an author, speaker, mentor and coach. Along the way, she has traveled all over the world, built an incredible tribe and helped thousands of women transform their lives. The journey from being a 9-to-5 nonprofit employee to making a big difference helping others and working for herself full-time hinged on just one decision: Getting Started.

#### Author Bio:

Rosetta Thurman is the founder of HappyBlackWoman.com, a supportive community that empowers women all over the world to transform their lives through the power of personal development and entrepreneurship. She provides high-level training, coaching and mentoring for women who want to be happy, successful and free.



# LAUNCH YOUR BUSINESS

THE **5 STEP SOLUTION** TO DO WHAT YOU LOVE, QUIT YOUR JOB AND HAVE THE FREEDOM TO TRAVEL AND LIVE YOUR LIFE ON YOUR OWN TERMS



**ROSETTA THURMAN** 

#### Foreword by: Jesse Krieger #1 Best-Selling Author of Lifestyle Entrepreneur





#### Mindful Practices for More Calm, Clarity and Focus in Just 5 Minutes a Day

MICHAEL ATMA

#### Published Date: March 19, 2015 By: Michael Atma Amazon #1 Bestseller

#### About the Book:

In my twenties I was at the peak of success as a corporate executive who traveled the world and got paid like a king only to have it all come crashing down when the company folded. What happened next took me on a 10 year world-wide adventure of self-discovery where I met remarkable teachers who helped me to free my mind and unleash my spirit. But this book isn't about me – it's about You!

If you apply just one of the ideas or techniques in this book and put it into practice, it will change your life. I promise. This book contains the essence of everything I've learned over the last 17 years of harnessing the power of the mind to live an extraordinary quality of life, get paid to do what I love and explore the things I am passionate about. Now I would like to share a blueprint for how you can do all of these things and so much more in just five minutes a day.

#### Author Bio:

I'm a life enthusiast. I'm on a mission to share the most powerful personal development tools and ideas that can open the minds and hearts of anyone that uses or experiences them to deeper love and wisdom. I do this through writing, speaking and facilitating workshops around the globe, while sharing insights from my personal quest for living greatness in every area of my life.



Published Date: February 12, 2015 By: Daniel Munro Amazon #1 Bestseller

#### About the Book:

*The Legendary Life* is a guide to self-development, personal growth and achieving victory in your life. Dan Munro is your guide, sharing how he battled, and eventually overcame, his people-pleasing, procrastination and fear-based patterns to become confident and congruent in his identity, and how you can do the same.

Dan guides you through the process with useful exercises, stories of struggle and triumph, and strategies for enduring success. So if you're interested in - Breaking habits of self-deprecation and claiming your personal power. - Consciously designing a lifestyle that will bring you satisfaction and happiness. - Avoiding costly and time-consuming mistakes by learning from someone who has made them for you... Then buckle-up for a riveting ride en route to your Legendary Life!

#### Author Bio:

After a lifetime of being fake had ingrained in me the belief that the real me was not worthy of being known by people. So slowly, in small steps, I started releasing him out into the wild. I combined the tools and psychological strategies I used to rehabilitate criminal offenders.. I researched the most successful business people, artists and leaders to uncover how they were different. I became an expert in Nice Guy Syndrome, defusion techniques and learning principles. I've learned how to build confidence, and can now take others through that process in just a few months.





Foreword by: Jesse Krieger



#### BUILD THE MOTIVATION AND CONFIDENCE TO CREATE AN AUTHENTIC LIFESTYLE

Dan Munro

### LIFESTYLE ENTREPRENEUR



Live Your Dreams, Ignite Your Passions and Run Your Business From Anywhere in The World

#### JESSE KRIEGER

#### Published Date: March 1, 2014 By: Jesse Krieger Amazon #1 Bestseller

#### About the Book:

Make Money Doing What You Love, Even in Tough Times *Lifestyle Entrepreneur* is the result of having lived a non-traditional life. In my twenties, I launched five businesses and sold the last two. I have been in a rock band touring America, and I've been flown around the world as a professional dating coach. I have traveled to and lived in over twentyfive countries, learning the local languages while there. I feel very blessed to have friends all over the world, a family that loves me at home, and generally able to live the life that I've always dreamed of.

#### But this book isn't about me. It's about you!

If you take only ten percent of the information and ideas in this book and put them into practice, it will change your life. I promise.

*Lifestyle Entrepreneur* contains the essence of everything I've learned over the last ten years of starting businesses, traveling the world, and exploring the things I'm passionate about. Now I would like to share a blueprint for how you can do all of these things and more.

#### Author Bio:

Jesse sits squarely at the intersection of publishing and promotion – having signed two publishing deals on two different continents, and navigated the world of becoming a best-selling author twice. It has been his honor to work with 100+ authors from around the world to achieve their dreams of writing, and publishing a book.

With constant exposure to books, trends in publishing, and the latest marketing techniques for authors, Jesse has a superpower to see the meaning beneath your words, help craft titles and website copy along with your unique author language quickly, and effectively. In addition to being featured on over 50 media outlets for his best-selling book Lifestyle Entrepreneur, Jesse has been an entrepreneur his entire adult life and holds degrees from University of California, Berkeley, as well as National Taiwan University and Beijing Normal University.





Lifestyle Entrepreneurs Press

