

Catalog 2021/2022

LIFESTYLE
ENTREPRENEURS
PRESS



Contents

Best Sellers p.3

Forthcoming Winter 2021 p.4

Forthcoming Spring 2022 p.5

Spring 2021

The Menopause Reset p.7
The Secret Intelligence of Water p.8
Thrive State p.9
Gangsters N Gurus p.10
Love The Job, Lose The Stress p.11
The Wealthy Entrepreneur p.12
New Hope For Sciatica p.13
Identity Shift p.14

Fall 2021

Making Cannabis Personal p.17
School of Man p.18
The Startup Growth Book p.19
Rise p.20

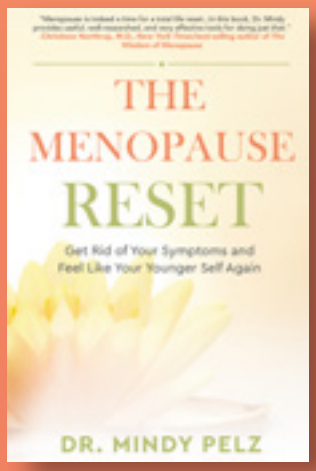
Best Sellers



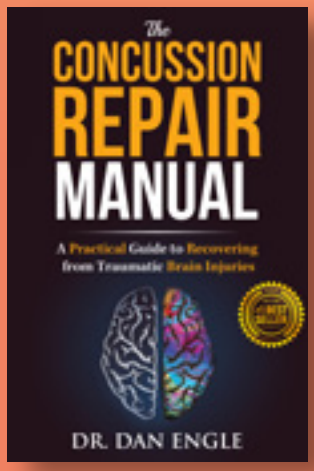
Title: Sovereignty
Subtitle: The Battle for the Hearts and Minds of Men
Author: Ryan Michler
Released: January 2018



Title: Get Paid For Your Pad
Subtitle: How to Maximize Profit From Your Airbnb Listing
Author: Jasper Ribbers & Huzefa Kapadia
Released: August 2014

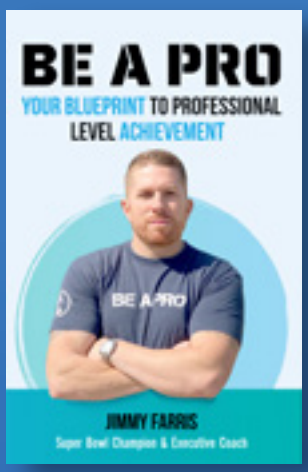


Title: The Menopause Reset
Subtitle: Get Rid of Your Symptoms and Feel Like Your Younger Self Again
Author: Dr. Mindy Pelz
Released: April 2021



Title: The Concussion Repair Manual
Subtitle: A Practical Guide to Recovering from Traumatic Brain Injuries
Author: Dr. Dan Engle
Released: October 2017

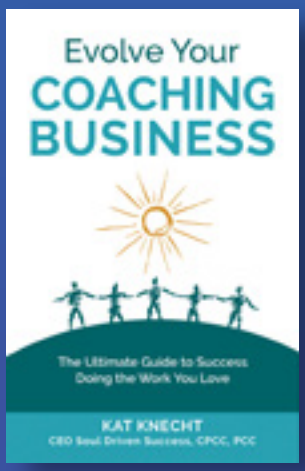
Forthcoming Winter 2021



Title: Be a Pro
Subtitle: Your Blueprint to Professional Level Achievement
Author: Jimmy Farris
Release: January 2022



Title: Woman Unleashed
Subtitle: Release Your Story, Revive Your Hormones & Reclaim Your Freedom
Author: Sonya Jensen
Release: December 2021

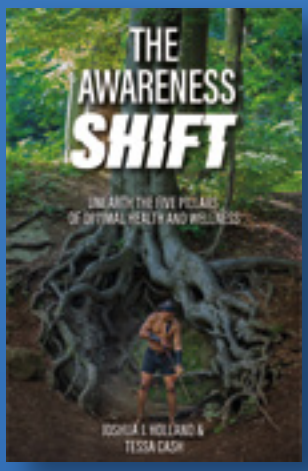


Title: Evolve Your Coaching Business
Subtitle: The Ultimate Guide to Success Doing the Work You Love
Author: Kat Knecht
Release: December 2021

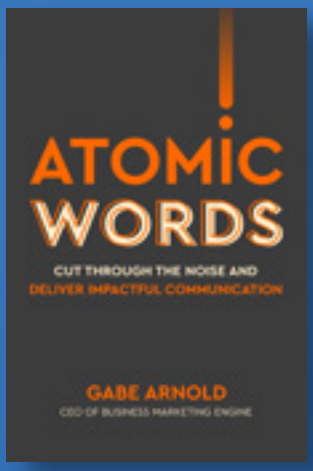
Forthcoming Spring 2022



Mastering Adversity
Lance W Essihos



The Awareness Shift
Joshua J. Holland & Tessa Cash



Atomic Words
Gabe Arnold



Transform Your Destiny
Dale Halaway



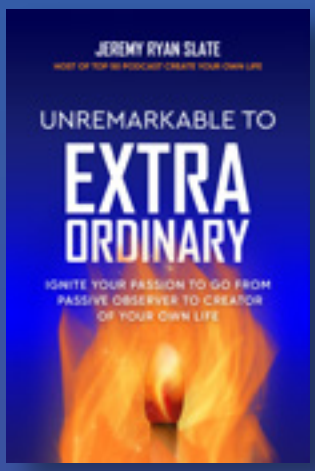
Tuned In & Turned On
Stefanos Sifandos



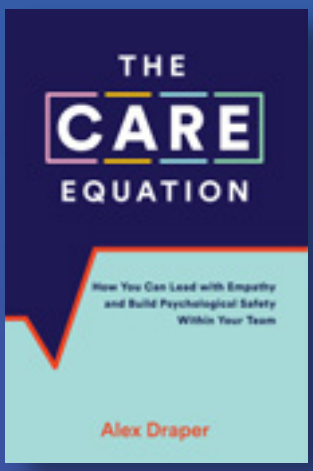
Healthcare Anonymous
Simon Maltais



The Sovereign Health Solution
Eva Detko



Unremarkable to Extra Ordinary
Jeremy Ryan Slate



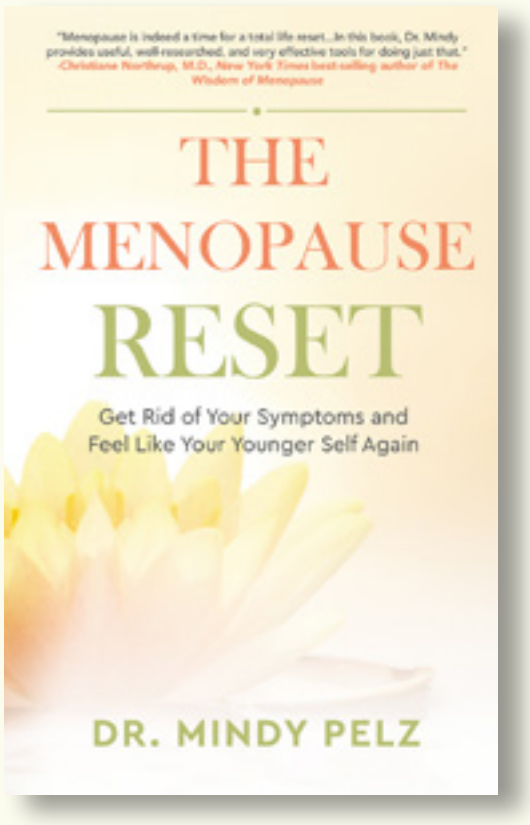
The CARE Equation
Alex Draper

Spring
2021

The Menopause Reset

Get Rid of Your Symptoms and Feel Like Your Younger Self Again

Shop Link



Category: Health and Wellness
Release Date: April 2021
Format: Paperback
Price: $19.95
Pages: 188 pages
ISBN: 978-1950367993
Book size: 5.25 x 8.25 Inches

Are you struggling through your menopausal years? As if from out of nowhere, you experience symptoms such as sleepless nights, irritable moods, unexplained anxiety, trouble retrieving words, and hot flashes. Your weight won't budge no matter how hard you try.

How great would it feel to wake up feeling rested, to have a brain that is calm, joyful, and clear, and to finally lose weight in an easy and sustainable way? The good news is that there is a way for you to do all of this and more.

Ditch your menopause symptoms and feel like yourself again!

"Menopause is indeed a time for a total life reset… In this book, Dr. Mindy provides useful, well-researched, and very effective tools for doing just that".

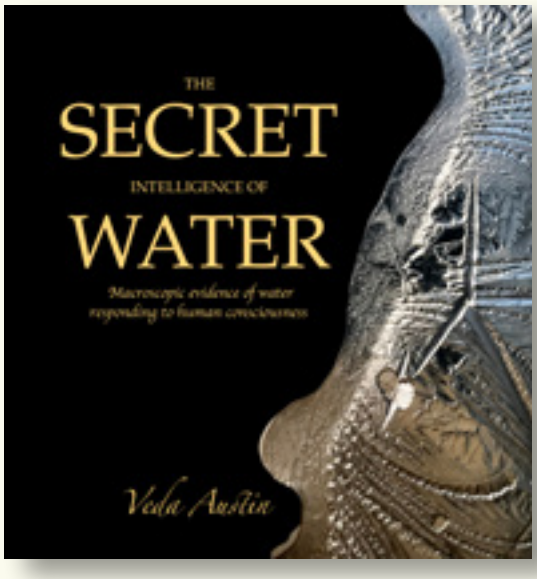
Christiane Northrupe, M.D.,
Author of The Wisdom of Menopause.



Dr. Mindy Pelz, DC, is crazy passionate about helping women stay healthy. She has built one of the largest holistic health clinics in Silicon Valley with patients coming from all over the world for her customized ketobiotic, fasting, detox, and nutritional approaches. Her focus is to give women simple, science-based, effective health tools that will have them thriving through menopause and into their later years.

The Secret Intelligence of Water

Macroscopic Evidence of Water Responding to Human Consciousness



Shop Link

Category: Spirituality and Self-Help
Release Date: April 2021
Format: Paperback
Price: $ 60
Pages: 278 pages
ISBN: 978-1953153395
Book size: 8.0 x 8.0 Inches

The Secret Intelligence of Water takes a quantum leap from the spring board of Masaru Emoto's microscopic work with ice crystals. Through macroscopic photography, and a groundbreaking new technique, researcher Veda Austin, allows us to view water as an intelligent force, with the power to respond to human consciousness in ways never before thought possible.

She uses influences such as words, thoughts, pictures or music pre-freezing, and then captures water's liquid crystal response minutes later.

A wonderful blend of art and science. An Investigation going way beyond the basis of conventional science.

"Veda Austin has demonstrated how water responds to our thinking, in ways that I and others would have thought unimaginable.

Gerald H. Pollack, University of Washington; Editor-in-Chief, WATER.



Veda Austin is a water researcher, public speaker, mother, artist and author. She has dedicated the last 8 years observing and photographing the life of water.
She believes that water is fluid intelligence, observing itself through every living organism on the planet and in the Universe. Her primary area of focus is photographing water in its 'state of creation', the space between liquid and ice.

Thrive State

Your Blueprint for Optimal Health, Longevity, and Peak Performance

Shop Link



Category: Health and Wellness
Release Date: April 2021
Format: Paperback
Price: $19.95
Pages: 310 pages
ISBN: 978-1950367566
Book size: 5.0 x 8.0 Inches

When asked what surprised him most about humanity, the Dalai Lama replied, "Man. Because he sacrifices his health in order to make money. Then he sacrifices money to recover his health."

At the heart of Thrive State is a time-tested approach to achieve optimal cellular longevity and performance. You will learn all aspects of the author's BioEnergetic Model - a scientific, yet practical framework for being free of chronic disease, having optimal physical, emotional, mental, sexual performance, and extending healthspan.

The fountain of youth is at our fingertips and doctor V is handing you the key.

"A must read. Thrive State is an empowering framework that reminds us We Are Our Best Medicine."

Keith Ferrazi, New York Times bestselling Author of Never Eat Alone.

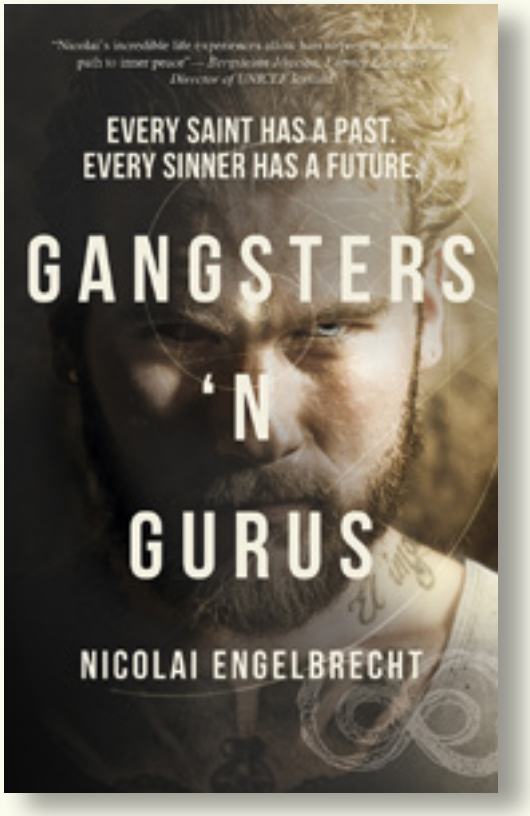


Kien Vuu is an assistant professor of Health Sciences at UCLA, speaker, media expert, and founder of Vuu MD Performance and Longevity. He was first trained in Interventional and Diagnostic Radiology, and became an expert in the diagnosis and treatment of disease using state-of-the-art medical imaging and non-invasive surgery. Dissatisfied with the disease-based model of modern medicine, Dr. V sought out additional training with world experts in nutrition, personal development and spirituality.

Gangters N Gurus

Every Saint Has A Past.
Every Sinner Has A Future

Shop Link



Category: Spirituality and Self-Help
Release Date: May 2021
Format: Paperback
Price: $19.95
Pages: 220 pages
ISBN: 978-1953153265
Book size: 5.5 x 8.5 Inches

Sharing his mystical life experiences, sacred wisdom, and ancient traditions, Nicolai teaches readers from all backgrounds how to break the bonds of a painful past and experience inner freedom.

Gangsters N' Gurus is a step-by-step guide to breaking nonconstructive patterns so you can liberate yourself from repetitive cycles of anxiety, toxic behaviors, and addiction. Nicolai applies this framework through accessible practices and exercises, perfect for anyone seeking a spiritual shift and a more profound and meaningful life.

Nicolai takes you on a journey of self-discovery, supernatural experiences and revelations delivered by spiritual Masters.

"Nicolai's incredible life experiences allow him to present an authentic path to inner peace"

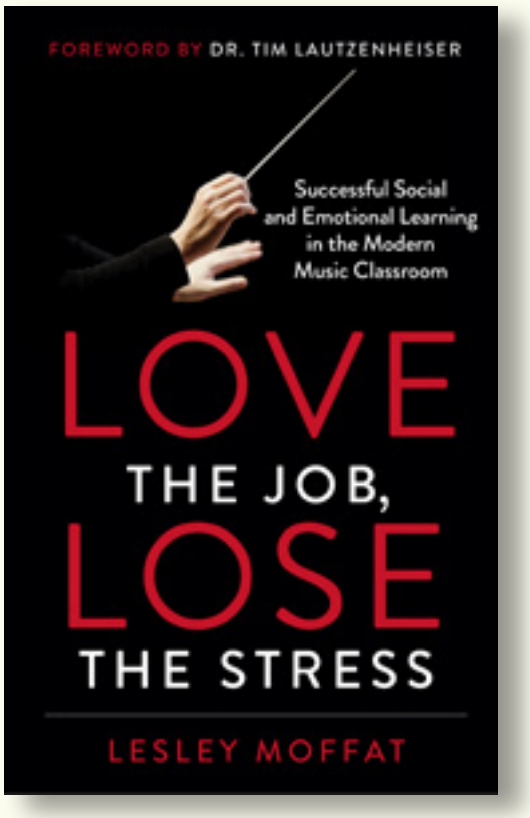
Bergsteinn Jónsson, Former Executive Director of UNICEF Iceland



Nicolai Engelbrecht left his criminal life and joined a spiritual journey 10 years ago. Two years later he became a full-time breathwork teacher and began giving talks all over the world inspiring and bringing healing to thousands of individuals in over 27 countries across the world. During his 8 years of experience as a spiritual leader, he has initiated numerous projects in private and public organizations including work in prisons, leading multinationals and in the political spheres.

Love The Job, Lose The Stress

Successful Social and Emotional Learning in the Modern Music Classroom



Shop Link

Category: Entrepreneurship
Release Date: March 2021
Format: Paperback
Price: $19.95
Pages: 200 pages
ISBN: 978-1953153104
Book size: 5.5 x 8.5 Inches

It's always been challenging to keep students focused in a world where distractions and other factors interfere with their ability to learn, and that's even more true as we find ourselves in unprecedented and ever-changing educational situations now. It's becoming more difficult to get students to connect and engage with our riveting lessons as the list of things that distract them is ever-growing, from social media and family issues to fear of the unknown and heightened anxieties, just to name a few. As music teachers, we teach students how to develop all kinds of skills, from mental to physical, in order for them to be well-rounded musicians.

A lesson plan for the successful music educator in today's new world.

"With great insight, sensitivity, and the application of her 32+ years of hard-earned experience, this sequel provides a hands-on approach to meaningful social and emotional learning in the modern music classroom"
Gerald H. Pollack, University of Washington; Editor-in-Chief, WATER.

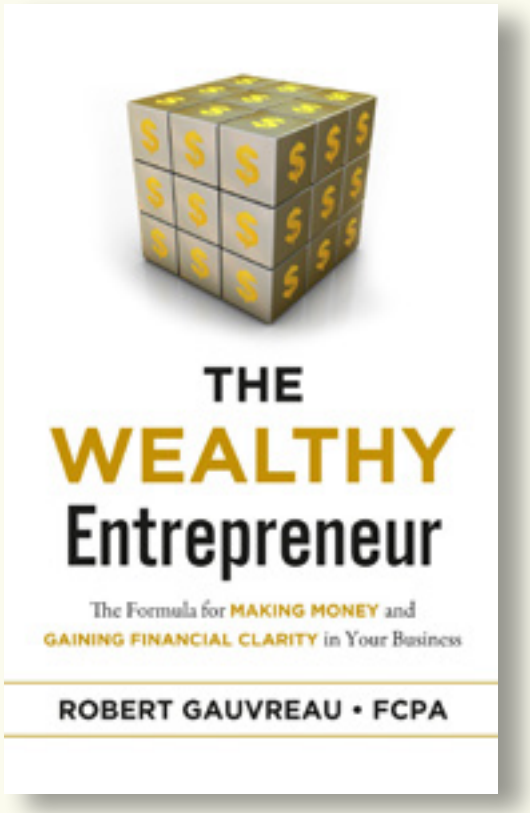


Lesley Moffat now in her fourth decade as a high school band director, Lesley Moffat has worked with thousands of people, helping them not only achieve musical goals, but also teaching them how to develop the long-term life skills they need to be successful in the world.A teacher at heart, she has designed a program to help women who find themselves chronically sick due to excess stress and exhaustion to reclaim their health so they can reclaim their lives.

The Wealthy Entrepreneur

The Formula for Making Money and Gaining Financial Clarity in Your Business

Shop Link



Category: Entrepreneurship
Release Date: April 2021
Format: Paperback
Price: $19.95
Pages: 160 pages
ISBN: 978-1950367658
Book size: 5.5 x 8.5 Inches

Do you always seem to be short on money in the bank? Do you feel like you always pay too much tax? Are you unsure of what you need to do to optimize your business? If so, then you are in good company alongside many entrepreneurs and business owners.

The Wealthy Entrepreneur will guide you to understand how your business is really doing, then improve it to make - and keep - more money than ever before. A simple framework that will provide you with financial clarity, maximize wealth accumulation, structure your business to save on taxes and improve your cash flow.

A vision to results framework on how to turn your business's vision into a roadmap for realizing financial results.

I have the great pleasure to help entrepreneurs and influencers to share their expertise on a grand scale, and when it comes to business finances, Bob is the go-to authority in this space."

Chris Winfield,
Founder of Super Connector Media



Robert Gauvreau is a FCPA who works exclusively with entrepreneurs and professionals to help them make more money and gain financial clarity in their businesses. As a financial expert and bestselling author, Robert shares his insight and wisdom as a public speaker, is often cited in major business journals related to money, finances, and entrepreneurship, and works directly with more than 500 businesses across North America, helping them build better businesses and generate greater financial performance.

New Hope For Sciatica

Your Blueprint for Optimal Health, Longevity, and Peak Performance

Shop Link



Category: Health and Wellness
Release Date: May 2021
Format: Paperback
Price: $19.95
Pages: 186 pages
ISBN: 978-1950367979
Book size: 5.0 x 8.0 Inches

Are you living with sciatica? Have you tried everything from physical therapy to surgery? Have your nerves been burned or have you been injected with everything from prednisone to Demerol? Dr. McCollum suffered from chronic sciatic pain for eight years before two friends carried him into a chiropractor's office. Now he's been a practicing chiropractor for thirty years, and he can help you too.

In New Hope for Sciatica, bestselling author, radio personality, and award-winning chiropractor Dr. Duncan McCollum will show you little-known methods that will help you get out of pain and get your life back.

There is a way to fix your sciatica!

"Dr. Duncan McCollum holds great expertise and skill in addressing pain and cellular health. The actionable steps outlined in this book are life changing, offering hope for those who have tried everything for the debilitating pain of sciatica. This groundbreaking info is far from conventional, and I believe it to be a new solution to this common health problem."

Dr. Daniel Pompa, Author of The Cellular Healing Diet and Beyond Fasting.

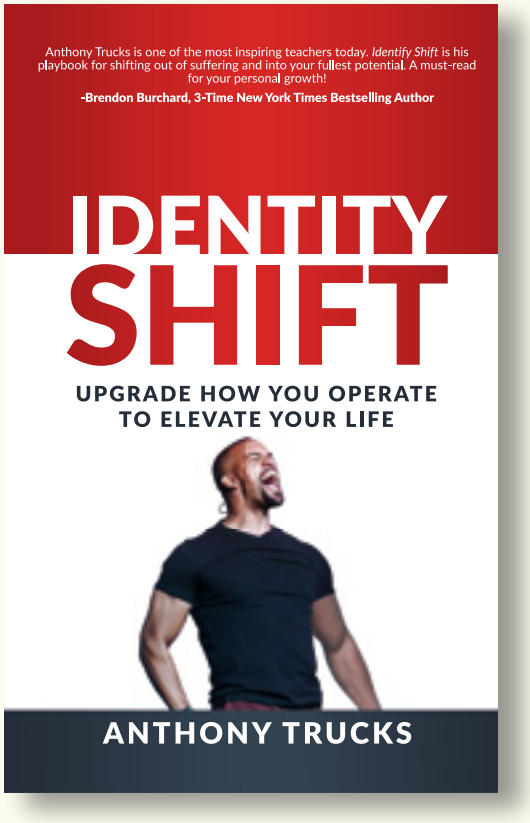


Dr. Duncan McCollum graduated from Palmer College of Chiropractic-West in 1989. He opened his practice that same year and loves serving the Santa Cruz community and now, through the internet, the world. With a strong interest in regenerative health, he continually strives to improve his knowledge on current natural health trends. Dr. McCollum is a sought-after speaker, radio talk show host, best-selling author, and, for several years, a regenerative and cellular healing teacher.

Identity Shift

Upgrade How You Operate to Elevate Your Life

Shop Link



Category: Spirituality and Self-Help
Release Date: August 2021
Format: Paperback
Price: $19.95
Pages: 214 pages
ISBN: 978-1953153401
Book size: 5.4 x 8.3 Inches

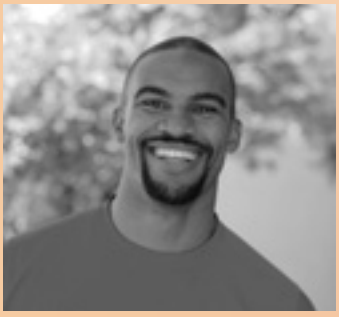
Everywhere you look it appears someone is more successful, in better shape, making more money and living their dreams. This daily barrage of "better-than-me" drives feelings of imposter syndrome, unworthiness and shame, all the while, deep down we are yearning for a clear sense of self and stability more than ever before.

This happens when your internal identity is out of alignment with what you want to be experiencing externally, in the real world. Identity Shift gives you the tools to make meaningful change where it counts: Your Identity.

Identity. The most important tool to achieve your dreams.

"Anthony Trucks is one of the most inspiring teachers today. Identity Shift is his playbook for shifting out of suffering and into your fullest potential. A must-read for your personal growth!"

Brendon Burchard, 3-Time New York Times Bestselling Author.



Anthony Trucks is the creator of The Shift Method to help people close the "Identity Gaps" that are responsible for the shortfalls on their path to success. Anthony is a loving father, husband and man of faith, as well as a passionate dog dad, with his family in Walnut Creek, CA. He is a speaker, hosts the Aww Shift & Shift Starter podcasts and is a former NFL player and professional athlete with an amazing story.

The Offline Dating Method

3 Steps to Attract Your Perfect Partner in The Real World

Shop Link



Category: Spirituality and Self-Help
Release Date: August 2021
Format: Paperback
Price: $19.95
Pages: 318 pages
ISBN: 978-1950367696
Book size: 6.0 x 9.0 Inches

Dating apps were supposed to be a fun new way to meet your future partner - but for many singles, they've morphed into a digital dystopia of lies, harassment, and few (if any) quality connections.
Stop competing against thousands online and start enjoying endless untapped opportunities to attract your match in the real world - from the airport to a coffee shop to your grocery store cereal aisle.

Author Camille Virginia draws upon her transformation from a shy girl with social anxiety into a socially confident woman who discovered the secret to creating an instantly meaningful connection with anyone.

Why settle for being swiped-over, when you can attract your perfect partner in the real world?

‚An ode to the beauty of human connection, and a road map to help you get there. It's also - most surprisingly of all - some of the most explicit and satisfying erotica available for a subculture.“

KateSloan,
Sex journalist, Girly Juice



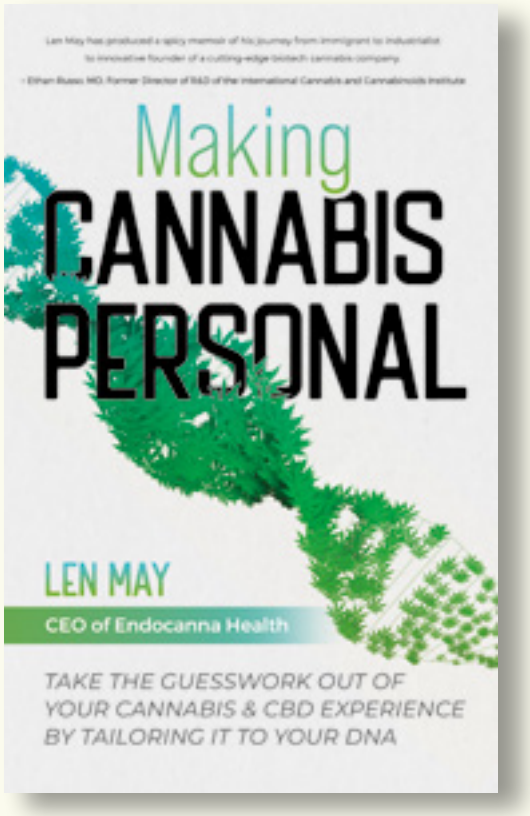
Camille Virginia is an award-winning writer, founder of Master Offline Dating, and author of the best-selling book The Offline Dating Method - her 3-step process to help singles ditch the dating apps and attract a great partner in the real world. After overcoming her own social anxiety, Camille mastered the art of meaningful in-person connection. She is now dedicated to sharing her authentic method and actionable tips to help people create a less lonely, more fulfilling life across every aspect: friendship, career, family, and romance.

Fall 2021

Making Cannabis Personal

Take the Guesswork Out of Your Cannabis & CBD Experience by Tailoring it To Your DNA

Shop Link



Category: Health and Wellness
Release Date: September 2021
Format: Paperback
Price: $19.95
Pages: 150 pages
ISBN: 978-1953153418
Book size: 5.4 x 8.3 Inches

Len May's interest in cannabis began as a teenager, and it has only grown since. Growing up, many thought cannabis use was wrong basing their beliefs on moral or political ideas. Even today there are people who do not accept that cannabis has medicinal use. Such thinking underestimates the true benefits of this ancient medicine.

Making Cannabis Personal is meant to educate people on how cannabis is helping the human species find wellness and remove the fear and stigmas still associated with it, such as "only criminals and addicts use cannabis".

In Making Cannabis Personal You Will Learn How Genetics Interact with Cannabinoids to Create Truly Unique Experiences.

"Len May has produced a spicy memoir of his journey from immigrant to industrialist to innovative founder of a cutting-edge biotech cannabis company"

Ethan Russo, MD, Former Director of R&D of the International Cannabis and Cannabinoids Institute.

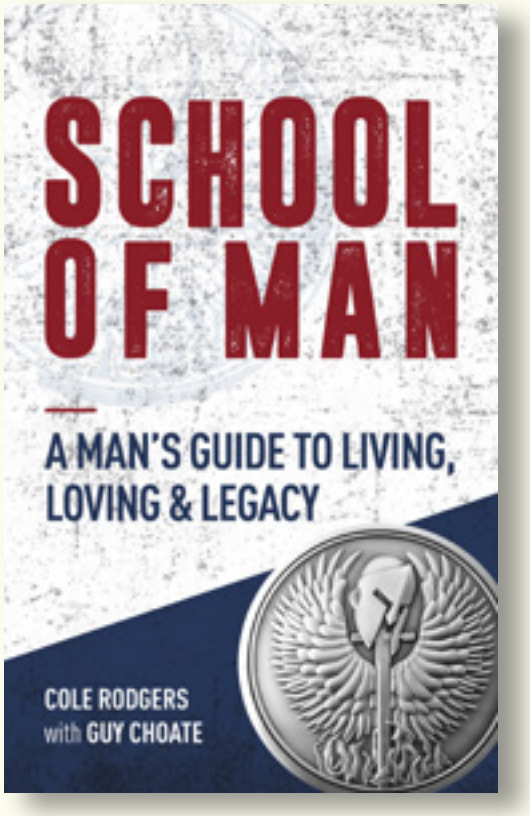


Len May is CEO and Co-Founder of EndoCanna Health, and held past positions as President of the CannabisAction Network and Board Member/Lifetime Member of the California Cannabis Association. Len currently serves as chair of the CBDIA science board, and is a stakeholder in some of the industry's most iconic cannabis-based brands. His expertise includes the workings of the endocannabinoid system and how genetic expression plays a role in human experiences.

School Of Man

A Man's Guide to Living, Loving & Legacy

Shop Link



Category: Spirituality and Self-Help
Release Date: September 2021
Format: Paperback
Price: $19.95
Pages: 159 pages
ISBN: 978-1953153494
Book size: 5.4 x 8.3 Inches

School of Man gives you the permission to unlock the code to have it all and go from good, to great, to unstoppable. You will embody the art of fulfillment and be less attached to achievement and accomplishment. You will learn the code of being able to produce without selling your soul.

You will be reborn through raw and real vulnerability, while gaining the tools required to deal with the seasons of life. And you will actively put a dent in the universe by leaving a lasting impact on the world through purpose driven actions.

Master the Art of Living, Loving & Legacy.

"Pressure is a Privilege - I heard Cole on his School of Man podcast and checked out the book. The kindle format reads well. If you like Cole on his podcast, his book is going to take you deep into his world, thinking and inspiration."

Reader Review



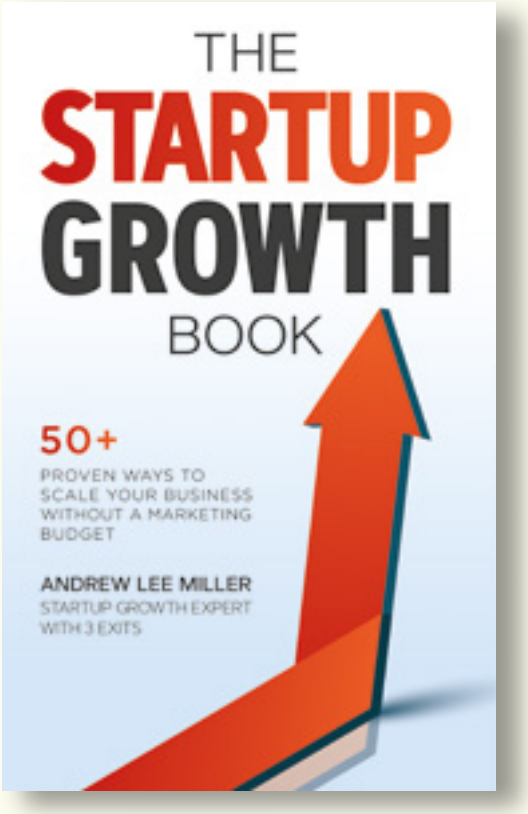
Cole Rodgers founder of School of Man and a seven-figure consultancy business, provides his pain on paper through raw and real vulnerability while giving his reader the code to have it all. Rodgers has truly become a leading minister of impact amongst his followers

Guy Choate is the author of the illustrated essay Gas! Gas! Gas! and co-author of School of Man: A Man's Guide to Living, Loving, & Legacy.

The Startup Growth Book

50+ Proven Ways to Scale Your Business Without a Marketing Budget

Shop Link



Category: Entrepreneurship
Release Date: September 2021
Format: Paperback
Price: $19.95
Pages: 178 pages
ISBN: 978-1953153524
Book size: 5.8 x 8.8 Inches

The Startup Growth Book is the culmination of Andrew's 15+ years of in-the-trenches startup growth experience and is the only business book out there that actually teaches entrepreneurs and marketers how to build sustainable, scalable growth, channel by channel, with zero advertising budget. Tried and tested by Andrew himself, this book directly draws from Andrew's experiences scaling over 100 startups in over a dozen nations and languages. This book is ideal for young marketers who want to learn cutting-edge tactics from a master, as well as new businesses that want to grow organically and prove traction without spending cash on Paid Advertising..

Drive growth in your business without needing to outsource to a Marketing agency.

"Andrew's book has really helped guide our marketing team because we pride ourselves on doing everything in house and this book is an incredible asset to anyone who wants to build an internal marketing team and doesn't want to rely on paid ads."

Reader Review

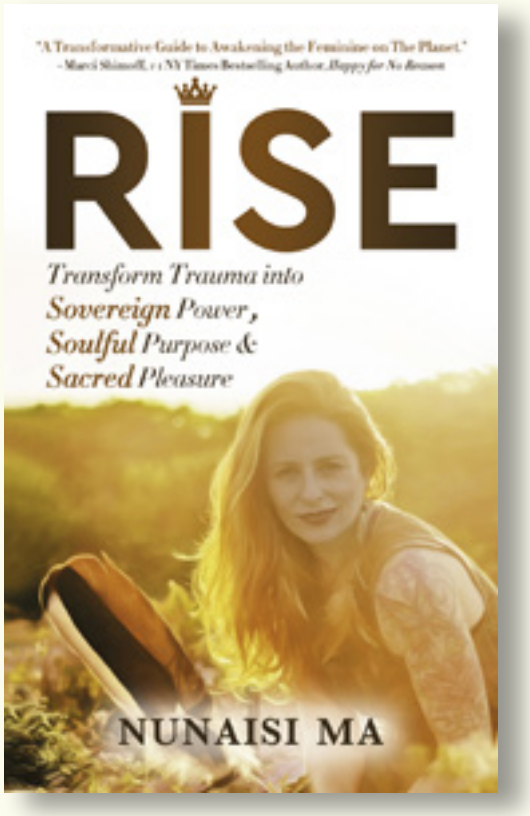


Andrew Lee Miller is a prolific startup marketing expert also known as @AndrewStartups who over the past 15 years has driven three VC-backed startup exits, and dozens of startups to millions in revenue as a Marketing consultant! Andrew's specialty lies in helping companies scale efficiently in the early stages and he has lectured in over 15 countries on Paid Advertising, Growth Hacking, Public Relations, Search Marketing and more.

Rise

Transform Trauma Into Sovereign Power, Soulful Purpose, & Sacred Pleasure

Shop Link



Category: Spirituality and Self-Help
Release Date: October 2021
Format: Paperback
Price: $19.95
Pages: 327 pages
ISBN: 978-1953153425
Book size: 5.5 x 8.2 Inches

RISE is the torchlight for your self-mastery and a roadmap for the journey of healing, empowerment, transformation, and enlightenment. You will gain clarity, insights, and a new understanding of the unconscious destructive patterns that have been running your life and holding you back from your highest potential. You will receive tools and transmissions to release and drop that which no longer serves you.

While this may sound like a worthy goal, it may also feel like a frightening undertaking. But rest assured, you have the ability for quantum healing that can take place faster and easier than you ever imagined!

RISE is Your Blueprint to Awakening Into Your Innate Brilliance.

"Transformational - This brilliant book helped me become aware of my childhood trauma that was affecting my life and to enable me to transform it by healing the mother & father wounds and helped me release my natural inner child. Thank you for helping me transform."

Reader Review



Nunaisi Ma is a life coach, natural health practitioner, Yoga teacher, Clarity Breathwork facilitator, Reiki Master, and Spiritual Intuitive, certified in dozens of healing modalities. She is the facilitator of healing groups, women circles, retreats, and one-on-one sessions for over two decades and the RISE movement founder. She recently returned to South Africa after a four-year journey with her long-term partner and three children, visiting the world's most significant spiritual hubs working with world-renowned shamans and masters.



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