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| John Hunt Publishing - **O-BOOKS** - announces the new title | | |
| **Find and Follow Your Inner Compass** Instant Guidance in an Age of Information Overload  Barbara Berger  In a time when we are bombarded from morning to evening with information from all sides as to what is best and what we should and shouldn't do to live happy lives, how can we navigate through this massive sea of information and know what's best for us in any given situation? Is there a reliable way to make decisions and navigate wisely through life? Yes! In this book Barbara Berger maps out what the Inner Compass is and how we can read its signals. How do we use the Inner Compass in our daily lives, at work and in our relationships? What sabotages our ability to listen to and follow the Inner Compass? What do we do when the Inner Compass points us in a direction we believe other people will disapprove of? Find and follow your Inner Compass and experience more flow and joy in your life.  **Author Bio** American-born Barbara Berger is the bestselling author of The Road to Power, The Awakening Human Being: A Guide to the Power of Mind and Are You Happy Now? 10 Ways to Live a Happy Life. She lives and works in Copenhagen, Denmark. Online: [Facebook](http://www.facebook.com/barbara.berger.961?ref=tn_tnmn), [Author Website](http://www.beamteam.com), [Blog](http://www.barbaraberger.typepad.com/), [Twitter](http://www.twitter.com/#!/http://twitter.com/barbaraberger)  **Previous Titles** Are You Happy Now? 10 Ways to Live a Happy Life (9781782792017), O-Books, 2013. The Awakening Human Being (9781846948350), O-Books, 2011. Fast Food for the Soul (9780451205544), Nal Trade, 2002.  **Endorsements** *Following the simple approach in Barbara Berger's book – 'Find and Follow Your Inner Compass' – can totally revolutionise your life. I know because it has revolutionised mine.* ***Tim Ray*** *(author of 101 Relationship Myths and the Starbrow Series)*  **Promotional Plans** Promotion via author's established platform as an expert in the field of self-empowerment. Social media promotion via blogs, Facebook, mainstream media promotion on radio programs. Netgalley.  **USP** Easy to read and understand book with a powerful, clear message and practical advice on how to reclaim control over your own life.  **Competing Books** The Vortex - Where the Law of Attraction Assembles All Cooperative Relationships 9781848500358, by Esther & Jerry Hicks  Hay House, 2009  **Categories** SELF-HELP (General)(SEL016000) -> Personal Growth (General)(SEL016000) -> Happiness(SEL016000) HEALTH & FITNESS (General)(HEA010000) -> Healthy Living(HEA010000) BODY, MIND & SPIRIT (General)(OCC019000) -> Inspiration & Personal Growth(OCC019000) |  | **Publication Date** July 2017  **Paperback** ISBN: 978-1-78099-510-6 $14.95  |  £8.99 8.5x5.5 inches | 216x140 mm 120PP  **e-book** ISBN: 978-1-78099-512-0 $5.99  |  £3.99  **Library of Congress** 2016949321 |
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