|  |  |  |
| --- | --- | --- |
| John Hunt Publishing - **AYNI BOOKS** - announces the new title | | |
| **Acts of Kindness from Your Armchair**  Anita Neilson  Acts of Kindness from Your Armchair is an exploration of how the 'housebound' (infirm, home workers, carers and so on) can make a meaningful contribution to the world. The book acts as a practical guide to the ways in which thoughts, words and acts of kindness, both inward and towards the wider world, can create real change.  **Author Bio** Anita Neilson is a writer, spiritual poet, blogger and acts of kindness devotee. A languages graduate and ex-teacher, she has lived and travelled throughout Europe. Anita has Fibromyalgia and M.E., and she aims to teach others that anyone can make a meaningful and positive contribution to the world by reconnecting with their inner compassion and love. Anita lives in the west of Scotland. Online: [Facebook](http://www.facebook.com/anitaneilson61), Author Website, [Blog](http://anitaneilson.com)  **Endorsements** *We can all make a difference, regardless of any 'limitations' we may have, whatever our circumstances. In my experience all 'big' things happen through lots of small things, and this book is a great reminder of the big difference that small everyday acts of kindness can make.* ***Karen Darke MBE, Paralympic Champion (Handcycling) in Rio 2016, author of If You Fall and Boundless***  **Promotional Plans** Author is a member of Fibromyalgia and M.E. associations and will promote her book through these large networks. Promotion across chronic illness and spiritual social media communities, as well as placement of adverts and articles in key chronic illness publications and newsletters. Promotion across John Hunt Publishing's large MBS imprint networks.  **USP** Written by a Fibromyalgia and M.E. sufferer, the book offers a fresh perspective on what kindness is, in a time when the international community is crying out for acceptance of others. Acts of Kindness from Your Armchair looks beyond health or social limitations, demonstrating how to enact positive change by focusing on the small things.  **Competing Books** Live, Love, Soul: A Soul's Guide to Happy 9781782792840, by Machel Shull Ayni Books, 2015  **Categories** SELF-HELP (General)(SEL032000) -> Spiritual(SEL032000) MEDICAL (General)(MED011000) -> Caregiving(MED011000) SELF-HELP (General)(SEL016000) -> Personal Growth (General)(SEL016000) -> Happiness(SEL016000) |  | **Publication Date** November 2017  **Paperback** ISBN: 978-1-78535-617-9 $13.95  |  £8.99 8.5x5.5 inches | 216x140 mm 136PP  **e-book** ISBN: 978-1-78535-618-6 $5.99  |  £3.99  **Library of Congress** 2016956056 |
| Distributed to the trade by National Book Network in US; by Orca Marston in UK Publisher contact: beccy@jhpbooks.net [ayni-books.com](http://ayni-books.com) |  |  |