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| John Hunt Publishing - **O-BOOKS** - announces the new title | | |
| **108 Steps To God**  Anne-Marie Newland  **A personal journey through life-dramas and how to manoeuvre them.**  Never one to take life at face value, through her new book 108 Steps to God, internationally acclaimed yoga teacher Anne-Marie Newland leads her readers through her everyday family and work life-challenges, showing set-backs in a positive light so that problems become teachings. Life is a Spiritual obstacle course, and this book offers coordinates by which to travel. Foreword by Swami Saradananda.  **Author Bio** Anne-Marie Newland has taught Yoga for over thirty years, having trained with Swami Vishnu Devananda, and is proudly of Anglo-Arab birth. In 2003 Anne-Marie founded Sun Power Yoga, a Yoga teacher training school which has since trained teachers around the world. An ex-ballet dancer, punk drummer, fashionista and single mother of four children, Anne-Marie has lived varied and exotic life. She is politically pro-active and has a large following as a motivational speaker. She lives in Leicestershire, UK.  Online: [Facebook](http://www.facebook.com/sunpoweryoga), [Author Website](http://www.sun-power-yoga.co.uk), [Twitter](http://www.twitter.com/#!/@sunpoweryoga)  **Endorsements** *Some books are like textbooks for life, filled with such nuggets of wisdom and invaluable advice that you highlight favourite sentences to refer back to for guidance, inspiration and hope. This is one of those books; an intensely personal account of Anne-Marie Newland’s experiences and the myriad lessons she has learned. Candid, witty and enlightening, Anne-Marie doesn't pretend to have all the answers to life's mysteries, but she is generous, insightful and sincere about the revelations she has gained through her magical yoga practice. This is a book everyone can benefit from. It speaks to me as a Buddhist, a working woman and as a mother. Some people have an ability to touch others profoundly with their writing because they're so scrupulously honest with themselves. Anne-Marie is blessed with this gift; she is a true Teacher.* ***Julie Peasgood, actress and TV presenter, author and Buddhist***  **Promotional Plans** Draw on author's worldwide reputation for spiritual and Yoga practice, making use of her strong online following. Promote book via author's website for her Yoga teacher training school, via author and JHP MBS social media platforms. Spiritual and Yoga/health and well-being festivals. Author motivational speaking engagements.  **USP** This book isn't about trying to be 'spiritual' but about an open dialogue with a human God, and how God is in all we do, good or bad.  **Competing Books** Not I, Not Other Than I 9781782797296, by Russel Williams & Steve Taylor O Books, 2015  **Categories** SELF-HELP (General)(SEL016000) -> Personal Growth (General)(SEL016000) -> Happiness(SEL016000) HEALTH & FITNESS (General)(HEA025000) -> Yoga(HEA025000) BODY, MIND & SPIRIT (General)(OCC019000) -> Inspiration & Personal Growth(OCC019000) |  | **Publication Date** February 2019  **Paperback** ISBN: 978-1-78535-666-7 $12.95  |  £7.99 8.5x5.5 inches | 216x140 mm 112PP  **e-book** ISBN: 978-1-78535-667-4 $5.99  |  £3.99  **Library of Congress** 2017932886 |
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