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| John Hunt Publishing - **O-BOOKS** - announces the new title | | |
| **SoulWorks** Living your soul story  Jane Bailey Bain  Your life has a thread. It shows when one incident led to another. But your life has a deeper pattern which links the people, places and events that matter to you. It shows how early experiences connect with later ones. It shows why incidents have significance. This deeper narrative is your soul story. It lets you see patterns in your life. It helps you work out who you are... and where you want to be. Soul Works draws on profound insights from psychology and anthropology, and combines a wide range of applied tools and techniques. Blending spiritual insight with practical work, this is a handbook for creating, and living, your own life.  **Author Bio** Jane Bailey Bain is an author, speaker and creative coach, who has studied Psychology and Anthropology. She trained as a consultant with IBM and worked for several years on development projects in Africa and Asia. During this time, she became interested in stories and how we use them in everyday life. Jane currently runs courses in Geneva and London.  Online: [Facebook](http://www.facebook.com/LifeWorks1), [Author Website](http://janebaileybain.wordpress.com), [Blog](http://janebaileybain.wordpress.com/), [Twitter](http://www.twitter.com/#!/@janebaileybain)  **Previous Titles** StoryWorks: A handbook for leaders, writers and speakers (9781782799863), O-Books, 2015. LifeWorks: Using myth and archetype to develop your story (9781780990385), O-Books, 2012.  **Endorsements** *What makes ‘SoulWorks’ such a useful book is that it deals in terms of themes that run through people's lives rather than simply the narratives. Jane has the gift for expressing complex truths simply, for making the abstruse accessible. This is a must read for anyone interested in self-development, the mind and the way we function as human beings…* ***Dr Shomit Mitter, M.Phil (Oxon), PhD (Cantab)***  **Promotional Plans** UK launches at the Kew bookshop, and at Waterstones/Waktins bookshops; US launches. Watkins talk will be filmed and uploaded to YouTube. Articles for MBS magazines to coincide with publication. Pitch for television interviews. Social media promotion including blog which documents the production of this third title in the series; O-Books MBS social platforms.  **USP** Unique approach draws on insights from psychology, anthropology and spirituality to help readers identify multidimensional patterns in their lives, and provide practical tools and techniques to create change.  **Competing Books** Soul Mates 9780062466860, by Thomas Moore Harper Perennial, 2016  **Categories** BODY, MIND & SPIRIT (General)(OCC019000) -> Inspiration & Personal Growth(OCC019000) SELF-HELP (General)(SEL027000) -> Personal Growth (General)(SEL027000) -> Success(SEL027000) SELF-HELP (General)(SEL016000) -> Personal Growth (General)(SEL016000) -> Happiness(SEL016000) |  | **Publication Date** April 2018  **Paperback** ISBN: 978-1-78535-713-8 $19.95  |  £12.99 8.5x5.5 inches | 216x140 mm 168PP  **e-book** ISBN: 978-1-78535-714-5 $5.99  |  £3.99  **Library of Congress** 2017936417 |
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