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| John Hunt Publishing - **O-BOOKS** - announces the new title | | |
| **You Are Not Your Thoughts** The Secret Magic of Mindfulness  Frances Trussell  We all wish to be more mindful, engaged, present – loving the life we are living, but is this possible and how? You Are Not Your Thoughts: The Secret Magic of Mindfulness makes the journey into a mindful way of being a profoundly simple one, both to understand and to access. It is a book for those who want to truly know the power of mindfulness to transform their experience of life.  **'...There are thousands of books out there to help us combat our inner self-destructive voice... if I could go back in time and read only one book on the subject, this is it.’** Joe Pasquale, Comedian and Actor  **Author Bio** Frances Trussell's passion lies in making the magic of mindfulness accessible to all. Having suffered from severe depression since her teens the former broadcast journalists’ life was transformed through mindfulness. She has helped many hundreds of people find a mindfully happy way of living. In January 2017 she featured as a mindfulness coach on ITV1 prime time show Sugar Free Farm. A pioneer of Mindfulness-based RT Therapy, Frances advises on mindfulness in schools, charities, public sector employers and private businesses. She lives in Surrey, UK.  Online: [Instagram](https://www.instagram.com/francestrussellmindfullyhappy/) [Facebook](https://www.facebook.com/mindfullyhappywithfrancestrussell/), [Author Website](http://www.francestrussell.com/), [YouTube](https://www.youtube.com/channel/UCXBg8GuSc9p5qn8oiS0MQ8g), [PodCast](http://mindfully.libsyn.com/), [Blog](https://mindfullyhappyblog.wordpress.com/), [Twitter](http://www.twitter.com/#!/@francestrussell),  **Endorsements** *This fantastic little book makes a big impact. A must read for those wanting to know what mindfulness is really all about and how to easily bring that into their lives. Every teenager needs a copy of this, probably most adults too. FIVE STARS* ***Olivia Buxton, Mail On Sunday Health***  **Promotional Plans** Utilise author's network of influential clients across the media, promoting the book through TV appearances and print media. Author will also promote the book via her work as a mindfulness adviser to schools and businesses. Speaking engagements, MBS/mindfulness events and conferences. Social media promotion including O-Books YouTube channel and blog.  **USP** A must-read for those new to mindfulness, and those wanting a refresher on the essence of the practice. Gain understanding, wisdom and practical tools, fast.  **Competing Books** Mindfulness Plain and Simple 9781409156765, by Oli Doyle  Orion, 2014  **Categories** BODY, MIND & SPIRIT (General)(OCC010000) -> Mindfulness & Meditation(OCC010000) SELF-HELP (General)(SEL021000) -> Motivational & Inspirational(SEL021000) SELF-HELP (General)(SEL019000) -> Meditations(SEL019000) |  | **Publication Date** November 2018  **Paperback** ISBN: 978-1-78535-816-6 $12.95  |  £7.99 8.5x5.5 inches | 216x140 mm 104PP  **e-book** ISBN: 978-1-78535-817-3 $5.99  |  £3.99  **Library of Congress** 2017951931 |
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