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| John Hunt Publishing - **O-BOOKS** - announces the new title | | |
| **Happiness: Make Your Soul Smile**  Katie Oman  If you sometimes feel as though the weight of the world is pressing down on you like a ten-tonne weight, or the constant stress, anxiety and fear has become too much to cope with and you've lost your sparkle, then Happiness: Make Your Soul Smile is set to lift you right back up. Imagine if you were in control of how you felt, and you were able to find your happiness no matter what was going on in your life? Well, the good news is you can! This book will put the power in your hands to find happiness every day, and smile all the way down to the tips of your soul. This book will help you see how happiness is not some pipe-dream that seems to be available to everyone else but you, but is actually yours for the taking! Through real-life accounts, practical exercises, and a huge dose of humour, Katie Oman shows you that you have the power to create your own happiness in every moment of every day.  **Author Bio** Katie Oman is a psychic, angel expert, teacher and author dedicated to helping others live truly happy lives. She writes for Soul & Spirit and Chat It's Fate magazines. Katie lives in Norwich, UK.  Online: [Facebook](https://www.facebook.com/katieoman1111), [Author Website](http://katieg81.wix.com/littlewhitefeathers%20)  **Endorsements** *This truly inspiring, thought-provoking and well-written book as an absolute must for everyone from self-help fans, to every day women and men of all ages who are seeking to feel more happy, fulfilled and hopeful. Guaranteed to have you gripped, and laughing out loud from the first page, it features fun, practical and extremely effective techniques you can easily incorporate into your daily life no matter how busy, tired or stressed you are. Katie's down to earth, touchingly honest and witty writing style makes you feel like you're listening to a really close friend. I'd highly recommend it to everyone, and can't wait to read more from her.* ***Golnaz Alibagi, author***  **Promotional Plans** Building on author's already wide network of media contacts including popular Soul & Spirit and Chat It’s Fate magazines, author will continue to publish articles and promote her new book. Author to continue featuring on author Theresa Cheung's Facebook page, posting inspirational videos to over 100,000 people, as well as author's personal Instagram. Author to continue giving workshops, and build her own website community, crossing with JHP's thriving MBS social platforms.  **USP** Happiness: Make Your Soul Smile is written by an every-woman who empathises with her readers' hardships, and offers real life advice based upon similar experiences, delivered with a sense of humour. A beginner's guide to true, lasting happiness.  **Competing Books** Happy: Why More or Less Everything’s Absolutely Fine 9780552172356, by Derren Brown Corgi, 2017  **Categories** SELF-HELP (General)(SEL016000) -> Personal Growth (General)(SEL016000) -> Happiness(SEL016000) BODY, MIND & SPIRIT (General)(OCC019000) -> Inspiration & Personal Growth(OCC019000) SELF-HELP (General)(SEL032000) -> Spiritual(SEL032000) |  | **Publication Date** May 2018  **Paperback** ISBN: 978-1-78535-770-1 $18.95  |  £11.99 8.5x5.5 inches | 216x140 mm 200PP  **e-book** ISBN: 978-1-78535-771-8 $9.95  |  £5.99  **Library of Congress** 2017944396 |
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