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| John Hunt Publishing - **O-BOOKS** - announces the new title | | |
| **Clock versus Compass**  Art of Positive Balance  Reena Raj  Clock versus Compass presents a unique list of easy to understand, bite-sized concepts, amalgamated from the fields of applied positive psychology, coaching and spirituality. Everyday concepts are presented with a view to explore positive balance and create peace and harmony in our lives.  It comparers and contrasts concepts such as:  Living life versus Loving life  Microscope versus Telescope  Limiting belief versus Power belief  Obsession versus Passion  To do list versus To be list  Having money versus Being wealthy  Frankness versus Honesty  Clock versus Compass  Waiting versus Patience  Tolerance versus Acceptance  Careless versus Carefree  Certainty versus Clarity  Growing old versus Growing Up  Excitement versus Happiness  Nil mind versus Still Mind  Self-centered versus Being centered  Love (noun) Versus Love (verb)  Stubborn versus Strong  Attachment versus Love  Worry versus Care  Sacrificing versus Giving  Changing others versus changing Self  Cave versus Retreat  It lists 250 such comparisons and contrasts.  This unique list engages the reader interactively by suggesting an activity or task per topic. These bite sized concepts are not only interesting to read but also lead to shifts in understanding.  **Author Bio** Reena Raj is a Positive Psychology practitioner (MSc MAPP), a qualified mindfulness coach, a Yoga instructor and an artist. She works with individuals and organisations to facilitate positive growth and help people reach their highest potential. Part of her work involves assisting charities in creating programs which enable genuine positive change. Reena lives is London, UK.  **Endorsements**  *'Find a quiet space, relax and enjoy the clever juxtapositions, insightful comparisons and piercing reflections that all come together in this collection of nuggets of perennial wisdom.'* **Mike George, author of Being Beyond Belief**  *A witty, accessible and charming book. If you are looking to savor your life, one bite at a time, this just may be the book for you!* ***Tal Ben-Sharar, author and Harvard University lecturer in Psychology***  *A nifty little book of bite-sized wisdom that you can pick up anytime, flip to any page, and come off wiser reading it. It's meant to be kept at hand, wherever you go. Read it for quickly upping your cleverness and wisdom in a fast-paced world.*  ***Dr Sandip Roy, Founder Happiness India Project. Science of Happiness speaker and Medical Doctor.***  **Promotional Plans** London launch, workshops, promotion via charities and organisations author works with. Promotion via Brahma Kumaris. Articles in MBS magazines and websites, and psychology magazines. Key endorsements. Talks at Yoga/wellness festivals and events. Social media promotion. O Books YouTube channel interview.  **USP** Bite-sized pieces of wisdom aimed at anyone interested in self and spiritual-development, Positive Psychology and mindfulness coaching, with suggested activities and exercises for cultivating balance in one's life.  **Competing Books** Who Rules in Your Life 9781846941177, by Miriam Subirana O Books, 2008  **Categories** SELF-HELP (General)(SEL016000) -> Personal Growth (General)(SEL016000) -> Happiness(SEL016000) BODY, MIND & SPIRIT (General)(OCC019000) -> Inspiration & Personal Growth(OCC019000) BODY, MIND & SPIRIT (General)(OCC010000) -> Mindfulness & Meditation(OCC010000) |  | **Publication Date** February 2019  **Paperback** ISBN: 978-1-78535-828-9 $23.95  |  £14.99 8.5x5.5 inches | 216x140 mm 312PP  **e-book** ISBN: 978-1-78535-829-6 $11.99  |  £7.99  **Library of Congress** 2017956153 |
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