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| John Hunt Publishing - **O-BOOKS** - announces the new title | | |
| **Mind-Spirit Detox** Reboot, reset and recharge with 40 beautiful practices to deepen your oneness with Spirit  Richard Charles Anderson  **You have detoxed your body, maybe now is the time to detox your mind.** Mind-Spirit Detox practices are the key to unlocking unhelpful habitual patterns of behaviour and thought. By spring-cleaning the mind and removing tired, used up energy, they dissolve resistance and doubt, and advance our understanding of who we are and our place on Earth. Our relationship with ourselves and our relationship with the Divine will receive a sublime and powerful ‘system re-boot’. Mind-Spirit Detox will open you up to the full grace, power, beauty and love that the Universe longs to give you in your life. This book is about connection, it is about mending and radically enhancing your relationship with others, with yourself and with Spirit. You will experience an incredible expansion of love, of prosperity, and of compassion in your daily walk. You will come to know your deepest purpose on this earth and that purpose will be firmly rooted in the divine flow of Spirit. This practical book might just change your life forever.  **Author Bio** Richard Anderson holds a Coaching Certificate from the Institute of Leadership and Management and he is a fully certified Awakening Coach. His background is in economics, accountancy and senior management in the public sector, having managed up to 2,000 staff with a budget of some £80 million. His foremost objective is to transform lives through coaching, meditation and energy healing. Richard lives in Seaton, Devon, UK. Online: [Facebook](https://www.facebook.com/awakeningcoachinguk/), [Author Website](https://www.awakeningcoaching.co.uk), [Blog](https://www.awakeningcoaching.co.uk/blog)  **Endorsements** *Richard Anderson is a fresh and distinct voice in the field of practical spirituality. Grounded in the Christian tradition with a sensitive appreciation of scripture, he combines this approach with a knowledge and experiential understanding of the unitive path with its emphasis on psychological subtlety, practical mysticism and universality…Using an honest, natural and conversational style of writing he invites us to reason and contemplate the theme, and then experience it directly through beautiful guided meditations and affirmations.* ***Rev. Paul John Roach MA***  **Promotional Plans** Promotion via author website, author blog and YouTube channel, as well as O-Books Presents YouTube. Live streams of Meditations. Podcast and written interviews for health and lifestyle magazines. Author readings in Glastonbury bookshops. BBC Radio Devon.  **USP** Practical, easy to follow principles with accompanying meditations on YouTube, for anyone who aspires to improve their work and personal lives by detoxing their mind.  **Competing Books** The Practicing Mind 9781608680900, by Thomas M Sterner New World Library, 2012  **Categories** BODY, MIND & SPIRIT (General)(OCC019000) -> Inspiration & Personal Growth(OCC019000) BODY, MIND & SPIRIT (General)(OCC010000) -> Mindfulness & Meditation(OCC010000) BUSINESS & ECONOMICS (General)(BUS071000) -> Leadership(BUS071000) |  | **Publication Date** April 2019  **Paperback** ISBN: 978-1-78904-044-9 $16.95  |  £10.99 8.5x5.5 inches | 216x140 mm 168PP  **e-book** ISBN: 978-1-78904-045-6 $7.99  |  £4.99  **Library of Congress** 2018932824 |
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