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BISAC 1: Self-Help - Journaling

Page Count: 200 Trim Size: 6 x 9 Carton Count: 24

Kristen Butler began her positivity journey in 2009 after hitting rock bottom. She has a background in social media and journalism since 1998. She is passionate about helping others



boost their mood, train their brain, and improve their life.

Residence: Asheville, NC Hometown: Pittsburgh, PA

Facebook: 41M+ Instagram: 10M+

www.powerofpositivity.com

Good vibes in 3 minutes or less! This self-help book and journal all-in-one helps you train your mind for greater positivity in just minutes a day.

A TIME EFFICIENT JOURNAL THAT FEELS LIKE AN APP: But better! because of the science-proven advantage of pen and paper. Discover how to harness the power of positivity, train your mind and change your life. Each entry is quick: only 3 minutes in the morning and 3 minutes in the evening to keep you on track with your mindset, health & goals.

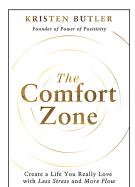
HIGHLY SUCCESSFUL SELF-PUBLISHED TRACK:

This self published all in-one-self help book & journal was first published on November 27, 2021 and has sold 60,000 copies online to date. Hay House have retained the ISBN and original on-sale date and metadata.

HUGE ONLINE COMMUNITY TO TAP: Kristen and her Power of Positivity brand reach more than 50 million people across platforms and around the globe.

ACCESSIBLE AND EASY TO USE: Each entry takes just three minutes to complete, and Kristen's guidance is clear and engaging.

TIMELESS TOPIC: We are always looking for ways to be more positive and live more happily!



Coming Soon!

The Comfort Zone

On Sale: 4/18/2023

Announced 1st Print: 20,000

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BISAC 1: Self-Help - Personal Growth

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