

Manifesting Journal

How to Attract All Good Things

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US \$14.99 CAN \$19.99
PB, 144pp, 210 x 148mm (5⁷/₈ x 8¹/₄ in)
US ISBN 9780744084504

Target Audience

- Gen Z and millennials who engage with #manifestation content on TikTok and Instagram
- Adults of all ages interested in self-development and spirituality

Achieve life goals and increase your happiness through the power of manifestation

Super-charge your manifesting power with this beautiful guided journal designed to help you achieve a life filled with abundance, purpose and happiness. Full of information and practical tips, it also provides space for you to structure your own practice to suit your needs. Different sections focus on key techniques with well-documented results, helping you to embrace positivity, use affirmations and increase your sense of self-worth.

Power Stats

- Manifestation is an enormous, growing trend across social media platforms (#manifestation has **17.2bn views** on TikTok and **7.3m posts** on Instagram)
- In the UK, Roxie Nafousi's *Manifest* book (PMJ) reached **no.4** in the UK Hardback Non-Fiction and **no.21 in the UK Top 50** charts
- On Amazon.com, between January and September 2022, "Manifestation journal" has an **SRP of 97.08**, making it consistently the **most popular search term associated with manifestation**

COVER TO BE REVEALED



Manifesting Journal

How to Attract
All Good Things

Esther McCann



Esther McCann

is a manifestation coach who works primarily with professionals in creative industries such as musicians, writers, interior designers and artists to help people make powerful changes working from the inside out. She has been featured in the **BBC**,

Women's Health, **Glamour**, **The Huffington Post** and many more. An award-winning therapist and business woman, she is also a member of the **International Alliance of Holistic Therapists**.

What is manifestation?

Manifestation is a technique that uses positive thinking and self-reflection to increase your sense of self-worth, gratitude, awareness and confidence. Through exercises such as goal-setting, positive affirmations, gratitude lists and mantras, readers can develop a clearer understanding of their wants, set intentions to achieve them, and let go of things outside of their control.