

# Stock Up on the New Science-Backed Emotional Wellness Journal

"...This book is a game changer and I highly recommend it for anyone looking to improve their mental wellness, strengthen connections with important others, and reach coveted goals."

—**Dr. Judy Ho, PhD, author of *Stop Self-Sabotage* and *The New Rules of Attachment***

"...This workbook can be a wonderful tool for so many, including parents working through some of the prompts with their teenage children, or even young adults to do on their own."

—**Rachel L. Goldman, PhD, clinical assistant professor at NYU School of Medicine and licensed psychologist**

"...an absolute gem of a book...."

—**Stacey Colino, co-author of *Emotional Inflammation***

## FOR ADULTS WHO WANT A BETTER UNDERSTANDING OF THEIR EMOTIONS

or who might be struggling with mental health challenges. More consumers are aware of the importance of emotional wellbeing, ranking it the most important element of their overall health (VICE Insights).

## JOURNALING IS AN ANTIDOTE

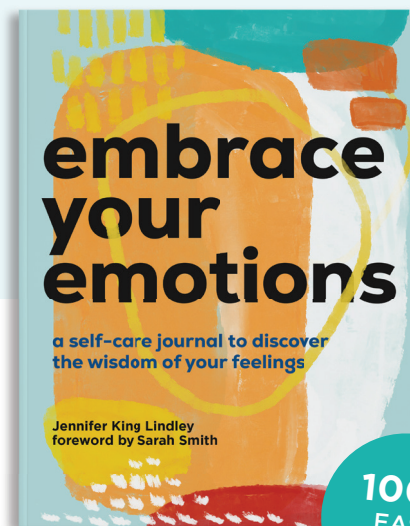
Research suggests that journaling benefits our physical and mental health—from boosting memory to decreasing depressive thoughts, improving sleep, and increasing creativity. Within the wellness category, consumers continue to rely on guided journals for self exploration and reflection.

## LEADING AUTHORITY

For more than 70 years, Prevention has been the dominant thought leader delivering science-based expert advice on health and wellness topics. Prevention reaches 12M readers on its print and digital platforms. The book will be featured in editorial coverage, ads, and email marketing.

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- Touts in relevant stories on Hearst websites
- Print and newsletter coverage
- Author events
- Ads in Hearst publications



100+  
EASY  
PROMPTS

### EMBRACE YOUR EMOTIONS

By Jennifer King Lindley  
Foreword by Sarah Smith  
Illustrated By Jessi Blackham

**ON SALE 4/23/2024**

Announced 1st Printing: 30,000

**TR: 9781958395745**

**\$19.99 USA / \$26.99 CAN**

**BISAC 1:** Self-Help - Journaling

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**BISAC 3:** Self-Help - Personal Growth - Happiness

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