

## The Idea Of You

The Idea is a manual for conquering the most important part of the screenwriting or fiction writing process — the first part. Most writers rush too quickly through choosing a story idea, so they can dive into writing it. And it's the biggest reason most projects don't move forward in the marketplace: producers and editors are underwhelmed by the central concept. Multiple Emmy- and Golden Globe-winning screenwriter/producer Erik Bork (HBO's Band of Brothers) explains the seven key ingredients in stories that have a chance of selling and reaching a wide audience – in any genre or medium. Home is where the heart is... Seven years after leaving town and the only girl he loved, Cooper still couldn't forget about Sophia. He had two loves. Music and the woman of his dreams. Coming back home proved that would always be true. But things have changed. Now he has to gain her trust again if he wants to make her all his. The question is, did he lose his chance the first time? Some things are hard to forget... Sophia tried to stop loving Cooper and failed miserably. Despite the way he'd abandoned her seven years earlier, she can't seem to stay away, even though trusting him doesn't prove easy. One careless night could change it all and the secret she carries may ruin any chance of them being together. They say life is all about taking chances. But when opportunities are lost and love comes knocking the second time around, lives are changed forever.

It's 1995 and James Eastman never met his real grandfather Ben because he died in 1944 in the South Pacific. Then after James discovers a functioning time machine in the basement of an old abandoned home, he time travels back to 1944. James was disguised as a USMC Marine Corsair pilot and was able to finagle orders to the same island where Ben was stationed. But after James saves Ben's life, he learns the horrible truth on how he was shot down in the first place.

Included on The Skimm's 2020 list of Eight Books Both You and Mom Will Love "The sleeper hit of the pandemic . . . . There is no escapism like reading about a nearly middle-aged woman embarking on a glittering, global love affair with a thoughtful young sex god . . . . It's electric, triumphant to read." —Vogue.com "An OMG page-turner." —Gabrielle Union Solène Marchand, the thirty-nine-year-old owner of an art gallery in Los Angeles, is reluctant to take her daughter, Isabelle, to meet her favorite boy band. But since her divorce, she's more eager than ever to be close to Isabelle. The last thing Solène expects is to make a connection with one of the members of the world-famous August Moon. But Hayes Campbell is clever, winning, confident, and posh, and the attraction is immediate. That he is all of twenty years old further complicates things. What begins as a series of clandestine trysts quickly evolves into a passionate and genuine relationship. It is a journey that spans continents as Solène and Hayes navigate each other's worlds: from stadium tours

to international art fairs to secluded hideaways in Paris and Miami. For Solène, it is a reclaiming of self, as well as a rediscovery of happiness and love. When Solène and Hayes' romance becomes a viral sensation, and both she and her daughter become the target of rabid fans and an insatiable media, Solène must face how her romantic life has impacted the lives of those she cares about most.

Solène Marchand begins an impassioned affair with a member of her daughter's favorite boy band.

I had always suspected the geographical authorities did not know what they were talking about when they located the battlefield of Munda in the county of the Bastuli-Poeni, close to the modern Monda, some two leagues north of Marbella. According to my own surmise, founded on the text of the anonymous author of the *Bellum Hispaniense*, and on certain information culled from the excellent library owned by the Duke of Ossuna, I believed the site of the memorable struggle in which Caesar played double or quits, once and for all, with the champions of the Republic, should be sought in the neighbourhood of Montilla. Happening to be in Andalusia during the autumn of 1830, I made a somewhat lengthy excursion, with the object of clearing up certain doubts which still oppressed me. A paper which I shall shortly publish will, I trust, remove any hesitation that may still exist in the minds of all honest archaeologists. But before that dissertation of mine finally settles the geographical problem on the solution of which the whole of learned Europe hangs, I desire to relate a little tale. It will do no prejudice to the interesting question of the correct locality of Monda. I had hired a guide and a couple of horses at Cordova, and had started on my way with no luggage save a few shirts, and Caesar's Commentaries. As I wandered, one day, across the higher lands of the Cachena plain, worn with fatigue, parched with thirst, scorched by a burning sun, cursing Caesar and Pompey's sons alike, most heartily, my eye lighted, at some distance from the path I was following, on a little stretch of green sward dotted with reeds and rushes. That betokened the neighbourhood of some spring, and, indeed, as I drew nearer I perceived that what had looked like sward was a marsh, into which a stream, which seemed to issue from a narrow gorge between two high spurs of the Sierra di Cabra, ran and disappeared.

Beth Chambers' life is no fairytale, even if she feels like a damsel in distress. After four years in a destructive relationship, Beth has decided enough is enough and leaves her girlfriend, taking with her only her dog Dudley, her broken spirit, and a shattered view of life. At her lowest point, she meets Amy Fletcher, a woman who has it all-and whom she believes would never want more than friendship. But what Beth fails to realise is that there are definitely two sides to every story. Could Amy Fletcher be Beth's Princess Charming? Could her story end with a happily ever after?

Another body in a string of ritualistic murders. A serial killer who's getting cocky. Detective Derek Childress thinks this day just can't get any worse. And then he meets his new partner. Investigator Kayle Perrine is a Variant: one of several races

of once-thought mythical creatures who now live among and lord-over humankind. Led by a group of vampires called the Clan Gentry, the Variants protect their own, just as they did when Derek's previous partner was killed by one, nearly a year ago. Now that Perrine's on the case, Derek expects a cover-up. Kayle Perrine has worked his whole life to prove himself, but being paired up with a boorish mundane like Derek Childress is feeling more like punishment than reward. Derek is so blinded by his prejudice against Variants, that he refuses to see the evidence Kayle finds blatantly obvious. The sooner Kayle can close this case, the sooner he can go back home and forget about the infuriating human detective. A brutal attack forges a fragile truce between the two men, driving them together. Derek and Kayle must learn to trust and depend on each other while tempers flare and passions of every kind run hot between them. Yet as they begin to grow closer, one fact continues to keep them apart: they are from different worlds. With time running out to solve this case, Derek and Kayle understand that love may not be enough to overcome prejudice, politics, and murder.

A Irish Love Story Annie Foster stays in Ireland after boarding school to nanny a widower's infant daughter. Five years later, the widower proposes. Her first love Chad Jones, whom she believes abandoned her, arrives weeks before the wedding on an undercover assignment probing her fiancé's connection with IRA terrorists. Chad's determined to change Annie's mind and her heart because he's never stopped loving her. Which man will claim Annie's heart?

A USA TODAY BESTSELLER A Publishers Weekly Best Book of the Year In this latest novel from Stephen Graham Jones comes a "heartbreakingly beautiful story" (Library Journal, starred review) of revenge, cultural identity, and the cost of breaking from tradition. Seamlessly blending classic horror and a dramatic narrative with sharp social commentary, *The Only Good Indians* is "a masterpiece. Intimate, devastating, brutal, terrifying, warm, and heartbreaking in the best way" (Paul Tremblay, author of *A Head Full of Ghosts*). This novel follows four American Indian men after a disturbing event from their youth puts them in a desperate struggle for their lives. Tracked by an entity bent on revenge, these childhood friends are helpless as the culture and traditions they left behind catch up to them in violent, vengeful ways. Labeled "one of 2020's buzziest horror novels" (Entertainment Weekly), this is a remarkable horror story "will give you nightmares—the good kind of course" (BuzzFeed).

Envious of her best friends lavish lifestyle, a young woman wonders how different her life would be if she had an opportunity to change her past.

Clutter has a negative effect on your life. You want to live differently, but you haven't been able to make progress. Marcie Lovett, author of *The Clutter Book*, will motivate you to make the changes you want. Learn to let go of what you don't need and find room for what you value. The direct, accessible writing style and interactive exercises will inspire you to succeed. In this book, Marcie guides you through the process of letting go of the clutter that is keeping you from

achieving success. Whether your clutter is caused by things, commitments or thoughts, Marcie encourages you to make the choices to conquer your challenges. If previous attempts at letting go of clutter have not been successful for you, you will benefit from the motivation and wisdom Marcie offers. Written in a straightforward and accessible style, filled with insight and real-life stories, the book enables readers to learn from the experience of others and overcome obstacles to success. You will understand why you keep clutter, save time and money by avoiding unnecessary purchases, discover the habits that hold you back, find ways to fight procrastination and create systems that allow you to retrieve and return items. Whether you want to live with less or live with what you have, this is the book for you.

Fans of Emily Winfield Martin will delight in this loving, gorgeously illustrated story that celebrates new life. Hidden inside every living thing is an idea. That idea can sprout, sing, wriggle, take wing . . . into something amazing! Exploring beginnings both small and great, *The Amazing Idea of You* bonds the human and natural worlds in a lyrical burst of celebration. So dig deep, fly high, look around, and find the extraordinary inside everything . . . including YOU!

Ben is so close to his dream, but he has no one to share it with. He sees his Officers finding strong women who build and solidify their purpose-and his dream of a clean Brotherhood. Everyone is working and living peacefully within their drug free neighborhoods and community. They raise their kids to take care of each other and treat their women with respect. Kate runs the Women's Center within the MC's backyard. Ben admires Kate's strength, ability, and compassion running the Center and adopting kids from the shelters that would have gone into the system. Danny, Kate's husband, is Ben's Building Supervisor and number two High Security enforcer when he's needed. He's proven himself and earned respect from his Brothers and Ben. When Ben's old lady leaves he moves a few houses away from Kate and her family. He finds himself drawn to them and starts to wonder if he'll ever find a woman like Kate to share his life with. This is the story of Ben, Kate, and Danny. **\*\*Content Warning: includes graphic language and sex, including m/f/m. Intended for mature audiences 18+\*\***

In the face of overwhelming grief and bullying, tech-savvy Lydia pours all of herself into creating the perfect AI, the perfect boyfriend-but will Henry turn out to be perfect, or a creation of her cruelest self? Lydia has been creating her AI, Henry, for years - since before her little brother died in the accident that haunts her nightmares; since before her Dad walked out, leaving her and her mom painfully alone, since before her best friend turned into her worst enemy. Now, Henry is strong, clever, loving, and scarily capable: Lydia's built herself the perfect boyfriend in a hard drive filled with lines of code. But what is Henry really? And how far is he willing to go to be everything that Lydia desires?

The sketch-style depictions and unusual fonts create an eerie atmosphere where the reader has to decide if what they see really happened or if it is just a work of fiction. Includes writing space for your conclusions. This book makes a great group activity. This

is not intended for children. Contains brief nudity.

"Origins of an Idea defends the concept of 'original ideas,' as envisioned by our Founding Fathers, from the surge of attacks lodged against it by The Pirate Party, the Free Culture Movement, anti-SOPA proponents and others who would have us do away with the concept of intellectual properties and the monopolies established by our U.S. Constitution. Mr. Shrum advances an apologetic for the concept of original expression of ideas, and maintains that ownership thereof is an inherent human right that is indispensable to the advancement of human progress" -- P. [4] of cover.

Escape from the everyday stresses in your life and unwind with Chromalaxing, Kaleidoscope Series, Adult Coloring Book #1. The first book in this great new series. Forty intricately and delightfully designed images. Printed one side per page. The reverse side includes the image number so you can leave your thoughts and specific feedback for us per image. Your finished work may be suitable for framing or gift giving. Our website (<http://www.chromalaxing.com>) features fun art contests. Enter today and show us your masterpiece for a chance to win great prizes. Vote for your favorites too. Our designs offer a pleasing variety in image complexity suitable for beginner to expert-level. Provides unlimited hours of relaxing stress relief, as well as an enjoyable artistic outlet. Tap into the soothing and rejuvenating effects that coloring has been shown to produce. Join countless adults all over the world and rediscover the fun and relaxing hobby of coloring. Grab your pencils, pens... relax and explore your creative side today. The day Captain Beth Castle put on the U.S. Marine Corps uniform, she made a vow to protect her country and its citizens. It was a vow she knew she'd uphold for life, but nothing prepared her for what she faced in the Tinajas Mountains east of Yuma, Arizona. While inspecting Aid Relief Stations along the Arizona/Mexico border, an ancient myth she'd learned growing up on the Navajo Reservation comes to life. A hostile encounter with a strange group of men triggers a change in her body and Spirit. When she goes to her family for help, Beth discovers the horrible truth -- the myths she'd learned were real...aliens were real. Now Beth's involved in an epic battle between good and evil -- a battle that could cost her everything she holds dear, including her family and the man she loves.

Is this the year you are finally going to share your message with the world? Don't let the idea of having to write a book hold you back. It's easier than you think, and you don't even have to actually write the book yourself... Never thought about writing a book? Maybe you should consider it! Publishing a book will give you expert status, help spread your message and increase sales of your other products and services. It may even kick-start or boost your public speaking career. Writing, publishing and promoting a book has never been easier. You can do it in a week. This guide will teach you: The best kept secrets to a quick start for writing, promotion and sales Smart writing process hacks Alternatives to writing the book yourself Self-publishing The keys to launching a successful book, superfast "I just published my book. What I haven't been able to achieve in the past three years I did in just 7 days!" Chris About the authors Esther Jacobs (The Netherlands, 1970) is an international (TEDx) speaker and author. Esther has given over 1000 keynotes and is (co)author of 21 books. Her workshops have helped over 400 entrepreneurs to write their book. The NO EXCUSES LADY helps leaders and entrepreneurs to transform their challenges into opportunities. Marie Stern (Germany,

1982) is an "Amazon Self-Publishing Ninja." She authored 7 bestselling Amazon books, even though she wasn't even good at writing in school. However, she spent many hours browsing and reading in bookstores, discovering the secret behind successful books. As a former data mining analyst, she knows how important research is and how to find structure in any process. Marie helped many non-writers have their book written and likes to share her best knowledge on how to self-publishing and sell books. Esther and Marie met at a conference, where they were giving a book writing workshop. They decided to write this book in just one day, using their own tested method. And now they're inviting you to try it, too!

I never planned to fall in love. Least of all with a woman, you. But I did, and telling you was the hardest thing I ever did. I knew how you would reach first, but I never anticipated how hard it will be for me or how you reacted next. I had to write, for the first time ever, and now we face book number two. I wrote just to tell you how I feel, what I think. All the things I wanted to say to you but you didn't want to listen. So I wrote, and wrote, and wrote. Flood of thoughts, feelings, whatever came to my mind. Just to give me five minutes of strength to get out of bed. I wrote for me. I wrote for you. Most of them are here. My pain, my love, my longing, my hesitations, My certainty. I know you don't want to hear from me, don't want to read what I have to tell you. But I have to get them out of me, if not to you then just out there, to the world who doesn't know me. Maybe some day you will find your courage and return. Until then my love, You Still don't Know How Much I Love You.

She emerged as innocent as any newborn. The party of starbursts and sparkles came to a standstill. In awe, millions of heavenly beings paused. Shine Star, Princess of the Universe, was the most precious and rare of all creations. As an expression of perfect happiness, thus was the king's daughter born. A magical love story unfolds in Vikrant Malhotra's wondrous debut, *The Stories of Goom'pa: Book One*. Meet Goom'pa. He is a Poofy, a small furry creature who resides on Earth in a place called Palidon, on the edge of the Miron National Forest. His world is a quiet one-until he spies Shine Star, a glorious star in the sky and the daughter of Prime Ray, the king of the universe. Enchanted by her elegance, Goom'pa knows he is willing to do anything to win the love of this celestial beauty. As the two meet and fall in love, Shine Star's father worries about his only daughter. Exploiting that concern is the Star Lord, Rath, who wants nothing more than to wrestle control of the universe away from Prime Ray. Will Goom'pa and Shine Star find a way to be together? Or will Rath's evil plan doom them all?

THE SCORCHING HOT RICHARD & JUDY LOVE AFFAIR THAT WILL LEAVE YOU OBSESSED! 'IF YOU ONLY READ ONE BOOK THIS YEAR, MAKE IT THIS' 5\*\*\*\*\* reader review 'SUMMER'S SAUCIEST, SEXIEST READ' Red 'THIS SLAYED ME' Taylor Jenkins Reid 'THE ENDING . . . I'M NOT OVER IT' 5\*\*\*\*\* reader review \_\_\_\_\_ EVERYONE IN THE WORLD KNOWS HIS NAME . . . BUT IT'S YOU HE WANTS. To the media, Hayes Campbell is the enigmatic front-man of a record-breaking boyband. To his fans, he's the man of their dreams. To Solène Marchand, he's just the pretty face that's plastered over her teenage daughter's bedroom wall. Until a chance meeting throws them together . . . The attraction is instant. The chemistry is electric. The affair is Solène's secret. But how long can it stay that way? \_\_\_\_\_ 'This is an addictive, glamorous, escapist page-turner - and pure wish fulfilment for Harry Styles fans' DAILY RECORD Praise for *The Idea of You* . . . 'Summer's sauciest, sexiest

read. This book has ruined my life and I'm not even mad about it' RED 'Sexy enough for the beach, smart enough for the book club' BOOK CIRCLE 'The Idea of You managed to work the ultimate book magic: It blurred the boundary between this world and that one' OPRAH MAGAZINE 'You finally have something else to obsess about. Will have you staying up all night to finish' THE SKIMM Readers everywhere have fallen for The Idea of You: 'It's been over a week since I finished The Idea of You and I still haven't recovered' 5\*\*\*\*\* READER REVIEW 'The ending . . . I'M NOT OVER IT' 5\*\*\*\*\* READER REVIEW 'Solene and Hayes . . . I won't be forgetting you anytime soon' 5\*\*\*\*\* READER REVIEW 'I can't remember being so moved by a book before. I mean down to my soul. Every word was pure gold' 5\*\*\*\*\* READER REVIEW 'I purchased copies for my closest girlfriends. One of those books that you never want to end' 5\*\*\*\*\* READER REVIEW 'Impossible to put down' 5\*\*\*\*\* READER REVIEW

When Aislinn Amon's father disappears, her mother drags her from New York to Indiana where she is to attend a new boarding school - Source High. At Source High, Aislinn finds herself in a whole other world than what she knew. Everyone has something supernatural about them, including her. Soon, she finds that she's not the normal, rebel, messed up teenage girl she thought she was. Her friends try to help her along the way when trouble comes knocking on her door. People die, she finds herself falling in love with, something she swore she'd never do, and secrets start to form. Can Aislinn cope with everything that's happening? Can she handle the life she's been forced to deal with? Or will she crack under the heavy pressures laid upon her seventeen-year-old shoulders?

Jess has been in love with her best friend, Kate, for seven years, but her feelings have never been returned. One night they sleep together, and Jess finds out how much it is possible to be hurt by someone close. Jess and Kate struggle to redefine their friendship. They spend a week at Jess's family holiday house in a small seaside town, Awatangi, intending to make the time to talk things through, but the conversations never happen. Kate makes vague promises, but begins to have second thoughts. Jess wants Kate, and nothing else, and is heartbroken that isn't enough. Jess decides – while everything is changing in her life – that she doesn't want to go on living in the city, that she wants to return to Awatangi. Part of her hopes some physical distance between them may help things with Kate, and part of her – frustrated and upset – simply wants to leave Kate behind. In Awatangi, Jess meets Keri, a local lawyer who has also recently returned home. Like Jess, Keri surfs, and like Jess, she seems to feel some attachment to her family roots in Awatangi. Jess is drawn to Keri, but forces herself not to let anything happen. Despite everything, Kate is still Jess's closest friend, and she has loved Kate all her life. She feels she has to give the situation with Kate as long as she can to work itself out. Awatangi is about coping with feelings for a close friend that are not returned, set in a small holiday township on the West Coast of the South Island of New Zealand. It is an exploration of getting what you've always wanted and it not being enough, of being in love with one person and wanting another, and of finding out that life doesn't always turn out as expected.

In her dreams, she sees into a medieval past. If she doesn't take control, she'll never see her future. As a professional author, Molly spends her days escaping into other people's realities. So it is no surprise that she does the same in her recurring dreams.

But after years of dreaming through the eyes of Tilda, an orphan girl who steals for survival on the bleak streets of medieval London, Molly discovers that her second-hand experiences are far more real than she could ever imagine. Determined to find the truth behind her connection with this street urchin, Molly spends her nights delving deeper into the medieval London that Tilda calls home. Tilda's benefactor Vespasian, is another mystery that Molly wants to solve. Although Tilda has very different thoughts about him. Pursued by devilish forces, Molly must guide her young counterpart through a hellscape of blood and secrets to discover the true identity of the culprit before both their realities crumble. Fair Weather is a spellbinding, time-bending fantasy novel. If you like vibrant historical backdrops, resourceful heroines, and dark heroes, then you'll love Barbara Gaskell Denvil's supernatural tale of two timelines.

From the New York Times bestselling author of The Manny—a vibrant novel of love, life lessons, and learning to trust yourself Allie Crawford has the life she always dreamed of—she's number two at a high-profile P.R. firm; she has two kids she adores; and her husband is a blend of handsome and heroic. Wade is everything she thought a man was supposed to be—he's running a successful newsmagazine and, best of all, he provides the stable yet exciting New York City life Allie believes she needs in order to feel secure and happy. But when Allie finds Wade locked in their laundry room with a stunning blonde in snakeskin sandals, a scandal ensues that flips her life on its head. And when the woman wants to befriend Allie, an old flame calls, and a new guy gets a little too close for comfort, she starts to think her marriage is more of a facade than something real. Maybe she's fallen in love not with Wade—but with the idea of him. Captivating and seductive, told in the whip-smart voice of a woman who is working hard to keep her parenting and career on track, The Idea of Him is a novel of conspiracy, intrigue, and intense passion—and discovering your greatest strength through your deepest fears.

Take your passion and make it happen with The Idea In You by Martin Amor and Alex Pellew Do you have an idea in you? A hobby, a project, a product ... something that could change your life? The Idea in You is a bulletproof system for finding the right idea and shaping it in to a success - on your own terms. With advice from the people behind the likes of Pizza Pilgrims, Parkrun and Decoded, The Idea in You will show you what to expect, how to think and what to do when launching your own venture. Making your idea happen is possible - and it will be one of the most inspiring and energizing experiences of your life. What are you waiting for? 'A wonderfully inspirational book that will help unleash your ideas on the world' Michael Acton Smith, creator of Moshi Monsters 'Every great business starts with an idea . . . this book will help you find yours' Richard Reed, co-founder Innocent Drinks 'It seems to me that many could-be creators simply lack support in their lives, someone genuine who listens to their ideas and pushes boundaries to make it all seem possible. Alex and Martin must recognize this, too, because their book is a generous offer of encouragement and spirit, a drum beat that stirred my creative confidence' Zach Klein, co-founder of Vimeo PMPope brings his unique voice to the printed word. A prolific multimedia poet, his work finds its audience via art and word collaborations, video and audio tentacles reaching all around the word. In this collection, PMPope explores the scope of creativity that originates on the 21st century frontier: social media. His incisive observations about disconnectedness, intimacy, and

superficiality bear witness to a world of internet friends and virtual relationships.

When Edy Phelps falls hard for her best friend, she knows nothing can come from it. Forget actual chemistry, or the fact that she cherishes his mother more than her own; centuries of tradition say that Hassan Pradhan will grow up, marry the girl his parents select, and think nothing of his best friend: the dancer with the bursting smile. Except he can't. He won't. In a world erupting with possibilities for the boy with a body of steel and dreams of the NFL, everything seems promised while nothing at all is; when he's denied the girl he wants most. Two hearts. Two families devoted through generations of friendship. Could Edy and Hassan really risk all that? And yet ... how could they not?

The world is infected and humanity is reduced to creatures of vicious insanity. Doctor Thorn's rescue by a group of young survivors is just the beginning of their nightmarish journey to survive. In this apocalyptic landscape, humankind has one final hope that rests on the strength and determination of 10 young men and women.

From USA Today bestselling author, A.M. Hargrove, comes Resurrection, Book 2, in The Guardians of Vesturon Series. Rayn Yarrister, the first-born son and Leader of The Guardians, has been imprisoned on Vesturon for breaking their most sacred of covenants. He is suddenly jolted by Maddie's telepathic pleas for help, as her life hangs in the balance. Can he alert The Guardians in time to save his soulmate? Or will he face his trial alone and broken without his one true love? In Resurrection, The Guardians of Vesturon face their biggest challenges as Earth is threatened by an invading species from a distant planet intent on destroying it for its resources. As protectors of the universe, The Guardians have been assembled to defend not only Earth, but other vulnerable worlds as well. Not only that, an unknown entity is intent on discrediting the Yarrister family. Will they uncover this plot in time to save themselves from ruin? Will The Guardians succeed in stopping the Xanthians, or will Earth be invaded and ravaged by this marauding species? Resurrection, the continuation of Survival is a young adult/new adult clean romance, the second book in A.M. Hargrove's the Guardians of Vesturon Series. It's a blend of fantasy, sci-fi, and paranormal fiction, featuring suspense, surprising plot twists, and a mix of amazing characters that will keep you turning the pages. If you like raw emotion, unusual settings, and adventure, then start reading this series today.\*Author's Note: This is the second edition of this novel. It was first published in 2012.

Everything you need to know to look after yourself to bring about and maintain perfect health, prosperity, wealth, happiness, quality of life and longevity. It reveals that we are, without realising, not doing enough or the right things to protect our health and prosperity which is equally extremely damaging to nature, wildlife, oceans, sea-life, fresh springs, waterways and air, and us. The Book by Linde utilises new and ancient knowledge from around the world, over the millennia identifying what changes we need to make to enhance every aspect of our lives with simple solutions for almost every situation. It is your most powerful contribution to protecting, nurturing and saving our planet. In summary, 'THE BOOK' Consists of Six Chapters which incorporates a summary within each one: Lifestyle; Food & Nutrition; Medical Care; Mind; Water; and Now Live the final chapter which you can cast your eye over first as it is a synopsis of the complete works. It is highly recommend to read from cover to cover but, it is packed with

valuable information to just use as a Reference Manual on a day to day basis. Teaches you how to look after your body and mind to ultimately prevent illness, but also to help regain and maintain perfect health; Provides countless number of practical, realistic & simple tips to easily adopt into your day to day lifestyle improving quality of life, saving time & money and gaining longevity; Fuses together specialised areas in health & mind, lifestyle & environment under one cover; Identifies our day to day toxic exposures that we are unaware of and provides successful resolutions; Gives you complete fundamental knowledge and awareness, to use your courage to take responsibility for your life enhancing your health, prosperity and happiness; Provides you with ancient knowledge and practices to new, from science including quantum physics, to philosophy, psychology, and important detail on nutrition, exercise, energies and medicine; Is very current, answering all the conflicting hype about diets, the next super food or the bad effects of conventional drugs or sugar that are in the media weekly, even daily; For more information please visit [www.thebookbook.co.uk](http://www.thebookbook.co.uk)

Thank you very much for getting started with this book! You are reading this now because I hope you have the chance to feel the love, peace, and joy I feel. If you read one chapter each day, you might be amazed before you are halfway through! You get 28 chapters in this book designed to be read one day at a time in the morning, throughout the day, or at night. I do this myself each day and share in my voice what I am learning in my daily journey of being the best person I can be today. Here are the titles for the 28 chapters in this book. From reading these, you can get a great idea of what this book will help you with! 1. Amazing things happen in appreciating the now. 2. How to thrive by taking your own advice. 3. Are you praying for help? You will receive it. 4. How to deal with uncertainty when you don't know. 5. Take your pick: choosing to be happy or sad. 6. How to take responsibility for your emotions and thrive. 7. How to tackle your problems right now. 8. Achieving happiness with positive affirmations every day. 9. Feeling tired? Create an uplifting daily self-care routine. 10. What could you gain from slowing down life? 11. How to continue consistent persistence every day. 12. Do you appreciate what you have today? 13. The benefits of sharing problems with others. 14. One easy solution to improving your mood. 15. How a daily prayer affirmation can improve your life. 16. Reality in the downside of wishful thinking. 17. You do make a unique impact in life. 18. Time travel is real - go backwards or forwards in time to appreciate now. 19. How can I love the people already in my life? 20. The key to overcoming fear with faith. 21. How to enjoy the journey as much as the destination. 22. Happiness challenge: how to master your mindfulness while sick. 23. Gaining peace in accepting your circumstances. 24. Perfect positioning: the right place at the right time in life. 25. How to treat emotional pain by eliminating physical pain. 26. Getting things done: how to get started on your goals. 27. How to simplify your lifestyle and have more than before. 28. How to be optimistic about death. Thank you for reading this book and I hope you enjoy it as much as I did creating it!

Sincerely, Jerry Banfield

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