Happier Every Day
Simple ways to bring more peace, contentment and joy into your life
by Paula Munier

Happiness. Contentment. Peace of mind. These are the qualities of life that people long for today, even as they seem harder than ever to attain.

In Happier Every Day, author and yoga instructor Paula Munier details a simple yet comprehensive approach to cultivating happiness, including the most recent data and discoveries, all distilled into layman’s terms. Readers will also find 100 practical, easy-to-implement exercises and activities that cover both the well-known (hygge, feng shui, law of attraction, yoga, decluttering, etc.) and more obscure techniques (forest bathing) for achieving happiness.

A joyful, lovely book, Happier Every Day can be picked up as needed to help calm one's heart, or read from front to back as one would a daily devotional. It provides a sound beginning to each day, helping readers to put themselves in a state of mind where they’ll be open to happiness.

Author Bio

Paula Munier is the author of the bestselling Plot Perfect, The Writer’s Guide to Beginnings, Writing with Quiet Hands, and Fixing Freddie: A True Story of a Boy, a Mom, and a Very, Very Bad Beagle. She was inspired to write A Borrowing of Bones by the hero working dogs she met through MissionK9Rescue, her own Newfoundland retriever mix rescue Bear, and a lifelong passion for crime fiction. She lives in Massachusetts with her family, Bear, Freddie, and a torbie tabby named Ursula.
Find Your Wine
A fun and easy guide to selecting the right wine, every time
by Kaytie Norman and Nick Johnson

For many, wine can be an overly complex, intimidating and - dare we say it - mysterious topic. And while it's true that there are things about wine that can be overwhelming for beginners, Find Your Wine skips such topics in favor of a simple flavor-related focus that puts the reader's personal preferences at the forefront, enabling them to buy and talk about wine, discover what they like, and much more, without depending on an understanding of Old World vs. New World, the merits of one region over another, and other dense criteria.

The book might suggest, for example, Do you like Merlot? Great. You'll love Bordeaux." But then it will go on to explain why that is. By organizing the book by flavor profile (i.e. Bold, Crisp, Smooth, Buttery, Fruity, Bright, Sweet, Jammy, etc.), readers will establish a point of reference that informs every decision they make about what wine to drink when.

They'll learn how to describe what they're looking for and the kinds of wines they like at a wine shop or to a server. Or if they're on their own, they'll know how to pick something for a dinner or date that's certain to be a crowd pleaser. They'll also learn how to explore new wines with confidence, by first working off of the flavors they know they like.

Author Bio

Nick Johnson is a veteran of the New York wine and spirits industry. He learned the business from the ground up, with stints at Frederick Wildman & Sons Ltd. and Sherry-Lehmann, Manhattan's famed wine shop, where he advises clients to help them find the perfect wine, every time.

Kaytie Norman is a writer and editor. She has ghost-written more than a dozen non-fiction books, as well as numerous special interest publications.