Happier Every Day

Simple ways to bring more peace, contentment and joy into your life

Paula Munier

In Happier Every Day, author and yoga instructor Paula Munier helps readers cultivate happiness, with 100 easy exercises that transform the science of happiness into action.

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.

Paula Munier is a practicing yoga instructor, creativity coach, and literary agent. A popular writing instructor and speaker, she has authored or co-authored more than a dozen books. As an Editorial Director, she has overseen such titles as 365 Ways to Live the Law of Attraction, 365 Ways to Live Happy, The Everything Law of Attraction, and Train Your Brain to Get Happy. Her first hardcover mystery, A Borrowing of Bones, will be published by Minotaur Books in Fall 2018.
Find Your Wine

A fun and easy guide to selecting the right wine, every time

Kaytie Norman, Nick Johnson

This hip and eye-catching "populist" guide to wine teaches readers how to select, describe, pair, buy and discuss wine with ease and confidence using simple flavor profiles.

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.

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.
My Little Pony Baking Book

Christi Johnstone

A beautiful and colorful hardcover book filled with simple, kid-friendly recipes for tasty treats—perfect for everyone who loves My Little Pony!

Perfect for kids aged 6-10, this eye-popping book will transport young readers into the world of My Little Pony, specifically, the Sugar Cube Corner Bakery where fan-favorite pony Pinkie Pie works for Mr. and Mrs. Cake, the two pony bakers who create all of the tastiest treats in town.

Pinkie Pie will give readers a tour of the bakery, during which readers will learn all about baking. She’ll also share why baking is great, how it makes people happy, feeds them, expresses love, and more. She’ll then share 50 of her favorite, easy-to-make recipes, each of which appears in full, vibrant color with commentary and advice provided by the most popular My Little Pony characters.

Recipe sections include:
- Cakes and cupcakes
- Pies
- Cookies and bars
- Breads
- Breakfast treats
- Pizzas
- Other savory surprises!

Christi Johnstone is a baker, writer, cookbook author, food photographer, recipe developer, marketer, brand ambassador and lover of sprinkles. She is also the creator of Love from the Oven (lovefromtheoven.com), a wildly popular website where she shares recipes, ideas, and eye-popping photos of food. She is the mother to two girls and a lifelong resident of Phoenix, Arizona.
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