



Great Australian Stories

“In my mid-30s, my life was out of kilter and I realised it was because I was still making decisions based on pleasing other people rather than what I really wanted. I went digging for the real me, took a leap of faith and started my own business. It turned out that what makes me truly happy is helping others find what makes them truly happy. Hence this book.”

—Kate James



Believe in Yourself & Do What You Love

50 ways to be your best

By Kate James

KEY SALES POINTS

- On-trend gift for anyone looking to make positive changes in their life.
- Taps into the booming demand for life coaching.
- The accumulated teachings of Kate James in one nifty, delightful little package.

DESCRIPTION

Believe in Yourself & Do What You Love is the accumulated wisdom of life coach Kate James, distilled into 50 bite-sized tips on how to live a more fulfilling and fantastic life.

A little book with a huge heart, it's full of insights and exercises that will help you discover more about yourself and what will make you happy. It will boost your self-belief, get you motivated and help connect you with a more creative and inspired version of yourself.

Read it from cover to cover or dip in and out whenever you need a lift – if **Believe in Yourself & Do What You Love** does not improve your life in some way, you can have your money back.

AUTHOR DETAILS

Kate James is a hugely successful coach, meditation teacher, speaker and writer. Her business is called Total Balance and helps people align their values, desires and innate strengths to lead the most stimulating and satisfying lives possible.



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Illustrations	Colour illustrations
Category	Gift/Self-Help
Imprint	Affirm Press

FOR MORE INFORMATION VISIT:

www.affirmpress.com.au



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Comparative Titles

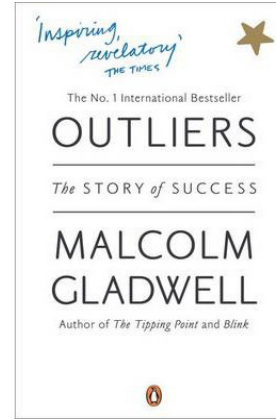


Martin Hughes, Publishing Director at Affirm Press:

“I’ve been lucky enough to cross paths with Kate socially over the years, leaving each encounter with a spring in my step. I’ve always admired her positivity and savvy enthusiasm, which you will catch just by browsing this beautiful and breezy little book.”



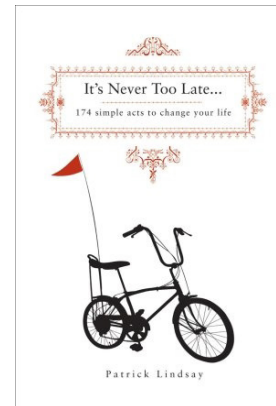
Martin Hughes created Affirm Press after an amazingly satisfying stint as editor of *The Big Issue* magazine. He had previously ‘worked’ for Lonely Planet as an author, editor and photographer, travelling around the world having awesome experiences and playing with words. And then he decided to get into publishing! But despite the negativity spread by many about the industry, he is possibly the most optimistic publisher in Australia – through a combination of strategic thinking, simple idealism and excited naivety.



Outliers

Malcolm Gladwell

This absolute bestselling book (50,000+ copies) has been described as the blueprint for making the most of human potential. While Gladwell transforms the way we understand success, Kate James gives us practical steps to how we can reach our own goals and potential.



It's Never Too Late/Be Happy

Patrick Lindsay

Beautifully packaged and inspiring gifts, these titles have both sold more than 10,000 units through Australian bookshops. **Believe in Yourself and Do What You Love** will be equally as visually appealing, but with more practical information for those in need of a little life help.

For further information on this or any Affirm Press title, contact **Keiran Rogers**, Sales & Marketing Manager, on **03 8695 9639** or email keiran.rogers@affirmpress.com.au

