



JANUARY 2017 PERSONAL DEVELOPMENT

ISBN: 9781863959063

eISBN: 9781925435467

Imprint: Nero

RRP: AU\$12.99

Paperback | 181 x 111mm | 128pp

Manuscript: available

Rights held: world

Rights sold: English language ex ANZ (Head of Zeus); France (Editions de la Maisnie); Poland (Wydawnictwo Literackie); Czech Republic (Grada Publishing); Portugal (Clube Do Autor SA); Russia (Popuri Ltd.)

Destination Simple

Everyday Rituals for a Slower Life

Brooke McAlary

Simplify your life – from the inside out.

Brooke McAlary knows firsthand the power of simplifying and living with less. After being diagnosed with postnatal depression, she embraced a slower, more intentional life and rediscovered her health, energy and passion.

In *Destination Simple*, Brooke shows us how to harness the power of daily rituals to create a calmer, happier life.

- Feel in control of your days.
- Minimise stress.
- Find pockets of peace on even the busiest day.
- Empty your mind and sleep better.
- Easily integrate mindfulness and gratitude into your daily life.
- Discover how a few changes to the flow of daily life can create long-term, lasting change.

BROOKE MCALARY produces and hosts *The Slow Home*, an iTunes #1 Health podcast. In 2016 it celebrated one million downloads. Brooke blogs about decluttering and slow living at slowyourhome.com.