

Press Release

“The secret ‘you’ is powerful beyond belief. So don’t wait for some magical week in which there is nothing to do but search for your essence. Begin now, while showering, driving to work, emptying the kitty litter, or gazing at the night sky.”

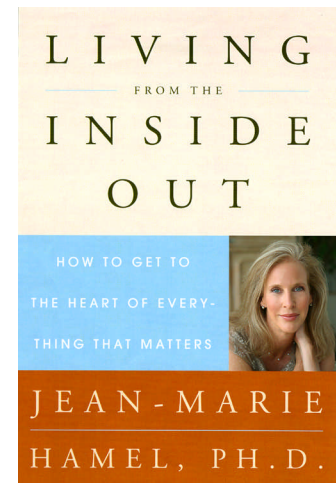
–Jean-Marie Hamel, Ph.D. in
Living From the Inside Out

Dear Producer/Editor,

I know you see – and perhaps have booked – the bestselling authors our imprint Harmony Books publishes: Deepak Chopra, Caroline Myss, and Byron Katie, to name just a few.

Rare is it that we notice a new, inspiring, motivational voice in this category who appeals both to the large audience that has been on the spiritual path for more than ten years or the beginner who is just getting the message.

It’s my great honor to present to you Dr. Jean-Marie Hamel, the author of **LIVING FROM THE INSIDE OUT: *How to Get to the Heart of Everything that Matters***, which we will officially publish on May 18th. Your audience – and the author’s – probably wants to know the answers to the following questions:



Do you find yourself reacting to the demands of daily life instead of living in the world as the person you were meant to be? Would you like to trade the lifestyle that enslaves you for a more authentic life that represents who you truly are? Does doing so sound appealing, but impossible?!

LIVING FROM THE INSIDE OUT turns spiritual principles into practical advice, explaining how we can cut through our misplaced priorities to find the soulful path to a more purposeful and meaningful life. “By the time I was in my late twenties I had all the trappings of stability and success,” explains Dr. Hamel. “The only thing missing from the picture was me! After years of emptiness, and several more years of study, I came to understand that I had constructed a life with no one in it—I had made the mistake of building my life from the outside in rather than the inside out.”

In an interview, Jean-Marie Hamel will provide colorful, useful, and memorable commentary on some of these basic life issues:

- Why a life manifested from the inside out is more likely to lead to both personal fulfillment *and* material success
- Why acquiring the symbols and images (the right car, clothing, house, or mate) can never provide long-term satisfaction
- How to surrender who you are not by getting rid of debilitating personality traits, limiting thoughts, and crippling emotions
- The biggest energy drains: unfinished business, clutter, and addictions
- Choosing your attitude and taking responsibility for your reactions: why it’s critical to realize that it’s not them, but *you*
- Why meeting your soul is not a onetime event but a moment-to-moment deepening, an ongoing rite of passage from who you thought you were to who you really are.

All of us here at Harmony and Crown—from the CEO of Random House to the copyeditor—love this book. We think you will too. For more information, please visit Dr. Hamel’s website: www.jeanmariehamel.com. Thank you.