

# Pocket Coach Guides

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Michael O'Mara Books



A new pocket-sized range of self-help titles from Dr Sarah Jane Arnold, Chartered Counselling Psychologist, mindfulness practitioner and best-selling author of *The Mindfulness Companion* and *The Can't Sleep Colouring Journal*.

## THE CALM COACH

A one-stop stress buster, this beautifully designed daily companion includes exercises and step-by-step techniques for regaining your equilibrium.

## THE CONFIDENCE COACH

Designed to help you tackle self-doubt and lack of confidence in everyday life. Helpful exercises, guidance and expert narrative provide techniques for reclaiming your mojo and getting closer to achieving your goals.

## THE SLEEP COACH

From diet and exercise to underlying stress and anxiety, nailing your sleep pattern is very important for a good quality of life. Get the standard of sleep you deserve with expert tips, exercises, techniques and check-lists.

## THE KINDNESS COACH

Learn the art of self-kindness and how to implement acts of care and thoughtfulness to everyday life by using these invaluable techniques designed to help sharpen self-awareness.

In her private practice, **Dr Sarah Jane Arnold** works with people experiencing life issues and specific mental health difficulties to enhance their wellbeing, via integrative, mindfulness-informed, psychological therapy. Sarah is proficient in Person-Centred Therapy, Cognitive-Behaviour Therapy, and Acceptance and Commitment Therapy. Sarah believes in the transformative power of mindfulness to facilitate self-awareness and psychological wellbeing. Sarah is available for PR.

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