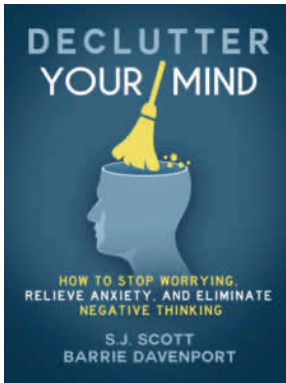




RUSSORIGHTS PRESENTS

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## Declutter Your Mind

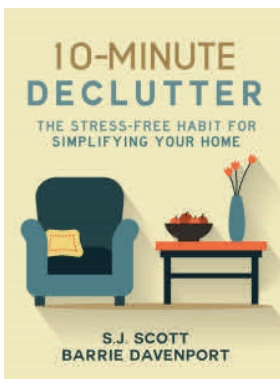
How to Stop Worrying, Relieve Anxiety, and Eliminate Negative Thinking

By S.J. Scott and Barrie Davenport

This practical book helps people practice mindfulness techniques that create more “space” in their minds so that they can enjoy more inner peace and happiness. These straightforward habits empower readers with the clarity needed to prioritize what’s most important in their lives, to let go of what no longer serves their goals, and to decide how they want to live on a daily basis.

ISBN: 9781535575089 (August 2016), 6”x9”, 156 pages

Audience: Self-help, stress management, productivity, mindfulness Price: \$14.99



## 10-Minute Declutter

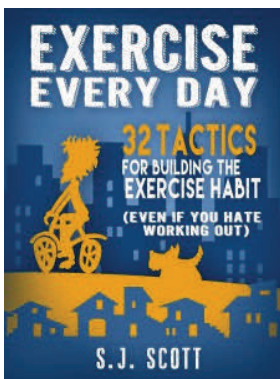
The Stress-Free Habit for Simplifying Your Home

By S.J. Scott and Barrie Davenport

Everyone can live a simpler life by living in a home that’s free from clutter. Even busy professionals and parents can make this happen with the daily decluttering techniques and habits presented in this book. Life habit guru S.J. Scott teaches readers a “10-Minute Declutter” practice to take control and organize their possessions with bite-sized, daily actions.

ISBN: 9781514122460 (May 2015), 6”x9”, 182 pages

Audience: Self-help, stress management, productivity Price: \$12.99



## Exercise Every Day

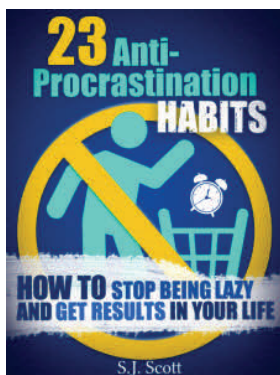
32 Tactics for Building the Exercise Habit (Even If You Hate Working Out)

By S.J. Scott

Many people struggle with building an exercise habit. One of the reasons is that they don't know how to handle the specific obstacles in the way of developing a healthy exercise regime. *Exercise Every Day* gives 32 easy-to-implement strategies for overcoming exercise challenges and transforming your physical health and well-being, one day at a time.

ISBN: 9781511767057 (April 2015), 6”x9”, 130 pages

Audience: Self-help, stress management Price: \$12.99



## 23 Anti-Procrastination Habits

How to Stop Being Lazy and Get Results in Your Life

By S.J. Scott

Who doesn't like getting things done and becoming more productive? And yet many people put off important tasks and then feel overwhelmed. In *23 Anti-Procrastination Habits*, readers will discover proven techniques to help them finally tame their procrastination and become more productive to get the results they desire in work and life.

ISBN: 9781495472732 (February 2014), 6”x9”, 114 pages

Audience: Self-help, stress management, productivity Price: \$12.99

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