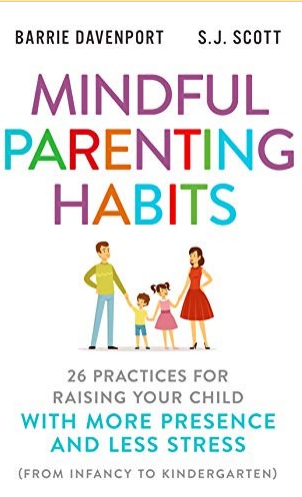


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Recent & Bestselling Publications



Parent with more presence and less stress.

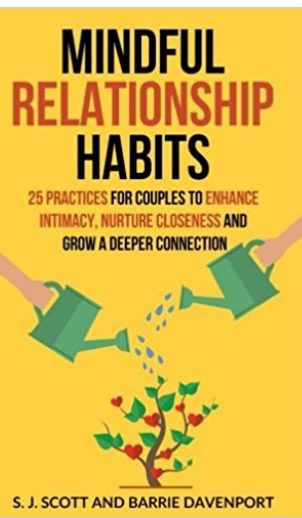
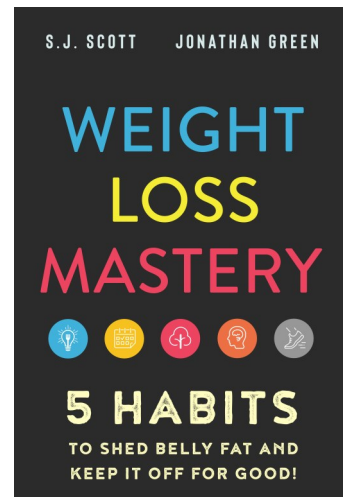
Today's generation of kids (and parents) are more stressed and anxious than ever before. That's why applying mindfulness to parenting efforts is an essential part of raising happier, healthier, and less stressed kids. This book delivers practical strategies to help parents pause, consider the kind of parents they want to be, and learn simple strategies to foster a calm, loving, and low-stress environment for their families.

ISBN: 9781946159229 | (January 2020) 6" x 9", 248 pages | Price: \$12.99
Rights sold: Polish

Start mastering your weight and health!

Tired of fad diets and the "flavor of the month" exercise craze? *Weight Loss Mastery* can help. It provides five actionable habits you can use to lose weight and keep it off. Learn how to focus on building small habits that have positive, compounding effects. These transformative, "one percent" changes might seem like nothing at first, but over time they have a powerful snowball effect.

ISBN: 9781946159212 | (September 2019) 6" x 9", 162 pages | Price: \$13.99
World Rights Available



25 habits to enhance intimacy & grow a deeper connection.

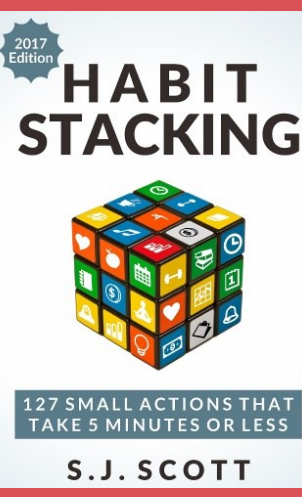
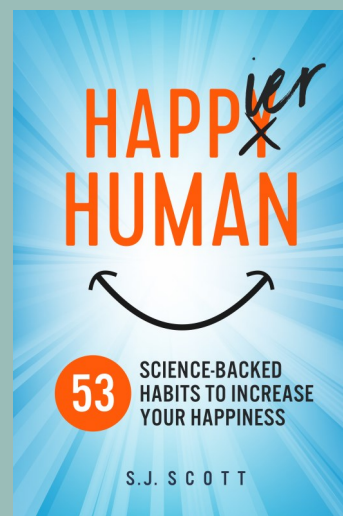
If you want to build a deeper connection with your spouse or partner, *Mindful Relationship Habits* will show you how to have a more mindful relationship by applying 25 specific practices. These habits will help you be more present with one another, communicate better, avoid divisive arguments, and understand how to respond to one another's needs in a more loving, empathic, and conscious way.

ISBN: 9781983507946 | (January 2018) 6" x 9", 280 pages | Price: \$13.99
Rights sold: Polish, Russian

Stop waiting for happiness to find you!

Use these 53 strategies to increase happiness today! *Wall Street Journal* bestselling author S.J. Scott provides a detailed examination of the strategies and ideas that actually make people happy. Each idea is supported by a wealth of research into why it works. Plus, it also includes a simple action plan for turning these ideas into permanent habits that people can incorporate into their busy lives.

ISBN: 9781946159199 | (February 2019) 6" x 9", 274 pages | Price: \$10.99
Rights sold: English audio, Polish, Vietnamese audio



Discover the power of stacking your habits.

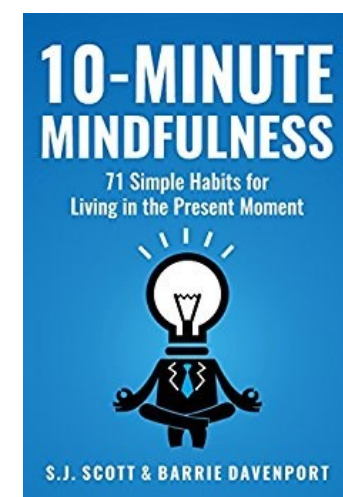
In this book, readers discover 127 quick habits that they can "stack" together into a simple daily routine. These small but powerful life changes will enable them to transform their work lives, strengthen their personal relationships, stay on top of their finances, get organized, and improve their health. Includes strategies to create an easily maintained routine and tools to stay motivated and consistent.

ISBN: 9781946159014 | (April 2017) 6" x 9", 270 pages | Price: \$14.99
Rights sold: Arabic, Chinese (simplified), Hungarian, Japanese, Korean, Russian, Vietnamese, English reprint—India

Improve focus, productivity, & peace of mind—in just 10 minutes a day.

Want to eliminate negativity, stress, and anxiety? Let bestselling authors Scott and Davenport show you how to anchor in the present moment, even if it's just for a few minutes at a time. Choose from 71 mindfulness habits to tailor your personal adventure, discover the practical tools to turn these actions into automatic behavior, and make a positive, lasting impact on your life.

ISBN: 9781546768286 | (May 2017) 6" x 9", 248 pages | Price: \$12.99
Rights sold: Chinese (simplified), Czech, Hebrew, Korean, Polish, Vietnamese



S.J. SCOTT & BARRIE DAVENPORT



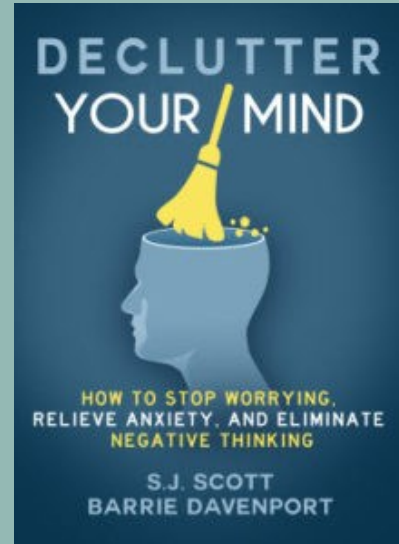
Declutter Your Mind

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

This book from bestselling authors S.J. Scott and Barrie Davenport helps people practice mindfulness techniques that create more “space” in their minds so that they can enjoy more inner peace and happiness. These simple habits empower readers with the clarity needed to prioritize what’s most important in their lives, let go of what no longer serves their goals, and decide how they want to live every day. They will discover:

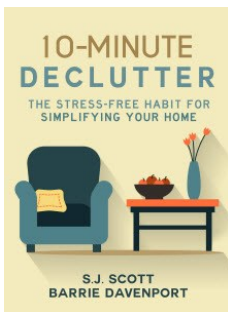
- 4 causes of mental clutter
- Techniques to reframe negative thoughts
- 4 strategies to improve (or eliminate) bad relationships
- 400 words that help identify personal values
- How to meditate and use focused deep breathing techniques
- How to create goals that connect to their passions

Instead of just telling readers to do something, the authors provide practical, science-backed, daily actions that readers can take to create real and lasting change.



ISBN: 9781535575089 | (August 2016) 6” x 9”, 156 pages

Rights sold: Arabic, Chinese (traditional), Estonian, German, Italian, Korean, Polish, Portuguese, Russian, Spanish, Turkish, Vietnamese, English reprint—India | Price: \$14.99



S.J. SCOTT & BARRIE DAVENPORT

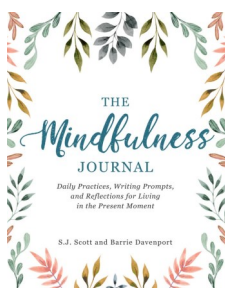
10-Minute Declutter

The Stress-Free Habit for Simplifying Your Home

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 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” x 9”, 182 pages

World Rights Available | Audience: Self-help, stress management, productivity | Price: \$12.99



S.J. SCOTT & BARRIE DAVENPORT

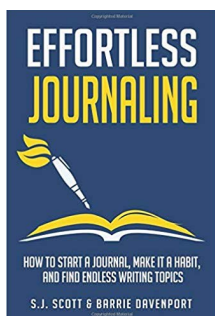
The Mindfulness Journal

Daily Practices, Writing Prompts, and Reflections for Living in the Present Moment

It’s easy to feel worried when surrounded by negativity and headlines full of bad news. *The Mindfulness Journal* from personal habit gurus Scott and Davenport helps anyone build a stress-reducing habit to reduce anxiety and learn to live in the present moment. Its 365 daily unique, actionable writing prompts are divided into 52 weekly mindfulness topics to give journalers seven days to dive deeper into each topic. This engaging journal will awaken readers to appreciation for the world around them.

ISBN: 9781416613626 | (December 2017) 7-1/2” x 9”, 431 pages

World Rights Available | Audience: Self-help, spirituality, wellness, meditation | Price: \$17.99



S.J. SCOTT & BARRIE DAVENPORT

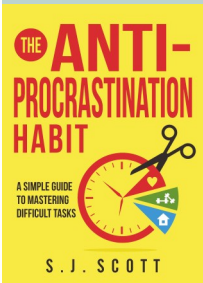
Effortless Journaling

How to Start a Journal, Make It a Habit, and Find Endless Writing Topics

Journaling can change your life—helping you be healthier, happier, smarter, and more self-aware. But developing the journal habit on your own can be challenging. With *Effortless Journaling*, you are not alone. It provides a practical roadmap to making journaling part of your daily routine, including guidance on understanding the positive impact of journaling, how to combine journaling with the practice of mindfulness, simple tools to get you started, 9 popular strategies and how to pick the one that’s right for you, and tools to help you turn journaling into a sticky, permanent habit that can transform your life.

ISBN: 9781946159175 | (November 2018) 6” x 9”, 156 pages

World Rights Available | Audience: Self-help, personal growth & success, mental health, productivity | Price: \$10.99



S.J. SCOTT

The Anti-Procrastination Habit

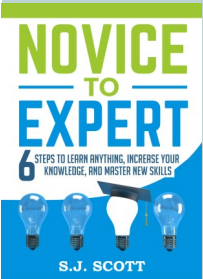
A Simple Guide to Mastering Difficult Tasks

Simply put: Procrastination limits success. Unaddressed, it keeps people from achieving their goals in life. Bestselling author S.J. Scott can help. He delivers a straight-forward, systematic framework for building an action-oriented habit through all areas in life—with actionable advice to break the “procrastination habit,” replace it with a set of positive habits, and eliminate barriers to results and success.

ISBN: 9781973775287 | (September 2017) 6” x 9”, 156 pages

Rights sold: Chinese (simplified), Korean, Polish

Audience: Self-help, personal growth & success, productivity | Price: \$12.99



S.J. SCOTT

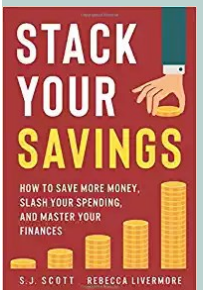
Novice to Expert

6 Steps to Learn Anything, Increase Your Knowledge, and Master New Skills

Anyone can develop a talent with the right mix of practice, motivation, and coaching—without spending lots of time and money. This book includes strategies to set goals, identify the right things to practice daily, and learn how to practice and implement what you learn during small pockets of spare time in your busy day. The 6 powerful steps in this book will sharpen your skills and abilities to enable you to be the best you.

ISBN: 9781542310390 | (January 2017) 6” x 9”, 136 pages

Rights sold: Chinese (simplified), Vietnamese | Audience: Self-help, personal growth & success, productivity | Price: \$11.99



S.J. SCOTT & REBECCA LIVERMORE

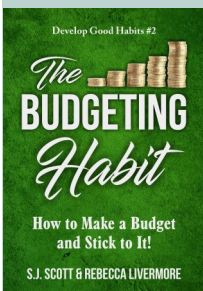
Stack Your Savings

How to Save More Money, Slash Your Spending, and Master Your Finances

Forget the feel-good fluff of lifestyle manuals or the stuffy number-crunching advice of other financial books. *Stack Your Savings* dispenses with both, subbing in tons of information and ideas to help you transform your bank accounts and your life right now. Bestselling authors and successful entrepreneurs Scott and Livermore lay out a path to freedom from money management issues. Based on their deep knowledge of human habits and happiness, they’ve created a book that addresses the most common financial foibles and helps anyone to climb out of debt for good.

ISBN: 9781946159205 | (May 2018) 6” x 9”, 236 pages

World Rights Available | Audience: Budgeting & money management, personal transformation, self-help | Price: \$12.99



S.J. SCOTT & REBECCA LIVERMORE

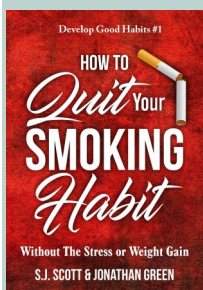
The Budgeting Habit

How to Make a Budget and Stick to It!

Many people struggle with their finances, buried in credit card debt and failing to reach their financial goals. It’s no secret that a budget would help them, but the truth is that most people hate budgets because they think they are hard, restrictive, and no fun. But what if there was a simple way to create a budget and stick to it? The solution is reframing thinking and implementing the step-by-step process revealed in *The Budgeting Habit*. Readers will discover how to create a sustainable budget, stay motivated, identify financial goals, accelerate debt reduction, and so much more.

ISBN: 9781946159144 | (July 2018) 6” x 9”, 130 pages

World Rights Available | Audience: Financial self-help, personal success | Price: \$11.99



S.J. SCOTT & JONATHAN GREEN

How to Quit Your Smoking Habit

Without the Stress or Weight Gain

Think of what life would be like when you become a non-smoker. Imagine no longer feeling like a slave to an addictive habit that you hate. And picture the happy looks on the faces of your friends and family as you stub out your last cigarette. But how? You’ve tried to quit countless times before—with no success. This new book, first in the Develop Good Habit series, shows you how to use simple habit development principles to forever kick your smoking addiction.

ISBN: 9781946159113 | (May 2018) 6” x 9”, 162 pages

World Rights Available | Audience: Smoking cessation, self-help, wellness, health | Price: \$11.99