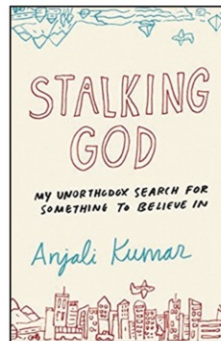


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JAYNE HARDY

The Self-Care Project

Everything you need to know about self-care; what it is, why it's important, why it's such a struggle and how to integrate it into day-to-day life.

Self-care is a tool, accessible to us all, which helps us to take responsibility for our own happiness – our physical, emotional, psychological and social needs.

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'This book will be a game-changer in promoting positive mental health' Sarah Turner, the Unmumsy Mum

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Jayne Hardy is the founder and CEO of The Blurt Foundation – a social enterprise dedicated to helping those affected by depression. Hardy was listed as one of the nineteen Most Inspirational Women leading the way in mental health by Rethink, as part of their International Women's Day celebration.

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ANJALI KUMAR

Stalking God

When a lawyer at Google starts asking questions that her search engine can't answer, she embarks on a series of spiritual misadventures to discover the meaning of life.

Anjali Kumar, a lawyer for Google, was not religious until her daughter was born and she felt compelled to find God – or at least some form of enlightenment – that she could some day impart to her daughter.

Knowing that she could not simply Google *'What is the meaning of life?'*, Anjali set out on a spiritual pilgrimage where nothing was off limits. She headed to Peru to learn from shamans, practiced transcendental meditation, convened with angels and worked with a medium – all while searching for answers to life's most universal questions: *Why are we here? What happens when we die? Is there a God?*

Anjali Kumar was the Founding General Counsel and Head of Social Innovation at Warby Parker, a lifestyle brand for socially conscious businesses. Previously, she was Senior Counsel at Google, advising on areas ranging from Google X to YouTube. Kumar has been profiled in *The New York Times* and *Forbes*, and is an advisor to tech companies and nonprofits, including the Malala Fund and Organize.org.

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