

NOW IS YOUR CHANCE

A 30-Day Guide to Living Your Happiest Life
Using Positive Psychology

NIYC PIDGEON

This book shows how you can take charge of your happiness to improve your mood, wellbeing and satisfaction in life!

DESCRIPTION

Everybody wants a better life, yet for so long we have been focused on external resources instead of relying on ourselves to know the way. *Now Is Your Chance* bridges this gap and teaches the reader how to look within to create purposeful, powerful and meaningful positive change in 30 days or less.

Each chapter includes real life lessons from the author's own experience, practical tips, a Positive Psychology tool or a spirit-led mantra, stories from real clients, colleagues, and friends, and the latest happiness research, presented in an easily digestible way. The author Niyc Pidgeon shares her own life experience of being raped, bullied, and feeling like she had no voice, to healing from the inside out, and emerging empowered as a heart-centered and spirit-led female entrepreneur, who is successful, thriving, and helping other women live that too.

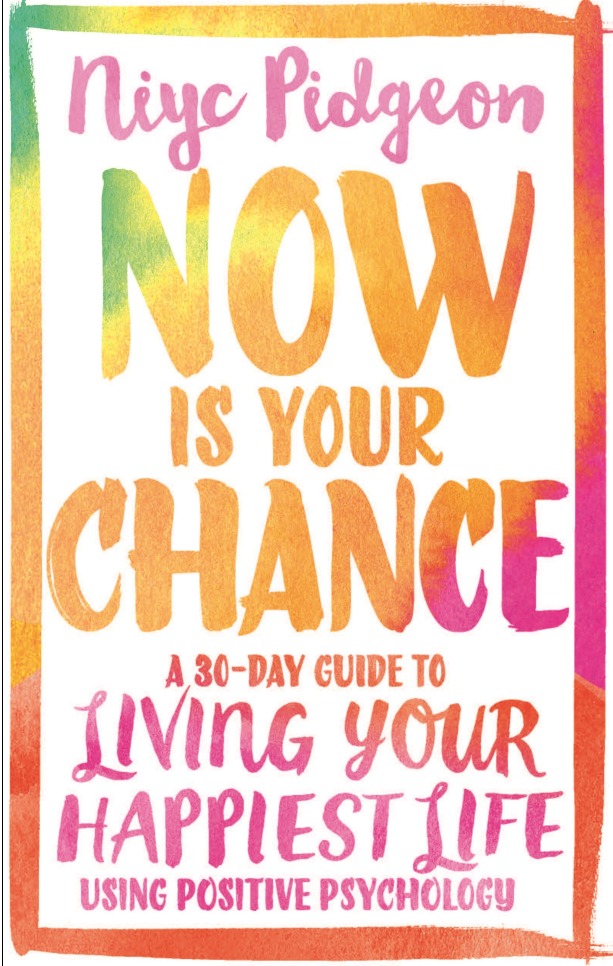
Join Niyc to discover your own route to realizing your best self and to fully experiencing and enjoying your days, in the most authentic way.

SALES AND MARKETING

- There are almost 55 million people who like Positive Psychology on Facebook; there is a huge market for books on this subject.
- The author is professionally qualified in this subject, with a BSc in Psychology and an MSc in Applied Positive Psychology.
- Niyc has an incredibly inspiring personal story of healing from trauma and completely rebuilding her life.
- *Now Is Your Chance* is targeted to millennials, as well as accessing Generation X and female entrepreneurial markets too.
- Niyc writes for MindBodyGreen online, and is part of the BossBabe Network Team where she contributes a weekly periscope, articles and masterclass training to their growing network of 350,000+ millennial women from around the world.

AUTHOR BIOG

Niyc Pidgeon is a Positive Psychologist, International Success Coach and Young Entrepreneur of the Year. She holds a BSc in Psychology with Sport Sciences and an MSc in Applied Positive Psychology. Niyc travels the world speaking and coaching to help women to overcome self-doubt and live their lives of joy, personal power and unstoppable success. www.niycpidgeon.com



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