



Land of NOW: A new tool (and book) for how to be present that appeals to ALL ages

*Journey into **Land of NOW** and learn how to quiet the mental chaos and enjoy the only moment we really have, the NOW. A practical guide on mindfulness for all ages.*

Park City, Utah - On October 17, 2018, Katie Mullaly, author, and publisher Faceted Press will launch a Kickstarter campaign for Land of NOW, a practical book to help children live in the present moment that also appeals to ALL ages. The campaign is expected to raise \$10,000 to print and distribute 2,500 copies of the book.

After a much-anticipated two-year wait, Land of NOW, the fourth book in the delightful Land of Children Books series will be arriving to help readers of all ages enjoy the present moment, the NOW by learning how to release the useless thoughts they don't need. And as always, Land of NOW is sure to delight, inspire and continue to help fans and readers navigate life's terrain.

"Land of NOW came from my constant struggle to be in the moment, to not let my thoughts run amok. So, I took my own challenges and turned them into this book," said author and publisher Katie Mullaly. "We are launching a Kickstarter Campaign, not only with the goal of funding the printing of 2,500 copies, but to also take this opportunity to get our books into schools, especially underserved schools. Donors can choose to have their books sent to a school of their choice, or we can choose. Not everyone has kids to read these books to, but we all know of a school that could use more mindfulness tools," continued Mullaly.

This book is about being present. A call to sit here in "NOW," and find ways to clear all the chaos and quiet your mind. The NOW is a place that we are always in, but thanks to the continuous chatter of thoughts in our heads, we miss out on what is really happening - the NOW. In Land of NOW, you learn the tools for how to be present in the moment by clearing out all the incessant thoughts that are blocking the NOW.

What is it that's keeping you from enjoying this moment? From seeing the beauty and wonder of the NOW? Are you worried about something in the future that hasn't happened yet? Or is it the past that is gnawing at you, unwilling to let go? Or maybe it's because you're longing for things to be different and don't want to accept what IS, and so you miss out on the PRESENT MOMENT. Whatever the reason, Land of NOW can show you and your young readers, what to

do with all the useless thoughts, and how to let them move on so you can enjoy the present, the only moment we have - the NOW. Land of NOW is written for ages 7 through 12 but intended for everyone!

About the author and publisher

As a lover of rhyme, rhythm and reason, Katie Mullaly continues to share her passion for teaching, creating greater awareness and living a conscious life through the Land of... Children's Books®.

The Land of... Children's Books® series came about from years of Katie's soul-searching, seeking her purpose and wanting to create something meaningful that incorporated her passion for mindful living. This series allows Katie to find new sources of creativity that she didn't know she had. It also allows her to share her experiences of trying to be a better human with her readers.

Katie has a BS in Science Communication and an MS in Professional Master of Science and Technology, both from the University of Utah, and is working on a "PhD" in being a better human. She will be working on her dissertation on being a conscious, caring person for the rest of her life, and looks forward to sharing that work with anyone who will read her books.

About the illustrator

Illustrator Toby Allen's whole life has been about drawing and he's had a pen in his hand since he can remember. With a zest for the fantastic and an ability to create worlds no one has ever seen, he brings new life to children's books.

Toby holds a BA Honors Degree in Illustration from Plymouth College of Art located in Plymouth, England. He has pursued a creative education since high school, with that pen always in hand. Since he has started working professionally, he always takes the opportunity to learn a new skill along the way.

Other works by Toby include "Real Monsters," his physical representations of mental illnesses aimed at educating and reducing stigma surrounding mental health issues. He also illustrated Charlie's Choices, a children's book that aids selectively mute children and their parents. Find out more at Toby's website: <http://zestydoesthings.tumblr.com/>

Together they are creating mindfulness tools that are fun, memorable, and presented in a simple, applicable format. By taking important life lessons and disguising them with Katie's engaging rhymes and Toby's brilliant illustrations, they are making these personal growth tools accessible for readers of all ages.

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