



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 - After a much-anticipated two-year wait, *Land of NOW*, the fourth book in the delightful Land of... Children Books® series has arrived 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 launched a successful Kickstarter Campaign, that helped us fund the printing of 2,500 copies, and with the help of almost 300 amazing donors, we exceeded our \$10,000 goal,"* continued Mullaly. *"And now all 2,500 books have been delivered, just in time for the holidays."*

Land of NOW 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 for ages 7 and up, and is intended for everyone!

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