



Dear friends

As some of you know I have written a book recently. A Rough Guide to a Smooth life is out on 6th January 2016. It's taken a few years to get to this point and I'm excited to have the finished product almost ready to go out into the world. It's self-published and there's no real marketing budget so I'm in need of your help and support to help spread the word.

Ways you can help:

1. Buying the book! For yourself or a friend – it's available online from amazon or by request though all the usual channels
2. Coming to one of the launch events to show your support (details [here](#))
3. If you have anywhere to display a flyer please ask me for copies
4. Sharing the trailer on your social media pages (link [here](#))
5. Signing up to take part in the thunderclap I am organising after Christmas. Thunderclap is a way of amplifying a message with the power of a crowd. Used by the likes of the White House and the UN. Thunderclap will blast out a timed Twitter, Facebook, or Tumblr post from all supporters, creating a wave of attention on social media but first you have to reach your target of supporters. [Click here to give your support](#)
6. Following my social media pages (links are at the top of my homepage) www.inspireyourlife.org. Please use #RoughGuideSmoothLife
7. If you do read the book, please leave a review on amazon

It goes without saying that all of the above is optional and anything is greatly appreciated.

With my gratitude and thanks

Jess

