
For Immediate Release

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Self-Help Book Reviews Ancient Philosophy, Offers Guidance Toward Personal Development

In today's world of continuous conflict, *The Little Book of Hermetic Principles* provides tips to harness the power of the mind, heal energy, and discover connectedness.

(Dallas-Fort Worth Metroplex, TX–February 3, 2022) — Independent publisher, Ulysses Press, will release *The Little Book of Hermetic Principles: Heal Your Energy, Seek Enlightenment, and Deepen Your Understanding of Your Mind, Body, and Spirit* by Amber D. Browne on March 1, 2022. The self-help book focuses on the ancient teachings of Hermes Trismegistus and offers tips and guidance from experts to help readers progress toward mindfulness and enlightenment.

The easy-to-read book outlines the seven Hermetic principles popularized by *The Kybalion* in 1908 and provides expert insight on how to develop a deeper understanding of the mind, body, and spirit. It also includes chapters on astrology, alchemy, and magic.

“I am grateful to Ulysses Press for publishing this book and to the experts ranging from professors and yogis to therapists and authors for sharing their stories and providing resources to help others improve their lives,” said Browne.

“I truly believe the opportunity to write this book was meant to happen for me at this moment in time,” Browne shared. “In today's society, everyone is dealing with struggles. I think sharing this ancient philosophy and offering guidance will help others become more aware of their realities and how they can develop and improve in whatever areas of concern they may have.”

The Little Book of Hermetic Principles begins with a brief history lesson about Trismegistus and his ancient texts. As readers move into the chapters regarding the seven Hermetic principles, they discover how to harness the power of the mind, increase energy, and develop gender characteristics. Tips on meditation, music therapy, exercise, nutrition, prayer, crystals, astrology, nature, and so on, help readers foster a better understanding of reality, how the universe works, and the interconnectedness of everything.

“Perception becomes our reality, but we can change how we perceive things in order to improve the experience,” Browne said. “With this book, readers will gain a better understanding of themselves and how we are all connected, so we can ultimately lead happier and healthier lives together.”

About the Author

Amber D. Browne acquired a BA in mass communication with a minor in history from Texas State University and spent much of her early career researching and reporting Texas news for radio. She is a freelance writer and former junior high English language arts/reading and media teacher. Browne resides in the Dallas-Fort Worth Metroplex with her husband and their two children. Find more of her written work and book cover/author photographs at www.amberdbrowne.com.

About Ulysses Press

Named one of Publishers Weekly's ten “fastest-growing independent publishers,” Ulysses Press is a pop culture book publishing company with offices in Brooklyn, New York, and Berkeley, California. Beyond market-driven, Ulysses Press focuses on highly targeted niche groups that aren't being offered the books they want by the big corporate-owned publishing houses.

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