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**For Immediate Release**

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**Spring is Excellent Time to Focus on Self, Create or Renew Plan to Reach Goals**

Ancient philosophies and expert advice provide guidance toward personal and professional growth in new book, *The Little Book of Hermetic Principles*.

(Dallas-Fort Worth Metroplex, TX–March 23, 2022) — Spring 2022 is the perfect time to refocus the mind on personal and professional goals, and *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 offers guidance to progress readers toward growth. Released by Independent publisher Ulysses Press this March, Browne’s book focuses on the ancient teachings of Hermes Trismegistus and offers tips from experts to help readers develop mindfulness and understanding to ultimately create the life they want to live.

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 Trismegistus’ mystical teachings—astrology, alchemy, and magic.

“As spring brings us a sense of rejuvenation, growth, and hope, we should all begin to focus, if we haven’t already, on what it is we want out of this life. I often need a gentle reminder to refocus my efforts on my goals to make the necessary changes that will push me forward instead of hold me back,” Browne said.

“I often refer back to my new book to review guidance from experts ranging from professors and therapists to a Reiki master and master personal trainer to help me along my journey toward developing a more positive energy and a more mindful way of thinking,” Browne said. “With the constant bombardment of negativity on TV, social media, of life itself, it is important to stay true to ourselves and learn to become more aware of our connection to one another and the universe,” Browne shared.

*The Little Book of Hermetic Principles* includes expert tips on meditation, music therapy, exercise, nutrition, prayer, crystals, astrology, nature, and so on, to help readers foster a better understanding of reality, how the universe works, and the interconnectedness of everything.

“If perception becomes reality, we must be willing to be more mindful about what we want out of this life. As the season of renewal and rebirth begins, we can take this opportunity to refocus our energies and change how we perceive things in order to improve the experience,” Browne said.

**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](http://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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