

The Book at a Glance

...Illumined by the lifetime of wisdom Norris shares in yet another beautifully written book, *Match* describes a life-giving practice toward transformation."
—Parker J. Palmer, author of *Healing the Heart of Democracy*

MATCH

Bringing Heart and Will into Alignment

90 Days of Practice



Gunilla Norris

From the Author of *Sheltered in the Heart* and *Becoming Bread*

"...Self-improvement readers all too often receive books of admonitions that focus more on end results than the actual nuts and bolts of the process itself. *Match* is all about firing up a course of action and committing to its enactment: and if 90 days of focused meditations and reflection sounds easy—it's not. ...This is only the beginning of a lifelong journey. ...Those ready to undertake such a journey will find no better starting point than *Match*."

—Midwest Book Review

"Illumined by the lifetime of wisdom Norris shares in yet another beautifully written book, *Match* describes a life-giving practice toward transformation."
—Parker J. Palmer, author of *Healing the Heart of Democracy*

WWW.HOMEBOUNDPUBLICATIONS.COM

In 2014 Gunilla Norris' *Sheltered in the Heart* Won:

The Foreword Review Book of the Year Awards—Mind, Body, Spirit
A Nautilus Book Award Silver Medal—Relationship Category
A Next Generation Indie Book Awards—Best Spiritual Title

GUNILLA NORRIS has been a psychotherapist in private practice for more than thirty years and has felt privileged to accompany many people on their journeys to growth and healing. Her special love has been teaching meditation and leading contemplative workshops of many kinds. As a writer Gunilla has published eleven children's books, one book of poetry and six books on spirituality including: *Being Home*, *Becoming Bread*, *Inviting Silence*, *Journeying in Place*, *A Mystic Garden*, *Simple Ways*, and the award-winning *Sheltered in the Heart*.

BOOK INFORMATION

Release Date November 11, 2014 | Ship Date November 1, 2014
Self-help | First Trade Paperback Edition | 978-1-938846-60-1
List Price \$16.95 Size/Length: 5.5 x 8.5 | 200 pgs

Distributed by Ingram and Publisher-direct Worldwide
Ingram Discount offered 20% | Pub-direct Discount offered 40%

Pub-direct Terms: NET 90, free delivery on orders over 10 copies,
Returnable for up to 3 months when bought publisher-direct,
Publisher is not responsible for return shipping.

Publisher: Homebound Publications | Phone: 860.574.5847
Contact: Leslie Browning, lbrowning@homeboundpublications.com
Contact author for interviews: gunilla.brodde.norris@gmail.com

MARKETING

Facebook and Twitter Campaigns • Postcard Mailing to
USA Public Libraries • Author Website: www.gunillanorris.com
• ARC Galley Mailing to Indie Reviews • Blog Outreach •
• AD Campaigns in Select IndieJournals