

FOR RELEASE JAN 2019

Bestselling author releases her new book - on Instagram

@AMY_MOLLOY



Bestselling author Amy Molloy is back with a follow-up to her book, *The World is a Nice Place* - but the journalist and editor is delivering it differently. In 2018, *The World is a Nice Place* went into reprint after only 12 weeks after selling out on Australia's largest book selling platform, Booktopia. It made waves across Australia, the UK and America.

Yet, while delighted with the near-overnight success, when it came to the sequel she turned down a book deal - to publish the book on her favourite social media platform. The purpose? To prove you can deliver healing content with brevity. And, make it accessible to time-poor women (and men!) in need of emotional support - like herself.

Click [here](#) for a short video of the author explaining her reasons

“As storytellers, with one sentence we can heal someone’s relationship, cure their career, even save their life. The most powerful coping mechanisms are simple to practise and explain. So, why not do so in a series of squares?”

HOW IT WORKS:

Launching Monday January 14, the author will release a chapter per day from *Peace, Instead of This* on the Instagram profile @amy_molloy. Later, the chapters will be posted on amymolloy.com.au for readers who don't use this social media platform. All content, including bonus chapters, are free to access. There will also be an audio version released as a podcast.



“I couldn't shake the feeling I had another side of adversity to explore. I heard hundreds of stories from people, like me, who had 'come out stronger' and could appreciate the lessons in past trauma. What about the struggles that are happening right now?”

Peace, instead of this ...

You can find relief before you recover.

You don't have to get over it to feel in control of it.

You can move on, whilst standing still.

You can feel peace instead of this ...

We all feel 'this' sometimes, whether it's sadness, fear, disappointment, loneliness or grief. It's impossible—and unnatural—to banish all negative emotions. But you can feel peacefully sad, peacefully disappointed, peacefully lonely. You can even be peacefully in pain, emotionally and physically. And, the remedy is simpler than you think!

A tranquillity toolkit for the modern age, this insightful book combines personal stories with simple tools and expert insight to help readers be their best self when the worst happens, whether it's a milestone tragedy or an everyday challenge.

For Media Use

The media are invited to reprint the following resources via this [DROPBOX LINK](#). They include:

- o A Q&A with the author.
- o Images of the author and book covers
- o Access a video explanation by the author [here](#).

For more extracts or exclusive interview requests contact amolloy@outlook.com

about amy:

Amy Molloy is a journalist, editor and Hay House author who produces uplifting content for the biggest names in global publishing. Once editor of *Grazia Australia*, she is now editor of *Collective Hub*.

As a content creator, she has collaborated with some of the biggest brands in the world including GoPro, Netflix, the Sydney Opera House and Selfridges.

Amy is the creator of the *Storytelling for Healing* workshop series - online and in-person events which teach people to share their personal stories publicly while protecting themselves.
www.amymolloy.com.au