

## Major global marketing & publicity campaign

Working in partnership with our international teams to maximise all opportunities and drive awareness on a global scale.

- *Pre-publication social media* and email outreach to Jay's enormous following across his official channels including bespoke video and pre-order incentives
- *On-publication social media* advertising across Facebook, Instagram & Twitter and continued support across Jay's official channels
- *Podcast advertising* across key self-development and wellbeing verticals
- *WME global tour* – Jay will embark on a global broadcast and press campaign with selected events during his tour

Social growth – With billions of video views and over 45m followers across his channels, Jay Shetty is one of the most powerful social media influencers in the world, and this growth shows no sign of slowing down . . .

### SOCIAL GROWTH '20-'22:

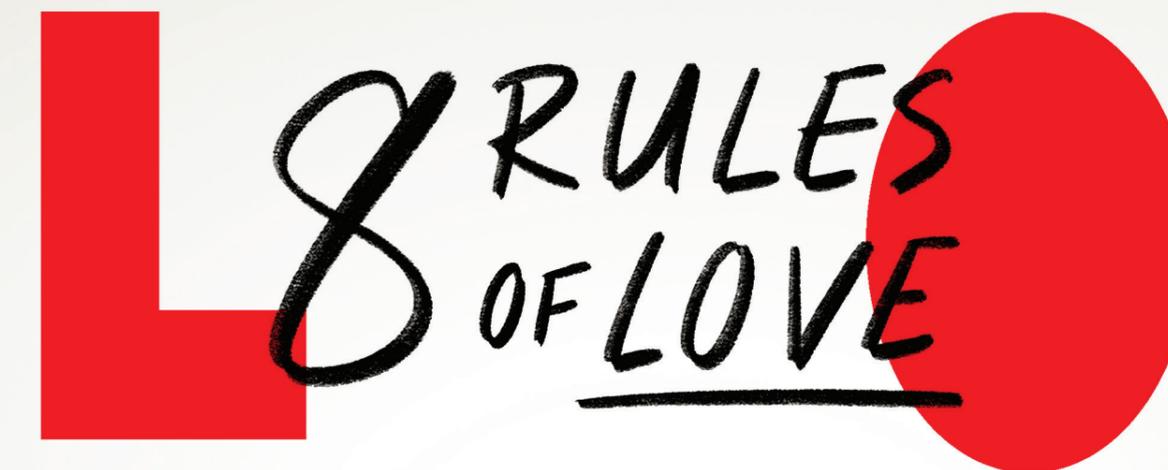


### VIDEO VIEWS '20-'22:



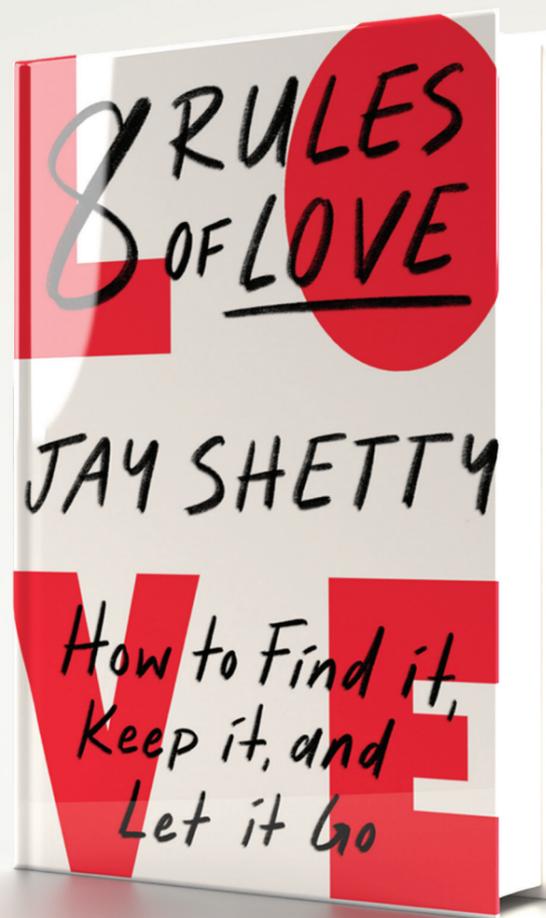
From the author of the No.1 global bestseller

## THINK LIKE A MONK



JAY SHETTY





**HB:** 978 0 00 847165 1  
**TPB:** 978 0 00 847166 8  
**EB:** 978 0 00 847167 5  
**EA:** 978 0 00 847168 2

As he did with *Think Like a Monk*, Shetty draws on his time as a monk in the Vedic tradition, as well as his specific coaching practice and modern social science, to bring profound insight to the universal condition of loving and being loved in 8 simple steps. In a world awash with guides to romance, *8 Rules of Love* is a genuinely fresh take.

An intentional and focused guide to developing and deepening your relationships, sharing insights on how to win or lose together, how to define love, and why you don't break in a break-up, Jay Shetty shows readers that they can love themselves, their partner, and the world better than they ever thought possible.

Use these rules, exercises and guidance to not only live, but love your best life as you seek to forge strong, nurturing, and lasting relationships with those closest to you – as well as those you are yet to meet.

# LOVE

How to Find it, Keep it,  
and Let it Go

# WE



*'The greatest pursuit in life is to love and to be loved.'*

We believe in love – it's in our nature to be drawn to love stories, to long for one of our own, and to hope that true love is possible. But many of us also know what it feels like to be brokenhearted, too. I want you to experience the expansive love that you hope exists. Nobody sits us down and teaches us how to love, so we're often thrown into relationships with nothing but romance movies and pop culture to help us muddle through. I wrote the book that I could have used myself and will use in the future. Love is not about staging the perfect proposal or creating a perfect relationship. It's about learning to navigate the imperfections that are intrinsic to ourselves, our partners, and life itself. I hope this book helps you do just that.'

**JAY SHETTY**



*'A fulfilling life begins and ends with how you show up in your relationships. With that said, this could be the most valuable book you read this year.'*

**DR JULIE SMITH,**

clinical psychologist and #1 *Sunday Times* bestselling author of *Why Has Nobody Told Me This Before?*



*'This is the first and last book anyone needs to read on the topic of love and relationships. A truly complete, demystifying, challenging and captivating journey through modern love, its inevitable human challenges and its unavoidable human answers. One of the most important books I've ever read.'*

**STEVEN BARTLETT,**

entrepreneur, *Sunday Times* bestselling author of *Happy Sexy Millionaire*, and host of podcast *Diary of a CEO*



*'Jay Shetty has created an excellent guide to rising in love to joy and fulfilment. The usual falling in love is a mask for self-importance; this is love as the ultimate truth in creation. The rules of love he explores will take you on a path of self-discovery towards new levels of awareness – the only means to blissful relationships.'*

**DEEPAK CHOPRA**