**For Immediate Release**  **Contact**: Oleg Lyubner

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**WHOSE MIND IS IT ANYWAY?**

**Get Out of Your Head and Into Your Life**

**by Lisa and Franco Esile**

Most of us spend our lives trailing after our minds, allowing our brains to take us in directions that are safe and secure, controlled and conformed. Your mind doesn't want you to take that new job, sign up for that pottery class, or ask someone out. It wants you to stay unemployed, unfulfilled, and single because it enjoys routine and is resistant to change, no matter how positive the change may be. But more often than not, that's not what you want.

***Whose Mind Is It Anyway? Get Out of Your Head and Into Your Life*** (TarcherPerigee, an imprint of Penguin Random House; June 7, 2016) by Lisa and Franco Esile will help you learn how to separate what you want from what your brain wants and how to do less when your mind is trying to trick you into doing more. In a colorful, funny, and nonthreatening way, it answers the difficult question of how we can take control of our self-defeating behaviors.

Filled with charming illustrations, this book will be the friendly voice in your head to counter your negative thoughts, and it will teach you how to finally be at peace with all that you are.

**ABOUT THE AUTHORS**:

**LISA ESILE** was born in Wellington, New Zealand, but spent most of her adult life living on the remote southern island. Lisa has a master's degree in science. Her blog has over 8,000 subscribers, and she regularly guest blogs on Tiny Buddha.

**FRANCO ESILE** spent his early years as a touring musician around the US and the Caribbean. He briefly attended the Berklee School of Music and studied privately under Charlie Benacos. He's written music for poetical theater, including *Life After Motown*—produced by Nobel Poet Laureate Derek Walcott. Franco works in film and TV production and collaborates with Lisa on her blog.

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