



Bestselling Author from San Diego, CA releases third book:

SPIRITUAL 10 Suggestions for Living a Happier Life

Release Date- March 22, 2018 **Platform-** [Amazon-Paperback Book release](#)

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For Immediate Release: *SPIRITUAL 10 Suggestions for Living a Happier Life* hits top #20 in paperback Hot New Releases in Amazon, by Bestselling, Author Machel Shull only one day after its publication date.

Genre-Nonfiction Book Categories: Religion & Spirituality > Worship & Devotion > Inspirational

Strapline-Ten suggestions that will alleviate anxiety and negative thinking, while helping the reader tap into a wellspring of daily happiness.

Read *SPIRITUAL 10 Suggestions for Living a Happier Life*, by Machel Shull, bestselling author of women's wellness book, [MIDDLE AGE BEAUTY](#) and memoir self-care book, *LIVE LOVE SOUL*. Machel Shull's first [book gained worldwide media coverage](#) for [promoting natural aging](#) verses unnatural, and singled out a five billion dollar Botox industry that preys on aging [insecurities of both men and women](#). Her second book, [LIVE LOVE SOUL](#) received rave reviews, especially from [The Midwest Reviews](#), calling Machel's book, 'a must read self-help book in 2016,' from the small publishing self-help shelf.

SPIRITUAL pulls the reader right into the focus by suggesting memorizing Biblical scripture as a means of combatting negative thinking and anxiety. Based on [20 years of practicing these steps](#), Machel shares her heartfelt thoughts generously with the readers—from overcoming losing loved ones from death, to starting over again and other unforeseen hurdles, inspiring them to reach up for the next rung on the ladder of life even during painful times. *SPIRITUAL* weaves in inspirational quotes with exercises so the reader can mitigate troubling feelings. However, reader must take daily action with these suggestions to experience a boost positivity and happiness.

Inspired by Dr. Norman Vincent Peale *The Power of Positive Thinking* and Florence Scovel Shinn's *The Game of Life and How to Play It*, *SPIRITUAL* is the contemporary companion to these former books. Uplifting and sure-footed, this is the book Baby boomers to the Millennials will enjoy reading and share with their loved ones, too.

SPIRITUAL hits AMAZON Hot New Releases in Paperback

Amazon Hot New Releases
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- Clergy
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- Faith
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- Meditations
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- Prayer
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- Sermons

New Releases in Inspiration & Spirituality

21.  Speak Blessings: Young...
Brenda Garza
Paperback
\$14.99 ✓prime
Publication Date: March 20, 2018

22.  Easter Coloring Book...
Lucy Charm
Paperback
\$6.99 ✓prime
Publication Date: March 1, 2018

23.  Spiritual: 10...
Machel Shull
Paperback
\$11.22 ✓prime
Publication Date: March 22, 2018

24.  No Path To

25.  ANXIOUS NOTHING
MAX LUCADO

26. 

2% cash back at Restaurants & Gas Stations

On March 23rd, *SPIRITUAL, 10 Suggestions for Living a Happier Life* hit the top Hot New releases on Amazon in Inspiration and Spirituality, in less than 24 hours of its release in paperback. Ms. Shull, stated *“Seeing my book appear next to one of my favorite Christian writers-Max Lucado-added such joy to the publishing release of this book,”* shared Mrs. Shull. *“I am excited to release my first religious/spiritual book, tying*

in my love for memorizing Biblical scripture as an active weapon against anxiety and the cycle of negative thinking patterns. My hope is that this method will also inspire others to find more daily peace in the mind, heart and soul.”

Machel is also a marketing executive in San Diego and is currently taking her 200-hour yoga certification in Cardiff-by-the-Sea, California. Her next book, *HARD KNOCKS How to Win at Life*, will be published in the summer of 2018. She has been a writing contributor to *MIND BODY GREEN*, *SIVANA EAST* and previously wrote her own [newspaper column in San Diego](#) for five years before writing [inspirational books](#) encouraging wellbeing and happiness.



What others are saying about her books:

“Turbulence in the world, personal catastrophe, responsibilities of work and family, and the feeling of being lost or stretched too thin can threaten our relationship with “self” and cloud our

spiritual vision. In this lovely, inspirational guide, Machel Shull shares her blueprint to a place where balance, peace, and joy are waiting.”- Five Star Review for LIVE LOVE SOUL on Amazon

‘Thoroughly ‘reader friendly’ in tone, content, organization and presentation, “Live Love Soul” is certain to be an enduringly popular addition for community library Self-Help/Self-Improvement collections. For personal reading lists it should be noted that “Live Love Soul” is also available in a Kindle edition (\$10.69).’-MIDWEST REVIEWS

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