



Love Letters To Bookworms | Liebesbriefe an Bücherwürmer

Global Marketing + Strategy + Foreign Rights Licensing For Publishing Brands

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Reading time 2 min 02 sec

Hello, my lovely Bookworm!

I hope life's treating you well and you're shining bright.

Most of us hide our feelings – so be honest, my lovely Bookworm: How are you feeling today?

- Stressed and anxious?
- Frustrated and frazzled?
- Disappointed and down?
- Wrestling with self-doubt?
- Meh — you could use a boost?

I've got you.

I put together a little mood booster of the most-read [LOVE LETTERS TO BOOKWORMS](#)' posts to brighten your day.

Because sometimes, three minutes is all it takes to turn your energy around.

No matter where you're at with your goals, dreams, and ambitions, you deserve to feel good.

You're here, alive, and breathing. You made it to this moment.

So take the next three minutes and give yourself what you *most* need from below:

Melt away stress & anxiety in under five minutes flat.

Feeling stressed, anxious, or overwhelmed? Here're some tips to instantly reduce stress and even stop a panic attack.

[Feeling An Increased Need For Your Mental & Emotional Well-Being? Stop Listening To Voices, Who Want You To Take On MORE — It Will Never Leave You Feeling Comfy, Happy & At Peace With Yourself. Here're 5 Simple Ways To Beat Burnout & Stay Productive](#)

Create positive energy, fast.

This short post with goodies will calm your mind and alleviate suffering. Use these ‚distraction` ideas as an idea anytime you feel frazzled, rushed, or frustrated. Then bask in your inner peace afterglow.

[LOVE ...This One...Forwarding: Create A Meaningful, Powerful Life You Love and Become The Person You Most Want To Be](#)

Get back up after a failure.

Feel like you “should” be further ahead by now? Or nursing the sting from a recent failure? I have the perfect advice for when life knocks you down.

[Ever Felt Like Things Seemed Out Of Control And Headed For Disaster In Your Book Business? Trouble In Paradise? Fear Of Failure Or Why Getting Back Up Again After You Fall And Continue Is What Matters](#)

Never forget, my lovely Bookworm...

You are unique in this world.

You work so hard. You deserve to feel loved, at peace, and proud of yourself — not “someday,” but right *now*.

Also, never forget to nurture and protect your energy. As life gets busy and demands pile up, it's super important to prioritize your well-being and keep your inner sparkle alive.

I hope you give yourself five minutes to read one of the uplifting posts above. So you can carry on with your day feeling a little lighter. A little more powerful. A little more YOU.

Wishing you a radiant day filled with great energy!

I'm sending you enormous love 

XOXO

Claudia — your global book publishing co-pilot

P.S. Need an on-the-go mood booster? I'm releasing a new feel-good [LOVE LETTERS TO BOOKWORMS](#) every Monday — [check it out!](#)



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Well, today's the day. This year's your year.

[LOVE LETTERS TO BOOKWORMS](#) | [MAGAZINES FOR BOOK LOVERS](#)

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The Wittmann Agency
c/o Claudia Wittmann
Lutherstrasse 23
06886 Lutherstadt Wittenberg
Deutschland | Germany
contact@the-wittmann-agency.com
[the-wittmann-agency](#)
USt.-IdNr. / VAT-Nr. DE279052110