

PRESS RELEASE:

A GUIDE TO LIVE MORE AWESOME

BY JIMI HUNT

In 2013, Jimi had a pretty good year, he wrote a best selling book about Lilo-ing the Waikato river, he built the World's Biggest Waterslide, he was the opening speaker at TedxAuckland, he fronted a national ad campaign for one of New Zealand's biggest brands, he was on the shortlist for New Zealand Innovator of the Year and New Zealander of the Year. Pretty good year, right? Not really. He thought it was a bit shit and he was still sad, so he decided to do something about it...

This new book contains the last two years of Jimi's amazing discoveries and lessons learnt by working on his mental health full time. 'Mental health' is a term plagued by stigma and Jimi explains that everyone has it, just at different levels, and everyone can improve it and live a more awesome life.

A Guide To Live More Awesome teaches people to become self-aware, be brutally honest with themselves and then how to change, and how to do it quickly. Jimi also weaves crazy, interesting and, at times, touching stories about his life, the World's Biggest Waterslide and his many adventures as he chronicles how he has changed over 60% of his personal traits (the not-so-good ones) for the better, learned how to never be disappointed ever again, how to form better and more beautiful relationships and connections, come up with new ways, new ideas and new solutions as well as how to follow your heart and live more awesome.

As Jimi says inside,

"This book will not make you more money, get you a new job, find you a lover or help you lose weight. However, it will help you understand and improve yourself and your place in the World / Universe... This may, in turn, make you more money, get you a new job, find you a new lover and help you lose weight."

ABOUT JIMI HUNT:

Jimi Hunt is co-founder of the mental health charity 'Live More Awesome', lilo'er of the Waikato, mental health advocate, author, speaker and whatever else he feels like doing that day.

Book information available at www.jimihunt.com/guideto

Jimi information available at www.jimihunt.com

Charity information available at www.livemoreawesome.com

Book launches on Wednesday April 13.

JIMI IS AVAILABLE FOR INTERVIEWS.

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Media assets available at the bottom of
www.jimihunt.com/guideto

