

PRESS RELEASE - NEW BOOK



My Royal Navy Friend

My dear friend Roy decided to follow in his family's footsteps and enlist in the Royal Navy. I wanted to maintain our friendship, to continue to support Roy, to make him laugh and to entertain him. So I came up with the idea of sending him a weekly email on random topics.

These emails were on a variety of topics, always being entertaining, sometimes being interesting, sometimes funny and occasionally being serious.

Topics included: Jokes, Puzzles, Inspirational Quotes, Future Technology to Be Excited About, How to Fight A Shark, How to Woo A Turtle, Some of the Most Amazing Jobs in the World, Facts About Castles, Do Aliens Exist?, The Kindest Humans, A List of Cakes, 13 Weird Body Facts, 20 Super Space Facts, Ancient Egyptian Curses, 10 Weird Olympic Games, The Great Emu War of 1932, Quiz: Flags of the World, Legendary Characters from the UK and others.

My Royal Navy Friend is a copy of these emails. In total, there are 52 emails. Dispersed throughout the book are also Royal Navy facts and stories.

Antony Simpson, author, said:

"My Royal Navy Friend is my best work to date. I'm exceptionally proud of My Royal Navy Friend. You'll laugh, be entertained and learn some fascinating facts."

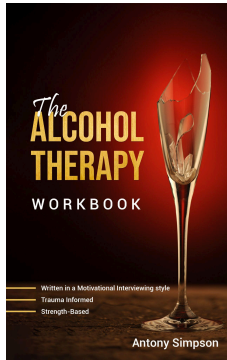
Release Date: 31st January 2024 **Formats:** Paperback & Kindle Ebook

Page Count: 121 **Prices (UK):** £9.50 Paperback, £5.50

Available to Buy From: Amazon (Internationally)

Contact Details: To request a free copy for review or for interviews email:
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Other Books By The Author



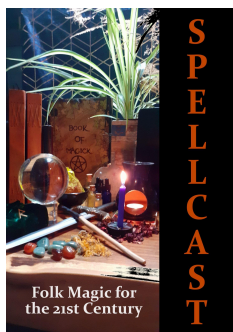
The Alcohol Therapy Workbook

This workbook has been designed for anyone that is struggling with alcohol or has struggled with alcohol in the past.

It is written in a Motivational Interviewing style, one of the key therapies used to support people with alcohol issues. It has been designed using a trauma-informed approach and is strength-based.

What you will find in this book is more than just worksheets about alcohol. You'll find all the tools someone needs to get into recovery from alcohol and stay there. It's a therapy-based book, not an alcohol-based book.

[Buy The Alcohol Therapy Workbook on Amazon \(UK\) here.](#)



SpellCast - Folk Magic for the 21st Century (co-authored with Luna Hare)

SpellCast is a comprehensive compendium of spells, oils, charms and talismans. It is purely a book about magic, folk magic for the 21st century. The spells are ones that are tried and tested, with some that will stand the test of time.

In SpellCast you will read about the power of Instant Magic, of Banishment & Bindings, Blessings, Cleansing, Communication, Death, Employment, Finance & Money, Fertility, Friendship, Happiness & Joy, Health, Love & Relationships, Luck Magic, Protection, Transformative Magic and WishCraft. This book will change your life. Your life will be abundant in all meanings of the word.

[Buy SpellCast - Folk Magic for the 21st Century on Amazon \(UK\) here.](#)

Mental Health Wisdom



Developing
Understanding & Empathy

Antony Simpson

Mental Health Wisdom - Developing Understand & Empathy

This book contains everything that you need to know about mental health and mental illness.

Mental Health Wisdom is divided into three sections.

Understanding is section one and is all about the facts of mental health.

In section two, Empathy Through Lived Experience, the author shares his personal experience of mental illness.

Life Hacks is section three. It's all about self-care and quick and easy ways to improve your mental health, prevent mental illness or relapse of mental illness.

[Buy Mental Health Wisdom - Developing Understand & Empathy on Amazon \(UK\) here.](#)

All available to buy in various formats internationally on Amazon.

Author's Website/Personal Blog: www.antonysimpson.com