

FOR IMMEDIATE RELEASE

Outskirts Press announces Inside The BOX – Protecting Your Power!, the latest highly-anticipated self-help / personal growth / self-esteem book from Woodbury, CT author Cathryn Denault, SPHR, SHRM-SCP.

April 26, 2018. Denver, CO and Woodbury, CT - Outskirts Press, Inc. has published *Inside The BOX – Protecting Your Power!: An Empowerment Guide For Women* by Cathryn Denault, SPHR, SHRM-SCP, which is the author's most recent book to date. The 6 x 9 black & white paperback in the self-help / personal growth / self-esteem category is available worldwide on book retailer websites such as Amazon and Barnes & Noble for a suggested retail price of \$14.95. The webpage at www.outskirtspress.com/InsideTheBOX_ProtectingYourPower was launched simultaneously with the book's publication.

About the Book (Excerpts & Info)

Inside the BOX: Protecting Your Power is not your usual women's self-help book. Instead it provides an engaging and humorous way to help you tap into your most sacred of places: your Box! Your Box is the vessel that houses your female energy, and encases your unique talents and abilities in a place of influence. This means that your Box is your power, and you will never again subscribe to that old cliché to “think outside the box” because it's far better to think “inside your Box!” You will see how “holding up a mirror to your Box” will help you assess what you have been accumulating there, and you'll learn how to clean out your “litter Box” from unhealthy relationships or past situations. When your Box is truly clean, your “jewelry Box” will be waiting to be filled with everything you hold precious that make you sparkle and shine! You will even learn about the “male Box” and discover strategies to help you positively interact with all the men in your life. When you are done, you can wrap up your Box with nice big bow—the best present you can give yourself! If you have ever found yourself in situations where you have allowed others to walk all over you—at home, at work, or in personal relationships—and you feel that you could be more assertive and powerful in these situations, Inside the BOX: Protecting Your Power is a must-read for you!

Deftly constructed at 87 pages, *Inside The BOX – Protecting Your Power!: An Empowerment Guide For Women* is being aggressively promoted to appropriate markets with a focus on the self-help / personal growth / self-esteem category. With U.S. wholesale distribution through **Ingram** and **Baker & Taylor**, and pervasive online availability through **Amazon**, **Barnes & Noble** and elsewhere, *Inside The BOX – Protecting Your Power!* meets consumer demand through both retail and library markets with a suggested retail price of \$14.95.

Additionally, *Inside The BOX – Protecting Your Power!* can be ordered by retailers or wholesalers for the maximum trade discount price set by the author in quantities of ten or more from the Outskirts Press Direct bookstore at www.outskirtspress.com/bookstore

ISBN: 9781478796824

Format: 6 x 9 Black & White Paperback

SRP: \$14.95

For more information or to contact the author, visit www.outskirtspress.com/InsideTheBOX_ProtectingYourPower

About the Author

Cathy Denault, SPHR, SHRM-SCP holds a bachelor's degree in business management and is a member of the Society for Human Resource Management. She lives in Litchfield County, Connecticut, and enjoys drinking wine, talking about her Box, and shaking up the status quo whenever possible.

About Outskirts Press, Inc.

Outskirts Press, Inc. offers full-service, custom self-publishing and book marketing services for authors seeking a cost-effective, fast, and flexible way to publish and distribute their books worldwide while retaining all their rights and full creative control. Available for authors globally at www.outskirtspress.com/mobile and located on the outskirts of Denver, Colorado, Outskirts Press represents the future of book publishing, today.

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