



May the Thoughts Be with You: Ideas and Wisdom to Inspire Your Days

Charlotte Reed

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Life can sometimes feel like a rollercoaster of ups and downs. *May the Thoughts Be with You* is a collection of positive thoughts and drawings to encourage you, and like a supportive friend, it will help you to move through life with more joy, clarity and a stronger sense of purpose.

Charlotte created these illustrated, often humorous thoughts to improve her own life while suffering from depression. When she later became ill with RSI from her office job, Charlotte plucked up the courage to resign and compile the thoughts into a book, which she self-published.

The response she received was overwhelmingly positive, with customers at her market stall in London's Notting Hill regularly bursting into laughter or tears of relief on reading one of the thoughts that spoke directly to them. Thousands of copies of her self-published book have sold by word of mouth alone, which has led to Hay House working with Charlotte to publish this edition so that *May the Thoughts Be with You* can reach and inspire even more people!

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