



Press Release

Singapore Publisher Phronesis LLP Releases

Project You: Words of Wisdom and Project You: Fitness Words of Wisdom

Singapore publishing company Phronesis LLP has released the first two titles in its new *Project You Words of Wisdom* series of motivational personal development books. The books comprise tips, techniques and hundreds of motivational quotations on seven key aspects of life.

SINGAPORE, July 21, 2014 — *Project You: Words of Wisdom* and *Project You: Fitness Words of Wisdom* have been released by Singapore publisher Phronesis LLP. Both books combine motivational messages and quotations from leading thinkers and individuals across the ages with practical tips, techniques, tools and proven steps to help readers embark on personal journeys of continuous improvement. Both books place a focus on continuous improvement, rather than attaining short-term goals or changes in one's life.

The books are available in both soft cover print and Kindle eBook editions at Amazon. In coming months both books will be released through other distribution channels and in other eBook formats.

Project You: Words of Wisdom introduces a unique approach to life and personal self development, covering seven key elements of life: personal life, professional life, family life, mental and emotional life, health and fitness life, spiritual life, and one's interconnected life. The book shows how a life devoted and driven on a journey of self development, not only for personal and selfish reasons but to also advance the progress of humanity, creates the opportunity for anyone to Live A Determined Life.

Project You: Fitness Words of Wisdom provides tips on creating a holistic concept of personal fitness, encapsulating stamina, energy levels, flexibility, bone strength, muscle tonality and sexual attractiveness.

Phronesis, whose definition means "wisdom in determining ends and the means of attaining them," plans to extend the *Project You Words of Wisdom* series to encompass numerous other aspects of personal development and growth.

Earlier this year the company released its first book, *Project You: Living A Determined Life* to widespread acclaim and review.

In the coming months, the Project You brand will encompass a family of closely related and integrated books and products to help individuals create their own paths and personal journeys on the road to creating and living determined lives. Two additional books are planned for release near the end of the year.

About Phronesis LLP

Phronesis LLP is a registered company in Singapore. Phronesis believes in The Art of the Possible and aims to help people develop wisdom in determining desirable ends and the means of attaining them.

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