

Author Biography

Onkaar & Avneet Nijjer

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About the Authors

Award-winning bestselling authors Onkaar and Avneet love to help others.

The brother and sister duo enjoy running workshops to help educate young people about confidence, mindset, healthy lifestyle, and nature, as well as helping others through their self-help books for young people.

They enjoy fundraising for charities and are Future Voice Ambassadors for Book Brilliance Publishing.

In their spare time, Onkaar and Avneet love being creative with their Lego and making stop motion videos!

Book Synopsis

Your mind is your most powerful tool!

Onkaar and Avneet want to help you to:

- *Understand yourself*
- *Discover how you think*
- *Build a growth mindset*
- *Learn to be unstoppable!*

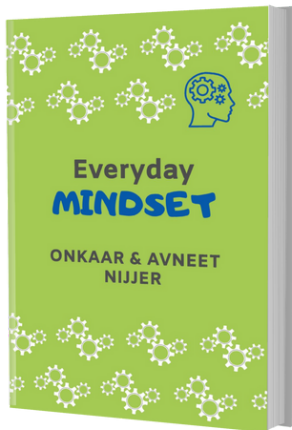
You will learn how to build a growth mindset and how to achieve every goal you set in life!

Advance Information Sheet

From Spark of Brilliance, an imprint of Book Brilliance Publishing

Everyday Mindset

by Onkaar & Avneet Nijjer



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Everyday Mindset

By Onkaar & Avneet Nijjer

ISBN: 978-1-913770-57-0

Price: £10

Publication Date:

8th February 2023

Format: paperback

Size: 216 x 140 x 9 mm

163 pages

Category:

Non-fiction; children; mental health; mindfulness; mindset; self-esteem; emotions; feelings; activity book

Available from Gardners, and on Amazon, online, in all good bookshops and direct from the publisher.

About the Authors:

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Key Sales Points:

- With a foreword from Dr Kathy Weston, Founder of Tooled Up Education.
- Onkaar and Avneet are award-winning bestselling authors and have previously published two titles.
- While aimed at young people, the book can be enjoyed by adults too.
- Character 'Sticky' helps readers to navigate through the M.I.N.D.S.E.T method.
- The book is full of activities and quizzes to help the reader develop a positive growth mindset.
- Also contains a 30-day mindset journal plus a Certificate of Achievement on completion of working through the book.

"The power of this book is that it gives children agency to affect change in their lives... it is a handbook that can inspire pupils in the classroom, children at home and even the adults that work with or care for them every day."

Dr Kathy Weston, Founder of Tooled Up Education



PRESS RELEASE – for immediate release

Onkaar & Avneet Nijjer

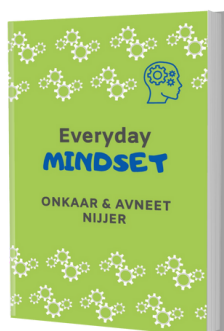
BRIGHT SPARKS CHAMPION EVERYDAY MINDSET



Two exceptional young people are on a mission to make a difference by launching a brilliant new book to encourage everyday mindset for young people to prevent issues with mental health later in life

Onkaar (11) and Avneet (9), a brother and sister duo from Buckinghamshire, are shining examples of a brighter future for our children.

As **Future Voice Ambassadors** for Book Brilliance Publishing, they are determined to increase awareness of mental well-being in young people and are launching their new book *Everyday Mindset* on 8th February 2023. They are currently planning a national awards event SHINE to **spotlight young people** in the UK and internationally for championing many aspects within their communities.



Onkaar and Avneet chose **Children's Mental Health Week** (6th to 12th February) to launch this much-needed book. They will celebrate the publication with a charity fundraising event on Sunday 12th February, 12 - 3 pm at Manor Farm Stables, Ruislip. The event will support Place2Be, a charity whose focus is on improving children's mental health in schools.

Members of the International House of Speakers, Avneet is the **youngest, winning member** to participate in the monthly events on an international level with children and adults from India, Oman and the UK.

A future leader today, Onkaar has demonstrated **great leadership skills**, and was shortlisted as Blue Peter Judge for Young Sports Personality of the Year and made the top 10% of entries for the BAFTA Young Presenter competition.



Onkaar and Avneet have been awarded a scholarship as **speakers** and prizes as **young entrepreneurs** who are both influential and are making an impact on the world around them. This has also been demonstrated in much of the other work they carry out, such as visiting schools and care homes, running workshops, and fundraising for charities.

Everyday Mindset includes a foreword by Dr Kathy Weston, Founder of Tooled Up Education. Understanding what motivates children, the siblings use the character 'Sticky' to help readers to navigate through the **M.I.N.D.S.E.T method**. The book is full of activities and quizzes to help the reader develop a positive growth mindset. It also contains a 30-day mindset journal plus a Certificate of Achievement on completion of working through the book.

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Notes:

- *Everyday Mindset* by Onkaar and Avneet Nijjer, published by Spark of Brilliance, an imprint of Book Brilliance Publishing, 8th February 2023, ISBN 978-1-913770-57-0, £10.
- Onkaar and Avneet are available for interview: admin@bookbrilliancepublishing.com
- High-res images of the cover and the author are available from the publisher: admin@bookbrilliancepublishing.com

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