

Helen Noble
AUTHOR
MEDIA KIT

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Synopsis

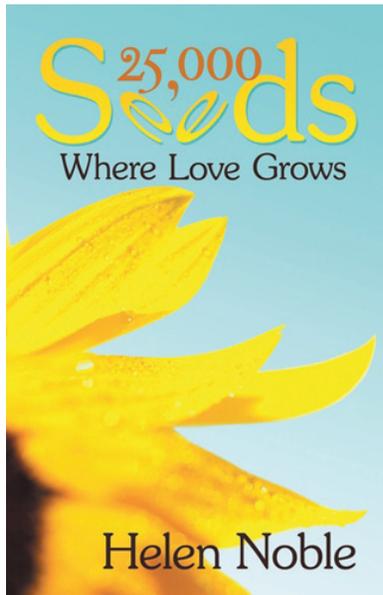
In *25,000 Seeds*, Noble takes her readers on a journey of body, mind, and soul, liberally laced with old-world wisdom and healthy recipes made from the local produce. Her honest, simple and elegant style gently reminds us not to hold on too tightly to what we think most important. It is only by letting go can we change our life, at any age. Brimming with rich prose it captures the rhythm of the rolling hills of Ohio and the scents of the changing seasons. From spring planting to fall harvest, it's a beautiful backdrop for an unexpected (and very unlikely) romance, with cycling as the bridge between two very different worlds.

I've written a novel, but my background is in the beauty industry and my passion is for my readers to find a sense of balance, peace, and their own inner beauty by the time they finish the book. I am committed to empowering women to feel feminine, in control of their happiness, and divinely beautiful both inside and out.

In the book, each of the characters steps far out of their comfort zones. Engaging all the readers' senses, the story was inspired by a cycling trip I took through rich Ohio farmland. In the novel, the main character, Claire, sets an intention—she wants a change in her life—and then quickly forgets she did. What transpires next is more than amazing. Claire's simple desire for more in her future first takes her back over her past -- to letting go in order to make room for something, and even someone new. The saying is so true...the universe abhors a vacuum, and without fail will step in, arranging, growing, and cultivating the seeds – her desires that were planted before she even left home. No story would be complete without a tender romance, the sharing of wonderful friends, my recipes....and, of course, a fabulous dinner party!

It's an easy to read, 223 page story which speaks woman to woman, man to woman, and friend to friend. My message incorporates so many of the aspects of living that our world really needs now. '25,000 SEEDS' also addresses another passion of mine -- stamping out illiteracy in this country and I briefly outline how. With the resources already in place in our education system, it could be done more simply than expected. "A perfect read for women after the age of 40, it shows them that there is a fantastic life waiting ahead, and they can sow the seeds of happiness in their lives anytime they wish." US Review of Books

"A sensual delight! *25,000 Seeds* is more than a great mid-life romance; it's beautifully written with an authentic voice we recognize as so much like our own." Cindy Christensen, founder Home Makeovers



Helen Noble
AUTHOR

25,000 Seeds, Where Love Grows

By, Helen Noble

ISBN: 978-1-4525-4860-9 (SC); ISBN: 978-1-4525-4859-3 (e); ISBN: 978-1-4525-4861-6 (hc)

Publication date: 5/21/2012

Page count: 223pgs

Softcover \$16.99 eBook \$9.95 Hardcover \$33.99

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"A sensual delight! *25,000 Seeds* is more than a great mid-life romance; it's beautifully written with an authentic voice we recognize as so much like our own." Cindy Christensen: Founder, Home Makeovers

Helen Noble is passionate about encouraging women everywhere to accept their inner beauty and vitality. To Helen, beauty remains an "unmistakable grace and an interconnectedness of mind, heart, body, and spirit." Following her passion, she founded BELACREMA, a luxurious natural European skincare line, after discovering the restorative benefits of formulas passed down in her family. She has already played an influential role in the lives of many women through her skin care line; as a nationally recognized author; as well as coaching women on their nutrition, exercise, and self-awareness.

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Being Simply Beautiful,

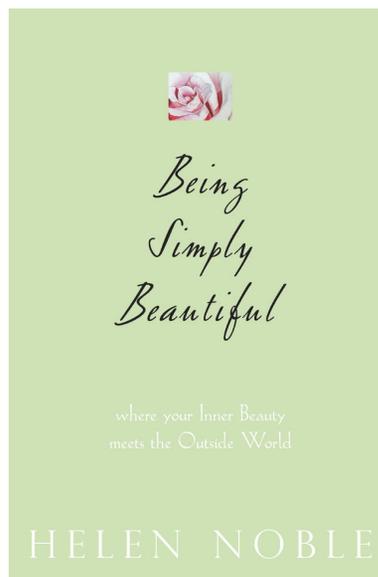
By, Helen Noble

ISBN: 13-978-0-615-31034-3 (SC)

Publication date: 11/2009

Page count: 128pgs

Softcover \$13.95



Being Simply Beautiful is an elegant and short non-fiction book that shares quick and easy steps for the woman over 40 to proudly wear her inner and outer beauty for all to see. Its three parts – Maintaining the Best Outside, Understanding, and Inner Grace – move from the outside in, focus on “loving the skin you’re in” a total body beauty plan, appreciating how beautiful you are, and projecting the full expression of your inner beauty. A wise and open-hearted book to share with the women in your life, and the men in your life who want to know you better, Being Simply Beautiful champions happiness as the best beauty prescription. Her honest, simple and elegant style allows for even the biggest skeptics to realize that you are only beautiful on the outside when that is how you feel on the inside.

“Noble...a big believer in natural beauty and traditional medicines. ...it reads like a knowledgeable friend who really wants to help you.”
BELLASUGAR.COM

“Author Helen Noble helps us to realize that we deserve a life that treats our bodies well and in doing so keeps us young. I highly recommend this if you want to educate yourself in a simple and entertaining way and keep your life simply beautiful.” FABOVERFORTY.com

“Helen’s entire book is filled with female inspiration and is a must read.” BEAUTYSTYLEWATCH.COM

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MEDIA KIT

TESTIMONIALS

Helen Noble
AUTHOR

This book WILL make you want to start cooking for the fun of it again, take a sensuous cycling trip across a lazy summer and most of all, to remember that new beginnings happen every day.

S. Garcia, NYC

Cyclists will love this book! Noble's rich prose captures the rhythm of the rolling hills and the scents of the changing seasons. A beautiful backdrop for an unexpected romance.

D. Allen, West Palm, FL

Author Helen Noble helps us to realize that we deserve a life that treats our bodies well and in doing so keeps us young. I highly recommend this if you want to educate yourself in a simple and entertaining way and keep your life simply beautiful.

FABOVERFORTY.com

Helen Noble dishes up a delicious debut novel filled to the brim with romance, recipes and really great advice! 25,000 Seeds surprised me with the way it casts a fresh look on what really matters most in life. Very inspiring!

Barbara G, Naples, FL

Helen Noble's new book Being Simply Beautiful packs a lot of info into its slender 128 pages. Noble, the founder of luxe skincare line Belacrema and a big believer in natural beauty and traditional medicines, seems to have put her entire life philosophy into this book, and a lot of it's very useful...it reads like a knowledgeable friend who really wants to help you.

BELLASUGAR.COM

When we first heard about Belacrema, we knew from the name alone that the brand would be luxurious—and it is. What surprised us, though, was how Belacrema achieved such lavishness with so little. Not only are minimal ingredients used, but there are currently only two products in the line. Yet somehow, that's all you need.

beautyinreallife.blogspot.com/2009/10/belacrema-one-creme.html

Helen Noble
AUTHOR

1. You have a skincare company, what made you start writing?
2. What is 25,000 SEEDS about?
3. What are some ways to let go of the past?
4. What do you mean get to know yourself inside and out?
5. Why step outside of your comfort zone?
6. Why should everyone have a hobby, and how do you choose one that's right for you?
7. Why do women over 40 need a different beauty regime?
8. In 25,000 SEEDS you address another passion, education. With today's system so scrutinized what can we do to help children get the education they deserve?
9. Maybe it's a trick question but what is the measure of our success?

SAMPLE INTERVIEW QUESTIONS

For Immediate Release

Contact: Helen Noble
Helen@HelenNoble.com

25,000 SEEDS
Where Love Grows
By
HELEN NOBLE

We are pleased to announce the release of 25,000 Seeds, Where Love Grows by Helen Noble, (on sale July 15, 2012; ISBN:978-1-4525-4860-9) an avid cyclist; author of Being Simply Beautiful, an elegant, non-fiction beauty book; and founder and CEO of BELACREMA, a luxurious European natural skincare line. 25,000 Seeds, Noble's debut novel is an inspirational romance and a story of letting go of what you thought you wanted; to find what really matters.

Inspired by her own summer spent cycling through the rural Midwest, Noble weaves a tale through each character's journey, set against the backdrop of Ohio's rolling rich farmland. Wisdom, allows that it's not the destination that's important, but the journey. But how do you get to who you are? What in your past informs your present?

Noble's very real mid-life characters had skated across the surface of their lives for years, with senses and souls dulled and disengaged. Claire, transplanted from Palm Beach is hired to rescue the failing school system. And Ben, the small town's wealthy ex-pat, returns to his farming roots amidst the distrust of the unforgiving community. Ben and Claire, a shared passion for cycling, and a confluence of circumstances forces each to answer the forever question of what is most important in life. Each answers in their own inimitable way. And each answers perfectly.

In 25,000 Seeds, Noble takes her readers on a journey of body, mind, and soul, liberally laced with old-world wisdom and healthy recipes made from the local produce. Her honest, simple and elegant style gently reminds us not to hold on too tightly to what we think most important. It is only by letting go can we change our life, at any age.

About the Author Helen Noble is passionate about encouraging women everywhere to accept their inner beauty and vitality. A former model, she has experienced "beauty" in its many forms. To Helen, beauty remains an "unmistakable grace and an interconnectedness of mind, heart, body, and spirit." Following her passion, she founded BELACREMA, a luxurious natural European skincare line, after discovering the restorative benefits of formulas passed down in her family. She has already played an influential role in the lives of many women through her skin care line, as a nationally recognized author, as well as coaching women on their nutrition, exercise, and self-awareness. The fruits of her labor are apparent as well in the pages of her debut novel, 25,000 Seeds.

Spending her childhood surrounded by scientists, physicians, and healers in her extended Eastern European family, she inherited a holistic outlook on life, and a deep understanding that prevention is the key to health and longevity. Then she began incorporating Eastern wellness philosophies, and for decades she has lived a natural health-and-wellness lifestyle. Later she established her own beauty line, providing the care and benefits so necessary to skin as it ages. Helen resides in Naples, Florida where in addition to running her company, speaking to women's groups on topics of wellness, happiness, spirituality and beauty; she is also involved in the arts and other organizations.