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**Positive Manipulation: How a Mouse is Helping to Revive an Ancient Healing Technique that Promotes Personal Responsibility, Love, Peace, and Unity**

Oyster Bay, NY (Fri. April 4, 2019) - Long Island *wellness coach, activist, speaker, and two-time author* Donna Martini has launched her latest book, **“My Mini Book of Mighty Mantras,”** which presents daily, positive messages from the perspective of **MantraMouse®**, a fictional peace activist who demonstrates and helps convey some of the more profound concepts. The science and how-to of mantras and **Positive Manipulation**® fill the first 50 pages with the remaining 200 offering readers more than a year’s worth of messages and mantras that will help them live more abundantly while maintaining a more peaceful, positive outlook.

“Repeating positive statements has been scientifically proven to prompt powerful cellular changes in our bodies,” says Martini. "Our spiritual prowess is so potent, the energy in a room full of angry people can be changed from hate to tolerance with just one person’s loving intention to do so. Why, then, are we so intimidated and annoyed by who we deem negative people? More importantly, why is it so darn difficult to overcome our own anxiety, fear, anger, resentment, or unforgiveness?”

It was twenty-six years ago that Martini discovered she was purposefully changing her negative thoughts and emotions toward her children’s father during their separation and divorce. She initially did it for the sake of her children, but when doing so made her feel happier, healthier, and stronger, she named the process, “**Positive Manipulation**® **(PM)**” and set out as a pro bono coach to teach others to do the same. Since then, she has influenced thousands of people, some of whom have successfully healed from physical and emotional disease, addiction, learning disabilities, unforgiveness, trauma, and negative tendencies. During the 2016 election, she sensed a dire need to reach more people quickly, so she condensed her research and experience into the 4”x6” mini book, making it easy for readers to get what she calls ***A Daily Dose of Love, Wisdom, and Mindfulness.***

To help spread **MantraMouse’s** positive messages, the author created posters of the cartoons and offers NFPs, businesses, and educators the right to use over 30 free of charge to print and hang in offices and classrooms. The adult mini book, as well as a coloring book for children, were designed for individual sale on Amazon, but the author sells in quantity for donation and sponsorship purposes directly to corporate leaders and business owners wishing to align themselves with a national movement toward peace and unity. With trademarks secured in six other merchandise categories which include t-shirts, re-usable grocery bags, and phone apps, the author wants future sales of **MantraMouse**® goods to self-fund more public awareness ads, websites, seminars, and videos, as well as wellness programs she already offers free to schools, government, hospitals, jails, prisons, and NFPs.

***My Mini Book of Mighty Mantras*** is a feel-good campaign, a wellness program, a self-healing motivation tool, a wake-up call, and a call-to-action. As an activist herself, it is the author’s goal to help heal many of the nation’s wellness concerns which, she believes, can be achieved through education, positive intention, love, compassion, tolerance, and most importantly, unity. “If we can all agree,” she says, “that love is what we all have in common, then what we don’t have in common won’t really matter anymore.”

**THE AUTHOR:** *Donna Martini is a wellness coach, activist, speaker, and two-time author living in Oyster Bay who is dedicated to educating the public about healthy lifestyle practices that increase human potential. She writes school and employee wellness programs, as well as songs, films, and music videos for the purpose of creating positive forward movement. Her work includes* ***One Nation’s Heart****, a critically acclaimed music video that calls us to take a stand for unity, and the book* ***The Ten Commandments of Divorce/How to leave your marriage without breaking up your family****. Find out more about the author at* **<https://www.facebook.com/donna.martini.7>** *and* **[https://www.donnamartini.com](https://www.donnamartini.com/)** *For information or interview contact donna@donnamartini.com*