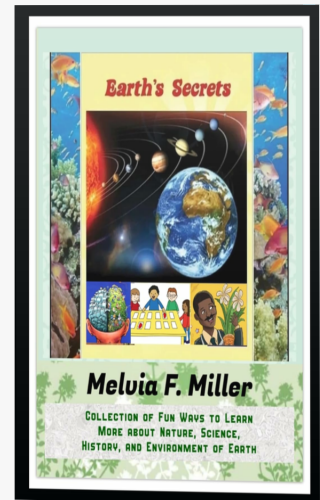


Inks & Bindings Presents Bold New Voices at the 2025 Los Angeles Times Festival of Books

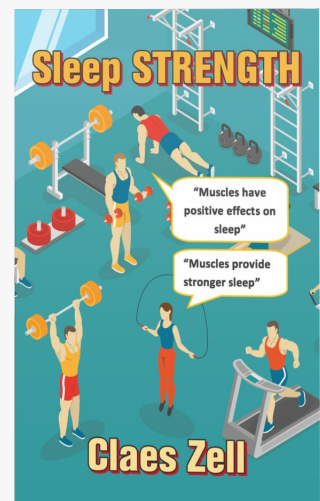
Explore Holistic Wellness, Creative Learning, and Timeless Inspiration at Booth #930 in USC's Black Zone, April 26-27

YORBA LINDA, CA, UNITED STATES, April 23, 2025 /EINPresswire.com/ -- The 2025 Los Angeles Times Festival of Books will once again bring together a diverse collection of authors and titles that reflect today's most compelling ideas. This year, Inks & Bindings will spotlight a standout lineup of books at Booth #930 in the University of Southern California's Black Zone from April 26 to 27. From innovative educational tools and holistic wellness guides to eye-opening lifestyle commentary and design principles that never go out of style, these featured works offer fresh perspectives for readers seeking substance and inspiration.

Ever dreamed of inventing your own game or adding your unique twist to an existing one? *Earth's Secrets: Rules for Playing a Unique Card Game* by Melvia F. Miller brings that dream to life. This full-color book is an engaging and educational guide for teachers, parents, youth leaders, and creatives who want to bring environmental awareness and critical thinking into fun, customizable gameplay. From checkers to dice to blank



Earth's Secrets: Rules for Playing a Unique Card Game



Sleep Strength

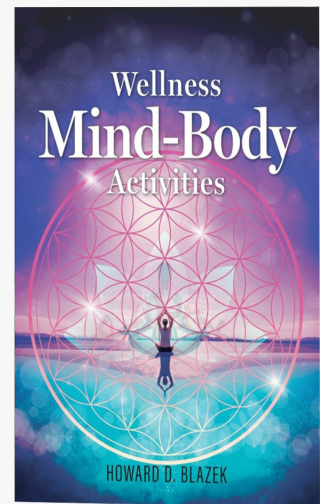
cards, everyday supplies transform into tools for eco-edutainment, all while players sharpen their understanding of Nature, Ecology, Health, and Social Issues in a dynamic, interactive way.

In its updated 2025 edition, the book expands its offerings with new activities, recycling guides, and natural healing insights. Readers will discover a wealth of ideas on how to “go green” in more ways than one, whether it’s turning trash into treasure, creating meaningful gifts on a budget, or designing an entire game around Earth wisdom. With Albert Einstein’s quote as a guiding light, “Games are the most elevated form of investigation”—this book makes learning and healing through play both accessible and impactful.

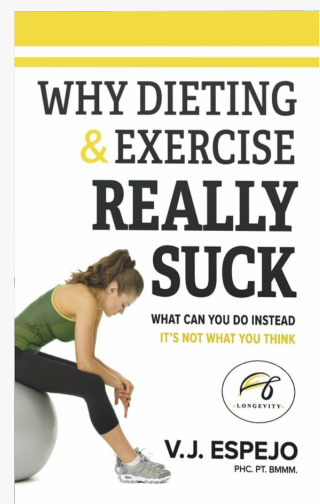
Next featured book is Sleep Strength by Claes Zell which delves into the powerful connection between physical strength and restful sleep, particularly in older adults. With compelling research on how strong muscles, especially in the legs, contribute to better sleep and increased levels of BDNF (a brain-signaling protein), this book offers new hope for those struggling with insomnia and age-related muscle loss.

Claes Zell has tailored exercise techniques to fit modern lifestyles, helping readers activate strong muscle groups while balancing endurance training. The result? A more independent life and deeper, restorative sleep. This scientifically informed, user-friendly guide emphasizes that building and maintaining muscle mass isn’t just for fitness. It’s a gateway to better brain health, longevity, and peaceful nights.

Next up is Wellness Mind-Body Activities by Howard D. Blazek—a practical and empowering guide that serves as your personal toolkit for cultivating holistic health, inner balance, and self-



Wellness Mind-Body Activities



Why Dieting & Exercise Really Suck

discovery. In this thoughtful guide, Howard D. Blazek explores the core questions of identity and purpose through wellness techniques designed to soothe the mind and strengthen the body. With the philosophy of “no trouble in the mind and no pain in the body,” this book teaches readers how to manage stress, balance energy, and enhance self-understanding.

Readers will learn practical methods including breathing exercises, positive affirmations, EFT tapping, meditation mantras, and yoga-based movements. Each activity is crafted for accessibility, allowing readers to choose what resonates most with them. Whether

you're seeking physical calm or emotional clarity, Blazek's curated approach offers a path to wellness that is personalized, empowering, and deeply enriching.

In *Why Dieting & Exercise Really Suck: What you can do instead, it's not what you think*, V.J. Espejo dismantles the myths and frustrations surrounding traditional health advice with a fresh and fearless perspective. Rather than prescribing grueling routines or restrictive diets, this eye-opening guide uncovers the real reasons behind why most people fail at conventional fitness programs—and offers practical, enjoyable alternatives that promote long-lasting well-being.

Espejo's insights draw from personal experience and cutting-edge research, tackling the cultural obsession with image and the impact of processed foods and sedentary lifestyles. The book emphasizes sustainable lifestyle changes that are simple and realistic, even for those with limited time or energy. With humor, honesty, and heart, the author shares daily habits and mind-body strategies that have transformed his own health—and can do the same for you. It's a liberating, no-nonsense roadmap for anyone ready to stop struggling and start thriving.

In our next featured book, *Timeless Design: Beyond Decorating Trends*, Sharon Kroll challenges the marketing-driven narrative of ever-changing home aesthetics. She empowers readers to design spaces that reflect their true tastes, values, and lifestyles without being dictated by what's currently “in.”

Through clear principles and visual examples, Kroll demonstrates how to recognize good design regardless of era, color palette, or style and apply it with confidence. The book shows readers how to craft rooms that feel personal, functional, and enduring. Whether you're revamping one corner or an entire home, *Timeless Design* offers practical wisdom to break free from the



Timeless Design: Beyond Decorating Trends by Sharon Kroll CID Ret.

decorating treadmill and build a home that brings joy for years to come.

Stop by Booth #930 in USC's Black Zone from April 26 to 27, 2025 to experience these dynamic titles up close, meet literary ambassadors, and explore the world through new lenses. These books are also available on Amazon for immediate access, in every format you prefer. Discover the stories, ideas, and tools that will uplift, educate, and inspire only at the [Los Angeles Times Festival of Books 2025](#).

[About Inks & Bindings:](#)

Launching brilliant stars into the spotlight! Inks & Bindings is set to broaden horizons, revamp to perfection, and produce a masterpiece through the power of books.

Inks and Bindings is a premier self-publishing company located at the heart of the Golden State. Aptly based where fashion, entertainment, and culture thrive, the team goes all out in bringing independent authors into the sweet California spotlight.

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