

WTF I'M HAVING A

MIDLIFE CRISIS

I'M FAILING IN LIFE

So you've found your career, got married, bought your home. Life is great, you are happy and everything just seems to fit into place.

Then all of a sudden your perfect Utopia starts to fall apart. The life that was once full of promise, hope, and ambition, is now starting to fall apart. You've reached the summit and the panoramic view is not what you expected! The storm approaches and you panic. Worry, fear, and distress fill your mind. Congratulations you have reached the Nirvana of a MLC!

This book is an honest reflection of life according to a dreamer. Somebody who's lost his way. A person who has it all, yet, has nothing. Someone who has lost his place in society, has so much to give, yet feels so empty and hopeless inside. A story of living life with depression. The highs and lows of a family man just trying to make it in life. The ultimate guide to a fragile mind in Mid-life crisis fighting:

Sex addiction, Periods, the menopause, Marriage conflict, Parenting, finance, Divorce, and Affairs.



ISBN 978-1-4116-8691-5



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a self help memoir
by

Oliver Very



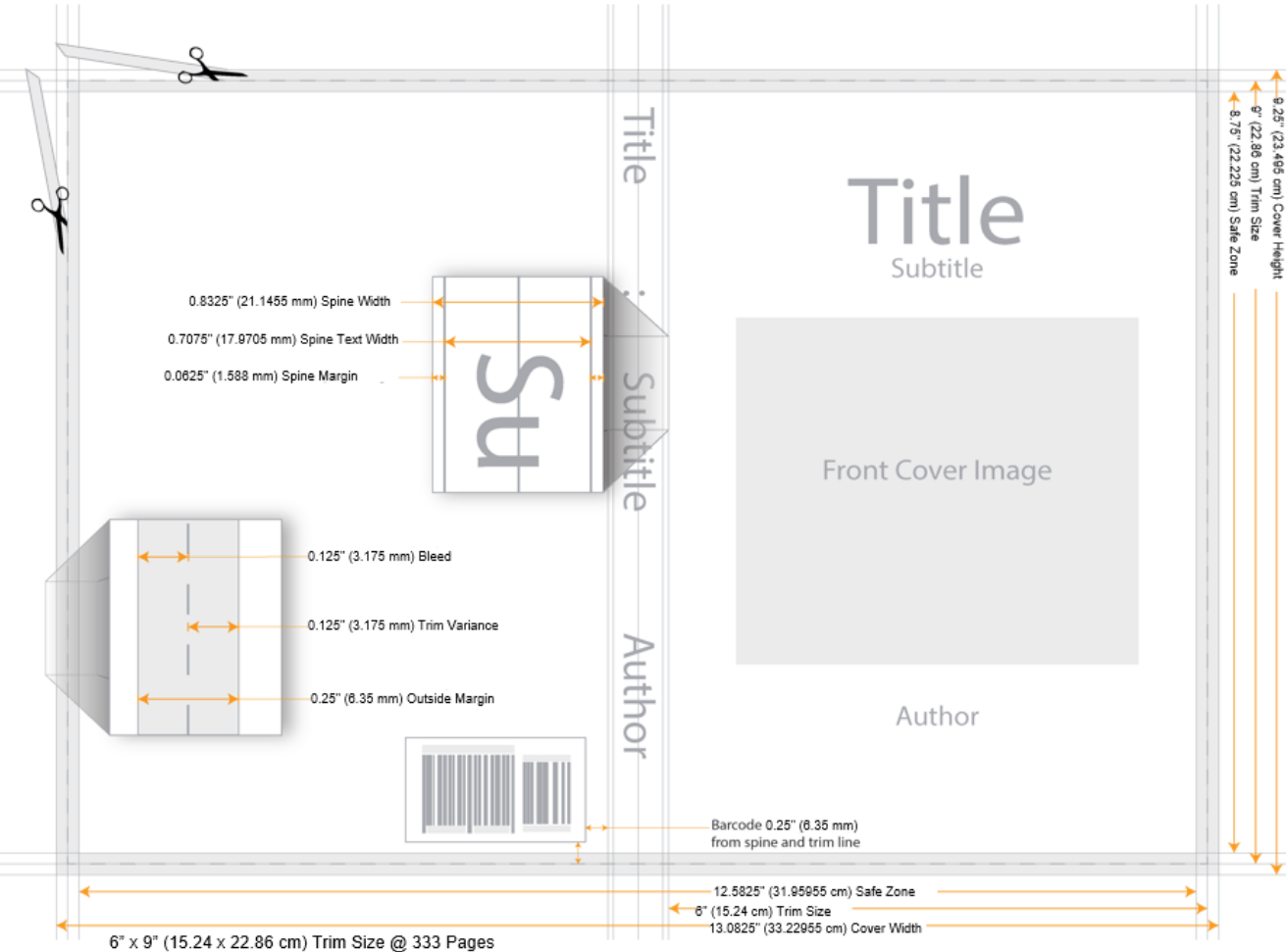
Supported file types and size limits

- **File type.** Your cover must be a single PDF file that includes the back cover, spine, and front cover as one image.
- **File size.** Cover files larger than 650MB won't convert. We recommend a file size of 40MB or less because large files can slow down printing.

Setting your cover size

Your cover needs to be sized with bleed in order to meet our quality standards. Our templates make it easier to create a print-ready paperback cover with programs that can open a PNG or PDF file and save a PDF file. [Download a cover template.](#)

If you want to set up your file yourself, [try our calculator](#). After you enter your ink and paper choices, trim size, and page count, the calculator will generate a layout like this:



- **Bleed.** All covers have bleed. If you want to add a background (e.g. color or image), make sure it extends 0.125" (3.2 mm) beyond the final trim line on all outside edges. All books are trimmed to size, and to ensure that the background fills the page, it needs to extend 0.125" (3.2 mm) past where the book will be trimmed on the top, bottom, and outside edges. This will prevent a white border from appearing at the edge when your book is trimmed.
- **Illegible text.** When choosing a background, consider how much it contrasts with the text. If the colors are too similar, the text might blend into the background and be hard to read.
- **Borders.** We don't recommend borders because we must allow for a 0.125" (3.2 mm) production variance that may trim the border or cause it to appear uneven. If your file includes borders, they should cover at least 0.25" (6.4 mm) inside the trim line. If you include a white border, it must meet our minimum border width or we may reject your file.

Adding images

- **Bleed.** When adding images, make sure they extend 0.125" (3.2 mm) beyond the final trim line on all edges. This will prevent a white border from appearing at the edge when your book is trimmed.
- **Image color, size, and quality.** Images may be CMYK or RGB color. All images should be sized at 100%, flattened to one layer and placed in your document at a minimum resolution of 300 DPI (dots per inch). Learn more about [high-resolution images](#).

Adding text

- **Front and back cover text.** When adding text, make sure it's at least 0.125" (3.2 mm) inside the trim lines. Also, no front or back cover text should extend into the spine area.
- **Spine text.** If your page count is under 100 pages, you shouldn't add spine text. Also, spine text needs at least 0.0625" (1.6 mm) on either side so that the text doesn't wrap onto the front or back cover.
- **Book details.** As you add text to your cover, make sure it exactly matches the book details (e.g., title, author name, edition, ISBN) entered during title setup.
- **Font size and color.** Text should be at least 7-point font so it's large enough for customers to read. Also, make sure the text doesn't blend into the background. This may happen if the text and background colors are too similar.

Barcode size and placement

When you upload your cover, you can choose to provide your own barcode.

- **You include your own barcode.** It has to have a resolution of 300 dots per inch. It also needs to be 2" (50.8 mm) wide and 1.2" (30.5 mm) high. When placing the barcode on your back cover, make sure it doesn't obscure other elements. If the barcode doesn't meet our specifications, we'll replace it.
- **You don't choose to include your own barcode.** We'll place an ISBN barcode in a 2" (50.8 mm) by 1.2" (30.5 mm) white box in the lower right-hand corner of your book's back cover. If you leave images or text on this part of the cover, the barcode will cover them during printing, so don't leave anything important there.

See more [details on barcode specifications](#).

Color requirements

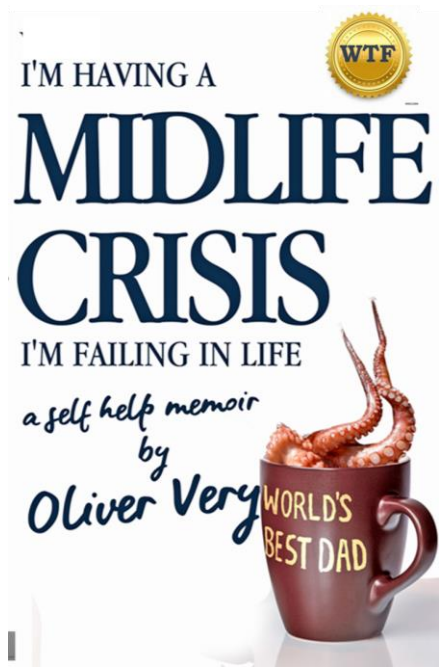
- **Color profiles.** Color management added to an image or file. We don't recommend including color profiles in your file. Color profiles can produce unexpected results. They are automatically removed before publishing.
- **Spot colors.** Color generated from ink chosen from a color system (such as Pantone Matching System). Spot colors are used in offset printing and aren't compatible with KDP's print-on-demand model, so please don't include spot colors in your files. We recommend converting spot colors to RGB or CMYK.
- **Color spaces.** Describes color numerically, such as RGB (digital cameras and computer monitors), CMYK (full-color printing), and grayscale (black and white printing). We don't recommend using multiple color spaces in a file because it can cause color variance and unexpected results when your book's printed.

Pre-publication checklist

Before you upload your file to KDP, make sure you:

1. **Save as a PDF.** Your cover must be a single PDF that includes the back cover, spine, and front cover as one image.
2. **Flatten all transparencies.** These can cause the file to print with missing or distorted content. Consult your software's documentation to learn how.
3. **Embed your fonts.** Consult your software's documentation to learn how.
4. **Remove crop marks, color bars, template text.** Crop marks are lines showing where pages should be trimmed. Color bars are strips with a series of patches used to ensure color balance during printing. Also, remove any template text, PDF creation guides, or software references.

Want to preview your paperback before making it available to customers? [Order a proof copy](#).



EBOOK:

File – JPEG/JPG upload with minimal compression

Dims- height/width ratio of 1.6:1

Ideal is 2560 x 1600 pixels

Size- must be less than 50mb. Min resolution of 300ppi

Colour- RGB Colour mode or profile