**FRONT COVER TEXT**

Hoping for the Best, Planning for the Worst

How to Make Contingency Plans; Because Planning is Easier Than Coping With the Fallout

Lorna Hope

**SPINE TEXT**

Hoping for the Best, Planning for the Worst Lorna Hope

**REAR COVER TEXT**

Planning is Easier Than Coping With the Fallout

Throughout history, women have always found themselves in an extraordinarily vulnerable position. Not least because, at the heart of family life, they often have the responsibility for bringing up and nurturing children.

This book outlines a structured process by which women can avoid or reduce risk and uncertainty in their lives. It is written for women who have a lot to lose. Women, like you.

In her professional life, the Author met countless women who, through no fault of their own, faced financial, physical and psychological distress because of redundancy, divorce, and critical illness. Some even lost their homes and were admitted to residential care. In every case, there were simple strategies that could have avoided or reduced the impact of these situations.

You will discover how to make effective contingency plans in case your life does not work out exactly as you originally intended. You will discover how to reduce the risk of financial ruin, and the uncertain future it would create. The author takes you through the fundamentals steps for creating a contingency plan. You will be guided, step by step, through a process to set up a framework to safeguard your hard-earned assets and protect your loved ones from the risk of a future without basic necessities – food, water, clothing and a roof over your head.

This book is brimming with tips and insightful case studies and covers every area of your life.

• Finance

• Relationships

• Health and Wellbeing

• Asset Ownership

• Family and Inheritance

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Lorna Hope is a medical doctor and Member of the Royal College of General Practitioners (UK). She has over twenty years’ experience and has worked in the National Health Service (NHS) and overseas missions. Lorna has two children and has personally experienced the trauma of divorce; the impact of which was dire and could have been reduced if she had put some basic risk mitigation strategies in place beforehand. In getting through her own divorce, Lorna learned some essential lessons for the future. Now she wants to share what she learned, so you don’t end up in the same dire situation.

£14.99

www.hopingforthebest.co.uk [Barcode for ISBN: 978-1-5032-0594-9]

**BOOK COVER TECHNICAL SPEC**

The cover must be delivered as a single (one-piece) PDF at 300 dpi that includes the back cover, spine and front cover. InDesign design files will also be required.

Minimum Cover Width = Bleed + Back Cover Trim Size + Spine Width + Front Cover Trim Size + Bleed

Minimum Cover Height = Bleed + Book Height Trim Size + Bleed

Front / Back Cover Trim Size = 6.4"

Book Height Trim Size = 9.21"

Bleed = 0.125"

Spine Width = 0.4" approx. Exact size will follow when typesetting has been completed and the number of pages are known.

Spine text must be in capitals with letters no higher than 0.26".

There should be no "live" elements within .25” of the trim lines.

There will be no publisher's logo on the spine or rear cover.

There will be no author's photo on rear cover.

The rear barcode must be at least 1.5" wide and .9" high.

Allow for 0.0625" variance on either side of the fold lines for your cover. Because of this variance, avoid hard edges or lines that end on the fold line. That is, any blocks of colour on the front cover should wrap around the spine and onto the rear cover so there are no sharp colour changes at the spine edges.

**BOOK COVER CREATIVE SPEC**

The rear cover text provides a good overview of the contents and the target readership. The book is written for women, so maybe pastel colours might work best.

A good metaphor for this book would be one that is related to prevention or rescue. The author prefers something based on a lifeboat or perhaps an empty life preserver (maybe with sinking ship and sharks in background). Other ideas are welcomed.

**UPDATED REQUIREMENT**

1. The price of £14.99 should appear above the URL on the rear cover.

2. I will separately upload the bar code for placement on the rear cover.

In addition, if your design is accepted, I would like an additional delivery. I need an A3 PDF image of the front cover and a 3-d PNG image of the book's spine and front cover, so that it looks like a physical book standing up.