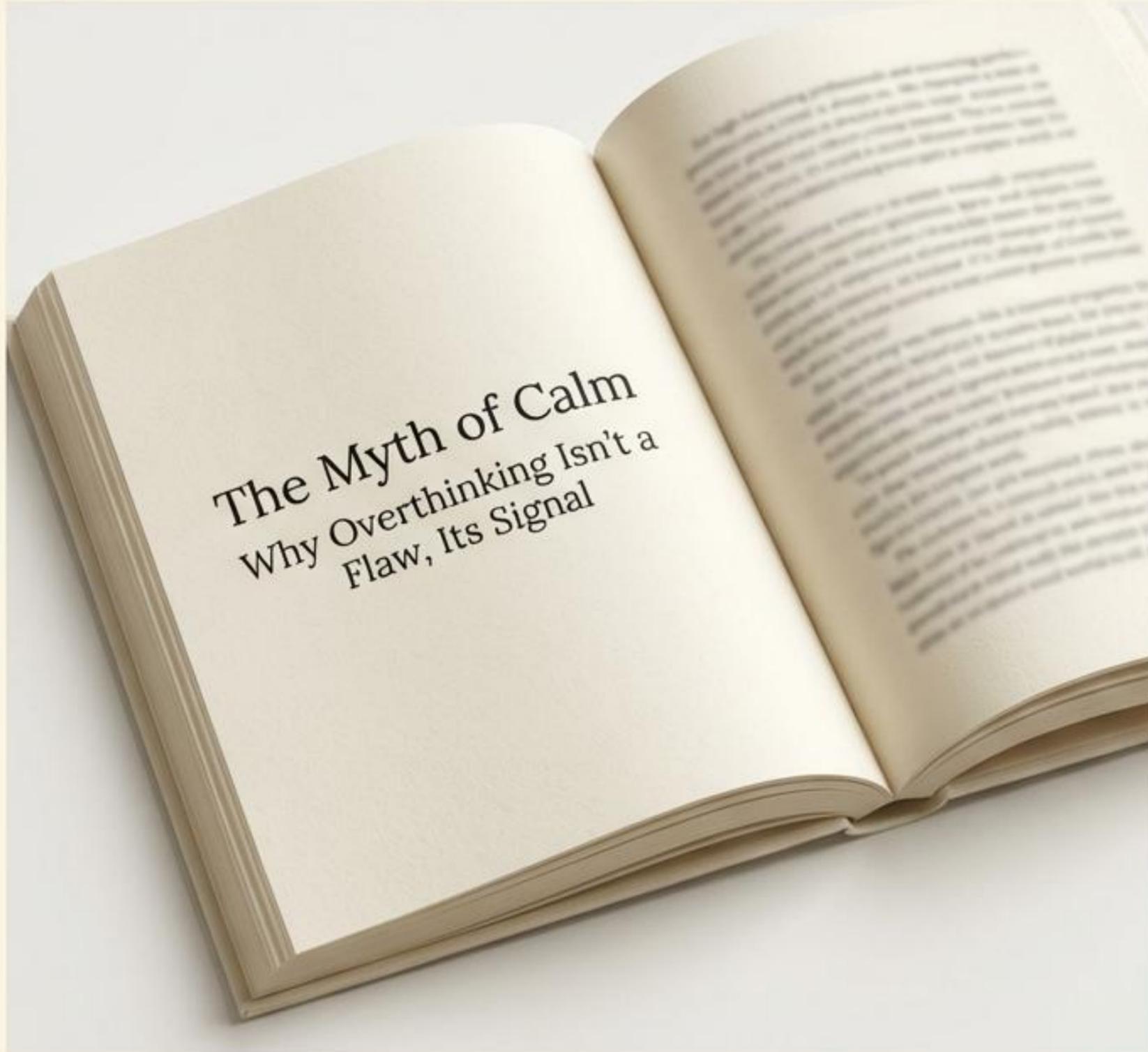


A warm, inviting living room scene. In the foreground, a rustic wooden coffee table holds an open book with a pair of glasses resting on it. To the right of the book is a ceramic mug filled with coffee, with wisps of steam rising from it. The background features a window with sheer curtains, a bookshelf, and a grey sofa, all bathed in soft, natural light.

Attention is freedom.

Introducing The Frictionless Press.



## Overthinking Isn't a Flaw. It's a Signal.

For high-functioning professionals and recovering perfectionists, the mind is always on.

We champion a state of perpetual calm, but our reality is often a constant internal 'spin.'

This isn't a bug; it's a feature of a capable mind trying to navigate a complex world.

# BEING

We believe in proof over perfect  
and presence over hustle.

Quiet the spin.  
Keep tiny promises.  
Be here on purpose.

# A Framework Built on Design, Not Discipline.

Our titles merge insights from established fields to create practical frameworks you can apply immediately.



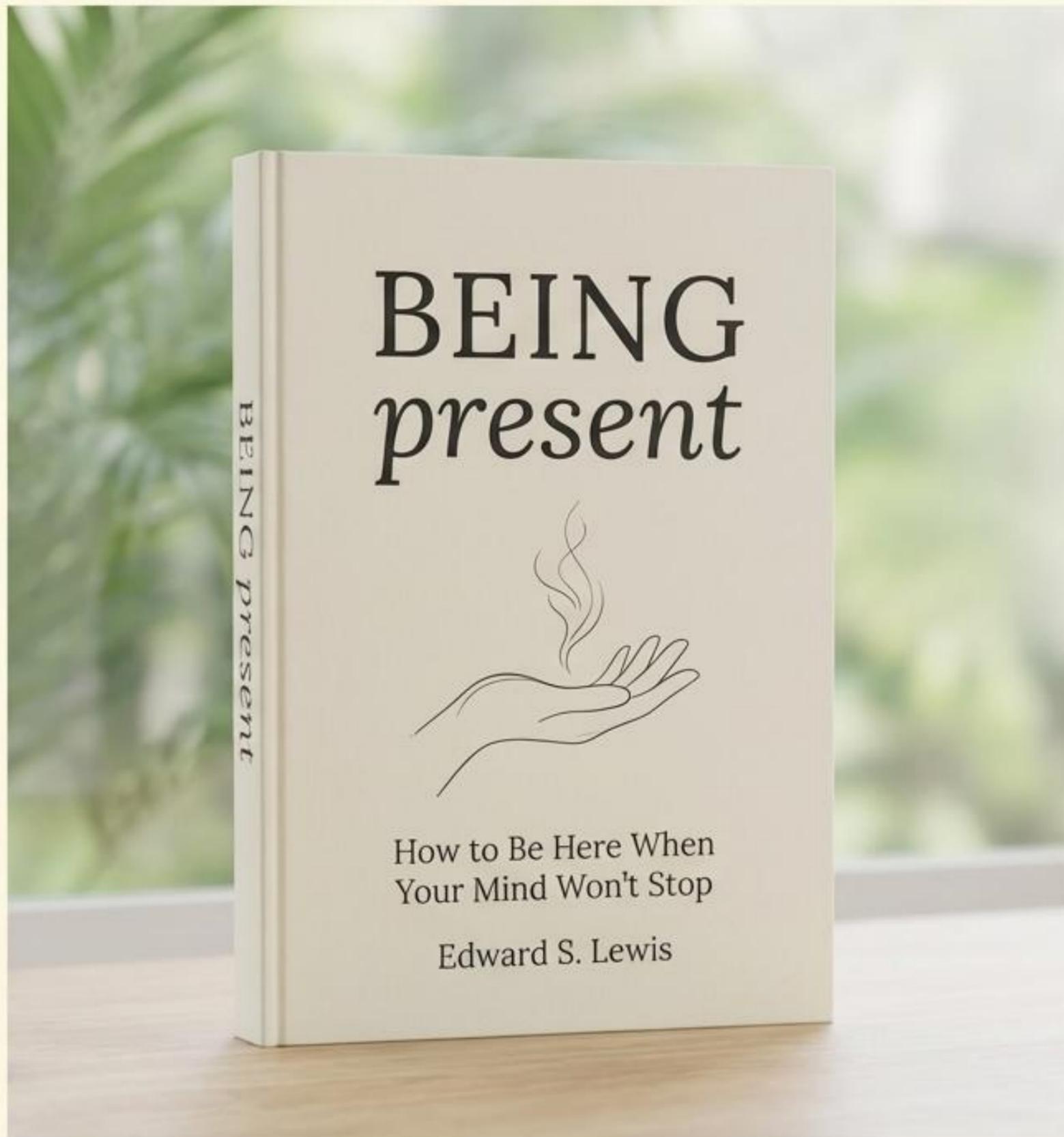
- ✓ **Short Reads:** Concise formats for busy minds.
- ✓ **Micro-Habits:** Small, repeatable actions that create visible progress.

- ✓ **Lifelong Tools:** Practical skills, not just theories.
- ✓ **Cognitive Design:** Structuring information to be gentle and usable.

# Written by a Recovering Overachiever and Overthinking Perfectionist.

Edward S. Lewis writes the BEING series—short, practical guides for people whose minds won't stop. He builds evidence-based tools that work in real life because he needs them, too.

“His work turns micro-habits and nervous-system basics into tools you can use today.”



# Debut Title: **BEING Present**

**How to Be Here When Your Mind  
Won't Stop (Launches 2026)**

Inside, you'll learn a compact set of repeatable moves that interrupt mental spin and anchor you in the moment. Key tools include:

- The Now Minute
- The AM/PM Two Check-Ins
- The One-Line Proof

# A Complete System for Modern Life.

BEING Present is the first of a comprehensive library of titles designed to provide calm, capacity, and clarity. Forthcoming titles (2026-2028) include:

BEING Peaceful

BEING Regulated

BEING Clear

BEING Systematic

BEING Decisive

BEING Intentional

BEING With

BEING Open

BEING Grateful

BEING Authentic

# Nurturing Presence from the Start.

## The Pixel & Patch Series

Mindfulness-based picture books that teach self-reliance, imagination, and emotional resilience. Core themes include digital wellness and the importance of balancing technology with real-world experiences.



# For the Quietly Ambitious.

Our readers are **managers and makers, students and caregivers**. They are **overthinkers and recovering perfectionists**—anyone with a fast mind who wants gentle, evidence-leaning tools to feel calmer, choose clearly, and do what matters.



# The Frictionless Press

**Imprint:** An independent publishing imprint of Frictionless LLC

**Founded:** 2025

**Based in:** Charleston, South Carolina, USA

# Our Commitment to Professionalism & Reach.



**Professional Editing & Design:** All titles undergo rigorous professional development.



**Official Registration:** Every book receives a unique ISBN and is registered with the Library of Congress (LCCN).



**Global Distribution:** Print and digital editions available through major trade and library channels via Ingram.



**Wide Accessibility:** A commitment to ensuring our books reach institutions and readers everywhere.



# Experience It First.

Start with the free 48-Hour Presence Primer.

Two short emails walk you through the core tools from *BEING Present*. It takes ~15 minutes total.

**You'll feel a small win the first day and know if our approach is for you.**

[www.beingseries.com](http://www.beingseries.com)



The Frictionless Press  
[www.thefrictionlesspress.com](http://www.thefrictionlesspress.com)  
Charleston, South Carolina

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