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Outskirts Press announces *WHAT I KNOW ABOUT LIFE SO FAR*, the latest highly-anticipated SELF-HELP / General book from Milwaukee, WI author Carolyn Sweers.

June 06, 2026. Denver, CO and Milwaukee, WI - Outskirts Press, Inc. has published *WHAT I KNOW ABOUT LIFE SO FAR: Enigmas, Mostly* by Carolyn Sweers, which is the author's most recent book to date. The 5 x 8 Black & White Paperback in the SELF-HELP / General category is available worldwide on book retailer websites such as Amazon and Barnes & Noble for a suggested retail price of \$16.95. The webpage at www.outskirtspress.com/WhatIKnowaboutLifesoFar was launched simultaneously with the book's publication.

About the Book (Excerpts & Info)

This is a book of aphorisms and brief reflections on mystery, reality, and everyday life. Most of the short selections have philosophical overtones, having to do with topics such as the variety of people and circumstances likely to be encountered, the questions important to ask, the variety of ways humans can relate to the world and its inhabitants and the importance of awe and wonder.

Defly constructed at 109 pages, *WHAT I KNOW ABOUT LIFE SO FAR: Enigmas, Mostly* is being aggressively promoted to appropriate markets with a focus on the SELF-HELP / General category. With U.S. wholesale distribution through **Ingram** and **Baker & Taylor**, and pervasive online availability through **Amazon**, **Barnes & Noble** and elsewhere, *WHAT I KNOW ABOUT LIFE SO FAR* meets consumer demand through both retail and library markets with a suggested retail price of \$16.95.

Additionally, *WHAT I KNOW ABOUT LIFE SO FAR* can be ordered by retailers or wholesalers for the maximum trade discount price set by the author in quantities of ten or more from the Outskirts Press Direct bookstore at www.outskirtspress.com/bookstore

ISBN: 9781977281791

Format: 5 x 8 Black & White Paperback

SRP: \$16.95

For more information or to contact the author, visit www.outskirtspress.com/WhatIKnowaboutLifesoFar

About the Author

Carolyn's philosophical interest was first nurtured during her childhood on an Iowa farm where she was awed by the vastness of earth and sky and alert to the interplay of the forces of growth and death. She first encountered philosophy as a formal study in college and earned both an undergraduate and graduate degrees in the subject. For most of her life she has been a teacher, finding ways to engage both young people and older adults in the life-examination process for which philosophy is both goad and guide.

About Outskirts Press, Inc.

Outskirts Press, Inc. offers full-service, custom self-publishing and book marketing services for authors seeking a cost-effective, fast, and flexible way to publish and distribute their books worldwide while retaining all their rights and full creative control. Available for authors globally at www.outskirtspress.com and located on the outskirts of Denver, Colorado, Outskirts Press represents the future of book publishing, today.

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