

The Alchemy of Chores Hits #1 on Amazon – First-Time Indie Author Turns Ironing Boards into Tools of Enlightenment

From Meditation to Mop Buckets: A New Self-Help Book Shows How Housework Can Be a Mindfulness Practice, Not a Menial Burden

**THIS BOOK WILL HELP YOU STOP
HATING YOUR *\$%@&! CHORES!**

INCLUDES A 30-DAY MINDFUL CHORE CHALLENGE!

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The Alchemy of Chores

Nick Wroblewski

Seattle, Washington Jun 15, 2025 (IssueWire.com) - With no publishing background, no marketing team, and a full-time job unrelated to books, first-time indie author **Nick Wroblewski** has taken an unlikely path to the top. His debut title, *The Alchemy of Chores*, reached **#1 on Amazon** on **June 11** in *Spiritual Growth Self-Help*, *Personal Transformation & Spirituality*, and *Personal Transformation* - all with a book about cleaning.

But this isn't your average domestic how-to. Blending over 20 years of meditation practice with psychology, humor, and hands-on insight, *The Alchemy of Chores* explores how mundane household tasks can be transformed into moments of mindfulness and deep personal growth.

What sets the book apart is not just its voice, but its **grounded, evidence-based approach**. The author weaves in **eight peer-reviewed scientific studies**, from Harvard, Stanford, and other research institutions, showing how ordinary movement, habit design, and sensory awareness can measurably shift mindset, focus, and emotional well-being.

The book also includes a 30-day transformation challenge and printable tools for real-life application - helping readers move from avoidance to empowerment, one dish or laundry cycle at a time.

Released on **May 28**, *The Alchemy of Chores* is **free to download until June 17** on Amazon, Kobo, Apple Books, Barnes & Noble, and Smashwords.

???? www.alchemyofchores.com



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