**Header Styling**

<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<title>Header</title>

<style>

body {

background-color: #A7D397;

font-family: "Poppins", sans-serif;

}

header {

background-color: #6FA96F;

padding: 15px 0;

text-align: left;

}

table {

width: 100%;

}

.nav-link {

color: #2C5F2D;

font-weight: bold;

text-decoration: none;

padding: 12px 20px;

display: inline-block;

transition: 0.3s;

}

.nav-link:hover {

color: #1B3D1A;

}

.dropdown {

background-color: #4A7C59;

color: #F4E1C6;

font-weight: bold;

border: 2px solid #F4A261;

padding: 8px;

font-size: 16px;

cursor: pointer;

border-radius: 8px;

}

.dropdown option {

background-color: #6FA96F;

color: #F4E1C6;

}

.dropdown:focus {

border-color: #E76F51;

outline: none;

}

</style>

</head>

<body>

<header>

<table>

<tr>

<td width="15%">

<select id="bookDropdown" class="dropdown">

<option value="" disabled selected>BOOKS</option>

<option value="think-like-a-monk">Think Like a Monk</option>

<option value="8-rules-of-love">8 Rules of Love</option>

</select>

</td>

<td width="15%"><a href="/content/myTraining/us/en/about-us/author-about-us.html" class="nav-link">ABOUT ME</a></td>

<td width="15%"><a href="/content/myTraining/us/en/about-us/contact-us.html" class="nav-link">CONTACT ME</a></td>

<td width="13%"><a href="/content/myTraining/us/en/home.html" class="nav-link">HOMEPAGE</a></td>

</tr>

</table>

</header>

<script>

document.getElementById("bookDropdown").addEventListener("change", function() {

var selectedValue = this.value;

if (selectedValue) {

var path = "/content/myTraining/us/en/books/bookcard.html"; // Default path

window.location.href = path;

}

});

</script>

</body>

</html>

**Footer Styling**  
<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<title>Footer</title>

<style>

footer {

background-color: #6FA96F;

padding: 15px 0;

text-align: center;

margin-top: 20px;

}

.footer-link {

color: #2C5F2D;

font-weight: bold;

text-decoration: none;

padding: 12px 20px;

display: inline-block;

transition: 0.3s;

}

.footer-link:hover {

color: #1B3D1A;

}

footer table {

width: 100%;

text-align: center;

}

.copyright {

font-size: 14px;

color: #2C5F2D;

margin-top: 15px;

display: block;

text-align: center;

width: 100%;

font-weight: bold;

}

</style>

</head>

<body>

<footer>

<table>

<tr>

<td><a href="/content/myTraining/us/en/about-us/author-about-us.html" class="footer-link">ABOUT ME</a></td>

<td><a href="/content/myTraining/us/en/about-us/contact-us.html" class="footer-link">CONTACT ME</a></td>

<td><a href="/content/myTraining/us/en/book-page.html" class="footer-link" target="\_blank">BOOKS-LIST</a></td>

<td><a href="/content/myTraining/us/en/about-us/social-media.html" class="footer-link">SOCIAL MEDIA</a></td>

</tr>

</table>

<span class="copyright">© 2025 Author Portfolio Website</span>

</footer>

</body>

</html>