

The Mindfulness Coloring Engagement Calendar 2018: Color Your Way To Calm Week By Week (The Mindfulness Coloring Series)

This creative 18-month planner features monthly and weekly calendar views, and inspirational quotes and images to color in as the days pass by. Every spread in this 18-month planner—covering July 2021 to December 2022—includes an inspirational quote and an image to color. When you start your week off with a relaxing coloring activity instead of the dreaded Monday blahs, you'll soon find your mood improving in everything you do—whether at work, play, or a quiet evening at home. Also included are two sheets of colorful stickers that you can use to highlight important dates and events.

In Geninne's Art: Birds in Watercolor, Collage, and Ink, popular Santa Fe artist Geninne Zlatkis presents a personal field guide to how she creates her charming paintings and collages of birds and nature. Brimming with inspiring examples of the artist's work, this beautiful book takes you inside Geninne's studio for an in-depth look at how she creates. You will discover, step by step, how this devoted artist spends time photographing nature, selecting her materials, and developing her personal imagery. Explore: How her studio is set up, how she works, and what materials and tools she uses How she captures nature with both a camera and phone for reference Her artistic process through the step-by-step creation of 5 watercolor paintings, 5 collages, and 5 ink drawings, with notes on each medium and technique As a special bonus, the book includes 32 pages of collage papers, painted and selected by Geninne, for you to use as you explore and develop your own artistic voice. Vibrant, detailed, and richly imaginative, Geninne's interpretation of the birds she has observed so closely will inspire you to use the natural world as fodder for your paintings, drawings, and collages.

From the internet phenomenon whose aesthetic has influenced millions of young people around the world comes an undated planner to help you keep your life in order your way. Emma Chamberlain is a lot of things. The Atlantic calls her “The Most Important YouTuber Today.” W Magazine calls her “The Most Interesting Girl on YouTube.” But what does she call herself? A girl in desperate need of The Ideal Planner! Until now, it seemed like every planner was for “that perfect girl.” But what if you're just muddling through? What if you're kind of weird, a little obsessed, definitely silly, love art and fashion, and sometimes accidentally skip days or weeks or months in your planner but don't want those pages to go to waste? Emma looked everywhere but could not find such a planner. So she decided to make one herself and share it with the world. With guided journal pages, custom mood boards, puzzles, games, lists, corny quotes, cool designs, and silly messages from Emma, it's a diary, scrapbook, guided journal, coloring book, and planner all in one. And because you fill in the dates you want, it never becomes outdated.

Spark childlike wonder as you color your way through a journey of wildflowers, butterflies, birds, hot-air balloons, and other visual delights from beloved illustrator Katie Daisy. With each illustration she revels in the joy of everyday life and her love of nature invites you along to color, be present, have an open heart, and see the magic in the world. Quotes in Daisy's signature lettering style are sprinkled throughout, ready for you to apply your own color palette so they can spring to life.

Snug

Medicinal Plants Coloring Book

A Collection of Comics about Dating Your Best Friend

Child Protective Services

Being Ram Dass

2022 Coloring Planner

From leading experts who have trained thousands of professionals in dialectical behavior therapy (DBT), this manual provides indispensable tools for treating adolescents with emotional or behavioral problems of any level of severity. Clinicians step by step to teach teens and parents five sets of skills: Mindfulness, Distress Tolerance, Walking the Middle Path (a family-based module developed by the authors specifically for teens), Emotion Regulation, and Interpersonal Effectiveness. For optimal clinical utility, the book features session outlines, teaching notes, discussion points, examples, homework assignments, and 85 reproducible handouts, in a large-size format for easy photocopying. Purchasers also get access to a Workbook that they can download and print the reproducible materials. See also the authors' Dialectical Behavior Therapy with Suicidal Adolescents (with Marsha M. Linehan), which delves into skills training and other DBT components for those at highest risk. The Second Edition of Johnny Saldaña's international bestseller provides an in-depth guide to the multiple approaches available for coding qualitative data. Fully up to date, it includes new chapters, more coding techniques and an additional coding manual. Practical and authoritative, the book: -describes how coding initiates qualitative data analysis -demonstrates the writing of analytic memos -discusses available analytic software -suggests how best to use The Coding Manual for Qualitative Data Analysis in particular studies. In total, 32 coding methods are profiled that can be applied to a range of research genres from grounded theory to phenomenology to narrative inquiry. For each approach, Saldaña discusses the method's origins, a description of the method, practical applications, and a clearly illustrated example with analytic follow-up. A unique and invaluable reference for students, teachers, and practitioners of qualitative inquiry, this book is essential reading across the social sciences.

Why bother getting out of bed when you could stay bundled up with that special someone and a book of cozy, cute comics. From the author of the bestselling Little Moments of Love comes #1 New York Times bestseller Snug, a collection of perfectly captures the honest, playful, and relatable snapshots of romantic life. Chetwynd's second book has the same charming and inviting style as her first and includes 50 percent new, never-before-shared comics. Snug is a celebration of the peculiarities of every one of us—and the magic that happens when we find our matching puzzle piece.

Rely on 180 Days of Self-Care for Busy Educators to help you lead a happier, healthier, more fulfilled life inside and outside of the classroom. With author Tina H. Boogren's guidance, you will work your way through thirty-six weeks of daily self-care strategies and techniques, each corresponding with a week of the school year. Weekly themes range from creativity and inspiration to relationships and time management for teachers and administrators. Follow this self-care plan designed to support your health and wellness during the school year: Understand how prioritizing your own self-care will better equip you to positively impact student learning and achievement. Discover low- and no-cost self-care ideas for teachers and administrators that will make meaningful, positive change. Explore the dangers of stress in the classroom and in an educator's personal life, and understand how this stress affects students. Learn how to assess what you need, check in with yourself throughout the day, and what you learn. Utilize reflection questions to help you think through which strategies worked -- and which didn't. Let go of the expectations of perfection while practicing these self-care techniques and teacher wellness ideas. Contents: Preparing for a Season of Sacrifice Week One: Music (Days 1-5) Week Two: Nutrition and Hydration (Days 6-10) Week Three: Sleep (Days 11-15) Week Four: Laughter (Days 16-20) Week Five: Technology (Days 21-25) Week Six: Altruism (Days 26-30) Week Seven: Wardrobe (Days 31-35) Week Eight: Time (Days 36-40) Week Nine: Mindfulness (Days 41-45) Section II: Dealing With Disillusionment Week Ten: Time (Days 46-50) Week Eleven: Relationships (Days 51-55) Week Twelve: Gratitude (Days 56-60) Week Thirteen: Saying No (Days 61-65) Week Fourteen: Inspiration (Days 66-70) Week Fifteen: Help (Days 71-75) Week Sixteen: Comfort (Days 76-80) Week Seventeen: Social Media (Days 81-85) Week Eighteen: Habits (Days 86-90) Week Nineteen: Finding Balance Week Nineteen: Creativity (Days 91-95) Week Twent: Altruism (Days 96-100) Week Twenty-One: Indulgence (Days 101-105) Week Twenty-Two: Adventure (Days 106-110) Week Twenty-Three: Orderliness (Days 111-115) Week Twenty-Four: Obligations (Days 116-120) Week Twenty-Five: Play (Days 121-125) Week Twenty-Six: Email (Days 126-130) Week Twenty-Seven: Replay (Days 131-135) Section IV: Finishing Strong Week Twenty-Eight: Hobbies (Days 136-140) Week Twenty-Nine: Cognition (Days 141-145) Week Thirty: Transitions (Days 146-150) Week Thirty-One: Listening (Days 151-155) Week Thirty-Two: Journal (Days 156-160) Week Thirty-Three: Outdoors (Days 161-165) Week Thirty-Four: Morning Routine (Days 166-170) Week Thirty-Five: Active Rest (Days 171-175) Week Thirty-Six: Summer To-Do List (Days 176-180) Epilogue: Create Your Own Self-Care List Appendix: Final Reflection Index

Your True Home

More Anti-Stress Art Therapy for Busy People

Create Magic

London Colouring Book

Hebrew Illuminations Coloring Book

500 Quotes about Mindfulness and Meditations to Help You Focus and Find Inner Peace

Guided Prompts and Self-Reflection to Reduce Stress and Improve Wellbeing

A field guide to finding calm, creativity, and self-discovery through encounters with nature. A fresh perspective, an outdoor exploration, a new adventure about to begin—How to Be A Wildflower is a book for celebrating these and other wide-open occasions. Encouraging self-discovery through encounters with nature, beloved artist Katie Daisy brings her beautiful paintings and lettering to this collection of things to do and make, quotes, meditations, natural history, and more. Find wonder and inspiration in these peaceful pages, live life to the fullest, and discover the wild and free spirit within. “For pure whimsy, you just can't beat How to Be a Wildflower: A Field Guide by Katie Daisy. The Bend, Oregon, artist brings her beautiful paintings and lettering to this delightful book, a collection of nature-inspired quotations, meditations, lore, and even a recipe for fresh strawberry-rhubarb pie.” —Traditional Home

The US presidential election in 2016 brought to a head myriad political activism around the world, around the rights of minorities, women, the LGBTQ community, and the environment. In the midst of this turmoil, nearly 300 designers from around the world answered the call to create this collection of 50 tear-out posters for people who want to make their voices heard in a time of unprecedented uncertainty and apprehension. A foreword by Avram Finkelstein, a designer for the AIDS art activist collective Gran Fury, looks at the crucial role of graphic activism in the current political climate.

Whether you are planning to travel to London or just watch the many events taking place there on the television, this fantastic colouring book is the perfect way to get to know the UK's capital city. Featuring plenty of London landmarks, including Buckingham Palace, Trafalgar Square and Shakespeare's Globe Theatre, as well as iconic sights such London's black taxis and red telephone boxes. to match.

A clear and effective approach to learning evidence-based DBT skills—now in a fully revised and updated second edition. Do you have trouble managing your emotions? First developed by Marsha M. Linehan for treating borderline personality disorder, dialectical behavior therapy (DBT) has proven effective as treatment for a range of other mental health problems, and can greatly improve your ability to handle distress without losing control and acting destructively. However, to make use of these techniques, you need to build skills in four key areas: distress tolerance, mindfulness, emotion regulation, and interpersonal effectiveness. The Dialectical Behavior Therapy Skills Workbook, a collaborative effort from three esteemed authors, offers evidence-based, step-by-step exercises for learning these concepts and putting them to work for real and lasting change. Start by working on the introductory exercises and, after making progress, move on to the advanced-skills chapters. Whether you're a mental health professional or a general reader, you'll benefit from this clear and practical guide to better managing your emotions. This fully revised and updated second edition also includes new chapters on cognitive rehearsal, distress tolerance, and self-compassion. Once you've completed the exercises in this book and are ready to move on to the next level, check out the authors' new book, The New Happiness Workbook.

Tear, Paste, Protest

Anti-Stress Art Therapy for Busy People

Personal Transformation through Brave Intuitive Painting

An Enchanted Fantasy Coloring Book

Myth & Magic

The Coding Manual for Qualitative Researchers

Posters for Change

This unique painting and coloring book offers a fun and easy way to get into a creative flow and wash away stress. Printed on luxe watercolor paper excellent for paints, marker, pencil, or any coloring medium, the sumi-ink outlines from celebrated stationer Linda & Harriett become vivid, frame-worthy works of art with just a few splashes of color. A sturdy backing board makes it easy to work on any surface, while single-sided removable pages are perfect for easily sharing or displaying finished pieces.

Meditation is more than a method of mental relaxation. It is a way of enhancing our lives and enriching our existence. It opens the way to contemplation, reflection, and inner peace - and it teaches us who we are underneath all the layers of thought and perception. Sometimes we all need a little inspiration to guide our lives, our thoughts, our yoga and meditation practice. I've collected inspiring messages and quotes to guide you and inspire you to take on that Journey of mindfulness.Tags: meditations marcus aureliusmeditation booksmeditation for fidgety skeptics by dan harrismeditations from the matmeditation meditation journalmeditation meditation for beginners - how to relieve stressmeditation and contemplation by timothy m gallaghermeditation and kabbalahmeditation and mindfulness andy puddicombea meditation on murdera meditation journaljuan benetmeditation books for beginnersmeditation books for kidsmeditation by marcus aureliusmeditation books for womenmeditation cardsmeditation calendarmeditation coloring bookmeditation dan harrismeditation dot to dotmeditation daily calendar 2020meditation deckmeditation eknath easwaranmeditation engagement calendar 2020meditation exercisesmeditation for teens ck that an honest meditationmeditation guidemeditation gifts for womenmeditation gardenmeditation gifts for menmeditation healingmeditation happinessmeditation headspacemeditation handbookmeditation healthmeditation is not what you think by jon kabat-zinnmeditation interventions to rewire the brainmeditation is an open skymeditation is an open sky mindfulness for kidsi am that i am meditation by wayne dyeri am meditationi am wishes fulfilled meditation cdmeditation journal for womenmeditation journal for menmeditation journal with promptsmeditation jobim sheet musicmeditation kitsmeditation kamalashilameditation lightsmeditation marcus aureliusmeditation made easymeditation mindfulnessmeditation made easy by lorin rochemeditation music cdwhy i m into meditationon meditation sri mmeditation notebookmeditation now or nevermeditation notebook journalmeditation on first philosophymeditation on the tarotmeditation on violencemeditation of marcus aureliusmeditation on emptiness by jeffrey hopkinsmeditation pillowmeditation page a day calendar 2020meditation postermeditation pebblesmeditation pema chodronmeditation quotesmeditation retreatsmeditation ringsmeditation sciencemeditation scriptsmeditation secrets for womenmeditation suppliesmeditation spacea beginner s guide to meditationthe art of meditation by joel s. goldsmitha beginner s guide to meditation hardbackmeditation techniquesmeditation the light from withinmeditation toolsmeditation the complete guidemeditation trackermeditation uniformmeditation visualizationmeditation videosmeditation wall calendar 2020meditation wall calendarmeditation workbookmeditation xmeditation your personal guidemeditation young adultsmeditation young womenmeditation yogameditations on hunting ortega y gassetmeditation zeroz meditationdescartes, rene. meditations on first philosophy. isbn 0872201929meditation 101meditation 2020 engagement datebook calendarmeditation 2020 wall calendarmeditation 2020 calendarinstant calm 2-minute meditations to create a lifetime of happyyou are the placebo meditation 2 - revised editionmeditation 3d illusion lampyour 3 best super powers meditation, imagination & intuitiondiscourse on method and meditations on first philosophy, 4th edmeditation for dummies 4th editionmeditation 55 meditationpracticing mindfulness 75 essential meditations8 minute meditation8 minute meditation expanded by victor davich8 minute meditation by victor davich8 meditations for optimal health

Bringing the energy of true presence into our lives really does change things for the better—and all it takes is a little training. This treasury of 365 gems of daily wisdom from one of the most beloved Buddhist teachers of our age is a help and support for anyone who wants to train to meet every moment of life with 100 percent attention. Thich Nhat Hanh shows how practicing mindfulness can transform every area of our lives—and how its benefits radiate beyond us to affect others and the whole, larger world.

Immerse yourself in the enchanted fantasy world of Kinuko Y. Craft, celebrated contemporary illustrator, painter, and storyteller. Transcend time and space as you color to life these gorgeous illustrations of goddesses, angels, fairies, princesses, heroes, and mythological creatures. Craft's vast body of work includes award-winning illustrated books of classic fairy tales and cover art for fantasy novels.

A Changing Seasons Coloring Book

The Mindfulness Coloring Book - Volume Two

A Coloring Journey Through the Jewish Holy Days

A Guide for Caseworkers

180 Days of Self-care for Busy Educators

Trippy Chicks Adult Coloring Book

Moments of Mindfulness

A creative meditation through coloring that has the power to change your mind, transform your heart, and get into the deepest layers of your subconscious. Coloring is a powerful meditative tool with many medically proven benefits which have brought to light how this self-soothing practice can relax your fear response center, inducing a state of calmness, relieving stress, increasing resilience, and promoting your well-being. Through the subtle and yet powerful practice of coloring, this book is a guide for contemplative meditation through the exploration of one single page as a backbone for your inner exploration. In this book, you will be partaking on a special kind of coloring as you will be using your breath and attention in coloring a resonating message through a single-focused activity and point in space. Paired with minimalist design, journaling, and prompts for important inner dialogues to arise, the Coloring Method, integrates both mindfulness and art to aid you in uncovering the voice that speaks from your inner wisdom.

Your Weirdness Is What Makes Your Wonderful Is a collection of captioned illustrations from popular art blogger, The Latest Kate and incorporates journaling prompts to help readers parse their experiences and feelings. The featured images are colorful, imaginative, and are accessible to both validate readers and encourage mindfulness.

National Bestseller Engage Your Creativity and Color Your Way to Calm In The Mindfulness Coloring Book, an international bestseller, illustrator Emma Farrarons invited busy people everywhere to relax and re-center by coloring in her delightful, hand-drawn scenes. Now, with The Mindfulness Coloring Book—Volume Two, Emma shares 100 pages of all-new designs that will inspire you to cultivate mindful focus—simply by coloring! Here are intricate geometric patterns, flowers, and friendly squirrels—plus owls, charming knickknacks, a surprise pineapple, and more. This travel-sized book is perfect for those who don't have too much screen time. Find whimsy—and mindfulness—wherever you are!

Explore the ancient and enduring spirit of the Jewish tradition with this exquisite coloring book for adults. Jewish artist Adam Rhine has created intricate Judaic motifs such as Magen Davids, menorahs, and Hebrew calligraphy for you to bring to vivid life with the colors of your imagination. Each page is paired with verses from the Torah, Psalms, and the Prophets that enlighten the reader and encourage further study into the meanings of the carefully selected themes.

Anti-Stress Coloring & Activities for Busy People

I Am Safe (the Coloring Method)

The Mindfulness Colouring Diary

Geninne's Art

The Forgotten Horses

A 36-week Plan of Low-cost Self-care for Teachers and Educators

Chasing Butterflies

To everything there is a season -- and in this, the time of the adult coloring book phenomenon, comes a seasonal celebration of mindfulness and creativity. And the pure joy of coloring in beautiful seasonal imagery, Color Your Year: A Changing Seasons Coloring Book is adapted from the very successful Color Your Year calendar line, with over 100,000 copies in print in only two years of publication. With their thoughtful -- and artful -- balance of very fine details and larger, graceful areas to color, these are images that have been extremely well received by fans. The quality of the paper also stands out: The stock is heavy, a perfect ground for colored pencils, crayons, and markers. And each image is printed on one side only, and perforated, so it can be removed and preserved if desired without disturbing another image. There are 46 exquisitely drawn images to color in, from spring flowers, bursting in bloom, to summer seashells and dragonflies, to the falling leaves and abundant harvests of autumn, to winter's crystalline beauty. Organized by season, with inspirational quotations throughout, each page is an invitation to unplug, pick up a pencil, and refresh both mind and spirit through the meditative act of coloring.

Showcases the rescued horses at twenty North American sanctuaries, with photographs of former champions and retired workhorses at leisure while out in the fields.

Painting can be so much more than a mere hobby - it can be a vehicle transforming your mind, body, and spirit! Painting and bravely embracing the challenges of creativity sparks a revolution that involves heart, creativity, courage, and trust! Artistic pursuits such as painting have the power to soothe, heal, and connect a person to their truest self. For author Flora Bowley, making art and expressing herself creatively have always served as potent forms of personal evolution and holistic healing. Creative Revolution is the reader's key to unlocking the door to their own personal journey while making beautiful art. Creative Revolution is the culmination of Flora's life's work as an artist, offering guidance for others to embrace their authentic selves through paint. She has taught more than sixty workshops since she wrote her first book, Brave Intuitive Painting, and has witnessed miraculous things when people engage with the intuitive painting process. Creative Revolution is the next best thing to taking a course from Flora. Many readers and students can't help but exclaim, "This was about so much more than painting!" After reading Creative Revolution, readers will have a deeper connection to their intuition, increased confidence to make bolder choices, freedom to let go and explore various options, an understanding that everything is transformable, the trust that it will all work out in the end, and a renewed sense that creating can be fun and playful. All of this powerful transformation begins with paint. Flora has been writing and reflecting on these transformational aspects of the creative process for years. Creative Revolution is an insightful and practical guide for realizing the transformational power of fully embracing your creativity.

Trippy Chicks is a coloring book illustrated by T Fallon aka Durianaddict.The book includes images of pretty women in surreal surroundings, spiritual symbols, plants, reptiles, mandalas and long wavy locks.17 illustrations.

Birds In Watercolor, Collage, and Ink

Desert Dreams

Distance Education for Teacher Training

The Everyday Wisdom of Thich Nhat Hanh: 365 days of practical, powerful teachings from the beloved Zen teacher

The Stress Less Teacher Planner

Coloring a Land of Enchantment

Splash of Color Painting & Coloring Book

It's another new year celebrating everything under the Sun, including the Moon, with The Old Farmer's Almanac, America's oldest continuously published periodical! Always timely, topical, and distinctively "useful, with a pleasant degree of humor," the Almanac has been beloved for centuries by people from all walks of life. As the nation's iconic calendar, the 2020 edition will forecast cultural, culinary, and other life-changing trends; preview notable astronomical events; provide time- and money-saving tips for gardeners of all varieties; set the hook for best fishing days; forecast traditionally 80 percent-accurate weather; and cover a range of related topics, including anniversaries, folklore, husbandry, home remedies, recipes, amusement, contests, and more--too much more to mention--all in the inimitable way it has done since 1792.

Record your thoughts and activities in this beautiful colouring diary, filled with illustrations from The Mindfulness Colouring Book by Emma Farrarons. Each day is dated, but not named making this gorgeous diary suitable for use in any calendar year. With rounded edges and a beautiful foiled cover, The Mindfulness Colouring Diary is a perfectly portable way to achieve mindfulness every day. Any activity, done right, can be an exercise in mindfulness. Colouring in these exquisite scenes and intricate, sophisticated patterns will help you soothe anxiety and eliminate stress as you make entries for each day of the year. Let this pocket-sized colouring diary be your daily window of peace and calm as you mindfully fill the days with your thoughts and the pages with colour. *October release

The bestselling adult colouring book! Working with your hands is one of the best ways to soothe anxiety and eliminate stress. This stunning, pocket-sized colouring book offers a practical exercise in mindfulness that draws on your creativity and hones your focus. Beautifully illustrated, The Mindfulness Colouring Book is filled with templates for exquisite scenes and intricate, sophisticated patterns, prompting you to meditate on your artwork as you mindfully and creatively fill these pages with colour. Take a few minutes out of your day, wherever you are, and colour your way to peace and calm.

First published in 2002. Routledge is an imprint of Taylor & Francis, an informa company.

SMITHSONIAN ENGAGEMENT CALENDAR 2022

The Old Farmer's Almanac 2020

The Mindfulness Colouring Book

How to Be a Wildflower

DBT® Skills Manual for Adolescents

The Beauty of America's Unwanted Horses

Mindfulness Moments

From the Preface: This manual, Child Protective Services: A Guide for Caseworkers, examines the roles and responsibilities of child protective services (CPS) workers, who are at the forefront of every community's child protection efforts. The manual describes the basic stages of the CPS process and the steps necessary to accomplish each stage: intake, initial assessment or investigation, family assessment, case planning, service provision, evaluation of family progress, and case closure. Best practices and critical issues in casework practice are underscored throughout. The primary audience for this manual includes CPS caseworkers, supervisors, and administrators. State and local CPS agency trainers may use the manual for preservice or inservice training of CPS caseworkers, while schools of social work may add it to class reading lists to orient students to the field of child protection. In addition, other professionals and concerned community members may consult the manual for a greater understanding of the child protection process. This manual builds on the information presented in A Coordinated Response to Child Abuse and Neglect: The Foundation for Practice. Readers are encouraged to begin with that manual as it addresses important information on which CPS practice is based--including definitions of child maltreatment, risk factors, consequences, and the Federal and State basis for intervention. Some manuals in the series also may be of interest in understanding the roles of other professional groups in responding to child abuse and neglect, including: Substance abuse treatment providers; Domestic violence victim advocates; Educators; Law enforcement personnel. Other manuals address special issues, such as building partnerships and working with the courts on CPS cases.

Nurture your well-being through a year of journaling and self-reflection Guided journaling is a simple but powerful tool. It can help you attend to your emotional needs, boost your mood, and set goals both big and small. With a focused prompt for every day of the year, the

52-Week Mental Health Journal helps you navigate four core pillars of good mental health--calm and resiliency, connection and engagement, goals and purpose, and healthy living--so you can thrive in every area of your life. This yearlong mental health journal includes: Quick and effective prompts--Take just a few minutes each day to reduce stress, increase your connection to others, and find deeper meaning in your life. Evidence-based methods--The exercises in this mental health journal are rooted in research-supported techniques like mindfulness and cognitive behavioral therapy. Inspiring quotes--Find wisdom and motivation with poignant words from philosophers, artists, writers, and more. Discover a clear path to improved well-being with the 52-Week Mental Health Journal.

This stunning, pocket-sized colouring book contains all the illustrations from both The Mindfulness Colouring Book and More Mindfulness Colouring. Beautifully illustrated, The Complete Mindfulness Colouring Book offers all of Emma Farrarons' exquisite scenes and intricate, sophisticated patterns for you to mindfully and creatively fill with colour. Working with your hands is one of the best ways to relieve stress, so take a few minutes out of your day, wherever you are, and colour your way to peace and calm with this bumper colouring book.

Working with your hands is one of the best ways to soothe anxiety and eliminate stress. This stunning, pocket-sized colouring and activity book offers practical exercises in mindfulness that draw on your creativity and hone your focus. Mindfulness Moments is the third book from international bestselling illustrator Emma Farrarons. This gorgeous adult colouring book includes ideas for mindfulness activities, all beautifully embellished with exquisite scenes and intricate, sophisticated patterns. Perfectly sized to carry around in your pocket or bag, you can take a few minutes out of your day, wherever you are, and colour your way to peace and calm.

The Dialectical Behavior Therapy Skills Workbook

It's Your Weirdness That Makes You Wonderful

52-Week Mental Health Journal

Meditation and Mindfulness

Anti-stress Colouring and Activities for Busy People

The Complete Mindfulness Colouring Book

A Coloring Book

From the artist extraordinaire whose Mindfulness Coloring Book (527,500 copies in print and a #1 national bestseller!) was the first to offer pocket-sized stress relief—more gorgeous scenes perfect for mindful coloring Working with your hands and cultivating mindful focus are two of the best ways to soothe anxiety and eliminate stress. And coloring is a great way to do both! That's why fans can't get enough of Emma Farrarons' irresistible first and second travel-size book of designs: The Mindfulness Coloring Book and The Mindfulness Coloring Book—Volume Two, both immediate national bestsellers. Now, she invites colorists back for another creative adventure in Moments of Mindfulness: Anti-Stress Coloring & Activities for Busy People. This all-new pocket-size volume offers more delicately hand-drawn scenes ready to be filled in with pencil, crayon, or even marker and a greater focus on the practice of mindfulness. The ideal antidote to too much screen time, this coloring book is the perfect way to let one's imagination roam free.

Perhaps no other teacher has sparked the fires of as many spiritual seekers in the West as Ram Dass. If you've ever embraced the phrase "be here now," practiced meditation or yoga, tried psychedelics, or supported anyone in a hospice, prison, or homeless center—then the story of Ram Dass is also part of your story. From his birth in 1931 to his luminous later years, Ram Dass saw his life as just one incarnation of many. This memoir puts us in the passenger seat with the one time Harvard psychologist and lifelong risk-taker Richard Alpert, who loved to take friends on wild rides on his Harley and test nearly every boundary—inner or outer—that came his way. Here, Ram Dass shares his life's odyssey in intimate detail: how he struggled with issues of self-identity and sexuality in his youth, pioneered psychedelic research, and opened the doorways to Eastern spiritual practices. In 1967 he trekked to India and met his guru, Neem Karoli Baba. He returned as a yogi and psychologist whose perspective changed millions. Populated by a cast of luminaries ranging from Timothy Leary to Elisabeth Kübler-Ross, Allen Ginsberg to Sharon Salzberg, Aldous Huxley to Alan Watts—this intimate memoir chronicles Ram Dass's experience of the cultural and spiritual transformations that resonate with us to this day, a journey from the mind to the heart, from the ego to the soul. Before, after, and along these waypoints, readers will encounter many other adventures and revelations—each ringing with the potential to awaken the universal, loving divine that links this beloved teacher to all of us.

A teacher planner based on self-care!

Moments of Mindfulness Anti-Stress Coloring & Activities for Busy People The Experiment

Katie Daisy 2019-2020 Planner

The Ideal Planner

Creative Revolution

A Field Guide

2019-20 On-The-Go Weekly Planner

Color Your Year

Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance

Forty-four accurate and ready-to-color drawings of foxglove, belladonna, mayapple, valerian, dandelion, chamomile, many other plants with curative properties. Captions give description, distribution, medicinal uses, more. Illustrations royalty-free.