

TAKE CARE BY POSH

THE PRACTICE OF SELF CARE



Inspired Activities for Calm
Softcover 9781524860530



Inspired Activities for Gratitude
Softcover 9781524860561



Inspired Activities for Mindfulness
Softcover 9781524860547



Inspired Activities for Reflection
Softcover 9781524860554

Take Care is a series of beautiful pocket-sized books that invite us to practice small moments of self-care through mindful activities, inspirational words, and thought-provoking journal prompts. Features relaxing puzzles (dot-to-dot, coloring pages, crosswords, finish the drawing) with inspirational words, journal prompts, and interactive activities on themes like Mindfulness, Calm, Reflection, and Gratitude. These little books provide portable and accessible moments of peace.

\$6.65/book

SPECIAL OFFER EQP

Customization Options (v):

- Cover Imprint (1-color): \$1.00/book
- Promo-Pages (full-color printed): \$2.00 / single-sided sheet
- Belly-Band Wrap (full-color printed): \$2.00
- Set-Up Charge: \$40 per decoration

Minimum order - 50

For drop shipping options, please inquire.

**Allow 10 days from proof approval.
Inquire for rush service.**