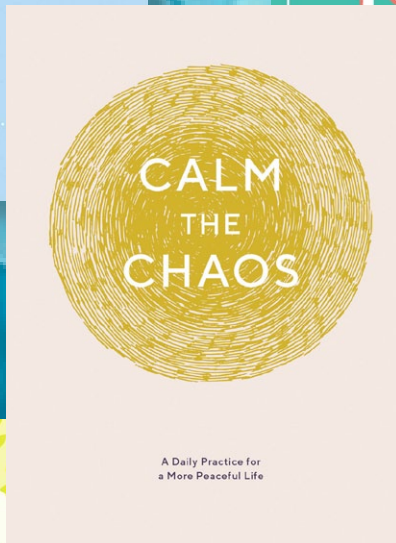
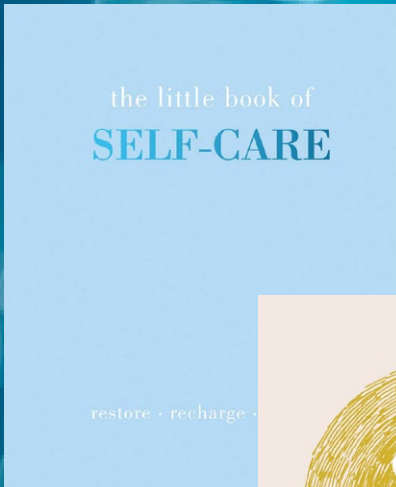


IDEAS FOR HOLIDAY GIFT GIVING

SELF-CARE BOOKS TO MANAGE STRESS AND FIND SERENITY

FREE GROUND SHIPPING*



The Little Book of Self-Care

Through restorative tips, positive quotes and inspiring exercises, untangle your busy life and embrace your wellbeing.

Hardcover 9781787135178
As low as \$7.39

Be Kind To Your Mind

Everything you need to know about taking care of you is wrapped up in this handy pocket guide.

Hardcover 9781787832565
As low as \$8.87

Calm the Chaos

Journal pages that offer empowering practices for finding balance at the end of each day to greet every new one with clarity, purpose, and joy.

Diary 9781452169958
As low as \$11.06

Choose You

A place to record your routines and easily identify which worked best so you can nurture yourself and navigate the chaos of daily life.

Softcover 9781507209103
As low as \$12.57

The Complete Guide to Self-Care

Helps to identify your needs so you can be nourished and relaxed and find calm in your hectic life.

Hardcover 9780785838302
As low as \$12.57

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

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

Bulk: 25 title minimum Branded: 50 per title minimum
Minimums may vary by title.

(S)

*Books ordered unbranded on this flyer are eligible for free ground shipping to one location within the continental US. For drop shipping options, please inquire.