

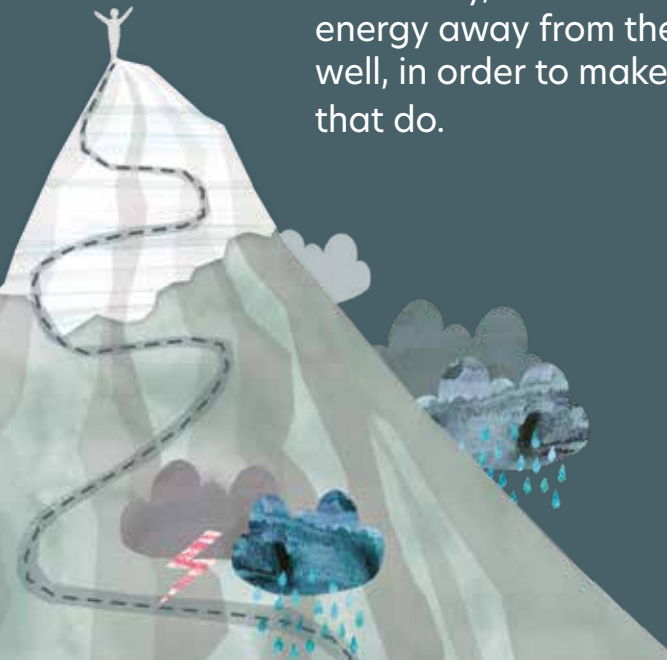


Do you remember a time when life was simpler, before we made it complicated, when each day was about having fun and our books were full of pictures?



Unclouding takes a nostalgic look back at the simple and clear approach of a picture book to help illustrate a more mindful way to face life's challenges today.

On each page you will discover how our negative thoughts, patterns and emotions can be viewed differently, and how to divert our attention and energy away from the things that don't serve us well, in order to make more room for the things that do.



Unclouding

Clearing the way to
a brighter outlook

Written by
Emma Browning

Illustrated by
Maria Burns

"If you are looking to find peace and well-being in the midst of everyday challenges, large and small, I warmly recommend this book."

Mark Williams, co-author of *Mindfulness: Finding Peace in a Frantic World*

A picture
book for
9 - 90
year olds