



## Every Day Matters 2015 Pocket Diary: A Year of Inspiration for the Mind Body Spirit

By Dani Dipirro

Watkins Media, United Kingdom, 2014. Diary. Book Condition: New. 150 x 104 mm. Language: English . Brand New Book. A pocket-sized 2015 engagement calendar with bound-in bookmark. This bestselling illustrated holistic diary provides not only plenty of space for daily planning but also offers inspiring advice on how to make each and every day really matter. Designed as a resource for enriching daily life, it will guide you on a journey of awareness and fulfilment as you go about your everyday activities. It's all-too-easy to become overwhelmed with multiple thoughts each day as our to-do lists grow, so positivity blogger Dani DiPirro insightfully presents within this highly practical diary one life-enhancing theme a month to focus on in the form of a simple verb, such as love, explore and marvel. Each week-to-view spread then features an inspiring quote that encourages reflection on the theme and an exercise to further your holistic well-being. Focusing on just one theme for each whole month, but in a different way each week, allows a seed of positive awareness not just to be planted but also to grow substantially so that the positive action can become an integral part of daily life. Individual themes for...



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