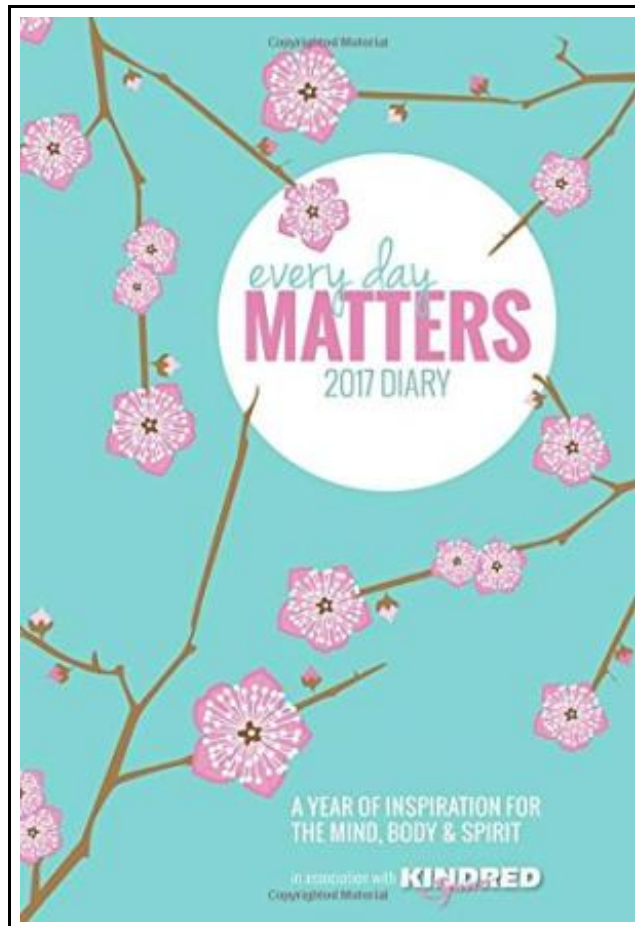


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Watkins Media, United Kingdom, 2016. Diary. Book Condition: New. 148 x 100 mm. Language: English . Brand New Book. A refreshed and updated version of the former bestselling *Mind, Body, Spirit Book of Days*, this contemporary, illustrated diary provides not only plenty of space for daily planning, but also vibrant colour artworks that will lift your spirits and offer 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 weekly 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 presents insightfully, within this cheerful diary, one life-enhancing theme a month to focus on. This year s themes range from Love in January, Positivity in February, Forgiveness in March, Acceptance in April, Hope in May to Inspiration in June, Joy in July, Appreciation in August, Authenticity in September and Adventure in October, Empathy in November, ending with Freedom in December. Each month opens with a positive affirmation to inspire the reader to embrace the motif and improve their month. Each week-to-view spread then features a thought-provoking quote that encourages reflection on the theme, as well as an exercise to further your holistic well-being. By focusing on one theme per month, but in varying ways each week, the diary allows a seed of awareness to grow over time so that positive action can become an integral part of daily life. So here s to a year ahead where we really do make every day matter.



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