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## THIS BOOK WILL MAKE YOU MINDFUL



Quercus Publishing. Paperback Condition: new. BRAND NEW, This Book Will Make You Mindful, Jessamy Hibberd, Jo Usmar, We live increasingly busy lives and can struggle to cope with the pressure we're put under by external factors and, most importantly, by ourselves. It's very common to feel overwhelmed by all the responsibilities you have to juggle and feel that time is running away from you - that days, weeks, months and even years are passing in a blur. However, help is...

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- Authored by Jessamy Hibberd, Jo Usmar
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