



365 Thoughts for Daily Meditation

ISBN	9788854419544
Publisher	White Star
Binding	Hardback
Territory	World excluding USA & Canada; India non-exclusive; Italy non-exclusive
Size	205 mm x 185 mm
Pages	392 Pages
Name of series	365 Series
Price	£17.99

- A new addition to the 365 Inspirations series
- Makes a great gift
- The quotes and images elicit calmness and warmth and encourage eco-mindfulness

Begin each day with a meditative thought with this addition to the *365 Inspirations* series. Throughout the year, this exceptional volume will accompany you on your daily practice for mindfulness. In addition to the beautiful images, there are 365 inspirational quotes, one for each day of the year, that provide opportunities to relax, reset, and revive.