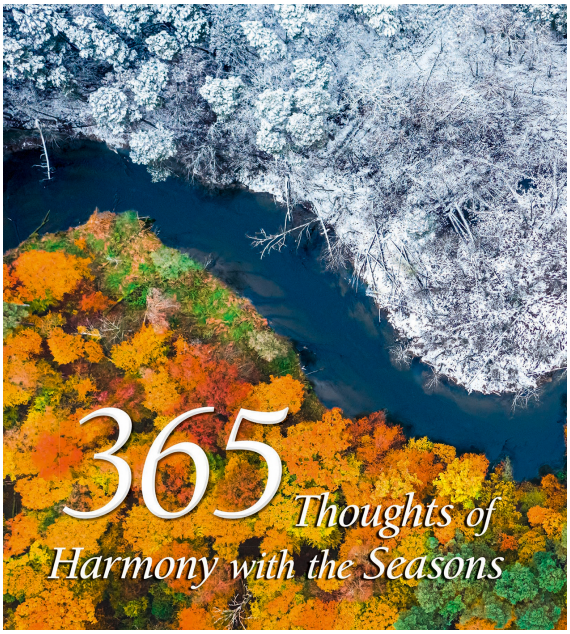
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365 Thoughts of Harmony with the Seasons

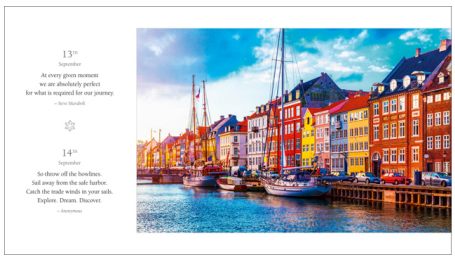
ISBN	9788854421196
Publisher	White Star
Binding	Hardback
Territory	World excluding Australasia, USA, & Canada. Italy and India non-exclusive
Size	200 mm x 180 mm
Pages	392 Pages
Name of series	365 Series
Price	£17.99

- A daily ritual for renewed harmony in the cycle of life
- Wonderful photographs that stir emotions by following the cycle of the seasons
- Includes 365 inspirational quotes that will accompany you for every day of the year

The 365 days of each year remind us that we give and get the best only if we are present with ourselves, if we are ourselves in every moment, and if we keep our focus on the “here and now.” The evocative images that accompany the pages of this book are nothing more than cues, so that we can turn our eyes to the reality in which we live and we start again to find beauty in what surrounds us, be they details of the landscape, animals in one’s environment, atmospheric elements or people. They remind us of our connections to the world and how joy is complete when it pervades everyone. We thus learn to recognise ourselves in the succession of seasons, to grasp every message, every natural teaching in the cycle of life.







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