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5-Minute-a-day Mindfulness

Edited by Federica Avanzi

Edited by Simone Masserini

Illustrated by Sara Marcuzzi

ISBN	9788854421493
Publisher	White Star
Binding	Cards
Territory	World excluding Australasia, USA, & Canada. Italy and India non-exclusive
Size	158 mm x 104 mm
Pages	50 Pages
Illustrations	16 colour
Name of series	VIVIDA
Price	£16.66

- Easy to Use: This card-deck makes the practice of mindfulness accessible and immediate, ideal for those who have limited time
- Variety of Activities: Each card provides a different mindfulness activity, allowing users to enjoy the experience and find what best suits their needs
- Illustrated Cards: The 50 cards are illustrated: they create a strong sense of identification and connection with each proposed activity
- Practical and Compact: The practicality of the deck allows it to be easily enjoyed whenever you want and wherever you are, at work or at home
- Price does not include VAT

5 Minute-A-Day Mindfulness is a 50 illustrated card-deck serving as a practical and accessible guide to mindfulness. In a fast-paced and stressful world, just 5 minutes is all you need to practice mindfulness and re-balance your body and spirit. Each of the 50 cards in the deck offers a precious opportunity to enjoy moments of peacefulness and awareness, when you want and wherever you are. The cards are divided into 7 main categories – Relationship with others, Will, Action, Altruism, Compassion and Awareness, Imagination and Creativity and Rootedness, that help you pause and reconnect with yourself—whether you are in your office, during a break, on the train, or at home. The guiding instructions, on the back of each card, include brief meditations, breathing exercises or yoga practices, granting several ways to take care of yourself.

- Includes 50 cards, 7 dividers, a 16-page booklet
- Deck and booklet: 155 mm x 104 mm 40 mm
- Cards: 140 mm x 95 mm

Federica Avanzi and **Simone Masserini** are wellness and mindfulness experts famous for their innovative and practical approach. With long careers dedicated to meditation and awareness, they have written several texts on this topic. Their large experience is appreciable in this *5 Minute-A-Day Mindfulness* card deck, a useful tool to welcome mindfulness into our daily life. **Sara Marcuzzi** is a young digital artist who uses art as a way to give voice to emotions, but also to bring smiles, sweetness, and reflections. Each of her works is an attempt to transform feelings and thoughts into images that deeply touch and inspire those who observe them.







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