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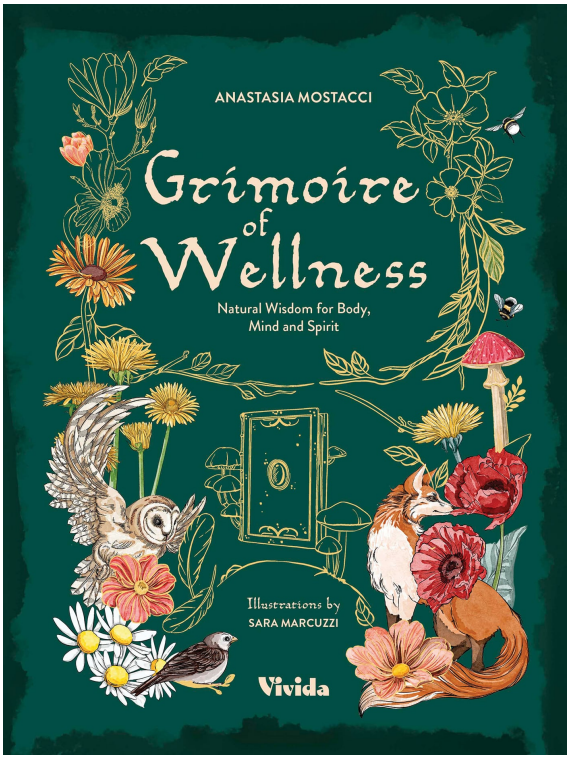


Grimoire of Wellness

Natural Wisdom for Body, Mind and Spirit

Anastasia Mostacci

Illustrated by Sara Marcuzzi

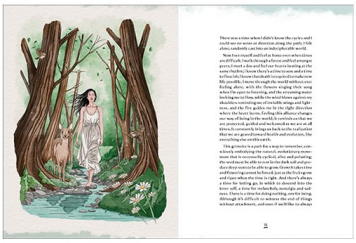
ISBN	9788854421868
Publisher	White Star
Binding	Hardback
Territory	World excluding Australasia, USA, & Canada. Italy and India non-exclusive
Size	220 mm x 165 mm
Pages	208 Pages
Name of series	VIVIDA
Price	£14.99

- A practical and inspirational guide to harmonising body, mind, and soul through nature's wisdom
- With rituals, meditations, and holistic advice, this book will help you reconnect with natural cycles and find balance in daily life
- Holistic and Practical Approach: Combines ancient traditions with modern practices for physical, mental, and spiritual well-being
- Clear and Engaging Structure: Divided into five phases inspired by the cycles of nature for an immersive experience
- Perfect for Wellness & Self-Care Audiences: Ideal for those seeking balance, inner growth, and connection with nature

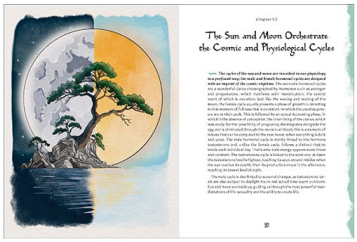
"So place the book on the table like a work of art, open it like a compass, and let yourself be carried away by the timeless power of nature."— **NL Magazine**

A guide to rediscovering the deep connection with nature and the power it offers for our well-being. This book takes the reader on a holistic journey towards harmony between body, mind, and spirit, inspired by the magic of the Earth and its natural cycles. Through simple practices, it invites readers to reconnect with the rhythms of life, respecting both seasonal and inner energies. The path is structured in five natural phases, encouraging the rediscovery of the power of earth, water, air, and fire, with rituals, meditations, and practical advice to integrate natural energy into daily life.

Anastasia Mostacci has been deeply interested in the visible and invisible connections between humans and nature since childhood. With a degree in philosophy and as a yoga practitioner, she specialised in studying plants, learning to recognise their subtle voices and healing powers. Since 2015, she has curated projects dedicated to the communication between humans and nature, guiding evolutionary paths to develop awareness and harmony with the green world. **Sara Marcuzzi**, an illustrator with a background in Graphic Design and Photography. After starting with watercolours, she began exploring digital drawing in 2018, transforming her passion into a profession.







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