



Everyday Wonder

Sophie Howarth

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- An invitation to explore the overlooked and find magic in the mundane

Life is always winking at us, calling our attention to the beauty hidden in plain sight. And yet, we often miss what's right in front of our noses, either lost in thought or tethered to never-ending to-do lists. This is a handbook for anyone who feels some of the shine has worn off their daily life and wants to reconnect with the beauty hidden in plain sight. In this exquisite collection of photographs, poems and creative invitations, we are reminded that we don't need to wait for miracles to be astonished. Wonder is a state of mind, available to us every day of our lives.

Sophie Howarth is an artist and writer. Her previous books include *Street Photography Now*, *The Mindful Photographer* and *Looking at Trees*.