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The Mindfulness Companion A Creative Journal to Bring Calm to Your Day

Dr Sarah Jane Arnold

Keynote

Transform your day with the activities and guided colouring in this journal. Learn more about what mindfulness is – and how to do it – while also enjoying the focussed calm it can bring to your life.

Description

Transform your day with the activities and guided colouring in this journal. Learn more about what mindfulness is – and how to do it – while also enjoying the focussed calm it can bring to your life.

Each of the stunning patterns that fill this book is accompanied by a gentle exercise in mindfulness, created by Chartered Counselling Psychologist and mindfulness practitioner Dr Sarah Jane Arnold.

There is also space to write your thoughts and feelings, along with inspirational quotes that work together to help harness your creativity and promote your well-being

Sales Points

- This stunning journal is filled with mindfulness exercises designed by Chartered Counselling Psychologist and mindfulness practitioner Dr Sarah Jane Arnold
- Pages of colouring, inspirational quotes and short mantras create mindful moments that allow you to focus your thoughts and de-stress
- Lined pages are left blank to encourage you to write down your thoughts and reflections
- Handbag-sized and beautifully designed in 4-colour throughout, with rounded edges, two colours of foil on the cover and elastic closure for easy carrying
- From the publishers of *The Art of Mindfulness* series (over 100,000 copies sold)

Author Biography

Dr Sarah Jane Arnold, CPsychol, is a Chartered Counselling Psychologist. In her private practice she works with people experiencing life issues and specific mental health difficulties to enhance their wellbeing, via integrative, mindfulness-informed, psychological therapy. Sarah is proficient in Person-Centred Therapy, Cognitive-Behaviour Therapy, and Acceptance and Commitment Therapy. She tailors her therapeutic approach to the individual.

Sarah believes in the transformative power of mindfulness to facilitate self-awareness and psychological wellbeing. As such, she remains committed to the practice of mindfulness in her personal life too. Sarah lives in Brighton with her partner, Mine, their dog, Oprah, and Priscilla the bearded dragon.

You can find Sarah at www.themindfulpsychologist.co.uk.