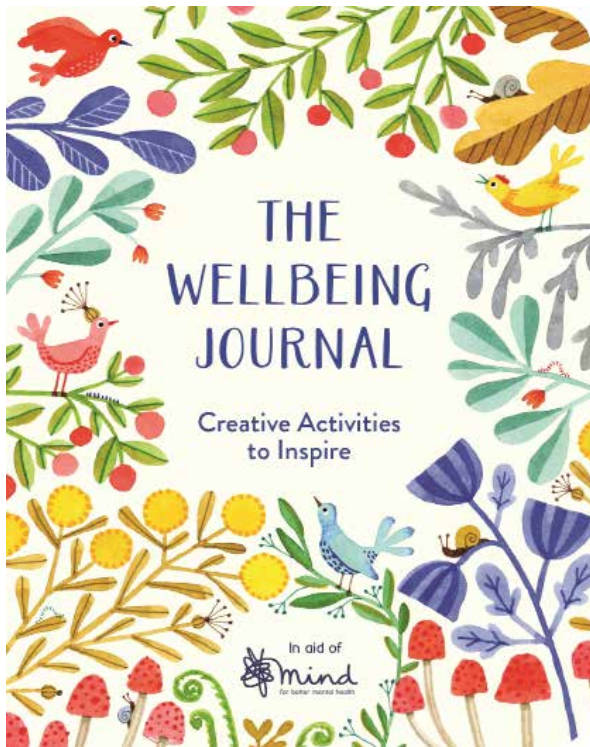


# THE WELLBEING JOURNAL



Michael O'Mara Books  
4th May 2017 | £9.99 | Paperback  
To mark Mental Health Awareness Week (8-14 May)

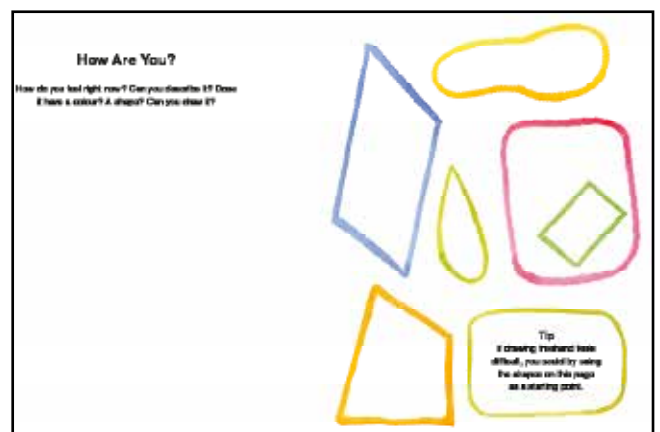
Explore your inner world and be inspired with *The Wellbeing Journal*.

Developed in partnership with Mind, the mental health charity, each page of this gorgeous journal has been thoughtfully crafted and it includes activities, colouring, drawing prompts, contemplative quotes and lots of space for you to write about your own thoughts, feelings and experiences.

Creativity and reflection can have a powerful, positive influence on our lives. Now, with *The Wellbeing Journal*, you can enjoy practising these skills every day and wherever you go.

A word from Kathleen Miles, Director of Fundraising at Mind:

"We're delighted to have worked with Michael O'Mara on The Wellbeing Journal and this will mean that Mind can continue providing vital services, like our Infoline, so people can make their own choices and access the treatment and support that is right for them. This partnership will help us make sure no one has to face a mental health problem alone."



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