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## A Pocket Coach: The Kindness Coach

**Dr Sarah Jane Arnold**

### Keynote

**Your cool pocket companion and one-stop guide to kindness! The fourth in this pocket-sized range of gift self-help titles, designed to help you get in touch with your empathy and kindness.**

### Description

**Your cool pocket companion and one-stop guide to kindness!**

From the best-selling author of *The Mindfulness Companion* and *The Can't Sleep Colouring Journal* comes the fourth in our pocket-sized range of gift self-help titles, designed to help you get in touch with your empathy and kindness: Dr Arnold brings her expertise and invaluable techniques to help you or a loved one sharpen self-awareness, and implement acts of care and thoughtfulness into everyday life. This attractive, pocket-sized gift companion will not only bring positive energy to those around you, but teaches you the art of self-kindness too. A virtuous circle in a small, sturdy and cool gift package!

### Sales Points

- Luxe gift, perfect for a birthday or Christmas present
- Accessible, clear, expert advice and exercises
- Pocket-sized, sturdy and cool
- Dr Sarah Jane Arnold is a Chartered Counselling Psychologist and mindfulness practitioner

### 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](http://www.themindfulpsychologist.co.uk).

Michael O'Mara.

[www.mombooks.com](http://www.mombooks.com)

