



## The Book of Me A Creative Guide to Self-care

### Keynote

*The Book of Me* is a beautifully designed and illustrated creative journal – to keep for reference, or to gift to a loved one.

### Description

Through creative exercises and mini-journals, discover your unique, multi-faceted self.

With short introductory narratives, and trigger headings to provoke thought, creativity and self-awareness, *The Book of Me* is a celebration of individuality and a chance to take stock of your life, your dreams and goals, and reflect on what's truly important to you.

It is also a soothing guide to self-compassion and kindness, and a journal to reference now and in the future for maintaining wellbeing and self-care.

Through free-expression, words and pictures, and inspired by the vibrant full colour illustrations – really get to know yourself in this beautifully designed and illustrated creative journal – to keep and reference, and to gift to a loved one.

### Sales Points

- Creative/interactive journal
- Encourages self-exploration and self-awareness
- Vibrant and evocative full-colour illustrations throughout
- For fans of *The Wellbeing Journal*, a gorgeous companion
- Self-kindness is a hot topic right now

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Price **£9.99**

ISBN-13 **9781782439226**

Binding **Paperback**  
Format **190 x 147 mm**  
Depth **12mm**  
Extent **128 pages**  
Word Count **5000 words**  
Illustrations **full-colour illustrations throughout**

Territorial Rights **World**

In-House Editor **Emily Thomas**

Michael O'Mara Books.

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**Sales Office:** Michael O'Mara Books, 9 Lion Yard, Tremadoc Road, London, SW4 7NQ  
**Tel:** 02077208643

**Orders to:** Hely Hutchinson Centre, Milton Road, Didcot, OX11 7HH  
**Tel:** 01235 759 555  
**International Tel:** +44 1235 759 555