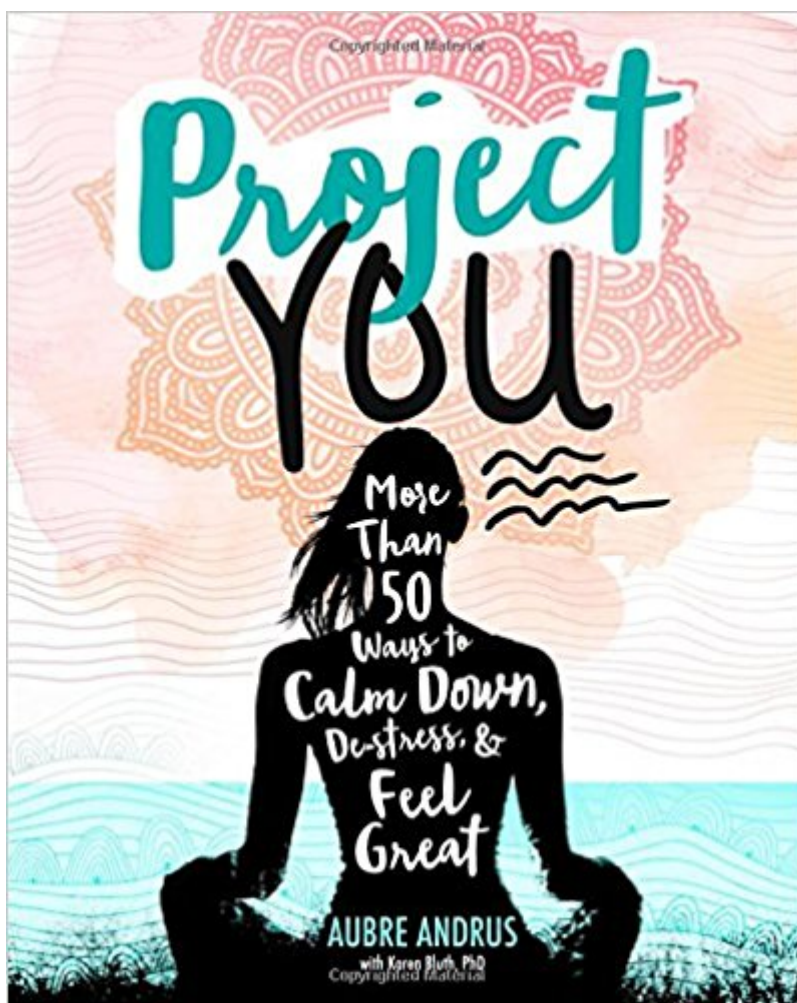


The book was found

Project You: More Than 50 Ways To Calm Down, De-Stress, And Feel Great (Switch Press:)



Synopsis

Find your balance. ã ã Make a protein-packed smoothie to energize for a busy day. Center yourself after a stressful week by taking five minutes to write in your journal. Strengthen your body and calm your mind with simple yoga poses and breathing techniques. Craft a vision board to help you achieve your goals. Create a time budget to organize your schedule. Develop an evening routine that will help you wind down before sleep. ã ã Award-winning author Aubre Andrus shares more than 50 do-right-now projects that will help you beat stress, smile big, and discover a calmer, more blissful you.

Book Information

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Customer Reviews

Aubre Andrus is an award-winning children's book author with books published by Scholastic, American Girl, and more. She cherishes her time spent as the Lifestyle Editor of ã ã American Girl ã ã magazine where she developed crafts, recipes, and party ideas for girls. When she's not writing, Aubre loves traveling around the world, and some of her favorite places include India, Cambodia, and Japan. She currently lives in Los Angeles with her husband. You can find her website at www.aubreandrus.com. Originally from Mexico and after starting her fashion design studies in Paris and Madrid, Veronica moved to New York where she fell in love with the city and her husband. She continued her fashion design studies in The New School, then moved to fine arts and started her work as an illustrator following the footsteps of her idols Garance Doré, Izak Zenou and David Downton. Veronica expresses a colorful and whimsical

view of life with enticing illustrations and handwritings. Her illustration talent has allowed her to collaborate with beauty, fashion and lifestyle brands like Renaissance Hotels, Shu Uemura, Cosmopolitan, The Wall Street Journal, Clinique and a. k. a. Cedric Salon among others. Dr. Karen Bluth is faculty at University of North Carolina at Chapel Hill, where her research focuses on the roles that self-compassion and mindfulness play in promoting well-being in youth. She is co-creator of the curriculum Making Friends with Yourself: A Mindful Self-Compassion Program for Teens, and author of the forthcoming book “The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are” (New Harbinger Publishers). As a mindfulness practitioner for almost 40 years, a mindfulness teacher, and a lifelong educator with 18 years of classroom experience, Dr. Bluth frequently gives talks, conducts workshops, and teaches classes in self-compassion and mindfulness in educational settings and in the community.

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