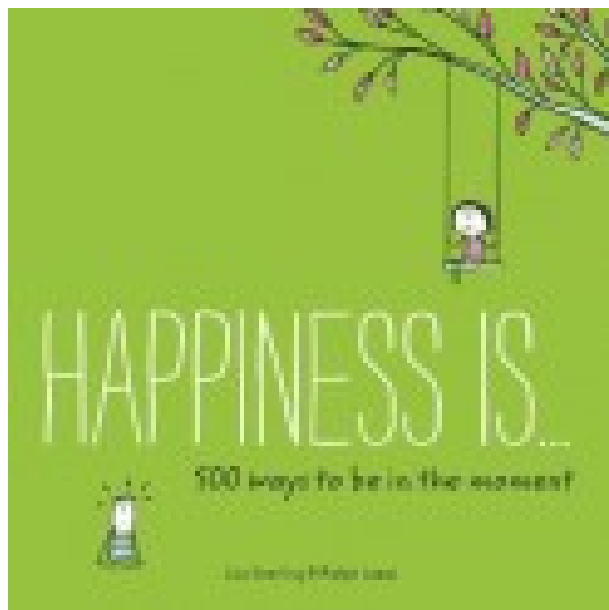


Happiness is... 500 Ways to be in the Moment



Sprak:	Engelsk
Kategori:	E-bøker
Forlag:	Chronicle Books
ISBN/EAN:	9781452152011
Utgivelsesår:	2016
Serie:	Happiness is...
Forfatter:	Lisa Swerlingog Ralph Lazar
Antall sider:	272

[Happiness is... 500 Ways to be in the Moment.pdf](#)

[Happiness is... 500 Ways to be in the Moment.epub](#)

HAPPINESS IS ...

IN THE MOMENT brings a mindfulness spin to the brand and reminds us to slow down and appreciate the simple moments in life: when a ladybird lands on you, being the first one up, a beach yoga session, sitting under a ceiling fan on a hot day, meditating, and more. In the same successful format as Happiness Is ...and full of the brand's signature illustration style and friendly tone, this book sparks positive reflection and is another darling reminder that happiness is all around - and within.

Mintankesmie.no omhandler habilitet, interessekonflikter, korrupsjon, gjeldsproblemer, fattigdom, medisinsk utstyr, legemidler (som antidepressiva, antipsykotika).