

AFOOT AND LIGHTHEARTED

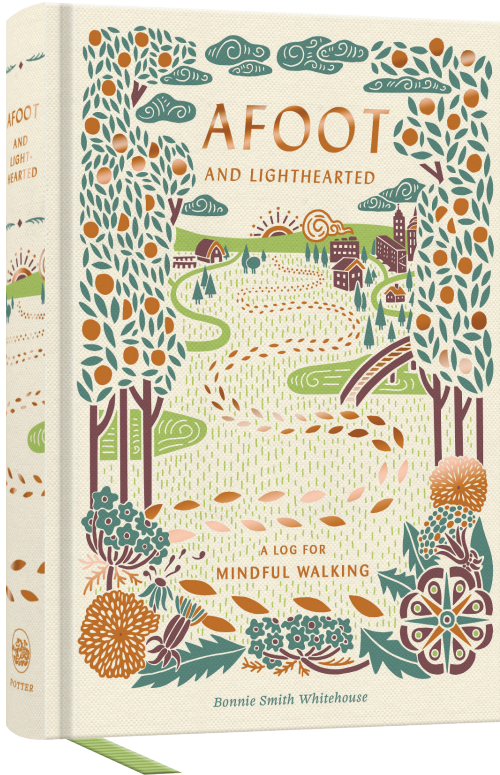
A JOURNAL FOR MINDFUL WALKING

BONNIE SMITH WHITEHOUSE



A guided journal for people seeking new ways to unplug, get active, inspire creativity, cultivate mindfulness, and improve well-being

Afoot and Lighthearted is the first interactive journal of its kind for walkers who want to expand their physical and creative worlds through acts of mindfulness. This textured, cloth-covered journal with a ribbon marker is the perfect size and format for walkers to take with them on the go as they explore writing, walking, and drawing exercises, while also providing them enough room to express themselves on every page. With beautifully illustrated interiors and a cover detailed with copper foil, *Afoot and Lighthearted* is a great gift for walkers of all kinds.



9780525574811 | Guided Journal | 224 Pages | 5 x 7 | \$14.99 \$19.99 Can. | Carton Count: 40

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