

THE HAPPY homebody

A FIELD GUIDE TO THE GREAT INDOORS



Filled with thoughtful reflections, funny musings, and creative activity prompts, this book will remind you that being a homebody is cool—and actually good for you. This book is your permission slip to put your phone on “do not disturb” and a field guide to celebrating the simple pleasures of hanging out at home.

- Inspirational quotes and musings for introverts
- Creative journaling prompts for self-reflection
- Playful indoor activities including doodling, coloring, word search, and recipes
- Self-care tips for quiet types

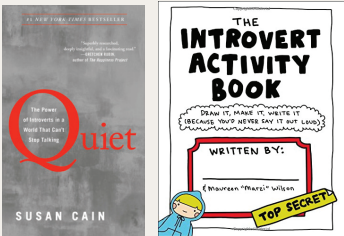
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TARGET AUDIENCE

- Homebodies at heart; their home is their sanctuary, a place where they feel safe enough to be 100% themselves
- Introverts who appreciate books that celebrate their quiet, introspective nature
- Lovers of illustrated artwork and musings and hand-lettered designs
- Young women 20-40 who love cooking, crafting, reading, and other at-home activities
- Shoppers of Target, Etsy, and Instagram boutiques

Readers Who Purchased:



ABOUT ELIZABETH @thegraytergood

Elizabeth Gray is recognized for her black and white work and modern sense of style. In 2017, she took a leap of faith and left her culinary day job to be a freelance letterer, despite being self-taught and having no background in professional design. Since then, she has managed to build a successful Etsy shop, grow a huge social media following, land multiple interviews in print and online, partner with companies to illustrate product packaging.

BRAND PARTNERSHIPS

Dyson, Michaels, Sharpie, Usa Network, Archer + Olive, Tik Tok

AVAILABILITY

In-person or virtual events and collaborations



“In addition to embracing the homebody lifestyle, the book acts as a manifesto of mindfulness. It issues calls to rest and relish quiet moments spent with a good book, or in the adult equivalent of a blanket fort. It’s as much about connection to one’s self, reflection on priorities, and engaging in activities that bring one joy as it is about the location where those things happen. Its cozy hodgepodge of advice, encouragement, and reflection space complement its overall tone.”

—SARAH WHITE, FOREWORD REVIEWS