

[PDF] You Are Here: A Mindful Travel Journal

Emma Clarke - pdf download free book



Books Details:

Title: You Are Here: A Mindful Trave

Author: Emma Clarke

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Description:

"No-one has ever seen this place in the same way you're seeing it right now, right here, in this moment." 'You Are Here' is a travel journal that takes you on your own internal voyage of discovery. By using simple mindfulness techniques you'll find ways to develop a happy, peaceful mind. Many people buy a beautiful notebook to take on holiday. For some, the emptiness of all those pages is daunting. 'You Are Here' guides you through a rich variety of exercises designed to help you thoroughly enjoy your gap year, city break, odyssey, holiday-of-a-lifetime, 'find yourself' journey or weekend away. You'll use fresh, creative thinking to save a memory on every page. Every moment is precious. Every moment is unique. Use this journal to live each moment to the max.

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