



Publication date **Thursday, December 27, 2018**
 Price **£9.99**
 ISBN-13 **9781789290387**

Binding **Paperback**
 Format **160 x 160 mm**
 Depth **12mm**
 Extent **128 pages**
 Word Count **5000 words**
 Illustrations **60 full colour watercolour illustrations throughout**
 Series **Wellbeing Guides**
 Territorial Rights **World**
 In-House Editor **Fiona Slater**

Take a Moment Activities to Refocus, Recentre and Relax Wherever You Are

Mind

Keynote

From the publishers of the bestselling *The Wellbeing Journal*, *Take a Moment* offers expert support from Mind, with short, simple self-care techniques that will help you take a moment and find calm wherever you are and whenever you need it.

Description

Modern life isn't just stressful, it can be overwhelming. With expert support from Mind, these short, simple techniques will help you take a moment and find calm wherever you are and whenever you need it.

Developed in partnership with Mind, the mental health charity, *Take a Moment* is here to help you do just that. It's here for when you need a break, just five minutes to yourself, for yourself. Whether you need to **de-compress**, **refocus** or just **relax**, each page has a different technique or exercise providing expert support and inspiration on the go.

Beautifully designed with hand-made watercolour illustrations and small enough to be carried around, *Take a Moment* is the **self-care** companion for anyone who could do with a little help putting their **wellbeing** first.

Sales Points

- From the publishers of *The Wellbeing Journal* – over 25,000 copies sold
- Supported by Mind, the mental health charity – all author royalties will be donated to Mind
- Publication for the New Year New You market
- Exercises are informed by the latest research into mindfulness and psychotherapy
- Travel sized and beautifully illustrated in watercolour throughout

Reviews

- 'Designed for use on the go, it easily slips into a handbag or rucksack... a practical and accessible guide to self-care.' - *Independent*

Author Biography

Mind, the mental health charity, believes that no one should have to face a mental health problem alone. We're here for you. Today. Now. We're on your doorstep, on the end of a phone or online. Whether you're stressed, depressed or in crisis. We'll listen, give you support and advice, and fight your corner.

Michael O'Mara Books.

www.mombooks.com



Sales Office: Michael O'Mara Books, 9 Lion Yard, Tremadoc Road, London, SW4 7NQ
Tel: 02077208643

Orders to: Hely Hutchinson Centre, Milton Road, Didcot, OX11 7HH
Tel: 01235 759 555
International Tel: +44 1235 759 555