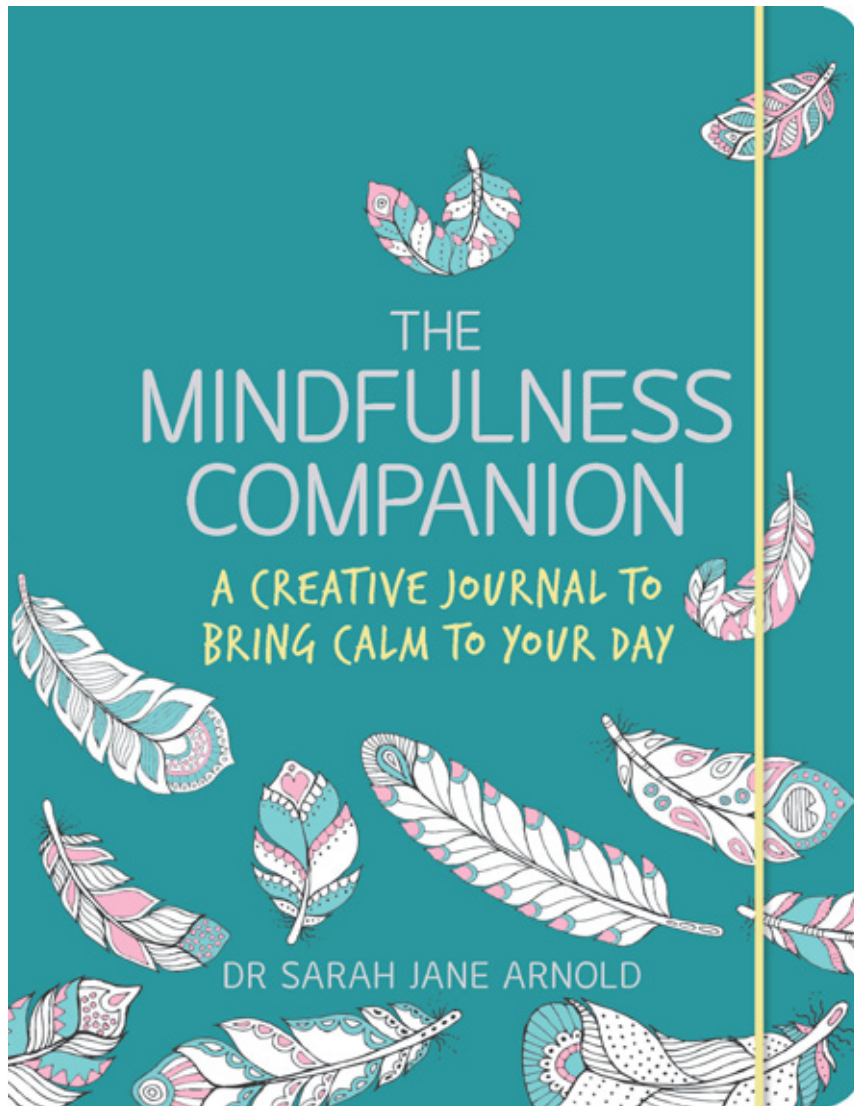




THE MINDFULNESS COMPANION

A CREATIVE JOURNAL TO BRING CALM TO YOUR DAY

BY DR SARAH JANE ARNOLD

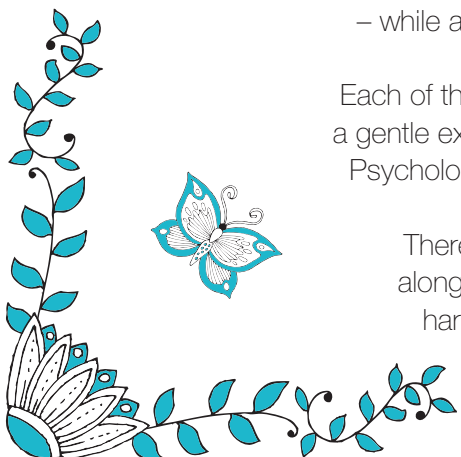
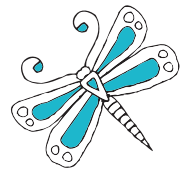


Published on 5 May 2016 • Michael O'Mara Books • £9.99

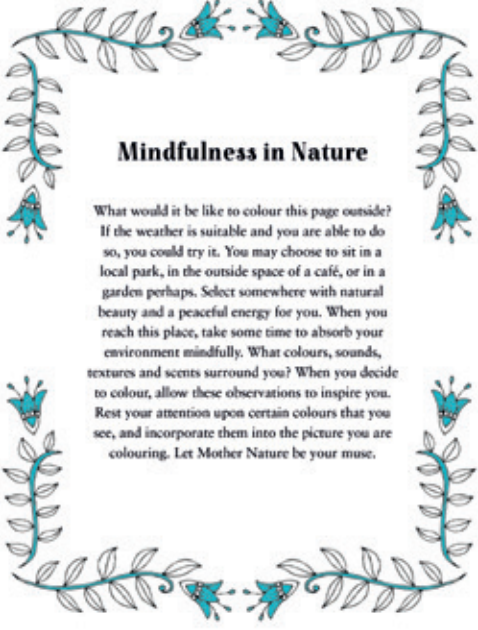
Transform your day with the activities and guided colouring in this journal. Learn more about what mindfulness is – and how to do it – while also enjoying the focussed calm it can bring to your life.

Each of the stunning patterns that fill this book is accompanied by a gentle exercise in mindfulness, created by Chartered Counselling Psychologist and mindfulness practitioner Dr Sarah Jane Arnold.

There is also space to write your thoughts and feelings, along with inspirational quotes that work together to help harness your creativity and promote your well-being.









Mindfulness in Nature

What would it be like to colour this page outside? If the weather is suitable and you are able to do so, you could try it. You may choose to sit in a local park, in the outside space of a café, or in a garden perhaps. Select somewhere with natural beauty and a peaceful energy for you. When you reach this place, take some time to absorb your environment mindfully. What colours, sounds, textures and scents surround you? When you decide to colour, allow these observations to inspire you. Rest your attention upon certain colours that you see, and incorporate them into the picture you are colouring. Let Mother Nature be your muse.










A Mindful Moment

I can choose how I respond
to my thoughts.





Dr Sarah Jane Arnold, CPsychol, is a Chartered Counselling Psychologist. In her private practice she works with people experiencing life issues and specific mental health difficulties to enhance their wellbeing, via integrative, mindfulness-informed, psychological therapy. Sarah is proficient in Person-Centred Therapy, Cognitive-Behaviour Therapy, and Acceptance and Commitment Therapy. She tailors her therapeutic approach to the individual.

Sarah believes in the transformative power of mindfulness to facilitate self-awareness and psychological wellbeing. As such, she remains committed to the practice of mindfulness in her personal life too. Sarah lives in Brighton with her partner, Mine, their dog, Oprah, and Priscilla the bearded dragon.

For more information, please contact:
 Clara Nelson | Head of Communications
clara.nelson@mombooks.com | 02078195911
