Ampersand Inc.

AMPERSAND MINDFUL LIVING





Learning to Silence the Mind by Osho 9781250006226 Paperback 5.5 x 8.3 x 0.56 in 192 pages \$22.50 Aug 21, 2012





Detox Waters by Geraldine Olivo 9781849499842 Paperback 9.25 x 6.75 x 0.5 in 128 pages \$17.99 Mar 07, 2017





Green Kitchen Smoothies by David Frenkiel 9781784880460 Hardcover 6.25 x 8.5 x 0.75 in 144 pages \$28.99 Aug 02, 2016





Mindfulness in the Modern World by Osho 9780312595517 Paperback 5.45 x 8.18 x 0.72 in 272 pages \$18.99 Apr 08, 2014



The Coloring Book of

Mindfulness
by Quadrille by Quadrill Publishing by Quadrille 9781849497305 Paperback 8.13 x 9.88 x 0.5 in 96 pages \$21.95 Jan 05, 2016



The Little Book of Mindfulness by Tiddy Rowan 9781849494205 Hardcover 4.38 x 5.38 x 1.13 in 192 pages \$14.99 Sep 01, 2015





Zendoodle Journaling: Creative Reflections by Aimee Chase 9781250115683 Hardcover 5.02 x 7.34 x 0.54 in 128 pages Sep 27, 2016





The Yoga Kitchen by Kimberly Parsons 9781849498999 Hardcover 7.25 x 9.75 x 1 in 192 pages \$35.99 Jan 03, 2017





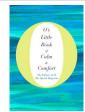
Invitation to Meditation by Howard Cohn 9781452144344 Hardcover 7.29 x 6.69 x 0.64 in 120 pages \$21.95 Mar 15, 2016





Modern Meditation by Stan Rodski 9781743791899 Paperback 8.38 x 11.75 x 0.38 in 96 pages \$24.99 Oct 04, 2016





O's Little Book of Calm & Comfort by O, The Oprah Magazine 9781250070081 Hardcover 5.24 x 7.43 x 0.8 in 192 pages \$24.99 Mar 28, 2017



Mindfulness: Weekly Planner by Holly MacDonald 9781849499873 Blank book 19.78 x 7.36 x 0.43 in 104 pages \$18.99 Aug 15, 2017



Mindfulness: Origami by Holly MacDonald 9781849499880 6.25 x 6.25 x 0.63 in \$18.99 Aug 15, 2017



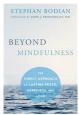
The Wisdom of Sundays by Oprah Winfrey 9781250138064 Hardcover 6.81 x 8.32 x 1.02 in 240 pages \$38.99 Oct 17, 2017





Being Aware of Being Aware by Rupert Spira 9781626259966 Paperback 5 x 7 x 0.35 in 128 pages \$21.95 Nov 01, 2017





Beyond Mindfulness by Stephan Bodian 9781626259720 Paperback 6 x 9 x 0.39 in 144 pages \$24.95 Sep 01, 2017





O's Little Guide to the **Big Questions** by O, The Oprah Magazine 9781250070128 Hardcover 5.33 x 7.46 x 0.75 in 192 pages \$23.50 Jan 02, 2018





The Joy of Now Journal by Paige Burkes 9781250163448 Paperback 5.7 x 7.81 x 0.41 in 128 pages \$19.50 Dec 26, 2017





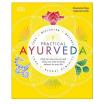
Mindfulness Cards by Rohan Gunatillake 9781452168364 Cards 4.13 x 6.25 x 1.63 in 65 pages \$24.95 Apr 10, 2018





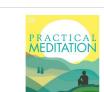
by Sholto Radford 9781787130999 Hardcover 5.13 x 6.5 x 0.88 in 144 pages \$18.99 May 15, 2018





Practical Ayurveda by Sivananda Yoga Vedanta Centre 9781465468499 Paperback 7.75 x 9.19 x 0.87 in 224 pages \$29.99





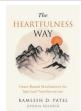
Practical Meditation by Giovanni Dienstmann 9781465473417 Paperback 7.75 x 9.25 x 0.6 in 192 pages \$22.99 Aug 07, 2018





Practical Zen for Health, Wealth and Mindfulness by Julian Daizan Skinner 9781848193901 Paperback 120 x 215 x 16 mm 224 pages \$18.95





The Heartfulness Way by Kamlesh D. Patel 9781684031344 Paperback 6 x 9 x 0.58 in 216 pages \$24.95 Jun 01, 2018





Press Pause by Miranda Hersey 9781250181930 Paperback 5.62 x 7.84 x 0.35 in 128 pages Aug 07, 2018





120 pages \$24.95 Jul 17, 2018

A Sloth's Guide to Mindfulness (Mindfulness Books, Spiritual Self-Help Book, Funny Meditation Books) by Ton Mak 9781452169460 Hardcover 6.25 x 6.25 x 0.63 in



Breath Friends Forever by Laurie Grossman 9781684031689 Hardcover 11 x 8.5 x 0.33 in 40 pages \$24.95 Sep 01, 2018

Age (years) 4 - 7



Calm the Chaos Journal by Nicola Ries Taggart 9781452169958 Blank book 5.65 x 7.55 x 0.7 in 144 pages \$22.50 Jul 03, 2018





Calm: Mindfulness for Kids by Wynne Kinder 9781465470904 Paperback 8.69 x 11.13 x 0.29 in 72 pages \$21.99 Feb 05, 2019 Age (years) 6 - 9



The Pocket Guru: Guidance and Mantras for Spiritual Awakening and Emotional Wisdom (Wisdom Book, Spiritual Meditation Book, Spiritual Self-Help Book) by Siri Sat Nam Singh

19781452174150 Harocovei 5.25 x 7.25 x 1 in Hardcover 256 pages







Make Time, Be Present by Erika Kearns 9781250216212 Paperback 5.69 x 7.5 x 0.38 in 128 pages \$20.50 Aug 20, 2019





Meditation by Rev. Patrick J. Harbula 9781250210043 Paperback 5.75 x 8.17 x 0.44 in 160 pages \$20.50 Aug 13, 2019





Wild Calm by Joan Vorderbruggen 9781250215154 Paperback 5.58 x 7.67 x 0.36 in 128 pages \$20.25 Jun 04, 2019





Lonely Planet Wellness Escapes 1st Ed. by Lonely Planet 9781788682497 Hardcover 6.73 x 8.5 x 1.02 in 256 pages \$25.99 Nov 20, 2018



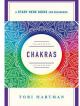
Wake Up Before Your Wake-Up Call by Toni Parker 9781989025697 Paperback 5.77 x 8.4 x 0.84 in 326 pages \$21.00 Sep 17, 2019



The Power of Heart by Amy Bloch 9781250200457 Hardcover 5.38 x 8.25 x 0 in 288 pages \$38.50 Nov 05, 2019







Chakras by Tori Hartman 9781250210029 Paperback 5.38 x 8.25 x 0 in 160 pages \$20.50 Nov 05, 2019



The Yin and Yang of Self-Compassion by Kristin Neff Ph.D. 9781683643982 CD-Audio 5.48 x 5.06 x 0.64 in \$32.50 Sep 10, 2019



Rewilding by Micah Mortali 9781683643258 Paperback 6 x 9 x 0 in 240 pages \$23.50 Dec 03, 2019











Revolution of the Soul by Seane Corn 9781622039173 Hardcover 7.8 x 9.27 x 0.85 in 272 pages \$33.99 Sep 03, 2019



Revolution of the Soul by Seane Corn ON 9781683642244 CD-Audio 7 x 6.52 x 1.02 in \$45.50 Sep 17, 2019



Ten to Zen by Owen O'Kane 9781452182506 Paperback 6 x 7.7 x 0.65 in 208 pages \$21.50 Oct 08, 2019





Little Book of Mindfulness II by Alison Davies 9781787133808 Hardcover 4.45 x 5.3 x 0.95 in 192 pages \$13.99 Aug 20, 2019



Muse with the Moon by Jo Cauldrick 9781784882549 Paperback 7.03 x 8.33 x 0.93 in 224 pages \$28.99 Oct 22, 2019



Mindfulness for Warriors by Kim Colegrove 9781642501742 Paperback 5.5 x 8.5 x 0 in \$24.95 Mar 15, 2020









The Checklist Book by Alexandra Franzen 9781642501186 Blank book $7 \times 10 \times 0$ in \$27.95 Jan 15, 2020





Listify by Marina Greenway 9781642501025 Paperback 6 x 9 in 130 pages \$11.99 Jan 14, 2020





The Mind-Body Stress Reset by Rebekkah LaDyne MS, SEP 9781684034277 Paperback 6 x 9 x 0 in 200 pages \$24.95 Mar 01, 2020





The Stress Reduction Card Deck for Teens by Gina M. Biegel MA, LMFT

9781684034925 Cards 3.5 x 5 x 0 in 60 pages \$24.95 Mar 01, 2020 Age (years) 13 - 19



Big Bird's Big Bad Day by Sesame Workshop 9781492694625 Hardcover 8 x 8 x 0 in 32 pages \$15.50 Feb 01, 2020



Mind Body Baby: Chakras by Imprint 9781250244260 Board book 7 x 7 x 0 in

22 pages



mind body BRBY

Mind Body Baby: Meditation by Imprint 9781250244253

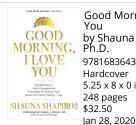
meditation Board book 7 x 7 x 0 in 22 pages \$12.50 Dec 31, 2019 Age (years) 0 - 4



Mindful Day by Deborah Hopkinson 9781683642794 Hardcover 11 x 9 x 0 in 32 pages \$23.50 Jan 07, 2020

Age (years) 4 - 8

Age (years) 3 - 7



Good Morning, I Love You by Shauna Shapiro Pĥ.D. 9781683643432 Hardcover 5.25 x 8 x 0 in 248 pages





Stay Woke 9781683643722 Paperback $6 \times 9 \times 0$ in 328 pages \$28.50 Feb 11, 2020



by Justin Michael Williams





Apr 14, 2020 Age (years) 4 - 8

The Breathing Book by Christopher Willard PsyD 9781683643067 Hardcover 8.5 x 8.5 x 0 in 32 pages



Mindful String Games by Chronicle Books 9781452179681 3.25 x 5.75 x 1.25 in 78 pages \$22.50 Mar 03, 2020





Zen as F*ck at Work by Monica Sweeney 9781250258373 Paperback 5.5 x 7.5 x 0 in 128 pages \$20.50 Dec 31, 2019





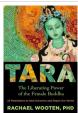
Your Life Untethered by Nadia Hayes 9781250253613 Paperback 5.5 x 7.5 x 0 in 128 pages \$20.50 Mar 24, 2020





Present, Not Perfect for Moms by Aimee Chase 9781250253620 Paperback 5.5 x 7.5 x 0 in 128 pages \$20.50 Apr 07, 2020





Tara by Rachael Wooten Ph.D. 9781683643883 Paperback 6 x 9 x 0 in 278 pages \$23.50 Apr 28, 2020





Leave It Be by Alan Watts 9781683642985 CD-Audio 6.87 x 6.62 x 0 in \$103.99 Jan 07, 2020





Essential Meditations with Eckhart Tolle by Eckhart Tolle 9781988649092 CD-Audio 6.87 x 6.62 x 0 in



||\$90.99 \$90.99 Feb 11, 2020



Mindful Pregnancy by Tracy Donegan 9781465490445 Hardcover 6.69 x 8.56 in 224 pages \$26.00 Apr 14, 2020





LEGO Build Yourself Happy by Abbie Headon 9781465491121 Hardcover 5.81 x 7.56 in 160 pages \$21.99 Dec 17, 2019





A Little Book of Self Care: Self Reiki by Jasmin Harsono 9781465490438 Hardcover 5.81 x 7.56 in 144 pages \$18.99 Jan 07, 2020



