

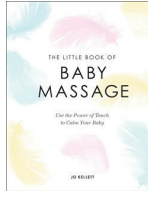
Ampersand Inc.

TGHM SELF CARE

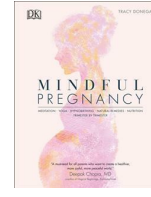




Restorative Yoga
 9781465492630
 7.69 x 9.19 x 0.79 in | 1.7 lb
 \$25.99
 May 05, 2020
 Alpha



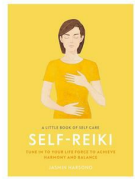
The Little Book of Baby Massage
 9781465491077
 6.19 x 7.88 x 0.69 in | 0.85 lb
 \$18.99
 Feb 04, 2020
 DK



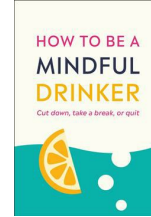
Mindful Pregnancy
 9781465490445
 7 x 8.81 x 0.92 in | 1.5 lb
 \$26.00
 Mar 18, 2020
 DK



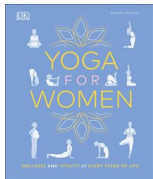
A Little Book of Self Care: Sleep
 9781465490421
 6.13 x 7.88 x 0.69 in | 0.86 lb
 \$18.99
 Jan 07, 2020
 DK



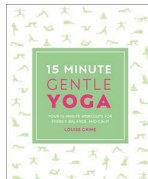
A Little Book of Self Care: Self Reiki
 9781465490438
 6.13 x 7.81 x 0.69 in | 0.86 lb
 \$18.99
 Jan 07, 2020
 DK



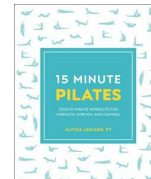
How to Be a Mindful Drinker
 9781465492470
 5.38 x 7.75 x 0.61 in | 0.71 lb
 \$22.99
 Dec 24, 2019
 DK



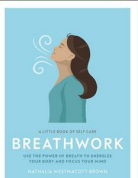
Yoga for Women
 9781465491671
 8 x 9.5 x 0.94 in | 1.84 lb
 \$29.99
 Dec 17, 2019
 DK



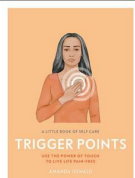
15-Minute Gentle Yoga
 9781465490414
 7.25 x 8.94 x 0.43 in | 0.69 lb
 \$19.00
 Dec 10, 2019
 DK



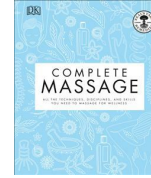
15-Minute Pilates
 9781465490407
 7.25 x 9 x 0.4 in | 0.69 lb
 \$19.00
 Dec 10, 2019
 DK



A Little Book of Self Care: Breathwork
 9781465485052
 6.19 x 7.88 x 0.69 in | 0.88 lb
 \$18.99
 Sep 10, 2019
 DK



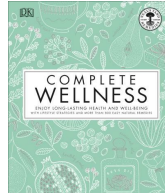
A Little Book of Self Care: Trigger Points
 9781465485045
 6.19 x 7.88 x 0.69 in | 0.86 lb
 \$18.99
 Sep 10, 2019
 DK



Complete Massage
 9781465483942
 8.69 x 10.38 x 1.02 in | 2.34 lb
 \$39.00
 Sep 03, 2019
 DK



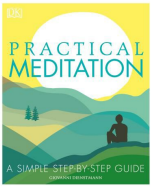
Yoga for Everyone
 9781465480774
 7.75 x 9.19 x 0.7 in | 1.72 lb
 \$25.99
 Apr 02, 2019
 Alpha



Complete Wellness
 9781465463920
 8.63 x 10.31 x 1.31 in | 3.14 lb
 \$39.00
 Sep 18, 2018
 DK



Herbal Remedies Handbook
 9781465474650
 5.25 x 8.75 x 0.91 in | 1.21 lb
 \$24.99
 Aug 14, 2018
 DK



Practical Meditation
9781465473417
7.75 x 9.25 x 0.6 in | 1.22
lb
\$22.99
Aug 07, 2018
DK