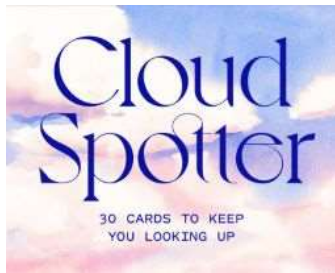
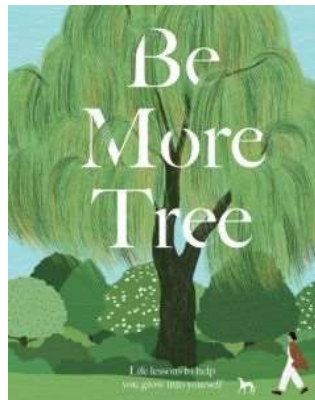


Raincoast Self Care



Cloud Spotter

by Gavin Pretor-Pinney, illustrated by Marcel George
Laurence King Publishing
On Sale: Apr 27/21
9781786278883 • \$22.50 • card deck



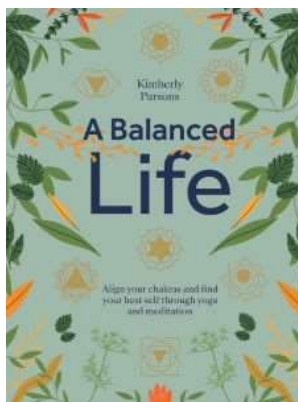
Be More Tree

by Alison Davies
Quadrille
On Sale: Apr 20/21
9781787136243 • \$18.99 • cl



The New Mindful Home

by Joanna Thornhill
Laurence King Publishing
On Sale: Apr 13/21
9781786278999 • \$28.99 • pb



A Balanced Life

by Kimberly Parsons
Quadrille
On Sale: Apr 13/21
9781787135529 • \$27.99 • cl



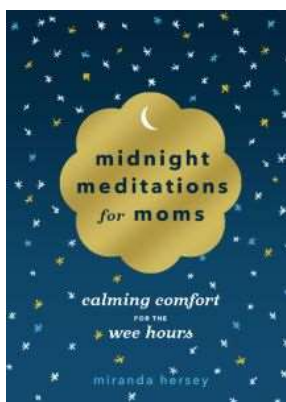
You Are Your Best Friend

by Anisa Makhoul
Chronicle Books
On Sale: Apr 6/21
9781452182810 • \$21.95 • cl



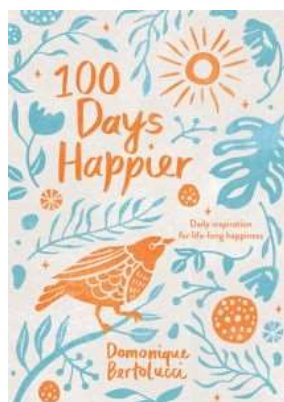
You've Got This

by Domonique Bertolucci
Hardie Grant
On Sale: Apr 6/21
9781743796801 • \$21.99 • cl



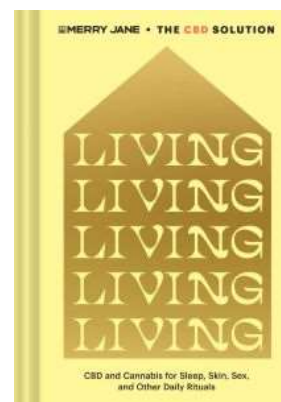
Midnight Meditations for Moms

by Miranda Hersey
St. Martin's Press
On Sale: Apr 6/21
9781250275363 • \$24.50 • cl



100 Days Happier

by Domonique Bertolucci
Hardie Grant
On Sale: Apr 6/21
9781743797129 • \$21.99 • cl

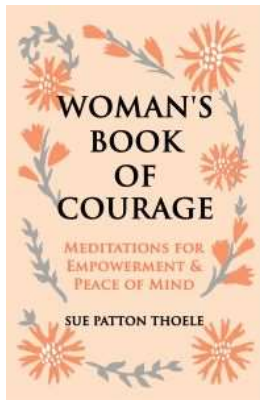


Merry Jane's The CBD Solution: Living

by Merry Jane, with Lauren Wilson, illustrated by Tom Abbiss Smith
Chronicle Books
On Sale: Mar 30/21
9781452177892 • \$28.95 • cl



Raincoast Self Care



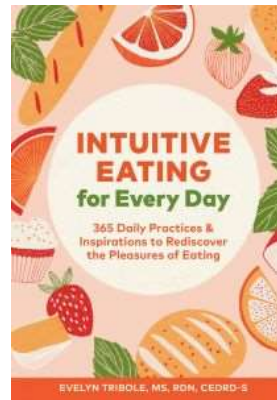
Woman's Book of Courage

by Sue Patton Thoele
Conari Press
On Sale: Mar 16/21
9781642503005 • \$27.95 • pb



Skin Care for Your Soul

by Jude Chao
Mango Publishing
On Sale: Mar 16/21
9781642504941 • \$32.95 • cl



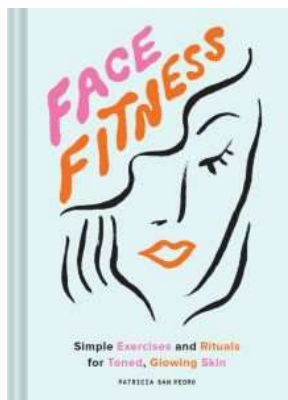
Intuitive Eating for Every Day

by Evelyn Tribole
Chronicle Books
On Sale: Mar 16/21
9781797203980 • \$24.95 • pb



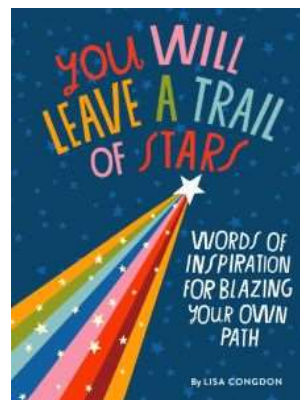
Strong, Calm and Free

by Nicola Jane Hobbs, illustrated by Ann-Kathrin Hochmuth
Bloomsbury
On Sale: Mar 9/21
9781472979773 • \$30.00 • pb



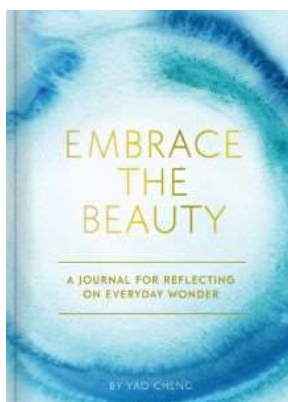
Face Fitness

by Patricia San Pedro, illustrated by Maria Ines Gul
Chronicle Books
On Sale: Mar 9/21
9781797205236 • \$28.95 • cl



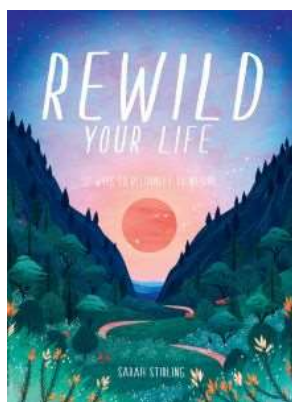
You Will Leave a Trail of Stars

by Lisa Congdon
Chronicle Books
On Sale: Mar 2/21
9781452180281 • \$22.95 • cl



Embrace the Beauty Journal

by Yao Cheng
Chronicle Books
On Sale: Mar 2/21
9781452184814 • \$22.50 • journal/ diary/blank book



Rewild Your Life

by Sarah Stirling
Hardie Grant
On Sale: Mar 2/21
9781784883973 • \$28.99 • cl



Mindfulness Dice

by Chronicle Books
Chronicle Books
On Sale: Mar 2/21
9781797204680 • \$27.95 • miscellaneous



Raincoast Books

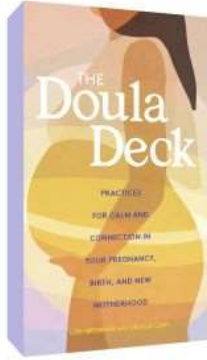
Vanessa Di Gregorio
416-703-0666 ext 122 vanessad@ampersandinc.ca

Raincoast Self Care



Namaste Cats 500 Piece Puzzle

by Galison
Galison Mudpuppy
On Sale: Feb 23/21
9780735367609 • \$19.99 • puzzle



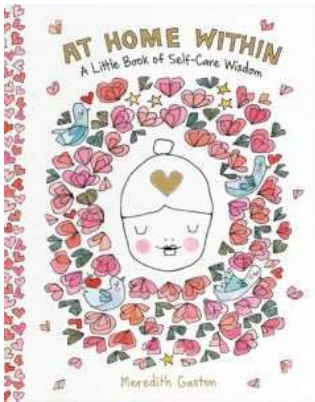
The Doula Deck

by Lori Bregman, with Ursula Cary, illustrated by Ashley Seil Smith
Chronicle Books
On Sale: Feb 23/21
9781452184326 • \$27.95 • card deck



52 Awesome Things to Try Once in Your Life

by Chronicle Books
Chronicle Books
On Sale: Feb 16/21
9781797202686 • \$11.95 • card deck



At Home Within

by Meredith Gaston
Hardie Grant
On Sale: Feb 9/21
9781743796887 • \$21.99 • cl



Rise and Shine

by Georgia Perry
Hardie Grant
On Sale: Feb 9/21
9781743796894 • \$29.99 • card deck



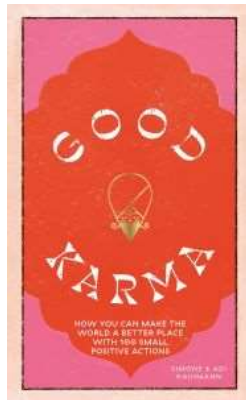
A Turtle's Guide to Introversion

by Ton Mak
Chronicle Books
On Sale: Feb 9/21
9781797202037 • \$24.95 • cl



Say It With Flowers Be Right Back Eye Mask

by Galison
Galison Mudpuppy
On Sale: Feb 2/21
9780735368064 • \$28.99 • miscellaneous



Good Karma

by Simone Raihmann and Adi Raihmann
Hardie Grant
On Sale: Feb 2/21
9781784883843 • \$28.99 • cl



Spark Grace

by Chronicle Books
Chronicle Books
On Sale: Jan 26/21
9781797209340 • \$19.95 • miscellaneous



Raincoast Self Care



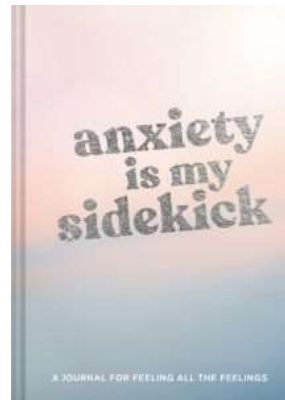
Spark Connection

by Chronicle Books
Chronicle Books
On Sale: Jan 26/21
9781797209357 • \$19.95 • miscellaneous



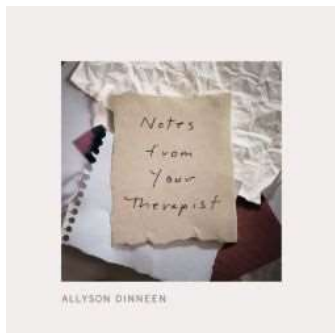
How to Be a Wildflower Deck

by Katie Daisy
Chronicle Books
On Sale: Jan 19/21
9781797201900 • \$27.95 • card deck



Anxiety Is My Sidekick

by Chronicle Books
Chronicle Books
On Sale: Jan 19/21
9781797210216 • \$22.50 • journal/ diary/blank book



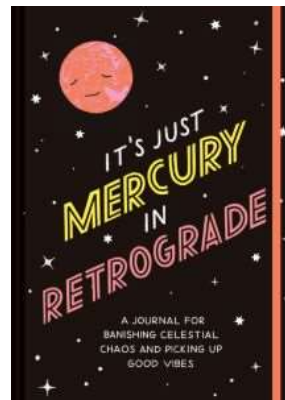
Notes from Your Therapist

by Allyson Dinneen
Houghton Mifflin Harcourt
On Sale: Jan 12/21
9780358377474 • \$25.00 • cl



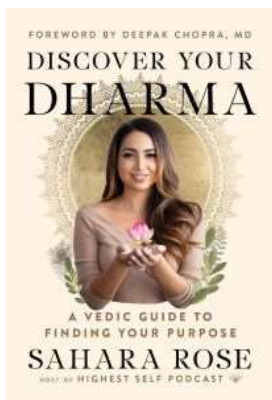
Change Your Life in an Hour

by Laura Archer
Quadrille
On Sale: Jan 12/21
9781787135505 • \$19.99 • cl



It's Just Mercury in Retrograde

by Chronicle Books
Chronicle Books
On Sale: Jan 12/21
9781797200712 • \$22.50 • journal/ diary/blank book



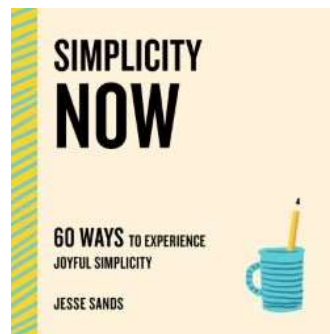
Discover Your Dharma

by Sahara Rose Ketabi
Chronicle Books
On Sale: Jan 5/21
9781797202068 • \$37.95 • cl



Goodbye Phone, Hello World

by Paul Greenberg, illustrated by Emiliano Ponzi
Chronicle Books
On Sale: Nov 10/20
9781452184524 • \$25.95 • cl



Simplicity Now

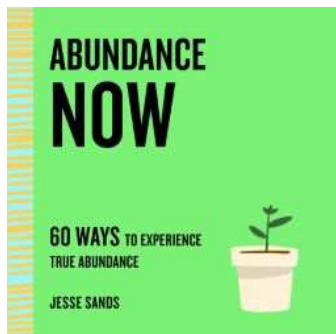
by Jesse Sands
St. Martin's Press
On Sale: Nov 3/20
9781250765505 • \$10.99 • pb



Raincoast Books

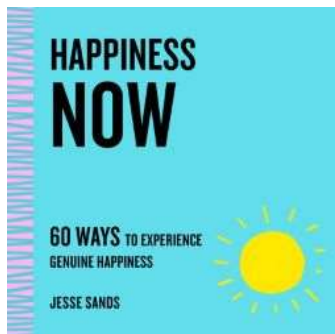
Vanessa Di Gregorio
416-703-0666 ext 122 vanessad@ampersandinc.ca

Raincoast Self Care



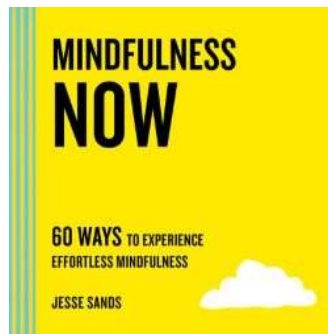
Abundance Now

by Jesse Sands
St. Martin's Press
On Sale: Nov 3/20
9781250765529 • \$10.99 • pb



Happiness Now

by Jesse Sands
St. Martin's Press
On Sale: Nov 3/20
9781250765543 • \$10.99 • pb



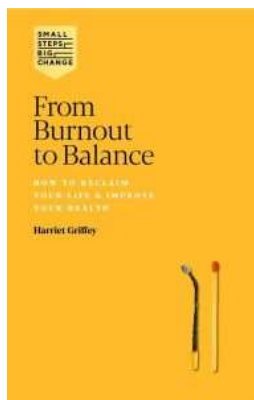
Mindfulness Now

by Jesse Sands
St. Martin's Press
On Sale: Nov 3/20
9781250765567 • \$10.99 • pb



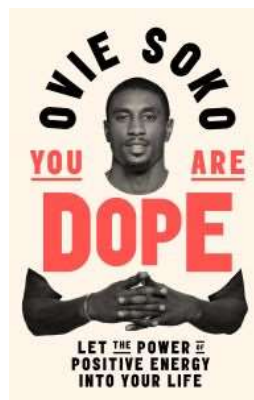
The Botanical Beauty Hunter

by Maddy Dixon
Hardie Grant
On Sale: Nov 3/20
9781743796429 • \$28.99 • cl



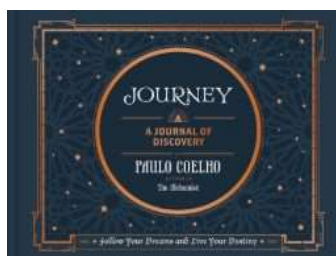
From Burnout to Balance

by Harriet Griffey
Hardie Grant
On Sale: Oct 27/20
9781784883621 • \$28.99 • cl



You Are Dope

by Ovie Soko
Quadrille
On Sale: Oct 27/20
9781787136038 • \$28.99 • cl



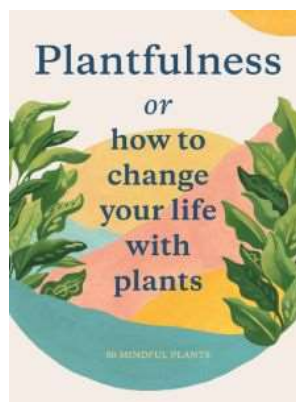
Journey

by Paulo Coelho
Chronicle Books
On Sale: Oct 20/20
9781797207315 • \$28.95 • journal/ diary/blank book



Plant Therapy

by Katie Cooper
Hardie Grant
On Sale: Oct 13/20
9781784883522 • \$35.99 • cl



Plantfulness

by Grace Helmer
Laurence King Publishing
On Sale: Oct 13/20
9781786277268 • \$24.99 • card deck

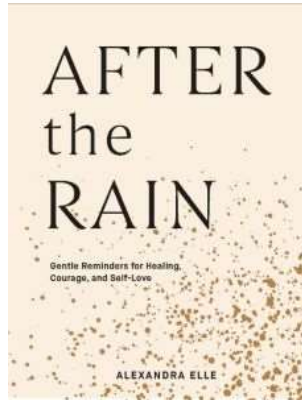


Raincoast Self Care



The Little Book of Kindness

by Joanna Gray
Quadrille
On Sale: Oct 13/20
9781787136052 • \$14.99 • cl



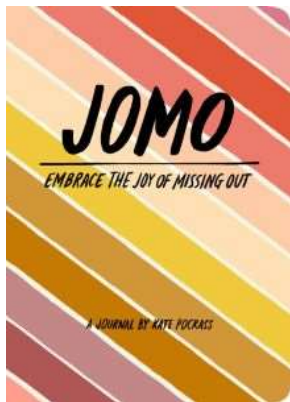
After the Rain

by Alexandra Elle
Chronicle Books
On Sale: Oct 13/20
9781797200101 • \$28.95 • cl



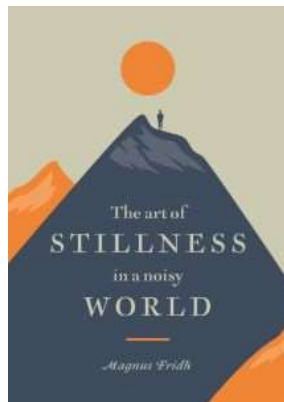
Move

by Lexie Williamson
Bloomsbury
On Sale: Oct 6/20
9781472974891 • \$24.50 • pb



JOMO Journal

by Kate Pocrass
Chronicle Books
On Sale: Sep 29/20
9781452184623 • \$22.50 • journal/ diary/blank book



The Art of Stillness in a Noisy World

by Magnus Fridh
Hardie Grant
On Sale: Sep 29/20
9781784883690 • \$21.99 • cl



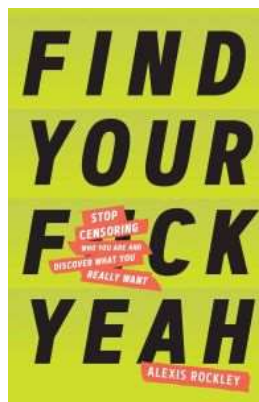
Merry Jane's The CBD Solution: Wellness

by Merry Jane and Lauren Wilson
Chronicle Books
On Sale: Sep 22/20
9781452177908 • \$28.95 • cl



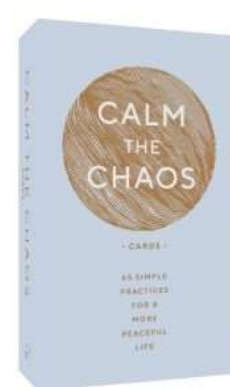
Moon Bath

by Dakota Hills and Sierra Brashear
Chronicle Books
On Sale: Sep 15/20
9781452184777 • \$28.95 • cl



Find Your F*ckyeah

by Alexis Rockley
Chronicle Books
On Sale: Sep 15/20
9781797201504 • \$25.95 • pb

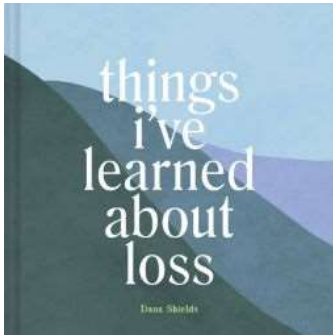


Calm the Chaos Cards

by Nicola Ries Taggart
Chronicle Books
On Sale: Sep 1/20
9781797203775 • \$27.95 • card deck



Raincoast Self Care



Things I've Learned About Loss

by Dana Shields
Chronicle Books
On Sale: Aug 25/20
9781452181066 • \$15.95 • cl



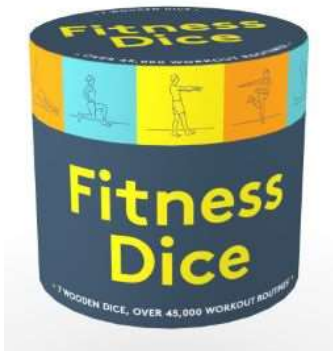
Nourish Me Home

by Cortney Burns
Chronicle Books
On Sale: Aug 18/20
9781452175850 • \$50.00 • cl



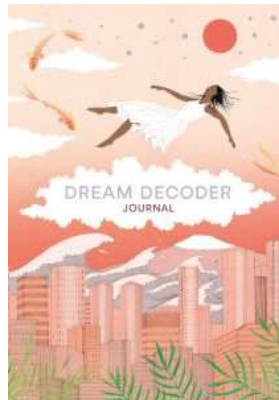
The Rituals Journal

by Natalie MacNeil, illustrated by Lindsay Hine
Chronicle Books
On Sale: Aug 18/20
9781452180748 • \$22.50 • journal/ diary/blank book



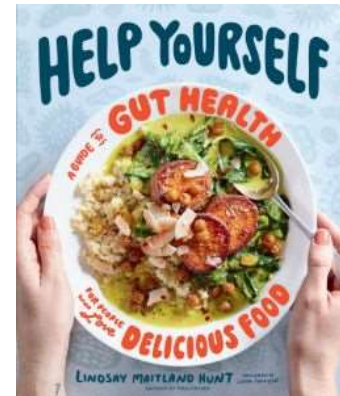
Fitness Dice

by Chronicle Books
Chronicle Books
On Sale: Aug 18/20
9781452182384 • \$27.95 • miscellaneous



Dream Decoder Journal

by Theresa Cheung, illustrated by Harriet Lee-Merrion
Laurence King Publishing
On Sale: Aug 18/20
9781786277060 • \$22.50 • journal/ diary/blank book



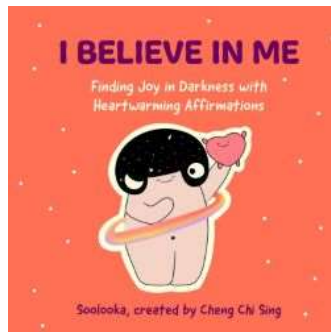
Help Yourself

by Lindsay Maitland Hunt
Houghton Mifflin Harcourt
On Sale: Aug 11/20
9780358008392 • \$40.00 • cl



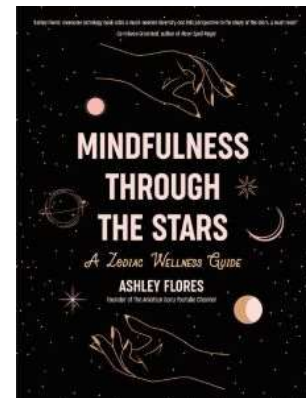
Thera-Pets

by (artist) Kate Allan
Mango Publishing
On Sale: Aug 11/20
9781642501865 • \$29.95 • card deck



I Believe in Me

by Chi Sing CHENG
Mango Publishing
On Sale: Aug 11/20
9781642503098 • \$28.95 • cl



Mindfulness through the Stars

by Ashley Flores
Mango Publishing
On Sale: Aug 11/20
9781642503111 • \$32.95 • cl



Raincoast Self Care



Be Still

by (artist) Sarah Cray
Gibbs Smith
On Sale: Aug 4/20
9781423654469 • \$21.99 • cl



Be Still 31 Postcards

by (artist) Sarah Cray
Gibbs Smith
On Sale: Aug 4/20
9781423654834 • \$19.99 • postcard book or pack



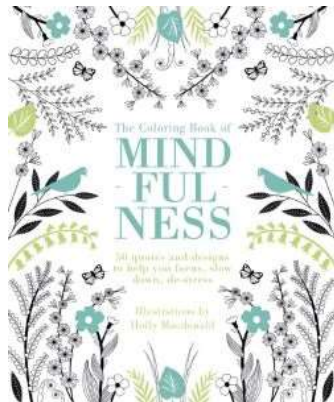
Spark Gratitude

by Chronicle Books
Chronicle Books
On Sale: Aug 4/20
9781452182988 • \$19.95 • miscellaneous



Heavily Meditated

by Caitlin Cady
Hardie Grant
On Sale: Aug 4/20
9781743796146 • \$29.99 • cl



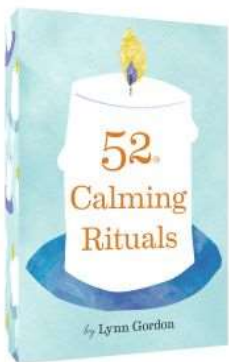
The Coloring Book of Mindfulness

by Quadrille Publishing, illustrated by Holly
MacDonald
Quadrille
On Sale: Aug 4/20
9781849497305 • \$18.99 • pb



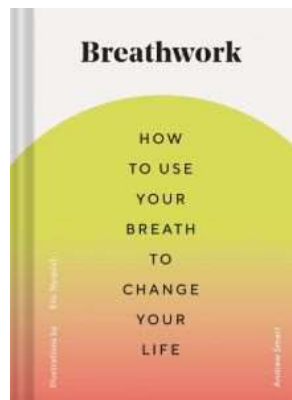
Take Two

by Kate Simpson and Ellen Watson
Chronicle Books
On Sale: Jul 28/20
9781452180540 • \$22.50 • journal/ diary/blank book



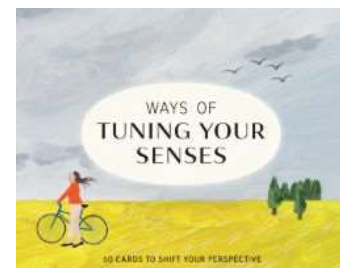
52 Calming Rituals

by Lynn Gordon and Jessica Hurley, illustrated by Cat
Grishaver
Chronicle Books
On Sale: Jul 21/20
9781797201849 • \$11.95 • card deck



Breathwork

by Andrew Smart, illustrated by Eric Nyquist
Chronicle Books
On Sale: May 19/20
9781452181226 • \$24.95 • cl

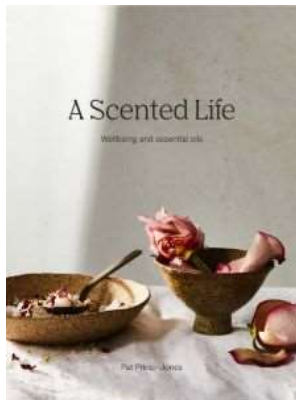


Ways of Tuning Your Senses

by Stephen Ellcock, illustrated by Shuku Nishi
Laurence King Publishing
On Sale: May 12/20
9781786275998 • \$24.99 • card deck

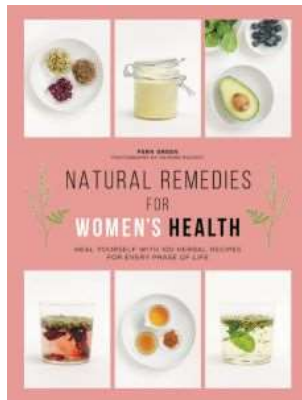


Raincoast Self Care



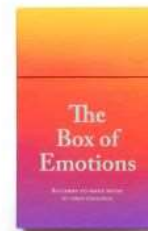
A Scented Life

by Pat Princi-Jones
Hardie Grant
On Sale: Apr 21/20
9781743795958 • \$28.99 • cl



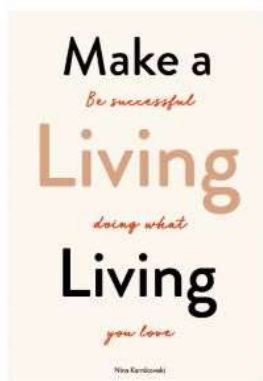
Natural Remedies for Women's Health

by Fern Green
Hardie Grant
On Sale: Apr 14/20
9781784883423 • \$29.99 • pb



The Box of Emotions

by Tiffany Watt Smith, illustrated by Therese Vandling
Laurence King Publishing
On Sale: Apr 7/20
9781786275653 • \$29.99 • card deck



Make a Living Living

by Nina Kamikowski
Laurence King Publishing
On Sale: Mar 31/20
9781786275820 • \$28.99 • pb



Grounded: Slow, Grow, Make, Do

by Anna Carlile
Hardie Grant
On Sale: Mar 17/20
9781741176827 • \$29.99 • pb



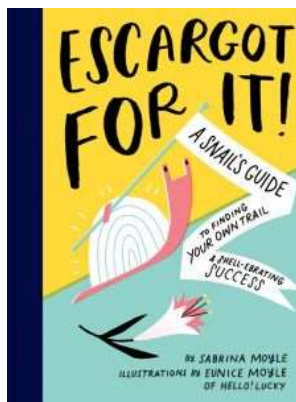
Moon Milk

by Anni Daulter
Gibbs Smith
On Sale: Mar 3/20
9781423654483 • \$24.99 • cl



Mindful String Games

by Chronicle Books
Chronicle Books
On Sale: Mar 3/20
9781452179681 • \$22.50 • kit



Escargot for It!

by Sabrina Moyle, illustrated by Eunice Moyle
Chronicle Books
On Sale: Mar 3/20
9781452181523 • \$24.95 • cl



Spark Kindness

by Chronicle Books
Chronicle Books
On Sale: Mar 3/20
9781452182964 • \$19.95 • miscellaneous



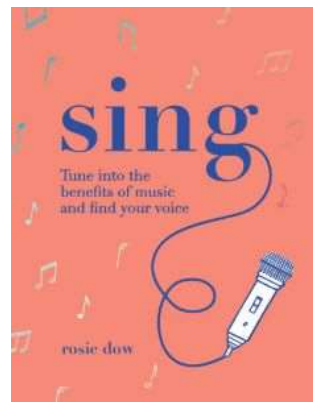
Raincoast Self Care



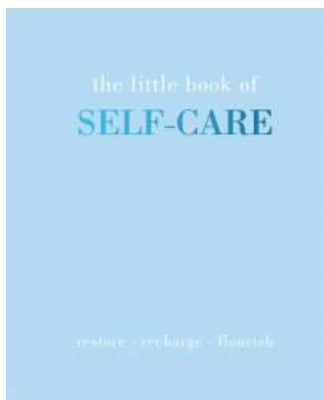
Be More Bee
by Alison Davies
Quadrille
On Sale: Mar 3/20
9781787134843 • \$18.99 • cl



Yoga: A Manual for Life
by Naomi Annand
Bloomsbury
On Sale: Jan 28/20
9781472963215 • \$30.00 • pb



Sing
by Rosie Dow
Quadrille
On Sale: Jan 21/20
9781787134157 • \$18.99 • cl



The Little Book of Self-Care
by Joanna Gray
Quadrille
On Sale: Jan 7/20
9781787135178 • \$14.99 • cl



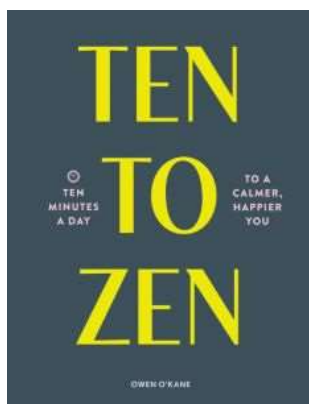
Slow Travel
by Penny Watson
Hardie Grant
On Sale: Dec 17/19
9781741176674 • \$57.00 • cl



Make Your Own Beauty Masks
by Odd Dot, illustrated by Emma Trithart
Odd Dot
On Sale: Nov 5/19
9781250208125 • \$26.99 • cl



The Rituals
by Natalie MacNeil
Chronicle Books
On Sale: Nov 5/19
9781452180670 • \$28.95 • cl



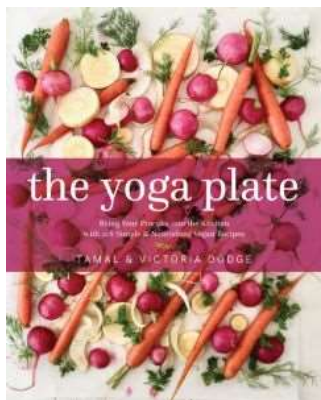
Ten to Zen
by Owen O'Kane
Chronicle Books
On Sale: Oct 8/19
9781452182506 • \$21.50 • pb



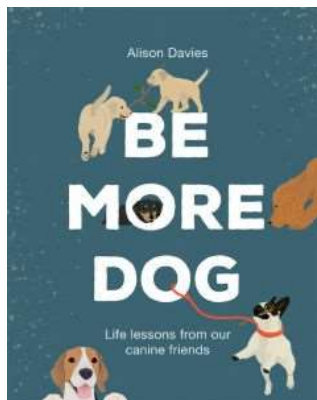
Best Year Yet
by Chronicle Books
Chronicle Books
On Sale: Oct 1/19
9781452180557 • \$22.50 • journal/ diary/blank book



Raincoast Self Care



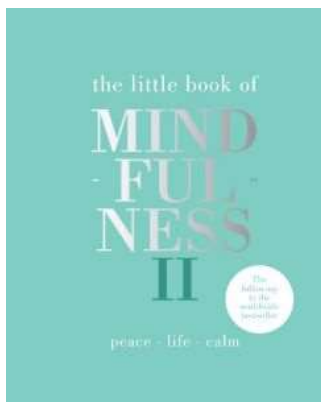
The Yoga Plate
by Tamal Dodge and Victoria Dodge
Sounds True
On Sale: Sep 24/19
9781683643500 • \$38.99 • cl



Be More Dog
by Alison Davies
Quadrille
On Sale: Sep 17/19
9781787134546 • \$18.99 • cl



The Empathy Game
by Saskia Herrmann and Jorik Elferink
BIS Publishers
On Sale: Sep 10/19
9789063695248 • \$36.99 • board game



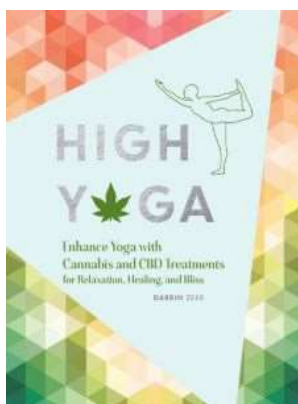
Little Book of Mindfulness II
by Alison Davies
Quadrille
On Sale: Aug 20/19
9781787133808 • \$13.99 • cl



Infused Waters
by Georgia Davies
Quadrille
On Sale: Aug 20/19
9781787134201 • \$21.50 • cl



Dream Decoder
by Theresa Cheung, illustrated by Harriet Lee-Merrion
Laurence King Publishing
On Sale: Aug 13/19
9781786274939 • \$24.99 • card deck



High Yoga
by Darrin Zeer
Chronicle Books
On Sale: Jul 9/19
9781452176635 • \$26.95 • cl



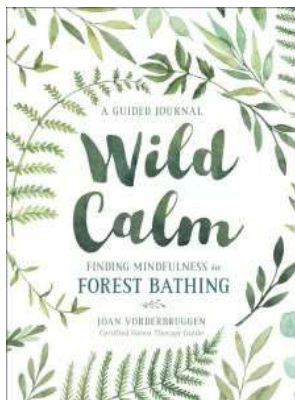
Spark Balance
by Chronicle Books
Chronicle Books
On Sale: Jul 2/19
9781452178226 • \$19.95 • miscellaneous



Stacking Stones
by Chronicle Books
Chronicle Books
On Sale: Jul 2/19
9781452181233 • \$22.50 • writing implements and accessories



Raincoast Self Care



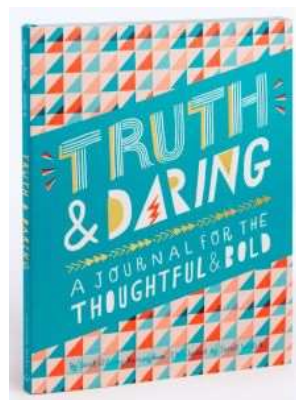
Wild Calm

by Joan Vorderbruggen
St. Martin's Press
On Sale: Jun 4/19
9781250215154 • \$20.25 • pb



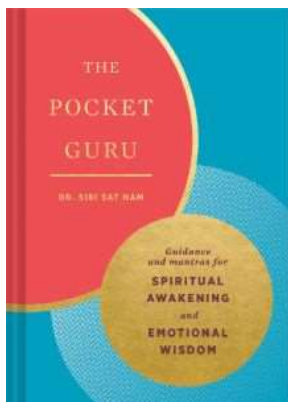
The Beauty Chef Gut Guide

by Carla Oates
Hardie Grant
On Sale: May 28/19
9781743795002 • \$42.99 • cl



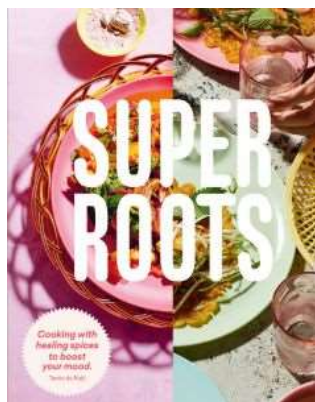
Truth & Daring

by Sarah O'Leary Burningham, illustrated by Sarah Walsh
Chronicle Books
On Sale: May 14/19
9781452170916 • \$22.50 • journal/ diary/blank book



The Pocket Guru

by Siri Sat Nam Singh
Chronicle Books
On Sale: May 7/19
9781452174150 • \$24.95 • cl



Super Roots

by Tanita de Ruijt
Hardie Grant
On Sale: May 7/19
9781784882419 • \$32.99 • Flexible plastic/vinyl cover



Things to Do Before a Monday

by Syd Veverka
Chronicle Books
On Sale: Apr 2/19
9781452170329 • \$18.95 • cl



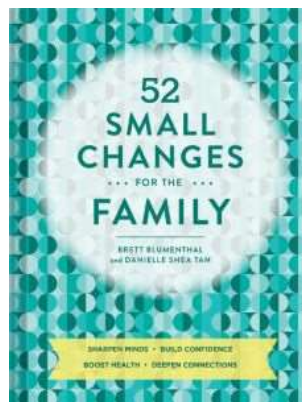
The Path Made Clear

by Oprah Winfrey
Flatiron Books
Strict On Sale: Mar 26/19
9781250307507 • \$36.50 • CL - With dust jacket



Sleep

by Lisa Varadi
Quadrille
On Sale: Mar 19/19
9781787132764 • \$18.99 • cl



52 Small Changes for the Family

by Brett Blumenthal and Danielle Shea Tan
Chronicle Books
On Sale: Mar 12/19
9781452169583 • \$27.95 • pb

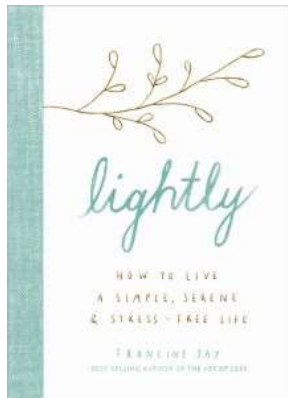


Raincoast Self Care



Spark Courage

by Chronicle Books
Chronicle Books
On Sale: Mar 5/19
9781452178196 • \$19.95 • miscellaneous



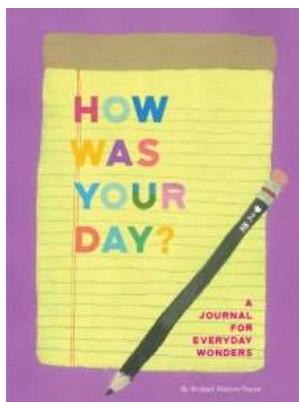
Lightly

by Francine Jay
Houghton Mifflin Harcourt
On Sale: Feb 26/19
9781328585035 • \$28.99 • cl



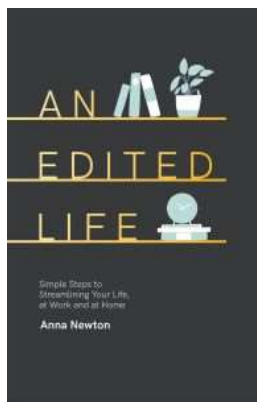
I Want to Concentrate

by Harriet Griffey
Hardie Grant
On Sale: Feb 19/19
9781784882341 • \$18.99 • cl



How Was Your Day?

by Bridget Watson Payne
Chronicle Books
On Sale: Feb 12/19
9781452169972 • \$22.50 • journal/ diary/blank book



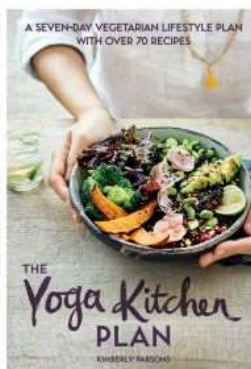
An Edited Life

by Anna Newton
Quadrille
On Sale: Feb 12/19
9781787132429 • \$32.99 • cl



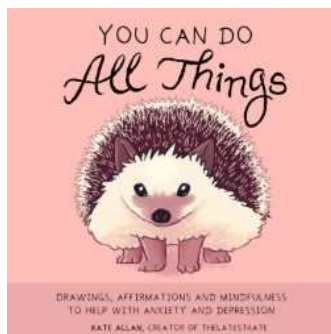
The Book of Ikigai

by Caroline de Surany
Hardie Grant
On Sale: Feb 5/19
9781743794944 • \$35.99 • cl



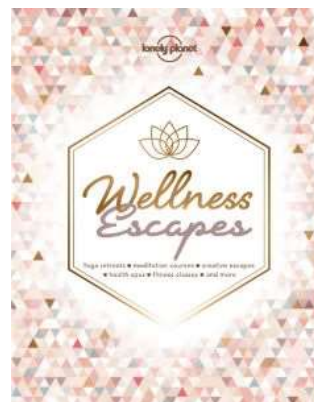
The Yoga Kitchen Plan

by Kimberly Parsons
Quadrille
On Sale: Feb 5/19
9781787133211 • \$35.99 • cl



You Can Do All Things

by Kate Allan
Mango Publishing
On Sale: Nov 30/18
9781633538627 • \$32.99 • cl

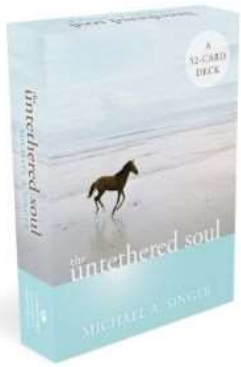


Wellness Escapes

by Lonely Planet
Lonely Planet
On Sale: Nov 20/18
9781788682497 • \$25.99 • cl

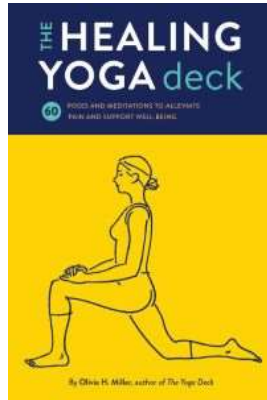


Raincoast Self Care



The Untethered Soul

by Michael A. Singer
New Harbinger Publications
On Sale: Oct 22/18
9781684034314 • \$25.95 • DC - Cards



The Healing Yoga Deck

by Olivia H. Miller
Chronicle Books
On Sale: Oct 2/18
9781452171357 • \$24.95 • card deck



Do Listen

by Bobette Buster
Chronicle Books
On Sale: Sep 25/18
9781452171685 • \$21.95 • pb



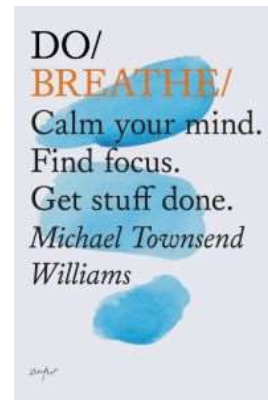
Spark Adventure

by Chronicle Books
Chronicle Books
On Sale: Sep 11/18
9781452168838 • \$19.95 • novelty book



Spark Happiness

by Chronicle Books
Chronicle Books
On Sale: Sep 11/18
9781452168845 • \$19.95 • novelty book



Do Breathe

by Michael Townsend Williams
Chronicle Books
On Sale: Sep 4/18
9781452171692 • \$21.95 • pb



A Little Book of Japanese Contentments

by Erin Niimi Longhurst, illustrated by Ryo Takemasa
Chronicle Books
On Sale: Aug 21/18
9781452174136 • \$24.95 • cl



Be More Sloth

by Alison Davies, illustrated by Carolina Buzio
Quadrille
On Sale: Aug 21/18
9781787132276 • \$18.99 • cl



It's OK to Feel Things Deeply

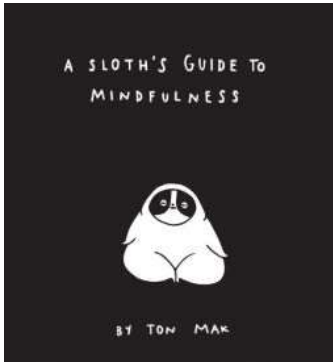
by Carissa Potter
Chronicle Books
On Sale: Aug 14/18
9781452163512 • \$18.95 • cl



Raincoast Books

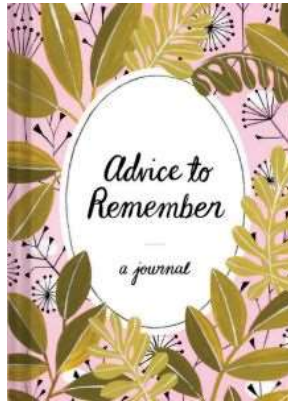
Vanessa Di Gregorio
416-703-0666 ext 122 vanessad@ampersandinc.ca

Raincoast Self Care



A Sloth's Guide to Mindfulness

by Ton Mak
Chronicle Books
On Sale: Jul 17/18
9781452169460 • \$24.95 • cl



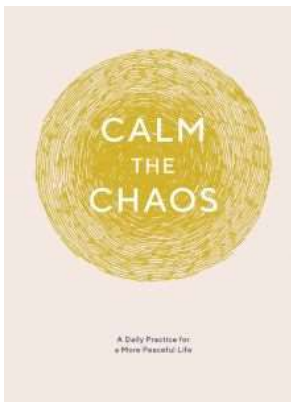
Advice to Remember

by Lisa Nola, illustrated by Bijou Karman
Chronicle Books
On Sale: Jul 10/18
9781452169330 • \$22.50 • journal/ diary/blank book



Slow

by Brooke McAlary
Sourcebooks
On Sale: Jul 10/18
9781492665540 • \$37.99 • cl



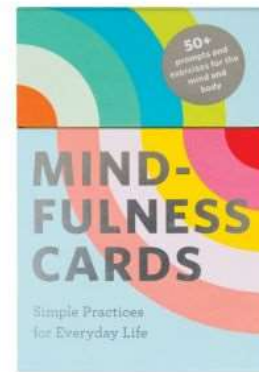
Calm the Chaos Journal

by Nicola Ries Taggart
Chronicle Books
On Sale: Jul 3/18
9781452169958 • \$22.50 • journal/ diary/blank book



Do Fly

by Gavin Strange
Chronicle Books
On Sale: May 15/18
9781452171470 • \$21.95 • pb



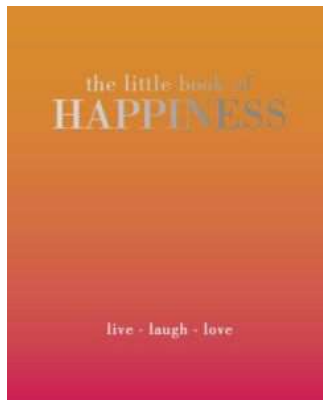
Mindfulness Cards

by Rohan Gunatillake
Chronicle Books
On Sale: Apr 10/18
9781452168364 • \$24.95 • card deck



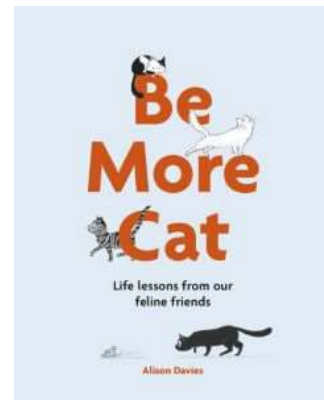
Be More Unicorn

by Joanna Gray, illustrated by Carolyn Suzuki
Quadrille
On Sale: Apr 3/18
9781787131224 • \$18.99 • cl



The Little Book of Happiness

edited by Alison Davies
Quadrille
On Sale: Jan 2/18
9781787131125 • \$14.99 • cl



Be More Cat

by Alison Davies, illustrated by Marion Lindsay
Quadrille
On Sale: Oct 17/17
9781849499521 • \$18.99 • cl



Raincoast Books

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416-703-0666 ext 122 vanessad@ampersandinc.ca

Raincoast Self Care



Gone for Lunch

by Laura Archer
 Quadrielle
 On Sale: Aug 15/17
 9781849499910 • \$18.99 • cl



The Beauty Chef

by Carla Oates
 Hardie Grant
 On Sale: Aug 1/17
 9781743793046 • \$50.00 • cl



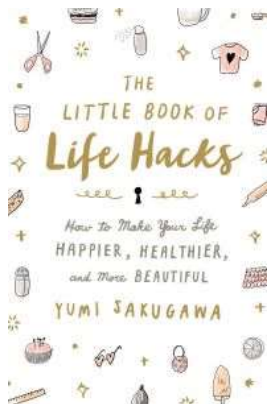
Two Minute Mornings

by Neil Pasricha
 Chronicle Books
 On Sale: Jul 18/17
 9781452163468 • \$22.50 • journal/ diary/blank book



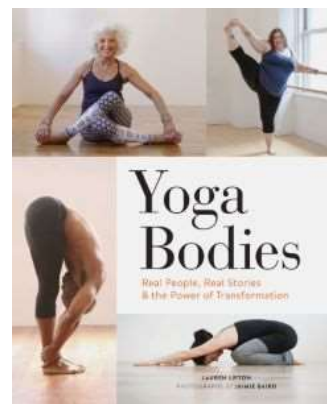
Yoga Dice

by Chronicle Books
 Chronicle Books
 On Sale: Jun 27/17
 9781452161686 • \$27.95 • miscellaneous



The Little Book of Life Hacks

by Yumi Sakugawa, illustrated by Yumi Sakugawa
 St. Martin's Press
 On Sale: May 2/17
 9781250092250 • \$27.99 • CL - With dust jacket



Yoga Bodies

by Lauren Lipton
 Chronicle Books
 On Sale: Mar 28/17
 9781452156033 • \$35.95 • cl



I Want to be Happy

by Harriet Griffey
 Hardie Grant
 On Sale: Mar 7/17
 9781784880804 • \$17.99 • cl



I Want to be Confident

by Harriet Griffey
 Hardie Grant
 On Sale: Mar 7/17
 9781784880811 • \$17.99 • cl



Natural Beauty with Coconut Oil

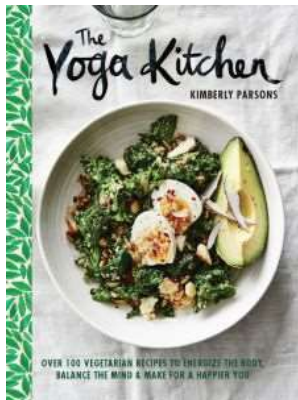
by Lucy Bee
 Quadrielle
 On Sale: Jan 3/17
 9781849498944 • \$21.99 • cl



Raincoast Books

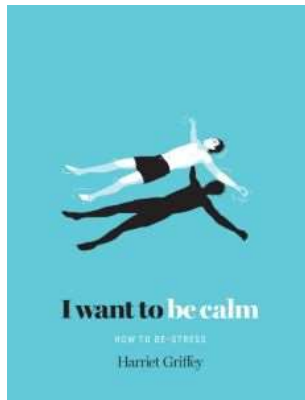
Vanessa Di Gregorio
 416-703-0666 ext 122 vanessad@ampersandinc.ca

Raincoast Self Care



The Yoga Kitchen

by Kimberly Parsons
Quadrille
On Sale: Jan 3/17
9781849498999 • \$35.99 • cl



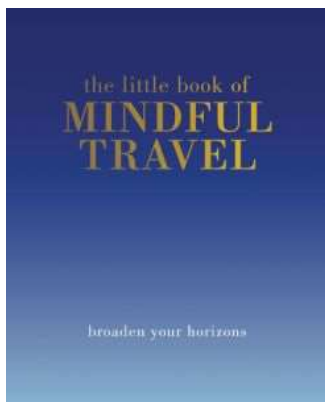
I Want to be Calm

by Harriet Griffey
Hardie Grant
On Sale: Aug 10/16
9781742709321 • \$18.99 • cl



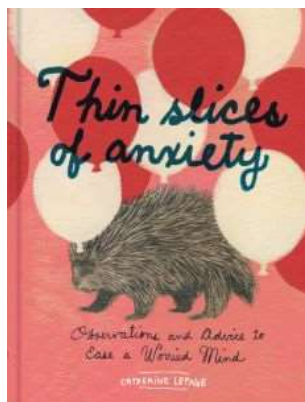
Write It Down, Let It Go

by Lindsay Kramer
Chronicle Books
On Sale: Aug 2/16
9781452149196 • \$21.95 • journal/ diary/blank book



The Little Book of Mindful Travel

by Tiddy Rowan
Quadrille
On Sale: Aug 2/16
9781849497695 • \$14.99 • cl



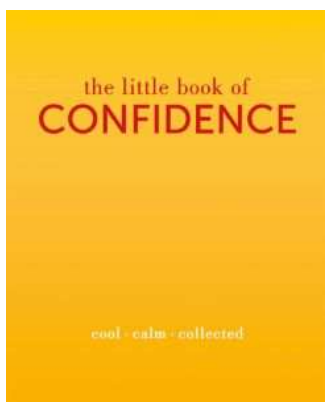
Thin Slices of Anxiety

by Catherine Lepage
Chronicle Books
On Sale: Apr 19/16
9781452145792 • \$21.95 • cl



Invitation to Meditation

by Howard Cohn
Chronicle Books
On Sale: Mar 15/16
9781452144344 • \$21.95 • cl



The Little Book of Confidence

by Tiddy Rowan
Quadrille
On Sale: Jan 5/16
9781849495158 • \$14.99 • cl



The Little Book of Quiet

by Tiddy Rowan
Quadrille
On Sale: Jan 5/16
9781849495165 • \$14.99 • cl



The Little Book of Mindfulness

by Tiddy Rowan
Quadrille
On Sale: Sep 1/15
9781849494205 • \$14.99 • cl



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Vanessa Di Gregorio
416-703-0666 ext 122 vanessad@ampersandinc.ca

Raincoast Self Care



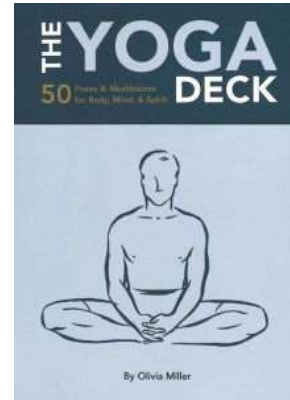
Living Well One Line A Day

by Chronicle Books
Chronicle Books
On Sale: Jul 24/13
9781452125480 • \$24.95 • journal/ diary/blank book



The Kids' Yoga Deck

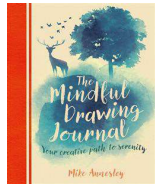
by Annie Buckley
Chronicle Books
On Sale: Mar 15/03
9780811836982 • \$21.95 • card deck



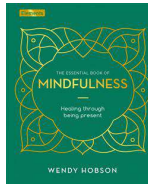
The Yoga Deck

by Olivia H. Miller
Chronicle Books
On Sale: Apr 1/01
9780811828895 • \$21.95 • card deck

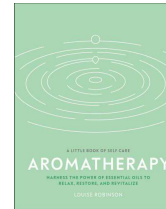




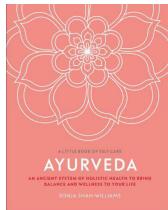
The Mindful Drawing Journal
 9781839409240
 6.89 x 8.46 in
 \$16.95
 Apr 15, 2021
 Sirius



The Essential Book of Mindfulness
 9781838576363
 5.04 x 6.3 in
 \$16.95
 Nov 15, 2020
 Sirius



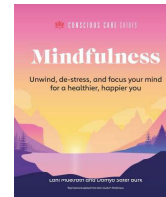
Aromatherapy
 9780744026764
 6.13 x 7.88 x 0.7 in | 0.85 lb
 \$18.99
 Jan 12, 2021
 DK



Ayurveda
 9780744026771
 6.13 x 7.88 x 0.71 in | 0.85 lb
 \$18.99
 Jan 12, 2021
 DK



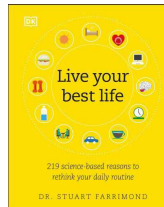
My Houseplant Changed My Life
 9780744026795
 6.13 x 7.88 x 0.73 in | 0.85 lb
 \$18.99
 Feb 02, 2021
 DK



Mindfulness
 9781615649860
 7.69 x 9.19 in | 0.81 lb
 \$28.99
 Mar 16, 2021
 Alpha



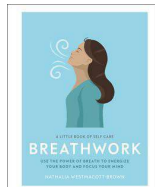
A Yogic Path Reflective Journal
 9781465493347
 8 x 9 x 0.94 in | 1.61 lb
 \$39.00
 Sep 01, 2020
 Alpha



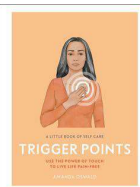
Live Your Best Life
 9781465493293
 7 x 8.81 x 1.03 in | 1.66 lb
 \$32.00
 Dec 01, 2020
 DK



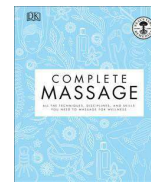
Your Well-Being Garden
 9781465489593
 7.75 x 9.19 x 0.73 in | 1.39 lb
 \$29.99
 Feb 04, 2020
 DK



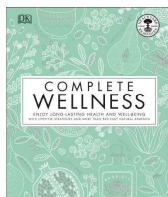
A Little Book of Self Care: Breathwork
 9781465485052
 6.19 x 7.88 x 0.69 in | 0.88 lb
 \$18.99
 Sep 10, 2019
 DK



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



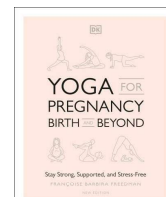
Complete Massage
 9781465483942
 8.69 x 10.38 x 1.02 in | 2.34 lb
 \$39.00
 Sep 03, 2019
 DK



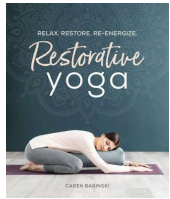
Complete Wellness
 9781465463920
 8.63 x 10.31 x 1.31 in | 3.14 lb
 \$39.00
 Sep 18, 2018
 DK



The Artisan Herbalist
 9780865719583
 7.5 x 9 x 0.39 in | 0.78 lb
 \$24.99
 New Society Publishers



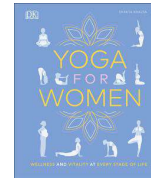
Yoga for Pregnancy, Birth and Beyond
 9781465489609
 7.21 x 8.94 x 0.56 in | 0.94 lb
 \$22.99
 Dec 01, 2020
 DK



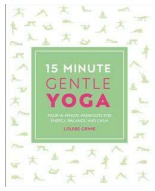
Restorative Yoga
 9781465492630
 7.69 x 9.19 x 0.79 in | 1.7 lb
 \$25.99
 May 05, 2020
 Alpha



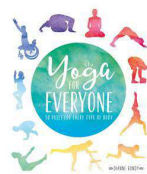
Mindful Pregnancy
 9781465490445
 7 x 8.81 x 0.92 in | 1.5 lb
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 Mar 18, 2020
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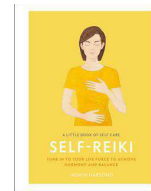
Yoga for Women
 9781465491671
 8 x 9.5 x 0.94 in | 1.84 lb
 \$29.99
 Dec 17, 2019
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15-Minute Gentle Yoga
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 7.25 x 8.94 x 0.43 in | 0.69 lb
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 Dec 10, 2019
 DK



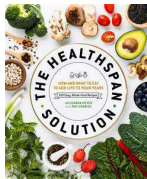
Yoga for Everyone
 9781465480774
 7.75 x 9 x 0.71 in | 1.7 lb
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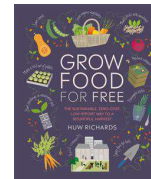
A Little Book of Self Care: Self Reiki
 9781465490438
 6.13 x 7.81 x 0.69 in | 0.86 lb
 \$18.99
 Jan 07, 2020
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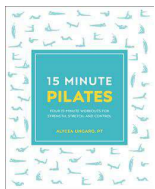
A Little Book of Self Care: Sleep
 9781465490421
 6.13 x 7.88 x 0.69 in | 0.86 lb
 \$18.99
 Jan 07, 2020
 DK



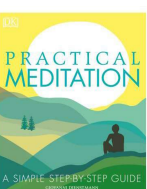
The Healthspan Solution
 9781465490070
 7.94 x 9.44 x 1.13 in | 2.48 lb
 \$32.00
 Dec 17, 2019
 Alpha



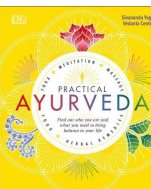
Grow Food For Free
 9781465491589
 7.69 x 9.13 x 0.69 in | 1.38 lb
 \$28.99
 Mar 03, 2020
 DK



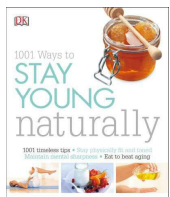
15-Minute Pilates
 9781465490407
 7.25 x 9 x 0.4 in | 0.69 lb
 \$19.00
 Dec 10, 2019
 DK



Practical Meditation
 9781465473417
 7.75 x 9.25 x 0.65 in | 1.23 lb
 \$22.99
 Aug 07, 2018
 DK



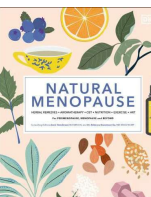
Practical Ayurveda
 9781465468499
 7.75 x 9.25 x 0.75 in | 1.44 lb
 \$29.99
 Jun 05, 2018
 DK



1001 Ways to Stay Young Naturally
 9781465461971
 7.63 x 9.19 x 0.67 in | 1.55 lb
 \$18.95
 Jun 13, 2017
 DK



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



Natural Menopause
 9780744026900
 7.19 x 8.94 in | 1.25 lb
 \$25.99
 Mar 02, 2021
 DK