

Ampersand Inc.

GIFT STATIONERY - JAG





9781398820852

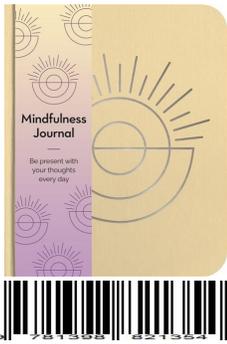
- English
- 6.89 x 8.46 in
- Distributor: Jaguar Book Group

Sirius Wellbeing Journals
Gratitude Journal
Appreciate Your Blessings Every Day
 by Emma Van Hinsbergh
 Feb 28, 2023 Paperback , Imitation cloth \$19.95 CAD

Taking note of things to be grateful for is linked to a number of positive benefits, including an increase in positivity, better sleep and self-esteem.

Practicing gratitude is recommended by psychologists and therapists all over the world.

Makes a lovely gift.



9781398821354

- English
- 6.89 x 8.46 in
- Distributor: Jaguar Book Group

Sirius Wellbeing Journals
Mindfulness Journal
Be Present With Your Thoughts Every Day
 by Emma Van Hinsbergh
 Feb 28, 2023 Paperback , Imitation cloth \$19.95 CAD

Mindfulness journaling can help reduce stress, improve sleep quality, and better equip ourselves to handle the ups and downs life throws at us.

This journal provides space for several mindfulness practices that can be easily accomplished in a few minutes each day.

Makes a lovely gift.



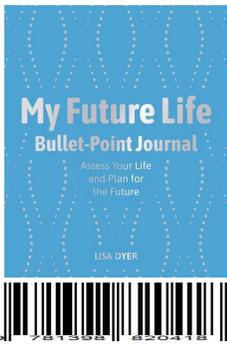
9781398820913

- English
- 6.89 x 8.46 in
- Distributor: Jaguar Book Group

Sirius Wellbeing Journals
Wellness Journal
Find Your Way to Wellbeing Every Day
 by Emma Van Hinsbergh
 Feb 28, 2023 Paperback , Imitation cloth \$19.95 CAD

This journal will allow readers to set physical wellbeing objectives and nightly wellness routines, helping them to live in harmony with their body and mind.

Helps users become more committed to their objectives and develop a new level of awareness.



9781398820418

- English
- 6.89 x 8.46 in
- Distributor: Jaguar Book Group

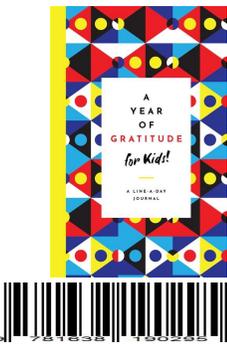
My Future Life Bullet Point Journal
Assess Your Life and Plan for the Future
 by Lisa Dyer

Feb 01, 2023 Paperback \$16.95 CAD

This beautifully illustrated full-colour journal focuses on setting future goals for a happy, balanced and fulfilling life.

Learn how to design your future by identifying what matters the most to you and establishing and evaluating short, medium and long-term goals through a list-building tracker. Combining self-help exercises with time-managed to-do lists, this book helps you to uncover your true desires, which are aligned to your value system, and it guides you through every area of life: home, family, relationships, health, career, money, education, adventure and leisure time.

Allowing you the flexibility to re-evaluate your path, this beautifully designed book will help you establish the life you really want



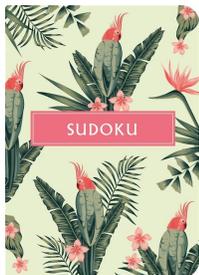
9781638190295

- English
- 6 x 9 in
- 160 pages
- Age (years) 7 - 12
- Distributor: Jaguar Book Group

A Year of Gratitude for Kids
A Line-a-Day Journal to Develop Gratitude
 by Bushel & Peck Books
 Sep 06, 2022 Hardcover \$20.95 CAD

A Year of Gratitude for Kids is the beautiful hardcover journal tool to help your kids recognize their blessings and develop a deeper sense of gratitude. The journal features 365 small entries to record one thing your child is grateful for each day—it could be their family, the sun, a good day at school, or how their dog gives them kisses! Watch as *A Year of Gratitude* opens your child's eyes—and your own—to the everyday wonders surrounding them.

And because it's a hardcover, your child can look back on their notes forever, even as an adult!



9781398819658

- English
- 5.28 x 7.44 in
- Distributor: Jaguar Book Group

Sirius Paradise Puzzles

Sudoku

by Eric Saunders

Oct 01, 2022 Paperback \$11.95 CAD

Sudokus are the ever-popular number placements puzzles that give your brain a workout. Spanning a number of difficulty levels, this collection comes in a pretty pocket-sized package so you can pop it in a bag for puzzling fun on the go.

- **EXERCISE YOUR BRAIN:** Give your mind a great workout as you pit your wits against these number-placement teasers.
- **REDUCE STRESS:** Feel your stress melt away as you focus on these satisfying puzzles.
- **POCKET-SIZED:** This handy format is perfect for carrying on your travels or just to keep by your bedside.

