



Relaxation Gift Set

Lassi A. Liikkanen

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Relaxation Gift Set:

Art of Coloring Star Wars Disney Book Group,2015-11-10 Relax and let the creativity flow through you Whether a skilled artist or an everyday dabbler of drawings and doodles fans of all ages will enjoy these stunning pen and ink illustrations of beautiful landscapes elaborate patterns and memorable characters from the Star Wars universe The lovely packaging includes a board cover with metallic foil stamping **The Golden Girls Mad Libs** Douglas Yacka,Francesco Sedita,Mad Libs,2017-03-07 Finally A Mad Libs for fans of the Golden Girls Thank you for being a NOUN Golden Girls fans will love to relive all their favorite memories with Blanche Dorothy Sophia and Rose by filling in the blanks of the 21 stories inside this book Who doesn t want to spend more time with Betty White Bea Arthur Rue McClanahan and Estelle Getty Now you can do it in the Mad Libs way **The Unofficial Harry Potter Cookbook** Dinah Bucholz,2010-08-18 A fun way to get kids interested in Harry Potter also interested in food New York magazine Conjure up feasts that rival the Great Hall s sweets fit for the Minister of Magic snacks you d find on the Hogwarts Express and more with this bestselling unofficial Harry Potter cookbook no wands required Bangers and mash with Harry Ron and Hermione in the Hogwarts dining hall A proper cuppa tea and rock cakes in Hagrid s hut Cauldron cakes and pumpkin juice on the Hogwarts Express With this cookbook dining a la Hogwarts is as easy as Banoffee Pie With more than 150 easy to make recipes tips and techniques you can indulge in spellbindingly delicious meals drawn straight from the pages of your favorite Potter stories such as Treacle Tart Harry s favorite dessert Molly s Meat Pies Mrs Weasley s classic dish Kreacher s French Onion Soup Pumpkin Pasties a staple on the Hogwarts Express cart With a dash of magic and a drop of creativity you ll conjure up the entrees desserts snacks and drinks you need to transform ordinary meals into magical culinary masterpieces sure to make even Mrs Weasley proud **Be Stress-Free and Color** Lacy Mucklow,2020-04-21 Be Stress Free and Color is the perfect book for stressed out adults who want to reconnect simply and easily with their inner creativity In this guided coloring book for adults looking for some me time art therapist Lacy Mucklow and artist Angela Porter offer up over 50 coloring pages all designed to help you unplug and unwind With so much chaos in the world and stress in our daily lives we need a way to relieve the tension and avoid burnout illness or worse A simple and inexpensive way to relieve stress is by coloring images which is soothing and could ultimately aid in reversing the effects of anxiety Refocusing your attention on something completely different engages a mental physical and emotional shift that can help break the pattern of consistent stress and allow you to rejuvenate Be Stress Free and Color features designs that tackle seven of the most common stressors experienced by people worldwide disorganization and chaos relationships of all kinds financial difficulties employment health concerns time management and traveling and commuting You can explore the benefits of putting pencil or crayon to paper and channel your day to day stresses into a satisfying creative environment Be Stress Free and Color will have you enjoying the day and relaxing before you know it Also available Be Calm and Color Be Grateful and Color Experience waves of calm as you color your way through the books of the Creative

Coloring series These coloring books include something for everyone regardless of age or artistic experience from adorable kitties and cute kawaii characters to hilarious memes and calming mandalas Let go of your stress and find peace in all the beautiful patterns or adorable characters Whether you are looking for an easy relaxing past time or to get those creative juices flowing this series has it covered Creative Coloring books are the perfect gift for friends or loved ones including yourself

Good Vibes Coloring Book Thaneeya McArdle,2015-09 These 30 whimsical coloring activities are sure to send good vibes your way These groovy visions are a great way to get happy and radiate positive energy Beautifully colored finished examples are provided along with a handy guide to basic coloring techniques This therapeutic coloring book for adults is perfect for decorating with markers colored pencils gel pens or watercolors Designs are printed on a single side of each high quality extra thick perforated page for easy removal and display

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our minds already split Conscious and unconscious processing in the brain Consciousness is what matters The riddle of the self What are we calling I Consciousness without self Lost in thought The challenge of studying the self Penetrating the illusion Meditation Gradual versus sudden realization Dzogchen taking the goal as the path Having no head The paradox of acceptance Gurus death drugs and other puzzles Mind on the brink of death The spiritual uses of pharmacology **The Secrets of Finnish Sauna Design** Lassi A. Liikkanen, 2023-09-05 A Handbook for Experience Driven Sauna Design For Builders of Rustic Sauna Cabins and Designers of Contemporary Apartment Saunas Are you planning a new sauna renovating an old one or just dreaming Do yourself a favor Save your sauna project and read this wonderfully illustrated book about the design of authentic Finnish saunas New research has identified Finnish sauna bathing as a source of numerous health benefits To enjoy these effects one needs a proper Finnish sauna This book presents the collective wisdom accumulated by Finnish sauna builders designers and researchers across centuries enabling anyone anywhere to design a pleasant bath house for family and friend to enjoy This book provides answers to three major questions What is a Finnish sauna What you should require from its design How to design a Finnish sauna in detail The book covers all aspects needed to design a functional healthy and delightful sauna from heating and air quality to interior design It instructs the reader how to master both tangible and intangible visible and invisible elements of a sauna The book puts a special emphasis on the sauna experience living up to the belief that short term satisfaction is the first step towards long term health benefits It features examples of contemporary Finnish sauna design and outlines why a true sauna experience is so much more than merely a hot room Author Dr Lassi A Liikkanen Aalto University is a designer and scholar The book is based on five years of intensive research and interviews of key Finnish sauna experts For his sauna focused website at Saunologia.fi he has authored over two hundred articles His academic accomplishments include nearly one hundred peer reviewed papers the latest of those around sauna bathing Lassi Liikkanen knows good sauna design He also knows how critical good design is to enjoying the authentic Finnish bathing experience I enthusiastically support this effort to share his special knowledge and sauna wisdom with the world Mikkel Aaland author of Sweat and host of the documentary series Perfect Sweat *Bhagya Bada Balwan* Amit Malik, Badass Affirmations Becca Anderson, 2018-05-15 Positive Affirmations and Motivational Quotes for a Badass No matter how you use it there can be benefits for you and your daily life Nerdy Girl Express 1 Best Seller in Popular Culture Quotations Women's Studies Love Marriage Humor Self Esteem LGBT and Trivia Badass Affirmations is full of positive affirmations profiles of powerful real life heroines and inspirational quotes for women Packed with just the right amount of sass this book is the perfect women empowerment gift for you and all your fabulous BFFs Even a badass needs positive affirmations No one leaps out of bed knowing they're amazing and about to have an incredible day We find ourselves rushing around working hard to please others and often we find ourselves making everyone happy but our own damn selves Badass Affirmations is here to stop the negativity with positive quotes and affirmations from powerful women Discover strong

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Mindful Tots: Rest & Relax Whitney Stewart,2020 A simple body scan exercise that adults and toddlers can do together to soothe themselves and get ready for sleep One of four stylish board books in the Mindful Tots series designed to help toddlers manage the ups and downs of everyday emotions **Yin Yoga** Kassandra Reinhardt,2017-12-12 Return to balance with this calming healing approach Yin yoga offer remedies to the stresses of your busy yang life Each restorative pose targets your deeper fascia and connective tissues helping you experience increased flexibility and improved joint health Yin yoga also focuses on deep breathing and longer hold times allowing you the time and space to clear your mind and enhance your mental acuity These meditative poses will help you attain a renewed sense of mindfulness and physical well being making them the perfect complement to an active yang lifestyle and helping bring you back into balance Yin Yoga includes these features More than 50 step by step poses that focus on specific areas of the body 20 sequences linking the poses designed to help you reach specific physical mental or emotional goals Expert information on techniques and philosophies including correct breathing techniques chakras and meridians and how best to practice yin yoga If you ve been looking for something to settle your mind and body look no further than yin yoga the practice and Yin Yoga the book

Self-Compassion Dr. Kristin Neff,2011-04-19 Kristin Neff Ph D says that it s time to stop beating yourself up and leave insecurity behind Self Compassion Stop Beating Yourself Up and Leave Insecurity Behind offers expert advice on how to limit self criticism and offset its negative effects enabling you to achieve your highest potential and a more contented fulfilled life More and more psychologists are turning away from an emphasis on self esteem and moving toward self compassion in the treatment of their patients and Dr Neff s extraordinary book offers exercises and action plans for dealing with every emotionally debilitating struggle be it parenting weight loss or any of the numerous trials of everyday living **The Heart of a Teacher** Karla Dornacher,2005 A gift book of thanks for the heart of a Teacher **Book Lovers** Emily Henry,2022-05-03 One of my favorite authors Colleen Hoover An insightful delightful instant 1 New York Times bestseller from the author of Beach Read and People We Meet on Vacation Named a Most Anticipated Book of 2022 by Oprah Daily Today Parade Marie Claire Bustle PopSugar Katie Couric Media Book Bub SheReads Medium The Washington Post and more

One summer Two rivals A plot twist they didn't see coming Nora Stephens life is books she's read them all and she is not that type of heroine Not the plucky one not the laidback dream girl and especially not the sweetheart In fact the only people Nora is a heroine for are her clients for whom she lands enormous deals as a cutthroat literary agent and her beloved little sister Libby Which is why she agrees to go to Sunshine Falls North Carolina for the month of August when Libby begs her for a sisters trip away with visions of a small town transformation for Nora who she's convinced needs to become the heroine in her own story But instead of picnics in meadows or run ins with a handsome country doctor or bulging forearmed bartender Nora keeps bumping into Charlie Lastra a bookish brooding editor from back in the city It would be a meet cute if not for the fact that they've met many times and it's never been cute If Nora knows she's not an ideal heroine Charlie knows he's nobody's hero but as they are thrown together again and again in a series of coincidences no editor worth their salt would allow what they discover might just unravel the carefully crafted stories they've written about themselves **Holes** Louis

Sachar,2020-11-05 Stanley Yelnat's family has a history of bad luck going back generations so he is not too surprised when a miscarriage of justice sends him to Camp Green Lake Juvenile Detention Centre Nor is he very surprised when he is told that his daily labour at the camp is to dig a hole five foot wide by five foot deep and report anything that he finds in that hole The warden claims that it is character building but this is a lie and Stanley must dig up the truth In this wonderfully inventive compelling novel that is both serious and funny Louis Sachar has created a masterpiece that will leave all readers amazed and delighted by the author's narrative flair and brilliantly handled plot Mindfulness Cards Rohan Gunatillake,2018

Becoming: a Guided Journal for Discovering Your Voice Michelle Obama,2019-11-19 What's your journey of becoming Based on Michelle Obama's bestselling memoir this gorgeous journal features an intimate and inspiring introduction by the former First Lady and thought provoking questions and prompts to help you discover and rediscover your story It's not about being perfect It's not about where you get yourself in the end There's power in allowing yourself to be known and heard in owning your unique story in using your authentic voice And there's grace in being willing to know and hear others This for me is how we become Michelle Obama In publishing Becoming a work of deep reflection and mesmerizing storytelling Michelle Obama shared her own extraordinary journey to help create space for others to tell their stories to give people the courage to discover the power of their own voice and to widen the pathway for who belongs and why This guided journal presents inspiring questions and quotes from the book to help you reflect on your personal and family history your goals challenges and dreams what moves you and brings you hope and what future you imagine for yourself and your community Above all these pages help you capture your own voice and journey so you can nurture your sense of belonging

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