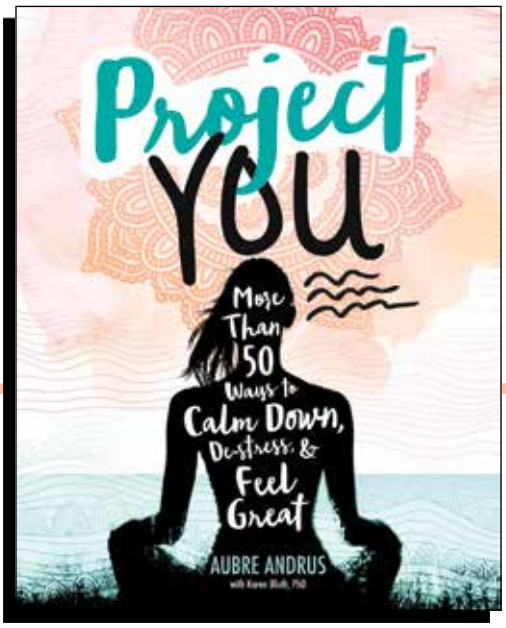
Booktalk!

Project You

More Than 50 Ways to Calm Down, De-Stress, & Feel Great

Written by Aubre Andrus & Karen Bluth
Illustrated by Veronica Collignon
160 pages
Young Adult / Reference



About This Book

Find your balance. Become stronger. Feel amazing. Centre yourself after a stressful week by taking five minutes to write in your journal. Strengthen your body and calm your mind with simple yoga poses and breathing techniques. Craft a vision board to help you achieve your goals.

Award-winning author, Aubre Andrus, shares more than 50 do-right-now projects that will help beat stress, smile big, and discover a calmer more blissful you.

Tips, Scripts and More…

Go to **http://www.scholastic.ca/bookfairs/booktalk.php** for great ideas on how to give a successful Book Talk!

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