## **UPSIDE DOWN BOOKS**

First published in Great Britain 2020 by Trigger

Trigger is a trading style of Shaw Callaghan Ltd & Shaw Callaghan 23 USA, INC.

The Foundation Centre

Navigation House, 48 Millgate, Newark

Nottinghamshire NG24 4TS UK

www.triggerpublishing.com
Copyright © 2020 Trigger Publishing
Cover art by Rebecca Prinn

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior permission in writing from the publisher.

British Library Cataloguing in Publication Data

A CIP catalogue record for this book is available upon request from the British Library

ISBN: 978-1-78956-161-6

Designed by Fusion Graphic Design Printed and bound in China Paper from responsible sources

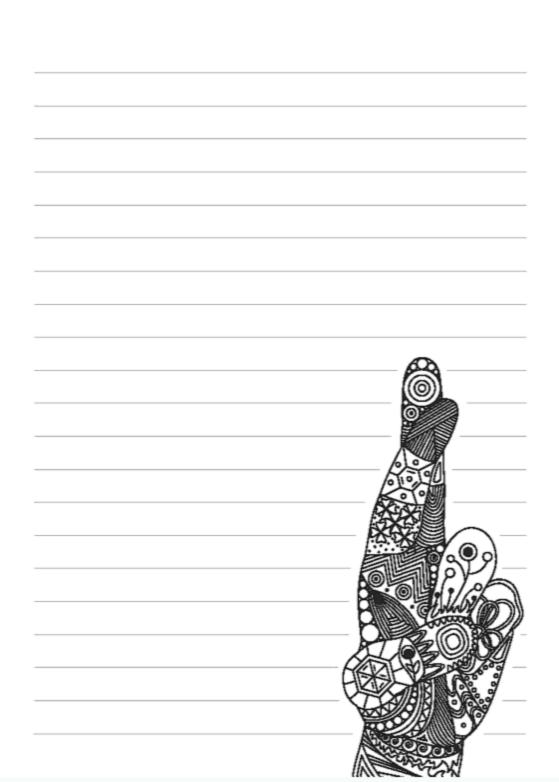
Illustration credits: Terriana / iStock Diana Vasileva / Shutterstock @bimbimkha / Freepik

## MY MINDFUL JOURNAL

'The more you like yourself, the less you are like anyone else, which makes you unique.'

- Walt Disney, American animator and film producer

| <u>(6)</u> |  |  |
|------------|--|--|
| 9000       |  |  |
|            |  |  |
|            |  |  |
|            |  |  |
|            |  |  |
|            |  |  |



## MY MINDFUL JOURNAL

| 'Mindfulness isn't difficult, we | just need to remember to do it.'                     |
|----------------------------------|--|
|                                  | <ul> <li>Sharon Salzberg, American author</li> </ul> |
|                                  |  |
|                                  |  |
|                                  |  |
|                                  |  |
|                                  |  |
|                                  |  |
|                                  |  |
|                                  |  |
|                                  |  |
|                                  |  |
|                                  |  |
|                                  |  |
|                                  |  |
|                                  |  |
|                                  |  |
|                                  |  |
|                                  |  |
|                                  |  |
|                                  |  |
|                                  |  |
|                                  |  |