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BOOK

A BOOK THAT TAKES ITS TIME

An Unhurried Adventure
in Creative Mindfulness

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Irene Smit

A Book That Takes Its Time: An Unhurried Adventure in Creative Mindfulness
(Flow)



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Remember to breathe. Embrace the artwork of quitting. Take time to reflect, remember to release. bound-in cards, mini-journals, stickers, posters, blank papers for collaging, and even more—s small pleasures, A Book That TOOK ITS Time mixes articles, inspiring quotations, and what the editors contact “ Created in partnership with Flow, the groundbreaking international magazine that celebrates imagination, beautiful illustration, a like of paper, and lifestyle’s unique in the manner it mixes reading and doing, A Publication That TOOK ITS Time is like a mindfulness retreat between two covers. And constantly smile.— A book that’ providing it a distinctly handcrafted, collectible feeling. Find out about the advantages of not multitasking, after that turn to “The Joy of One Thing at the same time Notebook” Dig into your Newbie’s Mind. Produce an individual timeline. Learn the artwork of hand-lettering. tucked into the pages. After a brief piece on the energy of slowing down, complete the designed notecards for a Beautiful Moments jar. Remember to create. Take the writing treatment. goodies” Move gradually and with intention through A Book That Takes Its Time, and discover that sweet place where life could be both thoughtful and playful.



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I definitely LOVE this book!! so much fun! the illustrations are lovely, and the writing offers some non-floor breaking but useful reminders on mindfulness. I really like how whimsical it is!! I flipped through it and something inside me told me I had to get this book. I have not really regretted purchasing this publication. I LOVE IT!! I lost my husband a couple weeks ago and was looking for some books on grief when I saw this at the bookstore. I really like how it is full of things to do designed to assist you to relax, reflect, and let go. I am so glad Amazon carried this and I didn't need to order it from UK. Beautiful, but with a technical glitch That is my first Flow product, so the fact that some of the content is apparently recycled from previous publications isn't a problem for me personally. Some activities are just reading, some composing, some drawing, some journalling, some slice and paste, etc. It has helped increase my creativity; For anybody who has already bought the Flow Mags and Specials, this publication is a repeat of those materials. I sometimes just pick a spot open up the reserve and read/perform wherever the book falls open up. It's a beautiful publication, of course, filled with ideas, art, paper crafting materials, prompts for lists and musings, and substantially more. A concern for me is certainly that I was looking forward to using the "bound in cards" included, and this is difficult. it's been a fun book and i would recommend it! The drawings and artwork are just darling.S. bonus: the paper quality is definitely descent enough to endure fountain pen make use of! If you love flow products it's a must have.S. You won't be sorry. I'd have to put it within an envelope--then it would cease to be a postcard and become a small note cards. these postcards are 3. we love discovering all of the scrapbook/craft elements inside this reserve - the stickers and postcards and little tear out notebooks! They're formatted as postcards, with an address space on the invert part of the art side, but in purchase to mail one in the U.S.5 inches by 5 inches; I understand this wouldn't bother many people, but for me it's a disappointment. That said, there is much, much to use and revel in in this wonderfully designed and rendered reserve. LOVE this book. I ordered this in advance of printing simply because I loved the theme and I've enjoyed other Flow items. This book is the best! If you love paper, scrapbooking, artwork journals or anything like that, you'll appreciate this reserve. I love the articles and all the goodies. Beautiful!! Reading this book will lower your blood circulation pressure and take The best way to spend time off your mobile phone or computer. This a beautiful book! So unique! It has therefore many wonderful content articles and exercises and thought-provoking events which have helped me therefore very much. I thought it could be smooth cover but it isn't. You don't even need to read the book from front to back. I'm hardly a third of just how through this reserve and I really like love love it. helped me to see points in a different light, along with helping me through some hard days. However, in case you are brand-new to Flow, this is an awesome look into what makes it such a great magazine. Beautiful book Therefore beautiful I don't want to mess it up. Makes me wish to take special time for myself to work through and enjoy each page.! Appreciate this. If you value flow items it's a .. Scanning this book will lower your blood pressure and take you to a calmer place. Fun Fun delightful! A postcard mailed in the U. It is filled with opportunities for self reflection and personal care. Fun book I love the reserve overall, however I want there were more blank webpages to add my own creativity Fun I bought this at an airport terminal during a very very long layover. This was at the beginning of October and I am still enjoying it. It will end up being a time piece I will treasure.! Regrettably, they don't match U. I am a 41-year outdated scientist which book was worth it. I enjoyed doing the 21-day journal and many other things in the book. This a lovely book!5 inches by 4-3/8 inches. Very nice book. Would make an absolutely great gift as welll. I absolutely LOVE this reserve! Postal Service size specs. The cards are actually designed to be postcards, that i might use, as I belong to a postcard swap. This book is INCREDIBLE Get it. That's all you need to nkow. must be at least 3.! Repeat of Previous Stream Materials This book is well-made and filled with pretty bits and pieces and articles. Every page is worth the time. Very important I have already been looking for this publication all my adult existence. This a great book. I've already got it as something special for others for Christmas. Beautiful and useful book Nice book

chock full of ideas to help us decelerate and revel in life and the present moment. All sorts of things, some involve just reading or considering, others are great tasks to keep us focused on the nice and happy things.! And so pretty. It has lots of items in the publication to tear out and make use of, but I wish to protect this, it's so nice. ;)



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