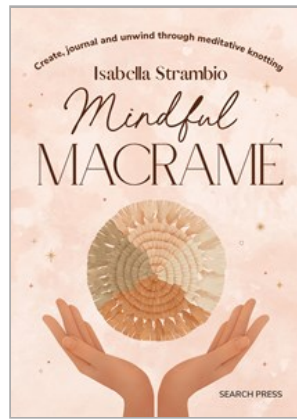


Menopause Makes
 Empowering sewing projects to relax your mind, cool your body and ignite your creativity
 Jenni Smith
 ISBN: 9781800922549
 On Sale Date: March 18, 2025
 Price: \$29.95 | \$34.95CAN
 Trim Size: 8¼ x 10in
 Pages: 152 Pages
 First print run:
 Carton Quantity: 24
 Crafts & Hobbies / Sewing
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Mindful Macramé
 Create, journal and unwind through meditative knotting
 Isabella Strambio
 ISBN: 9781800922853
 On Sale Date: January 14, 2025
 Price: \$23.95 | \$28.95CAN
 Trim Size: 6¼ x 8¼in
 Pages: 176 Pages
 First print run:
 Carton Quantity: 12
 Crafts & Hobbies / Knots, Macramé & Rope Work
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Sew your way through the menopause with creativity, confidence and a joyful riot of color! Discover 10 beginner-friendly sewing projects to create beautiful accessories and wearables for yourself, or to gift to friends. Combine the art of macramé with the practice of mindfulness in this stunning gift book. Each of the 17 projects contains breathing exercises, questions to reflect on and guided journal prompts so that you can center yourself while crafting something beautiful.



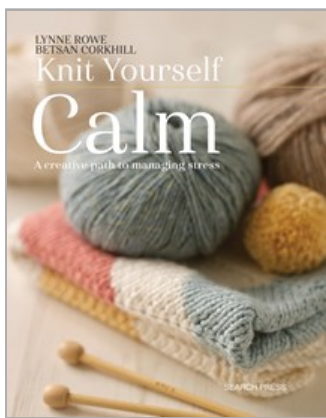
Handmade Spa: Natural Cosmetics, The
 Indulge yourself with 20 eco-friendly recipes to make at home
 Sara Durnford
 ISBN: 9781800922112
 On Sale Date: June 4, 2024
 Price: \$16.95 | \$19.95CAN
 Trim Size: 6¼ x 8¼in
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 Health & Fitness / Beauty & Grooming
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Handmade Spa: Natural Soaps, The
 Indulge yourself with 16 eco-friendly recipes to make at home
 Amelie Boue
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 Trim Size: 6¼ x 8¼in
 Pages: 80 Pages
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Discover the joy of making your own customized, natural and organic cosmetics that won't harm the earth or your delicate skin! BOOKLIST (American Library Association) Young Adult: "Skin care and earth-friendly products are a hot commodity for teens; these titles point them in the right direction". Discover the secrets of creating beautiful, gentle, eco-friendly artisanal soaps at home. BOOKLIST (American Library Association) Young Adult: "Skin care and earth-friendly products are a hot commodity for teens; these titles point them in the right direction".



Knit Yourself Calm
 A creative path to managing stress
 Lynne Rowe
 ISBN: 9781782214939
 On Sale Date: June 19, 2017
 Price: \$15.95 | \$19.95CAN
 Trim Size: 8¼ x 10¼in
 Pages: 112 Pages
 First print run:
 Carton Quantity: 32
 Crafts & Hobbies / Needlework / Knitting
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Paint Yourself Calm
 Colourful, Creative Mindfulness Through Watercolour
 Jean Haines
 ISBN: 9781782212829
 On Sale Date: June 16, 2016
 Price: \$29.95 | \$36.95CAN
 Trim Size: 8½ x 11¼in
 Pages: 128 Pages
 First print run:
 Carton Quantity: 26
 Art / Techniques / Watercolor Painting
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Whatever your skill level, there are plenty of projects in this book to help you achieve calm, bust those stress levels and enjoy a pastime which is creative, fun and produces beautiful projects to wear, or for the home.

