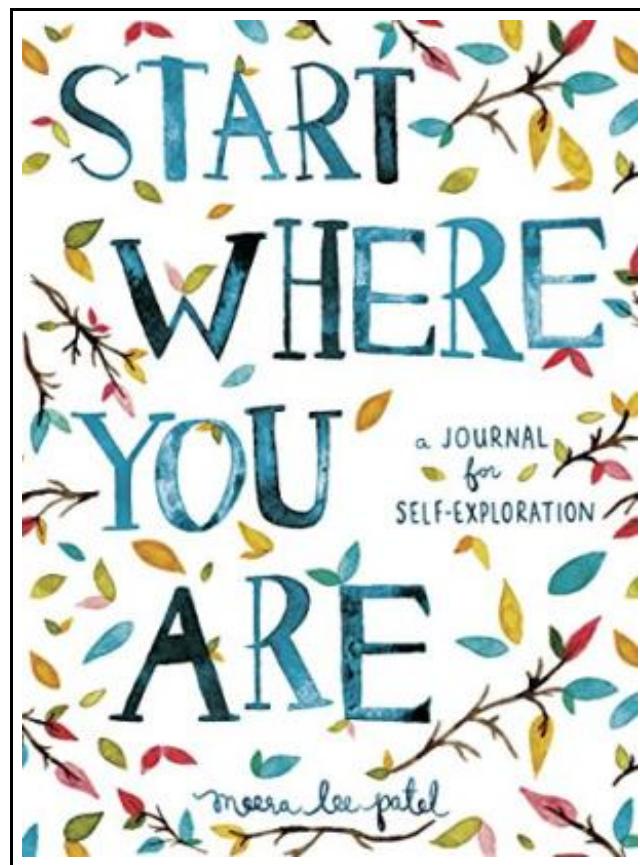


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Penguin Books Ltd, United Kingdom, 2016. Paperback. Book Condition: New. 191 x 150 mm. Language: English . Brand New Book. Start Where You Are is an interactive journal designed to help readers nurture their creativity, mindfulness, and self-motivation. It helps readers navigate the confusion and chaos of daily life with a simple reminder: that by taking the time to know ourselves and what those dreams are, we can appreciate the world around us and achieve our dreams. Featuring vibrant hand-lettering and images that have attracted a large following for her stationery and textile line in boutiques across the country, Meera Lee Patel s uplifting book presents supportive prompts and exercises along with inspirational quotes to encourage reflection through writing, drawing, chart-making, and more. Featuring inspiring quotes from writers, artists, and other visionaries paired with open-ended questions and prompts, with plenty of room for writing and reflecting, this appealing full-color book will make a perfect gift and keepsake as well as being a powerful tool for positive change.

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