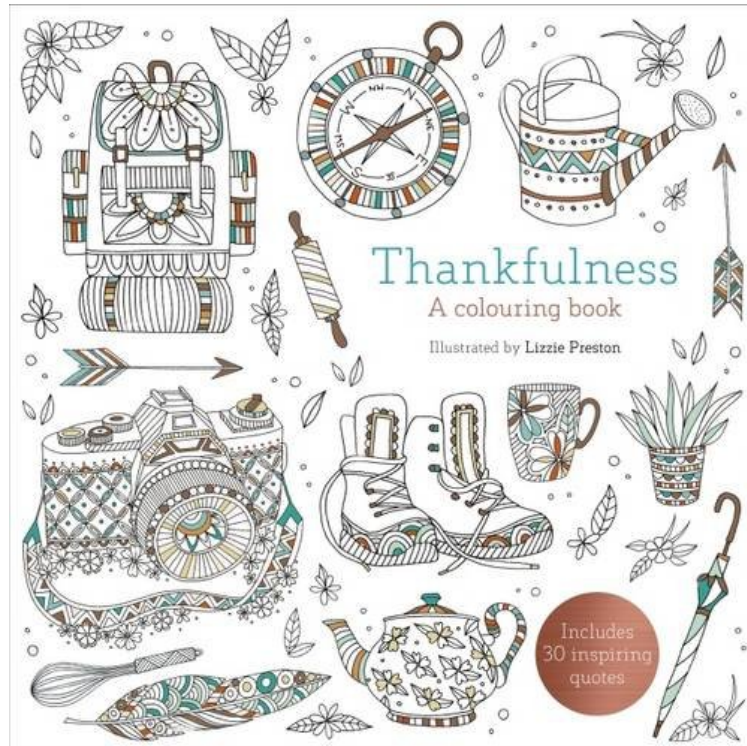


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With ever-increasing pressures on our time and a perpetual stream of 'must-have' items advertised in the media, it's easy for all of us to overlook or fail to appreciate the people and things we already have in our lives. This book provides a chance for us to slow down and encourages us to develop an attitude of thankfulness. Packed with 30 inspiring quotes and beautiful designs, colour your way to calmness and contentment as you reflect on all the reasons to be thankful.

About the AuthorLizzie Preston is a designer and illustrator living in Birmingham. She has eight years' experience within the Design industry and has worked on a wide range of projects, from greetings cards and illustrations to magazines, marketing materials and website design.