

Mindful Eating

Square 12x12



Format: 12 Full-Month Square Wall Calendar with 4-Month Additional Planner Page
MSRP: US: \$14.99 CAN: \$18.99
978-1-9754-1689-8
EAN: 12" x 12" (30.5cm x 30.5cm) Square
Size: 24 interior pages plus 4-page cover
Pages: Full color printing throughout. High-quality, gloss, FSC paper.

Part of a balanced life is a balanced diet, and many of the bounties of nature are often overlooked. Mindful Eating offers a simplistic, yet beautiful display of healthy dietary choices. With each image is a touching quote to help with finding that balance. Mindful Eating reminds you to nourish not only your body, but also your soul.

Cover image and design subject to change.

BrownTrout is committed to sustainability. Our wall calendars are printed on Forestry Stewardship Council (FSC) certified paper from managed forests and are printed with soy- and vegetable-based inks, which are less harmful to the environment than petroleum-based alternatives.

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