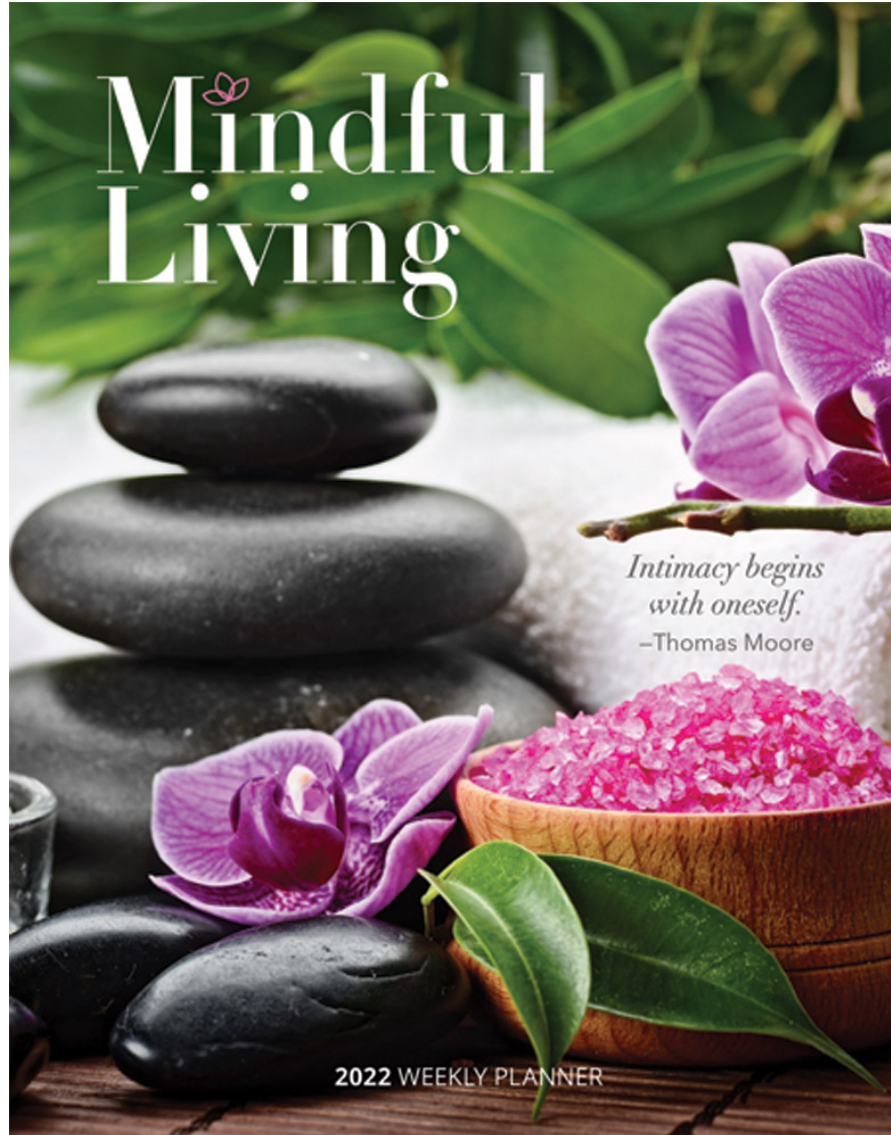


# Mindful Living

## Desk Planner BD



**Format:** 12-Month Weekly/Monthly Desk Planner

**MSRP:** US: \$14.99 CAN: \$19.99  
978-1-9754-4147-0

**EAN:** 6" x 7.75" (15.2cm x 19.7cm) Portrait

**Size:** 128 interior pages plus 4-page cover



**Pages:** Smooth writing paper. Wire binding.



Balance your life, professionally and spiritually, with this enlightening desk planner. Mindful Living encourages you to take time for yourself and live a balanced, happy, peaceful life, while the practical format helps to keep the chaos of day-to-day life organized and manageable.

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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