

Written by the team behind the bestselling and award-winning **Breathe** magazine

Journals

from Ammonite Press



Breathe is the original mindfulness magazine for a calmer and more relaxed you, including sections on wellbeing, mindfulness, creativity and escape. Each issue includes beautiful illustrations, craft projects and inspiring features.



Breathe and make time for yourself

Journals



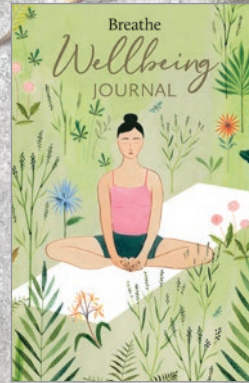
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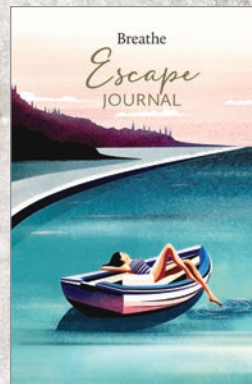
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Inspiration for personal reflections and affirmations
to guide a more mindful life.



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