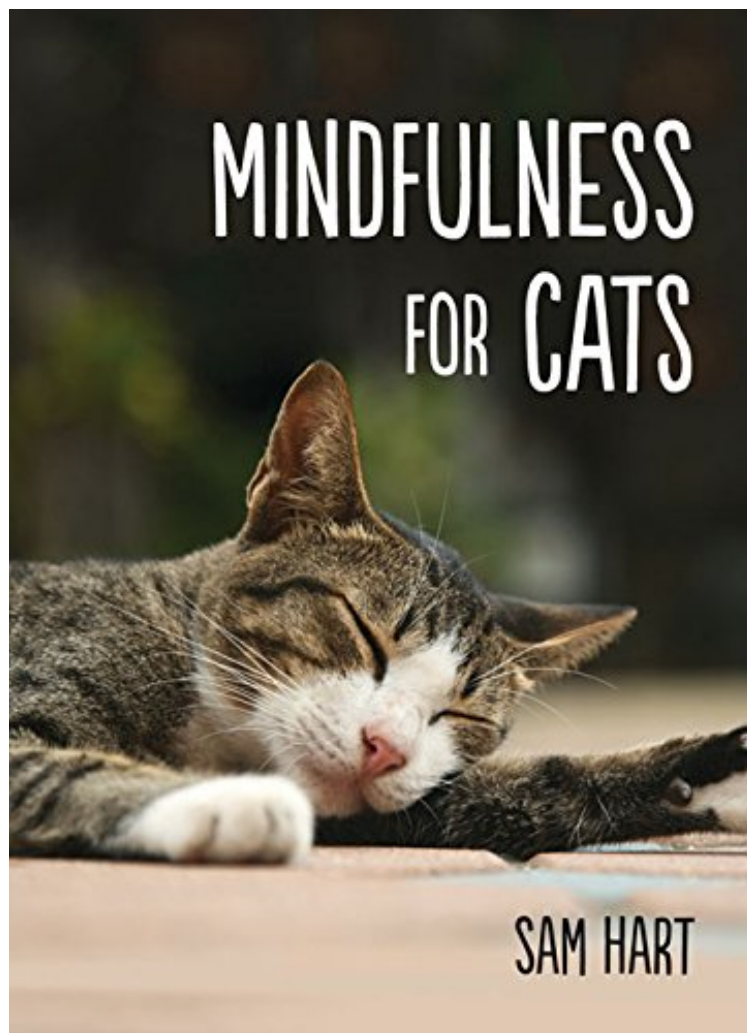


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Mindfulness for Cats

Sam Hart

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Sam Hart : Mindfulness for Cats before purchasing it in order to gage whether or not it would be worth my time, and all praised Mindfulness for Cats:

Have a no-rush attitude to your day. Feel the breeze in your hair and the sun on your face. Mindfulness is nothing new to cats, as this little book demonstrates. Learn from your feline how to live in the present and approach every day with a calm and positive attitude.

`Great for anyone looking to take inspiration from our furry friends and embrace being mindful' * Your Cat Magazine

* `the perfect gift for pet lovers.' * The People's Friend *About the AuthorSam Hart studies meditation and mindfulness and works at an animal rescue center.