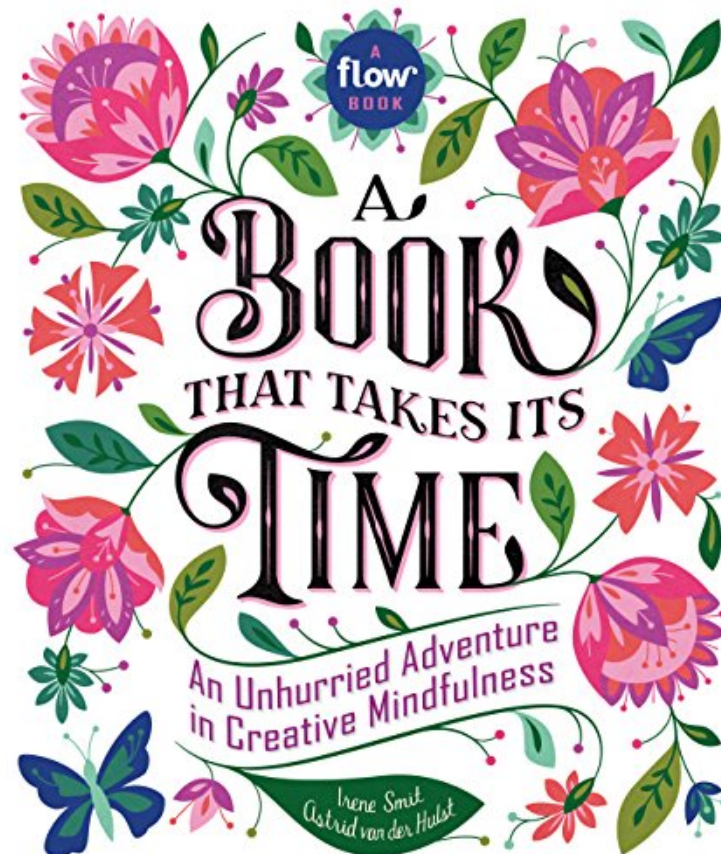


[Free pdf] A Book That Takes Its Time: An Unhurried Adventure in Creative Mindfulness (Flow)

A Book That Takes Its Time: An Unhurried Adventure in Creative Mindfulness (Flow)

Irene Smit, Astrid van der Hulst, Editors of Flow magazine

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Irene Smit, Astrid van der Hulst, Editors of Flow magazine : A Book That Takes Its Time: An Unhurried Adventure in Creative Mindfulness (Flow) before purchasing it in order to gage whether or not it would be worth my time, and all praised A Book That Takes Its Time: An Unhurried Adventure in Creative Mindfulness (Flow):

0 of 0 people found the following review helpful. Beautiful, but with a technical glitchBy Jane MarpleThis is my first Flow product, so the fact that some of the content is apparently recycled from previous publications isn't a problem for me. It's a beautiful book, of course, packed with ideas, art, paper crafting supplies, prompts for lists and musings, and lots more. A concern for me is that I was looking forward to using the "bound in cards" included, and this is difficult. The cards are actually meant to be postcards, which I could use, as I belong to a postcard swap. Unfortunately, they don't meet U.S. Postal Service size specs. A postcard mailed in the U.S. must be at least 3.5 inches by 5 inches; these postcards are 3.5 inches by 4-3/8 inches. They're formatted as postcards, with an address space on the reverse side of the art side, but in order to mail one in the U.S. I'd need to put it in an envelope--then it would cease to be a postcard and become a small note card. I know this wouldn't bother many people, but for me it's a disappointment. That said,

there is much, much to use and enjoy in this wonderfully designed and rendered book. 3 of 3 people found the following review helpful. Love this. So unique! By L. Doctor This a great book. I love the articles and all the goodies. I am so glad I carried this and I didn't have to order it from UK. 2 of 2 people found the following review helpful. LOVE this book. By Anne I ordered this in advance of printing simply because I liked the theme and I've enjoyed other Flow products. This book is the best! If you love paper, scrapbooking, art journals or anything like that, you'll appreciate this book. I thought it would be soft cover but it's not. Beautiful!!

Take time to breathe. Take time to create. Take time to reflect, take time to let go. A book that's unique in the way it mixes reading and doing, *A Book That Takes Its Time* is like a mindfulness retreat between two covers. Created in partnership with Flow, the groundbreaking international magazine that celebrates creativity, beautiful illustration, a love of paper, and life's little pleasures, *A Book That Takes Its Time* mixes articles, inspiring quotes, and what the editors call goodies—bound-in cards, mini-journals, stickers, posters, blank papers for collaging, and more—giving it a distinctly handcrafted, collectible feeling. Read about the benefits of not multitasking, then turn to *The Joy of One Thing at a Time Notebook* tucked into the pages. After a short piece on the power of slowing down, fill in the designed notecards for a Beautiful Moments jar. Make a personal timeline. Learn the art of hand-lettering. Dig into your Beginner's Mind. Embrace the art of quitting. Take the writing cure. And always smile. Move slowly and with intention through *A Book That Takes Its Time*, and discover that sweet place where life can be both thoughtful and playful.

About the Author Irene Smit is the cofounder and creative director of Flow magazine, a popular international publication packed with paper goodies and beautiful illustrations that celebrates creativity, imperfection, and life's little pleasures. She lives outside Amsterdam.