



Overcoming Overwhelm Journal

Bex Spiller

Publication	21st November 2023
Price	£16.99
ISBN	9781446310663
Format	Hardback 210 x 148 mm
Extent	256 pages
Illustrations	Illustrations
Publisher	David & Charles
Classification	Journalling
BIC CODE/S	VS
THEMA CODE/S	VS
SALES REGIONS	Craft Trade Only



Description

Spread over 12 weeks, the *Overcoming Overwhelm Journal* guides users through the tools and techniques that can elevate the mind and allow them to tackle the world without being overwhelmed by everything.

Easily accessible guide to regaining control of your life and feelings in stressful times. The perfect follow-up to the *Anti-Burnout Journal*, continuing and expanding on the lessons there, while exploring new tips and tricks. Undated format makes it perfect for starting whenever feelings of overwhelm creep up, and returning to the lessons whenever needed! Based on the popular course from the Anti-Burnout Club, *Overcoming Overwhelm* takes the lessons from the course and expands them, giving readers a tool they can turn to again and again to combat feelings of overwhelm and regain control of their life and feelings when times are just a little bit tough. Spread over 12 weeks, the *Overcoming Overwhelm Journal* guides users through the tools and techniques that can elevate your mind and allow you to tackle the world without being overwhelmed by everything around you – which is especially important in these trying times! Featuring tips and tricks to getting you started, and teaching you new tools to have in your arsenal when feelings of overwhelm appear – such as breathwork and tapping – the *Overcoming Overwhelm Journal* is the perfect place to start in getting you on the right track for a fulfilling and productive life!

About the Author

Bex Spiller is the creator of the Anti-Burnout Club, an online platform dedicated to helping people take control of their lives and feelings in troubling times. Alongside this, she has completed the gold-standard Mindfulness-Based Stress Reduction, Mental Health and Mindfulness, Mindfulness and CBT, and is awaiting accreditation for a Mindfulness Level 3 Diploma. Author of the best-selling Anti-Burnout Journal, she is a Fellow of the Royal Society of Arts and a TEDx speaker, and was voted Favourite Wellness Champion at the Health & Wellbeing Awards 2022. She is based in Kent, UK.

Example spreads from the book

