

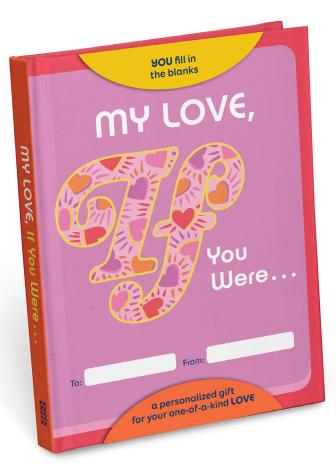


If You Were Books: My Love

SPECS: Hardcover, 64 pages; full-color throughout; PLA compostable sleeve | SIZE: 4.25 x 5.75 inches; 10.8 x 14.6 cm

INNER: 4 | PRICE: £9.95

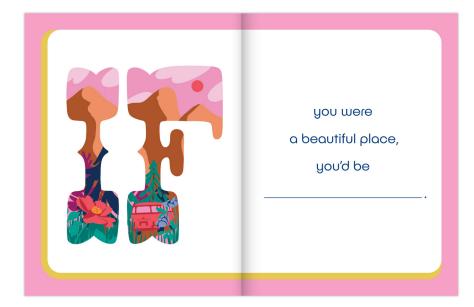
AVAILABLE **NOW**

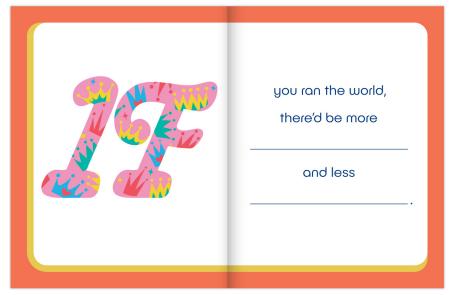


NEW! No. 9781683494331 If You Were My Love **£9.95**









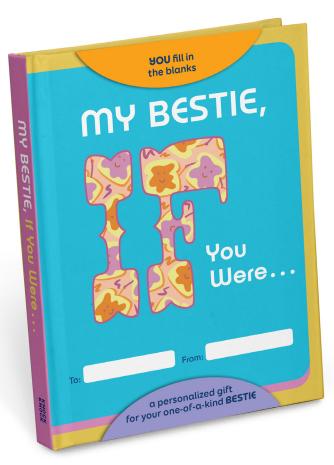


If You Were Books: My Bestie

SPECS: Hardcover, 64 pages; full-color throughout; PLA compostable sleeve | SIZE: 4.25 x 5.75 inches; 10.8 x 14.6 cm

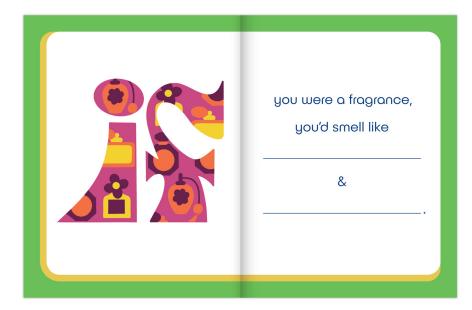
INNER: 4 | PRICE: £9.95

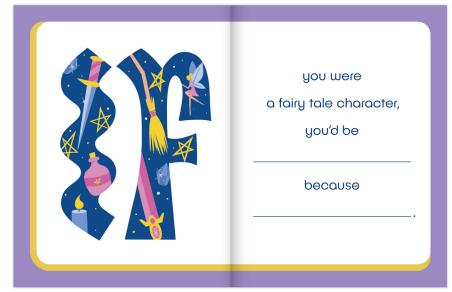
AVAILABLE **NOW**



NEW! No. 9781683494348 If You Were My Bestie **£9.95**





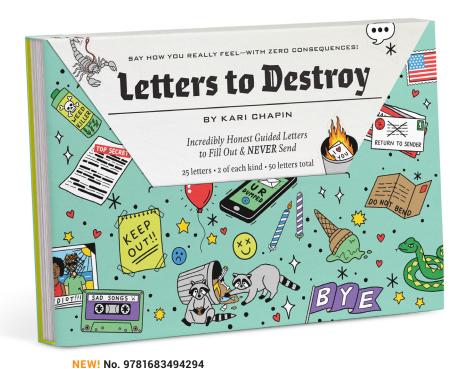




Letters to Destroy by Kari Chapin

SPECS: 50 letters (2 of each 25 design); sturdy paperback cover with diecut tuck; 50 perforated tear-out sheets (104 pages); full-color throughout | **SIZE:** 7×10 inches; 17.8×25.4 cm | **INNER:** 4 | **PRICE:** £11.95

AVAILABLE **NOW**









50 guided letters to fill out & destroy for absolute catharsis!



Sticky Notes-Fresh Look!

SPECS: 100 sheets with repositionable adhesive | SIZE: 3 x 3 inches; 7.6 x 7.6 cm | PKG: Shrinkwrapped

INNER: 8 | **PRICE:** £3.50

NOW



NEW! No. 9781683494270 I Love This **£3.50**







NEW! No. 9781683494287 Don't Forget to Remember **£3.50**





Click here for more Sticky Notes

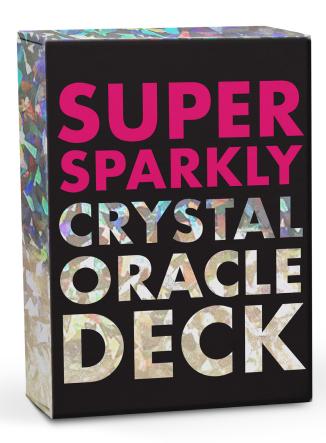


Super-Sparkly Crystal Oracle Deck by Nina Kahn

SPECS: Portfolio-style box with tray, magnetic closure, and holographic foil wrapping; 50 cards, with 48 pp guidebook; full-color throughout | **SIZE:** $3.75 \times 5 \times 1.25$ inches; $9.5 \times 12.7 \times 3.2$ cm | **PKG:** Shrinkwrap | **INNER:** 6 | **PRICE:** £23.95

Break Up with Toxic Patterns

AVAILABLE **NOW**



NEW! No. 9781683494218 Super-Sparkly Crystal Oracle Deck £23.95









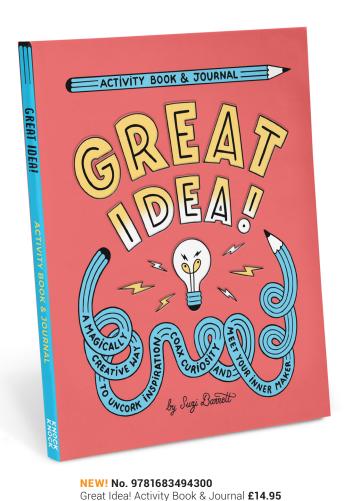
GUIDEBOOK



Great Idea! Activity Book & Journal by Suzi Barrett

SPECS: Paperback with spot UV and embossing, 112 pages; full-color throughout; lay-flat binding **SIZE:** 7.25×9 inches; 18.4×22.9 cm | **INNER:** 3 | **PRICE:** £14.95

AVAILABLE NOW



CURIOSITY CATAPULT! NOTES (probably) light up new parts of our brain and (possibly) ignite more crepotential. Or, at the very least, we become a little more stimulated than normal, and get to fill our well with lots of new ideas. (CREATIVE) SELF: lately? Write it down below, then make a plan to explore it more. If it's an activity; do it! A skill: learn it! A topic; go into a never-ending wiki-wormhous it! Now power knows, this just might lead to your greatest work of a WHAT I'M CURIOUS ABOUT WHAT I CAN DO AROUT IT





Classic Pads-Fresh Look!

SPECS: 60 sheets; adhesive binding | SIZE: 6 x 9 inches; 15.2 x 22.9 cm | PKG: Shrinkwrapped | INNER: 6 | PRICE: £7.95

AVAILABLE **NOW**



NEW! No. 9781683494119 Doing Today £7.95





NEW! No. 9781683494126 Magical Week **£7.95**



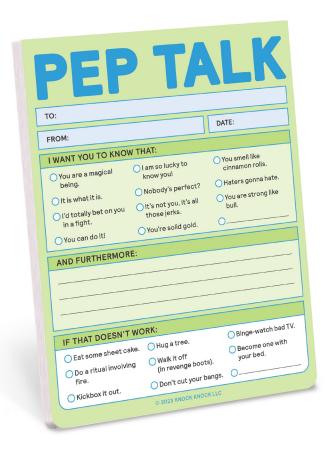
Click here for more Classic Pads



Nifty Notes—Fresh Look!

SPECS: 50 sheets; adhesive binding | SIZE: 4 x 5.25 inches; 10.2 x 13.3 cm | PKG: Shrinkwrapped | INNER: 6 | PRICE: £4.95

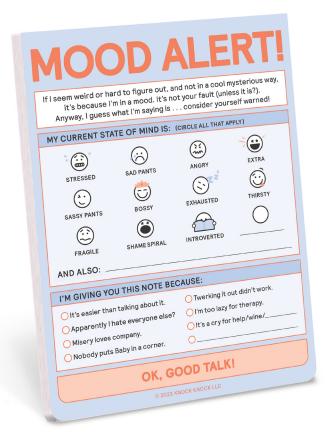
AVAILABLE **NOW**



NEW! No. 9781683494232 Pep Talk (Refresh) **£4.95**







NEW! No. 9781683494249 Mood Alert £4.95

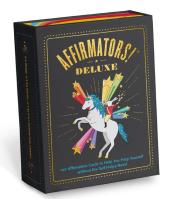




Click here for more Nifty Notes

AFFIRMATORS!® DECKS BY SUZI BARRETT

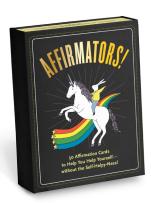
AFFIRMATORS!® MANTRAS SPECS: portfolio with pocket, liner, and magnetic closure; 30 cards, plus how-to card | **SIZE:** 3.25 x 4 inches; 8.3 x 10.1 cm | **PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £8.95 **AFFIRMATORS!® TAROT SPECS:** Clamshell box with foil stamping; 78 cards with foil stamping; 48-page guidebook | **SIZE:** 3.80 x 5.5 x 1.95 inches; 9.7 x 14 x 4.5 cm | **INNER:** 3 | **PRICE:** £23.95 **AFFIRMATORS!® DECKS SPECS:** Box with tray and lifting ribbon; 51 cards; with instruction card | **SIZE:** 3.75 x 5 x 1.25 inches; 9.5 x 12.7 x 3.2 cm | **PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £13.95 **AFFIRMATORS!® DELUXE SPECS:** Box with flap + magnetic closure; 100 cards; gold-foil stamping | **SIZE:** 4 x 5.5 x 1.25 inches; 10.2 x 14 x 3.2 cm | **PKG:** Shrinkwrapped | **INNER:** 3 | **PRICE:** £23.95



No. 9781683493594 Affirmators!® Deluxe **£23.95**







No. 9781601067111 Affirmators! £13.95



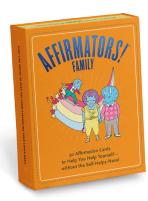




No. 9781683490555 Affirmators! at Work £13.95

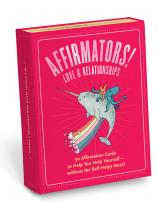






No. 9781683490999 Affirmators! Family £13.95





No. 9781683490050 Affirmators! Love & Relationships £13.95







No. 9781683492818 Affirmators! Creativity £13.95







No. 9781683491873 Affirmators! Tarot **£23.95**







No. 9781683493204 Affirmators!® Mantras (Morning) £8.95





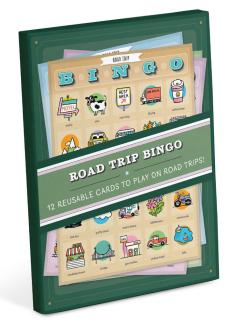


No. 9781683493211 Affirmators!® Mantras (Evening) £8.95





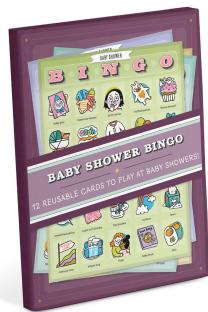
SPECS: Cardboard box, 12 reusable cardboard bingo cards | SIZE: 6.5 x 8.5 inches; 16.5 x 21.6 cm | INNER: 6 | PRICE: £8.95



No. 9781683493808 Roadtrip Bingo £8.95



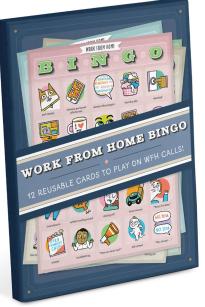




No. 9781683493815Baby Shower Bingo **£8.95**





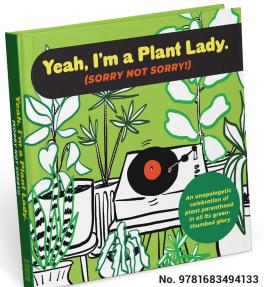


No. 9781683493822Work From Home Bingo **£8.95**





SPECS: Hardcover, 96 pages; colored head & tail bands | SIZE: 5.25 x 5.25 inches; 13.3 x 13.3 cm | INNER: 4 | PRICE: £9.95





It's not just payday it's an excuse to buy more plants.

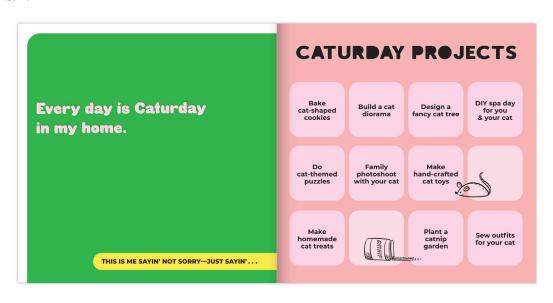
SORRY...NOT!

Yeah, I'm a Plant Lady Sorry Not Sorry £9.95





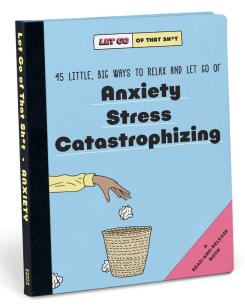








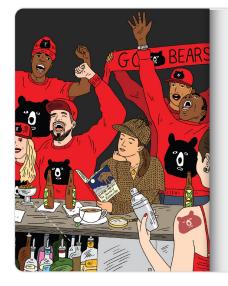
SPECS: Hardcover, 96 pages; full-color throughout, 15 illustrations | SIZE: 4.25 x 5.75 inches; 10.8 x 14.6 cm | INNER: 4 | PRICE: £9.95



No. 9781683493785 Let Go of That Sh*t: Anxiety £9.95







I Feel Like a Huge Weirdo in a World of Normal People

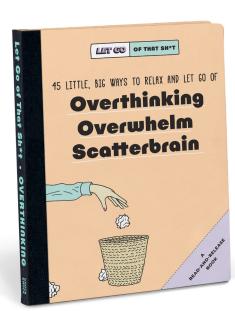
SHITTS M. 2

PERHAPS YOU FEEL LIKE everyone else in the world belongs to a secret Everyone-Else Club, and they mean to talk about important secret things, and also talk about YOU. Or maybe you are someone who walks into a party and assumes everyone there went to high school together, and you've got no chance of fitting in...and that even if you had known them in high school, you still would have left like on austice.

45 PERFORATED TEAR-OUT SLIPS TO WRITE ON & RELEASE— LITERALLY!

LET GO OF THAT SHIT!

So many of us feel this way (most of us?), You may be an introvert or highly sensitive person who isn't suited to crowds. But that's not something that you need to "fix." It's part of your magic and your personal power. Tons of successful people are wired that way, BTW, there's no Everyone-Else Club—or if there is, we're not members, either. So fuck 'em!



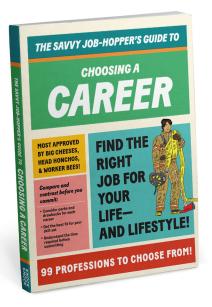
No. 9781683493792 Let Go of That Sh*t: Overthinking £9.95







SPECS: Paperback, 176 pages; full-color throughout; 55 illustrations | SIZE: 6.5 x 9 inches; 16.5 x 22.9 cm | INNER: 4 | PRICE: £12.95



No. 9781683493662

Savvy Job-Hopper's Career £12.95





CHOOSING A RELIGION MOST APPROVED BY GOD! Compere and contracts for prevance and religions to the bird of the contract for prevance and religions to the bird of the contract for prevance and religions to the bird of the contract for the contr

No. 9781683493501

Savvy Convert's Religion (New) £12.95

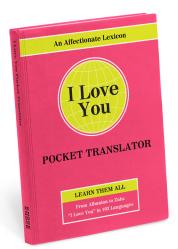




POCKET TRANSLATORS

SPECS: PVC cover, 128 pages | **SIZE:** 3.85 x 5.25 inches; 9.8 x 13.2 cm | **INNER:** 4

PRICE: £6.95



Express your amour—or outrage—from Dubai to Shanghai.

No. 9781683491248

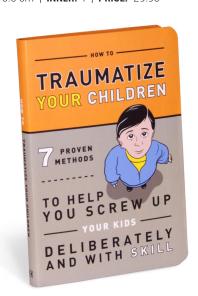
I Love You Pocket Translator £6.95





HOW TO TRAUMATIZE YOUR CHILDREN

SPECS: Paperback, 144 pages; full-color throughout; 10 illustrations | **SIZE:** 4.5×6.5 inches; 11.4×16.5 cm | **INNER:** $4 \mid PRICE: £9.95$



No. 9781601063090

How to Traumatize Your Children £9.95



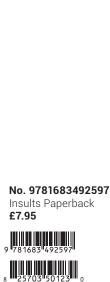


LINES FOR ALL OCCASIONS PAPERBACK EDITIONS

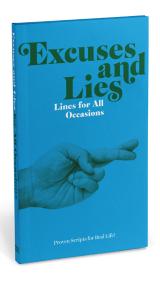
SPECS: High-quality softcover with flaps, 112 pages | SIZE: 4 x 6.75 inches; 10.1 x 17.1 cm | INNER: 3 | PRICE: £7.95

WHAT NOT TO SAY: OFFICE

SPECS: Hardcover with clear foil stamping, 128 pages; illustrations **SIZE:** 4.25 x 6.25 inches; 10.8 x 15.9 cm | **INNER:** 4 | **PRICE:** £8.95



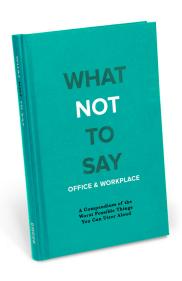
£7.95



No. 9781683492610 Excuses Paperback £7.95







No. 9781683491774 What Not to Say: Office **£8.95**





DESKTOP PEGBOARDS

SPECS: Hardboard in cardstock tray; 5 colored-wood pegs; 2-dowel removable stand; hanging hook; shrinkwrapped | SIZE: Box: 6.25 x 10.6 x 1.5 inches; 0 x 0 cm; Pegboard: 6 x 9 x 0.25 inches; 15.2 x 22.9 x 0.6 cm | **INNER:** 4 | **PRICE:** £14.95



No. 9781683492269 Mood Alert £14.95





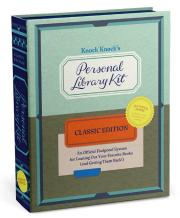
No. 9781683492276 Do Your Chores £14.95





PERSONAL LIBRARY KITS: THEMED EDITIONS

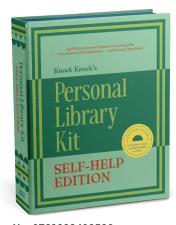
SPECS: 20 self-adhesive pockets and checkout cards; date stamp and ink pad; pencil; paper-over-board box with magnetic closure; removable acetate lid on inner tray | **SIZE:** 6 x 7.5 x 1.25 inches; 15.9 x 19.4 x 3.6 cm | **PKG:** Shrinkwrapped | **INNER:** 3 | **PRICE:** £19.95



No. 9781683493129 Personal Library Kit: Classic Set £19.95







No. 9781683492580 Personal Library Kit: Self-Help Book **£19.95**







PERSONAL LIBRARY KIT

SPECS: 20 self-adhesive pockets and checkout cards; date stamp and ink pad; pencil; paper-over-board box with acetate lid | **SIZE:** $6 \times 7.5 \times 1.25$ inches; $15.9 \times 19.4 \times 3.6$ cm **PKG:** Shrinkwrapped | **INNER:** $4 \mid PRICE:$ £19.95



No. 9781601060723 Personal Library Kit £19.95





REFILL SPECS: 15 self-adhesive pockets and checkout cards | **SIZE:** $3 \times 5 \times 0.75$ inches; 7.6 \times 12.7 \times 1.9 cm | **PKG:** Cello bag | **INNER:** 8 | **PRICE:** £4.95



No. 9781601061430 Personal Library Kit Refill **£4.95**





SPECS: 9 paper sheets; 9 envelopes; foil-stamped box with magnetic lid; cotton ribbon; cardstock sleeve | SIZE: 7.25 x 4 x 1.5 inches; 18.4 x 10.1 x 3.8 cm | INNER: 3 | PRICE: £13.95



No. 9781601068682 Letters to the Love of My Life £13.95







No. 9781601068699 Letters to My Wonderful Mom £13.95









No. 9781683490302 Letters to My Incredible Dad £13.95





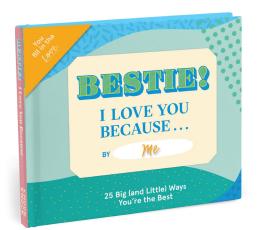


No. 9781683490319 Letters to You Before Our Wedding £13.95





SPECS: Hardcover, 64 pages; acetate jacket; emboss; foil stamping | SIZE: 5.75 x 5 inches; 14.6 x 12.7 cm | INNER: 4 | PRICE: £9.95



No. 9781683493518 Bestie Because... £9.95



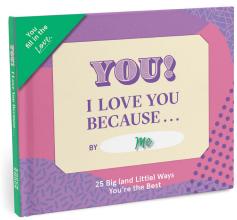




No. 9781683493525 Us Because... £9.95







No. 9781683492627 You Because... £9.95







No. 9781683492634 Mom Because... £9.95







No. 9781683492641 Awesome Because... £9.95







No. 9781683492658 Dad Because... £9.95





SPECS: Hardcover, 112 pages; acetate jacket | **SIZE:** 4.5 x 3.25 inches; 11.4 x 8.3 cm | **INNER:** 4 | **PRICE:** £9.95



No. 9781601064936 Love About You £9.95







No. 9781601065476 Awesome £9.95







No. 9781601065650 Love About Mom £9.95







No. 9781601066893 Love About Dad £9.95







FILL IN THE LOVE DISPLAY

CIICK HERE FOR DETAILS No. 9781601068989



No. 9781601066909 Bestie £9.95







No. 9781683490487 Miss You £9.95







No. 9781683490494 Love About Grandpa **£9.95**

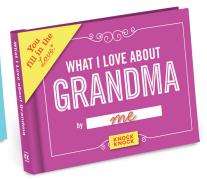






No. 9781601067586 Love About Us £9.95





No. 9781601067029 Love About Grandma £9.95

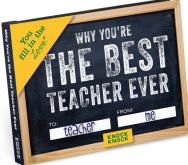




FILL IN THE LOVE® JOURNALS

SPECS: Hardcover, 112 pages; acetate jacket | **SIZE:** 4.5 x 3.25 inches; 11.4 x 8.3 cm | **INNER:** 4 | **PRICE:** £9.95











No. 9781601067593 Love About Sis £9.95

No. 9781683490012 Teacher £9.95



No. 9781683490029 Grateful for You £9.95



No. 9781601069245 Being Your Mom **£9.95**



No. 9781601068804 Make Me Smile £9.95



BATHROOM GUEST BOOK-FRESH LOOK!

SPECS: hardcover with foil stamping, 112 pages; full-color throughout; ribbon page marker **SIZE:** 7.25×4.75 inches; 18.4×10.2 cm | **INNER:** 3 | **PRICE:** £14.95



, -

BATHROOM GUEST BOOK

SPECS: Padded hardcover with metallic foil stamping, 112 pages; ribbon page marker **SIZE:** 8.5×5.5 inches; 21.6×14 cm | **INNER:** 3 | **PRICE:** £14.95



No. 9781601064523 Bathroom £14.95





No. 9781683493907 Bathroom Guest Book (Refresh) £14.95



YOU GOT THIS JOURNALS

SPECS: Hardcover, 224 pages; 45 stickers; ribbon page marker; elastic band | SIZE: 6 x 8.5 inches; 15.2 x 20.3 cm | INNER: 3

PRICE: £18.95



No. 9781683492962 You Got This (Blue) £18.95







No. 9781683491965 You Got This £18.95





CHAKRAS ACTIVITY BOOK & JOURNAL

SPECS: Paperback with emboss and spot UV, 96 pages; full-color throughout; lay-flat binding | **SIZE:** 7.25 x 9 inches; 18.4 x 22.9 cm | **INNER:** 3 | **PRICE:** £14.95



No. 9781683492368 Chakras Activity Book & Journal £14.95

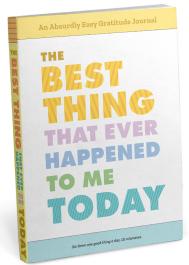




THE BEST THING THAT EVER HAPPENED TO ME TODAY JOURNAL

SPECS: Paperback with soft touch lamination; full-color throughout; 128 pages; layflat binding; grosgrain ribbon page marker | **SIZE:** 5 x 7 inches; 12.7 x 17.8 cm | **INNER:** 3

PRICE: £13.95



No. 9781683493778

Best Thing That Ever Happened to Me Today £13.95





DEAR ME: I LOVE YOU ACTIVITY BOOK & JOURNAL

SPECS: Paperback with emboss and spot UV, 112 pages; full-color throughout; lay-flat binding **SIZE:** 7.25 x 9 inches; 18.4 x 22.9 cm | **INNER:** 3 | **PRICE:** £14.95



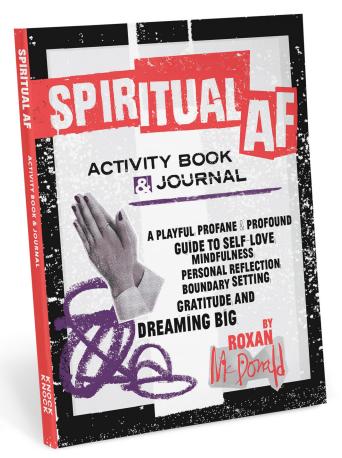
No. 9781683493655

Dear Me: I Love You Activity Book & Journal £14.95





SPECS: Paperback, 112 pages; full-color throughout; lay-flat binding | SIZE: 7.25 x 9 inches; 18.4 x 22.9 cm | INNER: 3 | PRICE: £14.95



No. 9781683494164Spiritual AF Journal **£14.95**

25703 50246



Click here for more AF Titles

UNDATED WEEKLY PLANNERS

SPECS: Hardcover, PU-wrapped with foil stamping and deboss, 160 pages; lay-flat binding; 2 ribbon page markers; elastic closure; interior pocket; 237 stickers **SIZE:** 5.625 x 8 inches; 14.3 x 20.3 cm | **INNER:** 3 | **PRICE:** £19.95



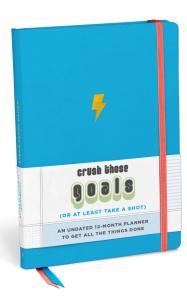
No. 9781683493228 Make a Plan £19.95





No. 9781683493235 WTF £19.95





No. 9781683493242 Crush Those Goals **£19.95**





INNER-TRUTH® JOURNALS

More Inner-Truth Journals on next page ▶

SPECS: Paperback, 160 pages; lay-flat binding; full-color throughout; ribbon page marker | SIZE: 7 x 9.5 inches; 17.8 x 24.1 cm | INNER: 3 | PRICE: £15.95



No. 9781683493037 I'm Kind of Awesome (Fresh Look) £15.95







No. 9781683492702 I'm Perfectly Imperfect (Fresh Look) £15.95







No. 9781683492832 It's Gonna Be Okay (Fresh Look) **£15.95**







No. 9781683493020 In My Humble Opinion (Fresh Look) £15.95





SPECS: Paperback, 160 pages; lay-flat binding; full-color throughout; ribbon page marker | SIZE: 7 x 9.5 inches; 17.8 x 24.1 cm | INNER: 3 | PRICE: £15.95



No. 9781683493433 I'm Gonna Keep My Heart Open **£15.95**







No. 9781683493440 Gah, I Can't Sleep £15.95







No. 9781683492825 I So Totally Got This (Fresh Look) £15.95



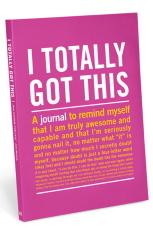




No. 9781683493013I'm So Gonna Crush My Goals (Fresh Look) £15.95







No. 9781601069269I Totally Got This **£15.95**







No. 9781683491590Oh, I'm Just Getting Started **£15.95**







No. 9781601069917 I Need Some Serious Me Time **£15.95**





SPECS: Paperback, 160 pages; lay-flat binding; full-color throughout; ribbon page marker | SIZE: 4 x 5.75 inches; 10.2 x 14.6 cm | INNER: 4 | PRICE: £9.95

MINI INNER-TRUTH DISPLAY

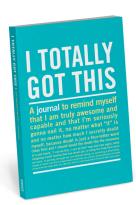
CIICK HERE FOR DETAILS No. 9781601068941



No. 9781601068842 Mini Freaked Out **£9.95**



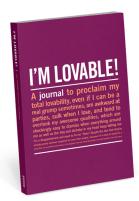
No. 9781601067951 Mini Awesome £9.95



No. 9781683490395 Mini I Totally Got This £9.95



No. 9781601069283 Mini I'm Grateful £9.95



No. 9781601069924 Mini I'm Lovable **£9.95**





















CLASSIC PADS

More Classic Pads on next page ▶

SPECS: 60 sheets; adhesive binding | SIZE: 6 x 9 inches; 15.2 x 22.9 cm | PKG: Shrinkwrapped | INNER: 6 | PRICE: £7.95



No. 9781683493914 Why I Must Have Sex (Refresh) **£7.95**





No. 9781683494010 Sleep Routine **£7.95**





No. 9781683494027 Today Vibes **£7.95**





No. 9781683493730 Weekly Money Tracker **£7.95**





No. 9781683493747Make a Decision **£7.95**





SPECS: 60 sheets; adhesive binding, All Out Of pads and Things ... House pads have magnet on back | SIZE: 6 x 9 inches; 15.2 x 22.9 cm | PKG: Shrinkwrapped | INNER: 6 | PRICE: £7.95



No. 9781683492481 All Out Of (Keto, magnet) £7.95





No. 9781683492498 All Out Of (Vegetarian, magnet) £7.95



No. 9781683493358 All Out Of Vegan (with magnet) £7.95



No. 9781683492979 All Out Of (Fresh Look, magnet) £7.95



No. 9781683493648 Self-Care £7.95









No. 9781683493532 What to Get Done . . . £7.95







No. 9781683493549 Self-Therapy £7.95





No. 9781683493839 Busy AF **£7.95**





No. 9781683493846 Shit List £7.95





No. 9781683493631 Best Week Ever £7.95





SPECS: 60 sheets; adhesive binding, What to Eat has magnet on back | SIZE: 6 x 9 inches; 15.2 x 22.9 cm | PKG: Shrinkwrapped | INNER: 6 | PRICE: £7.95



No. 9781683493006 I Got This **£7.95**



No. 9781683492771 This Week (Fresh Look) £7.95



No. 9781683492788 To Do (Fresh Look) £7.95



No. 9781683492894 What to Eat (Fresh Look, magnet) £7.95 Plan of Attack £7.95



No. 9781683492993























No. 9781683492801 WTF (Fresh Look) £7.95



No. 9781683492795 Shit Together (Fresh Look) £7.95



No. 9781683493365 Road Trip £7.95



No. 9781683493372 Crap (Fresh Look) £7.95



No. 9781683493389 Things...House (Fresh Look, magnet) £7.95



















SPECS: 60 sheets; adhesive binding, What to Eat, What I Ate, and Things ... House pads have magnet on back | SIZE: 6 x 9 inches; 15.2 x 22.9 cm | PKG: Shrinkwrapped | INNER: 6 | PRICE: £7.95



No. 9781683492986 Pack This! (Fresh Look) £7.95



No. 9781683493624 This Week (Green) £7.95





No. 9781601064998 This Week £7.95





No. 9781601061539 What to Eat (with magnet) £7.95





No. 9781601069900 What to Eat (with magnet) £7.95



No. 9781601069887What to Get Done **£7.95**





No. 9781601065568What I Ate (with magnet) **£7.95**





No. 9781601068781 Action Items! £7.95





No. 9781601061645 Make a Decision £7.95





No. 9781601062758 Crap £7.95





No. 9781601066206 Get Your Shit Together £7.95





No. 9781601066824 WTF Am I Doing? £7.95



SPECS: 60 sheets; adhesive binding, All Out Of pads have magnet on back | SIZE: 6 x 9 inches; 15.2 x 22.9 cm | PKG: Shrinkwrapped | INNER: 6 | PRICE: £7.95



No. 9781601061591 Things...House (with magnet) £7.95







No. 9781601061560 Pack This! £7.95







No. 9781683491019 Productive AF! **£7.95**





No. 9781601061546 All Out Of Pad (with magnet) £7.95







No. 9781601061935All Out Of Pad (with magnet) **£7.95**





No. 9781601061942 All Out Of Pad (with magnet) £7.95







No. 9781601062253 Self-Therapy **£7.95**





No. 9781601068026 Love About You Today £7.95





No. 9781601061614Paper Voodoo **£7.95**





No. 9781601061522 To Do (Blue) **£7.95**





No. 9781683491002 Today's the Day **£7.95**





No. 9781683491514 Pro/Con £7.95



GAME PADS

SPECS: Cardstock cover, 60 sheets (6 games, 10 sheets each); adhesive binding | SIZE: 6 x 9 inches; 15.2 x 22.9 cm | PKG: Shrinkwrapped | INNER: 6 | PRICE: £9.95



No. 9781683493457 Road Trip £9.95







No. 9781683493464 Staycation £9.95







No. 9781683493471 Camping £9.95







ON-THE-GO GAME PAD

SPECS: Cardstock cover, 60 sheets (5 games, 12 sheets each); adhesive binding | **SIZE:** 6 x 9 inches; 15.2 x 22.9 cm **PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £9.95



No. 9781601065186 Game Pad 1 £9.95





MINI GAME PADS

SPECS: Cardstock cover, 45 sheets (3 games, 15 sheets each); adhesive binding | **SIZE:** 4 x 6 inches; 10.2 x 15.2 cm **PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £4.95



No. 9781601066916 Mini Game Pad 1 £4.95







SPECS: 50 sheets; adhesive binding | SIZE: 3.5 x 9 inches; 8.9 x 22.9 cm | PKG: Shrinkwrapped | INNER: 6 | PRICE: £5.95



No. 9781683493952 Pretty Please £5.95





No. 9781683493969 Meeting Notes £5.95



No. 9781683493884 I Just Want It All £5.95



No. 9781683493891 So Much To Do £5.95



No. 9781683493679 This Week's List £5.95



















No. 9781683493686 My Legit Goals £5.95





No. 9781683493082 All the Things £5.95





No. 9781683493075 Groceries & Shit £5.95



No. 9781683493068 Today's List £5.95



No. 9781683493099 Crap to Do **£5.95**

















SPECS: 50 sheets; adhesive binding | SIZE: 3.5 x 9 inches; 8.9 x 22.9 cm | PKG: Shrinkwrapped | INNER: 6 | PRICE: £5.95



No. 9781683493396 Stuff To Do Today £5.95







No. 9781683493402 You Got This £5.95







No. 9781683493419 Hot List £5.95







No. 9781683493426 Have a Super Day £5.95





NIFTY NOTES More Nifty Notes on next page ▶

SPECS: 50 sheets; adhesive binding | SIZE: 4 x 5.25 inches; 10.2 x 13.3 cm | PKG: Shrinkwrapped | INNER: 6 | PRICE: £4.95



No. 9781683493976 Apology (Refresh) £4.95







No. 9781683493983Passive Aggressive (Refresh) £4.95





No. 9781683493990 Random Note of Kindness £4.95





No. 9781683494003 We Need to Talk £4.95



TO ORDER: email info@abramsandchronicle.co.uk · or click here for representation page



No. 9781683493693 Paper Tantrum £4.95





NIFTY NOTES More Nifty Notes on next page ▶

SPECS: 50 sheets; adhesive binding | SIZE: 4 x 5.25 inches; 10.2 x 13.3 cm | PKG: Shrinkwrapped | INNER: 6 | PRICE: £4.95



No. 9781683493709 Awesome Citation £4.95







No. 9781683493716 WTF £4.95





No. 9781683493723 While You Were £4.95







No. 9781683493570 Attitude of Gratitude £4.95





No. 9781683493587 You Good? £4.95







No. 9781683493044 Paper-Fortune Teller £4.95





No. 9781683492511 Permission Slip £4.95





No. 9781683492504 Honorary Unicorn £4.95





No. 9781601061454 Apology £4.95





No. 9781601063045 Passive-Aggressive £4.95





SPECS: 50 sheets; adhesive binding | SIZE: 4 x 5.25 inches; 10.2 x 13.3 cm | PKG: Shrinkwrapped | INNER: 6 | PRICE: £4.95



No. 9781601066213 Awesome Citation **£4.95**



No. 9781601061508 Bitch Citation £4.95



No. 9781601061485 Pep Talk **£4.95**



No. 9781601063380 WTF £4.95



No. 9781683491156 Party Foul **£4.95**























No. 9781601068095Paper Tantrum **£4.95**





No. 9781683493051 Self-Care Rx £4.95





No. 9781683491781



PERFORATED PAD

SPECS: 60 sheets, perforated; chipboard backer; adhesive bindin **SIZE:** 6 x 9 inches; 15.2 x 22.9 cm | **PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £7.95



No. 9781601065667 To Do/To Buy £7.95





RECEIPT CATCHER

SPECS: Accordion-style organizer with elastic closure and foil stamping; 6 tabbed section dividers with preprinted labels; notepad; pen | **SIZE:** 4 x 7.25 inches; 10.2 x 18.4 cm

PKG: Shrinkwrapped | INNER: 4 | PRICE: £13.95





No. 9781601069542 Money, Money, Money **£13.95**





PEN-TO-PAPER MOUSEPAD

SPECS: 60 sheets; diecut pen holder; adhesive binding on top and left side | **SIZE:** 9.5 x 8.5 inches; 24.1 x 21.6 cm **PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £9.95



No. 9781601068156 My Awesome Week £9.95





PAPER MOUSEPADS

SPECS: 60 sheets; adhesive binding on top and left sides | SIZE: 9.5 x 8 inches; 24.1 x 20.3 cm | PKG: Shrinkwrapped | INNER: 6 | PRICE: £9.95







No. 9781601062543 5 Days a Week **£9.95**





No. 9781601062550 Information Central £9.95





No. 9781683493617

Mousepad: InfoCentral (Blue/Gray) £9.95





STICKY MOUSEPADS

SPECS: 60 sheets with repositionable adhesive | SIZE: 8.375 x 8.375 inches; 21.3 x 21.3 cm | PKG: Shrinkwrapped | INNER: 6 | PRICE: £8.95



No. 9781683493280 Make a Plan £8.95







No. 9781683493297 WTF £8.95







No. 9781683493303 Crush Some Goals £8.95





Psst: I'm sticky!

ORGANIZER STICKIES

SPECS: 60 sheets with repositionable adhesive | **SIZE:** 8.375 x 8.375 inches; 21.3 x 21.3 cm | **PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £4.95



No. 9781683493273 WTF £4.95





STICKY CITATIONS

SPECS: 60 sheets with repositionable adhesive; adhesive binding | **SIZE:** 4 x 6.5 inches; 10.1 x 16.5 cm

INNER: 6 | **PRICE:** £5.95



No. 9781683492528 Fart Citation £5.95



No. 9781683492542 Badass Citation £5.95









STICKY NOTE VARIETY PACKETS

SPECS: Paper-over-board folio, 4 pads of 30 sheets each with repositionable adhesive | SIZE: 3.75 x 6.75 inches; 9.5 x 17.1 cm | PKG: Resealable polybag

INNER: 4 | **PRICE:** £8.95





No. 9781683493754 Crap Ever End? £8.95









No. 9781683493761 All The Things £8.95



REAL BIG STICKIES

SPECS: 100 sheets; repositionable adhesive | SIZE: 4 x 4 inches; 10.2 x 10.2 cm | INNER: 8 | PRICE: £4.95



No. 9781683493143 Actual Fuck £4.95



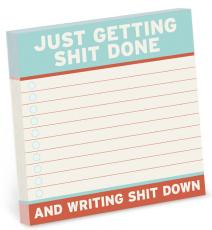




No. 9781683493150 Adulting £4.95







No. 9781683493167 Getting Shit Done £4.95







No. 9781683493174 Thinking Out Loud £4.95





SPECS: 75 diecut sheets with repositionable adhesive | SIZE: 3 x 3 inches; 7.6 x 7.6 cm | INNER: 8 | PRICE: £3.50





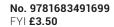






No. 9781683491149 Crap £3.50







No. 9781683491385 XOXO £3.50



No. 9781683491392 Help £3.50



No. 9781683491415 Today £3.50



STICKY NOTES

More Sticky Notes on next page ▶

SPECS: 100 sheets with repositionable adhesive | **SIZE:** 3 x 3 inches; 7.6 x 7.6 cm | **PKG:** Shrinkwrapped **INNER:** 8 | **PRICE:** £3.50



No. 9781683491569 Cool £3.50





No. 9781683491422 Hello £3.50





No. 9781683493334 Crap £3.50





No. 9781683492931 Blah Blah Blah £3.50





No. 9781683492948 Just Sayin' £3.50





SPECS: 100 sheets with repositionable adhesive | SIZE: 3 x 3 inches; 7.6 x 7.6 cm | PKG: Shrinkwrapped | INNER: 8 | PRICE: £3.50



No. 9781683494034 Hot Take £3.50







No. 9781683494041 It's a Vibe £3.50







No. 9781683493853 OMG £3.50





No. 9781683493860 Thank You £3.50





No. 9781683493877 XOXO £3.50







No. 9781683492849 Mental Note (Fresh Look) £3.50







No. 9781683492856 Nag Note (Fresh Look) £3.50





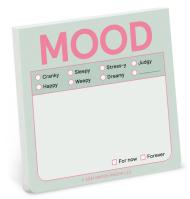


No. 9781683492955 Deal with This £3.50





SPECS: 100 sheets with repositionable adhesive | SIZE: 3 x 3 inches; 7.6 x 7.6 cm | PKG: Shrinkwrapped | INNER: 8 | PRICE: £3.50



No. 9781683493310 Mood £3.50







No. 9781683492863 WTF (Fresh Look) £3.50







No. 9781683492870 High Five (Fresh Look) **£3.50**







No. 9781683492887To Do (Fresh Look) £3.50







No. 9781683493327 You Got This £3.50







No. 9781601065087 Thank You £3.50







No. 9781683490463 To Do £3.50







No. 9781601063465 Mental Note £3.50





SPECS: 100 sheets with repositionable adhesive | SIZE: 3 x 3 inches; 7.6 x 7.6 cm | PKG: Shrinkwrapped | INNER: 8 | PRICE: £3.50



No. 9781601062437 Nag Note £3.50







No. 9781601063472 Crap £3.50







No. 9781601064042 Deal With This £3.50







No. 9781601065056 High Five £3.50





GREAT BIG STICKIES

SPECS: 60 sheets with repositionable adhesive | SIZE: 4 x 6 inches; 10.2 x 15.2 cm | PKG: Shrinkwrapped | INNER: 6



No. 9781683492108 Fake News **£5.95**





No. 9781683490517 Get Shit Done **£5.95**





No. 9781601067753 Today's Plan of Attack £5.95







GREAT BIG STICKIES DISPLAY

CIICK HERE FOR DETAILS No. 9781601068941



STICKY NOTE DISPLAY

CIICK HERE FOR DETAILS No. 9781601068958

STICKY NOTE PACKETS

SPECS: 6 pads, 40 sheets each with repositionable adhesive | SIZE: Packet: 8.25 x 5.5 inches; 21 x 14 cm; Pads: 2.75 x 2.75 inches; 7 x 7 cm | PKG: Self-sealing polybag | INNER: 4 | PRICE: £9.95



No. 9781683493181 I'm So Goals £9.95







No. 9781683493198 Current Mood £9.95







No. 9781601064721 Honest Acronyms £9.95







No. 9781601065117 To Accomplish £9.95







No. 9781601069078 Tell It Like It Is £9.95







No. 9781601069085 It's All Good £9.95





METALLIC STICKY FLAGS

SPECS: 6 sets of sticky flags; foil stamping; backer card; polybag **SIZE:** 2.5 x 5 inches; 6.4 x 14 cm | **INNER:** 8 | **PRICE:** £3.95

OH-SO EXTRA STICKY SETS WITH GEL PEN

SPECS: 2 pads, 75 sheets each with repositionable adhesive and foil stamping; metallic gel pen | **SIZE:** 4 x 6.5 inches; 8.9 x 16.5 cm **PKG:** Shrinkwrapped | **INNER:** 4 | **PRICE:** £8.95



No. 9781683492665 Fuck Yeah / Fuck No **£3.95**







No. 9781683492740 Oh Shit / No Shit £8.95



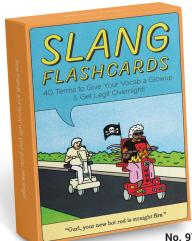


No. 9781683492757 WTF / OMFG £8.95



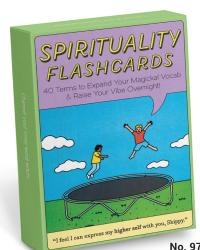
Flashcards

SPECS: 41 cards; tuck-flap box | SIZE: 4 x 6 x 1 inches; 10.2 x 15.2 x 2.5 cm | PKG: Shrinkwrapped | INNER: 6 | PRICE: £12.95



No. 9781683493488 Slang Flashcards £12.95







CHANT — see also OM, MINDSHIF I AM THAT I AM, ON REPEAT

"I found out I've been saying my

mantra wrong for a year.

It's like I've been living a lie."

No. 9781683493495

Spirituality Flashcards £12.95





AFFIRMATIONS FROM THE DECADES

SPECS: Box with pull-off lid; 51 cards, with instruction card and rounded corners; full-color illustrations throughout | SIZE: 3.5 x 4.6 x 1 inches; 8.9 x 11.7 x 2.9 cm | PKG: Shrinkwrap

INNER: 6 | **PRICE:** £13.95

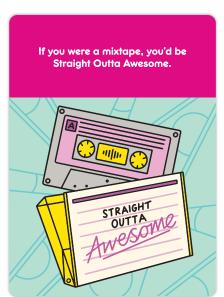


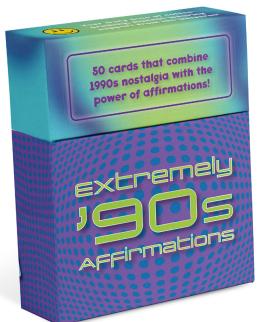
No. 9781683494058Totally '80s Affirmations **£13.95**







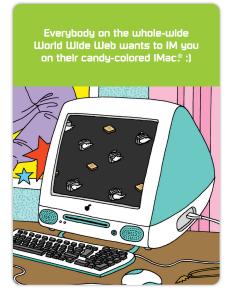




No. 9781683494065 eXtremely '90s Affirmations **£13.95**



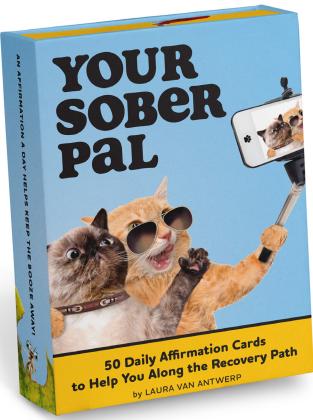






SPECS: Portfolio-style box with tray and magnetic closure; 51 cards, with instruction card and rounded corners | **SIZE:** 3.75 x 5 x 1 inches; 9.5 x 12.7 x 2.5 cm | **PKG:** Shrinkwrap

INNER: 6 | **PRICE:** £13.95



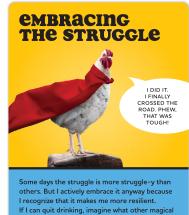
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0.784463

Your Sober Pal Deck £13.95



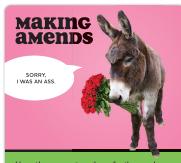




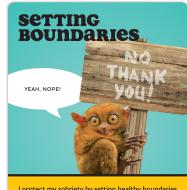
stuff I can accomplish! Climb a mountain?

Sobriety makes anything feel possible!

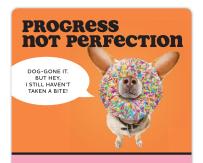
Run a marathon? Organize my underwear drawer?



I have the courage to make up for the ways I hurt others when I was boozing. Making amends helps me release guilt, heal shame, and stay accountable. It also offers closure to those I hurt. If they choose to forgive me, awesome. If they flip me the bird with both hands, I understand. Whatever happens, I can accept it with grace, humility, and a ten-page journal entry soaked in my tears (you know, to give it texture).



I protect my sobriety by setting healthy boundaries. This includes telling people no when I need to, leaving situations that trigger me, and saying what I mean without saying it mean. So long, snippy human grupp... hello master jedi of love, personal agency, and self-respect!



I try to banish all-or-nothing, get-it-right-or-I-totally-suck thinking and welcome baby steps and setbacks as a normal part of the recovery process. Someday, I'll look back on all those awkward, fumble-filled, uncomfortable moments of growth and feel grateful I never gave up. Plus, I'd love a crappy Lifetime movie about my life someday, and we have my set and the happy ending even more satisfying . . . so, there's that!

CELL PHONE TIMEOUT POUCHES

SPECS: 4 cardstock capacity pouches with flap and sturdy string & button closure; cardstock j-wrap | **SIZE:** 8.5 x 7.25 inches; 21.6 x 18.4 cm POUCHES: 4.25 x 7.25 inches; 10.8 x 17.8 cm **PKG:** Shrinkwrap | **INNER:** 4 | **PRICE:** £8.95

DO NOT OPEN UNTIL







is happening right now, outside of my phone. I CAN DID THIS. I can resist the urge to document every little thing and to check on everyone else's life. I can spend time looking at flowers, not just photographing flowers to look at on my phone later. I am putting my phone away (FOP A WHILE) to be in the moment. I am here, right here, right now and I don't need my phone to prove it. My phone will be here when I'm ready. I can do this. HEP SHESTHS. Bye for now phone.



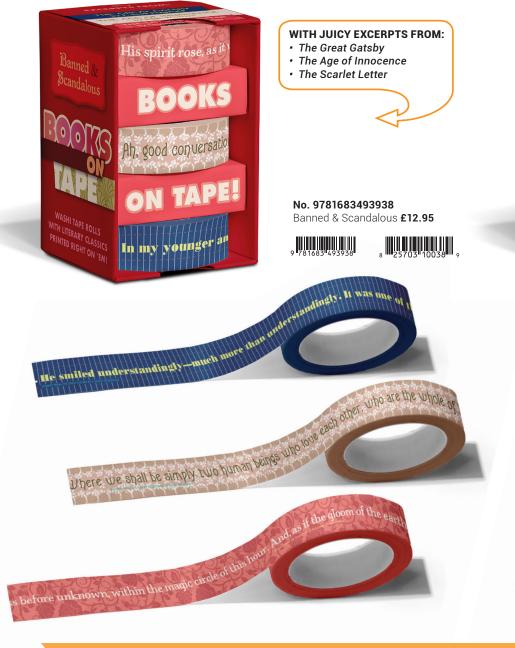
No. 9781683494157

Cell Phone Timeout Pouches £8.95





SPECS: Box with holding tray; 3 rolls of printed washi tape | SIZE: Box: 3.25 x 2.13 x 2 inches; 8.3 x 5.4 x 5 cm; Tape: 0.6 x 394 inches; 1.5 x 1001 cm | PKG: Shrinkwrap | INNER: 4 | PRICE: £12.95





WITH FUN EXCERPTS FROM:

- The Secret Garden
- · Alice in Wonderland
- The Wonderful Wizard of Oz



No. 9781683493945

Magical Worlds & Nostalgic Fantasy £12.95







INNER-TRUTH® DECKS

SPECS: 40 cards; cardboard easel; paper-over-board box | **SIZE:** Cards: 3.75×3.75 inches; 9.5×9.5 cm; box: $4.2 \times 4.2 \times 1.25$ inches; $10.7 \times 10.7 \times 3.2$ cm | **PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £10.95











No. 9781683492085 Crush Your Goals £10.95



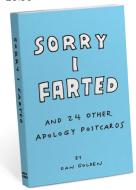


SORRY I FARTED POSTCARDS

SPECS: 25 postcards; heavy cardstock case; illustrations

SIZE: 4 x 6 inches; 10.2 x 15.2 cm | **INNER:** 4

PRICE: £9.95



No. 9781683490388 Sorry I Farted £9.95





AF DECKS BY ROXAN MCDONALD

SPECS: 100 cards; paper-over-board box; cardstock card stand; photo illustrations | SIZE: 4 x 2.6 x 2.4 inches; 10.2 x 6.5 x 6.1 cm | PKG: Shrinkwrapped | INNER: 6 | PRICE: £13.95



No. 9781683491675 Spiritual AF **£13.95**







No. 9781683491682 Grateful AF £13.95







52 FARTS PLAYING CARDS

SPECS: 52 standard playing cards; cello-wrapped box with easy-open strip | **SIZE:** 2.5 x 3.5 inches; 6.4 x 8.9 cm

INNER: 6 | PRICE: £7.95





No. 9781683492474 52 Farts Playing Cards **£7.95**





12-PACK WITH DISPLAY

SPECS: Pre-filled 12-pack display | **SIZE:** 5.25 x 3.7 x 4.75 inches; 13.3 x 9.4 x 12.1 cm | **INNER:** 1 | **PRICE:** £95.95



No. 9781683493921 52 Farts Playing Cards 12-Pack Display £95.95





DESKTOP INSPIRATION GENERATOR

SPECS: 100 sheets; easel covered in holographic paper **SIZE:** $8.5 \times 5.25 \times 0.75$ inches; $21.6 \times 13.3 \times 1.9$ cm | **INNER:** 4

PRICE: £11.95



No. 9781683490616

Desktop Inspiration Generator £11.95





VOUCHERS

SPECS: 20 perforated coupons; metallic foil stamping on cover | SIZE: 8 x 3.25 inches; 20.3 x 8.3 cm | INNER: 6 | PRICE: £9.95



No. 9781601067098 For Mom £9.95







No. 9781601067104 For Dad £9.95







No. 9781601060204 For Lovers £9.95





SPECS: 15 perforated vouchers; foil stamping; acetate belly band | SIZE: 7.5 x 3.25 inches; 19 x 8.3 cm | INNER: 6 | PRICE: £9.95







Let's have an actual, real-time gabfest. We can talk about anything—deep stuff, superficial stuff, dreams, gossip, smack talk, and
——. You can also feel free to melt down,
unload, ramble, shout, or complain—without interruptions or
unsolicited advice.

Convo shall last at least _____ minutes.
shall be served on request.

No. 9781683492559 Love Vouchers £9.95





No. 9781683492566 Mom Vouchers £9.95











No. 9781683492559 Love Vouchers £9.95





No. 9781683492566 Mom Vouchers £9.95







No. 9781601067432

Product Tower 17 x 71 x 17 inches (Adjustable height shelves) Large shelves: 14 x 3.5 inches; 35.6 x 7.6 cm Small shelves: 7.25 x 5.75 inches; 18.4 x 14.6 cm







No. 9781601068989

Fill in the Love Display 10.25 x 5 x 5.75 inches; 26 x 12.7 x 14.6 cm Holds 16 units







No. 9781601068941

Great Big Stickies Display 9 x 8 x 7.5 inches; 22.9 x 20.3 x 19.1 cm Holds 20 units







No. 9781601068941

Mini Inner-Truth Journal Display 9 x 8 x 7.5 inches; 22.9 x 20.3 x 19.1 cm Holds 16 units







No. 9781601068958

Sticky Note Corrugate Display 9.75 x 6.75 x 10 inches; 24.8 x 17.1 x 25.4 cm Holds 72 units





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