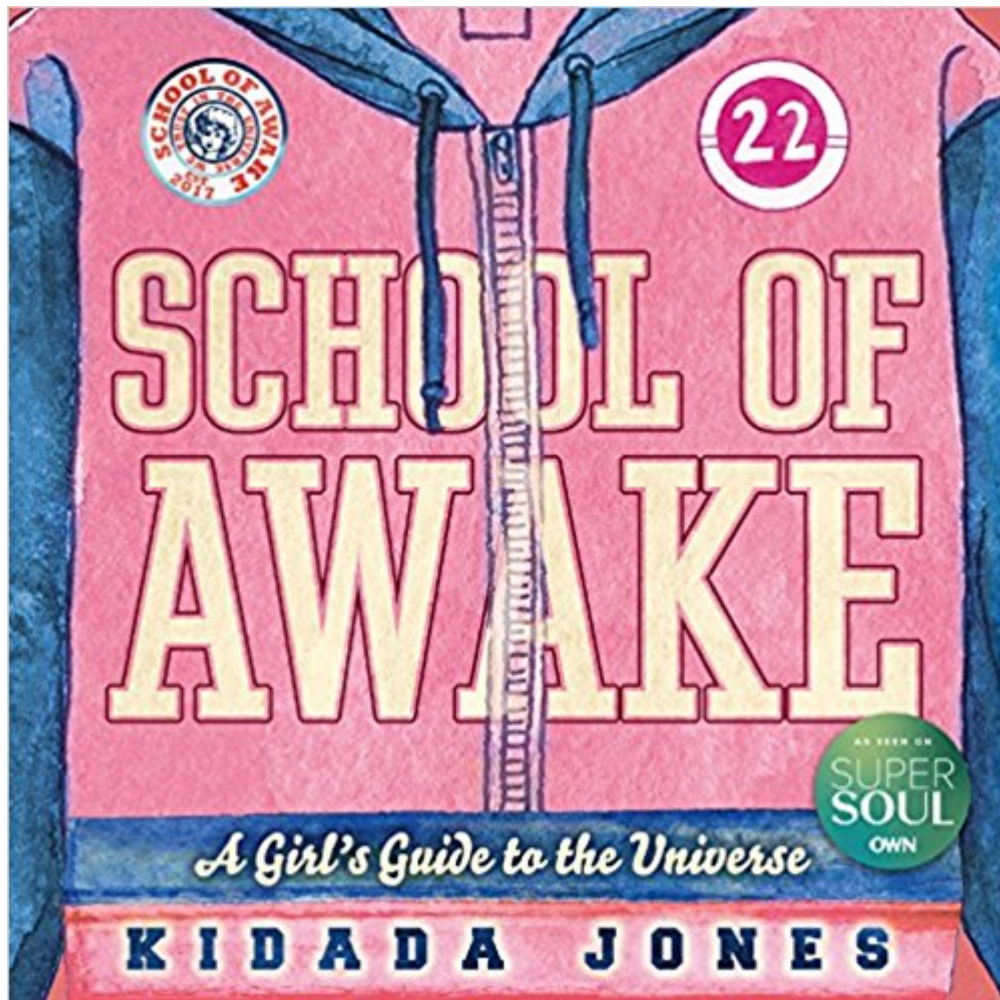




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School Of Awake: A Girl's Guide To The Universe



Synopsis

The One and Only Girl™s Guide to Greatness Do you believe in wishes? Did you know you are made of stardust? Have you ever been curious about how you fit into this big old universe? Kidada Jones invites you to join School of Awake, where you will explore our amazing world while getting to know and love your authentic self. Kidada understands the challenges you face and offers dozens of ways to keep it real and navigate the world without losing sight of what's important. Experience the light within you through colorful illustrations, fun facts, mystical, heart-centered activities, and timeless wisdom. Explore dozens of ways to be yourself and cruise through the world without forgetting what matters most. Through Q&As, ceremonies, crafts, and even recipes, you'll learn how to: build a kit of tools that will make your life better and truly yours resist bullying by putting bullies on ice create a giant dream catcher, a galaxy on the go, and affirmation flags connect to your heart in difficult moments make a personalized wish jar for your best and brightest dreams This unique introduction to mind, body, and spirit consciousness overflows with empowering advice for becoming your best self. It will fill you with a sense of being connected to the entire universe while standing firmly in your one-of-a-kind beauty. Each page brims with powerful, positive energy to help you move through your life with joy and love. This is not like any school you've ever attended or any book you've ever read!

Book Information

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Customer Reviews

Lessons include mindfulness exercises, reflective writing activities, yoga poses, and affirmations, along with several activities that help inspire mental and emotional well-being. . . . it also gets practical, addressing bullying, crushes, and learning how to be a good friend. The coolest

thing about this book is that none of the activities involve using social media, leaving readers to truly tap into the creative, undistracted self. Despite the subtitle, this book's affirming messages can serve diverse genders. "Kirkus Reviews" A ton of fun, full of adventure, wisdom, and power! You'll want to return to School of Awake again and again, and you'll always discover something new. Enjoy! "Rashida Jones, from the foreword

Kidada Jones has worked as a model, fashion designer, stylist, and brand consultant. Kidada found her unique style at a young age, mixing the whimsical and contemporary to create her trademark aesthetic. Through it all, she has remained a spiritual seeker, and this book is the culmination of her journeys, presenting deep wisdom through an inviting, open combination of words and art. Kidada lives in California.

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