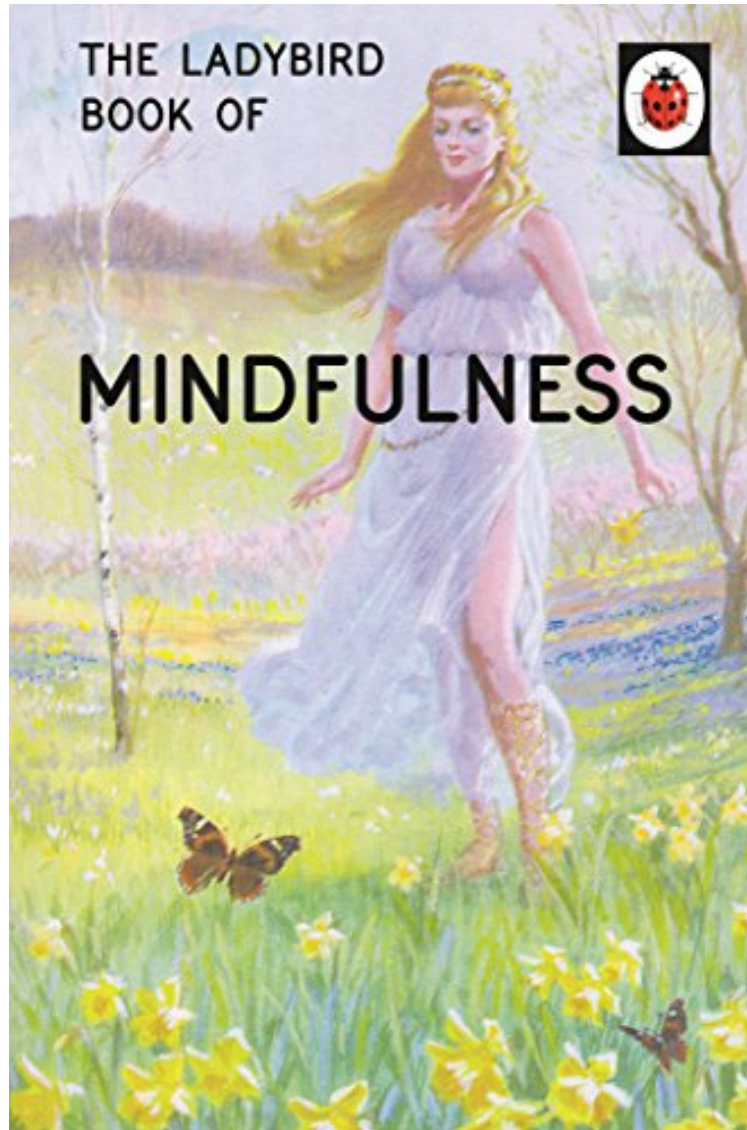


(Mobile book) The Ladybird Book of Mindfulness (Ladybirds for Grown-Ups)

The Ladybird Book of Mindfulness (Ladybirds for Grown-Ups)

Jason Hazeley, Joel Morris
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Jason Hazeley, Joel Morris : The Ladybird Book of Mindfulness (Ladybirds for Grown-Ups) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Ladybird Book of Mindfulness (Ladybirds for Grown-Ups):

0 of 0 people found the following review helpful. Five StarsBy M. FarrellHilarious.0 of 0 people found the following review helpful. Five StarsBy CustomerNicely tongue in cheek4 of 4 people found the following review helpful.

HilariousBy BacchusMaybe it's my age. When my 9 year old saw this book, she commented that I had just purchased a children's book and wondered why. We have loads of Ladybird books in our house, some from my and my wife's childhood. They were great learning tools and I still value their part of my own learning journey. Here Ladybird has subverted the whole process by producing a series of authentic looking books which lampoon the experience. I have the book on the midlife crisis on order but this one arrived a couple of days ago. I found it absolutely hilarious. The thing is, I recognise the illustrations from the actual books I grew up with in the 1960s and 1970s. However they have been subverted to new uses to hilarious effect. The one that really had me laughing was a picture of a mother with her toddler playing a small glockenspiel with a Dansette record player in the background. There is a text in the same child friendly font lampooning the fad of detoxing which says, "Jane has tried many ways of energising and detoxing." She went on a raw food diet, but the chicken made her very poorly." Then her tutor told her to "be like water". Jane thought this was a good idea." Now, just like water, she is drunk most lunchtimes." Seeing these beautifully produced books reminds me so much of childhood and also gave me a huge laugh. Highly recommended.

From bestselling authors Jason Hazeley and Joel Morris - a nugget of wisdom in the phenomenal Ladybirds for Grown Ups series. This delightful book is the latest in the series of Ladybird books which have been specially planned to help grown-ups with the world about them. The large clear script, the careful choice of words, the frequent repetition and the thoughtful matching of text with pictures all enable grown-ups to think they have taught themselves to cope. Featuring original Ladybird artwork alongside brilliantly funny, brand new text. Also available: How it Works: The Husband How it Works: The Wife How it Works: The Mum The Ladybird Book of the Mid-Life Crisis The Ladybird Book of the Hangover The Ladybird Book of Mindfulness The Ladybird Book of the Shed The Ladybird Book of Dating The Ladybird Book of the Hipster

About the Author Joel Morris is the co-writer of The Framley Examiner and the best-selling Bollocks to Alton Towers. Along with Jason Hazeley, he has written for a frankly stupid number of radio and TV comedy shows including Charlie Brooker's Screenwipe. He divides his time between London and the pub.