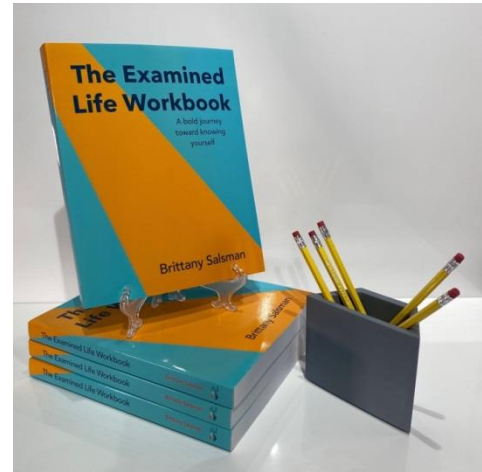
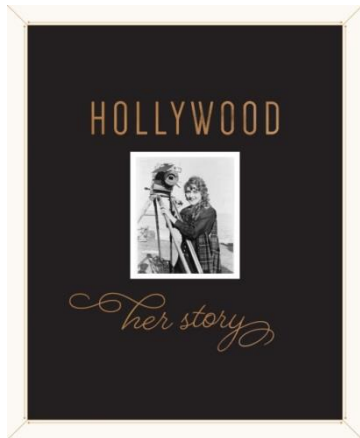


## Hollywood: Her Story

The perfect gift idea for any film buff or anyone who enjoys the movies is our best-selling and award-winning book, *Hollywood: Her Story. An Illustrated History of Women and the Movies*. More than 1200 women are featured in this beautiful book with more than 1000 images.. Available at [hollywoodherstory.com](http://hollywoodherstory.com)



## The Examined Life Workbook

Mom does everything for everyone else and sometimes loses herself in the process. Give her the gift that allows space for her to get to know herself on a deeply intimate level. In *The Examined Life Workbook*, mom will embark on a bold journey toward knowing herself - identifying where she is now, discovering who she wants to become, and developing a path to connect the two. She'll find over 70 tools, strategies, and exercises that help her exponentially increase her self-awareness, bring clarity to her future, and step more fully into her true self. [theexaminedlifeworkbook.com](http://theexaminedlifeworkbook.com)



## Me-est Me

The *Me-est Me Journal* is an 88-page workbook filled with journal prompts and action items to help you reconnect with yourself. With this approachable guide, you'll gain more self-awareness and a deeper understanding of what makes you you. [meestme.com](http://meestme.com)

## Sadie & June

the perfect gift to spread a little bit of love (which we could all use right now). We hand-embroider vintage map prints with hearts - for where you love, where you met your love, where you can't wait to travel to again. Just like the red heart, your story gets stitched into your unique piece. [sadicandjune.ca](http://sadicandjune.ca)

