



100 Hugs: A Little Book of Comfort

Sandy Gingras

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From successful author and watercolor artist Sandy Gingras comes one hundred metaphorical hugs in the form of watercolor paintings and inspirational words. This giftable little book is perfect for anyone seeking or offering comfort and solace.

There are times in life when all you need to find solace is a small gesture of consolation. *100 Hugs*, a collection of everyday comforts, offers such solace. Each hug is a reminder to slow down and take comfort in the little things, from indulging in warm cookies and milk to watching fireflies on a summer evening. Sandy Gingras's "hugs" are the beacons of light that shine through the fog of everyday life.

Sandy Gingras's uplifting words illustrated with her original watercolor art create pretty little "hugs." These hugs are perfect to give as a gift or to keep for your own personal growth. They are nourishment for the body, mind, and soul, reminding you to take a step back and become that flourishing version of you again.

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