



## Washing up is Good for you (Hardback)

By Department Store for the Mind

Octopus Publishing Group, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. Can washing up really be good for you? Can we discover a moment of insight, a wave of calm, a tickle of delight or a tingle of connection within our simple, readily available, everyday routine? Without needing to alter our entire lifestyle, can we unearth a fresh way in, hidden inside the daily and seemingly mundane? How might we flip our thinking away from resisting and towards maybe even relishing the washing up, the cleaning and the cooking? What might this do for our body, our mind and our relationships? One everyday activity at a time, artists, designers, writers, psychologists and speakers share their stories and experiences of the everyday. You will hear of family bonding over the washing up, wondrous rituals with a cup of tea and the creation of playful households. So, yes, we are suggesting that washing up can be good for you. In fact, even more than good for you! It can be liberating, relaxing, creative and healing. These ideas are deeply embedded in some of the world's most ancient wisdom. Here, we simply explore how this way of thinking can very...



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