Oups Kartchenbox Wellness Fur Herz Und Seele

#oups wellness cards #heart and soul well-being #mindfulness card set #relaxation support #self-care tools

Discover the 'Oups Wellness Card Box,' a beautifully curated set designed for heart and soul well-being. Each card offers moments of relaxation support and prompts for mindfulness, making it an ideal self-care tool. Perfect for those seeking a gentle path to inner peace, these Oups wellness cards provide daily inspiration and comfort.

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Wellness für Herz und Seele

"Shelby and her art are extremely my shit. You need this book." —Samantha Irby, New York Times bestselling author of We Are Never Meeting in Real Life "The rare Instagram-turned-book that actually works." —Jezebel A wickedly funny illustrated look at living and dating in a patriarchal culture that celebrates men for displaying the bare minimum of human decency Surely you're familiar with good boys. They're the ones who put "feminist" in their Tinder bio but talk over you the entire date. They ghost you, but they feel momentarily guilty. They once read a book by a woman author. (It was required, but they thought it was "okay.") And of course, they bravely condemn sexual harassment (except when the perpetrator is their buddy Chad). This book explores why so-called and self-proclaimed good boys are actually not so great, breaking down our obsession with celebrating male mediocrity and rewarding those who clear the very low bar of not being outwardly awful. Through clever illustrations and written vignettes, Awards for Good Boys makes literal the tendency to applaud men for doing the absolute least and offers hilarious and cathartic cultural commentary through which we may begin to unravel our own assumptions about gender roles and how we treat each other, both on and offline.

The Little Buddha

Awards for Good Boys