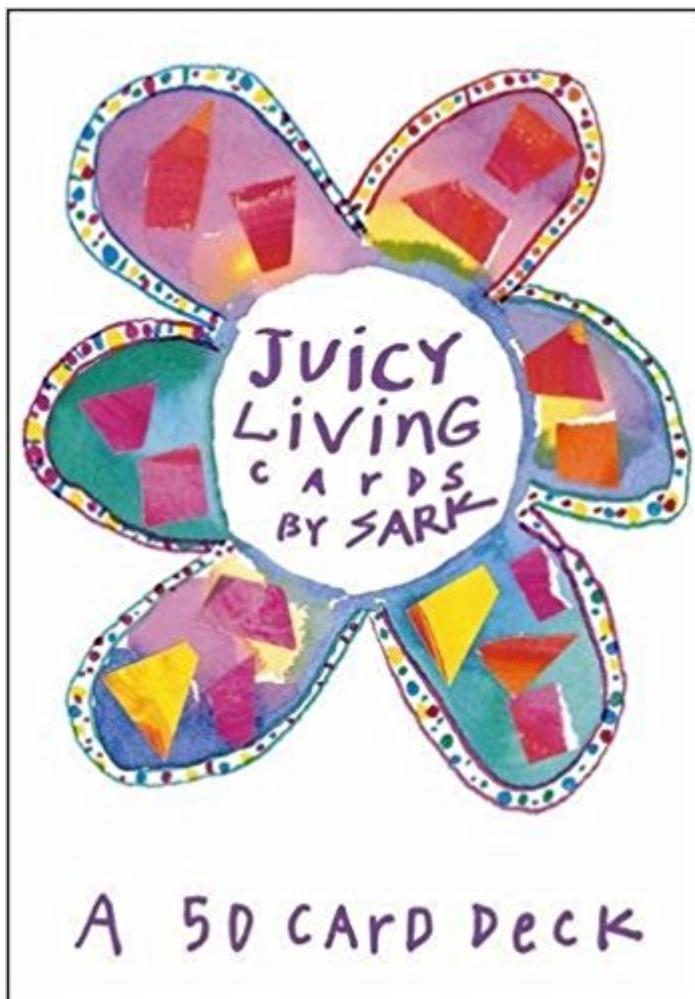


The book was found

Juicy Living Cards (Large Card Decks)



Synopsis

SARK (Susan Ariel Rainbow Kennedy) the bestselling author and artist of many books and posters about living spontaneously and creatively, brings you 50 simple ways to practice more self-love and "Juicy Living". These are new ways of looking at subjects such as time, love and money, as well as support for our "splendid imperfections."

Book Information

Series: Large Card Decks

Cards

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Best Sellers Rank: #760,806 in Books (See Top 100 in Books) #157 in Books > Religion & Spirituality > New Age & Spirituality > Self-Help #2978 in Books > Self-Help > Self-Esteem #4444 in Books > Health, Fitness & Dieting > Mental Health > Happiness

Customer Reviews

SARK is the author of 11 books, including the bestseller, *Succulent Wild Woman*. SARK is a recovering procrastinator/perfectionist who practices what she teaches!

Surprising, inspiring, honest! Truly juicy and succulent - 2 great words that I've never used in this context and for which my everyday usage will forever be changed from here on out!

Love these cards so inspirational.

Such an inspiring and gifted author..... Sarks Juicy living cards are a treat for each day. Brilliant and well done!

I use these to put in with the books I sell online. Maybe they will put a smile on their face, but I'm sure they make the people feel better - they sure do me!

"Your real vision is immeasurably valuable and I dare you to let it out! Let us all see what you have made real from your dreams and imaginations. We are waiting to see." --SARK (Susan Ariel Rainbow Kennedy)I own and have reviewed many inspirational decks, but I have never seen one like the Juicy Living Cards! I had never heard of SARK (Susan Ariel Rainbow Kennedy) until a few weeks ago, but the women who were talking about her work were absolutely gushing. "Who is this woman with a funny name?", I thought. Now I know. SARK is an artist and author of 11 books, and has produced more than 200 products to inspire creative living. She believes in inviting someone dangerous to tea, eating mangoes naked, and living juicy. What is living juicy, you may ask?

According to one of her brightly colored water-color cards: Living Juicy Means: rolling down a bright grassy hill, sleeping all day to stay in a dream, definitely taking your shoes off at the beach. Buying flowers that make you gasp. Find those places inside you that jump for joy and do things that bring out your best, most magic self! The text on the 50 cards in this delightful deck look like hand written script, and the illustrations are either lush watercolors or whimsical cartoons (the cards are a matte finish). Some words are even circled (you know, like we did when we were kids when passing a note to a classmate in order to emphasize the importance of a word), and accompany gorgeous watercolor illustrations. Every card is different. I laughed out loud at a few of the cards ("You are a delicious succulent human bean"), and sorted my favorites to include in this review. It was over half the deck. I can't exactly share all of the delightful gems of wisdom, wonderment, and inspiration on these cards, but I can share a few! One card shows an outline of a figure in bed, with Let Sleep Heal You on the blanket. When you turn the card over, there's a blue/green/purple water-color wash with We Are Not The Things We Do written in pale yellow. Another card features a blue and purple watercolor border, depicting a clothesline. On the line hangs "cozy socks", "perfect pillow", "lucky pajamas", and "magic blanket". Underneath are the words Our lives are filled with gorgeous moments, the smell of clothes dried in the sun is one of these. Relax, and let moments like these seep into your soul. On the back of the card, a whimsical cup with rising steam says Measure Time By Mugs Of Tea. A smiling blond woman holding a bouquet says I bring you gorgeous flowers to stand beside your gorgeous self on yet another card--the back awash in gentle green with the pale yellow words Go to where you want to be, and the resources will follow. One of my favorites is a "prayer pie" that says: May you unfold willingly May you be truly nourished May peace be in your every step May gratitude fill you May you reach others with your radiant heart Sometimes, we just don't give ourselves permission to let out the magical child within, let alone to love imperfectly, rest, and "eat impossibly delicious cake" (that's what you eat when you invite someone dangerous to tea,

you see). If you find it difficult to give yourself permission to sing a song of surrender, stop doing (just for right now), dance with color, relax, risk the healing, play outside, take a leap of faith, or write your life so that others may be illuminated, then let SARK do it for you with these uplifting cards. (To see 6 images from this deck, visit the Reviews--Decks section at [...])

Juicy Living Cards are reminders of living exuberantly and joyfully, especially when you feel stuck or crabby. The cards help give you permission to "Be How You Actually Are." Draw a card randomly, and let serendipity guide you in gaining a new perspective. Remember, it only takes a second to shift into a new place!" ~SARK Susan Ariel Rainbow Kennedy is a best-selling author, speaker, teacher and artist. She has designed 50 cards to show us how to live a more spontaneous life. Each whimsical card presents a powerful new way to look at our lives. Living Juicy is a way to say that you are allowed to roll down a bright grassy hill, sleep all day to stay in a dream or take your shoes off at the beach. You could also buy flowers, find places inside yourself that make you happy or do things that bring out your magical inner creature. The message also seems to be about letting out our inner child, the nurturing woman and the sexy goddess. Some of my favorite cards included: Front of Card: "Invite Someone Dangerous To Tea" - on this card you are encouraged to fling yourself into story telling and tea sipping. Dangerous tea also includes delicious chocolate cake! Back of Card: "Let's share outrageous stories and eat impossibly delicious cake." Front of Card: Your Dreams Need YOU to Make Them Real Back of Card: Your Dreams Are Already Coming True SARK's cards show a sense of exuberance and joy and she also likes "naps and dreaming." These cards do really give you permission to just "play or relax." A card that says: "Stop Doing" might encourage you to pull out a meditation or yoga DVD. "The Inspiration Guide" is a fun idea. After you read: "Open a book to any page let that paragraph inspire you," you might go find a book and actually try this activity. Her idea reminds me of books by Carol Bolt where you open to a page and there is an answer for each question you have asked. The "Being a Succulent Wild Woman" card is rather cute. Here, SARK encourages us to eat mangoes, be rare and eccentric, discover your own goodness and paint your soul. This set of cards would be perfect to give to any of your friends with a bunch of flowers or you could even give individual cards away, post them at your office or leave them here or there to brighten up the world. You might need two or more boxes! :) One to keep and lots to give away. ~The Rebecca Review

I have used these cards over and over again, especially when going through the darkest nights of the Soul. Like all SARK products i find these constantly lift me up and inspire me. They provoke

Hope and feelings of 'Not being alone' out there.I love the basic symbols and words of Joy and again Hope that are written on them, plus the bright colours and the kindness they bestow upon me when i am not feeling like being very kind to myself.They challenge me to get back into life and be all that I can be. They are MANY big warm fuzzy hugs in a box that help fight off the 'Cold Prickles' of life!Whenever I catch up with friends for coffee etc i always take them with me so we can look and laugh and pull a card together. All my mates like them and enjoy using them.Like all of SARK's products, i believe they are created with love to share around the world, and Goodness knows we can always use a little extra love. :0)

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