

# Lego Build Yourself Happy The Joy Of Lego Play

by HEADON, ABBIE

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A completely new and unique take on well-being using the extraordinary power of LEGO bricks. Failing to find inner peace on a yoga mat? Overwhelmed by choosing what box set to watch next? Then it's time to grab some LEGO? bricks and build your way to joy. Playing with LEGO elements brings a sense of fun as well as calmness to everyday life. LEGO? Build Yourself Happy includes more than 20 LEGO building activities and ideas, such as builds that help you find balance, connect with friends and family and help you chill out before bed to get a better night's sleep. And best of all, you don't need any LEGO skills to enjoy the calming benefits of playing with LEGO bricks. Plus there are tips for creating your own LEGO happy space for building and how to carry a little bit of LEGO joy with you no matter where you go. It's time to play with LEGO bricks - just mind you don't tread on one!



**Price:** \$12.99 (Top Price is \$39.99)  
**Stock:** Plenty Of Stock  
**Item Code:** LEGBUYO

**ISBN:** 9781465491121  
**Book Format:** Hardcover  
**Book Collection:** Lego Titles  
**Pages:** 158  
**Dimensions:** H 197mm x W 155mm x D 15mm  
**Weight:** 370g

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