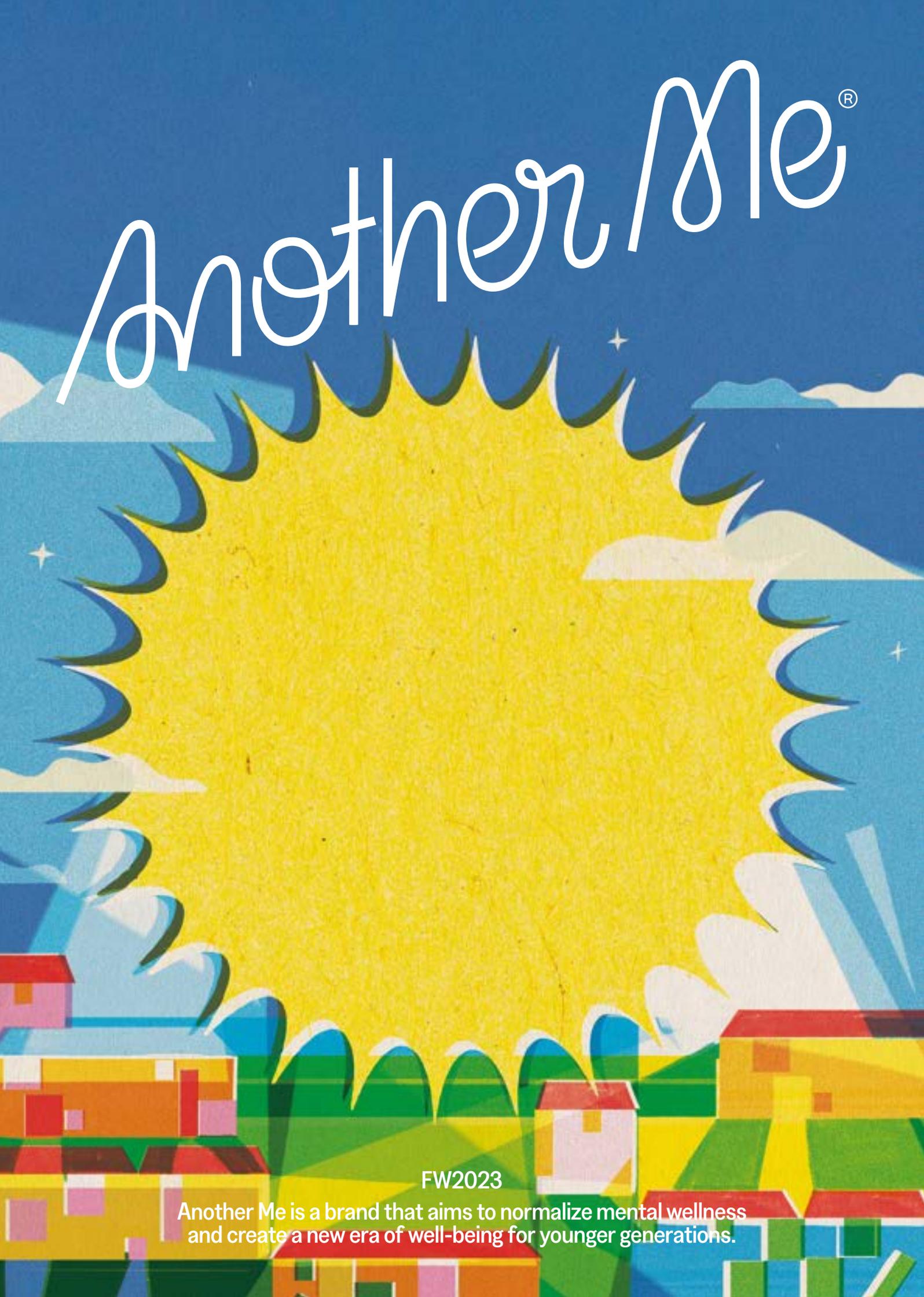


Another Me[®]



FW2023

Another Me is a brand that aims to normalize mental wellness and create a new era of well-being for younger generations.



Our Story 02

Games 06

Yoga Game **New** 06

30 - Day Challenge®

Magical Morning New	12
Sleep Well	12
Happiness	13
Creativity	13
Meditation	14
Mindfulness	14
Acceptance	15
Gratitude	15
Good Karma	16
Self-Care	16
Self Confidence	17
F**k It	17
Yoga	18
Face Yoga	18
Fitness	19
Healthy Lifestyle	19
Slow Life	20
Go Green	20
Vegan	21
Less Is More	21
Parents-To-Be	22
Girl Power	22
Digital Detox	23

100 - Curious Facts

People Who Changed The World New	28
General Knowledge	28
Art	29
Cinema	29
Dogs	30
Cats	30
Plants	31
Astrology	31
Girl Power	32
LGBTQ+	32

Puzzles

Happiness	38
LGBTQ+	38
Flowers	39
Body Positivity	39
Happy Life	40

100 - Activities

What To Do With A Partner?	46
What To Do With Kids?	46
What Can I Do Today?	47
What Can I Watch Today?	47

50 - Day Challenge

Yoga	52
Slow Life	52
Self-Care	53

Displays 55

The story behind Another Me



Another Me is a brand that aims to normalize mental wellness and create a new era of well-being for younger generations.



To plant a garden,
is to believe in
tomorrow

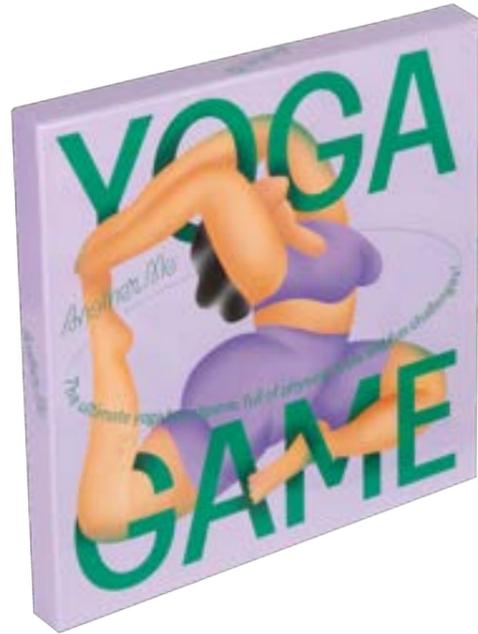
Another Me is a brand focused on helping you to take care of yourself and be happy on a daily basis. Its collections invite you to live an experience centered on a quest towards mental wellness, in order to ultimately reconnect you with your own inner peace and feel good every day. They are objects with a message and purpose, addressing different topics such as healthy lifestyles, mindfulness, and acceptance from a fresh, modern, and optimistic perspective. Through its pieces, Another Me means to be the voice of a new generation, who want to create a better world and make self-care and mental wellness a priority.

The brand Another Me is actively contributing to the promotion of well-being in our society by donating a portion of our sales to various worldwide mental health organizations.

Welcome to our world of wellness experiences! We thank you for dropping by and hope you will enjoy the ride!

Yoga Game

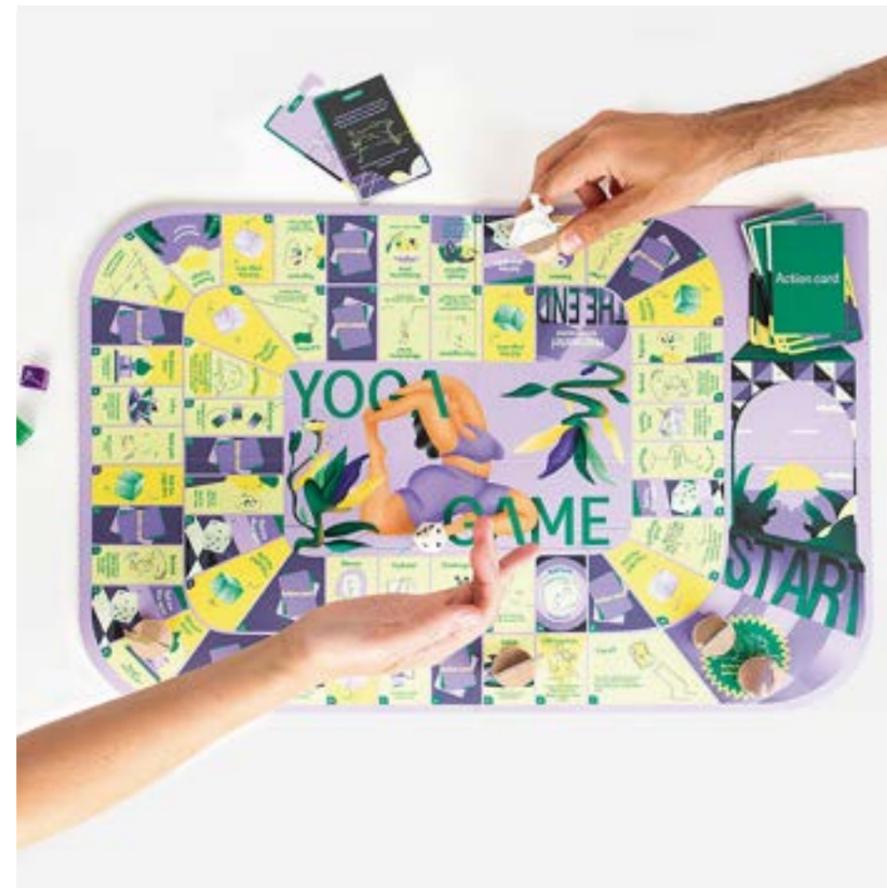
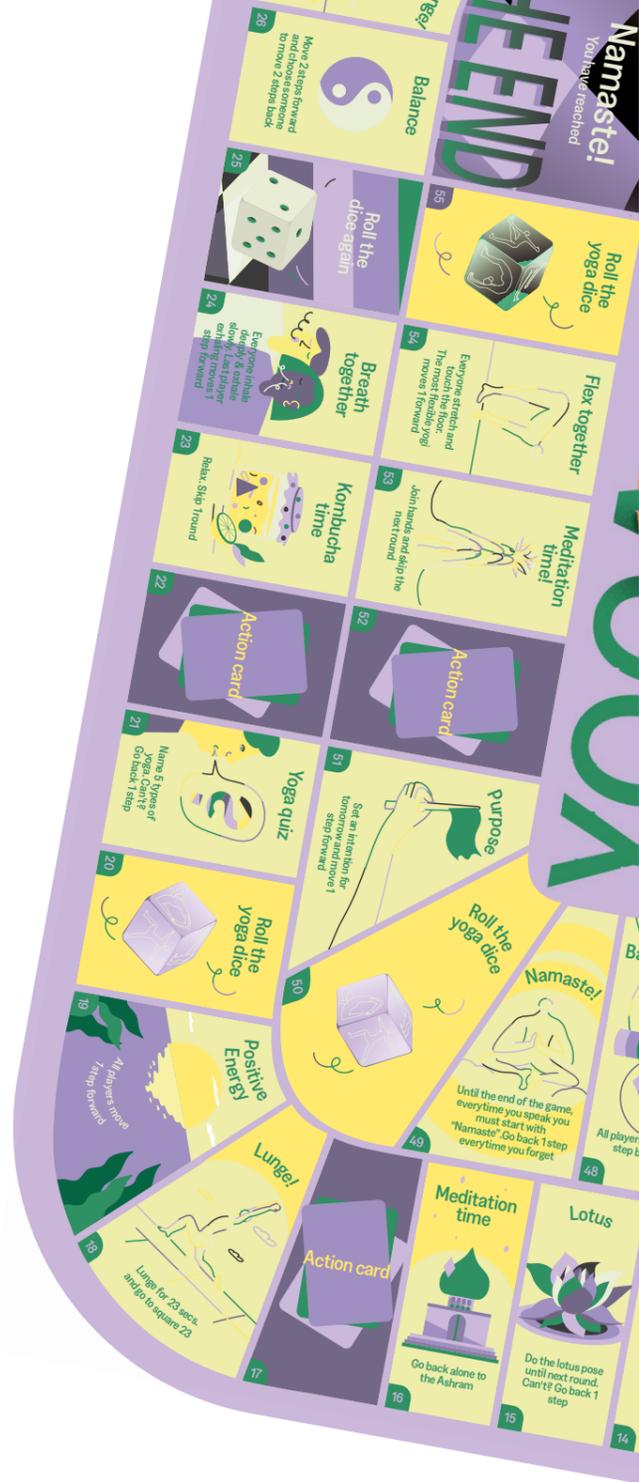
Do you eat, sleep, love and think like a Yogi? Or do you really want to perfect that one yoga pose you just can't get right? Roll the dice and enter a world full of physical challenges, yogi knowledge, queries and fun group activities. Race to get to the end but be cautious... With every step, comes a new challenge; and around every corner, a secret pitfall.



The ultimate yoga gameboard, full of physical tests and fun challenges!

DESCRIPTION: Board Game
 SKU: AMBOGAMEYOE
 LANGUAGE: English
 PACKAGING SIZE: 29,5x28,2x2,5 cm
 BOARD SIZE: 38x57 cm
 UNIT EAN CODE: 8436564296405
 CASEPACK: 6

New



GOAL OF THE GAME:
 Complete all the yogi challenges and be the first to reach the end to claim your victory as yogi master.

HOW TO PLAY:
 Throw the regular dice and move forward in accordance with the number rolled. Each square on the board contains an action that you must complete successfully in order to keep moving along. You might also find traps along the way that might cause you to revert.

CONTENT:
 1 Regular Dice
 2 Themed Dice
 6 Bits
 1 Board
 27 Actions Cards
 Instructions Brochure

PLAYERS:
 2-6

AGE:
 Over 12 years old



30-Day Challenge[®]



This series of 30-day challenges will help you improve your wellness and reach important goals while enjoying more than ever your everyday life through amazing activities.



30-Day Challenge



The power of repetition

A habit is a learned automatic response. Forming new healthy habits—or breaking bad ones—involves multiple steps including making a decision to change, initiating the new behavior, and repeating it often. It is only through regular practice that you will be able to adopt new ways of approaching life, reset your mindset and feel good. This series of 30-day challenges will propose different actions every day, all of them focused on training your brain towards the same goal. This practice will help you get the ball rolling in order to transform your life.

How does it work?

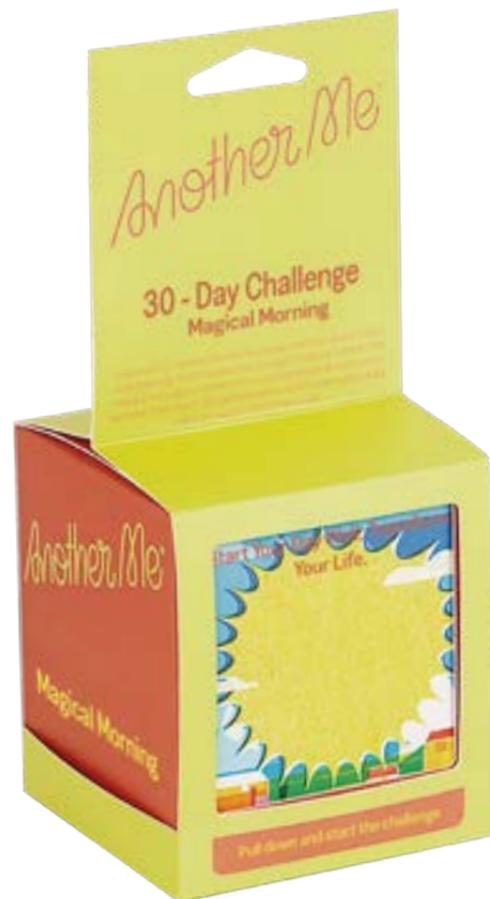
This series of 30-day challenges are tickets boxes that invite you to live experiences throughout 30 days in order to reach a goal. You pull a ticket every day to discover an activity. To complete this little treat to yourself, you will need to find some quality "me time" in your busy schedule, to pause for a moment and live a meaningful and valuable experience. Committing to a 30-day challenge has plenty of benefits, and provides the boost you may need to get started making a change. Once started, the daily focus boosts momentum to implement the desired change consistently. As you keep going, achieving small successes can help motivate you to keep going. Enjoy your month!

On each ticket you will find an action to complete on the front and some extra informative content on the back. The backside information will explain to you the benefits of the activity and will give you tips on how to complete it. We recommend doing your 30-day challenge daily, consistently during one month to get better results; however, it is also okay if you do it whenever you can. Either way, practice it mindfully and think of your goal before starting each experience.



Magical Morning

The way you start your day is arguably the single most important decision you can make in setting yourself up for the day that you're going to create. Having a good morning routine is crucial for a better quality of life. If you start your day with great habits, you will gain more energy, motivation, focus and a sense of self-accomplishment. This 30-Day Magical Morning Challenge proposes a daily morning activity with different focus such as activation, relaxation, organization, creativity etc. Experiment during 30 days all these rituals and after a month you will be able to choose the activities that best worked for you and create your own magical morning.



DESCRIPTION: 30-tickets box
SKU: AM30CHBOMME
LANGUAGE: English (also available in French, German and Spanish)
PACKAGING SIZE: 8,3×8,3×20 cm
UNIT EAN CODE: 8436602101548
CASEPACK: 6

New

Sleep Well

Sleep plays a key role in our health. In fact, it's just as important as healthy eating and exercise. Lack of sleep can provoke serious physical and mental issues. The growing presence of technology in our lives and a general increase in stress levels, among other things, has triggered a reduction in both sleep quantity and quality. It's time to take action and make sleep a priority. This 30-Day Sleep Well Challenge offers a daily tip to create a perfect sleep routine and significantly improve your nights. Each ticket includes an action on the front side with additional benefits and information of each action on the back side.



DESCRIPTION: 30-tickets box
SKU: AM30CHBOSWE
LANGUAGE: English (also available in French, German and Spanish)
PACKAGING SIZE: 8,3×8,3×20 cm
UNIT EAN CODE: 8436564297976
CASEPACK: 6

Happiness

Happiness is not a destination; it is a way of life. It is happening here and now, in every little detail of our day. Most of the time, simple things can make a huge difference in our well-being. Happiness raises from being present, feeling inner peace, reaching emotional freedom, having the sense of community, building meaningful relationships, and so many little things that we have at hand and that we can integrate easily in our life to make it a happier journey. This 30-Day Happiness Challenge proposes a daily action to help make you feel amazingly good. Each ticket includes an action on the front side with additional benefits and information of each action on the back side.



DESCRIPTION: 30-tickets box
SKU: AM30CHBOHAE
LANGUAGE: English (also available in French, German and Spanish)
PACKAGING SIZE: 8,3×8,3×20 cm
UNIT EAN CODE: 8436564299635
CASEPACK: 6

Creativity

Most of us are living busy lives in a fast-moving world, spending most of our days working and consistently trying to please others. We hardly leave any time for ourselves, and even less time to cultivate our creativity. We end up doubting our potential and conforming with the idea that we are not creative. However, creativity is a fundamental tool in life; it helps us solve problems, increase self-confidence and reduce stress. We all have a creative soul; we just need some inspiration and means to let it out. This 30-Day Creativity Challenge suggests a daily activity to rekindle your creativity and reconnect with your inner artist. Each ticket includes an action on the front side with additional benefits and information of each action on the back side.



DESCRIPTION: 30-tickets box
SKU: AM30CHBOCRE
LANGUAGE: English (also available in French, German and Spanish)
PACKAGING SIZE: 8,3×8,3×20 cm
UNIT EAN CODE: 8436564299369
CASEPACK: 6

Meditation

Meditation is a practice in which you use a specific technique to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. Meditating on a regular basis can have a huge impact on our physical and mental health. This 30-Day Challenge proposes a daily practice throughout 30 days to introduce you to various kinds of meditations. It is an invitation to experiment plenty of types and choose your own style. Once you find the technique that works for you, you can start living your life with greater awareness and intention.



DESCRIPTION: 30-tickets box
 SKU: AM30CHBOME
 LANGUAGE: English (also available in French, German and Spanish)
 PACKAGING SIZE: 8,3×8,3×20 cm
 UNIT EAN CODE: 8436602101340
 CASEPACK: 6

Mindfulness

Mindfulness is the ability to be present; to rest in the here and now, fully engaged with whatever we are doing in the moment. Practicing mindfulness brings loads of benefits to our mental and physical health, including increased concentration, improved memory, boosted immunity, happiness and the reduction of stress and anxiety. However, we often live on autopilot mode, thinking of the past or planning the future. This 30-Day Mindfulness Challenge offers a daily exercise to help you feel more connected to your real life and find calmness, contentment and clarity. Each ticket includes an action on the front side with additional benefits and information of each action on the back side.



DESCRIPTION: 30-tickets box
 SKU: AM30CHBOMIE
 LANGUAGE: English (also available in French, German and Spanish)
 PACKAGING SIZE: 8,3×8,3×20 cm
 UNIT EAN CODE: 8436564299758
 CASEPACK: 6

Acceptance

Acceptance is about acknowledging a situation for what it is, without attempting to change it or complaining about it. Once we start accepting, we put aside comparisons and worry, and start shaping our own identities with confidence and happiness. The only real source of suffering is when you create resistance against what is actually happening and argue with reality; because you will always lose that battle. It's all about how you surf the waves of life. This 30-Day Acceptance Challenge proposes a daily experience to help you find peace. Each ticket includes an action on the front side with additional benefits and information of each action on the back side.



DESCRIPTION: 30-tickets box
 SKU: AM30CHBOACE
 LANGUAGE: English (also available in French, German and Spanish)
 PACKAGING SIZE: 8,3×8,3×20 cm
 UNIT EAN CODE: 8436564299321
 CASEPACK: 6

Gratitude

Practicing gratitude is about being thankful for all that we have and focusing on the positive. As we concentrate on the good, we reduce stress levels, improve our mental health and increase our happiness. When you express gratitude, you raise the vibrations around you to a higher frequency, create positive energy and become magnetic. This 30-Day Gratitude Challenge suggests daily activities to help cultivate gratitude in your life and feel deeply connected. Each ticket includes an action on the front side with additional benefits and information of each action on the back side.



DESCRIPTION: 30-tickets box
 SKU: AM30CHBOGRE
 LANGUAGE: English (also available in French, German and Spanish)
 PACKAGING SIZE: 8,3×8,3×20 cm
 UNIT EAN CODE: 8436564299598
 CASEPACK: 6

Good Karma

Kindness brings lots of benefits not only to the receiver, but also to the giver and to others around you. In fact, when we act kindly towards another person, that person is much more likely to be kinder towards others in the future. This is what science has coined the 'ripple effect' of kindness. All our good deeds improve our mental and physical health by boosting happiness, increasing feelings of pride and lowering stress. Additionally, they may have an even larger impact on the world around us. This 30-Day Good Karma Challenge proposes daily acts of altruism that are easy to incorporate into our daily lives and help us feel happier and ultimately build a better world.



DESCRIPTION: 30-tickets box
 SKU: AM30CHBOGKE
 LANGUAGE: English (also available in French, German and Spanish)
 PACKAGING SIZE: 8,3×8,3×20 cm
 UNIT EAN CODE: 8436564299475
 CASEPACK: 6

Self-Care

Taking care of yourself is not a luxury but a necessity for your mental and physical well-being. It initially requires intentional daily practice so that, little by little, personal care becomes a natural part of your daily habits. It's all about creating moments just for you, putting aside the hustle and bustle of daily life. You will quickly realize that this is by no means a waste of time, but a gain of happiness. This 30-Day Self-Care Challenge proposes a delightful daily experience to take care of yourself. Each ticket includes an action on the front side with additional benefits and information of each action on the back side.



DESCRIPTION: 30-tickets box
 SKU: AM30CHBOSCE
 LANGUAGE: English (also available in French, German and Spanish)
 PACKAGING SIZE: 8,3×8,3×20 cm
 UNIT EAN CODE: 8436564299833
 CASEPACK: 6

Self-Confidence

Self-confidence is one of the most important keys to happiness and success. Very often, our doubts and fears prevent us from attaining what we want. We have tons of dreams, but our low self-esteem prevents them from coming true. Don't let self-sabotaging beliefs ruin your dreams. You are amazing, and you can do anything! This 30-Day Self-Confidence Challenge proposes a daily action to help you stop doubting yourself and start living an amazing life. Each ticket includes an action on the front side with additional benefits and information of each action on the back side.



DESCRIPTION: 30-tickets box
 SKU: AM30CHBOSEE
 LANGUAGE: English (also available in French, German and Spanish)
 PACKAGING SIZE: 8,3×8,3×20 cm
 UNIT EAN CODE: 8436564299871
 CASEPACK: 6

F**k it

Not giving a f**k can make all the difference in your life. It's not about being indifferent; it's about being comfortable in your own skin and not worrying about people's opinions. Few things really matter and merit worry, but most others do not. The secret lies in knowing when it's worth giving a f**k and when it's not. This 30-Day F**k It challenge proposes a daily action to experience the benefits of not giving a f**k. Each ticket includes an action on the front side with additional benefits and information of each action on the back side.



DESCRIPTION: 30-tickets box
 SKU: AM30CHBOFUE
 LANGUAGE: English (also available in French, German and Spanish)
 PACKAGING SIZE: 8,3×8,3×20 cm
 UNIT EAN CODE: 8436564299444
 CASEPACK: 6

Yoga

Yoga is about focusing on the present; it is the connection of your mind, body and soul. It provides you with strength, flexibility, health, peace, and ultimately happiness. Doing yoga on a regular basis is highly recommended and is a great activity to add to your daily routine in order to kick-start your day and feel better. This 30-Day Yoga Challenge proposes daily postures with a gradual increase in difficulty, to explore the art of yoga and improve your wellness. Each ticket displays a posture on front side and provides additional instructions for execution on the back side.



DESCRIPTION: 30-tickets box
 SKU: AM30CHBOYOE
 LANGUAGE: English (also available in French, German and Spanish)
 PACKAGING SIZE: 8,3×8,3×20 cm
 UNIT EAN CODE: 8436564299987
 CASEPACK: 6

Face Yoga

Ageing of the skin is a natural process that begins early in life. Face yoga can help you to improve your appearance and well-being thanks to different facial exercises. It will teach you to develop your facial muscles to help create a firmer aspect to the skin. When practiced daily, you will notice your expressions change and your creases start to smooth. This 30-Day Face Yoga Challenge proposes a daily exercise to tone your facial muscles and enhance your self-esteem. Each ticket displays an exercise on front side and provides additional instructions for execution on the back side.



DESCRIPTION: 30-tickets box
 SKU: AM30CHBOFYE
 LANGUAGE: English (also available in French, German and Spanish)
 PACKAGING SIZE: 8,3×8,3×20 cm
 UNIT EAN CODE: 8436564298058
 CASEPACK: 6

Fitness

Doing some form of exercise is crucial for maintaining good health and feeling confident. When you exercise, your body releases chemicals called endorphins. These hormones interact with the receptors in your brain that reduce your perception of pain and improve your self-esteem. However, it is sometimes hard to get that initial start and keep consistent with the practice. This 30-Day Fitness Challenge proposes a daily workout routine to stay fit and feel better.



DESCRIPTION: 30-tickets box
 SKU: AM30CHBOFIE
 LANGUAGE: English (also available in French, German and Spanish)
 PACKAGING SIZE: 8,3×8,3×20 cm
 UNIT EAN CODE: 8436564299406
 CASEPACK: 6

Healthy Lifestyle

Health is the core of life. It is a holistic concept that has different levels: physical, mental and social. Living a healthy lifestyle is crucial to boosting morale, staying in good shape and preventing disease. You can't have an optimum level of mental wellness if you don't address the basics (eating well, sleeping well, working out, etc...). This 30-Day Healthy Lifestyle Challenge offers daily tips to help you feel better, stronger and happier. Each ticket includes an action on the front side with additional benefits and information of each action on the back side.



DESCRIPTION: 30-tickets box
 SKU: AM30CHBOHLE
 LANGUAGE: English (also available in French, German and Spanish)
 PACKAGING SIZE: 8,3×8,3×20 cm
 UNIT EAN CODE: 8436564299673
 CASEPACK: 6

Slow Life

The world is moving at the speed of light: We are overwhelmed by images, technology and information 24/7. Everything is "fast": Fast-food, fast fashion. All day, between work and our personal lives, we are always running. This may cause us to lose control of our lives. Sometimes we just have to slow down, observe and enjoy. The slow-living philosophy doesn't only serve to help slow down your pace. It is a complete lifestyle. This 30-Day Slow Life Challenge proposes a relaxing daily activity to reduce your stress and find calm in your life. Each ticket includes an action on the front side with additional benefits and information of each action on the back side.



DESCRIPTION: 30-tickets box
 SKU: AM30CHBOSLE
 LANGUAGE: English (also available in French, German and Spanish)
 PACKAGING SIZE: 8,3×8,3×20 cm
 UNIT EAN CODE: 8436564299901
 CASEPACK: 6

Go Green

Daily human behaviors are unfortunately harming the environment. There are still not enough people conscious of how their actions are having a negative impact on our Earth. It is proven that if each of us makes a small individual change, we could drastically reduce global warming and create a better planet for future generations. The time to act is now. This 30 Day Go-Green Challenge provides you with a daily tip to introduce eco-friendly habits into your lifestyle. Each ticket includes an action on the front side with additional benefits and information of each action on the back side.



DESCRIPTION: 30-tickets box
 SKU: AM30CHBOGGE
 LANGUAGE: English (also available in French, German and Spanish)
 PACKAGING SIZE: 8,3×8,3×20 cm
 UNIT EAN CODE: 8436564299512
 CASEPACK: 6

Vegan

There are many myths and fears surrounding veganism. It is thought to be tasteless, boring, low in protein and expensive. However, you can have an amazing vegan lifestyle if you learn how to cook vegan cuisine. This 30-Day Vegan Challenge includes daily recipes from all over the world, with a gradual increase in level of difficulty, to help you discover how fun veganism can be, and assist you in becoming a real vegan chef. You will feel healthy and energetic, while truly enjoying your cuisine. Each ticket displays the vegan plate name on the front side, with a list of ingredients and link to our online recipe on the back side.



DESCRIPTION: 30-tickets box
 SKU: AM30CHBOVEE
 LANGUAGE: English (also available in French, German and Spanish)
 PACKAGING SIZE: 8,3×8,3×20 cm
 UNIT EAN CODE: 8436564299949
 CASEPACK: 6

Less Is More

Abundance is an inner state of being. It is neither found in material accumulation nor in a life of excess, but in the feeling of connection with oneself. Freeing up space in our physical and mental surroundings gives us room to focus our attention on the things that really matter. Minimalism is a global concept, a way of life, which encompasses environmental, relational, behavioral and many other factors. This 30-Day Minimalism Challenge invites you to act daily and do a big cleanup in your life, focus on what really matters and live better with less. Each ticket includes an action on the front side with additional benefits and information of each action on the back side.



DESCRIPTION: 30-tickets box
 SKU: AM30CHBOLME
 LANGUAGE: English
 PACKAGING SIZE: 8,3×8,3×20 cm
 UNIT EAN CODE: 8436564299710
 CASEPACK: 6

Parents-To-Be

Life's greatest adventure is coming your way and soon you'll become a parent. It's the most wonderful, overwhelming, joyful and vulnerable time of your life. You may feel a bit lost as you have no idea what lies ahead. It's true that babies don't come with their own manual and becoming a parent for the first time can be a bit stressful. But don't worry – you are stronger than you think! With a little help, you'll find your footing and enjoy the journey! This 30-Day Parents-to-Be Challenge gives you a daily tip to get you started and find the confidence you need to embrace your new role. Each ticket includes an action on the front side with additional benefits and information of each action on the back side.



DESCRIPTION: 30-tickets box
 SKU: AM30CHBOPAE
 LANGUAGE: English (also available in French, German and Spanish)
 PACKAGING SIZE: 8,3×8,3×20 cm
 UNIT EAN CODE: 8436564299796
 CASEPACK: 6

Girl Power

Over the years, women have been evolving and attaining new rights. However, we must continue to work towards true equality, as there is still much work to be done. The empowerment of women does not mean becoming masculinized, but rather celebrating our feminine essence, believing in our immense power, and not allowing society to make us feel otherwise. This 30-Day Girl Power Challenge proposes a daily action to help create empowered women. Each ticket includes an action on the front side with additional information of each action on the back side.



DESCRIPTION: 30-tickets box
 SKU: AM30CHBOGPE
 LANGUAGE: English (also available in French and German)
 PACKAGING SIZE: 8,3×8,3×20 cm
 UNIT EAN CODE: 8436564299550
 CASEPACK: 6

Digital Detox

Being connected to and immersed in the digital world has become part of everyday life. However, the use of devices has become excessive and is adding too much stress to our lives. Many experts believe that overconsumption of digital media causes a behavioral addiction that can lead to physical, psychological and social problems. For this reason, a digital detox is vital if you want to fight excessive connectivity and feel peaceful and grounded in your real life. This 30-Day Digital Detox Challenge proposes a daily action to set boundaries, reduce screen time and feel better. Each ticket includes an action on the front side with additional benefits and information of each action on the back side.



DESCRIPTION: 30-tickets box
 SKU: AM30CHBODIE
 LANGUAGE: English (also available in French, German and Spanish)
 PACKAGING SIZE: 8,3×8,3×20 cm
 UNIT EAN CODE: 8436564298010
 CASEPACK: 6

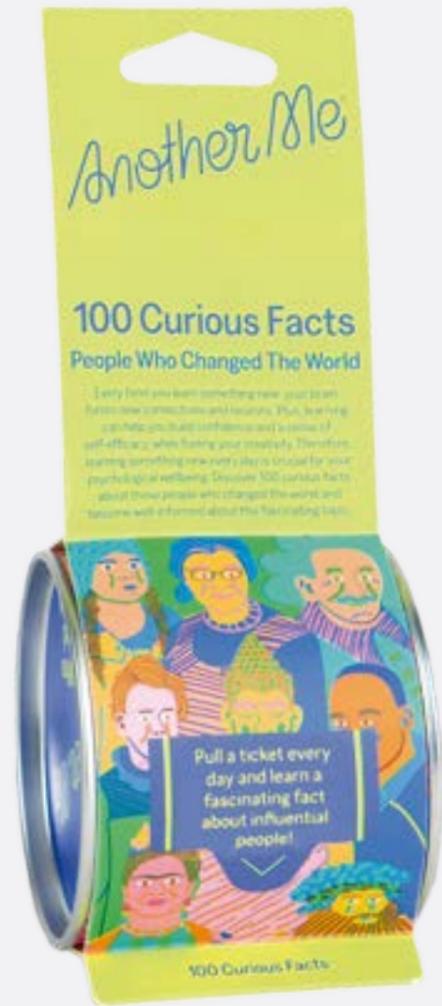


100 Curious Facts



This series of 100 Curious Facts will stimulate your brain, memory, creativity and self-esteem while informing you every day about fascinating topics.

100 Curious Facts



The power of learning

Learning new things is an incredible way to boost your mental health and improve your life. Every time you learn something new your brain forms new connections and neurons. Plus, learning can help you build confidence and a sense of self-efficacy, while fueling your creativity. Therefore, learning something new every day is crucial for your psychological well-being.

How does it work?

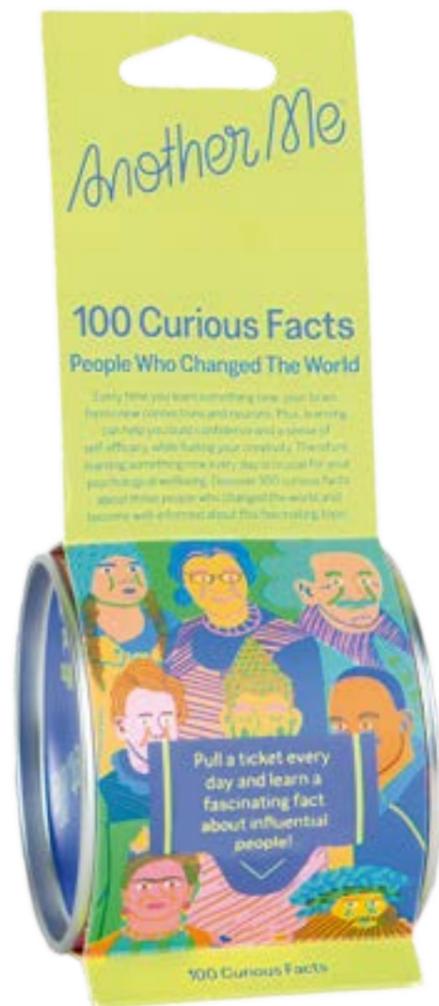
This series of 100 curious facts are ticket boxes that offer you an amazing amount of knowledge regarding different fascinating topics. Pull a ticket every day to discover a real anecdote or impressive data. These are a new format of playful, flexible, and interactive books. You can have them always at hand, at home or at work, and they will give you continuous access to plenty of amazing information. Apart from expanding your knowledge, you will also be exposed to topics that are related to better mental health, because each of them teaches us something about how to live in a more peaceful, present, inclusive and creative way.

On each ticket you will discover a new fascinating fact. There are many benefits to learning facts and acquiring new knowledge. In fact, knowledge enhances some of our mental abilities such as problem solving and reasoning. The more you know, the more you can learn.



People Who Changed The World

Socrates, Marie Curie, Martin Luther King, Bill Gates... all these are names that sound familiar to us. That's because all of these people made an impact on society in one way or another (science, human rights, pop culture, etc). The process of learning boosts your self-confidence, builds a sense of purpose, helps foster connections with others, helps build clearer opinions and assists you in making better decisions for your life. So, learning new facts about general knowledge is absolutely beneficial for your mental wellness. This ticket-box reveals a fascinating daily fact about people who made an impact in the world. Pull the ticket and stimulate your brain while increasing your knowledge and self-esteem for 100 days.



DESCRIPTION: 100-tickets box
SKU: AM100FBOPEE
LANGUAGE: English (also available in French, German and Spanish)
PACKAGING SIZE: 7,0x8,0x18,5 cm
UNIT EAN CODE: 8436602101753
CASEPACK: 6

New

General Knowledge

General knowledge opens different avenues for those seeking it. It develops social, sensitive, reasoning, and analytical thinking skills. The process of learning boosts your self-confidence, builds a sense of purpose, helps foster connections with others, helps build clearer opinions and assists you in making better decisions for your life. So, learning new facts about general knowledge is absolutely beneficial for your mental wellness. This ticket-box reveals a fun and interesting daily fact on a diverse range of topics from nature to history; even politics. Pull the ticket and stimulate your brain while increasing your knowledge and self-esteem for 100 days.



DESCRIPTION: 100-tickets box
SKU: AM100FBOGKE
LANGUAGE: English (also available in French, German and Spanish)
PACKAGING SIZE: 7,0x8,0x18,5 cm
UNIT EAN CODE: 8436564299284
CASEPACK: 6

Art

Art improves self-esteem and provides a sense of accomplishment. It produces dopamine, which makes you feel good and improves your concentration. The process of learning boosts your self-confidence, builds a sense of purpose, helps foster connections with others, helps build clearer opinions and assists you in making better decisions for your life. So, learning new facts about art is absolutely beneficial for your mental wellness. This ticket-box reveals a fun and interesting daily fact about art. Pull a ticket and stimulate your brain while increasing your knowledge and self-esteem for the next 100 days.



DESCRIPTION: 100-tickets box
SKU: AM100FBOARE
LANGUAGE: English (also available in French, German and Spanish)
PACKAGING SIZE: 7,0x8,0x18,5 cm
UNIT EAN CODE: 8436564299161
CASEPACK: 6

Cinema

Movies bring us a sense of relief, even though they can be a bit stressful at first. Watching a good movie releases dopamine, which produces feelings of pleasure. The process of learning boosts your self-confidence, builds a sense of purpose, helps foster connections with others, helps build clearer opinions and assists you in making better decisions for your life. So, learning new facts about cinema is absolutely beneficial for your mental wellness. This ticket-box reveals a fun and interesting daily fact about the movie industry. Pull a ticket and stimulate your brain while increasing your knowledge and self-esteem for the next 100 days.



DESCRIPTION: 100-tickets box
SKU: AM100FBOCIE
LANGUAGE: English (also available in French, German and Spanish)
PACKAGING SIZE: 7,0x8,0x18,5 cm
UNIT EAN CODE: 8436602101463
CASEPACK: 6

Dogs

Dogs can have a magical effect on us. They have the ability to reduce stress, anxiety and depression. They can also ease loneliness, encourage exercise and improve assist in improving your overall health. The process of learning boosts your self-confidence, builds a sense of purpose, helps foster connections with others, helps build clearer opinions and encourages you to make better decisions for your life. So, learning new facts about dogs is absolutely beneficial for your mental wellness. This ticket-box reveals a fun and interesting daily fact about dogs. Pull the ticket and stimulate your brain while increasing your knowledge and self-esteem for 100 days.



DESCRIPTION: 100-tickets box
SKU: AM100FBODOE
LANGUAGE: English (also available in French, German and Spanish)
PACKAGING SIZE: 7,0×8,0×18,5 cm
UNIT EAN CODE: 8436602100763
CASEPACK: 6

Cats

Cats improve your mental health as they have the ability to reduce stress and offer companionship. The process of learning boosts your self-confidence, builds a sense of purpose, helps foster connections with others, helps build clearer opinions and assists you in making better decisions for your life. So, learning new facts about cats is absolutely beneficial for your mental wellness. This ticket-box reveals a fun and interesting daily fact about cats. Pull the ticket and stimulate your brain while increasing your knowledge and self-esteem for the next 100 days.



DESCRIPTION: 100-tickets box
SKU: AM100FBOCAE
LANGUAGE: English (also available in French, German and Spanish)
PACKAGING SIZE: 7,0×8,0×18,5 cm
UNIT EAN CODE: 8436564299208
CASEPACK: 6

Plants

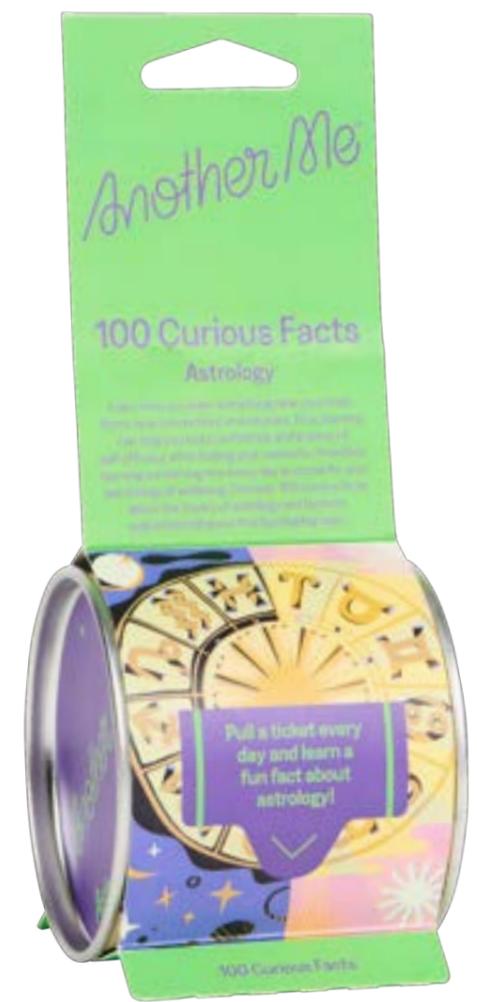
Plants help you feel more calm and relaxed, thus decreasing levels of anxiety. They also improve attentiveness and memory. The process of learning boosts your self-confidence, builds a sense of purpose, helps foster connections with others, helps build clearer opinions and assists you in making better decisions for your life. So, learning new facts about plants is absolutely beneficial for your mental wellness. This ticket-box reveals a fun and interesting daily fact about plants. Pull the ticket and stimulate your brain while increasing your knowledge and self-esteem for the next 100 days.



DESCRIPTION: 100-tickets box
SKU: AM100FBOPLE
LANGUAGE: English (also available in French, German and Spanish)
PACKAGING SIZE: 7,0×8,0×18,5 cm
UNIT EAN CODE: 8436564298171
CASEPACK: 6

Astrology

Astrology is a way of digging deeper into your self-discovery and can give you clues to help you understand your behaviours and emotions. The process of learning boosts your self-confidence, builds a sense of purpose, helps foster connections with others, helps build clearer opinions and assists you in making better decisions for your life. So, learning new facts about Astrology is absolutely beneficial for your mental wellness. This ticket-box reveals a fun and interesting daily fact about Astrology. Pull a ticket and stimulate your brain while increasing your knowledge and self-esteem for the next 100 days.



DESCRIPTION: 100-tickets box
SKU: AM100FBOASE
LANGUAGE: English (also available in French, German and Spanish)
PACKAGING SIZE: 7,0×8,0×18,5 cm
UNIT EAN CODE: 8436602101425
CASEPACK: 6

Girl Power

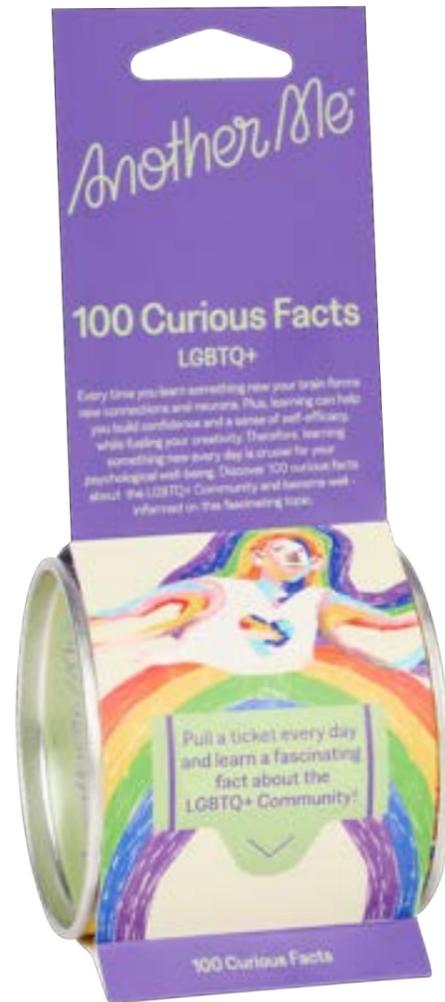
Being informed about the history of women's rights is a responsibility if we want to live in a fairer, thus kinder society. The process of learning boosts your self-confidence, builds a sense of purpose, helps foster connections with others, helps build clearer opinions and assists you in making better decisions for your life. So, learning new facts about feminism is absolutely beneficial for your mental wellness. This ticket-box reveals an interesting daily fact about the history of women's rights. Pull the ticket and stimulate your brain while increasing your knowledge and self-esteem for the next 100 days.



DESCRIPTION: 100-tickets box
SKU: AM100FBOGPE
LANGUAGE: English (also available in French, German and Spanish)
PACKAGING SIZE: 7,0x8,0x18,5 cm
UNIT EAN CODE: 8436564299246
CASEPACK: 6

LGBTQ+

Being informed about the LGBTQ+ community and their daily battle is a responsibility if we want to live in a fairer, thus kinder society. The process of learning boosts your self-confidence, builds a sense of purpose, fosters connections with others, helps build clearer opinions and make better decisions for your life. So learning new facts about feminism is absolutely beneficial for your mental wellness. This ticket-box reveals an interesting daily fact about the LGBTQ+ community. Pull the ticket and stimulate your brain while increasing your knowledge and self-esteem for the next 100 days.



DESCRIPTION: 100-tickets box
SKU: AM100FBOLGE
LANGUAGE: English (also available in French, German and Spanish)
PACKAGING SIZE: 7,0x8,0x18,5 cm
UNIT EAN CODE: 8436602100725
CASEPACK: 6

"No pride for some of us
without liberation for all of us."

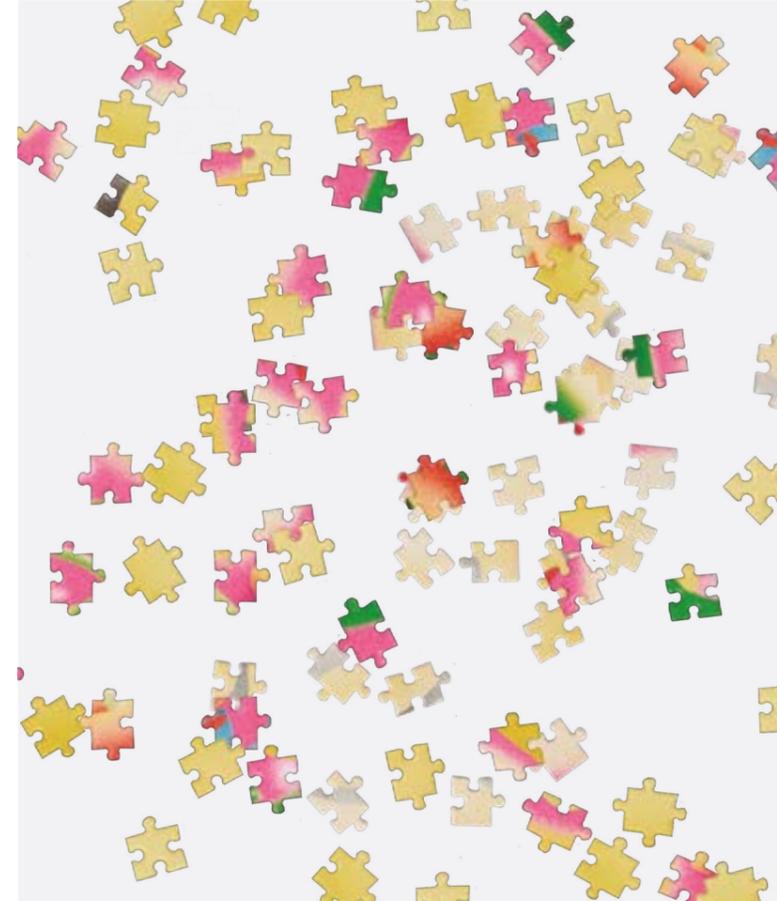
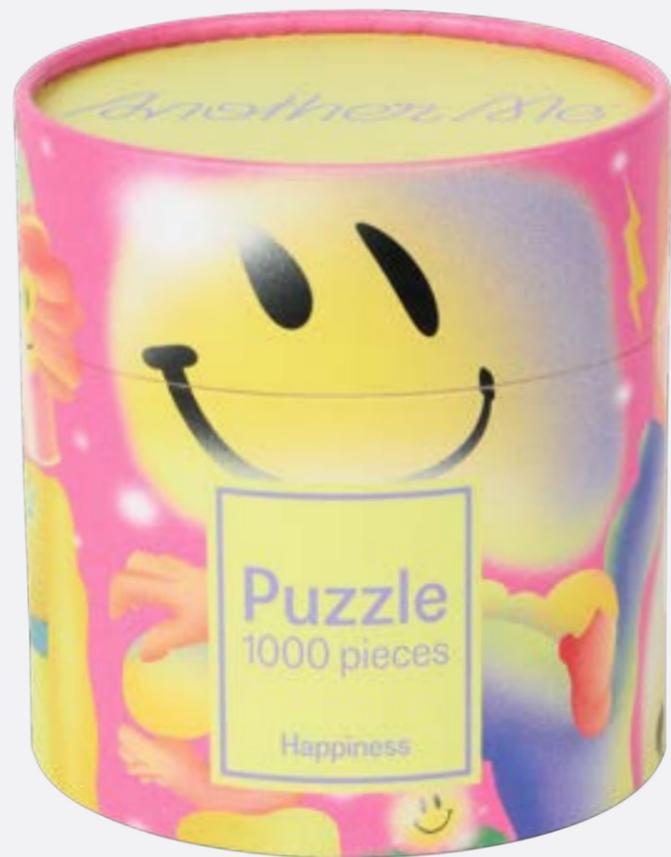
Marsha P. Johnson



Puzzles

This series of 1000-piece puzzles is a collection focused on important topics. It will invite you to quiet your mind and body, practice mindfulness, while submerging into a beautiful scene.

Puzzles



The power of now

As Eckhart Tolle writes in his famous book, *The Power of Now* "the present moment is all you have. Make the NOW the primary focus of your life (...) the past (...) and the future (...) are illusions". In this digital age more than ever, we need to make conscious efforts to get away from technology and learn to live in the here and now to be peaceful, connected, and happy. Puzzles are the perfect way to practice mindfulness and engage in the present moment. They help us reach a status of flow in which our relaxation response turns on and stress responses turn off.

How does it work?

The 1000-Piece Puzzles are a collection of jumbo jigsaw puzzles focused on important topics related to our mental wellness and approach to society. They are an invitation to quiet your mind and boost your self-esteem. Doing a puzzle has plenty of benefits for your mental health; among them we can highlight three main ones. First, it is an amazing occasion to practice mindfulness and learn how to be present, more concentrated and less stressed. Second, it helps you work on the management of different kinds of emotions such as frustration, sense of overcoming, etc. Third, the simple act of finding the right piece, especially the last one, activates in your brain a reward system, which helps release dopamine, fostering a feeling of pleasure.

Each piece you add to the puzzle will echo a thought, an emotion and feeling. Completing a puzzle is a lively process. You will go through up and downs, just as you do in real life; but will do so with a quiet and mindful mindset, which is how we should approach our daily life. Additionally, the scenes you will slowly discover hold a message, and will wrap you into a reflection about important topics that we should dedicate time to, in order to feel better.



Happiness

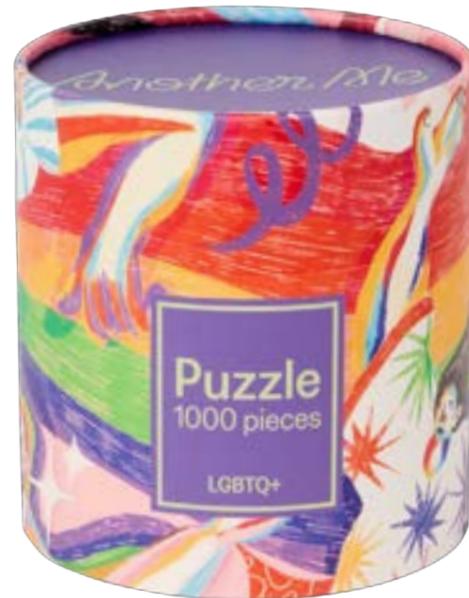
In this puzzle, you are invited to reflect about happiness and how important it is to enjoy every simple moment of your daily life, with joy and enthusiasm. It's all about your beliefs towards your life and the way you look at things. If you approach life with a happy smile, your thoughts and experiences will follow. While working on this the puzzle, focus on the bright side and enjoy the process.



DESCRIPTION: 1000-piece puzzle
 SKU: AM1000PPUHAE
 LANGUAGES: Not Applicable
 PACKAGING SIZE: 14,5×14,5×15,5 cm
 PUZZLE SIZE: 64×48 cm
 UNIT EAN CODE: 8436602101500
 CASEPACK: 6

LGBTQ+

You are invited to reflect about the daily battles that the LGBTQ+ community are facing and question your own identity. It is of crucial importance to navigate the world with knowledge, and take time to reflect about our behavior towards inclusivity and the approach of our society and politics towards gender identity, etc. While working on this the puzzle, you will have the space to reflect and hopefully take action in support of a more fair world.



DESCRIPTION: 1000-piece puzzle
 SKU: AM1000PPULGE
 LANGUAGE: Not Applicable
 PACKAGING SIZE: 14,5×14,5×15,5 cm
 PUZZLE SIZE: 64×48 cm
 UNIT EAN CODE: 8436602100947
 CASEPACK: 6

Flowers

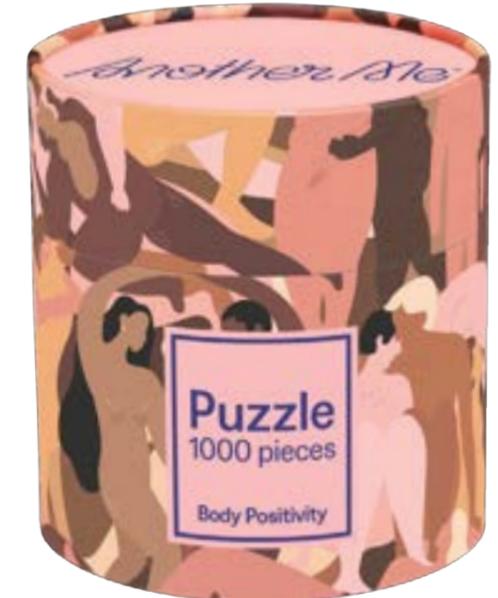
Flowers can chase away anxieties, worries and the blues, making you feel less depressed, troubled, or agitated. They can induce a more positive outlook on life, boosting energy and happiness. Whenever we see or receive some pretty flowers our brain instantly recognizes that as a good, rewarding thing and releases several chemicals like dopamine, oxytocin and serotonin known as the 'happy' chemicals. In this puzzle you will constantly see flowers and be able to enjoy this mindful moment while energizing your body and mind.



DESCRIPTION: 1000-piece puzzle
 SKU: AM1000PPUFLE
 LANGUAGE: Not Applicable
 PACKAGING SIZE: 14,5×14,5×15,5 cm
 PUZZLE SIZE: 64×48 cm
 UNIT EAN CODE: 8436602101517
 CASEPACK: 6

Body Positivity

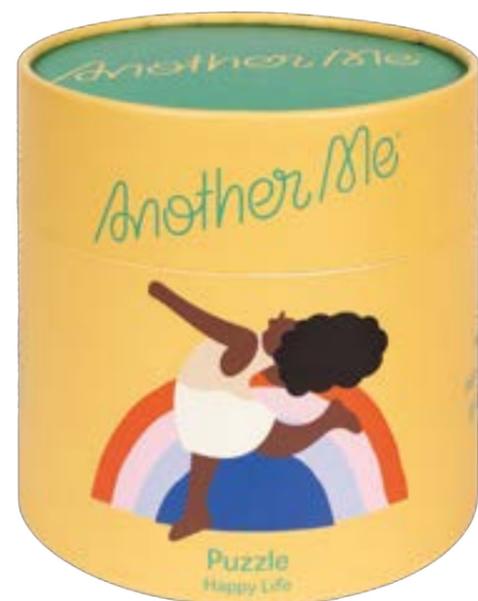
You are given the opportunity to slow down and reflect about the beauty of diversity and work on your acceptance towards your own body and those of others. With the pressure of social media and the invasion of photoshopped images around us, we may forget that every body is beautiful, and we may feel pressured to reach a particular "beauty standard". This is not real. True beauty lies in our uniqueness.



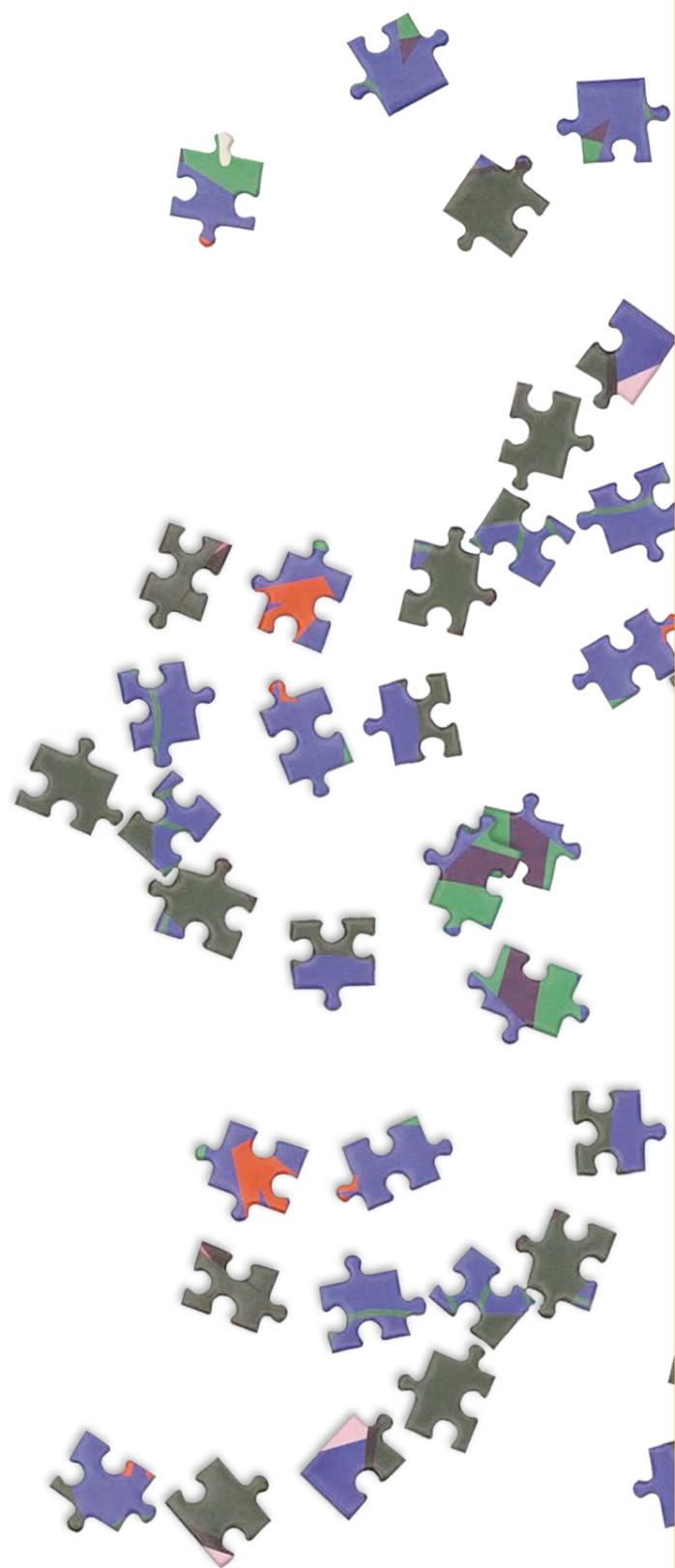
DESCRIPTION: 1000-piece puzzle
 SKU: AM1000PPUBPO
 LANGUAGES: Not Applicable
 PACKAGING SIZE: 14,5×14,5×15,5 cm
 PUZZLE SIZE: 64×48 cm
 UNIT EAN CODE: 8436602101791
 CASEPACK: 6

Happy Life

In this puzzle, you will find great tips that encourage you to think about happiness and bringing more joy and peace to your daily life. It reminds you of the basics: Take care of your body, create meaningful relationships, accept and love who you are, live in the moment, be mindful, do things for others and be kind, feel grateful for what you have, do something you love, try new things, develop your resilience, focus on the positive and enjoy simple moments of joy.



DESCRIPTION: 1000-piece puzzle
SKU: AM500PPUHLE
LANGUAGE: English
PACKAGING SIZE: 14,5×14,5×15,5 cm
PUZZLE SIZE: 64×48 cm
UNIT EAN CODE: 8436564298218
CASEPACK: 6



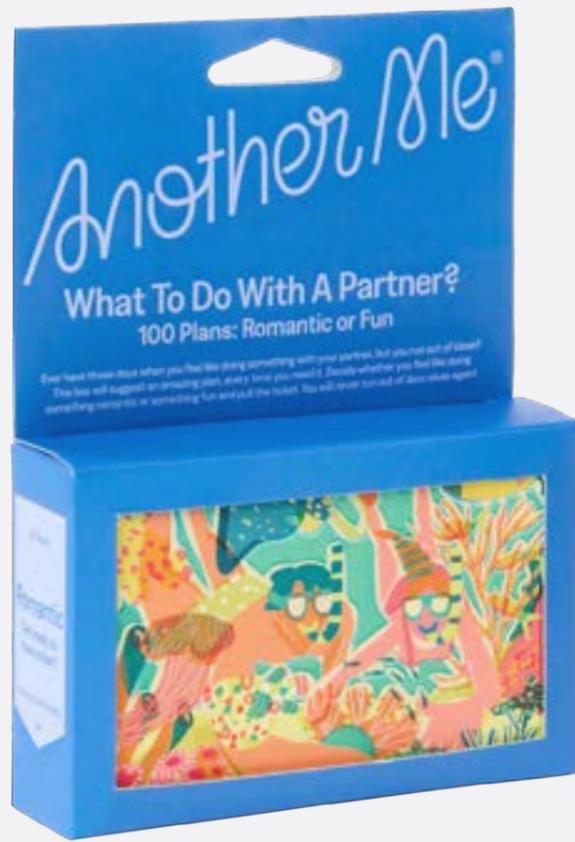
Live in the here
and now.

100 Activities



This series of 100 Activities will help you make some space for fun in your daily life and increase your happiness, self-confidence and creativity.

100 Activities



How does it work?

This series of 100 activities are ticket boxes that will suggest amazing plans every time you need them. The plans are divided into two types, depending on your mood for the day. Listen to your feelings, pull a ticket and start a fun activity. By having this little "holiday" every day, your life will taste much better. Making time to do what you love can help ease your stress, lift your mood, and expand your social circle. It can also help you manage chronic pain, improve your heart health and add quality years to your life. So, don't let daily routines and boredom invade your life. Start enjoying it!



The power of enjoyment

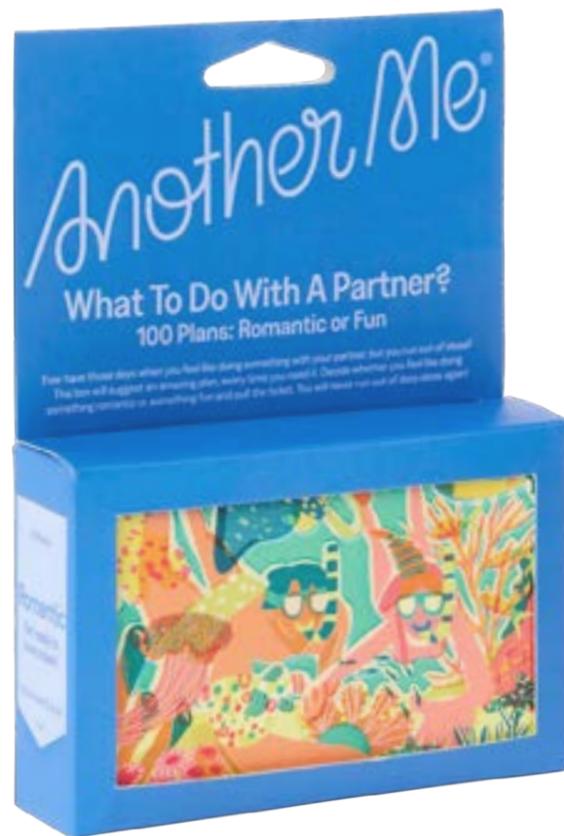
Enjoyment adds power and effectiveness to whatever you're doing. When you are enjoying life, you are functioning at your highest level. It is our responsibility to be engaged in our happiness by creating our own personal pleasure calendar and keep time to do things we love. Sometimes, you just have been so long without being focused on enjoying that you can even run out of ideas when it comes to having fun. These boxes will be the little boost you need to take action and create the new habit of experimenting fun activities.



On each ticket you will find a suggestion of plan. Each plan has been designed for you to enjoy a pleasant moment, have fun and feel happy. After completing the box, you will realise that, for once, you have dedicated plenty of time to doing something you love, and that is the first step towards a more entertaining and meaningful life.

What To Do With A Partner?

Having fun together help couples feel positive emotions, which can increase relationship satisfaction, help couples to unite in order to overcome differences and give hope when working through difficult challenges. Decide whether you feel like doing something romantic or something fun and pull the ticket. You will never run out of date ideas again!



DESCRIPTION: 100-tickets box
 SKU: AM100ABOPAE
 LANGUAGE: English (also available in French, German and Spanish)
 PACKAGING SIZE: 12,5x3,5x17,5 cm
 UNIT EAN CODE: 8436602101388
 CASEPACK: 6

What To Do With Kids?

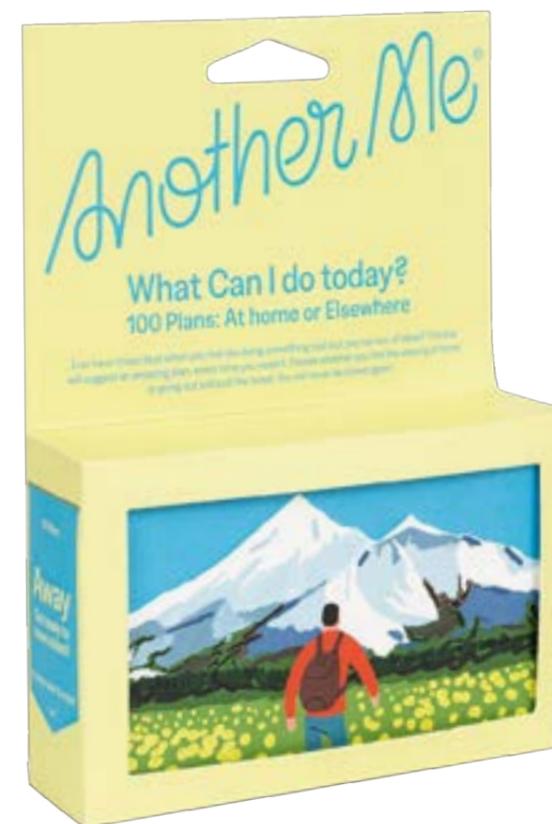
Playing with your kids and having fun together is not only beneficial for them as they develop their creativity, self-confidence and social skills, but it is also crucial to building solid family bonds. Play-time is when we mindfully create a beautiful relationship with our children and spend quality time with them. Decide whether you feel like staying home or going out, pull out a ticket, discover an activity and start having fun! You will build unforgettable lifetime memories.



DESCRIPTION: 100-tickets box
 SKU: AM100ABOKIE
 LANGUAGE: English (also available in French, German and Spanish)
 PACKAGING SIZE: 12,5x3,5x17,5 cm
 UNIT EAN CODE: 8436602100800
 CASEPACK: 6

What Can I Do Today?

Having fun and enjoying oneself is necessary to have a happy life. Making a habit of relaxing, engaging in activities you enjoy, and spending time with people who make you happy will yield sustained and increasingly positive benefits of consistently lower stress, positive feelings, better sleep, better coping abilities, and improved relationships. Decide whether you feel like staying home or going out, pull out a ticket, discover an activity and start having fun! You will build unforgettable lifetime memories.



DESCRIPTION: 100-tickets box
 SKU: AM100ABODOE
 LANGUAGE: English (also available in French, German and Spanish)
 PACKAGING SIZE: 12,5x3,5x17,5 cm
 UNIT EAN CODE: 8436564299109
 CASEPACK: 6

What Can I Watch Today?

Movies bring us a sense of relief, even if they stress us out at first. Watching something suspenseful, like a thriller, releases cortisol in the brain, followed by dopamine, which produces feelings of pleasure. Watching a romantic or fun movie directly release dopamine. Decide whether you feel like watching something relaxing or exciting, pull out a ticket, discover the movie and get some popcorn! You will never miss out on a good movie night again!



DESCRIPTION: 100-tickets box
 SKU: AM100ABOWAE
 LANGUAGE: English (also available in German)
 PACKAGING SIZE: 12,5x3,5x17,5 cm
 UNIT EAN CODE: 8436564299130
 CASEPACK: 6

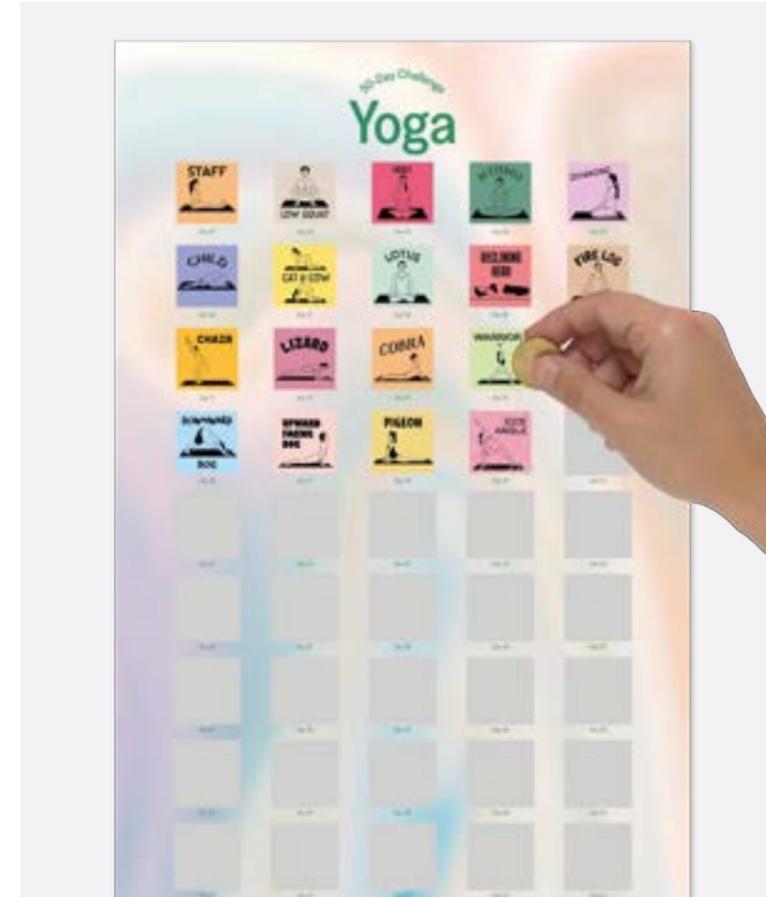


50-Day Challenge

This series of 50-day challenges will allow you to enjoy some quality "me time" every day, reach important goals and transform your life through meaningful experiences.



50-Day Challenge



The power of consistency

Consistency is key for our emotional health. Practicing consistency instills discipline and makes us more focused and aware of what we have to do. To improve things and achieve personal growth, we have to be consistent in everything we do. This series of 50-day challenges will propose different actions every day, all of them focused on training your brain towards the same goal. This practice will help you not only to get the ball rolling, but the 50-day time lapse will also allow you to implement new habits and transform your life.

How does it work?

This series of 50-day challenges are scratchable posters that invite you to live experiences during 50 days in order to reach a goal. Scratch off a box every day to discover an activity! To complete this little treat to yourself, you will need to find some quality "me time" in your busy schedule, to pause for a moment and live a meaningful and valuable experience. Committing to a 50-day challenge has plenty of benefits: It provides the boost you may need to get started making a change. Once started, the daily focus boosts momentum to implement the desired change consistently. As you keep going, achieving small successes can help motivate you to keep going. Enjoy your challenge!

On each box you will find an activity to do. We recommend doing your 50-day challenge consistently for 50 days straight to achieve better results and transform these practices into a habits. However, if you're not able to, it is also okay if you do it whenever you can. Either way, practice it mindfully and think of your goal before starting each experience.



Yoga

Yoga is about focusing on the present; it is the connection of your soul, body and mind. It provides you with strength, flexibility, health, peace, and ultimately happiness. Doing yoga on a regular basis is highly recommended and is a great activity to add to your daily routine in order to kick-start your day and feel better. This 50-Day Challenge proposes daily postures with a gradual increase of difficulty, to explore the art of yoga and improve your wellness. Scratch a box daily to reveal a new posture to practice.



DESCRIPTION: Scratchable Poster
 SKU: AM50CHPOYOE
 LANGUAGE: English (also available in French, German and Spanish)
 PACKAGING SIZE: 7,5×7,5×42,5 cm
 POSTER SIZE: 70×40 cm
 UNIT EAN CODE: 8436564298133
 CASEPACK: 6

Slow Life

Slow living is a lifestyle. It is about slowing down our pace and approaching life with awareness and calm. It is a holistic way of life that encompasses our habits of consumption, travelling, dressing, eating and behaviors. This 50-day slow life challenge proposes a daily activity during 50 days to reduce your stress. Scratch a box daily to reveal a new relaxing action.



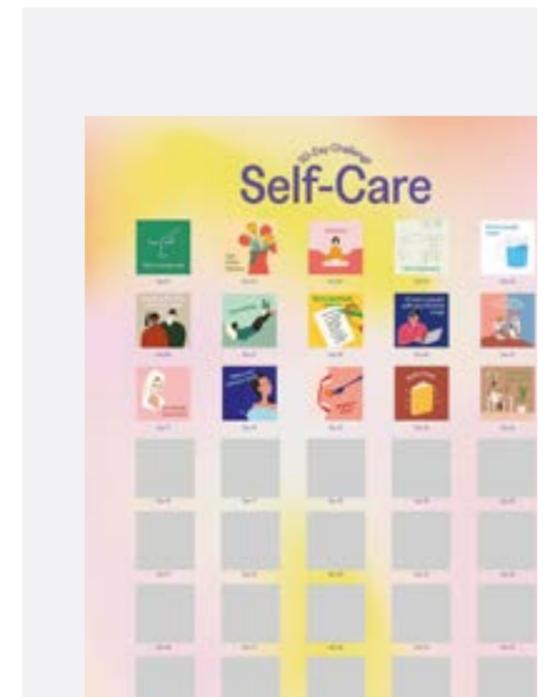
DESCRIPTION: Scratchable Poster
 SKU: AM50CHPOSLE
 LANGUAGE: English
 PACKAGING SIZE: 7,5×7,5×42,5 cm
 POSTER SIZE: 70×40 cm
 UNIT EAN CODE: 8436602100688
 CASEPACK: 6

Self-Care

Taking care of yourself is not a luxury but a necessity for your mental and physical well-being. It initially requires intentional daily practice so that, little by little, personal care becomes a natural part of your daily habits. It's all about creating moments just for you, putting aside the hustle and bustle of daily life. This 50-day Self-Care challenge proposes a delightful daily experience to take care of yourself. Scratch a box daily to reveal a new "me time" activity.



DESCRIPTION: Scratchable Poster
 SKU: AM50CHPOSFE
 LANGUAGE: English
 PACKAGING SIZE: 7,5×7,5×42,5 cm
 POSTER SIZE: 70×40 cm
 UNIT EAN CODE: 8436602100640
 CASEPACK: 6



Displays

Showcase the Another Me collections in a tidy and pretty way with our displays.

Display table Type 1



Make Your Own

DESCRIPTION: Promotional Display
MATERIAL: Metal
WEIGHT: 5.2 kg
FORMAT: 37×37×85 cm
PACKAGING: Corrugated Carton Box
UNIT EAN CODE: 8436602100022
CASEPACK: 1 unit
PRICE: 50€ - free for shops with orders over 570€ in AnotherMe.

MODEL: Display Table type 1
SKU: AMDISP001
CONTENT: suitable for 80 ticket- boxes (14 casepacks approx.)

OPTIONS: You can ask our team to design it for you.

Contact



B2B website: thewoweffectcompany.com

B2C website: anotherme.shop

Contact: hello@anotherme.shop

Follow us: [@anotherme](https://www.instagram.com/anotherme)

Catalogue: thewoweffectcompany.com/catalogues/anotherme-en.pdf



Another Me®

