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The Art of Mindfulness: Happy and Energized Colouring

By -

Michael O'Mara Books Ltd. Paperback. Book Condition: new. BRAND NEW, The Art of Mindfulness: Happy and Energized Colouring, Full of beautiful and tranquil scenes and patterns, this gorgeous colouring book will help you to focus and refresh your mind and achieve a sense of inner calm. * As we rush about our daily lives, it can be hard to make time for ourselves and simply enjoy the present moment. * Mindfulness is a practice that has been clinically proven to reduce anxiety and enables us to break out of the harmful cycle of stress and tension. * Colouring is a therapeutic process that can enable you to switch off your thoughts and fears as you get lost in the creative activity. With artwork designed to lift your mood and inspire your soul, The Art of Mindfulness: Happy and Energized Colouring will help you to enjoy a truly stress-free and creative activity, while creating something truly beautiful in the process.



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