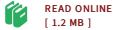




The Art of Mindfulness: Happy and Energized Colouring

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 stressfree and creative activity, while creating something truly beautiful in the process.



Reviews

An extremely wonderful book with perfect and lucid information. This can be for all those who statte there had not been a really worth reading through. Its been written in an exceptionally easy way and it is only after i finished reading this ebook in which actually modified me, alter the way i really believe.

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