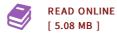




Creativity: A Mindfulness Coloring Book

By Tiddy Rowan

Barron s Educational Series, United States, 2016. Paperback. Book Condition: New. Paul Heussenstamm (illustrator). 254 x 201 mm. Language: English . Brand New Book. The first book in the series, Color Yourself Calm, was a smash-hit best-seller, and it s easy to understand why: with over 30 original color mandalas set side by side with black and white templates to color in, it is a joy to use. Inspirational quotes and mindfulness techniques accompany each image, enhancing the experience and making it even more reflective and enjoyable. Now, Color Yourself Calm: Creativity utilizes the mandala once more, to help you open your mind and let your creativity flow as you color your way to enhanced visualization skills and the development of fresh, new ideas. So go ahead make your day as you relax, unwind, and unleash your inner creative side while coloring yourself calm.



Reviews

The best publication i actually study. We have study and that i am certain that i will likely to study once more again later on. Your daily life span will likely be transform the instant you total reading this book. -- **Mrs. Alene Leffler DVM**

This publication is wonderful. I actually have go through and i am sure that i am going to going to study once more once more down the road. I am easily could get a enjoyment of studying a written book. -- Mozelle Halvorson

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