



Colour Yourself Calm: Happiness

By Paul Heussenstamm

Quadrille Publishing Ltd. Hardback. Book Condition: new. BRAND NEW, Colour Yourself Calm: Happiness, Paul Heussenstamm, Banish stress and promote a sense of wellbeing by colouring in mandalas. Mandalas were created as sacred objects on which to meditate, focus and clear one's mind. Internationally acclaimed mandala artist Paul Heussenstamm has designed these illustrations specifically to promote feelings of happiness and contentment. Also featuring inspirational quotes and suggestions, the new Colour Yourself Calm series offers a new way to release unconscious knowledge and prompt calm contemplation through creative colouring.

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