



Creative Mindfulness: No. 3: The Mindfulness Colouring Book, Geometrics, Abstracts, Patterns, Florals, Anti-Stress Pocketbook (Paperback)

By Mia Harper

Bright Bold Publishing, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.A POCKETBOOK OF INSPIRATIONAL QUOTES AND COLOURING PAGES TAKE CONTROL OF YOUR STRESS LEVELS COLOUR TO CALM - BE CREATIVE THE MINDFULNESS COLOURING BOOK Do you find you need to switch off from the noisy world and find your own quiet corner of calm? If this is you there s no better way than to pick up this amazing adult colouring book of 30 abstract, geometric, patterns and florals to help you escape from the day s pressures. You ll become engrossed in this colouring book for grownups with creative patterns and designs for meditative colouring. Art Therapy at Your Fingertips Colouring that keeps you focused in the present moment Eliminates stress and soothes anxiety Discover peace and calm colouring in Helps your creative side to emerge Gives you a sense of satisfaction and fulfilment having completed a unique piece of art Share this pastime with your family and friends Connect with your colouring book groups Or, if you just want to spend some me-time alone that s okay! For the marker enthusiasts, who love bright, vivid colours that boost your...

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Reviews

Basically no phrases to clarify. It really is written in straightforward phrases rather than hard to understand. You will not sense monotony at any moment of your own time (that's what catalogues are for concerning if you ask me).

-- **Doris Beier**

This type of book is every thing and made me seeking forward and more. It is amongst the most awesome publication we have go through. Its been developed in an exceptionally straightforward way and it is only soon after i finished reading this ebook by which actually altered me, alter the way i believe.

-- **Mrs. Serena Wunsch**