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The Art of Mindfulness: Relaxed and Focused Colouring

By -

Michael O'Mara Books Ltd. Paperback. Book Condition: new. BRAND NEW, The Art of Mindfulness: Relaxed and Focused Colouring, Forget about your worries and stress as you relax and colour in the gorgeous patterns in this exquisite book. * Mindfulness has long been known to help people focus on the here and now, not worrying about what should have or might have been, but simply allows the mind to enjoy the present moment. * The benefits of colouring are many, as you get lost in what you are doing, switch off your stressful thoughts, focus on the beauty of the designs and enjoy being creative. * The stunning patterns in this book have been designed to soothe and calm the mind, enabling you to think more clearly and feel more positive. Take some time for yourself to enjoy something quiet and calming, as you recharge your batteries and refresh your mind, while creating something beautiful and colourful in the process.



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