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365 Mindful Days to Colour: Enjoy Calm Every Day with Meditative Patterns and Powerful Affirmations (Paperback)

By Lona Eversden

Apple Press, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. 365 Mindful Days to Colour is designed to bring together the relaxation of colouring in and the inspiration and self-belief developed by affirmations. These powerful tools of mindfulness combine to increase your focus on the present, promote happiness and improve general wellbeing - and encourage you to make time for yourself every day of the year. Use this book to tune out the stress of everyday life, as well as boost creativity, focus and attention span. 365 Mindful Days to Colour provides colouring activities that are repetitive and calming while the mantra- like affirmations provide a gentle background noise to your soothing task, as you absorb their positive messages. These intricate and beautiful designs, both abstract and realistic, are perfect for fostering a sense of calm in the morning, to start your day in the right frame of mind for productivity and happiness. Alternatively, use them for reflection and relaxation every evening before bed, leaving you calmer and with a sense of artistic achievement and satisfaction every day. Whether an aspiring artist, design fan, or colouring novice, pick up your pencil and enjoy some mindful moments...



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