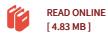




## The Art of Mindfulness: Happy and Energized Colouring

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Michael O'Mara Books Ltd. Paperback. Book Condition: new. BRAND NEW, The Art of Mindfulness: Happy and Energized Colouring, Full of beautiful and tranquil scenes and patterns, this gorgeous colouring book will help you to focus and refresh your mind and achieve a sense of inner calm. \* As we rush about our daily lives, it can be hard to make time for ourselves and simply enjoy the present moment. \* Mindfulness is a practice that has been clinically proven to reduce anxiety and enables us to break out of the harmful cycle of stress and tension. \* Colouring is a therapeutic process that can enable you to switch off your thoughts and fears as you get lost in the creative activity. With artwork designed to lift your mood and inspire your soul, The Art of Mindfulness: Happy and Energized Colouring will help you to enjoy a truly stress-free and creative activity, while creating something truly beautiful in the process.



## Reviews

It is great and fantastic. Better then never, though i am quite late in start reading this one. Your life period will likely be transform once you comprehensive reading this book.

-- Blanca Davis

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- Prof. Dan Windler MD