



The Art of Mindfulness: Serene and Tranquil Colouring

By -

Michael O'Mara Books Ltd. Paperback. Book Condition: new. BRAND NEW, The Art of Mindfulness: Serene and Tranquil Colouring, Take a few moments out of your busy day to clear your mind and achieve a deeper sense of calm as you focus on colouring the beautiful illustrations in this book, specially designed to promote a state of mindfulness. As we struggle to keep up with the constant demands of the modern world, and often find it hard to make time for ourselves, mindfulness is a practice that can truly help. Clinically proven to reduce anxiety and stress, mindful thinking involves allowing our minds to focus on the present moment, on simply 'being', and thus break out of the harmful cycle of worry and tension. The therapeutic effects of colouring can enable you to get lost in the creative process and switch off your thoughts and fears. Let The Art of Mindfulness: Serene and Tranquil Colouring help you to enjoy a truly mindful and creative activity - and create something beautiful at the same time.



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