

## Art Mindfulness Serene Tranquil Colouring

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The Art of Mindfulness: Serene and Tranquil Colouring ...

The Art of Mindfulness: Serene And Tranquil Colouring Take a few moments out of your day to clear your mind, forget your worries and focus on adding colour to the beautiful patterns and designs! Enjoy a truly mindful and therapeutic activity – and create something stunning at the same time.

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When you ' ve got a lot on your mind one of the best ways to relax and switch off is by focusing on a creative task like colouring in. Clinically proven to reduce stress and anxiety, colouring allows you to clear your thoughts and practice mindfulness. The Art of Mindfulness: Serene and Tranquil Colouring is filled with beautifully intricate illustrations to help you do just that.

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line broadcast art mindfulness serene tranquil colouring as competently as evaluation them wherever you are Page 1/10 Art Mindfulness Serene Tranquil Colouring This is a silent flip through of the The Art of Mindfulness: Serene and Tranquil Coloring book. You can read my comprehensive review at iiiireader.com.

Read online Art Mindfulness Serene Tranquil Colouring

The Art of Mindfulness series is currently a set of 4, differently titled books, each containing almost 100 images, illustrated by various artists. The books are slightly smaller than A4 size, paperback and glue-bound. All of the images have a 1cm border around them, so none are lost into the spine. The paper is bright white and thin.

The Art of Mindfulness: Serene and Tranquil Coloring ...

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The Art of Mindfulness: Serene and Tranquil Adult Coloring Book

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The Art of Mindfulness : Serene and Tranquil Colouring

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