



The Mindfulness Colouring Book

By-

Quadrille Publishing Ltd. Hardback. Book Condition: new. BRAND NEW, The Mindfulness Colouring Book, This creative colouring book is the perfect companion to the best-selling The LittleBook of Mindfulness. Mindfulness: A Colouring Book includes line illustrationsof the natural world - from flowers and trees to butterflies and birds that are specially designed to be coloured in - alongside a collection of 50 inspirational quotes that will enable you to still the mind and relax the body, whilst generating and boosting a feeling of well-being and contentment that will permeate everyaspect of everyday life. The perfect gift to bring lasting happiness and peace for friends and family. This is a practical way to relax the mind, whilst subconsciously developing selfknowledge, expanding the imagination and nurturing creativity.



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