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The Art of Mindfulness Gentle and Soothing

Keynote

Specially designed to encourage mindfulness and relaxation, these illustrations will allow your mind to switch off and your inner artist to take over.

Description

Take a quiet moment out of your busy day to relax as you colour in these gorgeous patterns.

Specially designed to encourage mindfulness and relaxation, these illustrations will allow your mind to switch off and your inner artist to take over. Forget about any stress and concerns as you simply enjoy the present moment and the calming process of filling these pages with glorious colour.

Sales Points

- Allow your creative self to come out to play as you colour these exquisite patterns
- Long known to have a calming effect, colouring is a great way to unwind
- A creative alternative to crosswords and sudoku
- From the publishers of the bestselling colouring books, which have sold over 2.8 million copies, including the Therapy series (over 700,000 sold) and Creative Colouring series (over one million sold across the series)
- Comparative titles:
 - The Art of Mindfulness: Peace and Calm Colouring* (9781782434931), pub date: 13/08/2015
 - The Art of Mindfulness: Happy and Energized Colouring* (9781782435020), pub date: 13/08/2015