



The Art of Mindfulness Joyful and Radiant Colouring

Keynote

Take some time to relax and focus on the here and now as you fill these exquisite patterns with glorious colour.

Description

You'll love colouring in these beautiful, uplifting patterns!

Take some time to relax and focus on the here and now as you fill these exquisite patterns with glorious colour.

Mindfulness is supported by research that proves it can help to reduce stress and increase a sense of well-being.

There are no rules or answers here, just a beautiful selection of designs for you to get creative with and make your own.

Sales Points

- Mindfulness is a popular method of relaxation with proven health benefits
- Colouring allows you to set your inner artist free and experiment with colour
- A creative alternative to crosswords and sudoku that allows you to focus and clear your mind
- From the publishers of the bestselling colouring books, which have sold over 340,000, including the *Therapy* series (over 80,000 sold) and *Creative Colouring* series (over 130,000 sold across the series)

Publication date **Thursday, September 29, 2016**

Price **£7.99**

ISBN-13 **9781782436300**

Binding **Paperback**

Format **246 x189 mm**

Depth **10mm**

Extent **96 pages**

Word Count

Illustrations **Black-and-white patterns**

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www.mombooks.com

