



The Art of Mindfulness Relaxed and Focused Colouring

Keynote

Take some time for yourself to enjoy something quiet and calming, as you recharge your batteries and refresh your mind, while creating something beautiful and colourful in the process.

Description

Forget about your worries and stress as you relax and colour in the gorgeous patterns in this exquisite book.

Mindfulness has long been known to help people focus on the here and now, not worrying about what should have or might have been, but simply allows the mind to enjoy the present moment.

The benefits of colouring are many, as you get lost in what you are doing, switch off your stressful thoughts, focus on the beauty of the designs and enjoy being creative.

The stunning patterns in this books have been designed to soothe and calm the mind, enabling you to think more clearly and feel more positive.

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Other titles in the series include: *Peace and Calm* (9781782434931), *Serene and Tranquil* (9781782434948) and *Happy and Energized* (9781782435020).

Sales Points

- Mindfulness is the word of the moment, with many people trying to find a way to achieve it
- Clinically proven to reduce anxiety and recommend by medical experts, mindfulness is no passing trend
- Contains beautiful new artwork by a selection of illustrators, specially commissioned for this title
- From the publishers of the bestselling adult colouring books, which have sold over 340,000, including the *Therapy* series (over 80,000 sold) and *Creative Colouring for Grown-ups* series (over 130,000 sold across the series)

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