



Publication date **Thursday, August 13, 2015**

Price **£7.99**

ISBN-13 **9781782434948**

Binding **Paperback**

Format **Other**

Extent **96 pages**

Word Count

Illustrations **b/w line drawings**

Territorial Rights **World**

In-House Editor **Louise Dixon**

Michael O'Mara.

www.mombooks.com



The Art of Mindfulness Serene and Tranquil Colouring

Keynote

Let *The Art of Mindfulness: Serene and Tranquil Colouring* help you to enjoy a truly mindful and creative activity – and create something beautiful at the same time.

Description

Take a few moments out of your busy day to clear your mind and achieve a deeper sense of calm as you focus on colouring the beautiful illustrations in this book, specially designed to promote a state of mindfulness.

As we struggle to keep up with the constant demands of the modern world, and often find it hard to make time for ourselves, mindfulness is a practice that can truly help. Clinically proven to reduce anxiety and stress, mindful thinking involves allowing our minds to focus on the present moment, on simply 'being', and thus break out of the harmful cycle of worry and tension.

The therapeutic effects of colouring can enable you to get lost in the creative process and switch off your thoughts and fears. Let *The Art of Mindfulness: Serene and Tranquil Colouring* help you to enjoy a truly mindful and creative activity – and create something beautiful at the same time.

The other titles in the series include: *Peace and Calm* (9781782434931), *Happy and Energized* (9781782435020) and *Relaxed and Focused* (9781782435037) .

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
- Colouring is an effective way to focus on the here and now and create something beautiful
- 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)