



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

Price **£7.99**

ISBN-13 **9781782435020**

Binding **Paperback**

Format **Other**

Extent **96 pages**

Word Count

Illustrations **Black and white patterns**

Territorial Rights **World**

In-House Editor **Louise Dixon**

Michael O'Mara.

www.mombooks.com



The Art of Mindfulness Happy and Energized Colouring

Keynote

The Art of Mindfulness: Happy and Energized Colouring will help you to enjoy a truly stress-free and creative activity, while creating something truly beautiful in the process.

Description

Full of beautiful and tranquil scenes and patterns, this gorgeous colouring book will help you to focus and refresh your mind and achieve a sense of inner calm.

As we rush about our daily lives, it can be hard to make time for ourselves and simply enjoy the present moment.

Mindfulness is a practice that has been clinically proven to reduce anxiety and enables us to break out of the harmful cycle of stress and tension.

Colouring is a therapeutic process that can enable you to switch off your thoughts and fears as you get lost in the creative activity.

With artwork designed to lift your mood and inspire your soul, *The Art of Mindfulness: Happy and Energized Colouring* will help you to enjoy a truly stress-free and creative activity, while creating something truly beautiful in the process.

Other titles in the series include: *Peace and Calm* (9781782434931), *Serene and Tranquil* (9781782434948) 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
- 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)