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In-House Editor **Louise Dixon**

Michael O'Mara.

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The Art of Mindfulness Refreshed and Inspired Colouring

Keynote

Take as long as you need to focus on colouring these beautiful patterns, enjoy being creative and switch off any stressful thoughts, so that you feel rejuvenated and ready to face the day.

Description

Focus your mind and feel inspired as you colour in this gorgeous collection of patterns.

In our busy lives we can often feel overwhelmed and find it hard to make the time for peaceful moments to ourselves.

Mindfulness allows you to switch off these thoughts and really enjoy the present moment, increasing a feeling of well-being, concentration and happiness.

So take as long as you need to focus on colouring these beautiful patterns, enjoy being creative and switch off any stressful thoughts, so that you feel rejuvenated and ready to face the day.

Sales Points

- Allow your inner artist to come out to play as you choose beautiful colours for these exquisite patterns
- Experience mindfulness for yourself and feel how it allows you to clear and refresh your mind
- A creative alternative to traditional crosswords and sudoku
- 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)