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www.mombooks.com



The Art of Mindfulness Restful and Balanced

Keynote

Calming and relaxing, filling this gorgeous book with colour will help you clear your mind, de-stress and feel ready to face the day.

Description

Step back from your busy schedule, take out your colouring pens and enjoy some creative time that is just for you.

These beautiful patterns allow your mind to switch off for a moment as you focus on the soothing shapes and colours.

Calming and relaxing, filling this gorgeous book with colour will help you clear your mind, de-stress and feel ready to face the day.

Sales Points

- Experience mindfulness for yourself as you fill these exquisite patterns with colour
- Colouring is the perfect way to make sure you take some time out of your busy routine to refresh your mind
- A creative alternative to crosswords and sudoku
- From the publishers of the bestselling colouring books, which have sold over 2.8 million copies, including the Therapy series (over 700,000 sold) and Creative Colouring series (over one million sold across the series)
- Comparative titles:
The Art of Mindfulness: Gentle and Soothing (9781782437185, pub date: 17/11/2016)
The Art of Mindfulness: Refreshed and Inspired Colouring (9781782436317), pub date: 29/09/2016