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The Art of Mindfulness Peace and Calm Colouring

Keynote

The Art of Mindfulness: Peace and Calm Colouring will help you to clear your mind of any worries or anxieties and enjoy a truly stress-free and creative activity – and create something beautiful in the process.

Description

Filled with beautiful and soothing scenes and patterns to colour in, this exquisite book will help anyone seeking a mindful state to achieve their goal of inner peace.

Focusing on the here and now, mindfulness is about not looking forward or backward, not worrying about what should have or might have been, and simply allowing the mind to enjoy the present moment. We often struggle to keep up with all the demands of daily life, making it hard to break the cycle of stress and anxiety. The therapeutic effects of colouring can enable you to get lost in the creative process and switch off your thoughts and fears.

The Art of Mindfulness: Peace and Calm Colouring will help you to clear your mind of any worries or anxieties and enjoy a truly stress-free and creative activity – and create something beautiful in the process.

The other titles in the series include: *Serene and Tranquil* (9781782434948), *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
- A powerful way to focus on the here and now and create something beautiful
- Colouring is a creative alternative to crosswords and sudoku, allowing you focus and meditate on your artwork
- 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)

Michael O'Mara Books.

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