



Publication date **Thursday, March 31, 2016**
Price **£5.99**
ISBN-13 **9781782436041**

Binding **Paperback**
Format **160 x 120 mm**
Extent **96 pages**
Word Count
Territorial Rights **World**

Michael O'Mara.

www.mombooks.com



The Can't Sleep Colouring Book Creative Colouring for Grown-ups

Keynote

This convenient pocket-sized format will easily fit in your bag, so you can take it with you wherever you need to relax.

Description

Soothe away your insomnia with some wonderfully relaxing colouring.

Long acknowledged to be a truly relaxing activity, colouring can help with all sorts of stress-related problems – including sleeplessness.

These beautiful patterns will help you to free your mind from your worries and refocus it on relaxation.

This convenient pocket-sized format will easily fit in your bag, so you can take it with you wherever you need to relax.

So next time you find yourself feeling restless in bed, turn to *The Can't Sleep Colouring Book*, create some beautiful art and feel your cares drifting away.

Sales Points

- This mini, pocket-sized edition is great for your bedside, and makes a perfect gift for the insomniac in your life
- Take your mind off any woes or worries that are preventing sleep and allow yourself to relax and unwind
- Filled with beautiful, tranquil patterns to help you de-stress and feel ready for bed
- The creative alternative to counting sheep and a delightful new addition to the bestselling Creative Colouring series (over 500,000 sold across the series)