



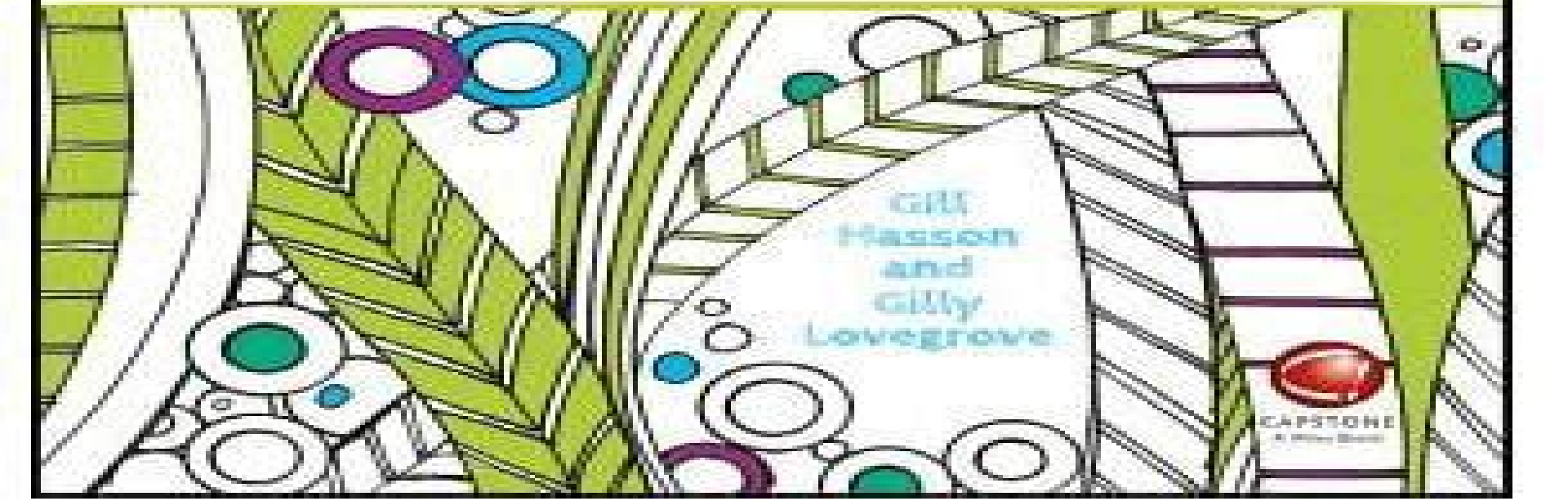
Contains:

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The **MINDFULNESS**

Colouring and Activity Book

CALMING COLOURING AND DE-STRESSING
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Mindfulness Colouring Activity Book Stressing

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and calm Working with your hands is one of the best ways to soothe anxiety and eliminate stress This stunning pocket sized colouring and activity book offers practical exercises in mindfulness that draw on your creativity and hone your focus Mindfulness Moments is the third book from international bestselling illustrator Emma Farrarons Perfectly sized to carry around in your pocket or bag this gorgeous adult colouring book includes ideas for mindfulness activities all beautifully embellished with exquisite scenes and intricate sophisticated patterns

The Mindfulness Coloring Book - Volume Two Emma Farrarons,2015-10-20 National Bestseller Engage Your Creativity and Color Your Way to Calm In The Mindfulness Coloring Book an international bestseller illustrator Emma Farrarons invited busy people everywhere to relax and re center by coloring in her delightful hand drawn scenes Now with The Mindfulness Coloring Book Volume Two Emma shares 100 pages of all new designs that will inspire you to cultivate mindful focus simply by coloring Here are intricate geometric patterns flowers and friendly squirrels plus owls charming knickknacks a surprise pineapple and more This travel size book is the perfect antidote to too much screen time Find whimsy and mindfulness wherever you are

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[The Mindfulness Colouring Book](#) Emma Farrarons,2021-03-02 A pocket sized anti stress colouring book

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Moments of Comfort Gill Hasson,2021-11-01 Slow down and enjoy life s special moments Moments of Comfort Embracing the Joy in Life s Simple Pleasures is a beautifully illustrated book that delivers the little moments of warmth reassurance hope and optimism that every so often is just what you need to get through the day The perfect antidote to a difficult day or a long week Moments of Comfort explains why the small pleasures and shots of joy are so important and

offers advice perspectives insights and ideas into how you can include them in your everyday life In this book you ll get Practical ideas and insights into how you can take advantage of more of life s simple pleasures Guidance on how you can find more peace encouragement and connection in the world around you Advice on finding the strength to keep going through the difficulties challenges and tough times in life Ideal for anyone looking for some encouragement and enjoyment in their life Moments of Comfort is a perfect gift for someone you know who might need some support and reassurance inspiration and hope right now And of course that someone could be you Being in Mindfulness Coloring Designs - Anti-Stress Coloring Book Activibooks,2016-01-20 More and more businesses are incorporating coloring sessions as methods to relieve stress When you color you tend to forget about everything else as you focus on the creation of art It s a relaxing exercise that will help you survive any stressful day in the office But the health benefits of the activity go beyond relaxation It also helps with fine motor skills and focus too **Mindfulness Pocketbook** Gill Hasson,2020-09-08 Develop balance and harmony in all areas of life through mindfulness The second edition of the Mindfulness Pocketbook Little Exercises for a Calmer Life brings you exercises and practices to achieve greater balance and harmony in all areas of your life You ll find new ideas for enjoying nature being mindful at work staying physically active and encouraging creativity With this book you can discover how mindfulness opens you up to new ideas and fresh ways of doing things You ll have a new approach to reducing stress and increasing your enjoyment This revised edition of the bestselling Mindfulness Pocketbook shares guidance on new paths to living more harmoniously Be mindful in the outdoors communing with nature Use mindful techniques to enhance creativity Practice mindful physical activity for a healthy body and mind Add mindfulness to your workday The new section in this pocketbook edition encourages you to treat yourself to small pleasures learn a new skill and take time for relaxation and holidays A calmer more balanced life is closer than you think *Career Finder* Gill Hasson,2021-03-08 DISCOVER THE CAREER THAT IS RIGHT FOR YOU The quest for the work and a career that s right for you that s fulfilling and that you enjoy is a process of discovery It involves learning about yourself and finding out about the wide range of work and careers available And it involves finding out how best to access the work or career you re interested in TAKE CONTROL AND DO WORK YOU LOVE Whether you have no idea what work or career you want to do or there s too many options and you can t decide Career Finder will help you discover what s right for you and how to go about achieving it Understand how the world of work and careers is changing Overcome limiting beliefs identify your strengths skills and values and build your confidence Identify from the wide range of career options the best possibilities for you not what other people think you should do Discover the opportunities that will lead to the work and career you re interested in Whatever s happening in the world and whether you ve just started thinking about a career want to go in a new direction or have a complete change Career Finder will guide and advise you You ll be prepared to move toward a career that you enjoy and works in harmony with your life and who you are **Happiness** Gill Hasson,2018-10-08 Get into the habit of being happy We may all have different abilities

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