



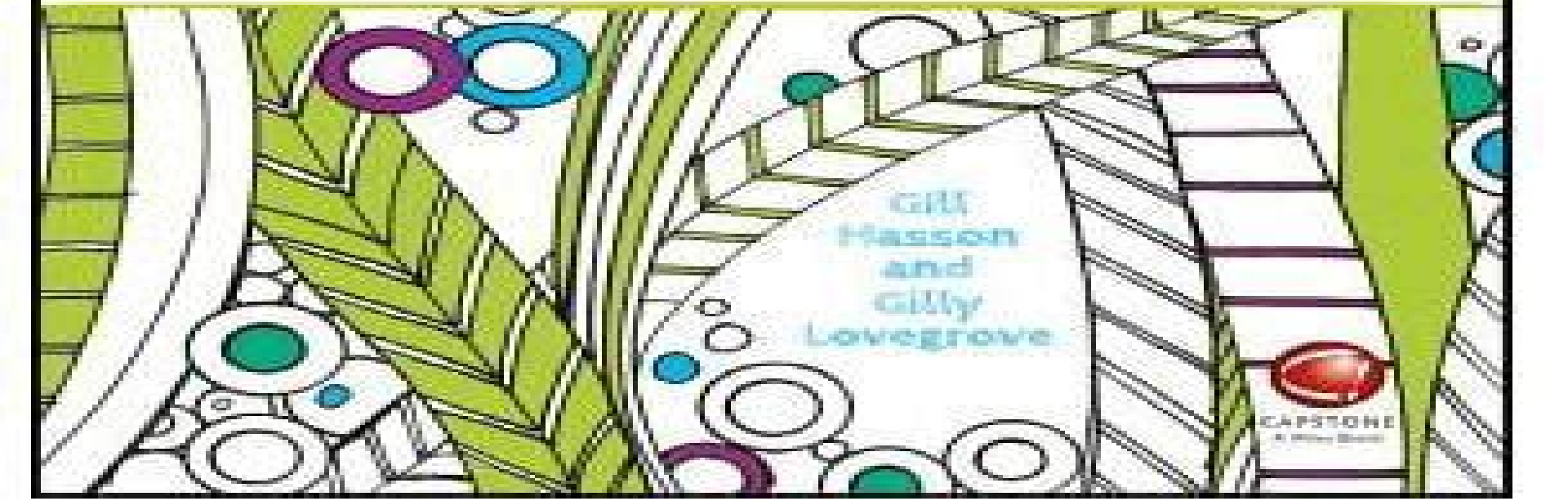
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CALMING COLOURING AND DE-STRESSING
DOODLES TO FOCUS YOUR BUSY MIND



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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

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