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~~Farrarons Therapeutic benefits to adult coloring books Mayo Clinic Minute: Benefits of Coloring Coloring Book Obsession ~ The Mindfulness Coloring Book 2~~

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This stunning, pocket-sized colouring book

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offers a practical exercise in mindfulness that draws on your creativity and hones your focus. Beautifully illustrated by Emma Farrarons, The Mindfulness Colouring Book is filled with templates for exquisite scenes and intricate, sophisticated patterns, prompting you to meditate on your artwork as you mindfully and creatively fill these pages with colour.

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Working with your hands is one of the best ways to soothe anxiety and eliminate stress.

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This stunning, pocket-sized colouring book offers a practical exercise in mindfulness that draws on your creativity and hones your focus. Beautifully illustrated, The Mindfulness Colouring Book is filled with templates for exquisite scenes and intricate, sophisticated patterns, prompting Working with your hands is one of the best ways to soothe anxiety and eliminate stress.

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The Mindfulness Colouring Book: Anti-stress art therapy ...

Mindful coloring is a simple yet powerful practice that combines the proven, time-honored tradition of thoughtful meditation with the growing popularity of adult coloring books, and shows that any activity, done right, can be an exercise in mindfulness. In *The Mindfulness Coloring Book*, accomplished illustrator Emma Farrarons presents 70 intricate and beguiling patterns to help you color your way to tranquility. Here are flowers, leaves, butterflies, and birds

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In today's busy world, finding a moment of peace and calm can be a challenge. Mindful coloring is a simple yet powerful practice that combines the proven, time-honored tradition of thoughtful meditation with the massive popularity of adult coloring books.

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flowers, leaves, butterflies, and birds alongside rolling waves and ...

The Mindfulness Coloring Book: Anti-Stress Art Therapy by ...

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This stunning, pocket-sized colouring book offers a practical exercise in mindfulness that draws on your creativity and hones your focus. Beautifully illustrated by Emma Farrarons, The Mindfulness Colouring Book is filled with templates for exquisite scenes and intricate, sophisticated patterns, prompting you to meditate on your artwork as you mindfully and creatively fill these pages with colour.

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Amazon.co.uk:Customer reviews: The Mindfulness Colouring ...

A welcome change to have a small, pocket-sized format colouring book to slip into my handbag for idle moments. Good quality paper, printed both sides, so it feels less wasteful than those that print only one side on the premise that you get less show-through with

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felt tips, and nice designs mostly drawing on geometric patterns or images from nature, so very soothing.

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The bestselling adult colouring book! Working with your hands is one of the best ways to soothe anxiety and eliminate stress. This stunning, pocket-sized colouring book offers a practical exercise in mindfulness that draws on your creativity and hones your focus. Beautifully illustrated, The

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Mindfulness Colouring Book is filled with templates for exquisite scenes and intricate, sophisticated patterns, prompting you to meditate on your artwork as you mindfully and creatively fill these pages with colour. Take a few minutes out of your day, wherever you are, and colour your way to peace and calm.

#1 National Bestseller • NPR Books Bestseller
• #1 Boston Globe Bestseller • #1 San Francisco Chronicle Bestseller • A Publishers Weekly Bestseller • 2016 Best Toy Award from Learning Express A fun and unique pocket-size coloring book designed to channel stress into

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Relaxing, creative accomplishments.

Reinforced binding with strong glue allows you to open and lay this book flat to color with intricate detail without breaking the spine. In today's busy world, finding a moment of peace and calm can be a challenge. Mindful coloring is a simple yet powerful practice that combines the proven, time-honored tradition of thoughtful meditation with the growing popularity of adult coloring books, and shows that any activity, done right, can be an exercise in mindfulness. In The Mindfulness Coloring Book, accomplished illustrator Emma Farrarons presents 70

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Intricate and beguiling patterns to help you color your way to tranquility. Here are flowers, leaves, butterflies, and birds alongside rolling waves and kaleidoscopic designs. Perfectly sized to fit into a pocket or handbag, and printed on high-quality paper that will ensure hours of bliss, The Mindfulness Coloring Book is ready to help you de-stress wherever you go. So take a few minutes out of your hectic schedule to reset and refresh with mindful coloring—and relive the days when your biggest concern was staying within the lines!

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Let your imagination roam free and color your way to calm Mindfulness is the antidote to stress—but in stressful times, it can seem just out of reach. Enter The Mindfulness Creativity Coloring Book, here to soothe your anxiety and help you find “flow,” with adult coloring and guided activities.

Internationally celebrated illustrator Emma Farrarons invites you to complete drawings in perfect symmetry, create patterns, practice hand-lettering, and, of course, do lots of coloring—from adorable woodland creatures to Scandinavian motifs. Perfectly sized to carry with you, this inspiring little book puts art

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From the artist extraordinaire whose Mindfulness Coloring Book (527,500 copies in print and a #1 national bestseller!) was the first to offer pocket-sized stress relief—more gorgeous scenes perfect for mindful coloring Working with your hands and cultivating mindful focus are two of the best ways to soothe anxiety and eliminate stress. And coloring is a great way to do both! That's why fans can't get enough of Emma Farrarons' irresistible first and second travel-size book of designs: The Mindfulness

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Coloring Book and The Mindfulness Coloring Book—Volume Two, both immediate national bestsellers. Now, she invites colorists back for another creative adventure in Moments of Mindfulness: Anti-Stress Coloring & Activities for Busy People. This all-new pocket-size volume offers more delicately hand-drawn scenes ready to be filled in with pencil, crayon, or even marker and a greater focus on the practice of mindfulness. The ideal antidote to too much screen time, this coloring book is the perfect way to let one's imagination roam free.

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This stunning, pocket-sized colouring book contains all the illustrations from both The Mindfulness Colouring Book and More Mindfulness Colouring. Beautifully illustrated, The Complete Mindfulness Colouring Book offers all of Emma Farrarons' exquisite scenes and intricate, sophisticated patterns for you to mindfully and creatively fill with colour. Working with your hands is one of the best ways to relieve stress, so take a few minutes out of your day, wherever you are, and colour your way to peace and calm with this bumper colouring book.

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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. This gorgeous adult colouring book includes ideas for mindfulness activities, all beautifully embellished with exquisite scenes and intricate, sophisticated patterns. Perfectly sized to carry around in your pocket or bag, you can take a few minutes out of your day,

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People wherever you are, and colour your way to peace and calm.

The Coloring Book of Mindfulness includes line illustrations of the natural world, from flowers and trees, to butterflies and birds, that are specially designed to be colored in. Alongside beautiful illustrations is a collection of 50 inspirational quotes that will enable you to still the mind, and relax the body, while generating and boosting a feeling of well-being and contentment that will permeate every aspect of everyday life. The perfect gift, this is a practical way to

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Recipe
Calm the mind, while subconsciously developing self-knowledge, expanding the imagination, and nurturing creativity.

The third book from internationally bestselling illustrator Emma Farrarons.

Unleash your creative spirit with this sophisticated anti-stress colouring, doodling and drawing book. The flowing lines, sweeping swirls and highly-detailed patterns on every illustration have been created so that anyone and everyone can enjoy making something beautiful and calming. Increasing focus

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Through creativity can benefit those who find it difficult to unwind or struggle to find their inner artist when faced with a blank page. There are no instructions, no rights or wrongs, and no need for expensive art supplies - readers can simply doodle and colour in any way they wish to create unique and exquisite pieces.

Record your thoughts and activities in this beautiful colouring diary, filled with illustrations from The Mindfulness Colouring Book by Emma Farrarons. Each day is dated, but not named making this gorgeous diary

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Reprint
Suitable for use in any calendar year. With rounded edges and a beautiful foiled cover, The Mindfulness Colouring Diary is a perfectly portable way to achieve mindfulness every day. Any activity, done right, can be an exercise in mindfulness. Colouring in these exquisite scenes and intricate, sophisticated patterns will help you soothe anxiety and eliminate stress as you make entries for each day of the year. Let this pocket-sized colouring diary be your daily window of peace and calm as you mindfully fill the days with your thoughts and the pages with colour.

*October release

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