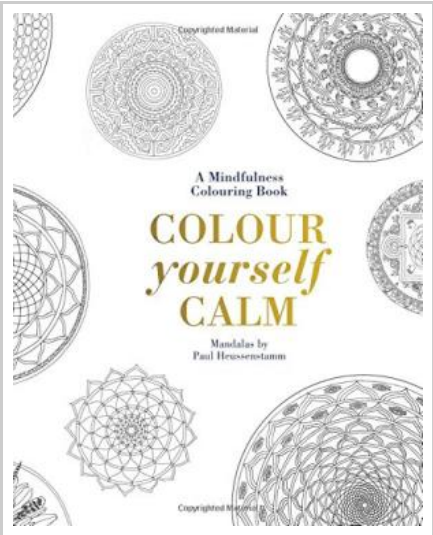


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Colour Yourself Calm: A Mindfulness Colouring Book

By Tiddy Rowan

Quadrille Publishing Ltd. Hardback. Book Condition: new. BRAND NEW, Colour Yourself Calm: A Mindfulness Colouring Book, Tiddy Rowan, The original mindful colouring book for adults, from the author of the bestselling Little Book of Mindfulness.* Relax, meditate and banish stress* Release unconscious knowledge and calm thought through painting and colouring* Features complete images to copy, or just create your own colourful mandalasMandalas were created as sacred objects upon which to meditate. Their symmetry is designed for the painter to reflect and empty the mind - by becoming absorbed in colouring this object of beauty, the reader will embark on a practical exercise in mindfulness.In Colour Yourself Calm, Tiddy Rowan (author of the Little Book of Mindfulness) has gathered inspirational quotes to accompany these original images and enhance the experience - offering an easy way to relax the mind, body and spirit, while expanding the imagination and creating a sense of wellbeing.

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