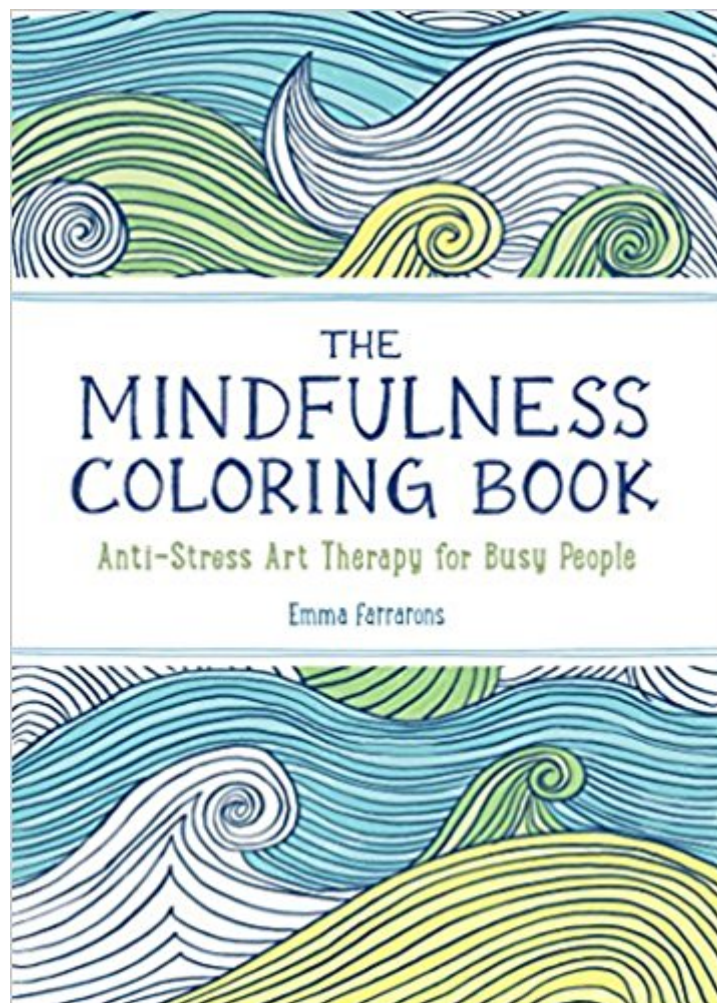


The book was found

The Mindfulness Coloring Book: Anti-Stress Art Therapy For Busy People (The Mindfulness Coloring Series)



Synopsis

#1 National Bestseller • NPR Books Bestseller • #1 Boston Globe Bestseller • #1 San Francisco Chronicle Bestseller • Publishers Weekly Bestseller • 2016 Best Toy Award from Learning Express

A fun and unique pocket-size coloring book designed to channel stress into 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 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!

Book Information

Series: The Mindfulness Coloring Series (Book 1)

Paperback: 112 pages

Publisher: The Experiment; Csm edition (June 2, 2015)

Language: English

ISBN-10: 1615192824

ISBN-13: 978-1615192823

Product Dimensions: 5 x 0.4 x 7 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars • See all reviews (203 customer reviews)

Best Sellers Rank: #14,432 in Books (See Top 100 in Books) #39 in Books > Arts & Photography > Graphic Design > Techniques > Use of Color #111 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #183 in Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups

Customer Reviews

I love this little (5 inch x 7 inch) book with 100 flowing, captivating, very detailed, pattern illustrations

in a wide variety of patterns. You are going to love every single picture in this book. There are even some 2 page illustrations. This book includes An amazing variety of patterns, that include Flowers, Decorated Cups, Geometric shapes, a few animals adorned with geometric shapes, Leaves, Mushrooms, a couple scenery pictures, Fruit, Butterflies, fish and waves and more. This is a perfect book to add to your coloring library for those times when you cannot get your head in the present. When you are thinking too much, about the past, the future, work, or timelines, and your thoughts are going in circles keeping you from focusing and enjoying the right now. Grab this book, choose an illustration and start coloring, within minutes you will feel yourself becoming calmer and your mind will clear.

1. 100 pages to color in this little(5 x 7) inch book, printed front and back of each page, on heavy weight , bright white paper.
2. This little book will fit in your purse, or easily in a back pack or glove compartment.
3. The pages are a light card board and the cover just a little heavier cardboard.
4. The illustrations vary from small detailed to medium detailed, and the patterns include flower, leaf, animal, and geometric shapes, a very good variety, you are going to love this book.
5. These are small detailed images that you can color with Gel Pens, Colored Pencils, or some Ultra Fine Markers, The following markers did not bleed through these pages Staedler Triplus Fineliners, Staedler Triplus Fibre Tip Pens , Stablio Fineliner 30 point 88, Pentel, Crayola Pipsqueaks Skinnys.

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Mandalas & Easy To ... Stress Relief & Art Color Therapy) (Volume 2) Master Mandalas: A Mandala Coloring Book: A Unique Mindfulness Workbook & Zen Adult Coloring Book For Men Women Teens Children & Seniors Featuring ... Relaxation Stress Relief & Art Color Therapy) Japanese for Busy People I (Japanese for Busy People)(Revised Edition) (Vol 1) Color Therapy: An Anti-Stress Coloring Book Animal Magic - Under The Sea: Anti-Stress Animal Art Therapy Teacher Life: A Snarky Chalkboard Coloring Book: A Unique Black Background Paper Adult Coloring Book For Teachers With Stress Relieving Patterns, ... Relaxation Stress Relief & Art Color Therapy) Dot To Dot Mindfulness Mandalas: Relaxing, Anti-Stress Dot To Dot Patterns To Complete & Colour Creepie Crawlies Without Stress: Rolling Voice Adult Colouring Books (Anti Stress Book 1) Spiralizer Recipe Book: Spiralizer Recipes for Weight Loss, Anti-Aging, Anti-Inflammatory & So Much More! (Recipes for a Healthy Life) (Volume 2) Anti-Inflammatory Diet Box Set: Anti-Inflammatory Diet Recipes Breakfast, Lunch, Dinner And Smoothie Recipes A Resource Guide to the U.S. Foreign Corrupt Practices Act (FCPA): Anti-Bribery Provisions, Definitions, Payments to Third Parties, Extortion, Accounting, Reporting, Anti-Fraud Violations, Penalties

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