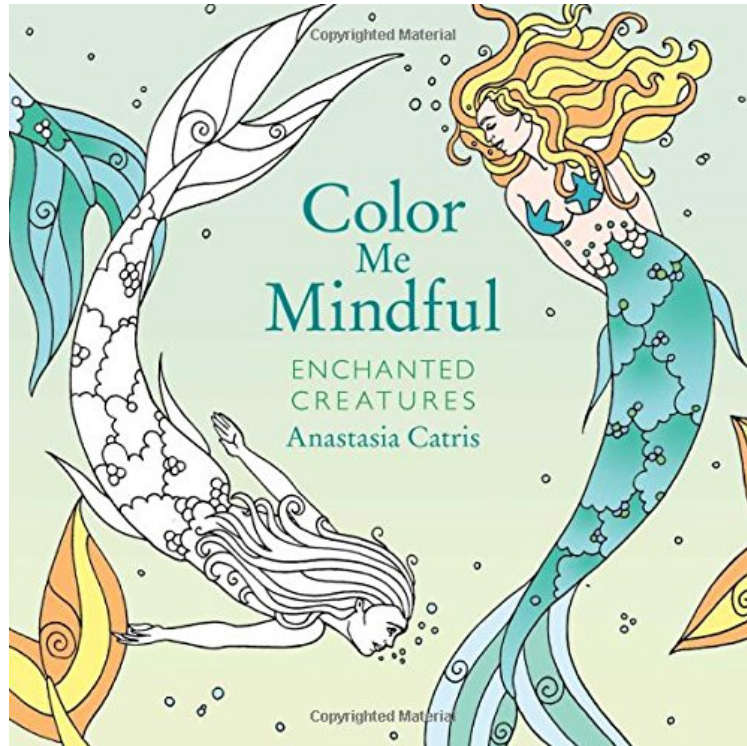


## Color Me Mindful: Enchanted Creatures

Anastasia Catris

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**Anastasia Catris : Color Me Mindful: Enchanted Creatures** before purchasing it in order to gage whether or not it would be worth my time, and all praised Color Me Mindful: Enchanted Creatures:

1 of 1 people found the following review helpful. Colour me Mindful Enchanted CrteaturesBy RebeccasextonThis book includes many wonderful drawings to color. There are mermaids, dragons, and other mythical creatures to choose from. the pages are printed on both sides so be careful of what media you use to color with as it might bleed through the paper. It is good quality paper but markers will bleed through it. I like the artist that penned this book and is one of the reasons I purchased all the books available from this artist. I am gong to have many hours of coloring fun.2 of 2 people found the following review helpful. Great coloring bookBy TheresahColor Me Mindful: Enchanted Creaturesby Anastasia CatrisThis book shows diverse subjects from mythology, Griffiths, and dragons. Centaurs and mermaids grace the pages next to lions, and Unicorns. The book pictures gives the artist and inspired youth to spend hours creating pictures that are beautiful enough to be a give on their own.0 of 1 people found the following review helpful. A good complement to: Fantastic BeastBy Cecilia RodriguezI gave this as a gift for my twelve year old niece

These intricate and beautifully detailed line drawings of enchanted creatures are ready for you to bring them to life. Relieve stress, practice your mindfulness, and discover your creative side as you unplug and slow down by filling these exquisite pages with color.No matter our age, useful mindfulness techniques can help re-center us amidst a world of noisy stimuli constantly vying for our attention. Coloring can act like a tranquil meditation—relax and unwind with

this calming coloring book for adults. Make your mark—inside or outside the lines—with these fifty beautiful black and white illustrations of creatures mythical, magical, and wondrous just waiting for your gentle touch to bring them to life. Don't miss the other adult coloring books in the Color Me Mindful series: Color Me Mindful: Birds, Color Me Mindful: Tropical, Color Me Mindful: Butterflies, and Color Me Mindful: Seasons. Join the coloring craze!

About the Author Anastasia Catris is a freelance illustrator and writer from Wales.