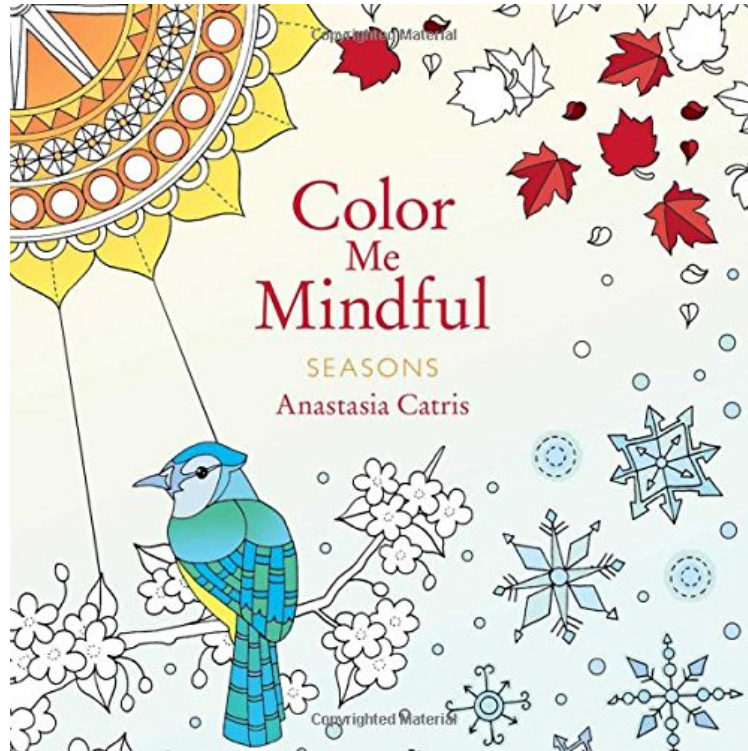


Color Me Mindful: Seasons

Anastasia Catris

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

2 of 2 people found the following review helpful. Colour me Mindful SeasonsBy Rebeccasextonthis book is bigger in size from the first ones I bought from the Colour Me Mindful series. I thought because this one was titled Seasons it would be kind of cut and dry on the pictures of each o the Seasons, Spring, Summer, Autumn and winder but I was surprised that that wasn't the case. It does have the traditional drawings of the four seasons but also goes through some of the holidays that are within each of the seasons. Some being New Year, Easter, Beach scenes in the summer, Halloween, etc. This is a nice book and I am happy I purchased it.

These intricate and beautifully detailed line drawings of nature's various seasons 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 calming seasonal images 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: Enchanted Creatures. Join the coloring craze!

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