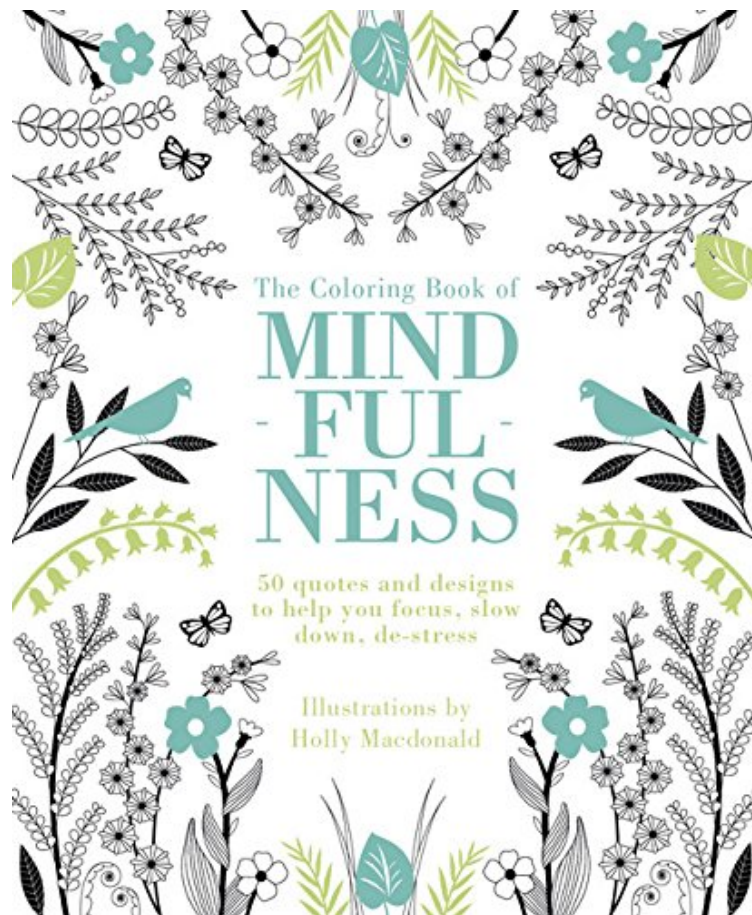


(Get free) The Coloring Book of Mindfulness: 50 Quotes and Designs to Help You Focus, Slow Down, De-Stress

The Coloring Book of Mindfulness: 50 Quotes and Designs to Help You Focus, Slow Down, De-Stress

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#166169 in Books 2016-01-05 2016-01-05 Format: Coloring Book Original language: English PDF # 1 9.88 x .50 x 8.13l, 1.25 #File Name: 184949730396 pages 50 pages of designs to color | File size: 32.Mb

Quadrille Publishing : The Coloring Book of Mindfulness: 50 Quotes and Designs to Help You Focus, Slow Down, De-Stress before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Coloring Book of Mindfulness: 50 Quotes and Designs to Help You Focus, Slow Down, De-Stress:

5 of 5 people found the following review helpful. A Perfect Gift for my Father after my Mother passed away By Amanda Ashcroft Beautiful adult coloring book with so many wonderful quotes. I purchased this book for my father after my mother passed away. He was having trouble relaxing at night and his mind would race. This book helped him clear his mind and the quotes were just an added bonus to lighten his spirit. He ended up raving about it so much I bought myself a copy. Now we compare pages and share new quotes we found. Great quality paper too and a variety of designs. 0 of 0 people found the following review helpful. Are you mindful? By Avvalynna I am really big into coloring books that provide inspiration or quotes. I purchased this for myself and my friend who were having a bit of a rough

time. Mindfulness was a topic we had been discussing so I thought it would be perfect. While this is a coloring book, too, it really is an equal combination between quotes and pictures. The images can be easy to color but can allow you to think or destress as you complete them. They are not complex. Yes, the images do cross pages but I feel the main goal of this book is not perfection and display but to be aware or mindful. 0 of 0 people found the following review helpful. Binding is not done well. By abbyjoe Disappointed that the binding of the pages cut off the coloring images. Was really looking forward to being able to color this, but I don't like to leave things undone. Maybe returning this.

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