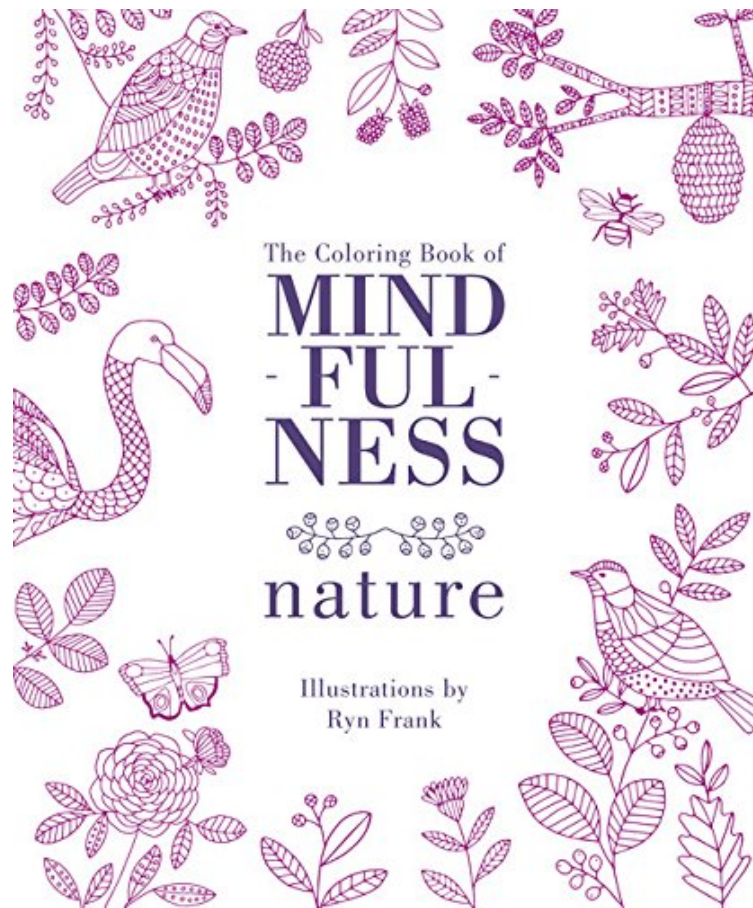


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The Coloring Book of Mindfulness: Nature

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From QUADRILLE : The Coloring Book of Mindfulness: Nature before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Coloring Book of Mindfulness: Nature:

1 of 1 people found the following review helpful. This is a very nice nature-themed coloring book By Brenda This is a very nice nature-themed coloring book, with heavy paper and pictures printed on both sides of the pages. The pictures themselves are somewhat simplistic, not too intricate, but well done. The pages also contain inspirational quotes interspersed with the pictures. The cover is very heavy paper stock, not the typical lightweight cover. Over all, a very nicely made coloring book, suitable for gifting.

Continuing the two bestselling subjects right now, The Coloring Book of Mindfulness: Nature follows on from the original The Little Book of Mindfulness, which has sold 300,000 copies worldwide to date, and The Coloring Book of Mindfulness, which has already achieved sales of over 300,000 copies worldwide. With 45 original illustrations, this book is an enchanting collection of images of the natural world to color in. Also included is a brand-new selection of inspirational quotes to enable you to practice the continually popular discipline of mindfulness. This is the perfect

book for anyone wanting to relax the mind, body, and spirit while exploring their inner creativity.

About the Author Ryn Frank is an illustrator, designer, and surface pattern designer, living in London.