



Mindfulness Colouring

By MacDonald, Holly

Paperback. Book Condition: New. Not Signed; This fun book of colour-in postcards is the perfect way to explore your artistic side and share your creative endeavours with friends. Following on from the bestselling *The Little Book of Mindfulness* and *Mindfulness Colouring*, includes line illustrations of the natural world - from flowers and trees to butterflies and birds that are specially designed to be coloured in - alongside inspirational quotes that will enable you to still the mind and relax the body, whilst generating and boosting a feeling of wellbeing and contentment that will permeate every aspect of everyday life. Each postcard can be coloured in, then posted to a loved one or displayed at home. book.



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