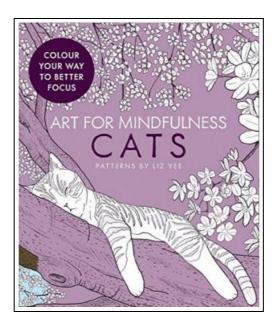
Art for Mindfulness Cats (Paperback)



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Reviews

This publication is very gripping and interesting. We have go through and so i am confident that i am going to planning to read through yet again again in the foreseeable future. You are going to like how the blogger write this ebook.

(Dr. Thaddeus Turner PhD)

ART FOR MINDFULNESS CATS (PAPERBACK)



HarperCollins Publishers, United Kingdom, 2017. Paperback. Condition: New. Liz Yee (illustrator). Language: English. Brand New Book. For all lovers of cats and colouring, a beautiful collection to make your own. Colouring books. for grown-ups. Remember the long hours spent colouring in the lines of your most-cherished colouring books, full box of crayons within reach, the demanding adult world tuned out? Secretly long for an excuse to retreat back into that world? Now you can. Find your inner artist and colour your way to better focus! Mindfulness helps us to appreciate the world around us - to feel centred, less stressed and more fully alive. Art for Mindfulness offers the perfect aid - 60 stunning blank drawings of cats to help focus your mind, unlock your creativity and calm your senses as you pour colour into them. With an introduction from art therapist and mindfulness practitioner Imi Lo, plus accompanying quotes with each illustration to inspire meditation as you go through, Art for Mindfulness is a beautiful colouring book for grown-ups you can mindfully complete. So pick up your pencil, unleash your creativity and watch your well-being thrive!.



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