



More Mindfulness Colouring

By Emma Farrarons

Paperback. Book Condition: New. Not Signed; Working with your hands is one of the best ways to soothe anxiety and eliminate stress. This second pocket-sized colouring book from Emma Farrarons offers a practical exercise in mindfulness that draws upon your creativity and hones your focus. Like the bestselling first book, *The Mindfulness Colouring Book*, *More Mindfulness Colouring* offers delicate, hand-drawn scenes from nature and the decorative world for you to mindfully and creatively fill with colour. Take a few minutes out of your day, wherever you are, and colour your way to peace and calm. book.



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