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THE MINDFULNESS COLOURING BOOK



Quadrille Publishing Ltd. Hardback. Book Condition: new. BRAND NEW, The Mindfulness Colouring Book, This creative colouring book is the perfect companion to the best-selling The LittleBook of Mindfulness. Mindfulness: A Colouring Book includes line illustrations of the natural world - from flowers and trees to butterflies and birds that are specially designed to be coloured in - alongside a collection of 50 inspirational quotes that will enable you to still the mind and relax the body, whilst generating and boosting a feeling of well-being...

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