

# MINDFULNESS COLORING BOOK

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# The Mindfulness Coloring Book

**Ensheng Dong**



## **The Mindfulness Coloring Book:**

The Mindfulness Coloring Book Emma Farrarons, 2015-06-02 1 National Bestseller NPR Books Bestseller 1 Boston Globe Bestseller 1 San Francisco Chronicle Bestseller A Publishers Weekly Bestseller 2016 Best Toy Award from Learning Express A fun and unique pocket size coloring book designed to channel stress into relaxing creative accomplishments Reinforced binding with strong glue allows you to open and lay this book flat to color with intricate detail without breaking the spine In today's busy world finding a moment of peace and calm can be a challenge Mindful coloring is a simple yet powerful practice that combines the proven time honored tradition of thoughtful meditation with the growing popularity of adult coloring books and shows that any activity done right can be an exercise in mindfulness In The Mindfulness Coloring Book accomplished illustrator Emma Farrarons presents 70 intricate and beguiling patterns to help you color your way to tranquility Here are flowers leaves butterflies and birds alongside rolling waves and kaleidoscopic designs Perfectly sized to fit into a pocket or handbag and printed on high quality paper that will ensure hours of bliss The Mindfulness Coloring Book is ready to help you de stress wherever you go So take a few minutes out of your hectic schedule to reset and refresh with mindful coloring and relive the days when your biggest concern was staying within the lines The Mindfulness Coloring Book - Volume Two Emma Farrarons, 2015-10-20 National Bestseller Engage Your Creativity and Color Your Way to Calm In The Mindfulness Coloring Book an international bestseller illustrator Emma Farrarons invited busy people everywhere to relax and re center by coloring in her delightful hand drawn scenes Now with The Mindfulness Coloring Book Volume Two Emma shares 100 pages of all new designs that will inspire you to cultivate mindful focus simply by coloring Here are intricate geometric patterns flowers and friendly squirrels plus owls charming knickknacks a surprise pineapple and more This travel size book is the perfect antidote to too much screen time Find whimsy and mindfulness wherever you are *The Mindfulness Coloring Book*, 2016-01-01 **Moments of Mindfulness** Emma Farrarons, 2016-10-25 From the artist extraordinaire whose Mindfulness Coloring Book 527 500 copies in print and a 1 national bestseller was the first to offer pocket sized stress relief more gorgeous scenes perfect for mindful coloring Working with your hands and cultivating mindful focus are two of the best ways to soothe anxiety and eliminate stress And coloring is a great way to do both That's why fans can't get enough of Emma Farrarons irresistible first and second travel size book of designs The Mindfulness Coloring Book and The Mindfulness Coloring Book Volume Two both immediate national bestsellers Now she invites colorists back for another creative adventure in Moments of Mindfulness Anti Stress Coloring Activities for Busy People This all new pocket size volume offers more delicately hand drawn scenes ready to be filled in with pencil crayon or even marker and a greater focus on the practice of mindfulness The ideal antidote to too much screen time this coloring book is the perfect way to let one's imagination roam free *The Mindfulness Creativity Coloring Book* Emma Farrarons, 2020-07-07 Let your imagination roam free and color your way to calm Mindfulness is the antidote to stress but in stressful times it can seem just out of reach Enter The

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*Mindfulness Coloring Book* Arcturus Publishing,2015-11-25 Colouring in focuses the mind and helps you to live in the moment The Mindfulness Colouring Book contains images from the natural world plus a mass of mandalas and other abstract patterns for you to colour in at your leisure The handy jotter size means you can carry this book with you so time spent on long journeys will never be wasted again All you need to get started is a set of coloured pencils or pens MINDFULNESS Coloring Books Mindfulness Coloring MINDFULNESS Coloring Books,Colorama coloring Colorama coloring book,2015-12-14 Anti Stress Art Therapy for Busy People We Bring You Mindfulness The Best Selling Adult Coloring Books Coloring is a creative novel way for busy adults to relax and unwind from the hectic pace of modern life Adults of any age and even older children who love to color can enjoy this unique and special coloring book We have Carefully Selected Amazing Illustration from world Famous Artist Illustrators Bring out your imagination arouse your senses and creativity and as you become engaged in the pleasurable soothing activity of Coloring it calms you and instantaneously starts reducing your stress level TAGS adult coloring books best sellers coloring books for adults relaxation artists illustrators mandalas stress relieving patterns coloring pages for adults meditation mindfulness meditation nature mandalas coloring books for grownups anti stress management MINDFULNESS Coloring Books Mindfulness Coloring MINDFULNESS Coloring Books,2015-12-17 Anti Stress Art Therapy for Busy People We Bring You Mindfulness The Best Selling Adult Coloring Books Coloring is a creative novel way for busy adults to relax and unwind from the hectic pace of modern life Adults of any age and even older children who love to color can enjoy this unique and special coloring book We have Carefully Selected Amazing Illustration from world Famous Artist Illustrators Bring out your imagination arouse your senses and creativity and as you become engaged in the pleasurable soothing activity of Coloring it calms you and instantaneously starts reducing your stress level TAGS adult coloring books best sellers coloring books for adults relaxation artists illustrators mandalas stress relieving patterns coloring pages for adults meditation mindfulness meditation nature mandalas coloring books for grownups anti stress management *Creative Haven Magical Dreams Coloring Book* Diane Pearl,Jessica Mazurkiewicz,2020-09-16 Carefully designed to promote mindfulness and inner peace more than 90 mesmerizing illustrations encourage expressive and experimental coloring with abstract organic images and psychedelic combinations of flowers stars teardrops sunbursts and other shapes **More Mindfulness Colouring** Emma Farrarons,2015-09-24 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 **Being in Mindfulness Coloring Designs - Anti-Stress Coloring Book** Activibooks,2016-01-20 More and more businesses are incorporating coloring sessions as methods to relieve stress When you

color you tend to forget about everything else as you focus on the creation of art It s a relaxing exercise that will help you survive any stressful day in the office But the health benefits of the activity go beyond relaxation It also helps with fine motor skills and focus too

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