



Calm Colouring: Patterns: 100 Creative Designs to Colour in

By Southwater

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, Calm Colouring: Patterns: 100 Creative Designs to Colour in, Southwater, Relax and unwind with this stress-relieving colouring book of patterns. The art of colouring is a form of meditation, focusing the mind and stilling the endless mental chatter that saps our energy and causes stress and negative feelings. As you start to colour in these symmetrical patterns you will unleash your inner creativity and find yourself gradually moving to a more peaceful and calming state of mind. You can colour in as little or as much as you like, taking your time to develop your picture the way you want it. There are no hard or fast rules, you are truly free to create your own unique designs using pencils, pens or paints. Start colouring today and enjoy the still, quiet voice of calm this simple meditative practice will bring.



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