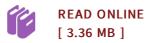




Colour Me Mindful: Birds

By Anastasia Catris, Anastasia Catris

Orion Publishing Co. Paperback. Book Condition: new. BRAND NEW, Colour Me Mindful: Birds, Anastasia Catris, Anastasia Catris, Not just for kids anymore, colouring delivers a deeply satisfying experience that is almost meditative and colouring books are growing in popularity as anti-stress aids for adults. Complete with intricately detailed and beautiful line-art, this book depicts a breathtaking array of birds. Your mind will focus as you fill the pages with colour, becoming calm and reducing stress. This is mindful, simple therapy for adults that can be carried out every day. With stunning illustrations to colour in and admire, this book provides a creative outlet and a deeply soothing mindful experience for those in need of a little artistic stress-busting.



Reviews

It in one of the most popular book. I am quite late in start reading this one, but better then never. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Camylle Larson

These kinds of publication is everything and made me hunting ahead of time and more. I have got read through and i also am confident that i am going to gonna study yet again yet again later on. Its been printed in an extremely basic way in fact it is only after i finished reading this pdf in which in fact transformed me, alter the way i believe.

-- Cristina Koepp