

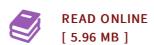


Colour Yourself Calm: Creativity

By Paul Heussenstamm

Quadrille Publishing Ltd. Hardback. Book Condition: new. BRAND NEW, Colour Yourself Calm: Creativity, Paul Heussenstamm, Free your thoughts and open your mind to creative flow by colouring in mandalas.Mandalas were created as sacred objects on which to meditate.

Internationallyacclaimed mandala artist Paul Heussenstamm has designed these illustrationsspecifically to aid with visualization and the development of ideas. Also featuring thoughtful quotes and suggestions, the new Colour Yourself Calmseries offers a new way to release unconscious knowledge, inspire new ways ofthinking and prompt feelings of calmness through creative colouring.



Reviews

The best book i at any time read. I am quite late in start reading this one, but better then never. I realized this publication from my dad and i advised this book to understand.

-- Raina Simonis

This kind of pdf is almost everything and made me seeking forward and much more. It is actually packed with wisdom and knowledge You will not really feel monotony at whenever you want of your own time (that's what catalogs are for about when you question me).

-- Martina Maggio

Other Books



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Broadman Holman Publishers, United States, 2013. Hardback. Book Condition: New. Cory Jones (illustrator). 231 x 178 mm. Language: English. Brand New Book. Oh sure, well all heard the story of Moses and the ten plagues of Egypt a hundred times....