



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.

Internationally acclaimed mandala artist Paul Heussenstamm has designed these illustrations specifically to aid with visualization and the development of ideas. Also featuring thoughtful quotes and suggestions, the new Colour Yourself Calm series offers a new way to release unconscious knowledge, inspire new ways of thinking and prompt feelings of calmness through creative colouring.



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Reviews

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-- **Martina Maggio**

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