



## the peaceful pencil: mindful colouring: 75 mindful designs to colour in

By peony press

Paperback. Book Condition: New. Not Signed; Take time to relax and clear your mind with this beautiful pocket-sized book of nature patterns to colour in. As you choose your colours and start to bring the pattern to life you will find yourself entering a deeply peaceful state, completely focused on creating your unique picture. Art therapy at its simplest; focus on colouring in your picture and forget about the cares and stresses of the day. You can colour in as little or as much as you like, taking your time to develop your picture the way you want it. Start colouring today and enjoy the still, quiet voice of calm this simple meditative practice will bring. book.



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