

# Free Mind

Colouring Book by Maya Eya



Free Mind

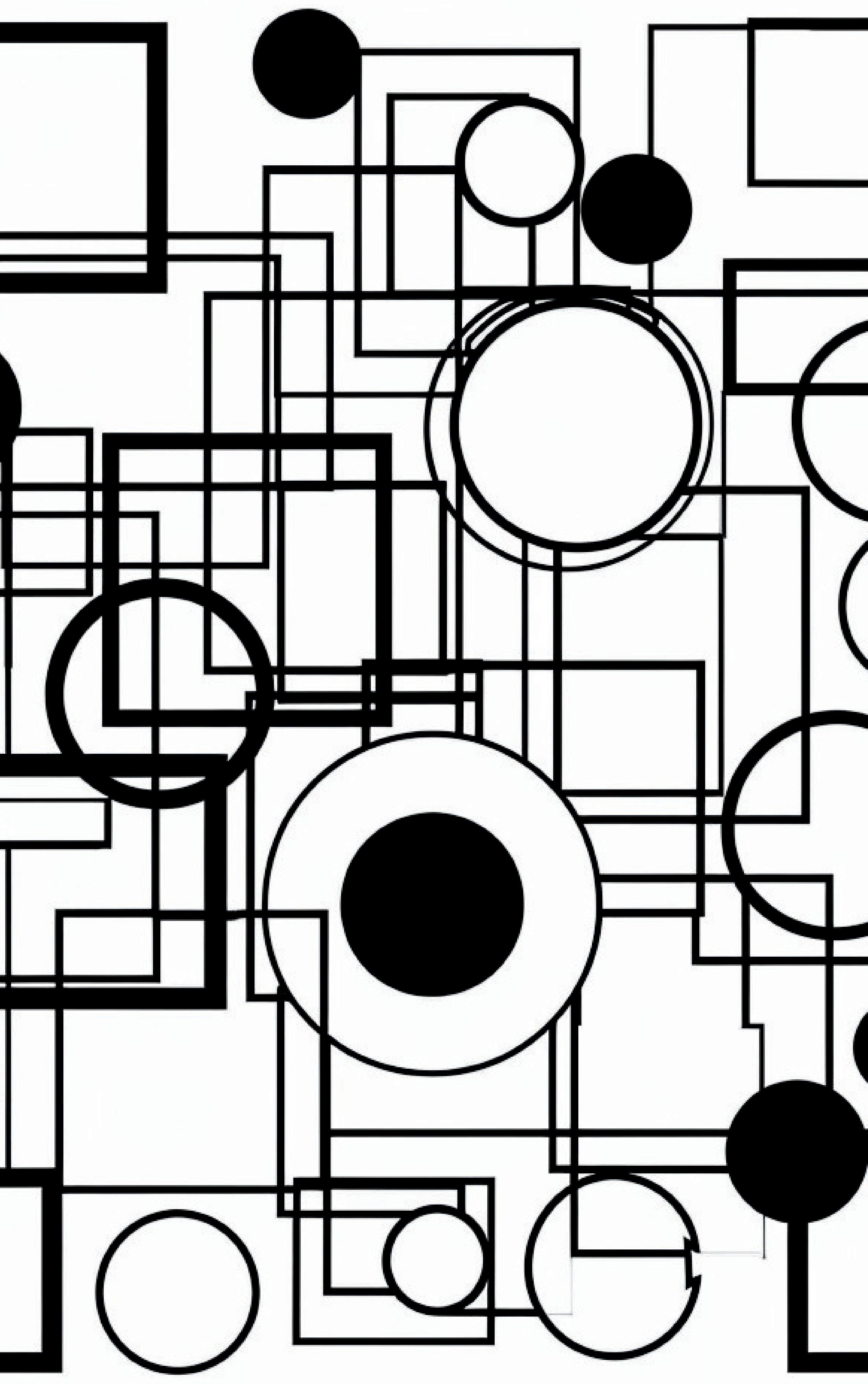
By Maya Eya

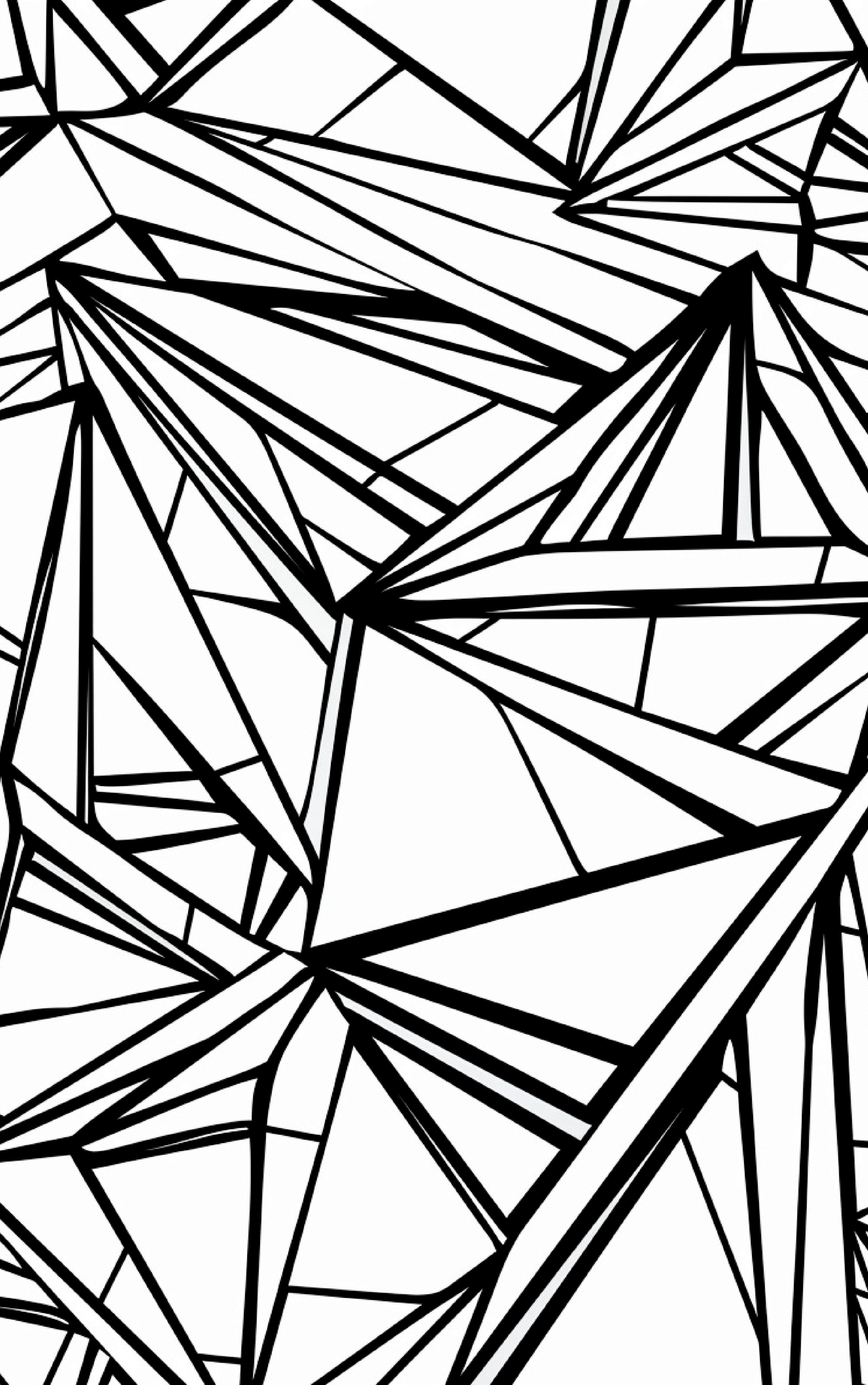
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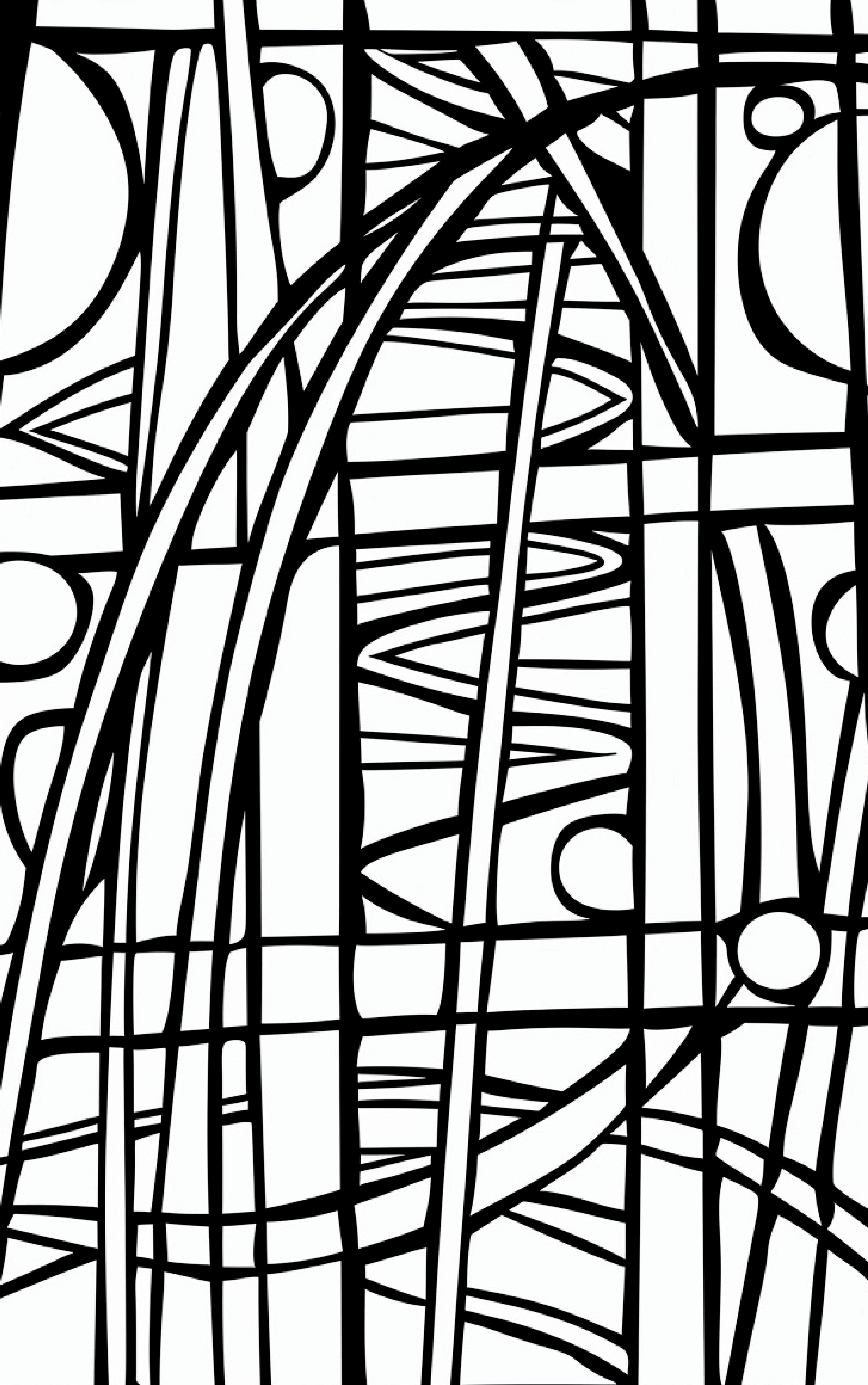
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Cover and layout by Maya Šustickienė  
[www.easemyanxiety.co.uk](http://www.easemyanxiety.co.uk)



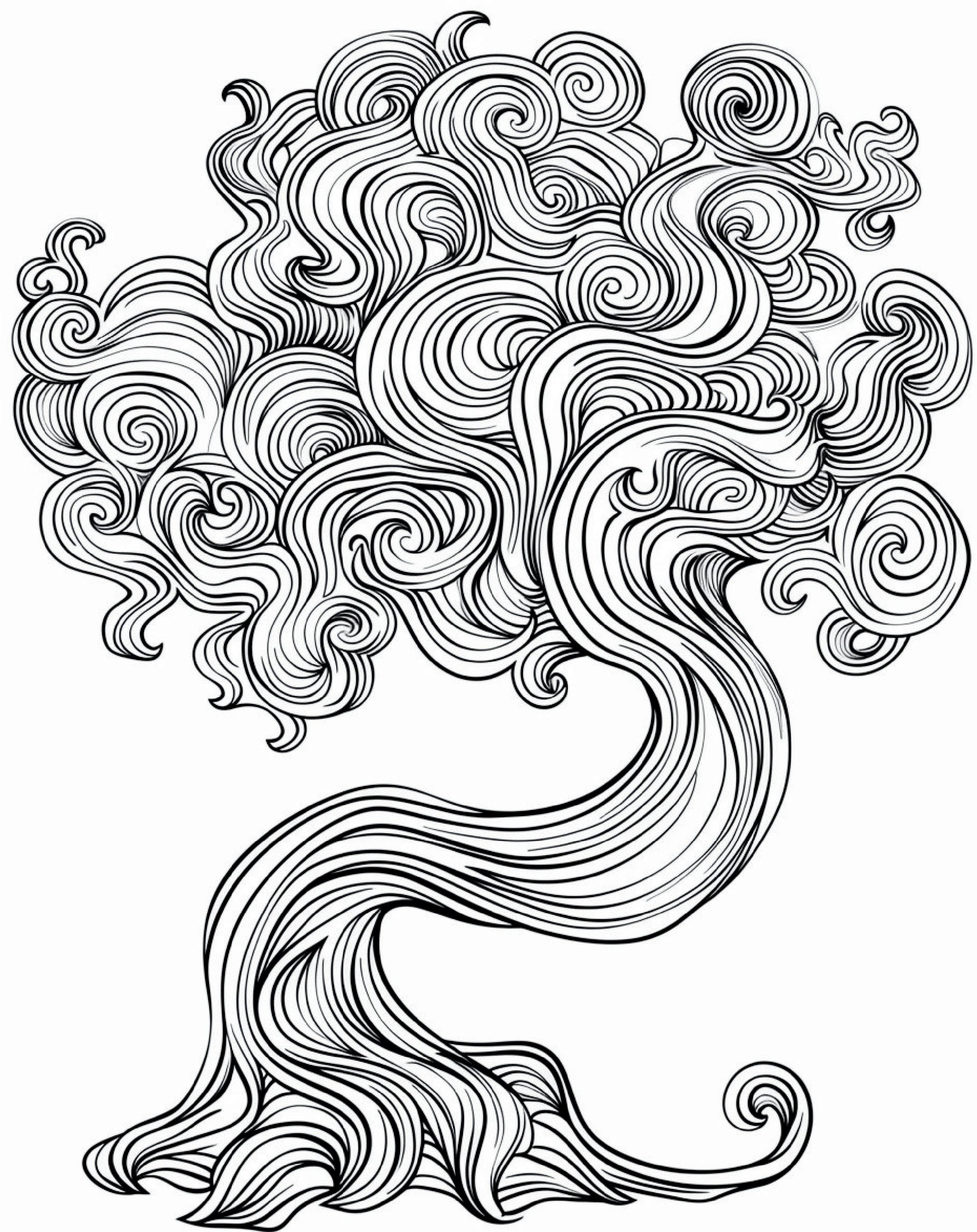




















Discover Calm and Colour Your Way to Peace

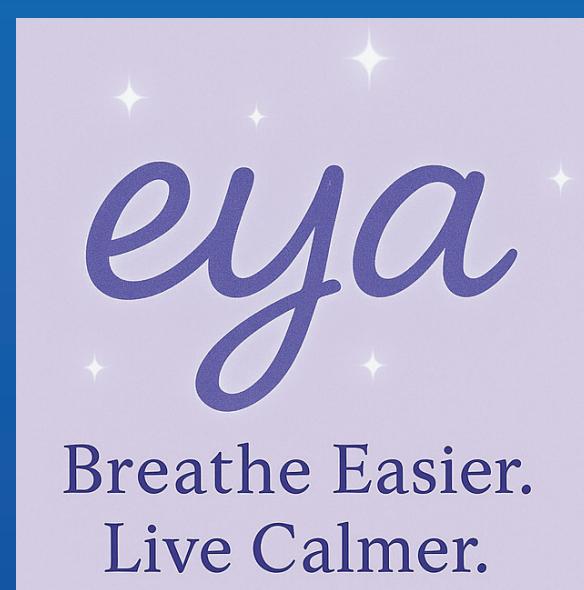
This free colouring book offers 10 beautiful, hand-picked pages from my books Happy: Emotional Colouring and From Shadows to Colors: A Therapeutic Coloring Experience — designed to help you relax, ease anxiety, and bring a little joy into your day.

Whether you're new to colouring or a mindful creative, these pages invite you to slow down, stay present, and let your mind unwind.

Colour your feelings. Brighten your mood. Find a peaceful space within.

Created by Maya Šustickienė — passionate about mental wellness, calm living, and gentle self-help.

More free resources and support for your journey: [easemyanxiety.co.uk](http://easemyanxiety.co.uk)



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