



Calming Colouring Nature Patterns

By Graham Leslie McCallum

Paperback. Book Condition: New. Not Signed; Colouring books aren't just for kids - they're also terrific tools for staying relaxed and present in a demanding and hectic world. Requiring focus on a small scale, colouring in is a refreshing way to practice mindful attentiveness while reigniting your creative side. Approaching colouring slowly and carefully, giving your full attention to the movement of pen on page, creates the perfect escape from all those worries buzzing around your head. Here, over 80 hand-drawn illustrations from nature provide leaves, petals, seeds, trees, and landscapes just waiting for a touch of colour from pens, pencils, felt tips or paints. Spring, summer or autumn are at your fingertips while deciding which colours to bring nature to life with. Whether you've got ten minutes to spare on your commute or a few lazy hours on a Sunday, losing yourself in a colouring book is a simple, enjoyable and undemanding path to inner peace. book.



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