



Mindful Design: Colouring Book for Adults: Relax Through Creative Art: Christmas

By Laura Blewitt

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Mindful Design Colouring Book For Adults: Relax Through Creative Art Christmas Tis the season to be mindful and creative! No time like the present to relax and discover your inner artist. Enjoy the winter nights by wrapping yourself up in warm nostalgia with our advent calendar styled book for grown-ups! Countdown to Christmas with our 25, individual, single-sided designs; hidden behind 25 decorated doors. Indulge your childlike curiosity giving yourself a daily treat or choose to explore festive designs in any order. So snuggle up with our merry geometric patterns and more, for the holidays and beyond, all perfectly presented, so mindfulness, relaxation and creativity are always at your fingertips. Take a moment for yourself, let your creative juices flow and produce stunning art, your way. Who cares if you don't stay between the lines, just make sure that Santa isn't watching!;) Get into the Christmas spirit and give the gift of mindful presence this year to yourself and others. Leave your stress behind, disconnect to reconnect with Mindful Design's Colouring Book...



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Reviews

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publications I have read. Your life period will probably be enhanced the instant you start looking at this pdf.

-- Prof. Dan Windler MD

It is really an amazing publication I actually have at any time read. It is really simplistic but unexpected situations inside the 50 percent of your pdf. It's been written in an exceptionally simple way in fact it is just right after I finished reading this ebook where it actually transformed me, altered the way I really believe.

-- Dr. Celestino Spinka III

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