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out of your day to clear your mind, forget your worries and focus on adding colour to the beautiful patterns and designs! Enjoy a truly mindful and therapeutic activity - and create something stunning at Page 18/52

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your mind one of the best ways to relax and switch off is by focusing on a creative task like colouring in. Clinically proven to reduce stress and anxiety, colouring allows you to clear your thoughts and

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practice mindfulness. The Art of Mindfulness: Serene and Tranquil Colouring is filled with beautifully intricate illustrations to help you do just that.

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is the word of the moment. But how can we reach this deeper state...

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