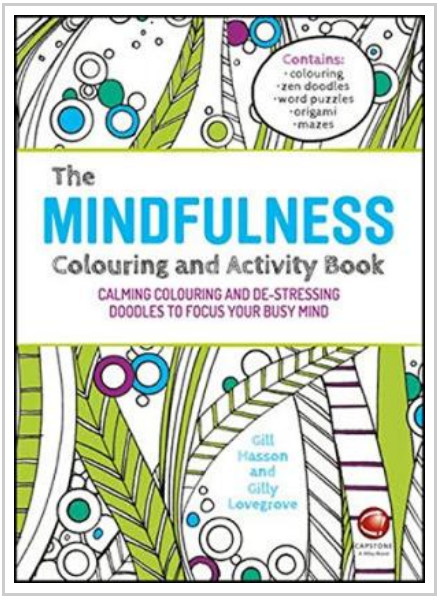


DOWNLOAD

The Mindfulness Colouring and Activity Book: Calming Colouring and De-Stressing Doodles to Focus Your Busy Mind

By Gill Hasson, Gilly Lovegrove, Wiley

John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, The Mindfulness Colouring and Activity Book: Calming Colouring and De-Stressing Doodles to Focus Your Busy Mind, Gill Hasson, Gilly Lovegrove, Wiley, Colour and Doodle Your Stress Away It s impossible to stay 'on' all the time. Just as a car engine overheats if you continue to rev it, keeping your mind in high gear puts it under a level of pressure it can't sustain. If you're feeling overwhelmed, stressed, anxious or agitated, and unable to think clearly, take your foot of the pedal, and clear your mind with The Mindfulness Colouring and Activity Book, from Gill Hasson, the author of the best-selling book Mindfulness. This portable book contains colouring, games, and activities all designed to give you a break from your everyday concerns, switch off your mind, wind down and relax. They give your mind something specific to focus on, allowing thoughts to flow easily but without any complex thinking or planning. Each activity provides a balance between challenge and skill. The level of engagement keeps your attention so focused that you become fully absorbed in the moment, preventing stressful thoughts from entering your head. The Mindfulness Colouring and...

READ ONLINE
[6.62 MB]

Reviews

It in one of the most popular publication. It is actually writter in easy words instead of confusing. You will like how the author create this book.

-- ***Art Gislason***

The ebook is simple in go through better to fully grasp. It is actually rally exciting throgh reading through period. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- ***Alexander Jacobi***