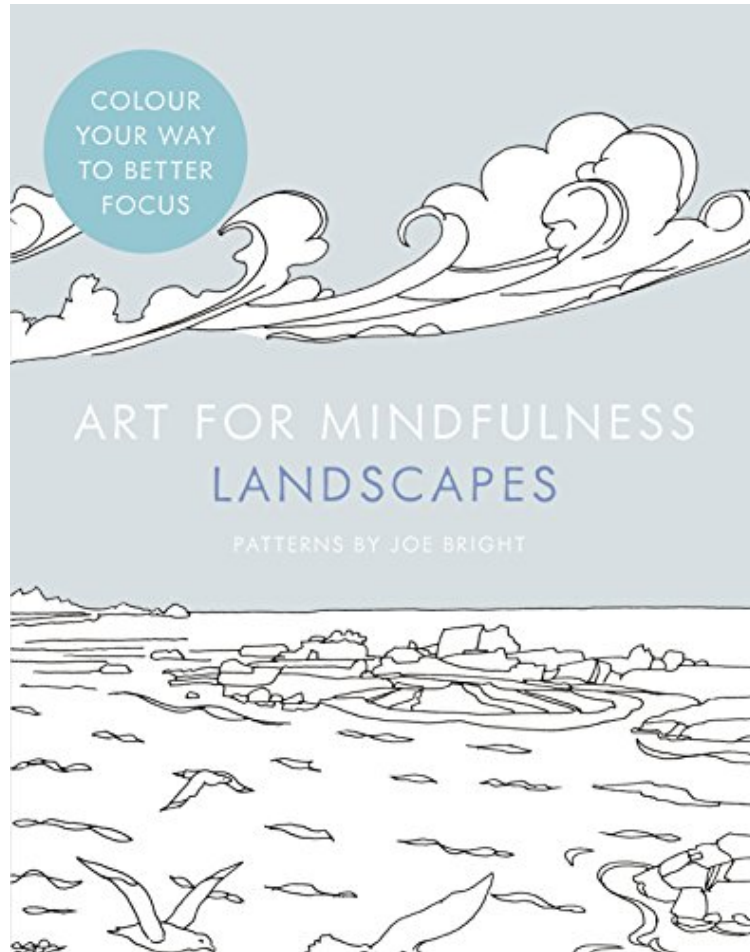


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Colour your way to better focus!Colouring books for grown-ups!Remember the long hours spent colouring in the lines of your most-cherished colouring books, full box of crayons within reach, the demanding adult world tuned out? Secretly long for an excuse to retreat back into that world? Now you can. Find your inner artist and colour your way to better focus!Mindfulness helps us to appreciate the world around us to feel centred, less stressed and more fully alive.

Art for Mindfulness offers the perfect aid 60 stunning blank landscapes to help focus your mind, unlock your creativity and calm your conscious as you pour colour into them. With an introduction from art therapist and mindfulness practitioner Imi Lo, plus accompanying quotes with each illustration to inspire meditation as you go through, Art for Mindfulness is the beautiful colouring book for grown-ups you can mindfully complete. So pick up your pencil, unleash your creativity and watch your well-being thrive!

About the Author Joe Bright (Illustrator, Landscapes): Joe Bright is an illustrator, painter, and graphic artist. His work has featured in a number of books, including Color Yourself Smart: Masterpieces of Art, The Element Encyclopedia of Native Americans, and maps for the Woodland Trust. Imi Lo (Introduction): Imi Lo (UKCP, HCPC, MMH) is an award-winning mental health professional, Clinical Psychotherapist, Art Therapist, Mindfulness Teacher, and the Lead Therapist of Eggshell Therapy Practise, based in London.