

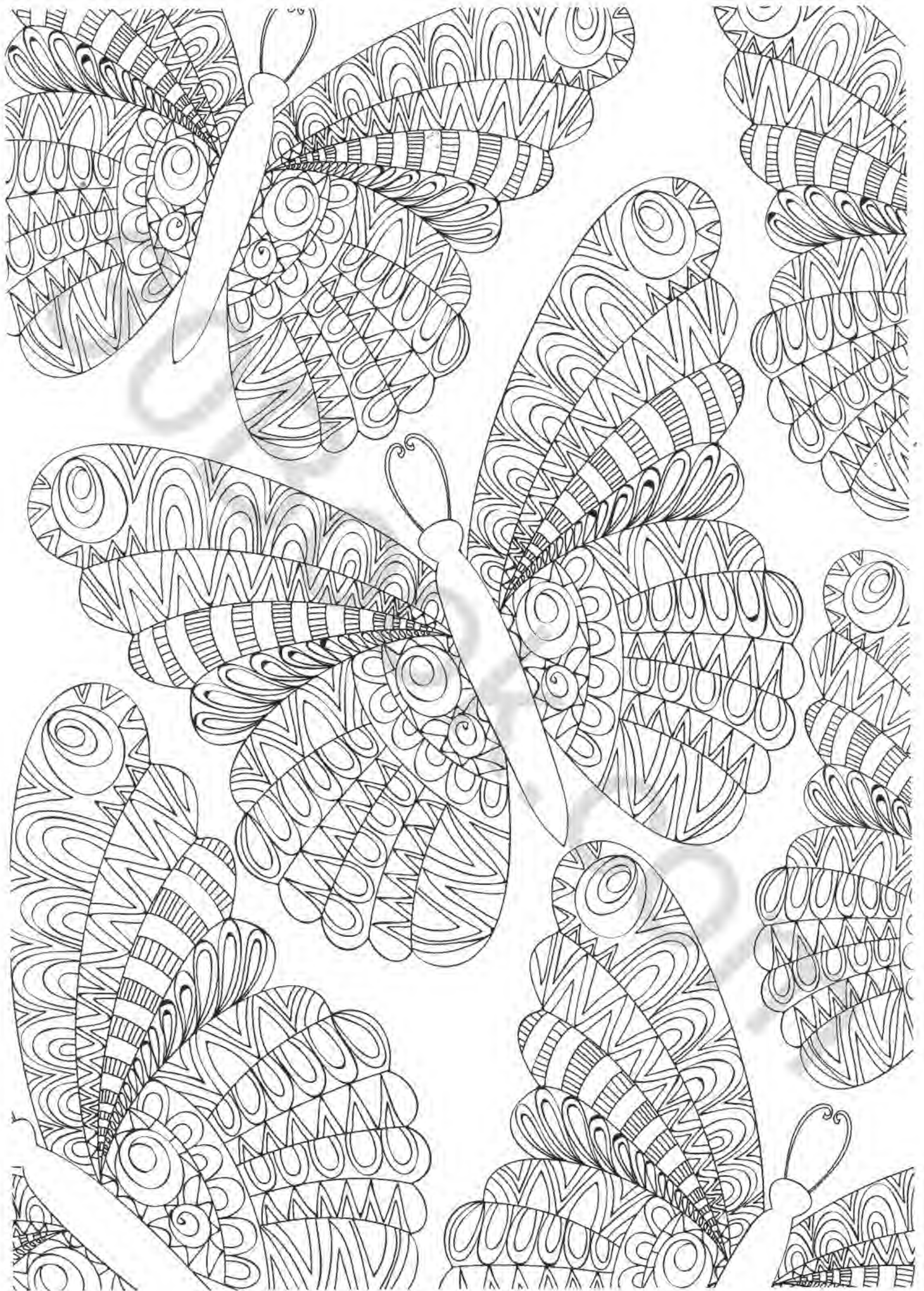


THE ART OF MINDFULNESS



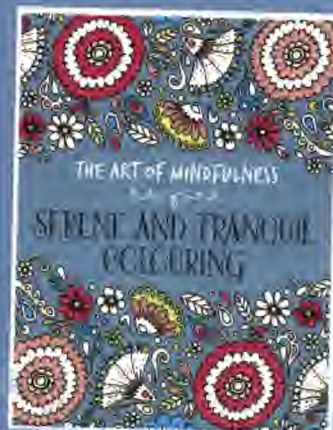
SERENE AND TRANQUIL  
COLOURING











Take a few moments out of your busy day to clear your mind, forget your worries and focus on adding colour to the beautiful patterns and designs in *Serene and Tranquil Colouring*. Enjoy a truly mindful and therapeutic activity – and create something stunning at the same time.

[www.mombooks.com](http://www.mombooks.com)

ISBN 978-1-78243-494-8



9 781782 434948

Follow us on Twitter: @OMaraBooks