



The Casual Artist: The Zen of Calming Your Mind Through Colouring (Paperback)

By Sheryl Lee

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.A touch of Zentangle, a hint of Mandela, a flash of Mosaic and a twist uniquely my own. Each of my pictures is an original piece of art designed and hand drawn for your colouring pleasure. Colouring is a fantastic tool for mindfulness, a form of meditation that will slow your brain patterns, calm your mind and centre your thoughts. As you focus on my drawings you leave behind the stresses of everyday life. In this book you will find a selection of drawings to colour, ranging from complex to simpler. Some have white spaces for you to add your own personal touch, some include messages of positivity. Each design is on a separate page, so you can remove and frame any that you choose once you have finished personalizing it.



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