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The **MINDFULNESS**

Colouring and Activity Book

CALMING COLOURING AND DE-STRESSING
DOODLES TO FOCUS YOUR BUSY MIND



Gill
Hasson
and
Gilly
Lovegrove



Mindfulness Colouring Activity Stressing

Emma Farrarons



Mindfulness Colouring Activity Stressing:

The Mindfulness Colouring and Activity Book Gill Hasson, Gilly Lovegrove, 2015-12-14 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 off 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 Activity Book* includes Colouring Zentangles Optical illusion activities Origami Mazes Word Puzzles Doodling activities Drawing games Observation games

The Mindfulness Moments Colouring Book Emma Farrarons, 2021-01-07 A beautifully designed updated version of Emma Farrarons's *Mindfulness Moments* Take a few minutes out of your day wherever you are and colour your way to peace and calm Working with your hands is one of the best ways to soothe anxiety and eliminate stress This stunning pocket sized colouring and activity book offers practical exercises in mindfulness that draw on your creativity and hone your focus *Mindfulness Moments* is the third book from international bestselling illustrator Emma Farrarons Perfectly sized to carry around in your pocket or bag this gorgeous adult colouring book includes ideas for mindfulness activities all beautifully embellished with exquisite scenes and intricate sophisticated patterns

Moments of Mindfulness Emma Farrarons, 2016-10-25 From the artist extraordinaire whose *Mindfulness Coloring Book* 527 500 copies in print and a 1 national bestseller was the first to offer pocket sized stress relief more gorgeous scenes perfect for mindful coloring Working with your hands and cultivating mindful focus are two of the best ways to soothe anxiety and eliminate stress And coloring is a great way to do both That's why fans can't get enough of Emma Farrarons' irresistible first and second travel size book of designs *The Mindfulness Coloring Book* and *The Mindfulness Coloring Book Volume Two* both immediate national bestsellers Now she invites colorists back for another creative adventure in *Moments of Mindfulness Anti Stress Coloring Activities for Busy People* This all new pocket size volume offers more delicately hand drawn scenes ready to be filled in with pencil crayon or even marker and a greater focus on the practice of mindfulness The ideal antidote to too much screen time this coloring book is the perfect way to let one's imagination roam free

The Mindfulness Coloring Book Emma Farrarons, 2015-06-02 1 National Bestseller NPR Books Bestseller 1 Boston Globe Bestseller 1 San Francisco Chronicle Bestseller A Publishers Weekly Bestseller 2016 Best Toy Award from Learning Express A fun and unique pocket size coloring book designed to channel stress into relaxing creative accomplishments Reinforced binding with strong glue allows you to

open and lay this book flat to color with intricate detail without breaking the spine In today s busy world finding a moment of peace and calm can be a challenge Mindful coloring is a simple yet powerful practice that combines the proven time honored tradition of thoughtful meditation with the growing popularity of adult coloring books and shows that any activity done right can be an exercise in mindfulness In The Mindfulness Coloring Book accomplished illustrator Emma Farrarons presents 70 intricate and beguiling patterns to help you color your way to tranquility Here are flowers leaves butterflies and birds alongside rolling waves and kaleidoscopic designs Perfectly sized to fit into a pocket or handbag and printed on high quality paper that will ensure hours of bliss The Mindfulness Coloring Book is ready to help you de stress wherever you go So take a few minutes out of your hectic schedule to reset and refresh with mindful coloring and relive the days when your biggest concern was staying within the lines

Moments of Comfort Gill Hasson,2021-11-01 Slow down and enjoy life s special moments Moments of Comfort Embracing the Joy in Life s Simple Pleasures is a beautifully illustrated book that delivers the little moments of warmth reassurance hope and optimism that every so often is just what you need to get through the day The perfect antidote to a difficult day or a long week Moments of Comfort explains why the small pleasures and shots of joy are so important and offers advice perspectives insights and ideas into how you can include them in your everyday life In this book you ll get Practical ideas and insights into how you can take advantage of more of life s simple pleasures Guidance on how you can find more peace encouragement and connection in the world around you Advice on finding the strength to keep going through the difficulties challenges and tough times in life Ideal for anyone looking for some encouragement and enjoyment in their life Moments of Comfort is a perfect gift for someone you know who might need some support and reassurance inspiration and hope right now And of course that someone could be you

More Mindfulness Colouring Emma Farrarons,2015-09-24 Working with your hands is one of the best ways to soothe anxiety and eliminate stress This second pocket sized colouring book from Emma Farrarons offers a practical exercise in mindfulness that draws upon your creativity and hones your focus Like the bestselling first book The Mindfulness Colouring Book More Mindfulness Colouring offers delicate hand drawn scenes from nature and the decorative world for you to mindfully and creatively fill with colour Take a few minutes out of your day wherever you are and colour your way to peace and calm

The Book You Wished Your Parents Read 2023 Susan Harper,2023-10-26 In this transformative and heartfelt book The Book You Wished Your Parents Read 2023 we journey into the realm of parenting and family dynamics like never before Drawing on the collective wisdom of both experienced parents and those who yearn for the guidance they wish their parents had this book is a beacon of hope and enlightenment for families everywhere Navigate the intricate world of modern parenting exploring the depths of emotional intelligence nurturing discipline and building relationships that stand the test of time With insights that transcend generations this ebook takes you on a voyage of self discovery as a parent and it empowers you to create an environment where children thrive Discover the power of connection effective communication and the art of empathy Uncover the secrets

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Guidance and activities supporting the use of meditation breathing exercises and visualisation techniques in therapy Ideas that can be used as short introductory activities at the beginning of a therapy session to help patients get the most from the therapist's time Suggested whole sessions on stress reduction for those focusing on anxiety itself This book is a must have resource for Speech and Language Therapists Occupational Therapists Psychologists Counsellors Psychotherapists and any professionals working with clients who wish to help the people they work with get the most from therapy

Mindfulness Colouring (Anti Stress) James Manning,2019-04 This book has 36 coloring sheets that can be used to color in frame and or meditate over This book can be photocopied printed and downloaded as a PDF *Mindfulness Coloring Book* Anti-stress Publisher,2016-06-30 Special Discount Get your copy right now This collection of more than 40 original patterns was inspired by Mandala a method of creating repetitive patterns that promotes relaxation as well as creative expression Pages are perforated and printed on one side only for easy removal and display Specially designed for experienced colorists Ours Adult coloring books offer an escape to a world of inspiration and artistic fulfillment Each Book is also an effective and fun filled way to relax and reduce stress

Mindfulness Colouring Books for Adults (Anti Stress) James Manning,2019-04-03 This book has 36 coloring sheets that can be used to color in frame and or meditate over This book can be photocopied printed and downloaded as a PDF *The Mindfulness Coloring Book - Volume Two* Emma Farrarons,2015-10-20 National Bestseller Engage Your Creativity and Color Your Way to Calm In The Mindfulness Coloring Book an international bestseller illustrator Emma Farrarons invited busy people everywhere to relax and re center by coloring in her delightful hand drawn scenes Now with The Mindfulness Coloring Book Volume Two Emma shares 100 pages of all new designs that will inspire you to cultivate mindful focus simply by coloring Here are intricate geometric patterns flowers and friendly squirrels plus owls charming knickknacks a surprise pineapple and more This travel size book is the perfect antidote to too much screen time Find whimsy and mindfulness wherever you are

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Mindfulness Coloring Book Adult Books,Coloring Books for Adults,2015-07-22 Coloring is a

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