

Mindfulness Calm Postcard Book Adventures In Ink And Inspiration Colouring Postcard Books

Bring the ink to life! Delicate, bold, easy and challenging, there's a pattern and quote for every mood, with 120 images, ready for your imagination. Calming and relaxing, almost every type pen, ink and pencil can be used to bring life and sparkle to this fabulous journey of discovery. Each page is perforated, and ready for you to frame.

The bestselling adult colouring book! Working with your hands is one of the best ways to soothe anxiety and eliminate stress. This stunning, pocket-sized colouring book offers a practical exercise in mindfulness that draws on your creativity and hones your focus. Beautifully illustrated, The Mindfulness Colouring Book is filled with templates for exquisite scenes and intricate, sophisticated patterns, prompting you to meditate on your artwork as you mindfully and creatively fill these pages with colour. Take a few minutes out of your day, wherever you are, and colour your way to peace and calm. Lose yourself in a riot of beauty and mindful drawing. Millie Marotta's intricately designed tropical world beckons would-be artists to enter and make their mark. Add brilliant colors to exotic blooms or a parrot's feathers. Complete a rainforest scene, add fine lines to palm trees, or personalize the illustrations. It's a wonderful way to fire up your imagination and relieve stress.

Sometimes life can feel as if it is too much. In today's busy world stress and anxiety can be a constant pressure and it is hard to take time out to be still and calm. This giftbook is suitable for those who need a helping hand. With photography alongside wise words of advice and encouragement, it is a celebration of tranquility.

Brave. Black. First.

The Adventures Of Sally By P.G. Wodehouse

Art Techniques to Express Your Authentic Inner Voice

Adventures in Ink and Inspiration

An Adventure in Self-Compassion

Real Change

Peace of Mind

Lost Ocean Coloring Book : a Unique Collection of Coloring Pages

When Sally Nicholas became an heiress, she had to cope her brother's wild theatrical ambitions and the defection of her fiance, his replacement being a strangely unattractive suitor. A trip to England only made things worse, but then a piece of speculation might just offer a happy ending. The Adventures of Sally is a novel by P.G. Wodehouse. It appeared as a serial in Collier's magazine in the United States from October 8 to December 31, 1921, and in The Grand Magazine in the United Kingdom from April to July 1922.

Great coloring book!

Be the bluebird, and send a message of happiness! Deltiology is the study and collecting of postcards; the study of happiness is a fast-growing field in psychology. Combine the two with these 50 postcards of optimism, joy, and gratitude, and see how much happiness you can spread! Personalize each card by coloring in the quote and surrounding design, then mail them off to friends and family. Get in touch with your inner artist, and send some smiles!

A coloring book that will relax and inspire--all the while transporting you to the City of Light. Get your pens out, open this book, and discover Paris. Stroll the picturesque streets, cross the Seine, and live like the French do, in a world of bistros, flea markets, and opulent architecture. Feel the stress melt away as your inner artist comes alive. Appealing to all ages, this intricate coloring book will inspire and delight.

An Inky Adventure and Coloring Book for Adults

Be Still

A Coloring Book Adventure

Lost Ocean Coloring Books for Adults Containing 29 Simple Line Drawing Lost Ocean Coloring Pages

Enchanted Forest Coloring Book

Creativity in a Time of Crisis

A Novel About the History of Philosophy

Wild Savannah

A special artist's edition of the international bestseller Enchanted Forest with 20 illustrations from the original book, ready to color and frame. "The colorists have a queen, and her Johanna Basford." - New York Magazine "Consider trading in your yoga mat for a set of markers and peruse the gorgeous gardens of Basford's imagination." - The Huffington Post "This coloring book for anxiety." - Teen Vogue "This book celebrates the glory of all things green and nature-y in the best way possible: coloring book form! Even if you don't want to add

illustrations themselves are frame-worthy loveliness." - Brit+ Co From the publisher that brought you the hugely successful #1 New York Times bestsellers Secret garden and Enchanted Forest, this special artist's edition features 20 beautiful, removable art prints for coloring in. Coloring fans of all ages will enjoy immersing themselves in a selection of the most popular illustrations from the original book featuring owls, unicorns, hot air balloons, birdhouses, floral skulls, a magic castle, and more. The stunning illustrations make for beautiful and affordable wall art, whether they are customized in color or left as simple, black and white line drawings. Special features of the artist's edition include: - Presented in a new, large-scale format for maximum coloring enjoyment- Printed on thicker, high-quality card stock- Can be used with a variety of mediums including both colored pencils and markers- Poster book-style prints can be easily removed for framing, display, or craft projects- Only one image is printed on each pull-out poster so coloring artists don't have to make an impossible choice between favorites Fans of Millie Marotta, and Daisy Fletcher will devour Johanna Basford's intricate scenes of flora and fauna. Search #JohannaBasford on social media for hundreds of thousands of examples of her shading and coloring techniques. Get inspired and get started.

This engaging deck makes it easy to bring awareness, calm, and joy to everyday life. Each card includes an inspiring phrase on the front and a bite-size mindfulness exercise on the back. Packaged in an eye-catching box with foil stamping, the cards are divided into four color-coded mindfulness categories: Rest & Balance, Insight & Awareness, Curiosity & Joy, and Knowledge. Users can draw one card to form an intention for the day, or pull several for a more complex reading or to display around the home or office as inspiring mantras. Featuring more than 100 accessible and enlightening practices (plus 8 blank cards for personalization), these cards are an easy way to cultivate mindful moments--anytime and anywhere.

Quiet the mind to be still and embrace mindfulness. Reflect on the quietest moments, personal growth, inner strength, and self-love with Sarah Cray's third book Be Still. Quotes include reflections on mindfulness from individuals such as Annie Dillard, Lao Tzu, Marilynne Robinson, Eckhart Tolle, Brené Brown, Rumi, and Emily Dickinson. Every spread is like a greeting card, so this delightful volume serves as a stand-alone token of affection or the perfect finishing touch to a gift. A postcard book is also available--share the stillness with anyone who needs a reminder that "Life is a collection of moments. Mindfulness is beautification of the moments." (Amit Ray). Sarah Cray is the creator of Dandelion Paper Co. and "Let's Make Art," an online community and art supply shop, with the goal of getting more people to paint and to live a more creative life. Her beautifully illustrated books, Motherhood (2018) and Sisterhood (2019) are a homage to our most valuable female bonds. Sarah lives in Hamilton, Missouri, with her husband and two daughters.

The author and illustrator of the best-selling coloring book Fairies in Wonderland brings to life the enchanting, fantastical world of mermaids in this interactive coloring and activity book for all ages, featuring intricate black-and-white line art to color, riddles, and a maze connected through the illustrations, and four perforated postcards. Mermaids in Wonderland is a whimsical, magical foray into the undersea world of the ever-popular mermaid. Divided into two parts, "Day" and "Night," renowned artist Marcos Chin reimagines these creatures in various interesting and illustrated scenarios sure to enthrall coloring enthusiasts, both young and young at heart. Here are dozens of lovely line drawings to color, from mermaids riding a sea horse merry-go-round to a deep cavern filled with treasures; mermaids styling their flowing tresses to a range of aquatic flora and fauna. Offering more than a standard coloring book, Mermaids in Wonderland is a meditative, interactive journey, filled with delightful riddles and puzzles that stimulate the mind. As enthusiasts add vivid color to the charming artwork and discover more of this lush underwater world, they will find images of lettered keys embedded in the drawings. Unscrambling the keys reveals the answers to a riddle and unlocks prizes—images representative of the riddle and tools needed to solve other riddles throughout the book. Also included are four perforated postcards to color and send or display. Featuring a heavy card stock cover with extra illustrations printed on heavy white paper with excellent opacity ideal for coloring with a range of instruments—markers, pencils, crayons, or paints—and framing, Mermaids in Wonderland provides hours of entertainment and fun and encourages colorists to tap into their creative spirits.

Lost Ocean Coloring Book

Millie Marotta's Tropical Wonderland Deluxe Edition

Color Yourself Happy Postcards

Hummingbird Coloring Book

Mermaids in Wonderland

Be Calm

She Explores

Memories and Adventures

Vogue gathers a stylish collection of at-home, intimate portraits photographed by today's fashion icons, designers, models, and artists, each documenting their creative lives under lockdown. Vogue: Postcards from Home is a beautiful and unforgettable collection of self-rendered images from a bevy of celebrities, photographers, filmmakers, actors, creative directors, performance artists, fashion designers, and models. Kendall Jenner, Virgil Abloh, Tom Ford, Marc Jacobs, Karen Elson, Florence Pugh, Maurizio Cattelan, Billy Porter, Donatella Versace, Gisele Bündchen, Cindy Sherman, Tracee Ellis Ross, and Kim Kardashian West are among those who share a glimpse of their lives under lockdown. From singer Lizzo meditating at home, to actress Florence Pugh honing her cooking skills, to Miuccia Prada contemplating Prada's next collection in her garden--these snapshots reflect a moment in history when the world turned upside down but creativity flourished. This unique record of a moment is a must-have for devotees of fashion, art, culture, and photography, and reaches across a readership of all ages. A portion of the proceeds will go to A Common Thread, Vogue's new fundraising initiative to provide assistance to the fashion industry during the COVID-19 pandemic.

A gorgeous new adult coloring book from bestselling author Millie Marotta, whose books have sold 1.5 million copies worldwide! Millie Marotta is one of the most popular creators of adult coloring books--and this beautiful volume features stunningly sophisticated patterns inspired by the savannah. Her

intricate black-and-white drawings capture a myriad of the flora and fauna found in that breathtaking landscape, including elephants, rhinos, zebras, and ostriches. The high-quality stock is perfect for color pencils, as well.

Slow down to watch 50 nature stories that command calm and foster mindfulness All around us, nature is working wonders. Every day, hour by hour, magical transformations happen right in front of you. But it's not always easy to see them . . . In this beautiful illustrated collection, 50 moments in nature are paused for you to watch them in detail. Then you should go outside, and explore, and see what you find when you take the time to slow down.

Gorgeously illustrated, this charming collection celebrates the small wonders happening all around us every day.

A colouring book to keep and treasure forever. The wonderful illustrations from Millie Marotta's Tropical Wonderland are reproduced here on the thickest paper yet (180 gsm) on one side only, including 13 gatefolds and with five additional prints that can be pulled out of an envelope at the back of the book. These prints are ideal for framing. This is an edition for all Millie fans and even those new to her work who want something special to record their creative colouring and drawing or indeed just a beautiful collection of illustrations. The book is linen bound with screenprinted illustrations and foiling that add a new dimension to Millie's work. It is, quite simply, a beautiful book.

Secret Paris

Simple Practices for Everyday Life

Anti-Stress Art Therapy for Busy People

Mindfulness Cards

Coloring Flower Mandala Postcards

The Mindfulness Colouring Book

52 Simple Meditation Practices You Can Do Anywhere

The 3 Minute Gratitude Journal for Kids by Tigi. Calm Down Activity Book for Children with Free Guided Meditation.

From the creator of the worldwide bestsellers *Secret Garden* and *Enchanted Forest*, a beautiful new coloring book that takes you on a magical journey beneath the waves. With this coloring book for adults, Johanna Basford invites color-inners of all ages to discover an enchanting underwater world hidden in the depths of the sea. Through intricate pen and ink illustrations to complete, color, and embellish, readers will meet shoals of exotic fish, curious octopuses, and delicately penned seahorses. Visit coral reefs and barnacle-studded shipwrecks, discover intricate shells and pirate treasure. *Secret Garden* and *Enchanted Forest* fans and newcomers alike will welcome this creative journey into an inky new world. For *Lost Ocean*, Johanna picked a crisp ivory paper that accentuates and complements your chosen color palette. The smooth, untextured pages allow for beautiful blending or gradient techniques with colored pencils or are perfect for pens, allowing the nib to glide evenly over the surface without feathering. Filled with stunningly detailed illustrations, *Lost Ocean* is a blissful and relaxing at-home activity for people of all ages.

A delightful guide to a stress-free holiday season filled with mindfulness, joy, self-care, and festive magic. What if the month of December were soothing instead of stressful? Now you can celebrate a new kind of holiday season—one where you radiate calm and cultivate delight. *Calm Christmas* and *a Happy New Year* leads you out of the darkness of winter and back to the enchantment of an authentic and attainable Christmas season filled with merry gatherings, thoughtful gift-giving, and meaningful observations of annual traditions. Covering the time period from late November to early January, this joyful guide embraces all the festive holiday build-up and then welcomes the new year in a holistic, nurturing way. Author Beth Kempton gently encourages you to prioritize your holiday hopes and take a slower, more mindful approach to your celebrations. Kempton also offers helpful suggestions for making the most of winter, and recommends using this quiet time to dream new dreams, set goals, and aspire toward a beautiful year ahead. Filled with personal stories, tips, and advice for staying calm and connecting with others, *Calm Christmas* and *a Happy New Year* provides a cozy retreat from the pressure of striving for perfection. Instead of starting the New Year exhausted, in debt, and filled with regret, you will rejoice in the memories of the season feeling rested, rejuvenated, inspired, and calm.

Star Wars(R) *The Jedi Mind* takes quotations and lessons from *Star Wars* and pairs them with practices such a breathing, posture, and meditation. The Jedi Code is focused on peace, knowledge, serenity, and balance--principles that readers can engage in in their own lives. The philosophical tenets are applicable not just in the galaxy far, far away, but also in our own galaxy, here and now. Quoted wisdom from a galaxy far, far away offers day-to-day life lessons An accessible pop culture spin on the *Star Wars* universe Features 20 color illustrations to illuminate the book's thoughtful advice "Trust your feelings."--Obi-Wan Kenobi *Star Wars: The Jedi Mind* is the perfect gift for *Star Wars* fans looking for balance, and seekers of inner calm open to learning from the Jedi Masters. Perfect gift for *Star Wars* fans who love self-care, reflection, and mindfulness An enjoyable and useful primer for *Star Wars* lovers who are seeking inner calm Add it to the shelf with books like *Star Wars: Be More Yoda: Mindful Thinking from a Galaxy Far Far Away* by Christian Blauvelt and *Star Wars: The Empire Strikes Back So You Want to Be a Jedi?* by Adam Gidwitz. Copyright (c) 2020 by Lucasfilm LTD. and (TM). All Rights Reserved. Used Under Authorization.

For every woman who has ever been called outdoorsy comes a collection of stories that inspires unforgettable adventure. Beautiful, empowering, and exhilarating, *She Explores* is a spirited celebration of female bravery and courage, and an inspirational companion for any woman who wants to travel the world on her own terms. Combining breathtaking

travel photography with compelling personal narratives, She Explores shares the stories of 40 diverse women on unforgettable journeys in nature: women who live out of vans, trucks, and vintage trailers, hiking the wild, cooking meals over campfires, and sleeping under the stars. Women biking through the countryside, embarking on an unknown road trip, or backpacking through the outdoors with their young children in tow. Complementing the narratives are practical tips and advice for women planning their own trips, including:

- Preparing for a solo hike
- Must-haves for a road-trip kitchen
- Planning ahead for unknown territory
- Telling your own story

A visually stunning and emotionally satisfying collection for any woman craving new landscapes and adventure.

Brain Games - Color by Number: Stress-Free Coloring (Orange)

Fairies in Wonderland 20 Postcards

A Novel

Sophie's World

Star Wars: the Jedi Mind

a colouring book adventure

Mindfulness on the Go

Vogue: Postcards from Home

ATTAIN FOCUS, CLARITY AND PEACE WHILE CREATING COLORFUL MAIL-READY POSTCARDS PERFECT FOR SHARING WITH FRIENDS AND FAMILY Relax, focus, reach a higher state of mindfulness and express your creativity coloring these intricate floral mandalas. When finished, tear out your new works of art and share them with friends and family, or hang them as colorful wall art! These postcards offer you a garden of inspiring blooms, including:

- Orchids
- Roses
- Gardenias
- Vines
- Lilies
- Sunflowers
- Loutuses
- Marigolds
- Poppies
- Tulips

A pocket-sized collection of 25 easy mindfulness practices you can do anytime, anywhere—from the author of Mindful Eating Mindfulness can reduce stress, improve physical health and quality of life, and give you deep insight. Meditation practice is one way to do it, but not the only way. In fact, there are easy ways to fit it into your everyday life. Jan Chozen Bays provides here 25 practices that can be used on the go to cultivate mindfulness. The three-breath practice, the mindfulness of entering rooms, offering compliments, tasting your food one careful bite at a time—these deceptively simple practices can have a cumulative effect for the better. Use them to cultivate the gratitude and insight that come from paying attention with body, heart, and mind to life’s many small moments. This book is an abridgment of Bays' longer collection How to Train a Wild Elephant: And Other Adventures in Mindfulness. Mindfulness on the Go is part of the Shambhala Pocket Library series. The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible, reader-friendly, and applicable to everyday life.

Take time to breathe. Take time to create. Take time to reflect, take time to let go. A book that’s unique in the way it mixes reading and doing, A Book That Takes Its Time is like a mindfulness retreat between two covers. Created in partnership with Flow, the groundbreaking international magazine that celebrates creativity, beautiful illustration, a love of paper, and life’s little pleasures, A Book That Takes Its Time mixes articles, inspiring quotes, and what the editors call “goodies”—bound-in cards, mini-journals, stickers, posters, blank papers for collaging, and more—giving it a distinctly handcrafted, collectible feeling. Read about the benefits of not multitasking, then turn to “The Joy of One Thing at a Time Notebook” tucked into the pages. After a short piece on the power of slowing down, fill in the designed notecards for a Beautiful Moments jar. Make a personal timeline. Learn the art of hand-lettering. Dig into your Beginner’s Mind. Embrace the art of quitting. Take the writing cure. And always smile. Move slowly and with intention through A Book That Takes Its Time, and discover that sweet place where life can be both thoughtful and playful.

A note of harmony can travel a long way. Find your center, take a deep breath, and let the color flow. Lose yourself in the meditative process of tinting and shading the graceful designs on each of these 50 postcards, then share the joy by sending your inspired creations to family and friends. It's easy to be a messenger of serenity and peace with Color Yourself Zen Postcards.

Postcards from Venus

Mindfulness to Heal Ourselves and the World

Painting the Sacred Within

Calm Christmas and a Happy New Year

Mindfulness on the Go Cards

A Book That Takes Its Time

Mindfulness & Calm Postcard Book

Stories of Life-Changing Adventures on the Road and in the Wild

Do you love coloring or know somebody that does? At that point this coloring book is for you, or it will make an extraordinary blessing thought for your loved ones. Coloring is an astounding method to unwind and loosen up. Recent studies have shown that adult coloring books can help reduce stress and promote mindfulness. The 29 pages in this doodle style coloring book have been drawn by an Artist that specialises in Adult coloring patterns to reduce stress. The pages in all of our books are printed single sided, this means you

can trim them out if you're using markers. So pick up your favourite pencils or markers and settle down with this book for some relaxation. Happy coloring! Great coloring and activity book for boys, girls, and adults. Your children will enjoy coloring this awesome characters lost ocean an inky adventure and coloring book for adults lost ocean coloring book lost ocean coloring books for adults lost ocean coloring lost ocean coloring book spiral lost ocean adult coloring books lost ocean an inky adventure and coloring book lost ocean johanna basford lost ocean Lost Ocean: An Inky Adventure and Coloring Book for Adults Enchanted Forest: An Inky Quest and Coloring book (Activity Books, Mindfulness and Meditation, Illustrated Floral Prints) Secret Garden: An Inky Treasure Hunt and Coloring Book (For Adults, mindfulness coloring) Lost Ocean Artist's Edition: An Inky Adventure and Coloring Book for Adults: 24 Drawings to Color and Frame Magical Jungle: An Inky Expedition and Coloring Book for Adults National Geographic Magnificent Ocean: A Coloring Book Lost Ocean: 36 Postcards to Color Lost Ocean : An Inky Adventure and Coloring Book for Adults The Beauty of Horror 1: A GOREgeous Coloring Book Creative Haven Fanciful Sea Life Coloring Book (Adult Coloring) World of Flowers: A Coloring Book and Floral Adventure Ocean Coloring Book: An Adult Coloring Book Featuring Relaxing Ocean Scenes, Tropical Fish and Beautiful Sea Creatures National Geographic Magnificent Animals: A Coloring Book Ivy & The Inky Butterfly COLOURING BOOK Underwater Creatures Coloring Book for Adults - Ocean and Sea Life Animal Coloring Book for Adults: Sea Life Adult Coloring Book Life Under The Sea Coloring Book for Kids: Ocean Coloring Adventure, Underwater coloring pages, Sea life coloring sheets, Activity Book for Kids Ages 4-8 The Magical Christmas (Magical Colouring Books) ESCAPES By the Sea (Adult Coloring) Ocean Coloring Book: Underwater Coloring Book for Adults containing Seascapes, Fish, Sealife, Coral, Sea Creatures, Marine Life and More (Coloring Books for Adults) Enchanted Forest Artist's Edition: 20 Drawings to Color and Frame Color fairies in flight . . . Both by day and by night. Fairies in Wonderland, by celebrated illustrator Marcos Chin, is an interactive coloring adventure for fairy lovers of all ages. Divided into five legs of a journey—through beautiful gardens in the heat of day, the woods at night, and even into the deep sea—this book offers intricate, beautifully conceived line art to color in glorious detail. Each part of the journey presents a riddle to solve by collecting and unscrambling a series of lettered keys embedded in the landscape. Solve the riddle to collect a prize that will come in handy for the next leg of your trip. With four perforated postcards to send to a loved one or for display, Fairies in Wonderland offers hours of engaging entertainment for all ages.

From one of most prominent figures in the field of meditation comes a guidebook for how to use mindfulness to build our inner strength, find balance, and help create a better world. In today's fractured world, we're constantly flooded with breaking news that causes anger, grief, and pain. People are feeling more stressed out than ever, and in the face of this fear and anxiety they can feel so burnt out and overwhelmed that they end up frozen in their tracks and unable to do anything. In *Real Change*, Sharon Salzberg, a leading expert in lovingkindness meditation, shares sage advice and indispensable techniques to help free ourselves from these negative feelings and actions. She teaches us that meditation is not a replacement for action, but rather a way to practice generosity with ourselves and summon the courage to break through boundaries, reconnect to a movement that's bigger than ourselves, and have the energy to stay active. Consulting with veteran activists and social-change agents in a variety of fields, Salzberg collects and shares their wisdom and offers the best practical advice to foster transformation in both ourselves and in society. To help tame our inner landscape or chaos, Salzberg offers mindfulness practices that will help readers cultivate a sense of agency and stay engaged in the long-term struggle for social change. Whether you're resolving conflicts with a crotchety neighbor or combating global warming, *Real Change* will provide the fundamental principles and mindfulness practices to help guide you to the clarity and confidence to lift a foot and take the next step into a better world.

One day Sophie comes home from school to find two questions in her mail: "Who are you?" and "Where does the world come from?" Before she knows it she is enrolled in a correspondence course with a mysterious philosopher. Thus begins Jostein Gaarder's unique novel, which is not only a mystery, but also a complete and entertaining history of philosophy.

Simple Meditation Practices You Can Do Anywhere

50 Mindful Moments in Nature

The Mindfulness Coloring Book - Volume Two

100 Postcards Celebrating More Than 50 African American Women Who Changed the World

An Interactive Coloring Adventure for All Ages

An Adult Coloring Book Featuring Charming Hummingbirds, Beautiful Flowers and Nature Patterns for Stress Relief and Relaxation

50 Tranquil Passages to Color and Share

A Book That Loves You

The on-trend notion of self-compassion, in book form: an interactive book packed with thoughtful reading, beautiful illustration, and paper goodies throughout to help readers slow down and be kind to themselves, from the experts at Flow.

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!

Calm down activity book for children with free guided meditation The 3 minute gratitude journal is a calming activity book for children with free guided meditation as a bonus. The exercises contained in the journal help children practice the feeling of gratitude every day for one month. As we know, gratitude is a very powerful feeling. In its own magical way, it allows us to achieve our dreams, and live better and happier lives. Children are extremely delicate beings. They feel moods and stressful emotions quite strongly, and unfortunately, there's plenty of those around these days. Nowadays, more than ever before, it is important that we make sure that children are calm, joyful and happy. Children are our future. Let's encourage our children to practice daily gratitude

and connection with their intuition so that each day spent together in the family circle can be a wonderful and magical experience. Have fun and let the power of gratitude be with you. And remember, you are wonderful as you are ...

Mother Jones is an award-winning national magazine widely respected for its groundbreaking investigative reporting and coverage of sustainability and environmental issues.

Slow Down

Color Your Way to Calm

An Unhurried Adventure in Creative Mindfulness

50 Positive Passages to Color and Share

Color Yourself Zen Postcards

A Coloring and Puzzle-Solving Adventure for All Ages

Tropical World

20 Hand-Drawn Designs for Mindful Relaxation

Claim your space. Start painting. Begin now. By Painting the Sacred Within you, you'll unlock a new rhythm of working intuitively to allow space for your own transformation. Inside these pages, you'll discover twelve areas of focus as you learn to see your world through paint and to experience deeper self-exploration. You will learn new ways of seeing, how to experiment with abstract techniques, how to work with natural elements, how to meditate with mandalas and much, much more. • Experiment with freeing and engaging techniques such as pouring paint, lettering with a brush and painting on unconventional surfaces. • Uncover the continuous thread that runs through your work as you develop art-making rituals and learn the importance of investing time in your creative dreams as you develop healthy studio habits. • In addition to more than 14 step-by-step demonstrations, you'll discover inspiring works from guest artists, learn helpful tips on self-care and find a plethora ideas for making creativity a part of your lifestyle. Begin a new practice today. Let Painting the Sacred Within ignite the creative spark inside you.

Create beautiful art with this classic, stress-free Color by Number activity! Each image is filled with numbers. A color key swatch palette is under each image. Use the color key swatch palette to fill in the numbers and form a beautiful picture to keep, share, or display! A wide variety of 27 images Perforated pages A full-color answer key is found at the back of the book Spiral bound 64 pages Each image includes some color pre-filled in, for faster completion

Mother Jones Magazine

A Little Book of Festive Joy

More Anti-Stress Art Therapy for Busy People

Lost Ocean an Inky Adventure and Coloring Book for Adults

Lost Ocean

Peace, Knowledge, Harmony, and Other Lessons of the Force

An Inky Quest and Coloring Book (Activity Books, Mindfulness and Meditation, Illustrated Floral Prints)

Popular Books by P.G. Wodehouse : All times Bestseller Demanding Books