



The Mindfulness Colouring Diary: An Illustrated Diary of Anti-Stress Colouring

By Emma Farrarons

Pan MacMillan, United Kingdom, 2015. Paperback. Book Condition: New. Main Market Ed.. 178 x 124 mm. Language: English . Brand New Book. Record your thoughts and activities in this beautiful colouring diary, filled with illustrations from The Mindfulness Colouring Book by Emma Farrarons. Each day is dated, but not named making this gorgeous diary suitable for use in any calendar year. With rounded edges and a beautiful foiled cover, The Mindfulness Colouring Diary is a perfectly portable way to achieve mindfulness every day. Any activity, done right, can be an exercise in mindfulness. Colouring in these exquisite scenes and intricate, sophisticated patterns will help you soothe anxiety and eliminate stress as you make entries for each day of the year. Let this pocket-sized colouring diary be your daily window of peace and calm as you mindfully fill the days with your thoughts and the pages with colour.



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