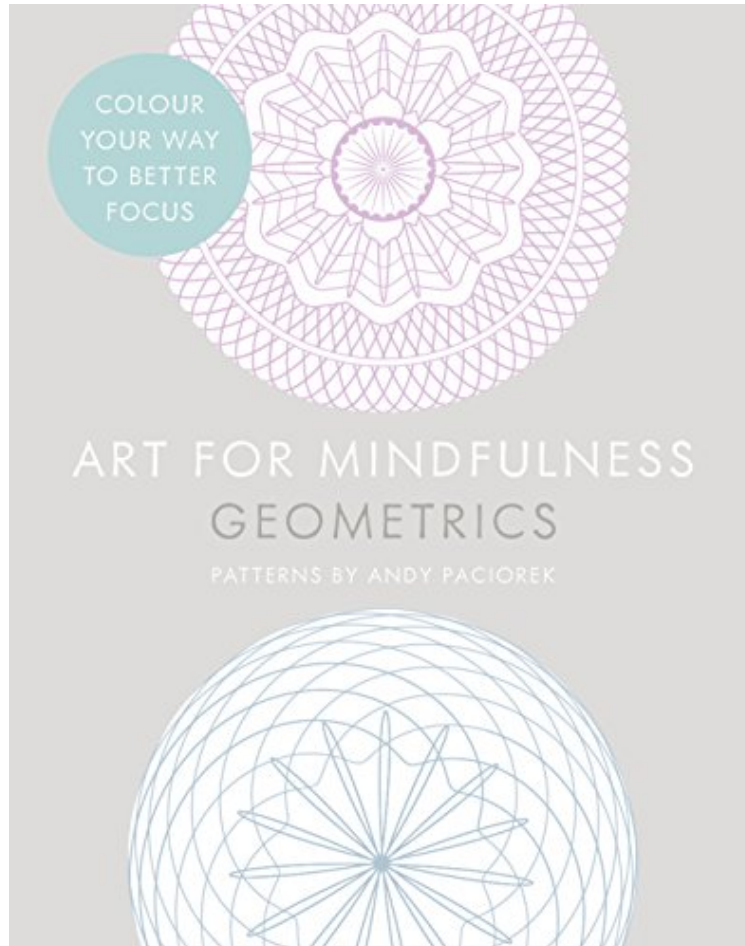


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Colour your way to better focus!Colouring books ... for grown-ups!Remember the long hours spent colouring in the

lines of your most-cherished colouring books, full box of crayons within reach, the demanding adult world tuned out? Secretly long for an excuse to retreat back into that world? Now you can. Find your inner artist and colour your way to better focus! Mindfulness helps us to appreciate the world around us – to feel centred, less stressed and more fully alive. Art for Mindfulness offers the perfect aid – 60 intricate blank geometric patterns to help focus your mind, unlock your creativity and calm your conscious as you pour colour into them. With an introduction from art therapist and mindfulness practitioner Imi Lo, plus accompanying quotes with each illustration to inspire meditation as you go through, Art for Mindfulness is the beautiful colouring book for grown-ups you can mindfully complete. So pick up your pencil, unleash your creativity and watch your well-being thrive!

About the Author Andy Paciorek (Illustrator, Geometrics): Andy Paciorek is an illustrator and photographer. His work has featured in several books, including (for HarperCollins) The Element Encyclopedia of Fairies and The Element Encyclopedia of Celts Imi Lo (Introduction): Imi Lo (UKCP, HCPC, MMH) is an award-winning mental health professional, Clinical Psychotherapist, Art Therapist, Mindfulness Teacher, and the Lead Therapist of Eggshell Therapy Practise, based in London.