



Colour Me Mindful: Seasons

Anastasia Catris

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Not just for kids anymore, colouring delivers a deeply satisfying experience that is almost meditative and colouring books are growing in popularity as anti-stress aids for adults.

Complete with intricately detailed and beautiful line-art, this book depicts breathtaking scenery from all seasons.

Your mind will focus as you fill the pages with colour, becoming calm and reducing stress. This is mindful, simple therapy for adults that can be carried out every day.

With stunning illustrations to colour in and admire, this book provides a creative outlet and a deeply soothing mindful experience for those in need of a little artistic stress-busting.

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