



## Creative Mindfulness: Delightful Gardens: On-the-Go Adult Coloring Books (Paperback)

By Racehorse Publishing

Skyhorse Publishing, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. Color fantastic florals and a gathering of garden animals in this travel-sized coloring companion. Relaxing in the garden with a hot cup of tea and the sound of birds chirping is enough to melt stress away. Similarly, adult coloring provides an artistic outlet for the anxiety that comes with daily life. However, it's often restricted to an oversized page that requires a large surface to color. Creative Mindfulness: Delightful Gardens brings you travel-sized illustrations of beautiful gardens to help you de-stress virtually anywhere. Explore a variety of inspiring floral and animal designs to color at home or on the go. Twenty-four black-and-white illustrations, printed on perforated pages so that each can be removed to share or display, await your artistic touch! Each page is comprised of sturdy art stock that accommodates any coloring medium--whether your preference is markers, crayons, colored pencils, or pens. This book is must-have for those seeking a way to find tranquility in their lives, artists looking to improve their craft, or those simply wanting to give the gift of coloring. The features of this book include: Twenty-four original black-and-white designs for...

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