



Calming Colouring Flower Patterns: 80 Colouring Book Patterns

By Graham Leslie McCallum

PAVILION BOOKS, United Kingdom, 2016. Paperback. Book Condition: New. 220 x 220 mm. Language: English . Brand New Book. Colouring is a terrific tool for staying relaxed and present in a demanding and hectic world. Requiring focus on a small scale, colouring in is a refreshing way to practice mindful attentiveness while reigniting your creative side. Approaching colouring slowly and carefully, giving your full attention to the movement of pen on page, creates the perfect escape from all those worries buzzing around your head. Here, over 80 hand-drawn illustrations of flowers and plants are just waiting for a touch of colour from pens, pencils or felt tips. The world's flora is at your fingertips while deciding which colours to bring nature to life with. Whether you've got ten minutes to spare at lunch or a few lazy hours on a Sunday, losing yourself in a colouring book is a simple, enjoyable and undemanding path to inner peace.



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Reviews

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