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## Color Me Mindful: Enchanted Creatures (Paperback)

By Anastasia Catris

Gallery Books, 2017. Paperback. Condition: New. Language: English . Brand New Book. These intricate and beautifully detailed line drawings of enchanted creatures are ready for you to bring them to life. Relieve stress, practice your mindfulness, and discover your creative side as you unplug and slow down by filling these exquisite pages with color. No matter our age, useful mindfulness techniques can help re-center us amidst a world of noisy stimuli constantly vying for our attention. Coloring can act like a tranquil meditation--relax and unwind with this calming coloring book for adults. Make your mark--inside or outside the lines--with these fifty beautiful black and white illustrations of creatures mythical, magical, and wondrous just waiting for your gentle touch to bring them to life. Don't miss the other adult coloring books in the Color Me Mindful series: Color Me Mindful: Birds, Color Me Mindful: Tropical, Color Me Mindful: Butterflies, and Color Me Mindful: Seasons. Join the coloring craze!.

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