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Mindful coloring is a simple yet powerful practice that combines the proven, time-honored tradition of thoughtful meditation with the growing popularity of adult coloring books, and shows that any activity, done right, can be an exercise in mindfulness. In The Mindfulness Coloring Book, accomplished illustrator Emma Farrarons presents 70 ...

The Mindfulness Coloring Book - Page-A-Day Calendars & Gifts

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Mindfulness coloring has become a niche market, with adult coloring books accounting for an almost 7% increase in adult nonfiction book sales in 2015 (Milliot, 2016). Unlike the coloring books of your childhood, mindfulness coloring books are often more abstract, require more dexterity, and contain calming illustrations with intricate patterns ...

What is Mindfulness Coloring? + 39 More Creative ...

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The Mindfulness Coloring Engagement Calendar 2018 : Emma

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Color Your Way to Calm Week by Week with the Mindfulness Coloring Engagement Calendar by Emma Farrarons. This awesome planner would make a great gift and it sells for just \$14.99! Find out more here. Don't miss out on the whole collection of Emma Farraron's books—including the newly released Moments of Mindfulness! Feeling lucky?

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This charming engagement calendar features uncoated, opaque paper, ideally suited to pencils, crayons, and more. Now you can take a few minutes each day to keep track of your hectic schedule and reset and refresh with mindful coloring. Spacious weekly grids Wire-O binding for easy coloring 70 beautiful illustrations to develop mindfulness every day, week, and month!

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