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Moments of Mindfulness: Anti-Stress Coloring & Activities for Busy People (The Mindfulness Coloring Series)

Emma Farrarons

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From the artist extraordinaire whose *Mindfulness Coloring Book* (527,500 copies in print and a #1 national bestseller!) was the first to offer pocket-sized stress relief—more gorgeous scenes perfect for mindful coloring

Working with your hands and cultivating mindful focus are two of the best ways to soothe anxiety and eliminate stress. And coloring is a great way to do *both!* That's why fans can't get enough of Emma Farrarons' irresistible first and second travel-size book of designs: *The Mindfulness Coloring Book* and *The Mindfulness Coloring Book—Volume Two*, both immediate national bestsellers.

Now, she invites colorists back for another creative adventure in *Moments of Mindfulness: Anti-Stress Coloring & Activities for Busy People.* This all-new pocket-size volume offers more delicately hand-drawn scenes ready to be filled in with pencil, crayon, or even marker and a greater focus on the practice of mindfulness. The ideal antidote to too much screen time, this coloring book is the perfect way to let one's imagination roam free.

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