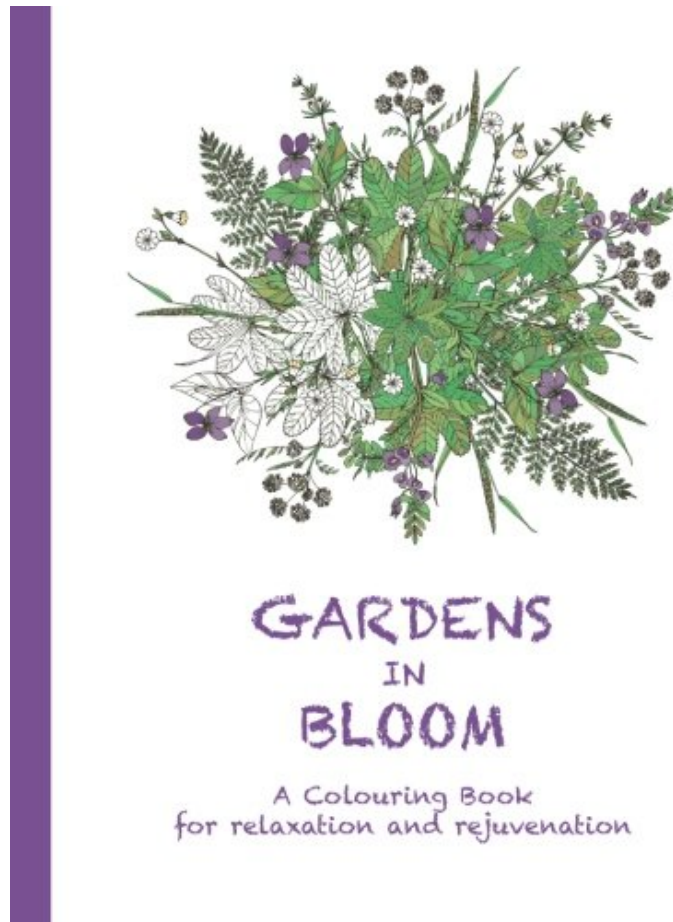


[Ebook pdf] Gardens in Bloom: A Colouring Book for relaxation and rejuvenation (Colouring for relaxation and rejuvenation) (Volume 3)

## Gardens in Bloom: A Colouring Book for relaxation and rejuvenation (Colouring for relaxation and rejuvenation) (Volume 3)

*Cassie Haywood*

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**Cassie Haywood : Gardens in Bloom: A Colouring Book for relaxation and rejuvenation (Colouring for relaxation and rejuvenation) (Volume 3)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Gardens in Bloom: A Colouring Book for relaxation and rejuvenation (Colouring for relaxation and rejuvenation) (Volume 3):

How can you become free from everyday stress and persistent worry? Put away the mobile phone, log off your

computer, and turn off the TV. Instead pick up your Gardens in Bloom colouring book and lets get started on the path to relaxation and rejuvenation. Includes 50 illustrations inspired by Gardens. Printed on high quality paper. Great size for travelling (7.5 x 9.2 inches). Small enough to fit in a handbag but big enough to allow your creativity to flow. Contains a variety of simple and detailed designs. Suitable for colourists of all ages, including adults. Colouring: allows your mind to focus on a task that is enjoyable. invites stillness and encourages switching off from daily stress. requires focus, so it is a very meditative and mindful process. helps stress to disappear and the mind to become clearer, allowing relaxation and rejuvenation to become part of your everyday life. Colouring for relaxation and rejuvenation series includes: Exotic India - ISBN 978-0-9944431-0-6 Animal Kingdom - ISBN 978-0-9944431-1-3 Gardens in Bloom - ISBN 978-0-9944431-2-0 Tribe - ISBN 978-0-9944431-3-7 Ocean Dreaming - ISBN 978-0-9944431-4-4