



The Mindfulness Coloring Book - Volume Two: More Anti-Stress Art Therapy for Busy People (The Mindfulness Coloring Series)

Emma Farrarons

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**The Mindfulness Coloring Book - Volume Two: More Anti-Stress Art Therapy for Busy People (The Mindfulness Coloring Series) Emma Farrarons
National Bestseller**

Engage Your Creativity and Color Your Way to Calm

In *The Mindfulness Coloring Book*, an international bestseller, illustrator Emma Farrarons invited busy people everywhere to relax and re-center by coloring in her delightful, hand-drawn scenes. Now, with *The Mindfulness Coloring Book—Volume Two*, Emma shares 100 pages of all-new designs that will inspire you to cultivate mindful focus—simply by coloring!

Here are intricate geometric patterns, flowers, and friendly squirrels—plus owls, charming knickknacks, a surprise pineapple, and more. This travel-size book is the perfect antidote to too much screen time. Find whimsy—and mindfulness—wherever you are!

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