



## Colour Yourself Calm: Relaxation

By Paul Heussenstamm

Quadrille Publishing Ltd. Hardback. Book Condition: new. BRAND NEW, Colour Yourself Calm: Relaxation, Paul Heussenstamm, Release tension and increase your sense of tranquillity and inner peace by colouring in mandalas. Mandalas were created as sacred objects on which to meditate and clear one's mind. Internationally acclaimed mandala artist Paul Heussenstamm has designed these illustrations specifically to soothe worries and relieve stress. Also featuring inspirational quotes and suggestions, the new Colour Yourself Calm series offers a new way to release unconscious knowledge and prompt feelings of calmness through creative colouring.

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