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Mind Healing Anti-Stress Art Therapy Colouring Book: Stimulate The Senses: Experience relaxation and stimulation through colouring

Christina Rose

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Mind Healing: stimulate the senses

Experience Mind Healing through colouring with this new range of three anti-stress art therapy colouring books.

Celebrating the profound positive effects of creativity this specially created series encourages relaxation and stimulates the brain to move in different directions.

Promoting concentration and mindfulness, expression through art is a therapy we can all benefit from and particularly those with cognitive impairment.

Let colour help you, or your loved one, explore a new vocabulary as you add beauty to the world.

Lose yourself in the moment as you create

Mind Healing: calming colours
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