

# Mindful Design: Colouring Book For Adults: Relax Through Creative Art: Celtic

Laura Blewitt

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**Laura Blewitt : Mindful Design: Colouring Book For Adults: Relax Through Creative Art: Celtic** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Mindful Design: Colouring Book For Adults: Relax Through Creative Art: Celtic:

Mindful Design Colouring Book For Adults: Relax Through Creative Art Always wanted to be more creative but never seem to have the time? With our beautiful Celtic-inspired designs, you can! So lose yourself in the mystical knot work patterns, intricate laced ribbons and beautiful spiral designs. Encourage mindfulness and relieve anxiety, stress and depression with our relaxing patterns inspired by the Celtic spiritual connection with nature. Individual designs are

printed on a single page, with a single spinal margin, to ensure that all designs can be fully explored and appreciated right to the edge of your imagination. No more colouring in the crease, free your colours...and your creativity. On the reverse of every design, you will find uplifting, inspirational quotations from Irish shores and beyond, creating peace of mind and fostering your natural creativity. Just for the craic, don't stay between the lines, take a moment for yourself, let your creative juices flow and produce stunning art your way :) Leave your stress behind, disconnect to reconnect with Mindful Design's Colouring Book For Adults.