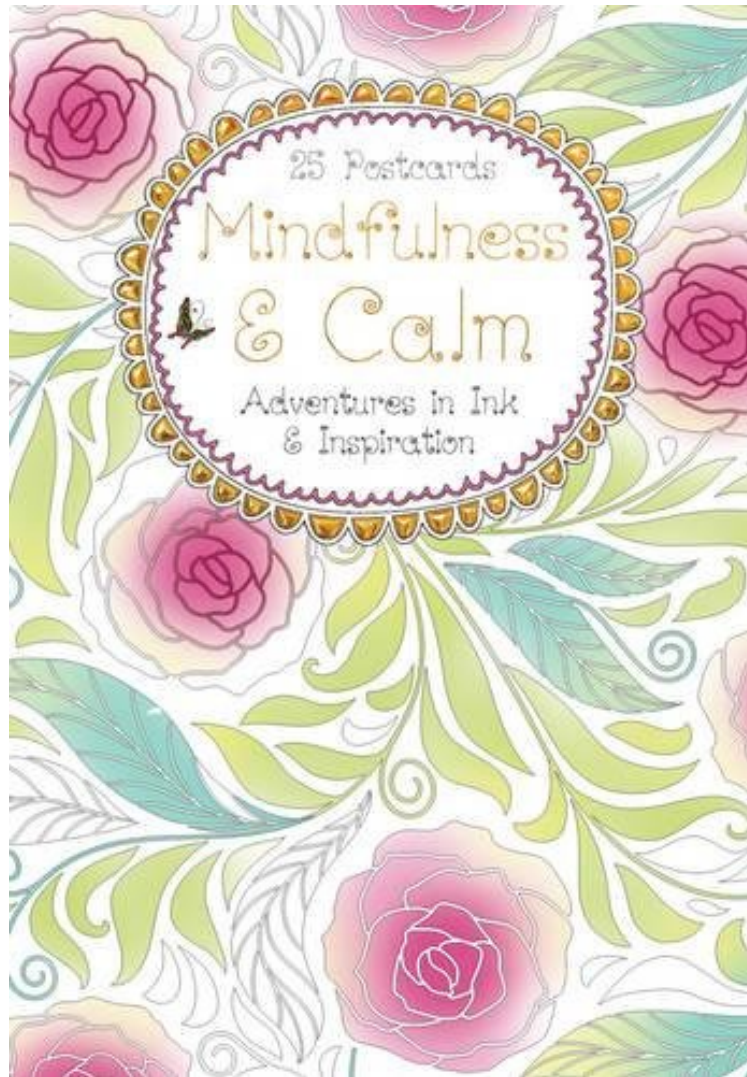


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Dreaming and relaxing, creating gorgeous landscapes of pinks and blues, oranges and reds, this beautiful postcard

book will give you many hours of pleasure, and calm. And you can send your wonderful creations by post. With a range of challenging and more restful designs Mindfulness Calm takes you on an intimate journey where the satisfaction of creating beautiful artworks is mixed with inspirational quotes to be found on every card. You can use a wide variety of pens: from gel and pencil, to pigment and crayons, from ballpoint and rollerball to highlighters, although it's best to avoid the heavy felt pens. Each page is perforated near the spine of the book, so you can tear out and frame, or simply place your wonderful creation on the walls of your home, perhaps even send them as a gift to your loved ones. You'll have to make a choice about which design to make, if you want to tear it out, but with 25 to choose from there's more than enough to help you make your decision. Send, or frame: bring the Ink to life!

About the Author Daisy Seal is a talented, thoughtful observer of the intimate connections between the natural world around us and our search for the enduring spirit of humankind. Previous books include "Inspirations", "Reflections", "Keep Calm" and "Friendship".