



## Colouring for Contemplation

By Alex Ogg

Watkins Media. Paperback. Book Condition: new. BRAND NEW, Colouring for Contemplation, Alex Ogg, Pick up your pens and pencils and begin your journey. This beautiful colouring book has been created to help you to be mindful - to slow down and breathe and to give you the inspiration to live more fully in the present. Each illustration has been inspired by an accompanying quote to aid your contemplation of its message while you colour. Divided into three parts, Mindfulness, Insight and Inspiration, this is a colouring journey. Each of the three parts contains quotes and simple, inspirational designs and ends with a meditation and a section with questions aimed at helping you reflect both on your handiwork and your inner journey. Dip in or work from beginning to end. Colouring for Contemplation is your calming companion.



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