



# The Art of Mindfulness: Refreshed and Inspired Coloring

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# The Art of Mindfulness: Refreshed and Inspired Coloring

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**THE ART OF MINDFULNESS:**

*A powerful way to focus on the here and now . . .  
and create something beautiful, too.*

Mindful coloring can bring calm, and with calm comes a greater state of happiness. Color in these gorgeous patterns and feel your spirit lift with a renewed sense of peace and energy.

We all need a little inspiration sometimes—and completing these pictures will help clear your mind and refresh your thinking. Here are meditative mandalas and hearts, flowers in bloom, and even a page filled with prettily decorated teapots and cups. The process of coloring is positively therapeutic!

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