



# Mindful Garden: Adult Colouring for Relaxation (Colour Me Zen) (Volume 5)

*J. Benson*

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## **An Inspirational World of Relaxation**

*Mindful Garden* is an adult colouring book containing forty pages of beautiful patterns designed specifically to help achieve a state of mindful relaxation. Colour them in with a pen or pencil to help find your own state of inner peace and tranquility.

Interwoven throughout the book are thought provoking quotes, inspirations from people from all walks of life, providing something to ponder upon whilst colouring.

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