



Happiness: A Mindfulness Coloring Book (Color Yourself Calm)

Tiddy Rowan

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The first book in the series, *Color Yourself Calm*, was a smash-hit best-seller, and it's easy to understand why: with over 30 original color mandalas set side by side with black and white templates to color in, it is a joy to use. Inspirational quotes and mindfulness techniques accompany each image, enhancing the experience and making it even more reflective and enjoyable. Now, *Color Yourself Calm: Happiness* utilizes the mandala once more, to help you banish stress and increase your well-being with these inspiring images and quotes that will boost feelings of contentment. So go aheadâ€”make your day as you relax, unwind, and unleash your inner creative side while coloring yourself calm.

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Elizabeth Bello:

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Yolanda Powers:

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