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The Mindfulness Companion: A Creative Guide to Bring Calm to Your Day

Sarah Jane Arnold

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The Mindfulness Companion: A Creative Guide to Bring Calm to Your Day Sarah Jane Arnold
From cultivating gratitude, to calming the wandering mind, to embracing your own pace, discover the path to mindfulness with the guided coloring in this beautiful journal.
Along with each stunning pattern, you get a gentle exercise in mindfulness, created by Chartered Counselling Psychologist and mindfulness practitioner Dr. Sarah Jane Arnold. There's also space to write your thoughts and feelings, and inspirational quotes to help harness your creativity and promote your well-being. You'll quickly feel and enjoy the focused calm *The Mindfulness Companion* brings to your life.

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