



Colours of France: relax-art-ation mindfulness colouring book for adults

Sean Buckley

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Colouring books for adults are a relatively new phenomenon and many people are still unaware of the benefits that can be achieved by a little time spent doing something as simple as colouring. Different terms are often used to describe adult colouring, with mindfulness and art-therapy being the most popular at this moment in time. Personally I believe relaxartation better describes the precious moments spent relaxing and colouring. My Relax-art-ation Series of books covers a range of popular themes that many people will find calming and inspiring rather than just simple patterns and shapes. The first “Colours of…” books are dedicated to travel and popular culture. Colours of France takes you on a tour of this magnificent and diverse country. France is the largest country in mainland Europe stretching from the sun-drenched beaches of the Côte d'Azur north to La Manche (The English Channel) and from the Rhine to the Atlantic. So whether you enjoy lazy days on the beach, a tour of a medieval town, relaxing in the tranquillity of a mountain village, sipping wine in a vineyard or the metropolitan chic of Paris, France has something to offer you. The images in this book take you on a breath-taking tour of this beautiful and engaging country.

color pictures of France, colour pictures of France, colour pictures of Paris, color pictures of Paris, colour pictures of Provence, color pictures of Provence, colour pictures of Alsace, colour pictures of Alsace, color pictures of Annecy, colour pictures of the Annecy, color pictures of Île de Ré, colour pictures of Île de Ré, color pictures of Montmartre, colour pictures of Montmartre, color pictures of the La Rochelle, colour pictures of La Rochelle, Quimper Brittany, Île de Ré , Le Grau-du-Roi, the beauty of the Grande Massif, The Millau Viaduct, The Millau Bridge, Notre Dame de Paris , Château de Chambord, L'Isle sur la Sorgue, Languedoc, adult colouring books, adult coloring books, coloring books, colouring books, kindle coloring book, kindle colouring book, kindle pdf books, kindle adult coloring books, kindle adult colouring books, stress management book, anti-stress book, mindfulness, mens health, womens health, good mental health, stress relief book, adult coloring, adult colouring, colouring for adults, coloring for adults, colouring books for adults, coloring books for adults, grown-up colouring book, grown up coloring books, colouring books for grown-ups, coloring books for grown-ups, art therapy coloring book, art therapy colouring book, art therapy coloring book for adults, art therapy colouring book for adults, mindfulness colouring book for adults, mindfulness coloring book for adults,

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Guy Gregory:

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