



**Zen In Color: A travel sized mindfulness and stress relief coloring book for adults with garden designs, landscapes, birds, mandalas and patterns for you to meditate on**

*Jessica McGrath*

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# Zen In Color: A travel sized mindfulness and stress relief coloring book for adults with garden designs, landscapes, birds, mandalas and patterns for you to meditate on

*Jessica McGrath*

**Zen In Color: A travel sized mindfulness and stress relief coloring book for adults with garden designs, landscapes, birds, mandalas and patterns for you to meditate on** Jessica McGrath  
**Life is Chaos - Bring Zen to your world.**

Meditate, relax and dream as you color 26 intricate and unique designs created by artist Jessica McGrath. Choose from gardens, landscapes, birds, mandalas and patterns - there's a little world of color to suit every mood. Zen in Color is conveniently sized for coloring on the go - perfect to put in your bag, briefcase or carry-on luggage. Reclaim a moment of your day to flex your creative muscles and bring a little color to your world.

- 26 intricate designs to color!
- Garden designs, landscapes, birds, mandalas and patterns
- Each page is a unique design, featuring original artwork
- Conveniently sized for on-the-go coloring
- Coloring pages created for adults
- Each coloring page is on a separate sheet

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