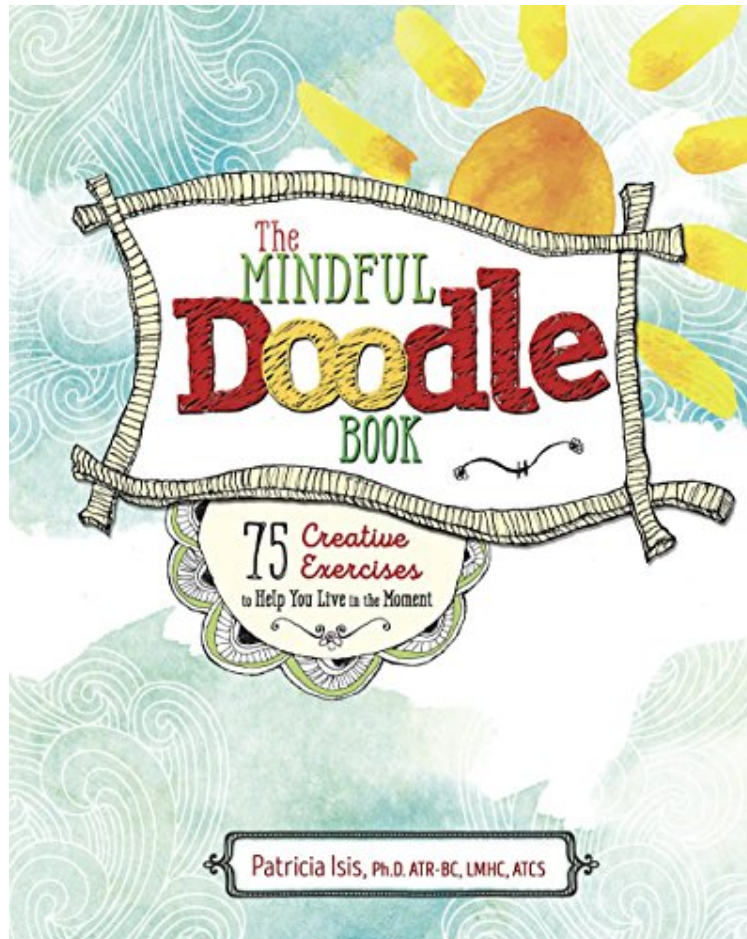


# The Mindful Doodle Book: 75 Creative Exercises to Help You Live in the Moment

Patricia Isis

ePub | \*DOC | audiobook | ebooks | Download PDF



[Download](#)

[Read Online](#)

#163939 in Books 2016-07-15 Original language: English 10.90 x .80 x 8.80l, .0 #File Name: 1683730119166 pages | File size: 20.Mb

**Patricia Isis : The Mindful Doodle Book: 75 Creative Exercises to Help You Live in the Moment** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Mindful Doodle Book: 75 Creative Exercises to Help You Live in the Moment:

Reduce Anxiety. Express Emotions. Be More Present. The Mindful Doodle Book: 75 Creative Exercises to Help You Live In the Moment combines the benefits of mindfulness and the intuitive expression of doodling to help you relax, find focus, and creatively express emotions through spontaneous artmaking. Mindful doodling is fun, calming and deeply moving. Grab a pen or pencil and explore the 75 doodle exercises that draw on emotions, thoughts, hopes and sensory awareness. The Mindful Doodle Book is a therapeutic tool that mental health clinicians can use directly with

their clients, but anyone can find this doodle book meaningful and useful to navigate a hectic world.