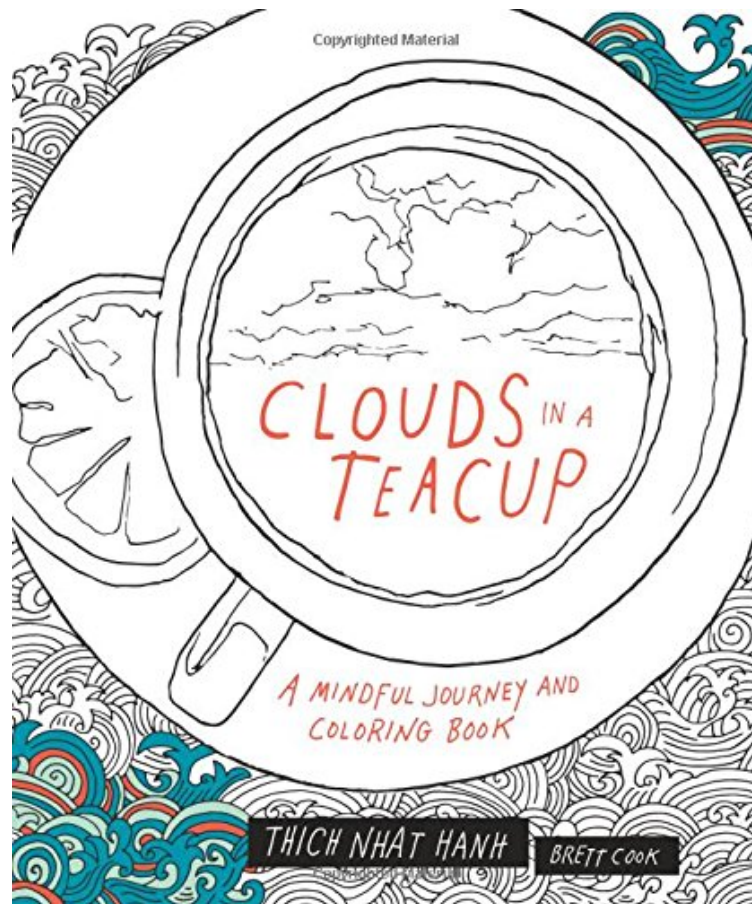


## Clouds in a Teacup: A Mindful Journey and Coloring Book

*Thich Nhat Hanh*

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#488115 in Books 2015-12-08 2015-12-08 Original language: English PDF # 1 11.00 x .38 x 9.251, .95 #File Name: 194152913580 pages | File size: 50.Mb

**Thich Nhat Hanh : Clouds in a Teacup: A Mindful Journey and Coloring Book** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Clouds in a Teacup: A Mindful Journey and Coloring Book:

As soon as you open the cover of Clouds in a Teacup, you step into a contemplative journey of your own creation. Oakland, California artist and activist Brett Cook invites you to shed your stress and worries to consider the wisdom of Thich Nhat Hanh during the relaxing process of coloring. His evocative black and white images nurture your own creativity; the resulting pictures will reflect your vision. Clouds in a Teacup balances reflection and action, providing a personal springboard to contemplation and expression. Everyone has creativity within them, and these drawings nurture the meditative potential of the process, helping to relieve stress and increase joy, and rewarding you with compelling final images. The 40 images, including double page spreads, are printed on the highest quality recycled

paper through which gel and colored pens will not bleed.