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The Meditation Coloring Pack

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From Thunder Bay Press : The Meditation Coloring Pack before purchasing it in order to gage whether or not it would be worth my time, and all praised The Meditation Coloring Pack:

Meditation and intuition are the core components of the Zen way of approaching life's challenges; Zen masters know everything will work out in the end. Focusing on each moment as it comes rather than on the past or the future is also part of the philosophy. The Meditation Coloring Pack will help you "be here now" by offering a focal point for your creativity. Choose your color palette and drift into a meditative state as you fill in the lovely designs. This complete kit includes six double-sided color pencils, a pencil sharpener, and a book full of peaceful illustrations that await your personal touch. Everything will turn out beautifully!