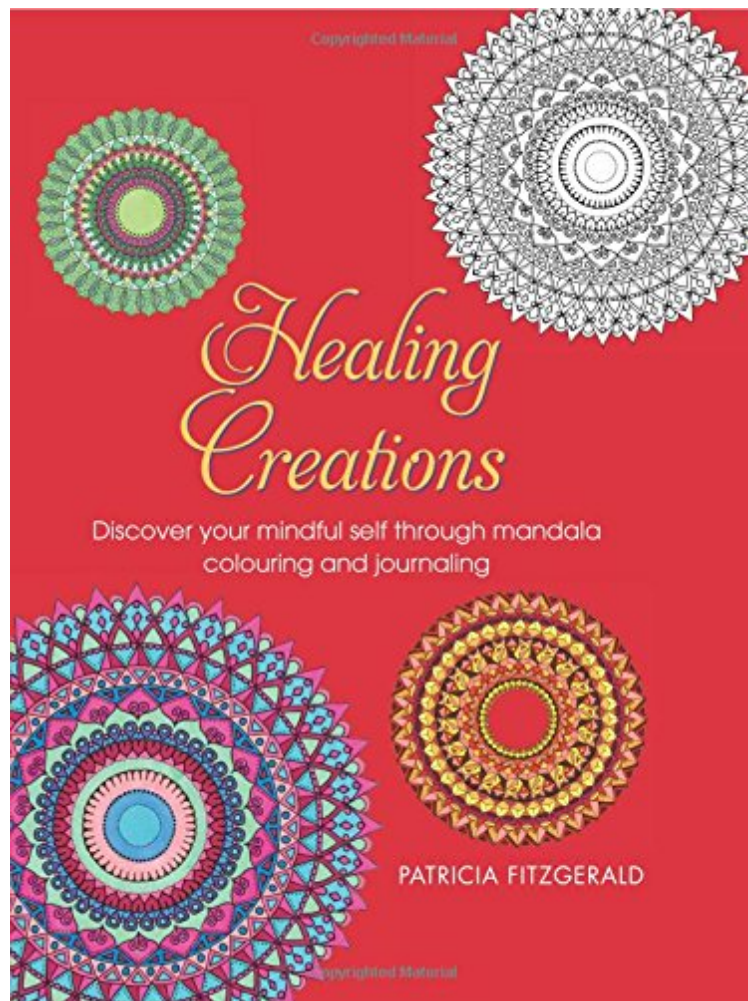


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# Healing Creations: Discover Your Mindful Self Through Mandala Colouring and Journaling

Patricia Fitzgerald

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AUTHOR OF Mindfulness for Worriers About the Author PATRICIA FITZGERALD studied Visual Education  
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at a time of personal upheaval utterly changed her life. She practices mindfulness daily, and exhibits and hosts  
workshops and retreats in Ireland and abroad. For more information, visit Patricia's website: [www.healingcreations.ie](http://www.healingcreations.ie).