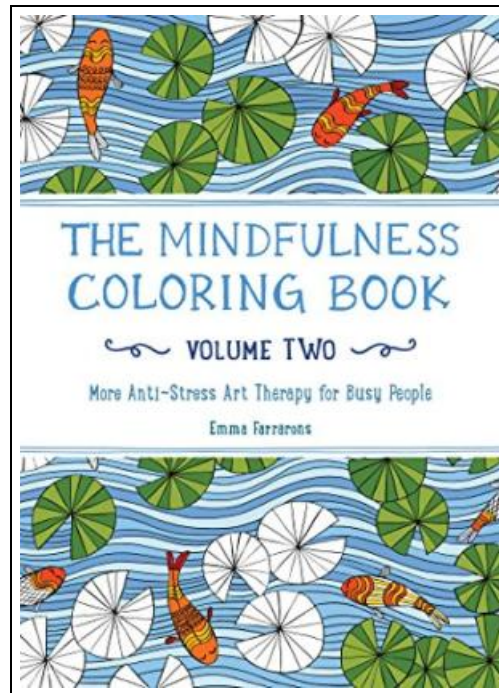


The Mindfulness Coloring Book, Volume Two: More Anti-Stress Art Therapy for Busy People



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Reviews

It is one of my personal favorite books. It really is filled with wisdom and knowledge. Your daily life period will likely be enhanced the instant you start looking at this pdf.
(Mr. Rocio Schroeder Sr.)

THE MINDFULNESS COLORING BOOK, VOLUME TWO: MORE ANTI-STRESS ART THERAPY FOR BUSY PEOPLE



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Experiment, United States, 2015. Paperback. Book Condition: New. 175 x 124 mm. Language: English . Brand New Book. National Bestseller Engage Your Creativity and Color Your Way to Calm In The Mindfulness Coloring Book, an international bestseller, illustrator Emma Farrarons invited busy people everywhere to relax and re-center by coloring in her delightful, hand-drawn scenes. Now, with The Mindfulness Coloring Book Volume Two, Emma shares 100 pages of all-new designs that will inspire you to cultivate mindful focus simply by coloring! Here are intricate geometric patterns, flowers, and friendly squirrels plus owls, charming knickknacks, a surprise pineapple, and more. This travel-size book is the perfect antidote to too much screen time. Find whimsy and mindfulness wherever you are!.



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