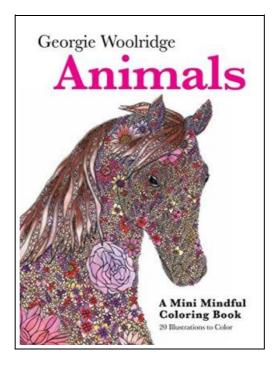
# Animals: A Mini Mindful Coloring Book (Paperback)



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#### Reviews

The best book i actually read through. I have got read and so i am sure that i am going to going to read through yet again yet again down the road. You can expect to like the way the author compose this pdf.

(Ludie Willms)

## ANIMALS: A MINI MINDFUL COLORING BOOK (PAPERBACK)



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St. Martin's Griffin, 2016. Paperback. Condition: New. Language: English. Brand New Book. In this follow-up to the acclaimed first and second books in the series, Animals beautifully captures the stunning and fascinating creatures that inhabit the world s wilder terrains, now in pocket size! Containing 20 pull-out pages of astounding drawings inspired by illustrator Georgie Woolridge's travels in India and around the world, each intricate drawing incorporates swirling paisley patterns and other local designs inspired by the styles in Thailand, Vietnam, Singapore, Australia, and New Zealand. By easing you out of your thoughts and into another world, coloring these beautiful images becomes a practical exercise in mindfulness that anyone can adopt, regardless of skill level. Each stunning illustration is accompanied by a brief paragraph about the animal and its habitat, in addition to a helpful introduction with hints and tips about drawing, coloring, and the various effects that you can achieve by using different coloring tools. Escape the pressures of everyday life and find peace and relaxation coloring these wonderful beasts of the wild!.



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