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by Emma Farrarons ASMR Anti-Stress Art Therapy (The Mindfulness Colouring Book) ~~THE MINDFULNESS COLORING BOOK FINISHED~~

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Anti-Stress Art Therapy When Times Are Tough. In today's busy world, finding a moment of peace and calm can be a challenge. Mindful coloring is a simple yet powerful practice that combines the proven, time-honored tradition of thoughtful meditation with the massive popularity of adult coloring books.

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The Mindfulness Coloring Book: Anti-Stress Art Therapy by ...

Now, with The Mindfulness Coloring Book—Volume Two, Emma shares 100 pages of all-new designs: 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.

The Mindfulness Coloring Book - Volume Two: More Anti ...

A welcome change to have a small, pocket-sized format colouring book to slip into my handbag for idle moments. Good quality paper, printed both sides, so it feels less wasteful than those that print only one side on the premise that you get less show-through with felt tips, and nice designs mostly drawing on geometric patterns or images from nature, so very soothing.

Mindfulness Colouring Book: Emma Farrarons: 9780752265629 ...

From the artist extraordinaire whose

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Mindfulness Coloring Book (a #1 national bestseller!) was the first to offer pocket-sized stress relief—here are more gorgeous scenes perfect for mindful coloring. Emma Farrarons invites colorists back for another creative adventure in *Moments of Mindfulness: Anti-Stress Coloring & Activities for Busy* ...

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National Bestseller Engage Your Creativity and Color Your Way to Calm In The Mindfulness Coloring Book, an international bestseller,

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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

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