



Creative Birds Coloring For Adults Stress-relieving Getaway: Coloring inspires mindfulness an reduces stress as it is both soothing an creatively stimulating

James A York

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The Healing Power Of Art color your way to relaxation and inner peace with this beautiful book of calming patterns. Coloring inspires mindfulness and reduces stress as it is both soothing and creatively stimulating.

Achieve a zen-like state of mind through the simple act of coloring.

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