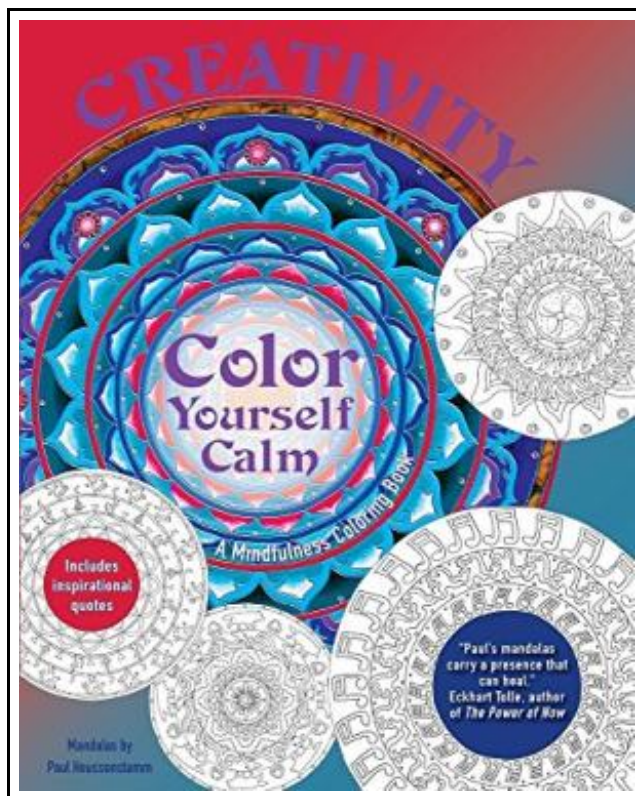# Creativity: A Mindfulness Coloring Book

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Reviews

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(Bell Pacocha)

CREATIVITY: A MINDFULNESS COLORING BOOK

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Barron s Educational Series, United States, 2016. Paperback. Book Condition: New. Paul Heussenstamm (illustrator). 254 x 201 mm. Language: English . Brand New Book. The first book in the series, Color Yourself Calm, was a smash-hit best-seller, and it s easy to understand why: with over 30 original color mandalas set side by side with black and white templates to color in, it is a joy to use. Inspirational quotes and mindfulness techniques accompany each image, enhancing the experience and making it even more reflective and enjoyable. Now, Color Yourself Calm: Creativity utilizes the mandala once more, to help you open your mind and let your creativity flow as you color your way to enhanced visualization skills and the development of fresh, new ideas. So go ahead make your day as you relax, unwind, and unleash your inner creative side while coloring yourself calm.

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