



Bird s Journey - Coloring Book for All Ages

By Oancea Camelia

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.A Colorful Journey Through the Natural World with birds. These intricate and beautifully detailed line drawings of the world of birds are ready for you to bring to life. Relieve stress, practice your mindfulness, and discover your creative side as you unplug and slow down by filling these exquisite pages with color. No matter our age, useful mindfulness techniques can help re-center us amidst a world of noisy stimuli constantly vying for our attention. Coloring can act like a tranquil meditation-relax and unwind with this calming coloring book for all ages featuring beautifully detailed line drawings and designs of birds and their idyllic environments. Each of these beautiful individual designs are printed on a single page with the reverse left blank - so no bleed through, and perfect whether you use pencils, pens or paints.



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