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Mind Healing Anti-Stress Art Therapy Colouring Book: Stimulate the Senses

By Christina Rose

Bell Mackenzie Publishing, United States, 2015. Paperback. Book Condition: New. 274 x 212 mm. Language: English . Brand New Book ***** Print on Demand *****.Mind Healing: stimulate the sensesExperience Mind Healing through colouring with this new range of three anti-stress art therapy colouring books.Celebrating the profound positive effects of creativity this specially created series encourages relaxation and stimulates the brain to move in different directions.Promoting concentration and mindfulness, expression through art is a therapy we can all benefit from and particularly those with cognitive impairment.Let colour help you, or your loved one, explore a new vocabulary as you add beauty to the world.Lose yourself in the moment as you create Mind Healing: calming colours Mind Healing: positive patterns Mind Healing: stimulate the senses.

Reviews

Very helpful to any or all category of folks. It is written in simple phrases rather than difficult to understand. It has been developed in an exceptionally simple way and is particularly just after I finished reading this pdf in which basically transformed me, modify the way in my opinion.

-- **Hank Runte**

Good e-book and beneficial one. I was able to comprehend everything out of this published e pdf. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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