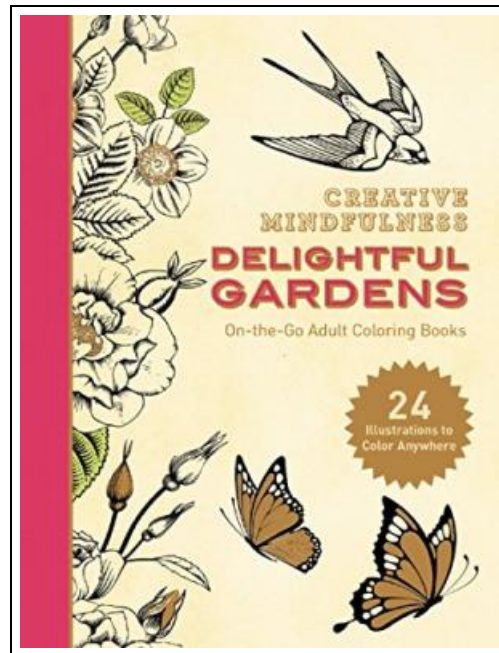


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(Prof. Melyna Dooley V)*

CREATIVE MINDFULNESS: DELIGHTFUL GARDENS: ON-THE-GO ADULT COLORING BOOKS



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Perseus Distribution Services, United Kingdom, 2016. Paperback. Book Condition: New. 171 x 130 mm. Language: English . Brand New Book. Relaxing in the garden with a hot cup of tea and the sound of birds chirping is enough to melt stress away. Similarly, adult coloring provides an artistic outlet for the anxiety that comes with daily life. However, its often restricted to an oversized page that requires a large surface to color. Creative Mindfulness: Delightful Gardens brings you travel-sized illustrations of beautiful gardens to help you de-stress virtually anywhere. Explore a variety of inspiring floral and animal designs to color at home or on the go. Twenty-four black-and-white illustrations, printed on perforated pages so that each can be removed to share or display, await your artistic touch! Each page is comprised of sturdy art stock that accommodates any coloring medium whether your preference is markers, crayons, colored pencils, or pens. This book is must-have for those seeking a way to find tranquility in their lives, artists looking to improve their craft, or those simply wanting to give the gift of coloring. The features of this book include: Twenty-four original black-and-white designs for your coloring pleasure, printed on single-sided perforated pages High-quality, sturdy paper that can withstand travel and wear-and-tear Perfectly sized illustrations to fit in pockets and bags If youre in need of a quiet and lush escape, Creative Mindfulness: Delightful Gardens is a must-have. In a setting of peace, these comforting designs are guaranteed to provide hours of creative relaxation and rejuvenation for colorists. Grab your colored pencils and de-stress. Fill your days with color and the captivating beauty of a garden anywhere!.



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