

# Coloring Calendar 2018 Day-at-a-Time Box Calendar

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## BOOK DETAILS

- Author : Trends International
- Pages : 365 Pages
- Publisher : Trends International Calendars
- Language : English
- ISBN : 1438851278



## BOOK SYNOPSIS

The bestselling adult colouring book! Working with your hands is one of the best ways to soothe anxiety and eliminate stress. This stunning, pocket-sized colouring book offers a practical exercise in mindfulness that draws on your creativity and hones your focus. Beautifully illustrated, The Mindfulness Colouring Book is filled with templates for exquisite scenes and intricate, sophisticated patterns, prompting you to meditate on your artwork as you mindfully and creatively fill these pages with colour. Take a few minutes out of your day, wherever you are, and colour your way to peace and calm.

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