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COLOR YOUR WAY TO PEACE, CALM, AND TRANQUILITY (PAPERBACK)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Color Your Way to Peace, Calm, and Tranquility is a unique interactive coloring book that teaches you how to quiet your body and mind through self-awareness. It includes: -Nearly 60 original works of art to color. -Exercises designed to calm the body and mind. -A suggested music list. -Coloring pages that accommodate all skill levels, beginner through expert, and is appropriate for all ages. -Each work of art is printed on one side of the paper to prevent bleed through. This mindful journey gives you the tools and strategies that teach YOU how to control your impulses: your body, your thoughts, and your actions. Feel the stress and tension gently fade away as you color each page and participate in the exercises designed to calm your body and mind. This unique interactive coloring experience is different from any other coloring book. Learn how to reduce stress and tension by quieting the body and mind through coloring and calming exercises.



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