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## Free from Anxiety: Colouring Book for Adults

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By K O Reilly

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Free From Anxiety colouring book will help to relieve anxiety and leave you feeling happier and healthier. Not only is colouring an enjoyable and stress-free activity, it can have other health benefits such as: - Helping to focus the brain and block out any negative thoughts. - Relaxes the mind, similar to meditation. - Allows you to explore your creative side. But most of all colouring allows you to unwind and have some FUN! Inside Free From Anxiety you will find 44 images for you to colour in, including motivational quotes and full page designs.



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