



## Anti-Stress Colouring: Doodle Dream

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By Christina Rose

Bell Mackenzie Publishing, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Anti-Stress: doodle dream A Beautiful, Inspiring Calming Adult Colouring BookA de-stressing and calming collection of beautiful and intricate patterns created to focus the mind on the moment. Creativity replaces anxiousness when pencils and pens are put to paper in this intricate collection of illustrations.Each of the individual drawings is accompanied by inspirational quotes and specially printed on a single page with the reverse left blank so you can cut out and keep, to create a picture perfect for framing or displaying.You may also enjoy other creative doodle dream adult colouring titles by Christina Rose: Art Therapy: doodle dream Colouring Therapy: doodle dream Creative Colouring: doodle dream Love You Mum: doodle dream Love You Grandma: doodle dream.



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