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MINDFULNESS COLOURING



Paperback. Book Condition: New. Not Signed; This fun book of colour-in postcards is the perfect way to explore your artistic side and share your creative endeavours with friends. Following on from the bestselling *The Little Book of Mindfulness* and *Mindfulness Colouring*, includes line illustrations of the natural world - from flowers and trees to butterflies and birds that are specially designed to be coloured in - alongside inspirational quotes that will enable you to still the mind and relax the body, whilst generating and boosting...

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- Authored by MacDonald, Holly
- Released at -



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