



35 Fuck Offs from Around the World: A Rude Geometric Color Therapy Book to Help Relieve Stress and Anxiety While Promoting a Calm Mind (Paperback)

By Colorful Coloring Books

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. 35 Fuck Offs from Around the World: A Rude Geometric Color Therapy Book To Help Relieve Stress And Anxiety While Promoting A Calm Mind, Colorful Coloring Books. This Color Therapy book contains over 35 expertly illustrated unique designs based around geometric patters, mandalas and how to say fuck off in 35 different languages. A simple and inexpensive way to relieve stress, and promote ant anxiety, is to unwind while coloring images. The act of coloring has been proven to be highly soothing due to the methodical action of coloring itself and the fact that you, the artist, have full control over color choice and medium. Refocusing your attention and allowing yourself to be completely engaged with the act of coloring will definitely help to reverse the effects of anxiety, depression and other stressors. Features: - Single sided coloring pages which allow for the pages to be removed and shared amongst friends or to be removed for a keepsake purpose. - The single sided coloring pages also prevents coloring bleeding onto the next design which makes this Color Therapy book suitable for...



Reviews

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ESV Study Bible, Large Print

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You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the fact that her mother winced a little...



Adult Coloring Books Reptiles: A Realistic Adult Coloring Book of Lizards, Snakes and Other Reptiles

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The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to give your child an academically rigorous, comprehensive...