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MEDITATIONS THROUGH COLORING (PAPERBACK)



River Grove Books, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Meditation is a stress-reduction technique implemented the world over. Although the techniques vary, people from across the globe embrace meditation as an essential part of their daily practice. As scientists and psychologists explore this ancient path today, they are discovering alternatives to traditional meditation. One of these is coloring. Coloring is a low-stress activity that invokes deep focus and relaxation....

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- Authored by River Grove Books
- Released at 2015



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